

Student's Book audioscripts and videoscripts

UNIT 0

0.9 Unit 0, 0.3, Exercise 8

L = Louka M = Max

L: Hey, Max. How are things? You look a bit nervous.

M: No, I'm not. I'm excited because I've got a big tennis match tomorrow.

L: What do you mean? There aren't any matches tomorrow. They're on Sunday!

M: Oh, you're right. Phew! I feel more relaxed already.

L: Good. In fact, there's a party tomorrow evening. Do you want to come?

M: Sure. I'd love to go to a party ...

L: So what's the problem?

M: Tomorrow's Saturday, so I can't come. I don't want to feel tired on Sunday morning!

0.12 Unit 0, 0.4, Exercise 7

I = Interviewer E = Ella

I: Did you enjoy your summer holiday?

E: Yes, I did, thanks. I stayed with my cousins in Sopot in Poland. We walked along the beach every day. I loved it!

I: So, did you learn any Polish?

E: No, I didn't. Well, maybe a few new words. I speak Polish quite well anyway, because my mum's from Poland. But I learned some German when I was there because a very nice German family live next door to my cousins. It was a really good holiday.

0.13 Unit 0, 0.5, Exercise 2

Eren and his friend Abe are in Eren's garden with Abe's cousin Bea and her friend Carla. The weather is beautiful today. It's sunny and quite warm, so they're happy to be outside. There are a few places for young people to go in town, but on a day like this they don't mind sitting in the garden. They're chatting about school and their plans for the weekend. Bea is very excited because she is visiting her family in Brighton. Eren is annoyed when he finds out that there is a test in Maths on Monday.

UNIT 1

1.2 Unit 1, 1.1, Exercise 5

- 1 This is a *remote control*. You use it to change the channels or the sound volume on a TV.
- 2 This is a *charging cable*. You use it to charge the battery in your mobile phone.
- 3 This is a *password*. You use it to keep personal information safe online.
- 4 This is a *wi-fi router*. You use it to connect your phone or computer to an internet service.
- 5 This is a *power bank*. You use it to power up the battery on your mobile phone when you're not at home.
- 6 These are *wireless earbuds*. You use them to listen to music on your phone, tablet or computer.

1.4 Unit 1, 1.1, Exercise 8

- 1 I need to connect to the wi-fi router. Do you know the password?
- 2 Hang on, I'll send you a link to the website.
- 3 I often take a screenshot of important information on my phone.
- 4 I never share a link if I don't know it's safe to do so.
- 5 I often set a new password for my social media accounts.

5 Wider World, Unit 1, 1.1, Exercise 11

P = Presenter R = Roshni C = Cecile A = Adrian

P: In these videos we talk to people in the streets of London and ask them about their opinions on different topics. London is a huge and exciting city. Lots of people live here. And even more visit it every year from all over the world. Let's see

who we're meeting today and what they tell us. Who in your family uses technology the most? What do they use it for?

- R:** I think my dad uses technology the most. He is always on his computer or his iPad, emailing people at work and he's always using his phone, much more than I do probably, just phoning other work colleagues, I guess.
My mum uses technology, but she only really uses her computer to watch programmes online. She doesn't know that much about how to use a computer. And then I guess I use my phone and my computer a lot to do uni work and write essays and that's about it.
- C:** So, my boyfriend uses technology a lot for everything. He does use his computer or tablet or smartphone for anything, starting from the weather.
- A:** My older brother, my oldest brother uses the most technology. He is an architect and all his architecture and design programs.

6 Wider World, Unit 1, 1.2, Exercise 6

P = Presenter H = Holly C = Chee R = Reema A = Akshay M = Mary An = Annette

- P:** What sports do you like?
- H:** I like all sorts of things, really. I'm, like, on my way actually to a yoga class right now, and I recently joined a health club near my home, so I'm doing classes like spinning, the circuits, step classes and stuff like that.
- C:** I quite like jogging, and, or strolling. It depends what mood I'm in. But I like exploring the green and that kind of calms me down and relaxes me quite a lot. I quite like badminton. I haven't played it in a long time, though. It does get my heart rate going. I'm not perfect at it, but it makes me happy, and I also enjoy bouldering, which is like rock climbing but it's like man-made rocks, does that make sense? And yeah, that's quite fun.
- P:** What do you like to do in your free time?
- R:** I love baking. So that's what I try and do over weekends or whenever I have the free time and I love to sing. I try and do that once a week where I, where I have a group of guys who love doing the same and we get together once a week and spend, like, a couple of hours singing. Yeah.
- A:** And as she loves baking, I love eating the stuff that she bakes.
- P:** What sport would you like to learn?
- M:** I'd love to learn self-defence, some kind of self-defence sport. But I've never really pursued that dream, so maybe I'll do that in the future.
- An:** I really would like to learn volleyball.
- P:** What new sports would you like to try?
- C:** So I'd really like to try skydiving. That's, oh, I'm really scared of heights, actually, but I'd really be proud of myself if I tried skydiving.
- H:** I'd like to try water skiing. I've never done it but it looks very difficult, so I'm not sure how good I'd be.

1.12 Unit 1, 1.5, Exercise 5

P = Presenter

P: And hello from Gold Radio! Now, a report today says that families are spending less time together because they're always on their phones or tablets. In the studio, I've got Lara. Lara, you live with your mum and older brother. Tell me, is this true in your house?

1.13 Unit 1, 1.5, Exercise 6

P = Presenter L = Lara

- L:** Well, I think we're the same as most other families. We love our screens and all enjoy using our smartphones at home. We've all got one. On a school day I use the alarm on my phone, so the minute I wake up, I see my phone and ... er, I check my messages. Then I get up. My phone goes everywhere with me because I listen to music on it.
- P:** And what about your mum and dad?
- L:** Mum prefers her tablet. She often reads the news on it. My dad's training for a race and he downloads apps on his phone to show him how fast he runs or where he runs.
- P:** Your brother's older. Does he still use his phone or tablet a lot?
- L:** Yeah, definitely. He loves looking at funny video clips. He often sits with his earphones in and laughs. Mum gets a bit angry when she asks him something and he doesn't answer.
- P:** So, do you think you talk less at home because of the technology?
- L:** No, not at all. We never message at mealtimes. But in the evening we like watching funny videos and we often share photos. It's a big part of our daily life and I think it's something that we all enjoy.

1.15 Unit 1, 1.6, Exercise 3

- 1 My phone isn't working.
- 2 I can't find the cable for my phone.
- 3 I can't get this app to work.
- 4 The instructions are in Japanese.

1.19 Unit 1, Revision, Exercise 8

Too much technology can be bad for you. Once a week, I switch off my phone, my computer and all my other electronic things. Then I spend the next hour or two away from screens. It's good for me!

9 BBC Culture, Exercises 6 and 7

Disconnecting

Today's teenagers spend a lot of time online. During the day, how often do you look at a phone, or another device? But it's not just teenagers, of course! The average British person spends around three hours on their phone every day. Is it something that we just can't stop?

Matt thinks that he uses his phone too much. Natalie is worried about the same thing.

'I realised it was the first thing I do and the last thing I do – in the morning and before I go to bed.'

But are smartphones really a serious problem? Scientists are trying to find the answer to this question.

This is Professor Nancy Cheever from the University of California. In Professor Cheever's experiments, people have to give her their phones and then watch a video. In secret, Professor Cheever sends text messages to their phones. It isn't easy to concentrate on the video! A computer shows how far each person's stress levels go up.

'This is awful!'

Maybe we should be worried about it.

Matt and Natalie are having a break from their phones and from the Internet. They're staying in a remote valley in Wales. Everybody's phones and digital devices go in a box.

But how do they feel the next morning?

'My mind thought, Oh, I'd better just check my phone. Like, what's going on? You know. I might have a text message or something.'

The group do relaxing, healthy activities to stop them thinking about their phones. They also do some group exercises. Today, everybody can have their devices back again.

'This is so strange! Hi, darling!'

How are they feeling?

'I didn't want it back and I thought I would be looking forward to this moment, but I didn't want this moment to happen so soon. No. I guess I don't need it.'

But the next day ...

Perhaps we should take more breaks from technology to change our bad habits.

UNIT 2

2.3 Unit 2, 2.1, Exercise 6

- 1 The weather forecast for today is for heavy rain. The weather forecast for Tuesday is for heavy snow and strong winds. The weather forecast for Sunday is for some high temperatures in the middle of the day, but quite low temperatures at night.
- 2 It will be ten degrees Celsius in the daytime, but it will be minus five degrees at night. It will be wet on Monday, but it will be dry on Tuesday. It will be cool on Wednesday, but it will be warm on Thursday. It will be boiling hot this week, but it will be freezing cold next month.
- 3 It's warm and the temperature is rising in the west, but in the east the temperature is falling.
- 4 The weather was good, but it's bad now. It's going to be fine tomorrow.
- 5 Australia has a hot climate. The UK has a mild climate. Iceland has a cold climate.

2.4 Unit 2, 2.1, Exercises 8 and 9

And now let's look at the winter weather in Europe. In Krakow, Poland, it's a very cold day with a temperature of minus two degrees. There is some ice on the roads, so be careful. And it's a good day in Barcelona, which is sunny at the moment. It's quite warm. The temperature is a comfortable nineteen degrees now. There is the possibility of some light rain later. And finally, Istanbul in Turkey is very cloudy today, with some fog that is causing a few problems at the airport. The temperature is around seven degrees at the moment. This evening it could be cool, so don't forget to keep warm. And that's all from us until ...

2.6 Unit 2, 2.2, Exercise 8

R = Roberto M = Mariana

R: First up on tonight's programme, Mariana Fernandez tells us more about a very strange storm. Mariana?

M: Well, last year I met a scientist who studied storms. His name was Professor Mendes. He was very interested in Catatumbo Lightning, which happens over Lake Maracaibo in Venezuela. Two weeks ago I visited Professor Mendes to see the lightning for myself. I arrived on a dark night and we watched the clouds, but sadly, we didn't see a storm. Luckily, I stayed there for five days and I saw storms on three different nights. In fact, storm clouds gather there most nights and there are about one million lightning strikes a year! Also, until recently, people thought that Catatumbo storms were different from other storms because they didn't hear thunder. I didn't hear any thunder myself. However, the storms happen over the middle of the lake, so they're far away. Professor Mendes explained that you can only hear thunder if you are near a storm. This is also the reason why the lightning looks pinkish-orange: because it is so far away. I took some awesome photos. Of course, you can't see them on the radio, but yesterday I put some photos up on our website for viewers to enjoy.

R: Well, Mariana, that is all ...

11 Wider World, Unit 2, 2.4, Exercise 5

P = Presenter N = Neal C = Cecile A = Affie J = James

- P:** Tell me about something funny that happened to you on holiday.
- N:** On a family holiday in Belgium, when I was maybe twelve or thirteen, my dad, who has always had a moustache, thought it would be sensible to shave it off, and he came into the room where we were all sitting and it turns out he basically has no top lip, and he was terrifying and we all ran into the room, shut the door, and he was just left on his own. And for the rest of the holiday, no one could really look at him or take him seriously 'cause he looked ludicrous, and then it took him at least two months to grow it back.
- C:** A few years ago I went on holiday to Mauritius to get some sun, but the weather was awful and it rained every day, so I just stayed most of my time in the hotel, which was a bit of a shame.
- A:** When I was about to take my first flight on my own, they changed my gate. I had no idea where I was. It was a huge airport in Munich. I was paralysed. I was running everywhere, asking everyone, 'Where is my gate?' And it turned out it was just in front of me, and I was just running around the airport with no idea where should I go, when I was actually in the right place.
- J:** I remember when I was four or five on a ferry to France on a summer holiday with my parents and I, apparently, got lost. They had to speak over the speaker phone to try and find me, the whole ship was looking for me and they found me in a cupboard with a bowl of sugar cubes, just sat there eating sugar cubes.

2.10 Unit 2, 2.5, Exercise 2

Would you like to wake up to the sound of wildlife all around you? Then join us at the Wild Adventure Activity Camp for thirteen- to seventeen-year-olds. Our summer camps are all about being outdoors. That's why our camps are all in different beautiful places. You can stay in the forest, near the beach or at the top of a mountain – we let you decide. Come and learn how to make a fire and cook a meal outside. Have fun sleeping under the stars and discover plants and animals that live around us. So what are you waiting for? It's time to find your wild side!

2.12 Unit 2, 2.5, Exercises 4 and 5

M = Milo P = Poppy

- M:** Are these your photos from Wild Adventure?
- P:** Yes, it was amazing. That's the sunset on the second day, so Tuesday. We made a fire and told stories when it was dark!
- M:** Cool. Did you really sleep outside?
- P:** No. We learnt how to make a shelter when we got there on Monday, but it was cold at night, so we slept in tents in the end. A girl in my tent liked listening to the wildlife in the forest, but I didn't hear a thing. I slept so well.
- M:** Ugh, it looks freezing!
- P:** Yes, but at least it wasn't raining. On Thursday night there weren't any clouds and we watched the stars. It was awesome.
- M:** And were there lots of spiders?
- P:** No, I think it was too cold for them. Honestly, Milo, it was so good to do something different every day. On Wednesday we walked up a path into the mountains to look for wild animals. Then we ate near a waterfall.
- M:** Did you see any bears?
- P:** No, don't be silly! But we found a cave where hundreds of bats were living.
- M:** Ah, now that sounds fun. I like bats.

- P:** It was. But the best day was the last day. We discovered unusual plants in the forest that you can use for medicine.
- M:** Great ... Er, have you got something for a headache?

13 Wider World, Unit 2, 2.6, Exercise 7

P = Presenter Co = Corrine G = Geoff Ch = Chee A = Andrew

- P:** Tell me about a time when you had a problem.
- Co:** The problem yesterday when I needed to take the train to Nottingham from Bedford, but when I got to the train station, I realised I had left my debit card at home, so I couldn't pay for a ticket and I also couldn't pay for a bus back to my house. So, I was stuck in a train station and I really had to get to Nottingham that day. So, I had to wait there in the train station for about three hours until my parents came and gave me some money on their way back from work and then I could buy tickets and get to Nottingham.
- G:** I was staying in France on a student exchange, as, as a lecturer rather than as a student and participated in the local marathon. Having completed the marathon in a, in a lamentable time of about four and a half hours, I eventually went back to the house where I was staying and found that I was locked out. So, having done a marathon, which completely exhausted me, it was then necessary for me to find a ladder and try to get into the house through, up the ladder and into an upstairs window. It was not an easy task.
- Ch:** I had misplaced my keys, and these are really important keys. These are keys for work, and I work in a mental health hospital where it's a locked ward. So, I had difficulty trying to get into hospital. Again, I was running late, which seems to be a habit of mine, really bad habit, but eventually I managed to convince one of my colleagues to lend me their keys and they saved the day, and I was fine. No one noticed that I was late.
- A:** I've had problems with people thinking I'm not taking things seriously, when I am.

2.19 Unit 2, Revision, Exercise 9

Yesterday the weather was very nice. I met my friend and we went for a walk. But when we were coming back, it started to rain and we got wet.

2.20 Unit 2, Set for Life, Exercise 3

S = Sam J = Jess

- S:** I don't believe it, Jess! Look at my bike!
- J:** Oh no, Sammy! Bad luck!
- S:** I always have such bad luck. It isn't fair. Nothing ever goes right for me!
- J:** I'm sorry.
- S:** What am I going to do? I can't get to school in the mornings without my bike!
- J:** Why don't you go on the bus with your sister?
- S:** No way! It's so slow. My sister leaves home forty minutes before me in the morning.
- J:** Why don't you buy some new wheels? How much do they cost?
- S:** I don't want to pay for new wheels. They'll probably disappear too, like the old ones. As I said, nothing *ever* goes right for me!
- J:** Well, first, think about getting the bike back home. Can you carry it?
- S:** Perhaps the best thing is to leave it here outside the library, so someone can take the rest of it.
- J:** You don't want that!
- S:** You just don't understand, Jess. I loved that bike, but it'll never be the same now. I don't want it any more.

2.21 Unit 2, Set for Life, Exercises 5 and 6

S = Sam J = Jess

- J:** Come on, Sam! You need to keep calm. Breathe slowly and think again about what to do.
- S:** Sorry, Jess. You're right. Losing the bike wheels isn't the end of the world. Actually, it's lucky that I still have the main part of the bike. Someone stole my friend Tom's bike once. It cost him four hundred euros to get a new one. At least new wheels aren't very expensive.
- J:** So what are you going to do?
- S:** I guess I can carry it home. It's only a kilometre – and the bike's lighter now than it was before!
- J:** How are you going to get to school in the morning?
- S:** On the bus. It's a slow, boring journey, so I want to be back on my bike soon. Maybe I can do jobs for my mum to get the money for new wheels. And I can lock the wheels to the rest of the bike in the future. That way, it's unlikely that anyone will steal them again.

UNIT 3

3.6 Unit 3, 3.1, Exercise 9

B = Boy G = Girl

- B:** Mmm, I love ice cream!
- G:** Mm, me too. My favourite flavour's strawberry and vanilla. What's yours?
- B:** Honey and mango.
- G:** Really? That's an unusual flavour.
- B:** That's nothing. One time I tried pear and blue cheese!
- G:** No! What was it like?
- B:** It wasn't very good.
- G:** One time my dad ordered pepper flavoured ice cream.
- B:** Pepper?!
- G:** Yes, honestly. It was interesting – you know, hot and cold at the same time. And in the same shop they sold lots of unusual flavours like chocolate and chilli.
- B:** Ooh! That sounds good!
- G:** My mum had salt and vinegar flavour!
- B:** Really?
- G:** No, that one's not true, but the other ones are!

15 Wider World, Unit 3, 3.2, Exercise 6

P = Presenter H = Holly C = Corrine A = Akshay R = Reema

- P:** Where do you like to eat with friends?
- H:** I really like a sushi restaurant in Covent Garden. They do amazing sashimi and soft shell crab. So, I've been there quite a few times actually. It's probably my favourite one.
- P:** Why do you like it?
- H:** It's very fresh. You can tell it's all been made, like, there and then. It's really presented lovely with lovely colours and lovely things on the plates. Looks very appetising.
- P:** When were you there last time?
- H:** Probably I was there last about three weeks ago.
- P:** Where do you go for Vietnamese food? What's it like? How often do you go there?
- C:** For Vietnamese food I go to a café in London here in Finsbury Park, where I used to live, and they have food like Bánh mì, which is baguettes filled with different meat and vegetables. I go to this café maybe once a month, whenever I'm in London.
- P:** What food from other countries have you tried?
- A:** On our last trip to Thailand we tried nothing but Thai food because we were in Thailand, and now that we're here we would love to just have as much classic British food as we can, so I'm really looking forward to bangers and mash and shepherd's pie.
- R:** Fish and chips.

- A:** And fish and chips, yes. I think we haven't tried any African cuisines as such. We've tried we've definitely had Japanese, southeast Asian in general. We haven't had a lot of Australian specific stuff, so those are on the list now.

3.16 Unit 3, 3.5, Exercise 4

My dad often takes me to car shows. We've been to places like Boston and Washington, and a few years ago there was an amazing show in New York. When we went in, there was this massive cake in the shape of a big yellow car. The top of the cake was like a Transformer robot from the movie. The baker from the cake shop was there and he told people about his baking. He and his team worked for four days to make the cake! It was really big, about three metres high, so there wasn't enough space in the shop and they made it outside! I was there when they cut the cake. There was plenty for everyone because it weighed about seven hundred kilos! I tried a piece. It was really tasty and sweet, but it wasn't very fresh. It had been there for a few days, so it was a little bit dry.

3.17 Unit 3, 3.5, Exercise 6

Today's competition is very special: you can win a cake from Zany Cake Bakery for your birthday. In fact, you can design the cake yourself, then they choose a winner ... and make your ideal cake! Anyone can enter the competition. You need to draw a picture of your perfect cake. Then send an email of your drawing to this address: orders@zanycake.com; that's 'zanycake' – all one word, no spaces.

The team at Zany Cake Bakery are very clever. They can make any cake you dream of! And remember, their birthday cakes usually sell for fifty euros, so this is an amazing prize. So what next? You've designed your cake and you've attached your picture to an email. There are two more things you need to do. First, choose a flavour. You can choose chocolate, coffee or vanilla. The chocolate one has fresh cream in the middle; the coffee one has tasty butter icing; and the vanilla one has a delicious strawberry jam filling. After that, there's one more important piece of information: tell them your birthday! Don't forget!

Finally, the closing date of the competition for all you cake-lovers. Send your entry by the end of this month – that's Friday the thirty-first of January.

One more thing: there's a special runners-up prize for five people: twelve fantastic cupcakes in your favourite flavour. So start drawing now!

16 Wider World, Unit 3, 3.5, Exercise 7

P = Presenter N = Nympha M = Miguel J = Jamie L = Liam

- P:** What's the best cake you've ever had?
- N:** I had a terrific cake, it was with a crumble crust, a little bit of whipped cream and then some very sweet strawberries on top of it. Delicious. It tasted very sweet. It was a little bit of heaven in my mouth.
- M:** The best cake I ever had would be something with chocolate and whipped cream and lots of calories.
- J:** There was like chocolate icing on the top and then it was very moist chocolate cake underneath it, and then there was a layer of raspberry jam in between another layer of chocolate icing. So, you had chocolate icing, chocolate cake, raspberry jam and chocolate icing, then more chocolate cake, and then more chocolate icing. I haven't been able to count all those different layers, but it was bellissima. Tasted like heaven. And raspberry and chocolate.
- L:** The best cake I have ever had was the same chocolate cake I would have every year growing up made by my mother. It was a moist chocolate, dark chocolate cake, really delicious, really soft, delicious chocolate.

3.22 Unit 3, Revision, Exercise 9

I know a lot about food because I cook it, I eat it and I write about it. I've eaten many meals in many restaurants. But I've never eaten anything better than a simple boiled egg.

18 BBC Culture, Exercise 5

Indian food Liverpool style, Part 1

This is Anjum Anand. She's a food writer and a chef born in London, but of Indian origin. In this series she travels to different cities in the UK to find a wide range of Indian food and flavours. She also teaches inexperienced cooks how to make great Indian food.

In this programme she's in Liverpool, where there's a large community from the Southern Indian state of Kerala. She meets Lynn Mitchell, who works for a hospital in the city. The plan is to take part in a local farmers' market to raise money for charity. Lynn wants to sell Indian food at the market. The problem is that Lynn has never cooked Indian food, so it's going to be a real challenge.

Kerala is in the south-west of India and is a popular holiday destination for British people. A lot of Keralan people have come to Liverpool in the last ten years to look for work. There are now over one thousand families there. Anjum is going to teach Lynn three traditional Keralan dishes – coconut chicken with ginger, which has a lovely, sweet flavour, delicious salmon wraps with curry leaves and finally, rice noodles. Keralan specialities include a lot of fruit and fish. The cuisine is very light and healthy compared to other Indian food.

In Liverpool it's easy to find the ingredients for these dishes – Anjum can find all the fruit, vegetables and spices that she needs in special Keralan shops.

19 BBC Culture, Exercises 7 and 8

Indian food Liverpool style, Part 2

First, Lynn chops and fries up all the ingredients. When the dishes are ready, Anjum tries them. They are really tasty! Lynn hasn't made any mistakes yet.

'Mmm, that's amazing!'

'That's perfect!'

'Oh fantastic!'

Now they're both ready to take the food to the market with Lynn's daughter. More than 5,000 people visit Liverpool's monthly farmers' market. Indian food is very popular, but the question is, will the local people like these Keralan specialities?

At first, things are not easy – people are not sure. It's the first time Lynn has ever cooked outside and she's very nervous. But then things change – people seem to love the food and soon all of it has gone!

'Beautiful!'

'Mmm, tastes lovely!'

'That is excellent – but very hot!'

Since she began this project, Lynn has learnt a lot about cooking Indian food and they have raised lots of money for charity. Lynn's really, really happy! So, what do the British really eat? Keralan food – at least in Liverpool they do!

PC1-3.1 Progress Check Units 1-3, Exercise 7

1

Ali: I eat really healthily in my new school. The school uploads the food choices in the morning and I read them on my phone with a simple app I have downloaded. I can see what's on the menu, but also the ingredients that go into the dishes. So, I choose something healthy on the app before I even get to lunch. Then I have time to think about what sauces and flavours I can add to make it tasty too!

2

Sonya: We've got really nice school grounds. A group of us like to sit under some trees and eat our packed lunches. We've got a rule: no phones! It's a time when we can talk to each other and hang out before the afternoon lessons start. I think eating in the open air makes you feel hungry and makes the food taste better.

3

Tim: There's a lot of talk about healthy eating these days, but I think it's also important to enjoy your food. The chips are really good at school. They also have a lot of energy, which is important for me because I play a lot of sports. I sometimes have chicken with my chips, and tomato ketchup. I eat some green vegetables too – not because I like them, but because they're good for you.

4

Ian: I get up a bit earlier in the morning and make sandwiches. One of the reasons I do that is because I like to know the ingredients in my food. Another reason is that I can put in both healthy and tasty things, although I have to use what I can find in the kitchen. I think my sandwiches are great and other people seem to agree. I sometimes share them with school friends and they always say they enjoy them!

5

Barbara: Most days I go home for my lunch because I live near the school but the walk makes me hungry. Sometimes Mum or Dad are at home and then they prepare me something. But if they're not there, it's no problem. I just eat something quick and easy instead, like a muesli bar or a piece of fruit. And a packet of nuts! They're so good for you that just a few of them can help to give you everything you need for a good lunch.

UNIT 4

4.2 Unit 4, 4.1, Exercise 5

1

M = Man W = Woman

M: There's only one thing to do.

W: What's that?

M: Dance!

2

The helicopter is on fire! We have to jump!

3

G = Girl C = Cartoon

G: What are you?

C: Half duck, half cat. I'm a dat – half duck and half cat. Quiaow!

4

Is she a person or a robot? It's so hard to tell in the twenty-second century.

5

I loved you then. I love you now. I'll always love you.

6

It's spring and the birds have returned to the garden.

20 Wider World, Unit 4, 4.1, Exercise 9

P = Presenter J = Jaycee Jay = Jay

P: What's your favourite TV series?

J: Yeah, I've got a few British TV series that I like. I like the one called *Not Going Out*. It's like a short sitcom. So, there's two people sharing the house together, they're housemates, and they got friends. It's just general life things really. They go to work; they share a house. It's quite funny, so it's nice and relaxing to watch that.

Jay: I've recently been watching *Wolf Hall*. *Wolf Hall* is a TV series that depicts the Tudor era about Henry VIII, starting from Henry VIII and the numerous wives that he had in search for a son. Because, I suppose, because I have studied British history of that period, the Tudor, Tudor time especially.

21 Wider World, Unit 4, 4.2, Exercise 6

P = Presenter S = Sophie Ja = Jacqui Jo = Jonathan

E = Ellie C = Celia Jay = Jaycee

P: Which is better: the theatre or the cinema?

S: Theatre is better than cinema, in my opinion. The only reason I think that theatre is better than cinema is because it's more of an experience overall.

Ja: Theatre is better than cinema because it's live and it's, you can't com, you know, compete with a live performance.

Jo: Theatre is better than the cinema because you have a much closer experience with the actors involved. Every day you can go see the same show at the theatre and the show will be a bit different.

E: I think the theatre is better than the cinema because it is, you feel like you're there more, you're more involved. I've always personally loved the theatre because I'm very into theatre myself. The cinema, I don't think you get that real feel from it, that real emotion from it, I feel you get that more from the theatre.

P: Which is better: comedies or documentaries?

C: I think documentaries are better than comedies because you can learn something and sometimes they can be a bit funny as well. I like David Attenborough. He's very popular and he does actually say some things that are quite funny inside his documentaries.

Jo: Comedies are better than documentaries because, um, for me I watch TV to kind of distance myself from my real life, to take a break, and comedies, with their jokes and funny scenarios, allow me to relax.

P: Which is better: books or films?

Jay: Well, in books, if you compare it to films, you can actually imagine in your head, but in films you don't have that option because it's already there for to watch, but in books you can already imagine the characters, you can even create their hair colour, their characters and everything. You've got that option with books, so books can be better than films sometimes, actually.

4.10 Unit 4, 4.5, Exercise 2

P = Presenter B = Bruno

P: Hello. In this series we're hearing about festivals that are special to you and your friends. In the studio today we've got Bruno. Bruno is sixteen and his parents come from Brazil. He was born in the United States and goes to school here. He speaks English at school and Portuguese at home, and he's here to tell us about his favourite festival. Hi, Bruno, and welcome to the show.

B: Hi.

4.11 Unit 4, 4.5, Exercise 3

P = Presenter B = Bruno

P: So, the Junina Festival takes place every year – in June, of course.

B: Yes, it's a huge family party for me. The festival is at the end of winter in Brazil, but it's summer vacation for me, so I visit the family. It's the perfect chance for a huge family party. We enjoy doing things together, especially my little sister Maria, who loves dress-up. We all do!

P: What fancy-dress costumes do you wear?

B: Well, they're country clothes – the sort of thing people wore when they worked on the land. The boys wear jeans and checked shirts with straw hats that protect your head from the sun. In the past the girls wore party dresses, but

now they're also beginning to wear jeans with a shirt; and they paint freckles on their faces.

P: Mhm ... Now, I've heard that there are a lot of games.

B: Yes, last year there were some funny races and games. I ran in an egg race – I had to carry an egg in a spoon while I was running! It was very difficult! In one of the traditional games you go fishing with small toy fish. In another game, you send a message to somebody, but you don't say who you are. It's fun.

P: What about the music? Is it like a carnival with dancing in the streets?

B: Not at all. It's traditional music that celebrates life in the country. We do a traditional square dance with partners. Old and young people do it and it's lots of fun.

P: And the food?

B: The food is brilliant. Corn was the food people had at the beginning of winter, so there are a lot of corn dishes. There's popcorn, of course, a corn cake which is nice and sweet, and a type of corn pudding – I think that's the dish I like most.

P: That all sounds delicious! Well, thanks for sharing, Bruno. Now it's ...

4.17 Unit 4, Revision, Exercise 9

I've been to a lot of live music performances. I like listening to music at home too, but it isn't as exciting as seeing a great singer when he or she is performing for a live audience.

4.18 Unit 4, Set for Life, Exercise 4

L = Layla C = Connor E = Ed T = Tessie

L: Hi, guys. Thanks for coming to the meeting. I've got some good news. Six people have volunteered. I've got a list of names here.

C: That's great!

L: Yes. So now we need to decide the type of event.

E: Well, in the last meeting we talked about a cake sale. I still think that's a good idea. A lot of people like baking cakes, and even more people like eating them. It's an easy event to organise too.

C: I'm not sure. A lot of people these days don't want to eat too much sugar.

T: How about a video games competition? That type of event is always fun.

C: Yeah, I agree. But do people pay to watch events like that?

L: I don't think so. It's probably not the best way to make a lot of money for charity.

E: I love the idea of a fashion show, but it's difficult to organise. Where can we get the clothes from?

L: Let's look at the list of volunteers. Maybe they have some skills that can help.

T: Good thinking.

C: Hey, there's a guy on the list who's in a band. Maybe we can have a music concert!

E: That's a great idea! A music concert on the school field!

T: Cool!

L: OK, let's vote. Who votes for a music concert? Everyone! OK, perfect. Now we need to make a list of all the jobs that we need to do. Let's start with ...

4.19 Unit 4, Set for Life, Exercise 5

L = Layla C = Connor E = Ed T = Tessie

L: ... want to do the work. Can you print and sell tickets for the concert, Tessie? You never lose things, so the money will be safe with you!

T: Sure.

L: Thanks, Tessie. And that volunteer, David, can invite bands to the concert. He plays in a band, so he probably knows lots of musicians.

C: Who can we ask to sell food and drink at the event?

- E:** I think friendly people enjoy that kind of job.
L: Yes. And creative people like you, Connor, can design tickets and prepare the field before the concert.
C: OK, that'll be a fun job. And the volunteer who's good at art, Stanley, can help me. The sports field will look beautiful, I'm sure!
L: Then we need a few strong people to move tables and equipment. How about you, Ed?
E: Yes, I'm quite strong. I'm happy to do that.
T: Thanks. And why don't we ask Lucy to help you set up the field? She's a rugby player, and people who play rugby are usually very strong. We can ...

UNIT 5

5.2 Unit 5, 5.1, Exercise 6

K = Ken S = Sandi

- K:** OK, so the Olympic Games are taking place soon and here to talk about it is our sports journalist Sandi Awobi. Sandi, which are the most surprising Olympic sports, in your opinion?
S: The one that surprises me the most is skateboarding. I mean, I knew snowboarding was in the winter Olympics, but I didn't know skateboarding was in the summer games.
K: Which sports are not in the Olympics?
S: It changes. For example, baseball was in the Olympics in South Korea in 2008, it wasn't in 2012 or 2016, but now it's back for the next Olympics. Surfing has never been an Olympic sport before, but it's also in the next Olympics. It's the same thing with climbing: it was never an Olympic sport, but now it is. Skating is in the Olympics, but only ice-skating in the winter games; so roller skating is not an Olympic sport – for now, anyway.
K: In Rio in 2016 there was a lot of talk about yoga becoming an Olympic sport, wasn't there?
S: Yes, but it never happened and I'm not surprised. I mean, is yoga really a sport?
K: Maybe not. Which sports have been in every Olympic Games?
S: That's a difficult question. Um ... I think athletics, cycling, swimming and gymnastics have been in every summer games, but I'm not one hundred percent sure of that.

25 Wider World, Unit 5, 5.3, Exercise 6

P = Presenter J = Josie A = Athena M = Monica S = Sunita

- P:** Would you like to be a volunteer at a sports event?
J: I would like to be a volunteer at a sports event to help others get inside, kind of insight into something that you wouldn't see as a customer and be part of a large scale sports event.
A: I would like to be able to be a volunteer at a sports event because it's good for my CV and I would like to meet some new people that are interested as well in the same area. So, yeah.
M: I would like to volunteer at a sports event because I think that volunteering is important and everyone should volunteer and because sport is fun.
S: I would like to volunteer for a sports event because it's something that I've never done before and I think I'll enjoy it.

26 Wider World, Unit 5, 5.4, Exercise 6

P = Presenter M = Michael C = Christine F = Francis A = Athena

- P:** Finish the sentences. If there's a new sports centre in town, ...
M: If there is a new sports centre in our city, I will probably go there.
P: If my friends are free this evening, ...

- M:** If my friends are free this evening, I will probably go with them to some park or something like that for throwing a Frisbee or something.
P: If I get some money for my birthday, ...
C: If I get some money for my birthday, I will buy a whole meal for my family.
F: If I get some money for my birthday, depending how much I get, I'll look at flights and see where I can book a flight to.
A: If I get some money for my birthday, I will, I will go, like, maybe travel in Africa, basically.

5.11 Unit 5, 5.5, Exercise 4

P = Presenter C = Callum M = Megan

- P:** Don't forget, the BBC TV Sports Personality of the Year Award is next Sunday at seven o'clock. You've still got time to vote! What are you waiting for?
C: Who are you going to vote for?
M: Marcus Rashford.
C: Who?
M: Marcus Rashford.
C: Is he an athlete? No, a tennis player.
M: No, he isn't. You know who he is. He's a footballer. He plays for Manchester United and England.
C: Oh, yeah, that's right. Why are you going to vote for him? He's not the best sportsperson in the UK. I mean, he's not even the best footballer in the England team. He's good, but Harry Kane's better.
M: What do you know about Marcus Rashford?
C: Let's see ... He was born in 1997, he joined Manchester United when he was only seven years old, he's an attacker, he wears the number ten shirt for his club and number eleven for England. He played his first match for Manchester United when he was eighteen years old and he scored two goals. The English manager, Gareth Southgate, compared him to Cristiano Ronaldo.
M: OK, Callum, very good. Now put your phone down and listen. The award isn't just about who's the best athlete or who's won the most tournaments or who scores the most goals. It's about who has the best personality, who has done the most.
C: OK, so why vote for Marcus Rashford?
M: Because apart from being a great player, he's a great person.
C: Why? What's he done?
M: Well, he started up a charity and people gave that charity over twenty million pounds, and with that money they bought three million meals for four hundred thousand hungry school children. Then he wrote a letter to the government and got them to provide free school meals for children during the summer holidays.
C: That's amazing! I didn't know that.
M: That's not all. He also helps people who have nowhere to live.
C: Wow!
M: He's really kind and he's intelligent, too. He learned sign language so he could judge a poetry competition in a school for deaf children.
C: Awesome!
M: The University of Manchester gave him a special award and his photo was on the cover of Vogue magazine!
C: You're right, Marcus Rashford is great. There's only one problem.
M: Oh yeah? What's that?
C: He's not on the list of candidates.
M: Oh no! Why not?
C: Because they're giving him a special prize for everything he's done.
M: Really? Are they? That's fantastic!

5.18 Unit 5, Revision, Exercise 8

Everybody listen, please. We're going to warm up first and then we're going to have a football match. We'll decide the teams then. Right ... now everybody, jog once around the pitch. One, two, three, go!

28 BBC Culture, Exercises 5 and 6

The Highland Games, Part 1

The Highland Games are a very old tradition. They were set up as a way of bringing together Scotland's historical families. They capture the cultural life and sports of this magical nation. They include the colours and symbols of a culture that almost disappeared but is now stronger than ever. The Highland Games are a meeting place of strength, speed and celebration. Today on sports grounds, farmers' fields and city parks across this country, they are Scotland's very own Olympics!

This is the village of Ceres. It is home to Scotland's oldest Highland Games. For centuries the whole village has gathered for this annual summer celebration. For the people of Ceres, it's a day as important as Hogmanay – New Year's Eve in Scotland – or Christmas.

29 BBC Culture, Exercises 7 and 8

The Highland Games, Part 2

The Highland Games are a mixture of fact and fantasy. They are a unique blend of sport and culture. There is highland dancing, bagpipes and drums, and there is a series of sports too. There is usually athletics, sometimes cycling and wrestling but always the 'heavy events'. These include the stone shot, the hammer throw and tossing the caber.

At most games the caber is people's favourite sport. It's the final event and a symbol of the Highland Games. The caber is about six metres long and weighs around fifty-five kilograms. Competitors have to throw it, then flip it over and the caber has to land flat. If it lands absolutely straight, it's a perfect throw.

The Highland Games are now also celebrated outside Scotland, in the USA, Canada, Australia and the Far East. These games are organised by families who emigrated from Scotland. The biggest Highland Games in the world take place here, in the Blue Ridge Mountains in North Carolina. They last over four days and 22,000 people come every year to enjoy this traditional Scottish event of their ancestors.

The Highland Games are the most visible display of Scottish identity that you can imagine. They are about competing, of course, but they are also about community, keeping tradition alive and making time for old friends. If you come, you won't regret it.

UNIT 6

6.4 Unit 6, 6.1, Exercise 5

1

G = Girl B = Boy

G: Come on, the train station's not far away! You can make it!

B: Yeah, yeah. I'm coming. Why is my backpack so heavy? Why's it so hot in this country? Can't we take a taxi?

2

W = Woman M = Man

W: I've got the map and the guidebook, so we're ready to explore Paris. Let's go!

M: Oh, wait! I haven't got my passport with me. It's in my suitcase!

W: Don't worry. I've got it.

M: Oh, no, I've forgotten my sunglasses!

3

M = Mother S = Son

M: Right, darling. Here we are! Now put on some sun cream and ...

S: I've already done it.

M: Have you got your swimsuit on?

S: Yes.

M: Now here's your towel. Oh!

S: What is it?

M: I've forgotten to bring my swimsuit.

4

B1 = Boy 1 B2 = Boy 2

B1: OK, that's the tent up and the sleeping bags are inside.

B2: It's brilliant here. Much better than a campsite. It's so quiet and peaceful.

B1: Yes, it'll be really dark later on. Did you bring a torch?

B2: Yes, it's in my rucksack. I've got spare batteries, too.

30 Wider World, Unit 6, 6.1, Exercise 7

P = Presenter H = Harry C = Cecile J = Jan T = Tasha

P: What should you take with you on a backpacking holiday with friends?

H: On a backpack, on a backpacking holiday with friends I should take a backpack. I should also take strong walking boots or shoes, obviously, I'll be walking a lot, and I should be taking a tent for staying around wherever I'm staying.

C: When you go backpacking with friends, you, I always remember to bring sunglasses and an umbrella, and suntan lotion, and anti-mosquito products or any other insects. And that's about it.

J: When you are backpacking you have to take medicine and sleeping bag.

P: What should you take on a city break in Ireland?

C: On a city break to Dublin I would take my camera and good shoes to walk around the city and an umbrella, 'cause it's Ireland.

P: What should you take on a cruise around the Mediterranean?

H: My advice for packing for a cruise around the Mediterranean would be to take sun cream and a large brimmed hat so you can keep yourself safe from the sun and not get sunstroke.

J: When you go on a cruise you have to take your bikini, your, a book, a good book, something to write, and maybe sun cream, very important. And maybe your camera, if you want to take some pictures, and I think it's the most important things.

C: For a cruise on the Mediterranean you must take, obviously, your sunglasses, and then bikinis and that's all you need.

T: So, if you're going, like, abroad on a cruise ship or whatever, you must take your passport, get visas, valid cheques, and all your essentials.

32 Wider World, Unit 6, 6.2, Exercise 6

P = Presenter J = Jamie L = Liam

P: Finish the sentences. When you are on a beach holiday, you should ...

J: When you are on a beach holiday, you should remember to bring your swimsuit.

L: You should jump in the water and look at the fish.

P: When I am on holiday with my family, I don't have to ...

J: When I am on holiday with my family, I don't have to see them very much if I'm clever about it.

L: I don't have to worry about showing up at work on time.

P: On an activity camp, you have to ...

J: On an activity camp, you have to be good at activities.

L: You have to make sure you enjoy the outdoors.

6.11 Unit 6, 6.5, Exercise 2

P = Presenter M = Mike

- P:** Thanks for coming to talk to us Mike. Now, can you explain what you do?
- M:** Yes. I organise holidays for teenagers who need help when they're travelling because they can't see.

6.12 Unit 6, 6.5, Exercises 3 and 4

P = Presenter M = Mike

- P:** Why did you decide to help in this organisation?
- M:** Well, I've always loved travelling, and once I was on holiday in South America and I met an amazing girl who couldn't see. She was on holiday with her parents and cousins, and they helped her to climb this really high mountain. It made her very happy because she couldn't do it on her own. I decided I wanted to help people to have a good holiday.
- P:** And what holidays do you offer?
- M:** Oh, we've got something for everybody – from city breaks and beach holidays to activity camps. On our activity camps we offer sailing, hiking and cycling. We've got special bikes with two seats. They're popular with kids who can't go cycling at home because they don't have the right bikes.
- P:** It must be difficult to travel to a place when you have problems with your sight.
- M:** It can be. We plan the journey carefully so that people feel safe. But we also want it to be exciting – the journey is as important as the holiday.
- P:** Is it easy to find accommodation?
- M:** Not always. Some hotels don't understand the difficulties our travellers have.
- P:** What do you mean?
- M:** Well, it depends, but ... for example, a blind person can't read a menu. Eating can be very frustrating too. Also, he or she can't read the number on their key or the door to the room. Hotels have to understand that.
- P:** What are the most popular holidays?
- M:** Both winter and summer holidays are popular, but I think our summer activity camps are the most popular because we offer sailing. Everybody loves the sun on their face and the fresh air. It's a very exciting experience.

6.13 Unit 6, 6.5, Exercise 5

Jess is sixteen years old and comes from New Zealand. She's been blind since she was born, but she's always loved adventure. Last year Jess went on a sailing holiday. During the trip, Jess decided that she wanted to do something different. With the help of the organisers she climbed the mast. It was very high, but she knew she could do it. Jess believes that it doesn't matter what disability you've got – you can achieve anything. As long as you get lots of help, you can still have a good time.

6.18 Unit 6, Revision, Exercise 8

I would like to book a double room with a nice view, please. It must be on a high floor because I can't sleep with traffic noise. Can I get information about sightseeing in the local area at reception?

6.19 Unit 6, Set for Life, Exercises 2 and 4

- A:** I'm going on holiday with my family next week.
- B:** That's cool, Charlie! Where are you going?
- A:** Scotland. We're catching a train from London to Edinburgh on Monday.
- B:** Why are you going by train, not car?
- A:** We're trying to be eco-friendly. We haven't got an electric car and petrol cars produce a lot of air pollution. The greenhouse gases from cars make the planet hotter, and that's a serious problem.
- B:** But your car is very small and light. It doesn't use much petrol.

- A:** It's not as bad for the environment as a big, heavy car, but it still produces a lot of greenhouse gases.
- B:** Maybe you could rent an electric car. They're better for the environment.
- A:** You're right, they produce a lot less air pollution than petrol cars, but I think they're expensive. And we don't get all our electricity from eco-friendly things like the sun and wind. Some of it comes from things that produce greenhouse gas. So, at the moment, we could possibly produce more greenhouse gas because of a journey in an electric car than a journey on public transport like trains and coaches.
- B:** If you're thinking about going by public transport, why don't you fly? Planes are a lot faster than trains and coaches.
- A:** Yes, but planes are terrible for the environment! Flying from London to Edinburgh and back could produce more greenhouse gas than someone in Uganda produces in a whole year!
- B:** Really? So, are planes the least eco-friendly choice?
- A:** Not always. If there's only one passenger in a car, a car can be even worse than a plane. But there are four people in my family, and four passengers in a car is better than flying.
- B:** What are you going to do when you're in Scotland? Are you going to stay in the city of Edinburgh the whole time?
- A:** No, we're going to bring our bikes on the train and cycle from town to town.
- B:** I guess all types of transport without engines are eco-friendly.
- A:** That's right. Bikes, skateboards, sailing boats – they don't produce any greenhouse gases. Walking doesn't either.
- B:** Your holiday sounds great. It'll be fun, it'll make you fitter and it'll help the environment too.

PC1–6.1 Progress Check Units 1–6, Exercise 6

My name is Melanie and I would like to be a great tennis player one day. I need lots and lots of practice. I have training three days a week and every weekend. It's the only way I can stay at my best. Of course, I also have to do school work, so I don't have much free time!

Sometimes my coach comes to my training. She's coming tomorrow to help me improve my game. We'll talk about the things I'm worst at and then make a plan to practise them until they get better. At the moment the biggest problem is keeping my balance. It can be hard to hit a difficult ball and stay on your feet. And what happens if a player falls over? Ninety-nine times out of a hundred they lose the point, that's what.

People often ask why I took up playing tennis. I played tennis at school a few times, but I didn't really take it up until something happened on a long bus journey. We were on a school trip and my friend was watching sport videos on his phone. He showed me one with the famous tennis player Serena Williams. I just loved how she played, and I knew I wanted to be a tennis player.

What was it about Serena Williams that made me want to take up tennis seriously? There are a few reasons. It's isn't just her strength and skill. It's also that she never stopped trying to be better. Another thing that ...

PC1–6.2 Progress Check Units 1–6, Exercise 7

1
Everyone likes to watch TV in my family. We all enjoy the sports channel. Most people in my family like science fiction films too. But I think thrillers are better.

2
It's a good day to be on the beach. My friend is putting on sun cream. Then he's going to read. It's hot on the sand, but the water might be cold. No problem! I'm going for a swim!

UNIT 7

35 Wider World, Unit 7, 7.2, Exercise 6

P = Presenter R = Rebecca C = Craig Ja = Jamie L = Liam

- P:** Finish the sentences. If my friend phoned when I was busy ...
R: I, oh dear, depending on what was happening, but I guess I would ignore them.
C: Isn't that terrible?
R: Yeah.
C: So terrible.
R: Unless it was you.
C: Geez, you're mean.
R: I know.
Ja: I would send him to voice mail.
L: If my friend phoned when I was busy, I would drop everything to help them.
P: If there was a big wedding in our family ...
Ja: I would try to find a very attractive date to go with me to the wedding.
C: I would try to avoid it.
R: Yes. No, I'd be happy to go.
L: I would invite all my friends and go and have a great time.
P: If I was late for a family meal, my parents ...
Ja: would start without me. And probably finish without me.
C: would kill me.
R: Yeah, they'd probably kill me too.
L: would understand if I made something up.
P: I'd be very worried if ...
Ja: I lost my keys.
L: I didn't hear from my girlfriend late at night.
P: It would be a nightmare for me if ...
Ja: I did not get into drama school.
C: I had no money.
R: if I had no friends.
L: I had to stay in one place for the rest of my life.

7.10 Unit 7, 7.4, Exercise 2

P = Presenter H = Hannah

- P:** Today on the programme we've got Hannah from the group One Way.
H: Hi!
P: Hello there, Hannah. Are you ready to answer the questions?
H: Yes, I think so.
P: OK, Hannah, you've got ten seconds for each answer. Here are 'Ten quick questions to find the real you!'
P: One. OK. Name one thing which you would rescue in a flood.
H: One thing which I'd rescue is my handheld console. It's very important to me.
P: Two: name one person who you always have fun with.
H: Er, um ... Ooh, my uncle Joe is the funniest person I know.
P: Three: a place where you like to relax.
H: One place where I like to relax is our youth club. I hang out with my friends there.
P: Four: one food that you often eat as a snack.
H: Well, you won't believe this, but I eat olives any time I feel hungry.
P: Wow! OK, five: the primary school teacher who helped you the most.
H: Definitely, Mr Kipling, who was my first teacher, was the most helpful.
P: Now six: name a place where you want to go in the future.
H: Hmmm ... Iceland, where there are loads of volcanoes, is a place I'd love to visit.
P: Seven: a friend who always listens.
H: I think the guy next door, Ben, is a friend who always listens.

- P:** Eight: a toy that you loved when you were small.
H: Actually, a teddy bear, which my grandmother gave me, used to be my favourite.
P: Nine: a song which you can't stop singing.
H: Easy! *We Will Rock You*, which is my dad's favourite, is in my head.
P: And finally, ten: the time of day when you work best.
H: Er, I'd say the evening is best for me. It's the time when I write new songs.
P: Thank you, Hannah!

7.11 Unit 7, 7.5, Exercise 4

I've got a half-brother, Finn, who is disabled. He was born with cerebral palsy and he finds it difficult to move around and do things for himself. This means he spends most of his life in a wheelchair. Simple everyday activities like getting dressed and getting ready for school can take a long time. When Finn was young, he hated this and often got very stressed. If he didn't want to go to school, he would shout and cry.

Then, three years ago, when he was nine, Finn got an assistance dog and he named her Nala. Since then, his life has changed a lot. Nala is a very intelligent dog who understands Finn and knows how to help with many different activities. For example, Finn hates putting his shoes on, but Nala can get his shoes or slippers and put them near his feet, which makes him smile. Then he will put his shoes on quite happily. If Finn didn't have Nala, he would never be ready for school on time! She's his best friend too.

7.12 Unit 7, 7.5, Exercise 6

A couple of years ago my step-mum started working as a puppy trainer for assistance dogs. Her job was to teach young dogs a range of skills they would need in order to help people with disabilities. When I was little, she explained that when assistance dogs get older, they will help people, usually those who are disabled in some way. Mum told us that it was not like having a pet because the dogs only stay for about a year. It's very difficult to say good-bye when they go to their new owners. I found that really hard and sometimes cried. The good thing is that we often get letters telling us how much the dogs are helping their new owners.

Prince is different. He's my dog and I trained him – with a bit of help from my step-mum. I have a condition called Asperger's, which is not exactly a disability; for me, it means that I find it hard to deal with meeting people. Prince, who is really calm, helps me to be more confident so I can make new friends. I've got a lot better since I had Prince. He doesn't come to school, but he's always waiting when I get home. He's definitely part of our family now!

36 Wider World, Unit 7, 7.5, Exercise 9

P = Presenter C = Corrine

- P:** Tell me about a time you got a pet.
C: I really wanted a pet dog when I was a little child and I would always ask my parents for one, and finally, when I was ten years old, they got me a pet dog named Jet and he was just a tiny little puppy, he was a little black Fell Terrier. And then when he was about two years old he ran into the road and he got hit by a car and I came home from school that day and I was crying, I was so upset. He had to go to the vet's and finally he came home with a cast on his leg which he had to wear for a long time, and he cost my parents something like 2000 pounds in vet bills.

7.18 Unit 7, Revision, Exercise 8

We have a small flat with a large kitchen. The kitchen is the place where we eat together and talk about things. We all get on well, of course, but the shared meals help that.

▶ 38 BBC Culture, Exercises 5 and 6

Arctic life, Part 1

This is the Arctic. For half of the year, the sea here freezes into ice, and temperatures can be minus 20 degrees. What is life like for the families who live in this extreme landscape?

This is a village in the Canadian Arctic. Seven hundred people live here.

'People say it is a hard life here but it seems normal for me. It's not a hard life. It's a beautiful life.'

Minnie is 63. She has lived in this village all her life. People here still have to get most of their food from the land – and from the sea, under the ice. If they didn't do this, they wouldn't survive. Minnie is teaching her granddaughter Eva how to fish. But tomorrow they are going on a dangerous journey to find another type of food.

Minnie, Eva and Minnie's sister Siassie get up early and travel far across the sea ice. It looks like there is nothing here, but Minnie knows where to find food. The women in her family have collected food like this for generations. Today is Eva's first time.

▶ 39 BBC Culture, Exercise 8

Arctic life, Part 2

The women are now sixteen kilometres from the land, out on the frozen sea. This is the place where they'll look for food. They make a hole. There is no seawater under the ice at this time of the day. It's safe to go into the ice cave – for now.

'Siassie, it's a good cave. Eva, come down.'

But the women have to work very quickly. The ice above them can move at any time. It might fall on them. More importantly, the seawater will return in only half an hour. But Minnie has found the thing that she came for. Shellfish – thousands of them. The family can cook them to make a good winter meal. But they've been down in the cave for twenty minutes now. They can hear the seawater coming back.

'It's coming in fast now.'

'Should we get out?'

It's time to go. But this is the most dangerous moment on the trip. The ice above them is moving again. Will it close the hole that they made in the ice? Will they get out?

'Eva, quickly now, the water's coming.'

They're safe. The cave is now full of water. The women can take the food back to their community.

The family enjoy the meal together, and Eva has learned some important skills from her grandmother. The tradition continues.

'I learn by following you. I like to learn from you. Yes.'

UNIT 8

▶ 8.4 Unit 8, 8.1, Exercise 6

There isn't much crime where I live. It's not like in the movies, where there's a bank robbery or a burglary every five minutes. I once saw someone shoplifting in our local supermarket, and there is some vandalism – you know, silly vandals painting graffiti on walls or kicking the bins in the park, but that's about all. There's more crime in big cities. Once, when my sister was in London, a pickpocket stole her purse from her backpack and a friend of mine saw a thief on a motorbike who took a woman's handbag as she was walking along the pavement.

▶ 8.7 Unit 8, 8.2, Exercise 2

P = Presenter J = Jess

P: In this round of the *Show What You Know* quiz, we have Jess Walker. Welcome to *Show What You Know*, Jess. What's your special subject?

J: Hi. My special subject is Sherlock Holmes.

P: OK, Jess, your five questions are coming up ... now. Question one: The Sherlock Holmes detective stories were written a hundred years ago by ...
a) Arthur Conan Doyle or b) Agatha Christie?

J: That's a), Arthur Conan Doyle.

P: Correct. Still with the easy questions ... number two: Holmes had a famous assistant. What was his name?
a) Doctor Who or b) Doctor Watson?

J: The answer is b), Doctor Watson. His first name was John.

P: Good. Next: Were the stories first published ... a) in a book or b) in a magazine?

J: They were published in a book first. It was a novel called *Study in Scarlet*.

P: No, sorry. That's incorrect. It was a novel, but it wasn't published in a book. It was published in a magazine first. Now, question 4: Sherlock's flat is located at number 221B of a famous London street. Is it ... a) Sherlock Street or b) Baker Street?

J: It's Baker Street.

P: Correct. Of course! Now for the last and most difficult question – five: which famous Sherlock Holmes quote is never really used by Sherlock Holmes?
a) 'Elementary, my dear Watson,' or b) 'My mind is like a racing engine'?

J: Oh, I know this. It's a) Holmes never says, 'Elementary, my dear Watson.'

P: Correct. Holmes says, 'Elementary,' and he uses the phrase 'my dear Watson', but he never says these things together. So, well done, Jess. At the end of the round, you have four points!

▶ 8.12 Unit 8, 8.5, Exercise 3

P = Presenter K = Katrina

P: Good morning! In today's podcast we meet teenagers who are helping their communities to fight crime with the help of the internet. First up is Katrina.

K: Well, this happened a couple of months ago. My mum and I went to the shops, but we were only there for about an hour. When we got home and opened the front door, we immediately knew that something was wrong.

▶ 8.13 Unit 8, 8.5, Exercises 4 and 5

The house was really cold. We went through to the kitchen. The window was open. 'Burglars!' said Mum and she sat down. Her face was white. I ran to my room. My laptop was missing. I was really upset because it was a birthday present. I called the police and they came almost immediately. We told them that my laptop, my new smartwatch and Dad's digital camera were all missing. They started looking for clues. They took fingerprints and photos. Then they searched the area behind the house, but they didn't find anything.

Anyway, later that day I told my friend Mia about the burglary. 'I heard some people in the park talking about a watch,' she said. 'They wanted to sell it "quickly" on the internet.'

Mia and I got our phones out and started looking online. We checked the posts of some people we know from the park and we found a comment and a photo about a watch for sale. It was my watch! I pretended I wanted to buy it and got the seller's name and address. Ten minutes later the police were at the guy's house. They arrested him for burglary.

I'm pleased that social media helped to solve a crime and that I got my smartwatch back. But it's a pity they didn't find my laptop or Dad's camera!

8.14 Unit 8, 8.5, Exercise 6

Thanks, Katrina. Now, on Sky Radio we'd like to help you find your dad's camera and your laptop. If you're listening this morning, perhaps you could call us if you hear anything about it. The items were stolen on the second of October, sometime between three and five o'clock in the afternoon. The make of the digital camera is Nikon D610 – that's D610. The laptop is an HP Omen. If you hear about it, the number to call is 07836 198 477 – that's 07836 198 477. There's a reward of twenty pounds for anybody who finds either of those things. Thanks a lot. And now it's time for the weather ...

41 Wider World, Unit 8, 8.5, Exercise 7

**P = Presenter F = Faye M = Melissa Sh = Shaun
Sa = Sarah K = Kenneth**

- P:** What would you do if your phone was stolen?
F: If my phone was stolen, which it has been in the past, I would be upset about it. I would look for it and try to see if I have it on me. But if not, because I'm not attached to technology, I'd probably go another two months without a mobile phone.
M: If my phone were stolen, I'd go straight to the police station.
Sh: If my phone was stolen, I would go to the police station and I would also buy a new phone.
Sa: If I had my cell phone stolen, I would probably go to the nearest police station.
K: I also might see if anyone had returned it anywhere, but except that I'm probably not getting it back so buy a new one.
P: What would you do if you saw someone shoplifting?
F: If I saw someone shoplifting at a store that I worked at, I would, after like, watching them and understanding what they're doing, I would approach them and ask them to put what they'd taken back and if not, I would call someone of authority.
Sa: If I saw someone shoplifting, I'd probably go tell the nearest cashier or worker for the store.
M: If I saw someone shoplifting, I'd probably go to an employee to inform them.
Sh: If I saw someone shoplifting, I would not do anything at all. I would mind my own business. Most likely.
P: What would you do if you saw someone vandalising something?
Sa: If I saw someone vandalising something, I would call the police.
K: Yeah, I'd call the police as well.

8.20 Unit 8, Revision, Exercise 8

Everybody listen, please. I'm sorry to say that some windows were damaged by vandals at the weekend. We're having new ones installed. The vandals were arrested this morning.

8.21 Unit 8, Set for Life, Exercise 4

Do you find it hard to make good decisions? There may be a reason for this. Scientists have found that humans younger than the age of twenty-five don't have an adult brain yet. Teenagers are still developing the connections that an adult has between two parts of the brain: the part that looks after facts and the part that looks after how you feel. When adults make decisions, they can use the part of the brain that looks after facts. But teenagers can't do this very well. Instead, they usually use the part of the brain that looks after how they feel. That's why teenagers usually only think about short-term reasons for a decision – 'If I choose

this, what will happen in the next minutes, hours or days?' Adults are more likely to think about the long term – 'What will happen in the next weeks, months or years?' But it's often important for teenagers to think about the long term too.

8.22 Unit 8, Set for Life, Exercise 5

So, what should you do to make good decisions? Here are some suggestions:

First, do some research. You can't make a good decision if you don't know all the facts. For example, if you're deciding when to go on a camping holiday, find out how much rain there is in different months before you decide.

Then make a list of reasons for and against making a particular decision – both long-term reasons and short-term ones. Give each reason a score – from one for 'not at all important' to ten for 'extremely important'. Add up all the scores for and against. Which gets the highest score?

Remember that sometimes two alternatives can be equally good. There isn't always only one right decision. And even if you make a decision the right way, you won't always have the result that you hoped for. But you *can* be sure that you are making the best decision possible with the information that's available.

UNIT 9

9.5 Unit 9, 9.2, Exercise 2

D = Daisy M = Mum

- D:** Hey, Mum. Guess what.
M: What?
D: Jack told Mrs Walker that we were starting a debating club.
M: Oh, good. What did she say?
D: She said that was a great idea.
M: Excellent!
D: I told everyone I was looking for some good topics to discuss.
M: Perfect!
D: And Tom said we needed to make a poster to advertise it.
M: Of course!

9.11 Unit 9, 9.5, Exercise 2

1

T = Teacher E = Eva

- T:** Right. The test will start in two minutes. Your mobile phones should be switched off. Please put them in the box on my table. Then I'd like you all to sit quietly. You can use the dictionaries on your tables. Eva, can you come here, please? I need some help.
E: Yes, Sir.
T: Here are the papers.
E: OK.
T: Eva is going to hand out the papers for you. Oh, be careful, Eva, don't drop them ...
E: Oops! Sorry.

2

M = Max T = Teacher

- M:** Sorry I'm late, Miss. I had a dentist's appointment.
T: Well, Max, the rest of the class have gone on the trip to the Natural History Museum. Did you sign up on the list?
M: Yes, I did, Miss. But then, erm, I forgot all about it ...
T: Well, sorry you've missed out on the trip. Your classmates are on the way to the museum. They left five minutes ago on the school bus. I know: you could do a bit of research about the things in the museum that interest you. You need to look up the website online – I'll put the address on the board.

3

T = Teacher I = Ivan

T: So, before you can go on summer camp, we need to have all the correct information for you. I hope your parents filled in the forms and signed them. Can you make sure you hand them to me after the lesson?

I: Sir?

T: Yes, Ivan? What's the problem? Did the dog eat your form like it ate your homework?

I: No, Sir. It ... erm ... it got wet.

T: Oh. Well, who did that? Did you spill your drink on it? Or drop it in the sink?

I: Nothing like that. Er, I left it in my trouser pocket when I put them in the washing machine.

T: OK, Ivan. I'll get you another form. But don't give it to the dog!

4

T = Teacher M = Magda

T: Class, please can you pay attention, while I'm writing on the board?

M: Sorry, Miss.

T: What were you doing anyway? Were you writing secret messages?

M: No, Miss. Anya and I were just making notes about the homework, the one where we had to work in pairs. It was the last question and we had a good idea.

T: Show me your book then. Oh, OK.

9.13 Unit 9, 9.5, Exercise 5

1

T = Teacher B = Boy

T: Who's ready to hand in their essay?

B: I've just finished it.

T: Great ... but you've only written one paragraph! It's too short.

2

G = Girl T = Teacher

G: Are we going to look over the test results now?

T: Yes, we are. Did you revise for it, Hannah? You got five out of twenty answers!

3

T1 = Teacher 1 T2 = Teacher 2

T1: Did the students get on quietly with their projects?

T2: No, they didn't. There was a fire alarm in the middle of the lesson!

4

B = Boy T = Teacher

B: Here, come here!

T: Can everybody calm down, please?

B: Yes, Miss.

T: Now, what's going on?

B: There's a cat in the classroom, Miss. It came in through the window.

44 Wider World, Unit 9, 9.5, Exercise 6

P = Presenter Ja = Jacqui AJ = AJ S = Sophie

Jo = Jonathan C = Celia

P: Tell me about your first school and your first teacher.

Ja: My first school was All Saints School, it was a little Church of England school and it was my favourite little primary school ever. And I had lots of wonder, you know, wonderful teachers and I was just very, very happy there. My first teacher was called Mrs Webster and she took us for everything but she, most importantly, she taught me how to sew.

AJ: My first school was a grade school in a small town, so there was really small classes. One of the first teachers I really

remember was really great at sitting me down and explaining things in the way that I learned it.

S: My first school was a tiny school. It had about sixty pupils, and it was a very – a very sweet and humble school and everybody knew everybody cos it was a tiny town and you got to really know the teachers as well. And the learning as well was kind of more one on one than bigger schools, which was really good. My first teacher was a lady called Mrs Buchannan. She was really lovely and she worked in the reception class for many, many years, and everybody that went to that school really knew her very well.

Jo: My first school was in Rome, Italy. It was an international school where I learned both English and Italian. My first teacher was called Miss Carlson. She cared a lot about her Liverpool FC football club, and I'm an AC Milan supporter, so whenever the finals were on, we would always argue who was the better team.

C: My first school was in Auckland, which is a city in New Zealand, and it was a small primary school with only a few hundred children and was right by the beach and that's why I liked it. We got to go to the beach sometimes after school. My first teacher was called Mr Norwell and he was a lovely guy in his fifties, and he used to teach us maths using pebbles that we found outside.

9.18 Unit 9, Revision, Exercise 8

Good morning, class. This is a busy week. The big question is: what do you want to study next year? That's right. It's an important decision and I want to talk to each of you on your own about it.

46 BBC Culture, Exercises 4 and 5

Learning goals

The school week is the same for most teenagers across the world.

They get up ... They go to school ... They have lessons ... They come home ... They have dinner ... They go to bed ... And they do it day after day after day! But it's different for those teenagers who want to develop their unique talents.

This is Ian. His school routine is a bit different from most other students. It's 6 o'clock on a winter's morning and Ian's getting up. But he isn't going to school today. Ian spends one day a week at the Stoke City Football Academy. It's a school for young players who might play with the football club professionally one day.

'Let's get going.'

It's time to go.

Like other students, he has lessons in the morning – but they're lessons in football and teamwork! Ian's a hard-working student and a talented footballer. After lessons, it's time for some serious football training. Ian's position in the team is centre back. His job is to stop the other team scoring goals.

Around half past three, most students are leaving school – but not Ian. He's still training!

Other teenagers are at home having dinner or doing homework, but Ian has just left the football academy. He's confident enough to take the train home alone. He finally has some time to relax. Ian arrives home at about half past eight in the evening.

'When I get home, I usually have a small meal, not too big and then straight after that I just go to bed.'

Ian doesn't mind his long day at the academy. He knows that you have to work hard if you want to be the best. But when you have a passion and a talent like Ian, you don't mind doing a little bit extra.

PC1-9.1 Progress Check Units 1-9, Exercises 7 and 8

I'm going to talk about three crimes. The first is shoplifting. It's very easy to steal something that way. Shoplifters can pick up what they need and instead of paying for it, they can just put it in their bag and walk out of the shop without paying. They just need to make sure no one is looking, especially security staff. But there is something that every shop should do: get security cameras put in. Shop owners can watch what customers are doing and they don't even have to be in the shop! Police can also use the recordings to catch thieves later, and we often do.

I want to talk about burglary next. It's terrible to come home and find favourite things missing, and your house might be in a mess. These thieves are the most difficult to catch because they don't leave clues behind. We often don't find any fingerprints because they wear gloves. They are also well prepared. They often know about the house's security and when the owners are going to be out. That's why you should contact the police if you see someone you don't know near your house. It could be a burglar studying it and making plans!

Pickpocketing is something that could happen to any of you. It's very hard to catch a pickpocket unless you see them at the moment of stealing. Then you need to shout to get other people's attention. You should also take a good look at the pickpocket so you can describe them to police later. The good news is that it's easy to stop pickpockets before they steal something. Just be very careful with your personal things: your phone, wallet, purse or bag. Don't leave them anywhere. It's best to keep them where you can see or feel them so you can check them. Be the most careful when there are a lot of people around you.

I hope this information ...