

2 HOURS OF NATURAL ENGLISH CONVERSATION

*We
develop a passion
for Teaching!*



Hello welcome back to the podcast all right how are you doing I hope you're doing fine in podcast land in lepland I hope you're having a nice morning afternoon evening night whatever time of day it is wherever you are hello welcome Kate Billington is back on the podcast again in this episode uh Kate is a popular guest this is her fourth appearance on the show just in case you don't know or in case you've forgotten Kate is an English teacher like me we work together in the same school she also does stand-up

comedy in the evenings
sometimes like me Kate also
makes cakes she's a
professionally qualified cake
maker she makes Cakes and
Pastries and Kate loves
cycling and in fact this
episode is called Kate
Billington cycled to Berlin so
here is about two hours of
Kate and me in conversation
natural conversation
conversation that flows this
way and that way as it moves
forward so yeah two hours it's
another long episode and so
with this I just invite you to
join us try to follow the
conversation see what bits of

English you can pick up along the way you don't have to listen to the whole thing in one go obviously you can if you want to just join us for the whole two hours but you don't have to listen to it all in one go you can listen to some and then stop and then later you can listen to some more uh the you know the more you listen the more you learn but it's up to you if you feel like after half an hour that's enough for you if you feel like you wanted a half an hour episode listen to half an hour of this but otherwise if you're enjoying it and you you are

captivated keep going because
the more you listen the more
you learn hopefully um we
will keep this fairly
entertaining and enjoyable for
you all the way through with
some jokes some little stories
and some little explanations
of vocabulary or expressions
or little cultural details um
consider listening to the audio
version on your phone you
know what a phone is right
consider listening to the audio
version which you can just get
in a podcast app on your
phone I use pocket casts but
you could use apple podcasts
Google podcast Spotify you

could listen to the audio version just subscribe to Luke's English podcast in your podcast app of choice and the advantage of that is that you can do other things while you listen just put your headphones on and uh you just do other things while you're listening which allows you to multitask like you could do some housework you could drive you could walk around somewhere just walk around in a circle uh or or alternatively walk to a specific place if you've got some shopping to do or something uh while you're

spending time on public transport on the way to work and on the way back or whatever it is you're doing this is how most people listen to podcasts they just listen to the audio version allowing which allows you to do other things at the same time that's another way to do it alternatively you could just close your eyes and just focus on the words phrases and sentences that you can hear but don't do that while driving a car or operating heavy machinery or any of those other dangerous things um but there you go anytime you

want to stop you can just
pause the episode and all
podcast apps will remember
where you paused so that
when you come back to the
episode you'll be able to
continue from that moment
and then carry on and
ultimately I think it's probably
best not to think about the
length of the episode okay
don't see this as a mountain
that you have to climb the
length it doesn't really matter
just join us get involved in
our conversation keep
listening enjoy it and get
carried away by the sounds of
the English language in

Motion One Last Thing
Before we start properly this
episode is called Kate
Billington cycled to Berlin
and that was the original plan
for this episode to talk about
her long cycling adventure to
Berlin cycling all the way to
the to that City but in the
typical way here on Luke's
English podcast there were
plenty of tangents distractions
and other talking points along
the way to that main topic and
you'll see me trying to get
there but for some reason we
end up talking about this that
and the other which is fine
that's the whole Spirit of this

show um so we do eventually
talk about Kate's cycling trip
and there's also a story about
a nice a nice no that's not the
word definitely not the right
word not nice nasty there's a
story of a very nasty cycling
accident that Kate had
recently which will definitely
hold your attention so we do
talk about those things about
the cycling but it takes us a
while to get there uh when do
we when exactly do we start
talking about the cycling trip
and the cycling accident well
you'll have to wait and see but
keep listening because we do
get there eventually so now

without any further Ado let's
now join my conversation
with Kate and we jump
straight in with me attempting
to start the recording of the
video and audio tracks while
also making tea and talking to
Kate all at the same time it's
exactly the same way that uh
the last episode with Kate
started uh so more of the
same kind of stuff more
conversation with Kate all
right good so now I've said
that let's get started right now
and here we go click record
here so I have started and so
my my decision there to start
was based on oh God it's

difficult to explain why well
because okay maybe I
shouldn't have started now I
should have just finished the
T and then started but uh I
just kind of think I'll just press
record and then I don't have to
worry that's done and then we
can just carry on and that's
you know living with regrets
now I know yeah now we can
say Shoulda Woulda Coulda
yeah should we teach your
students that expression go
ahead Shoulda Woulda could
as a song isn't it is it Macy
Gray could be I don't know
don't know that you don't
know that that's all no I don't

think so I'm not going to sing
it because it's embarrassing
for everything you use this in
an English lesson by any
chance I have I've used it for
pronunciation because it
means um should have and
would have and could have so
it's like it's about somebody
regretting their like I think it's
about how regretting losing a
partner or something like that
breaking up with somebody
yeah and the song says the
song says all the things that
she should have done and
could have done and would
have done if she could go
back and change it but the

song isn't called should have
would have thank you could
have it's sure it's called
Shoulda Woulda Coulda yeah
because that's how we
actually say it yeah should
have done this I should have I
should have put the milk in
you know before I started
press before I pressed record I
should have done that I
should have done this isn't
that I should have given Kate
the tea earlier when I invited
her onto the podcast last time
yeah I calculated it regret it
was over 30 minutes that you
had to wait I think that's the
first time in my life I've ever

been 30 minutes without tea
really it's always like at least
maximum tea drinker yeah
yeah so you have to there's no
no more than 30 minutes
between each cup yeah okay
and I I would have refused to
come back except that you
said lots of people listen to
the episode yeah yeah yeah so
see that was I was just trying
to find an excuse to use
wooder right that's why I said
that sentence you know what I
think it's would have I think
basically is American isn't she
yeah she is yeah so was I
would have I would have
refused but was American

what she changed her nationality or she died I think she might have died the point we're trying to make for people who are actually here to listen to their English and not find out whether or not Macy Gray is still alive um is that Americans would often say shoulder yeah and Bricks would often say should have yeah but nobody would say in the context of a normal sentence should have with like the strong pronunciation of have unless they're unless they're emphasizing it for a certain reason but I don't know what that reason would

be it's an auxiliary maybe if if
you say uh I should have gone
to the doctor and they say you
can't go to the doctor now and
you go no no I should have
gone to the doctor yes so but
then you would probably also
emphasize the gone I should
have gone you'd probably still
but you'd say they have your
right you'd say that should I
should have gone to the
doctor but you can still there's
still time I should have gone
yes I suppose you would uh
yeah she's still alive yeah all
right Macy Gray um how old
is she she's not even that old
is she Natalie Renee McIntyre

known by her stage name
Macy Gray is an American r b
soul and soul singer and
actress she's known for her
distinctive raspy voice and a
singing style heavily
influenced by Billie Holiday
uh gray has released 10
Studio albums and received
five Grammy Award
nominations winning one and
she's still very much alive I
don't know why you thought
that she'd passed away I don't
know just now that Tina
Turner has got nasty and
they've all gone all singers
also all r b songs all great r b
soul singers have gone here

first yeah um Tina Turner
that's yeah pity lost another
Legend I heard about that in
class one of my students said
it really and I had to like lean
on the table and I was like I'm
sorry guys I'm gonna need to
take a minute yeah because I
was very shocked same thing
happened and they all knew
they all knew that you were
shocks they all knew that she
had died and I was the last
one really so they got to enjoy
you receiving the news they
found it quite funny it was to
be fair it was quite funny that
you received the news and
you were shocked yes not that

she died no that's just sad
yeah it's quite sad but it's not
a tragedy is it she was 83.
yeah she lived she led a good
life she had a good Innings I
taught them that expression
yeah yeah only use that in
Britain they don't say that in
the states then or Australia or
oh okay so in in cricket
playing countries maybe yeah
yeah I guess but so yes maybe
they would say in Australia
India South Africa I don't
know shall we explain she
had a good Innings I mean
this is since this is a learning
english podcast yeah I'm also
I'm not supposed to be like

rainbow I just noticed my hair
is a bit weird someone's
gonna fix that go ahead so
we're on video obviously uh
audio listeners there's a video
camera filming us which is
you know an interesting
experience we talked about
that last time this is what
happens when you come onto
my podcast we just talk about
the same thing we talked
about in the previous episode
we do which is probably the
thing we talked about in the
previous episodes of that
somehow just go over the
same ground every single
time um but yeah so she had a

good Innings right Tina
Turner so Innings so I think if
you wanted to use a more
International expression you'd
say she lived to a good age
you say it was 83 is a good
age yeah and that's I think that
would be quite Universal as
an expression yeah but a good
Innings is it refers to Cricket
and it refers to a cricket score
so when you're batting the
goal is to get as many round
as many runs as possible yeah
and not not there are no goals
involved sorry sorry the goal
the objective the objective is
to get as many as many runs
as possible and that's and your

Innings is the amount of time that you're batting yeah you can stay in for you can stay in for ages you can stay back until someone balls you out you could be in all day or you could be in for several days you could be in for several days which would include multiple tea breaks yeah because that's not even a joke because this is a British sport it's great isn't it I love Cricket so much I miss Cricket I actually have a cricket ball uh here you do um which is just like a it's just a really good sort of stress reliever all right okay it's um just yes Cricket

balls are wonderful things
they're they're covered in
leather and they've got these
um stitching stitching the
seam down the middle which
is actually an important part
of the game because you can
if you're bowling the ball you
have to bounce the ball and
you can throw it so that it
bounces on the seam and that
makes it unpredictable is it
going to go this way that way
uh and other things but uh so
yeah seeing Cricket um if you
are batting if you are hitting
the ball you can stay there all
day if no one gets you out and
if you do have a a long

Innings um and you stay there
for a long time and you get a
good score then yeah you
would say oh he had a good
Innings oh she or she yes
were she to be a female
cricketer yeah or they well we
did not know yeah exactly if
it's if they're at a distance or it
just wasn't uh clear or yeah or
for some any other reason but
um um so Tina Turner yeah
we do say that about someone
who's lived a good long life
and it's a sort of a positive
thing to say when someone
has died yeah they've had a
good long life you can say
well you know he had a good

inning she had a good Innings
yeah yeah I think we say I I
say quite a lot if somebody's
yeah somebody's died at it an
age that suggests the lived a
good life or lived a plentiful
life absolutely yeah she had a
good Innings I was still a bit
upset when she died and I still
had to lean on the table
similar thing happened to me
when David Bowie died that
one hurt didn't it yeah it did
because it was unexpected
and he just released an album
and he was kind of like you
know backing our thoughts
and stuff like that like a week
before I saw the video for for

the his latest single and it was
strange and uh it was weird
and it Disturbed me and then
the video the video did yeah
Lazarus I think it was or dark
star or something like that
there's it was very odd lots of
sort of uh what looked like a
cult imagery and references to
his uh his career and and
weird things I didn't know
what to make of it I watched
it early in the morning the
next week I was just about to
go into an English lesson and
one of our colleagues um Rob
do you remember do I
remember Rob do you
remember not not the Rob

that was there now Dylan do
you remember Dylan also still
there now no he's not there no
there's no it was another
Dylan we had another Dylan
yeah there's another Dylan
yeah Dylan uh Walker I think
if there'd been two Dylan's I
would have been maybe he
left maybe he left before you
kind of got a chance to meet
him he does a does a podcast
as well now called English
with Rob even though his
name is Dylan but uh yeah
Dylan is his middle name or I
don't know it's confusing but
um yeah anyway so he came
into the teacher's room it was

like maybe 10 minutes before
I was due to go into class and
start teaching he came into the
teacher's room he's like David
Bowie just died and I was like
what what yeah you know um
and then I had to go in and
teach and I was like okay uh
oh so today's lesson is about
David Bowie died and one of
my other students was a huge
David Bowie fan and she was
like yeah I know oh no
[Music] yeah so the whole
lesson we were both like this
yeah he was ill so that's was
that why his last album was
about what his career had
been and yeah yeah lots of

sort of deep hidden meanings
and a lot of a lot of stuff like
that yeah the video's gone off
the the camera the computer's
gone into when the computer
went to sleep but we are still
uh being filmed the video is
still rolling all right okay all
right so okay wow we've
already covered quite a lot of
ground there yes yeah we
have yeah yeah so you uh you
have actually have a plan for
the podcast I have a plan yeah
oh yeah I did write some
notes we're going to talk
about last like the last
appearance yeah uh that's not
part of the plan no I thought

that we would start by well
let's see so I saw you uh
recently or you you texted me
and he said can I come back
on the podcast I said of course
you can um and you said
because I want to talk about
uh cycling to Berlin yeah I
did want to talk about that and
then after I'd said it I was like
I've not really got many
stories about it really because
when you cycle somewhere a
lot of the time you're just on
your own on a bicycle yeah
it's not really anecdote Rich
unless it's a tandem well then
you'd be on your own on a
tandem yeah you're not

necessarily going to have
another person on it are you
no I I like to cycle alone
because um because other
people are quite annoying and
I'm also quite annoying
especially on Long holidays
really yeah why what happens
I just so cycling is quite
stressful sometimes because
obviously you've got to get
you've got to get to the place
you want to get to by the end
of the day and if you have
things like punctures or if you
get lost or anything like that
then it's quite you can get
quite stressed and then I get
very angry and I shout at my

bicycle or I shout at my phone
or my GPS if I go wrong yeah
and it's just what kind of what
kind of things do you shout
can you say um you could
swear or you could I don't
want to swear no okay it's
very polite fair enough fair
enough yeah some there are
times when swearing is
appropriate and one of those
times is when you're cycling
and you're trying to get to a
certain place and you're
climbing up a hill or
something like that and things
are difficult and you're you
have frustration and you vent
it against you vent it at an

inanimate object which I
think is fine because the
inanimate object can take it
and I do always say sorry as
well afterwards I always feel
bad and then I always think if
it's maybe it's not as
inanimate as I think it is and
maybe it's gonna be angry
with me and stop working
yeah you never know
especially you never know
especially with your phone
because they're that close to to
being sentient now aren't they
yeah yeah you've got to be
careful what you say to your
phone I mean I've got very
old phone so I think it's quite

far from being expensive yeah
but I I um I don't really
apologize to my phone I don't
I don't like my phone so yeah
where is it it's in it's in my
bike helmet it's probably here
it's just there just yeah your
phone's just feeling sad I don't
like phones in general you
know no because they're just I
don't like the fact that you
kind of we don't have to have
one but I feel like I have to
have one yeah you know no I
know completely um yeah I
mean they're obviously very
useful but also we have to
have them now don't we yeah
we've been forced to kind of

do that now uh but yeah
they're often I am much
happier when I take steps to
put the phone away I keep it
in my bag and I'm like right I
will not check it because you
know we're being
psychologically manipulated
and we just uh have to we just
pick it up without even
realizing it like the decisions
been made for us yeah but
you will now pick up your
phone you haven't picked up
your phone for for however
many minutes um yeah you
know so yeah um I'm gonna
check my you know it hasn't
gone off because no one texts

me or calls me ever but I'll
check it just in case yeah why
there was you know you
know Sandy talksfig yes the
comedian comedian yes is
brilliant in my opinion but she
had a joke about how that's
like just opening your front
door just in case somebody's
there that's so true that's
basically what I'm doing is
there someone here no there's
not okay I'll close it again
that's basically what you do
when you're just checking
your phone when you do
check your phone for no good
reason yeah it's like opening
your front door just to check

if someone's there but it's also like finding yourself standing at the door with the door open and you're like oh I was going to the kitchen to make a cup of tea and I'm standing at the door for some reason you're standing at the door yeah exactly I do that with like you know Twitter I'll go on my phone because I need to get I need to find an email that someone sent me from last week because I've got to do a specific thing and then I realize and then I'm scrolling through Twitter I'm like whoa wait a minute I thought I was doing any writing an email

how did this happen um
because you open your phone
and there it is and then and
then it gets you like that but
you can get apps Sorry I cut
you off that's all right okay
well I was gonna say I'm
gonna say it now um um you
can get apps that stop you
from accessing certain other
apps at times that you fix
yeah yeah yeah yeah so you
can't open Facebook except
between this time and this
time or Twitter in your case
or but in order to to do that
you need to go into your
phone open up that app and
decide the hours that you

want and what would happen to me is I'd go in I'd be like right I'm going to set my my my allowances or my time windows and then oh I'm on Twitter so you'd never actually never actually get there because there's always some other app that's like hey yeah jumping in the world they do yeah literally yeah that is what yeah yeah so I think that's why I don't like my phone I I tend to find I have happier more fulfilling moments when I'm when I keep my phone at a distance you know you kind of live in the moment a lot more um

and that's that's good yeah so
all right so cycling to Berlin
then yes are you going to tell
us about this yes let's see let's
see where this takes us
probably to Berlin probably in
terms of the conversation so
okay when where how why
uh what which uh whom um
which which I don't know
which which uh which route
did you take uh good good
question what's the difference
between what and which
that's a question that students
ask me sometimes oh I would
say well the reason I asked
then when Luke said which I
said which what because

which suggests a choice between multiple options so we can use it either when the options are clear like here which route did you take so you're talking about the various possible routes from Paris to Berlin um or if it's just implicitly clear like if you said which color is your favorite it's obviously a limited number of colors yes yeah although of course some people would argue that that is not a limited number of colors well there's the inlet really well because it's well I suppose it is limited but all of the possible shades yeah you

get that kind of spectrum um
yeah okay see what you mean
but anyways when you go on
the internet and you want to
choose a color for a particular
thing if you're making some
artwork or something then
yeah then there are many
many many many little codes
and sub codes and you know
if you break it down that's
true but you could still say
which color is your favorite
yeah probably what is your
favorite color would be the
most common question so
anyway so the point is that
which is normally when
there's a sort of limited

number of options available
for example if you've got like
three cakes on the table which
cake would you like um we
have got cake I know yeah I
don't know I should say Kate
brought cake of course you
thought of the example of
cakes there's not a choice of
cakes cake is always a good
example for for most most
situations yeah Kate did bring
cake I should say the Kate
brought the cake not the cake
brought Kate has that and that
wouldn't be possible it would
be interesting if a cake
brought you here uh I don't
know how that would be

possible who knows one day
when the cakes become
sentient as well as the phones
then um maybe we'll be riding
around on cakes that's the
future we have to look
forward to but I think cakes
have got further to go with the
phones I'm gonna put that out
there in terms of sentience but
phones are always developing
always sort of changing
apparently getting better but
Cakes you know maybe they
they've finished you know
they're already great they are
they don't need to be
improved you know as a
concept I think so you did

bring cake uh which you
haven't like some cake well
you know what often I will uh
share comments uh from the
comment section one said it's
rude to eat on a podcast is that
what you're going to say I
read that and I I had to say to
that person I'm sorry you're
just gonna have to deal with it
yeah really yeah really really
because okay so do you do
you think first of all the vast
majority of comments were
extremely positive oh okay no
no no no no go on no the I'm
just saying this just for
posterity you know just so
everyone knows like the vast

number of comments are positive and whenever I talk about comments if I ever bring up negative comments I always feel like I should balance it by saying it most people's comments were positive so I don't first of all give the impression like uh you know the the one comment out of uh 100 comments was negative that by just talking about the negative one that that somehow it makes it more significant than the others you don't want to give it more weight yeah exactly yeah you should have yeah yeah yeah

um yeah and also uh I can't remember the other points I was going to make in my list I think I said what several reasons but never mind what the first one will do um but yeah so vast majority of comments were positive but there was one comment that simply said I think eating on a podcast is rude it's like that's that was the contribution that that person made to to the conversation um there was don't you don't you think so though because I think that person you know although you know that was the only thing they said yes I think that

that person might have a point
that there's this that as you
know that there's one that you
know when people are
listening they don't
necessarily want to hear could
you hear that no I don't think
we could I don't think that uh
eating was audible well
because I think I think when I
ate because it was only me
who was eating as well wasn't
it because you'd already eaten
that's right I gave you some of
the cake that I bought yeah
yeah um I think that when I
ate I ate while you were
talking and yeah so you were
like eating I was away from

the microphone yeah so I think it's rude to eat in somebody's ear yes I would agree with that um and if you eat into a microphone that you know people are going to listen to that's like eating into someone's ear yeah so if the listener can hear the sounds of eating yes that's rude I think that's rude but if the listener is aware that a human is eating yes in the room that's not rude per se is it because I wouldn't say that's rude but I don't I'm not 100 sure that you couldn't ever hear me eating but I think yeah maybe there was just one single like sound in

the background maybe it was just like the wind blowing the door against the the door frame I do have a large mouth but not quite that large yeah though that's not really anything like the sound of anyone eating but um no when there's a little background noise sometimes these sounds can can come indistinguishable from each other um so I would disagree with that person yeah so what you're saying is that there's a difference between eating on the podcast and then eating uh professionally professional podcast eating which is eating

away from the microphone
only when another person is
talking so you're not going
yeah good point you know not
that but instead you've now
done which I've now done but
there was no food in my
mouth so that was a similar
that wasn't so real Edison find
it more polite for you to make
eating noises while not eating
or to eat but stay away from
the microphone eat but make
no noises or make noises but
not eat which one is worse
yeah that's the question that's
the question to pretend to be
eating into everybody's ears
lovely cake delicious um yeah

I like that thanks yeah you
could put headphones on by
the way Kate I've got right so
I can hear that so you can hear
that even more yeah yeah I
forgot to mention that you can
put them on if you why
should I put them on uh just
in case you um want to get a
sense of your proximity to the
microphone you know
because that can that can that
can help can you hear can you
hear that louder quieter I don't
know okay well that sounds I
think it's about the same
volume as you people do
sometimes ask me that uh in
comments why are you

wearing headphones they don't ask it in that voice but that's the voice that enters my head when I read that comment and um it's just because it helps you monitor the sound it helps you know if you're close or far from the microphone you know and because of the proximity effect you see the closer you are to the microphone the more you sound like uh you're on the radio and the further away you get you know you can use the proximity for different purposes if you want to shout for example you shout off the microphone if

you want to if you want to
whisper you have to whisper
close to the microphone so
hearing your own Voice
through the microphone helps
you to deal with all of those
things professional podcasting
advice uh all I was thinking
while you were talking was
this would be a great time for
me to have a bit of cake yeah
because I was like now he's
going off on it Luke is talking
for a while yeah yeah well all
right so I don't know what's
the jury conclusion what's the
conclusion well you've you've
given it you've you've made it
an audience participation

question this isn't a live
podcast yeah I know so how
will we know ultimately I'm
the boss I decide I think we
can eat but we eat responsibly
and if you're listening
drinking alcohol you should
do that responsibly yeah
mostly I think you should do
most things responsible yeah
that's true but certainly some
of them should be done with
more of a sense of
responsibility than others
because like drinking alcohol
can go badly wrong yeah
whereas drinking tea is how
wrong can it get I mean you
might need to rush to the lou

after a certain amount of time
but that's that's probably as
bad as it's gonna get isn't it
yeah well you could slosh it
all down yourself tea is hot so
you could spill it on someone
and actually quite hurt them
yeah so these are examples of
how you should drink tea
responsibly yeah there we go
make sure it goes into your
mouth and down your throat
and not all over someone not
all over someone or yourself
because you could burn
yourself and that would be
inconvenient yeah okay well
yeah I just heard you drinking
the tea I know I'm sorry to

that person genuinely right
that that person who
commented and said that
thought that was rude you
know we don't mean to be
rude or anything I'm sorry if
your experience was
diminished by the the even
the thought of a person eating
yeah um I get it but I don't I
don't think you could hear us
eating you could hear me
eating but perhaps I'm wrong
yeah yeah we'll see we'll see
when that person comes back
with a similarly uh uh uh Kurt
uh reply maybe their name is
Kurt yeah um I don't think it
was but okay look look at this

uh everyone video viewers uh
listeners will describe let me
see if the video is working
yeah the video is working so
my computer's just kind of
went and how do you know
the computer's a lot it is it
continues to record even in
the background no I was
going to say how do you
know what could be seen on
camera all right okay I need
to describe this to the audio
listeners I'm holding a tin in
my hands it's a circular a
round tin with uh Marmite on
the front of a picture a nice
design of a jar of Marmite
there's a whole other

conversation that can be done

Marmite is a sort of a yeast
extract spread which is a great
way of selling it but anyway
it's also describing it because

nobody listening to that
knows what that tastes like no
well that's yeast let's let's put

Mars it is what it is let's put

Marmite on the side for a
moment all right and we may
come back to Marmite

because it's very easy for us to
get distracted by one thing or
another especially marmite

and I'm holding this thing and

I've got to you know I've got
to continue to take the leg off
um so all right metal tin it's

round there's a nice picture of Marmite on the front but that's not uh what's inside we take off the lid what do we have inside cupcakes beautiful cupcakes oh I can smell them as well I can smell vanilla yeah good so can you describe the cupcakes yes so um the cupcakes I brought cupcakes because last time I think I talked about cake but I hadn't brought it and it was the first video episode we've done and I felt um quite self-conscious about the fact that I hadn't actually brought cake even though it's suddenly a visual medium no most

people don't bring cake to things you know that it's not like the standard that you have to try to make all my friends yeah I bring cake bribe them with cake yes and then people are like oh we should invite her to stuff because she'll bring cake this is how I make my friends during lockdown I was studying Patisserie at home and became friends with all of my neighbors because I live alone yeah so I was making loads and loads of Patisserie so I would make like 16 croissant and then be like wow I should probably

deliver these to people instead
of eating them alone it's very
nice and really contributing to
the to the community yeah
and then I became friends
with those people and
incidentally they invited me
to Berlin that's why I went to
Berlin ah but anyway it does
all connect it does all make
sense um so the cakes are um
so you said you can spell
vanilla yeah I think so what
kind of cake would they be in
British cake terms uh Victoria
sponge correct oh I got it right
listeners Victorious thing if
you're really British or not
Victoria's sponge cake is uh

it's yeah it's kind of kind of
cake that's got vanilla
flavoring yes it's um it's a
very sort of simple cake um
they have the same cake in
French and they call it the
four quarters they're wrong
it's Victoria sponge it is
Victoria sponge but they they
call it that because it's there
are four parts essentially the
same quantity of each butter
sugar flour and eggs and then
you also for the flavoring you
put in vanilla Essence and um
baking powder which was
invented um quite near in
time to the coronation of
Queen Victoria so when

Queen Victoria was crowned
they invented a new like
national dish as they do for
coronations as you've
probably mentioned on your
podcast um and baking
powder was a British
invention that was taking off
because it makes cakes rise
and it makes them light and
fluffy so it's quite a quite a
revolution in cake making
yeah um and therefore they
made this this sponge where
previously all the kind of
cakes that were made in the
UK and I think in many
cultures were much heavier
and they would be you know

like fruit cakes with dried
fruit raisins that sort of thing
so it would be a heavier cake
whereas now they had learned
how to make lighter cakes and
that's why um the Victoria
sponge ended up being the
coronation dish when Queen
Victoria was crowned that's
that's from my memory I
might have got a few facts a
little bit wrong um yeah no it
sounds I'm not sure no no I
can't factor that in my own
head but it sounds right yeah
that makes sense Victoria's
sponge cake named after
Queen Victoria because of all
the things you said I'm not

just going to repeat them no
you can I could but why that
might be why our last episode
was two hours yeah just
repeat everything you say uh I
do that a lot but when Queen
Elizabeth was crowned there
was a coronation dish
coronation chicken coronation
chicken yeah which is what is
coronation chicken again do
you know do you know this
it's chicken yeah in a sauce
and it's a yellow Source it's
got almonds and raisins in
right there must be some sort
of like turmeric or yeah
something like that in it
probably something some

kind of Spice from India or something like that right uh yes kind of like a very watered-down mild version like English version of an Indian dish it's very mild yeah it's not spicy it's spicy at all yeah no it's very creamy so it's kind of like a chicken in a in a creamy sauce uh with Raisins and Almonds and probably some spices and stuff but it's not it's not actually hot spicy yeah it's quite nice yeah yeah yeah and then when King King Charles was crowned what was it coronation quiche but the French apparently were not

happy with this because apparently I didn't even look at the recipe I heard it wasn't actually a quiche because it doesn't have cream yeah an egg I don't know I'm not sure what according to the French uh makes a quiche a quiche and is it like creme fresh or egg or something that has to be in there I think it needs to have egg and cream right to be a quiche and this and otherwise it's a tart I see okay because you can have like a you can have a sweet tart like an apple tart or you could have a Savory tart like a vegetable tart and so if it

doesn't have egg and cream I think it's a tartar not a quiche mm-hmm I think so the the coronation quiche as it was called what was it it was it was a vegetarian I have no idea what it was it was vegetarian which made some people angry why because they're idiots sorry you're not supposed to call people it has to be the sacrificial killing of a creature yeah yeah they wanted they wanted to put um a remainer in it um probably that was a very old brexity joke yeah let's not explain it it's not funny um um but I think that there was courgette

there was courgette in it right
it was a kind of vegetable
maybe part of something I
can't believe you I think it
was vegetarian because I
think I remember people
being angry about that
probably shouldn't talk about
it anymore because neither of
us know what yeah but I'm
pretty sure there was
courgette or some other
maybe broccoli or something
and the overall impression I
got of the coronation quiche
was that could be very soggy
that was my first thought
good that's vegetarian nice
one Charles uh but uh sulky

probably quite soggy but who
knows he probably didn't
cook it himself I doubt it
maybe he likes cooking I
don't know yeah I expect so
so hmm lovely cupcakes yeah
Victoria sponge yeah with um
what do you call the butter
cream buttercream
buttercream whipped
buttercream on the top yeah
and a raspberry yeah which is
the the proverbial cherry on
top of it indeed oh my
goodness here we go again
the cherry on top of the cake
it's actually a raspberry this
time yeah it is the raspberry
on top of the cupcake when

you eat when you eat it you
have to you have to cut it in
half oh yeah down the middle
because there's a surprise in
the middle what have you put
in these I've ruined it now
because it would have been
better if you hadn't known but
then I think that might have
ruined the eating quietly
you're curious to know what
what's inside these things it's
nothing it's nothing
revolutionary no no I don't
think so yeah okay am I
gonna be able to drive after I
think yes do you drive no well
you know operate heavy
machinery do you do that no

not really but you know what
I'm saying yeah yeah um yeah
and it's not like in the middle
I've put like minced beef or
something it's a good surprise
it's a good surprise hmm I
reckon there's chocolate in the
middle do you know yeah
that's what I reckon maybe
something like a kind of a a a
hazelnut chocolate or
something like that are you
going for Nutella but not
naming the ground Nutella
but not Nutella yeah yeah a
better version like without all
that palm oil and grief inside
you know orangutan um grief
the second time we've talked

about orangutans I think we
started talking about
orangutans before we start
before we press records so
they're like what orangutans I
don't remember this reference
very rude to talk about
orangutans without without
context oh so I read some
other comments one said that
I laughed too much oh yeah
there was one person who just
took exception to and I and I
think I replied saying I think
you'll find that Paul Taylor
who's a regular guest on this
podcast is famous for for
laughing on the show yeah so
you don't aim us for it yeah he

is yeah he's famous for
laughing uh on on the show
uh in fact there's a they've got
a jingle yeah I don't really do
Jingles that much yeah Amber
and Paul Amber and Paul I've
got a jingle and in the jingle
it's basically a condensed
version of all the comments
that people had made about
the two of them the first one
is that Amber's got a lovely
voice and the second one is
she has she does yeah yeah
yeah and the second one is
that Paul um laughs and
everyone enjoys his laughter
Oh wow so it's like okay so he
can laugh that's fine but um

Kate I'm laughing from okay
no laughing no eating I'm I
mean I feel like my right to
drink tea is hanging by a
thread right now you just
we're just we're asking for it
now I'm gonna do it anyway
someone's gonna someone's
gonna say no liquidity no no
imbibing of liquids allowed
okay it was breathing too
much yeah um so can I switch
that yeah yeah don't worry it's
still recording but I don't like
to not be able to see it really
yeah I just need to know that
the video is recording every
now and then listeners my
laptop goes to sleep and the

screen goes all uh dark and
Kate's like ah no what's
happened I don't know why
because it's not like it's nice to
watch yourself I think it's
because I'm checking if I'm
still very red and the answer
is yes I'm just thinking is this
microphone uh is this
positioned correctly because I
don't know I don't want it to
like get in the way so that
people can't actually see you
but at the same time I want it
to be able to capture your
voice should I move uh uh it's
good this is good yes this is
good yeah German I know is
he cycle to Berlin I think this

episode might be called
cycling Kate Billington cycle
to Berlin and we cycled
around the topic it took us 90
minutes to actually talk about
it um no but I just wanted to
say one other thing about your
comments some people said
that I laugh too much which
no just one person but some
people said that they didn't
understand me because they
tried too quickly and I think
somebody said because I
talked too quickly and
because I was laughing that
was just the laughing it's just
one person yeah if it's just one
person and then forget about

it okay so um but I have had
that comment before you're
difficult to understand no that
I laugh too much like on the
mini English lessons you
know those quite a few of
those have comments
underneath that just say things
like why is she always
laughing and I think that is
valid because I'm laughing at
nothing some of them say
she's laughing at nothing and
that's true but you know what
I don't think it's just you I
think this is a sort of maybe
an English thing and I've
noticed this too in various
places that uh ushing us

English people we do and I don't know if it's just English people or whatever but uh we do sort of laugh sometimes when there isn't necessarily an obvious thing to laugh about no one has made a joke you just say something whatever and then there's laughter what does that laughter mean what why why do we do this is it because we're awkward as a nation yeah I think we're awkward yeah which just means that we're a bit socially uncomfortable so we laugh as a way of saying what what does that laughter actually mean it's like uh um I guess

it's kind of like uh I'm finding
this a little bit funny because I
don't know I don't know I
don't know if I was laughing
awkwardly though I am
British but I'm not a very
awkward British person hmm
it's hard to explain it's hard to
explain isn't it yeah but again
we shouldn't probably
shouldn't dwell too much on
no well some individuals find
a bit annoying for that I'm just
going to continue to be
someone who laughs too
much it's you know there's
there's going to be something
you don't like about everyone
and if that's the thing you

don't like about me I think it's
okay maybe there are other
things maybe maybe now all
the comments will be a list
things we don't like about
Kate number one she laughs
too much number two she
doesn't care that she laughs
too much but number three is
valid she talks too quickly so
I'm going to make an effort on
this one to talk more slowly
yeah but you say that right but
again I mean I've having done
this for quite a long time and
having read a lot of comments
over the years and received
emails and all the rest of it
okay so on one hand yes we

should try to maybe control
the speed of speaking and
stuff like that but if we if we
speak too slowly and if people
get the impression that we are
adapting our speech other
people will come in the
comments and say speak
naturally please speak
normally we want you to
speak at the natural speed we
can understand you but we
can't understand native
speakers we need to get
practice of listening to people
speaking at natural speed
okay so there's there's going
to be someone else if we
make that change someone

else is like why did you move
it it was better when it was
here yes you know can't
please everyone can't please
everyone it's true yeah that's
right yeah all right but I do
think I was speaking too
quickly and well I understood
you yes so how do you judge
speaking too quickly what um
maybe one of the reasons you
understood me though is
because we have a lot of
cultural commonalities
commonalities you're
speaking American English
again what did you say last
time you said it in a in an
American accent it was like

uh something else you said
and I said for sure that should
be supposed is that how we
speak in in Great Britain in
his Majesty's Land where's
my phone narrative I don't
know I can tell you what the
word was so you were saying
you write it down no because
someone commented on that
just uh today I think oh yeah
yeah yeah yes yeah it was like
Luke was right I checked the
dictionary and it wasn't really
it wasn't really a thing to
disagree about don't worry uh
that's okay I believe that you
were right okay this is fun
Luke looks up something on

his phone so you were you
were talking no you were
talking about how uh we
understand each other because
we have a lot of
commonalities a lot of things
in common I think a lot of
cultural things in common we
have quite similar accents and
similar patterns of speech I
think it's I think I do speak
more slowly if I'm speaking to
somebody whose first
language is English but who
isn't British oh yeah yes so if
you're speaking to to Dylan
not the the Dylan I mentioned
but the other thing is from uh
the states he's from New York

right if he's speaking to Dylan
it's like you have to speak
very slowly to Dylan because
he's America doesn't
understand he's a married he's
from yeah yeah no what I
mean is there's some
vocabulary I probably
wouldn't use yeah like what
what if he saw Dylan who's
from America the North
America the United States of
America I mean because there
are some people who like get
annoyed when you say
America when you mean the
United States of America
understandably yeah um so
what would it be true he is

from America but we can be
more precise true yes um yeah
so it'd be like some English
sentence like all right mate
wasn't pears it was yeah not
that you would use that's not
what I meant but like once I
um can't find this comment no

I don't that's okay let me
know another time yeah once
I had like a text conversation
with an American friend who
was going to meet me
somewhere and um he said
I'm just getting some food on
my way do you want me to
get you anything and I replied
no I've already eaten tar and
he arrived to visit me or to I

don't know what we were
doing to hang out yeah um
and he said what's tar what
did you eat yeah but it's task
about ta and it just means
thank you um but it's very
British and I think it's also
used in New Zealand and
maybe in Australia potentially
surprised yeah um New
Zealand I'm pretty sure about
but I don't know about
Australia um so it is used in
other places but it's not used
in America in the USA it
means thanks by the way it
means thanks I did say that
did you you did okay just
clarify well you know I have

to repeat everything you say
you have to repeat everything

I say I have to repeat
everything you say okay good
um so I said yes exactly when

I said I said to him I've
already had some tar he
thought that was a food item
that I had eaten yeah so then

he arrived and wanted to
know what tar was yeah and
you're like if it's like marmite
it's very British you wouldn't
understand this is still this is
still here in the background by
the way meaning we have to
talk about this are you putting
it on a shelf so we can so we
can see it the listeners will see

it and we will forget about it
love it um can we have more
tea the listeners will see it did
you get that that was a
mistake I meant the viewers
will see it the listeners will be
able to hear the uh the the
Marmite calling to us the tin
lid they'll you'll be able to
hear it on the Shelf at the back
of the room you won't I think
I'm gonna sneeze now oh my
God another one another
taboo I'm not allowed to
sneeze you have to say excuse
me excuse me yeah you didn't
say bless you bless you I was
too busy like uh Wicket
keeping for your sneeze so

many Cricket references
today yeah yeah yeah the
sneezing yeah yeah I've
sneezed on the podcast in the
past and have not said excuse
me because normally we don't
I normally do say excuse me
but I was distracted by the
fact that there was a lot going
on yeah yeah you see what I
mean a lot going on that's
right that's why I just press
record and then that's done
yes um but yeah I've sneezed
on the podcast before and I
had comments saying I think
it was very rude that you
didn't say excuse me yeah it's
true you should say excuse

me you should do especially
if you sneeze directly into
someone's ear I didn't do that
I caught the sneeze yeah you
did you caught the sneeze
meaning you didn't let the
sneeze pow come out
explosively no no it's the
healthier way to sneeze I have
to say not for other people not
for other people true only for
the person who's sneezing
good point but I've I've been
told that uh if you hold a
sneeze in that uh you lose a
few brain cells when you
sneeze I don't know if that's
true that's one of those
nonsense facts that's not I

don't believe that for a second
firstly we're all losing brain
cells all the time anyway you
lose a brain cell by laughing
or nodding they lose a brain
cell when you laugh as well
apparently apparently they do
yeah um really but then we're
also developing new ones no I
think that stops after a certain
age oh right yeah we were
only going downhill now I'm
not sure what age it is well
this is my very vague
understanding of brain cells
that there are so many of them
that we are just constantly
losing them every like every
minor impact means you lose

brain cells we don't make new ones I don't know about the new ones I think I don't I think that's um I think that stops after a certain age no I don't think you do yeah yeah well my listeners can tell if any any long-term listeners if you've been listening to this show for let's say over 10 years uh you can give me an assessment of whether you think of developed any new brain cells in that time or if it's just been a downward uh Trend since the first time maybe you first listen you thought Luke's reasonably intelligent and these days he's

like who am I listening to like
a chimpanzee we found a
microphone what's what is
this yeah maybe they are
thinking that can I can I segue
into a little language Point
sure don't you think it's
interesting that the expression
to go downhill could be
positive or negative because if
or not exactly to go downhill
but like for example it's all
downhill from there it could
mean everything's got easier
yeah it's like riding a bike
right you're riding uphill that's
hard work and then you get to
the top of the hill or the top of
the mountain or whatever and

then it's all downhill from there it's so easy yeah you just Freewheel so if you're talking about literally so there's the literal expression and then there's the idiomatic version because if you said if you were working on like a long-term project you could say like right I need to get all of these aspects of the project done and lined up and then it's all downhill from there but wouldn't you don't you think though that the potential because this so the expression can mean you're essentially freewheeling like on a bicycle the best part of riding a bike

when you go down a hill yeah
you just Freewheel all the
way down yeah but also we
use it to mean oh you know
when you you get to 50 years
old and then you know you've
you've lost so many brain
cells it's basically all downhill
from there it's not getting
anything everything's getting
worse things are going down
getting worse which is
something that I think people
say right up to 50 that seems
Young I heard someone say
that on a podcast recently was
it yours no no it wasn't just
me hearing myself say it just
now just now um I heard that

that's so funny I heard it 30 seconds ago yeah that was no that was me that was me but I heard it on a podcast I think yesterday uh talking about you get to 50 and then it's still downhill from there basically they meant everything gets easier but it's like riding a bike yeah maybe in the last episode you disagree with this because you your belief is that as you get older you get better you talked about aging yeah I said on YouTube about being a grumpy old man no you told you talked I'm doing it look I'm pointing I'm pointing man you talked about me being a

grumpy old man because he
pointed at me probably I
talked about me becoming
wise like a wizard and you
were like what because I think
in your head when I say that
the older I get the more like a
wizard I become I think in
your head we're like What
like Harry Potter they're
children Wizards no anyway I
think that's what happened
okay did I mention Harry
Potter no but that's why I'm
that I'm just I I'm I think I'm
reading that I'm I thought that
oh God so I said as I get all
older I feel kind of good
because I'm gonna get more

like a wizard and you're like
what what are you talking
about oh no I just think the
older you get the better you
get I think I said that last time
yeah so yeah I would apply
that to you and if you think
that means becoming wizard
D wizard-like yeah I almost
said Wizardry and then I was
like that's the noun that's not
an adjective isn't it wizard but
that's that's negative yeah that
means all like dried up if I
think a plant could be
wizened she didn't water it
yeah I suppose so um
shriveled shriveled yes um
please can we have more tea

yeah of course thank you uh
we you didn't we I think we
didn't finish the point about
uh going downhill did we or
so is that done now but go on
I think the point I was trying
to make was that in many
contexts it would mean that
things have gone things have
got worse like you might say
oh that used to be a really nice
restaurant but then they got in
a new chef and it's gone
downhill yeah for example
that's clearly in the context
and from the tone of voice
and everything um that
clearly means it's not as good
as it used to be yes but then if

yeah I think if you're working on something difficult and then you say so don't worry guys we've done most of the hard work now it's you know we've got over the hump of this project it's just all downhill from now plain sailing for cruising smooth sailing you could say as well yeah but I I was going to say that uh you know uh it might be wouldn't you avoid using it's going down it's all downhill now because of the potential misunderstanding in the back of people's minds and be like uh what negative that it's got too many negative

connotations so you'd be
using more positive language
it's plain sailing with
freewheeling it's it's three-
wheeling that suggests yeah
that would be more because
that's still the same image of
going downhill because when
you're freewheeling you'd
have to Pedal especially in the
corporate environment you've
got to be very sort of
everything's going to be
positive advised all the time I
wouldn't know that's why I
don't have one of those jobs
yeah well me me too but this
is what I've I've I've I've
perceived to be the case that

everything has to be made or
positive foreign do I not
normally say that you're right
no I think you do you do do I
yeah yeah it's fine okay uh
these these cupcakes look so
tantalizing I keep showing
them to the camera as if I'm
selling them um once upon a
time I was going to circle you
were yes people who've
listened to other episodes will
know you were talking about
becoming a chef that's right
anyway we've got to talk
about you cycling to Berlin
because I think that might be
the title of this episode and
some people are gonna be like

never mind that the laughing
and the eating just talk about
the thing that was on the label
you can change the title
though it's not like the titles
yeah free yeah determined
yeah yeah well with when
you're titling an episode yeah
you've got to be it's got to be
quite Punchy and it's got to
kind of make people listen
title of the last one okay
Billington in the podcast just
it did you know just
descriptive yeah oh go so
while we're talking about
things that are catchy yeah
can I ask your listeners for
some advice sure I want a

new Instagram handle so my
Instagram handle used to be
cake underscore by
underscore cake underscore
underscore Paris Paris yeah
uh which as you can tell I was
impressed that you knew any
of that um but it's not very
catchy especially those
underscores yeah all of the
underscores and also I created
it when I wanted to open a
cake shop in Paris so it made
sense um but now I don't want
to do that and I mostly use
Instagram for comedy so I
want an Instagram handle that
is catchy that is not already
taken a lot of them are taken

um that preferably would refer to cake and comedy so at the moment I've changed it to cakey comedy which is rubbish isn't it let's be honest could be better yeah it's bad

um so I need to find something else like um Anna who we were talking about earlier who's a friend of a friend of mine who you also know yeah would that be accurate um yes she's a good friend of mine she runs comedy shows in Paris and her Instagram handle is anatomically correct which is really good very good because anatomically correct

would mean anatomic would mean like for a biological drawing yes of an of a plant or an animal or probably an animal because I don't know yeah Anatomy yeah yeah um it means that the the drawing the diagram is correct um biologically all the body parts are there so we'd call it anatomically correct like for example The Simpsons that's not it's not anatomically correct picture of Homer Simpson that is four fingers on each hand right not anatomically correct correct um but Anna came up with this Instagram handle and also

she's a scientist so it's got that
like science side to it and it's
such a good Instagram it's
very clever yes anatomically
correct it's really good and I
need something that good but
so my cousin came up with
top of the Billington hey uh
yeah didn't we talk about this
before did we I mentioned
that before ah have we talked
because the first I think I said
top of the Billington is the is
is the best suggested that or at
least verified that I remember
because my cousin coming up
with it for sure but maybe you
could also come up I think I
think maybe you said this to

me before and I was like top
of the Billington yeah it is a
good one it is a good one but I
want something that has cake
in it this tin has got cake in it
and it's mine perfect ow uh
topper the Billington I don't
know what can you do with
that how can you add cake to
that I don't know maybe it
hasn't maybe it's got to be
something different and not
top of the Billington um yeah
on top of that you see that
we're going to explain top of
the bill if you're top of the bill
yeah it means there's a bill is
the list of performers that are
on a show like a play bill

that's a um in the states they still use the today they use the term Play Bill but we would call it a program right when you arrive if you go to the theater you get um a list a piece of paper with the actors names on it and that's yeah we would call it a program they would call it a playbill yeah and you also see like posters for Glastonbury music festival and the you know there's like a list of performers on different stages and then the one that's at the top of the bill is in the big letters like Elton John and then other performers afterwards so uh

top of the bill is in reference
to a show of something and
you can say you could say
somebody is top billing as
well at top billing artists yes
or a top billing comedian yes
would mean that if they're on
like a variety show or a
festival or whatever they'll
always be at the top of the list
yeah I think yeah it's an
adjective phrase right yeah
yeah I agree so top of the
Billington is is good I mean
yeah it's a reference to
Comedy and being on a show
and uh yeah it's also sort of
selling yourself as well yeah
like because you're

overselling you wouldn't want to say I mean you have to sell yourself a fairly rubbish comedian yeah like you know sort of mid to lower mid-tier comedian yeah you know you wouldn't do that in comedy you have to try and sell yourself as much as you can including taking any single positive thing that anyone has ever said about you and putting it into the poster you know um and things like that so you sell yourself I think top of the Billington is very good why do you need cake in there that always has to be cake why you're still holding

on to the cake because there's
always because you're right
there always has to be cake it
does there though this is my
question does they're really
Kate maybe you need to let
the cake go maybe I do just I
haven't even taken a picture of
these cakes they're not gonna
be on Instagram it's just going
to be Kate without K yeah
you can do it this is maybe
they don't need the cake but
maybe they get invited to
parties Luke because because
they're inviting you for UK
not for the cake that's the
dream the cake helps I'm not
gonna lie people like the cake

yes well you really do that's
really a good thing I'm not
saying you should burn all the
cakes um I have burnt cake
I'm sure you have it's all part
of the learning process but but
um I think top of the
Billington it's going to be
difficult to beat that for an
Instagram handle but then I
don't know how how about
this top of the top of the
Billington brackets cake close
brackets that's so good there's
some cake there's cake there
at least you didn't take in
there there it is but then I
don't know do I need to pass
your tea bags oh yeah make

us a brew I remember this tin
from last time yep I just held
up for the camera um so I'm
all right I'm still I'm still
going with my cup oh are you
warm my least favorite phrase
in the English language
lukewarm yeah where's it
from lukewarm I've no idea
why we say oh okay wow let's
hold that we're gonna put I'm
gonna put lukewarm over
there with the Marmite right
okay because let's finish the
thing we were talking about
which is your Instagram
handle top of the Billington
what do you think listeners is
there any way of getting cake

in there does she need to put
cake in there or is top of the
Billington [instagram.com](https://www.instagram.com) it's
not an email address that's not
how Instagram works it's not I
have a really limited
understanding of how
Instagram works but you're
telling me even I know that
it's not top of the Billington at
[instagram.com](https://www.instagram.com) I don't work
for Instagram surprisingly I
don't know why they haven't
employed me despite the fact
we've mentioned them a
number of times now this is
basically product placement
yeah no I don't understand
Instagram either people keep

asking me like why aren't you
on Instagram like that
honestly you are now I am I
have been for ages but I don't
use it no it's just one I've just
got one image on it which is a
poster of me performing
comedy alongside other
comedians from like 2017 or
something like that so I don't I
don't really use Instagram and
that's because I just don't have
the time to work out how it
how to use it and then to
actually use it so you won't
know the answer to my next
question which is if
somebody had my old
Instagram handle from like a

like I had business cards when I was going to open a cake shop for example okay so if they found that and then they searched for it on Instagram would it send them to my new one can you redirect yeah I I mean I don't have to do anything I just want if if somebody searches for it on Instagram will it redirect to my current name you're asking the wrong person I I know I don't know sometimes your listeners might know but also I think perhaps this is a problem I don't need to worry about because I don't think that's going to happen very

much is it let's be honest are there not like other tags that are included in an Instagram profile like Kate Billington cake you know can you not add all those tags in so that when someone searches for these things if they search for cake underscore buy underscore cake underscore Paris instagram.com that they will they will find you because you'll include all those tags in your profile is that possible again we're asking people who know you do write like a like a bio they call it I think you write a little description of yourself mine's

just it just says I think it says
stand up stand up cakes and
cycling I think that's what it
says okay can you not include
formally cake underscore by
underscore cake at
instagram.com I bet if I
Google this I'll find the
answer I don't know why I've
brought it up in conversation
with you of all people hive
mind that's why because you
you know because of the
other people using the hive
mind of of the listeners of
Luke's English podcast to to
find out the answer um I'm
still I've got three things now
in my mind four four things

thing number one should we
eat cupcakes obviously I want
to but there's just the
managing that while also
talking to you and that one
person who's like fuming
right now there might be more
than one oh there will be
more than one I've heard this
before I've heard I've heard
this uh from audience and
from other people on other
podcasts the phenomenon of
of eating on a microphone and
and some people feel so
strongly about it that I
generally would would advise
against it as a professional
podcaster right but you know

that's I don't wanna down the law too much because you've gone to the effort of making cupcakes and that's fantastic and I actually want to eat one and I think the last time not the last time but when I when I was on the podcast a few years ago and we did two quite close together and then there was a very like a two year break yeah I think during both of those ones both times I brought food yeah and I think we ate it during the podcast I think so too hmm maybe because there was a video version of the last one this person was aware that

cake was being eaten was the comment on the YouTube it was our nose on the website which suggests that they listen to the audio version although the YouTube version is also available it's embedded on the website page there's no way of knowing and to cut a long story short we should probably not uh give that comment a lot more air time that's Credence but yeah but it is in my mind and I'm aware of the the the the the the issue of eating on a podcast um so that's one thing another thing is um I think my rule is yeah if they can't hear it it's fine

that's my rule okay okay um
says the person who doesn't
have a podcast well you know
you can't please all the people
all the time and uh it would be
a shame not to eat some
cupcake and let's see if we
can do cupcake it's
professional cupcake eating I
bet I could be a professional
cupcake I think you could
definitely I'm not sure about
me I don't know if I could
manage that my dream job
professional professional
cupcake eater yeah do you
have a knife um I should have
brought one shouldn't I I
thought I had some um I've

got a spoon what can we use
to cut the cake in half should
we use the edge of the fork
okay um maybe we should
use the tin lid as a plate unless
you have plate okay so so
there should be the cupcakes
that's one thing another thing
in my mind I'm voting yes I'm
eating a cup where's Marmite
yes another thing was uh
lukewarm and then another
thing was the potential top
burst uh title of the episode
which is uh Kate Billington
cycled to Berlin but doesn't
talk about it very much yeah
you want to use the cake lid
as a as a uh plate I think that's

a good idea I think that's a
good idea too Choose Your
Weapon that's an English
expression meaning which
cake would you like I'd like
this one please look look
they've been individually
wrapped it would be it would
be rude to Kate not to eat this
do you understand do you
understand You've Lost That
listener forever Luke and it's
my fault look I love all my
listeners okay and and people
have absolutely have the right
to be uh to find it rude if you
know someone is eating in
their ear I understand I
understand but I understand

also there's a there's a there's a process going on here it's not as simple as you might think and there are many different competing factors that might cause a person to even knowingly eat a cake on a podcast you see it's not just as simple as you might think it's so much from the from the point of view of the listeners or viewers it's all very it's almost two-dimensional right there's just like uh I can't even explain the complex in a workings of a person's brain and all the different things that are swirling around while recording whereas when you

actually watch it it looks like
yeah one thing just leads to
another thing and you don't
get the sense of all the
complex uh uh social uh and
psychological forces that are
at work I'm rambling so much
because I can't multitask I
don't know what you're
talking about I don't know
either what I'm talking about
but I'm never mind and what
shall I do here what's the
appropriate thing so there's
the there's the the raspberry
sounds really impatient just
just cut it in half cut it in half
okay the the raspberry gets
cutting off this is the bit that

Kate's been waiting for where
the contents of the cupcaker
revealed and I thought it
would be something
chocolaty maybe a kind of
Nutella but better better
Nutella there are other other
hazelnut chocolate spreads are
available is it what is it it's
Jam yeah it's Jam ladies and
gentlemen what kind of jam
what do you think well it
should I was just I would say
raspberry jam because it
would be the raspberry might
feel a bit put out if it was
strawberry jam or never upset
a raspberry that's one of my
top life rules yeah this is great

okay and you I was surprised
that you guessed chocolate
because Victoria sponges
traditionally Jam contain Jam
of course they do so I thought
you would immediately say
well if it's a Victoria sponge
it'll have jamming yeah you
know yeah well how does
Bob Marley like it with
jamming um okay now you've
got the challenge now I'm
gonna eat professionally
which means I'm gonna set
you a little speaking task oh I
love a speaking task so I'd
like you to explain um explain
that the the expression
lukewarm and I want you to

also speculate on why you
why it's my least favorite
expression in the English
language go so lukewarm is
used um when something is
uh tepid which means um it is
not hot normally it means not
hot enough so if for example
your soup is tepid you
probably want your soup to be
hotter soup should be either
hot or cold not so hot you
can't drink it but like hot um
but lukewarm is also used
metaphorically to mean that
you don't have very strong
interest in something if you're
kind of lukewarm on it it's
like um you don't have a

strong feeling in its favor you probably you probably don't mind it but you don't you definitely don't love it you feel lukewarm um I would assume it's Luke's uh least favorite expression because Luke often feels too cold and therefore when people use the word lukewarm he's like I wish I was warm but he's not so he says oh a horrible word taunting me with the thing I wish I had but I don't oh I'm wrong it's because um Luke doesn't like it because it means um something you don't like very much and it's rubbish to have your name in

a word that means you don't like it very much I think that was obvious but I thought it would be funny it may be obvious but it needed to be put into words okay that's the that's kind of what this podcast is about right saying obvious things but what's not obvious is where it comes from do you know where it comes from um I was going to think of a witty response to that but then I thought that um no I don't know where where what's the origin of the phrase lukewarms etymology of that I can't believe you haven't looked that up as a Luke well

you know I don't like the
phrase so I'm just like eh no
thanks I'm lukewarm when it
comes to uh the phrase
lukewarm I don't think you
are I think he's actively dislike
it yeah it's clear um yeah
imagine having imagine
having like another thing like
um uh something negative if
it was a cake right if there was
a word to describe uh when
you eat a cake and it's not
very satisfying it's not moist
enough it's too dry or
something it's like yeah this
it's it's a bit cake it's a bit Kate
dry isn't it you'd feel a bit put
out by that wouldn't you yeah

listeners Kate has moved off the microphone a significant distance in fact you know what I could do I can mute her microphone Kate's microphone has been muted and now you don't even need to worry about whether she's eating cake or not okay it's all good yeah no skin off your nose she said which is another expression uh we might let that one slip um okay so there we go uh the cupcake has been tasted and it's very good it's very tasty indeed do I sorry do I think it's a bit dry um you mean Kate's dry that's not a nice phrase is it it's not

it's see you see what I'm
living with when it comes to
lukewarm you know a Luke
walrus or a lukewarm
reception there's another
collocation with it uh you
know the launch of the
product we were very
disappointed with the launch
of the new product why but it
received a lukewarm
reception from the uh from
the uh customers you know
please can you switch off my
microphone again so I can
have the other quarter of cake
cakes Kate's microphone is
being muted in three two one
muted um so it's do I think it's

a bit dry no I think it's fine I think it's really good um it's it's a fine line isn't it to to get the balance right between dry and then on the other hand uh soggy right which is the other

The Other Extreme

undercooked which I guess could lead to sogginess and then and then in the middle that sweet spot which is moist right but not too much so I think I think it's good I think it's great yeah very good tasty delicious thank you very much and and not so moist that it's that it makes a sound when you eat it you can eat it quite discreetly very well

designed well engineered
excellent good job what the
other things in my brain there
was also the word Marmite
the whole Marmite thing so
Kate's um tin uh has got a
picture of Marmite on the top
although there is no no
Marmite in the middle
basically to to put it in a
nutshell Marmite is a is a
spread that you might put on
toast or toasted cheese
sandwiches or other things are
you ready to be unmuted yeah
okay you're back what else
would you put Marmite on
crumpets crumpets which I
also toasted normally Savory

it's a it's not sweet very
Savory right salty then salty
yeah and uh the thing is about
Marmite so it's made of yeast
it's yeast extract which is not
a great way of selling it uh but
it's healthy I mean it's full of
bit vitamin B12 I understand
uh which is good but you
don't think so you're supposed
to put just a little bit on you
don't spread it on like um
butter or something just a
little bit and um contains B
vitamins it says yeah does it
say which ones yeah probably
yeah contains BMI B
vitamins yeah maybe vitamins
probably b12 vitamins I

suppose isn't that the best one
I don't know they they they
kept working on the vitamin
the B vitamins and they got to
12 are like we're done um uh
and and so also Marmite is a
reference point for things that
either you love or hate yes yes
like Marmite and Margaret
Thatcher it's those it's those
two things yeah I mentioned
Margaret Thatcher Kate's eyes
narrowed clearly there's
there's there's um just the
suggestion that anybody
would hate Margaret Thatcher
right um it's divisive it's a
divisive thing people either
love it or hate it and that's that

was their slogan you love it or
you hate it yeah that was and
which I think is very clever
marketing because it turned it
into a thing yes to love it you
were sort of declaring your
side yeah but for a very long
time I was sort of lukewarm
on marmite no honestly yeah
by which I mean I didn't have
a strong I didn't mind it but I
didn't love it so you're a third
category of a person I ruined
that advertising I thought
humans are only in two
categories people who love
markets there's a third
category I think Brits are
supposed to be in one of two

categories because if you are
for example Australian
Vegemite mate yeah exactly
you would have strong
opinions about Marmite not
because you hate Marmite but
because Australia and a few
other countries have this other
Marmite that's called
Vegemite it's very similar but
it does have a different taste
um but I think therefore for
example an Australian might
love Vegemite and not hate
Marmite for The Taste but
hate it on principle but still
hate it because there's rivalry
yeah yeah okay or they might
just be like it's just not as

good yeah I think so probably
yeah yeah I expect so but I
think British people people
who've grown up in Britain
are supposed to have a strong
opinion on Marmite that's
what you're supposed to think
you're supposed to think
either love it or hate it yes
that's what the advertising
slogans tell you the other
thing about Marmite as well
just just to finish off before
we start talking about cycling
to Berlin at some point uh in
the next 10 years um is that
uh it's one of those foods that
you get videos on YouTube
and it's like Americans react

to English food and it's
always like a piece of toast
with loads of Marmite on it
and they eat it and they're like
oh my God this is disgusting
what is this um and they're
eating it wrong because you're
not supposed to put a huge
dollop of it on you're just
supposed to put a little liberal
amount on top of your toasted
cheese sandwich and it
definitely improves it it gives
it a lovely uh little Edge uh so
there you go I would say not a
liberal amount to me a liberal
amount is a lot oh really yeah
I I always thought a liberal
amount was like a small

amount oh God I must I'm
wrong I'll be wrong Kate I'll
be wrong you said that you
were volunteering for it yeah
we'll just Google it we don't
get to choose Luke is that
how it works no it was a
prediction and maybe it
maybe uh what what did I say
uh maybe I was volunteering
to be wrong yeah it did sound
like you were volunteer but I
think I am wrong a liberal
amount uh meaning let's see
yeah a large and generous
right oh my God my my
everything is my whole
question my whole podcast
Castle is crumbling to the

ground now as every single listener questions all of the things I've ever said before maybe he said everything wrong in the past it doesn't even speak English now this isn't English what you're hearing this is this is a another language that only one person speaks it's very very similar to English in fact it's exactly the same yeah it's an idiot it's exactly the same as English except that in in Luke ish a liberal amount means a small amount that's the one difference other than that they are they are and the word lukewarm doesn't exist yeah

that's right but Kate Drive
does yeah yeah that's those
are the differences and that's it
so don't worry it's it's 99.9
recurring percent the same as
English so we're we're fine I
think everyone's got an idiotic
haven't they yes that's why it's
called an idiot yeah that's why
it's called mediolect no um
that's why the word exists for
it yeah yeah yeah yeah okay
so tell us about cycling to
Berlin then yes so wait a
minute why did you why did
you decide to do that and
okay first of all clear let's get
the the parameters okay in
place so you cycle from Paris

to Berlin no um because I
decided I didn't quite have
enough time so instead I took
a train you thought I'm gonna
need I need to get to Luke's
pod room to talk about
nothing for 45 minutes and
then yeah go on yeah I took a
train um to the border
between France and Belgium
to a little town called German
um j-e-u-m-o-n-t it's called
Uh and that's right it's just on
the French side of the Border
but that way I cut off about
probably about 200
kilometers and and all the
trouble that you'd have getting
out of Paris yes because that's

often the hardest part
although to be fair I think I I
would have I would have
followed the canal which
makes it much easier because
if you you're just like unless
you fall into it unless you fall
in yeah yeah but you would
have you would have done
that I would have should have
I know and I've just realized I
said would have oh my God I
know I said it because I didn't
know what verb was coming
next I was hesitating that's
why yeah it's all right I just
thought people will comment
but there was a bit where she
said would have well they

will learn from Context that
that's the way it goes
sometimes we don't
necessarily need to instruct
the listeners in the language to
show them all right how it's
done by just doing it okay um
okay so you chose to go you
cut out some of that Journey
yes um because well because
so some friends invited me to
Berlin because they were
planning a trip there so a
friend of mine um has a
brother who lives in Berlin
and so this group of friends
planned a trip and they were
going to stay with the brother
um and there were originally

seven people going um and
then when I was talking to
them at a party um the friend
who's kind of a new friend for
me um she said oh we're
going to Berlin and you
should come but they she
thought we're going to Berlin
we're gonna need cake yeah
exactly exactly um I had just
made a cake for that party and
um it was for a friend of mine
who had a lot to drink at that
party she had a lot of wine
yeah and we brought out the
cake had 36 candles on it
because she was 36 yeah she
blew them all out and then
she got up on a chair to make

a speech and fell onto the
cake it was amazing
fortunately the candles had all
been blown out yeah and
removed or she felt no no no
she felt she shoved the candle
into the cake with her with
her body weight wonderful
she only fell onto the side of it
so I was able to repair the
cake yes by picking up the
candles and using the icing to
stick the cake back together
and then I wrote on it happy
birthday please don't fall on
this again that was good so
this is the friend who was
going to Berlin she's part of
the group the one who fell on

the cake as part of the group
yes I've not named her in case
she listens to this the only my
only regret about the cake
falling is that there's no video
of it because it was
spectacular it could have been
online right it could have been
a line it would have been a
big hit epic fails 2023. it's
such a good video sorry it was
such a good moment it would
have been such a good video
but anyway it doesn't exist um
but at that party this other
friend invited me to Berlin
and it turned out they were
going um at the first weekend
in May which is the end of

our school holiday so I looked at the calendar and I thought oh I have almost two weeks before of holiday before the weekend that they arrive in Berlin therefore maybe I could cycle there and that was where the idea came from okay so your route was from what was the name of that town again which is I'm I can't pronounce it no I think I can pronounce it correctly but it sounds exactly like if you said in French I'm lying really yeah because the French verb to lie is mentir right so I lie is I thought it was like which is another thing it's a different

thing that's something else
completely but it's not the
same verb no is like okay it's
like I am lying really yeah so
there's a whole I mean is that
that's not the etymology of
that French I don't know
maybe it is maybe the town
doesn't really exist and people
were like I'm gonna go to I'm
lying I've come all the way
from the Belgian French
border whereabouts Jamal no
no really oh so you didn't go
yeah so you started there why
there in particular because um
the train went there and it was
a it was so there's different
types of trains and um you

know in France they have a good high-speed training Network for example but you can't take a bike on a high-speed train very easily um often yeah they're very fast it's really difficult um no because they have um you've got to put it in like a special bag so it's almost like carrying a suitcase onto the train okay instead of carrying a bike on put the bike in a bag not the train not the train um I tried that it doesn't work either a big bag yeah big bag so I found trains um which are not the fast trains that are the ter um which is regional trains

and you can take a bike on those easily um so that was why I picked that so it was a French train because when you're taking a train that crosses borders um it's just a bit more complicated to find a train that you can put a bike on so I didn't want to bother and also I wanted to do as much of it as I could as much of the journey as I could um just if I'd gone from Paris I think it would probably have been 11 or 12 days so literally the whole of my holiday oh my gosh and I just needed a bit of time to you know pack and plan my route in Paris

before I left yeah because
going from Paris to Berlin is
what about a thousand
kilometers if I didn't said
having checked earlier if I'd
done the whole thing I think it
would have been 1100 right
actually that's quite a lot it is
quite far so I cut off a few
hundred all right so you did
something like 750 or 800 or
something like that did you no
no because no 100 1 100
minus 200. oh yeah yeah I did
930 to get there okay that's
significant yeah it was great
significant was it yeah very
flat thank goodness for that I
know all right so what was

the route that you took exactly
so I went across the bottom of
Belgium uh into a tiny bit of
the Netherlands the bit that
um comes down in between
Belgium and Germany um
where Maastricht is okay um
obviously a lot more of the
Netherlands is further north
um and then into Germany
um I arrived in Germany quite
in a Dusseldorf and the way
that I planned it was
essentially I took I planned
the train to Jamal and then I
opened Google Maps and I
took a pen and I put the pen
on the map between Jamal
and Berlin and then that was

my route so I planned the most direct route I possibly could put a pen on the map so it would make a straight line like putting a ruler on the map yeah right between Jamal and Berlin yeah and then I just looked along the map and every 100 kilometers or so I was like right that's where I'll spend the night and that that was what I did okay so that I would make it as direct as possible yeah yeah yeah because obviously I'm not going to take motorways or anything like that and and you can use things like Google Maps as a kind of guide to

plan things and there were also established cycle routes all across Europe which are good but the problem with them is they often won't take you on the most direct route so you end up adding a lot of kilometers because it wants you to go along a scenic route and to visit these lovely Villages and things which is great if you've got the time but if you if your goal is to get somewhere it doesn't always work out so um how many days did it take nine nine yes eight nights nine days eight nights yes and then um after Berlin I also had

another night on the road
because I took two trains from
Berlin back to Paris yeah um I
took one train from Berlin to
Baden Baden uh which is near
Strasbourg but on the German
side of the Border yeah and
then I cycled from bad and
Baden to Strasbourg but I
stayed in between them I
stayed the night in between
them why is it called Barn
why twice why not just Baden
I'm not sure Bart means Bath
in German so lots of spa
towns have Bart in the name
so this is like d it's like spa
spa spa yeah okay it's like
maybe I wonder if the city of

bath in England was
established first and they were
like well it's like the German
bath but it's better than
English bath so let's call it
bath bath right twice as good
as bath so good they named it
twice yeah New York New
York that was three times
unintentionally so um all right
so you um where did you stay
each time oh so camping or
what no I can't so I've done
this lots of times I've done
like big cycling trips lots of
times and normally I do them
in the summer and in the
summer I camp because um
I've done them in France um

Italy and Corsica and you can be sure in all of those places that in the summer the weather will be hot and the days will be long um but in the spring that seemed like a bigger risk so I didn't camp um which is obviously good because it means you have to carry a tent so instead what I did was um it's like couch surfing you know Couchsurfing um but there's a Couchsurfing website that is especially for cyclists and it's called warm showers which is an odd name hmm um but it's not an odd website it's a good website video is still

recording yeah yeah if we've
been talking for one hour and
26 26 minutes we're very bad
at being succinct don't we
that's not what this podcast is
about evidently Tick Tock is
that's what Tick Tock no don't
get me started yeah I'm really
bad so um so you stayed
warm showers I know I know
okay and it's basically an app
that allows you to meet up
with other people and sleep
on their couch and stuff yeah
it's Couchsurfing but for
cyclists okay and so I found
from eight ninths on the road
and well nine if you include
the way back I found six

people to host me and the other three nights I stayed in hotels um so it was great so I stayed um one time I stayed on a pig farm in the middle of nowhere in Germany that was great um another time I stayed in a tiny little wooden house on the edge of a forest um which was beautiful sounds like a could be scary also scary also because I had just watched stranger things I haven't seen stranger things there's a lot of monsters chasing people through a forest right so it was scary uh but also beautiful when you're in Germany as well so you're

like fairy tales yeah is this
where Hansel and Gretel
nearly got eaten yeah and then
I did follow a trail of
breadcrumbs did you really
yeah because I thought it
might lead to some cake she
didn't really I didn't that was a
really bad joke as well it's all
right um yes yeah so so I
stayed in some great places
and with lovely people and
because they're also cyclists
all of the people who host are
cyclists they just know what
you want which is a
comfortable bed and a lot of
food yeah and a warm shower
hence the name right um yes

okay so how many kilometers
did you manage to do each
day roughly depends on the
day um the most I did was
130. okay and the least I think
was about 85. all right then
and uh you said very flat I
mean you're going through
where are we flat going
through the Netherlands
which is famously flat and yet
the hilliest part was probably
in the Netherlands really I
went through the only hilly
part of the Netherlands okay
um but it's I don't know about
in other languages but in
French it's literally called the
flat country yeah um so yeah

and never in English means
low doesn't it yeah it does
yeah yeah so the Low
Country the Low Country the
low lands yeah okay so very
flat but in fact I went through
a slightly hilly part I mean it
was very slight last summer I
cycled around Corsica around
the the edge of the island yeah
that is not flat no it's one side
of it's flat and the other side is
very much not yeah so how
do you how you didn't have to
deal with many Hills this time
so tell me about cycling up
hills as a cyclist what I mean
because like most people have
probably had experience of

cycling and those times when
you're having to it's horrible
and you think why am I doing
this I just want this to stop
yeah uh why do you why why
why do you do this what's the
the doctor it's about going up
hills yeah going up hills is I
don't think it's that difficult
what's really difficult on a
bike is when you have a
headwind so that's a wind
coming towards you that's
slowing you down because
the good thing about a hill is
you know when it's going to
end and when you're cycling
into the wind it could just be
like that for the entire day and

you so you feel like you're making a lot of effort when you're cycling into the wind um but you're not getting anywhere very fast because the wind is against you and that's obviously that can be very powerful right so you can be working really hard and not really getting anywhere um and that's what is very um demoralizing and difficult but if you're cycling up a hill it feels like an achievement first of all whereas cycling Against the Wind not there's no sort of tangible sense of achievement there um and also you can see

where it's going to end and
you get the downhill
afterwards yes which is
glorious it's all downhill from
from exactly once I once I
cycled uphill I did a 14
kilometer uphill wow and it
wasn't steep but it was uphill
like steadily it was in the out
at the edge of the Alps how
long does that take oh I don't
remember but it was a long
time okay it's like a couple of
hours yeah no more than an
hour I think and that on that
Hill I think I did stop to have
something to eat like to have
an energy bar or something
but then the downhill was also

14 kilometers long wow and that's just amazing and how fast do you you do you go in in a situation like that it depends I did last summer I did Mount Von 2 which is the I see your French is really coming along it's actually wrong oh yeah of course why is it and then Vol 2 anyway never mind um Mountain Von 2 which is a famous mountain um in the Alps no it's in Provence okay oh it's at the top of Provence uh in the reclus um and it's very famous because it's often on the Tour de France and it's famously difficult even

though it's not that high but
it's called Von 2 because so
Von in French means wind
good work uh so you have
been working on it um and it's
very windy windy it's Mount
windy yeah and the fastest
wind speeds ever recorded on
earth were recorded on the top
of Mount Von too seriously I
know but I didn't believe I'm
not sure that's still the case
but definitely for a long time
it was the case I don't think
it's been beaten is that only
because like they're the only
ones who had the recording
equipment yeah there is
always that isn't the wind

recording equipment was
invented on that yeah yeah
but that was that was hard
work yeah okay but then the
speeds though that you and
then going yeah that's why I
started talking about it
because I can't remember
when I did that 14 kilometer
up and 14 down I can't
remember what speed I got to
but I remember on Mount
Von 2 last year going
downhill getting to like I
think it was 73 kilometers an
hour um it's on a little
dangerous terrifying terrifying
yeah yeah and then we found
out afterwards a few months

later we found out that the bike I was on which was my mum's I'd borrowed I actually had a cracked frame so really shouldn't have been cycling it so I know that was quite scary

okay side questioning I'm gonna ask you again I can ask you about the trip and stuff in a moment and continue with

that side question have you ever had a crash on your bike yes I had one the biggest one I've ever had was this year on the 11th of March in Paris the infamous Infamous crash date

I know that date so well because I've put it on so many medical forms now um

because I was cycling along
um it was like about quarter
to eight in the morning on a
Saturday I was going to work
it's not a busy time on the
roads and I was cycling down
the boulevard the Sebastopol
in the center of Paris normally
very busy yes but not at that
time in the morning and
they've got a dedicated cycle
Lane yeah so it's not too bad
it's dedicated it's so keen on
its job it loves it so um it was
a dedicated cycle Lane and I
was going down it and then
you get to the who did at the
bottom which is um quite
again quite a busy road um

but not at this time in the morning and somebody on a bicycle on a higher bike came zooming around the corner of the Rudy riverly into my side of the bike lane on the boulevard Sebastopol and smashed right into me and knocked me off whoa and there was a cake on the back of my bike this is the worst part yeah and the first thing I said was Manga too which means my cake um as the cake flew no the cake this is the brilliant thing the cake I'd attached it with bungees and it was in a plastic Tupperware that seals really really well

yeah um and it was the
perfect size for the cake the
cake was fine completely fine
the Kate on the other hand the
Kate was not fine um I luckily
was wearing a helmet which
saved my life and really you
wax your head on the floor
smack my head on the
pavement oh my god really
hard wow um and got a
concussion yeah and then I
phoned work and nobody
picked up because nobody
would do because I never do
also nobody was Staffing the
phones before 8am yeah yeah
true yeah um and then and
then the guy who hit me was

all like oh I'm sorry I'm sorry
that was my fault and I was
like correct it was your fault
don't cycle like that um and
then he got on his bike and
cycled off oh okay leaving me
on the floor with a concussion
is that a crime it is a crime but
I'm never gonna catch him am
I yeah so that's that I've Just
Let It Go um but then I got
signed off work for eight days
and I had to go for a brain
scan and yeah it was quite a
big deal was that an MRI scan
yes how was that MRI scan
that's when you have to lie
down and they put you inside
this horrible tube it was all

right yeah all these weird noises around you the worst part was they said I needed an injection for the brain scan yeah so I got there and the guy looked the radiographer looked at my file and to check why I was there um and he said to me okay um you might not we might not need to give you the injection if you can stay really still and the images are clear enough we won't give you the injection and I hate injections so as I said before I'm going to be so good I'm not going to move at all so I was like Frozen in this machine um and then they did

the scan and he came out again and said it's okay we don't need to give you the injection thank goodness because I would have hated that um but yes so I so that happened on a Saturday I continued on to work because I didn't know what else to do yeah and but I was cycling along you know crying yeah oh my God I'm really stressed out and it didn't what to do I think I I was okay until he cycled off and then it really upset me yeah because yeah because it's not a good thing to do that's a shitty thing it is really bad um so I yeah I was

very upset um and then got to work and everyone was like um I don't think you can teach and I was like I'll be fine I'm just gonna go and teach now and they were all like no sit down we're going to take your lesson for you yeah um and then um I got a taxi I got sent home in a taxi did you have like symptoms um no it wasn't anything terrible I just um I had a very bad headache that didn't go away for a long time and I was struggling to kind of make full sentences and do anything quite important as an English teacher quite useful quite useful yeah but that was

a Saturday um so I did see my doctor immediately and she um obviously gave me a medical note for that day because in France you have to get all your absences accounted for if you've got a medical problem which is fine so she gave me a note for that day and she said I'll put it down for tomorrow as well even though the next day was Sunday um and then I was due to go to work again on the Monday because it was an intensive week at work which is when we teach intensive courses all day every day all day every day when students

come for a 30 hour course in one week um so those are my busy weeks obviously so I went into work on the Monday and it was like an out-of-body experience it was awful I mean why why because I felt like I was floating above my body and looking down on the classroom this is after two days two days yeah you came back after two years okay I thought I could come back and as I was the thing is the thing about something like concussion is when you're just having a quiet time at home you don't notice the

symptoms because all I was
doing was sitting reading I
you know I went to the
supermarket I had something
Reading falling over you
know exactly I didn't have to
do anything mentally
demanding you know I slept
quite a lot um and then I went
to work I cycled to work
actually which was stupid of
me um and as I was cycling to
work everything was very
heightened yeah meaning like
all of the colors were brighter
than usual was it the cake that
you'd eaten it was not just the
cake that I'd eaten that was
the concussion right um

concussion cake concussion
cake um and then I got to
work and I said to the head of
the adult Department Andrea
I was like I'm gonna go and
teach but I don't think I can do
it for very long and she said
okay we'll keep me posted um
and I yeah I went in and tried
to teach and I don't think the
students would have noticed
anything terrible because um
the first day of the course is
quite it's pretty much always
the same you basically give
them a task where they're
getting to know each other
they're doing a lot of talking I
don't have to do very much

talking because the point is
I'm listening to them taking
notes giving Corrections that
sort of thing and helping them
to get to know each other
because that's how the course
is going to be a good course
yeah if they bond and want to
talk to each other yeah so it's
quite formulaic the Monday
morning so I I did it without
too many issues um except for
when they asked me questions
sort of grammar questions and
they've got vocabulary
questions and I couldn't find
my words yeah and then I
came out of the class and I
said I said I've got a brain

scan book this afternoon and then I'm because I've already had it booked and and then I don't think I'm going to be back so I had the brain scan and then I was then I saw my doctor again it was a different doctor but at the same Hospital a doctor's surgery um who looked at my notes and said oh yeah you shouldn't have gone back to work and then signed me off for another week imagine if if Tina Turner had died that day as well I can't make full sentences and I have to hold on hold on people for support they would have been like and

I've signed up for this course
I'm joking of course but no a
big lip but no that sounds that
sounds horrible um yeah I
mean I was very very lucky
um thank goodness I was
wearing a helmet um it
literally saved my life that
helmet and now I have to buy
a new helmet because you're
supposed to after a big impact
you're supposed to buy a new
one right and it was quite new
and very expensive that rotter
who crashed into you I know
I have to buy another one um
which I haven't got around to
doing yet which was a bit
naughty of me I will do it well

thank goodness you're
wearing a helmet yeah wear a
helmet kids really do wear a
helmet really really do and I
used to almost always wear a
helmet but if I was doing a
short trip you know to a
friend's house or the
supermarket or something like
that or a trip where I was just
cycling next to the canal for
example there are no Cars I
often wouldn't put my helmet
on because it's a five minute
cycle or whatever now I
always do every single time
yeah because all it takes is
some Nutter on a on a rental
bike who doesn't give a crap

they're very big those rentals
they're very big electric ones
was it the was it the white and
green ones yeah yes yeah
they're really heavy very
heavy I mean he fell off as
well yeah he got back on it
and as he got back on I said
you can't just cycle off and
leave me and he was like oh
yeah yeah but yes I can well
then I turned around to look at
my bike um I'd broken a few
spokes on the front wheel I
had to replace them but um I
turned around to look at my
bike and to pick it up again to
try and start picking it up and
then when I turned back he'd

gone when your back was
turned my back was turned
cowardly that's exactly what
happened yeah you turned
your back and he just
disappeared what an absolute
yeah it wasn't a great day no
but then it was okay you
know I was I wasn't too bad I
I just I think I think I'm very
we're very lucky to live in a
country where we have very
good health care and we get
signed off we need to be
signed off and that's that then
you're you're paid properly
and you know your need for
rest is recognized and and
there you go absolutely wow

wow I didn't expect the full
the full uh sorry okay uh
concussion story but no no I
didn't mean another two-hour
episode isn't it yeah well you
know what okay um the the
episode I did before this one
which is just me on my own
guess how long that one oh no
ended up being three hours
three hours of you talking to
yourself me talking to myself
not only I could talk to myself
for that long can we put the
video back I can't see it
anymore yeah yeah yeah yeah
can we just do this yeah no
you gotta you gotta I'm gonna
have to unlock You've Been

So Young in that picture does
that have a beard so when my
when my listeners when my
computer falls asleep and it
has to be woken up again that
you see a picture of me and I
have to enter my password
and the picture of me is me
without a beard and I I do
look younger without a beard
yeah so do I yeah yeah um so
all right uh what about your
can we pause can I just say
can we have another cupcake
yeah yeah of course if we
have it will you have half
yeah definitely I was going to
ask you about the rest of the
trip to Berlin were there any

uh any I mean it's okay so you
got back on your bike after
that which happened that
happened in March did it uh
that happened in March um
and then you did your trip um
in in April May end of April
beginning of May yeah yeah
okay so all right you weren't
deterred by your your
traumatic experience no no
and you in fact you decided to
to double down on the cycling
and and do really long
distance yeah what were the
roads like that you were I
know it's flat but you were
riding through Germany I
imagine Germany going long

distances I think Autobahn
people driving BMW is
incredibly fast I didn't go on
the auto part no no no
obviously because it wasn't an
auto it was a Farhad it's really
hard to pronounce my first
can I tell you about my first
proper conversation in
german yes so I started
studying German in um
February maybe after some
after I got invited on this trip I
was like I better learn some
German yeah so I started
studying and um thank you
hold on Kate how are we
going to manage the uh the
the consumption of the cake

you go for us and I'll tell you
carry on with your anecdote

I'm going to mute my
microphone in three two one I

wonder at which point the
Poo cut out I didn't hear the

Pew yeah and see I don't
know if you can hear him um

I was just saying that so I
started learning German um
to be able to obviously sort of
navigate my way a little bit
more easily around Germany

and um my first proper
conversation in German was
as I was cycling around the
edge of Dusseldorf which I'm
probably pronouncing wrong
I'm sorry German speakers

and um I was going over this bridge and I wanted to take a photo of the view of the city I didn't go into this a little it looked very nice from the outside um and so I stopped on this bridge and I have a bicycle where you clip into the pedals you wear special shoes that clip to the pedals um because it makes you more efficient when you're pedaling um so I had to unclip so I stopped on this on this uh bridge and I unclipped one foot and sort of put it to the side and a family was walking past me um a mum and dad and a little girl and the girl

watched me do this she was about six years old maybe and then she said which means cool bicycle um and I was like oh my goodness I understood her so it was very cool I was very happy um and I said danker which means thank you and then I took my photo and got back on my bike and cycled past them again and then I waved at them and said juice which means goodbye um and it was just it was obviously not an in-depth conversation but it was just very pleasing to have this like fully genuine interaction in a language that

I'd only been learning for about three months by that point I think and it was and I it was one thing that was nice about it was they from that conversation probably don't know that I don't really speak German as well I felt like I tricked them that they maybe think my German's okay it's not good you did it you kind of checked the boxes of a successful interaction in another very successful which is where you like say the right things at the right time and that you both leave the other person goes away not knowing that your relatives

yeah no idea it was great yeah
well done yeah it was really
nice um it's a cool bicycle
yeah um what kind of bicycle
is it it's a Touring bike yeah
um which is it's similar to a
road bike in that the tires are
quite thin um but um it's the
tires are thicker than on a
normal road bike so you can
go for example if you have a
track with a bit of gravel on it
or something you can go on
that and they're also um
heavier than road bikes so you
can put a lot of luggage on
them they've got a rack on the
back on the back mud guards
yeah you can put a rack on the

front as well if you want to
yeah okay um yeah they can
carry a lot of weight
handlebars yes they have
handlebars yes good what not
a unicycle what kind of
handlebars drop handlebars
drop handlebars yeah
meaning meaning that they
they go out straight and then
they drop down either side
they sort of drop down and
forwards yes you're going to
lean forward do you have
those cool brakes where the
brake handles you can with
those drop handlebars you can
hold them on the sort of
horizontal part or you can

lean forwards like Batman in
um The Dark Knight I do
look like Batman you kind of
go into that forward position
yeah and you've got like
trigger style brakes on the
front as well I've only got
them on they're on the side so
if you're standing up holding
the top part if you're kind of
climbing up a hill can't break
you can't break no okay all
right you've got to get used to
it it's quite it's also a very very
big bike because I'm quite a
tall person um and it was
made for me I won't really
yeah I went to the shop it's
called Thorne they're a very

very good bike manufacturer
based in the UK and the
frames are made in I'm pretty
sure it's Taiwan um and you
go there and they take all your
measurements and then the
frame is made for you so
because I'm quite tall it's a
very big bag it was my 21st
birthday present for my
parents who are very keen
cyclists yeah two of my
parents are my my mum and
my step dad only two of you
I've got four you've got four
parents yeah which is
honestly greedy but they're all
great so that's nice yeah um
okay fantastic all right what's

the what's the best part of the trip um was it that moment that moment was really lovely where a girl said wow cool bicycle what was it again because it sounds almost like she's going cool as how old is this he was about six years ago I mean look she has a cool as bicycle I would love that um some Germans roll their eyes a little bit okay I think it depends where you're from in German maybe they I don't know this is my attempt to say it yeah far loud it's hard it's f-a-h-r-r-dink yeah but um uh they'll be German listeners you can jump into the

comments section guys and
uh help your sermons please
forgive my my pitiful
attempts to speak your
language it's a beautiful
language I absolutely love
German yeah yeah me too um
do you speak German nine uh
no I don't evidence no I really
don't I don't but I like hearing
it I like it when I hear people
speak in German yeah it's
great I love all the languages I
love hearing people speaking
them in uh you know when I
hear people just overhear
people in conversations and
just like yeah listen to it and
think which language is that

wow this is all those different sounds like I was hearing someone speaking Arabic the other day in a shop where I was taking a package back into the shop and there were just a couple of people chatting in Arabic and it's like wow that's awesome um so the the your journey did it take longer or less time than this episode of the podcast oh definitely less time really yeah for sure all right yeah okay I listened to a podcast as I was cycling yeah what did you listen to um it's a podcast to learn German it's called coffee break German oh yeah

yeah yeah you know coffee
break I do know the coffee
break series every time I look
at a the the lists of the top
podcasts in the language
learning category they're
always at the top of the list
coffee break German coffee
break French coffee break
Italian the men's Luke's
English podcast down
somewhere further down the
list no they're very good
they're very good for getting
you from beginner or in my
case nothing up to some
understanding so they're very
good at getting you from Paris
to Berlin yes on a bicycle

yeah there's another one um
uh uh Alf Deutsche sucked do
you know what that means
apparently it means German
as it's spoken um I think or
spoken German but it's a
podcast listener one of my
listeners does that podcast it's
for higher level uh German
speakers though so if you get
to um guess that gets hacked
yes okay I'm probably
pronouncing it wrong uh but
yeah when you get to that B1
B2 level then you can start
listening to ALF deutschicken
I look forward to it I'm going
to continue studying German
it's great yeah yeah you really

like it yeah and I think in in
uh Robin's podcast that's the
name of the host he does uh
sort of you know
conversational stuff it's not
just instructional stuff so if
you want to listen to It's
probably something similar to
Luke's English podcast but
I'm I'm almost 100 certain
that it's shorter and more
efficient it will be more
efficient yes very which is not
hard is it we've set a low bar
for that depends depends what
people are looking for if
they're looking for rambling
conversations where we go
from A to B to G to to n and

throw a few jokes in between
then you know this that's what
they that's what they get isn't
it with this and a cake if they
want to hear someone eating a
cake or Not Here someone
eating a cake yeah mute me
and talk for a bit I didn't I
didn't mute you you've been
eating a bit of cake and I
didn't mute you but no one
noticed did you know did you
hear that listeners you didn't
did you can you meet me now
so I can eat some more please
Kate will be muted in three
two one okay so listeners
what else shall I ask Kate I
did actually write some things

down we've got to stop this at
some point because otherwise
I mean do we should we yeah
I have to go to work you do
what you oh really what about
your lunch you can eat during
the meeting oh really
everyone's gonna be okay
with that mute myself um
okay so my question's like
what kind of bike do you have
you've answered that how did
you get into cycling um okay
your parents your parents are
Keen cyclists have you ever
done a jump on your bike
have you ever done a jump on
your bike no she's shaking her
head no have you have you

ever done it I'm not 12 Luke I know have you ever done a skid on your bike doing a skid listeners that's when you pull the brakes and that maybe one of the tires slides along the floor something you do when you're 12 you think it's really cool I've done that by accident while it's snowing all right snow is the worst condition in which just to try and ride a bike I thought drunk would be the worst condition sorry snowing is the worst weather condition also it's snowing and also icy roads snowing when you're cycling when you're drunk and it's snowing

and it's snowing yeah that is a
real recipe for disaster yeah
have you ever had a crash you
answered that have you ever
gone over the handlebars no
luckily yeah okay a lot of
people who have how about
this question Kate if you
haven't ridden a bike for quite
a long time and then you do it
again is it easy to remember
how to do it Kate's still eating
her cupcake yes it's like riding
a bike yay obviously I set that
one up do we need to explain
that go on there's something
like riding a bike that's
exactly what it means the
thing that Lucas just said it

means once you've learned it
you never forget it yeah so for
example I've been away on
holiday or you know for for a
few weeks I've been off work
and I come back and it's like
oh God you know a bit Rusty
I haven't been haven't taught
for a while and Kate says oh
don't worry it's just like riding
a bike you'll get straight back
into it yep yeah okay meaning
something that's something
you haven't done for a while
but you could do it easily
you'll never forget how to do
it it's like riding a bike yes
yeah yeah yeah um okay I
think it's probably a good do

you think we've talked
enough I think we've probably
done enough oh goodness
man how much is too much
um it's all really it's a piece of
string it's yeah exactly how
long is a piece of string uh
well I guess the listeners can
can conclude that uh they got
you know an extra uh two
hours for nothing you know
it's always free isn't it yeah
unless they are paid
subscribers who get their
premium content and the and
no and no adverts because in
some regions the episodes
will be interrupted at the can
you interrupt something at the

start I don't know but in some regions there's an adverse preceded by an advert yeah there can be a little advert at the beginning and there's often one in the middle that will interrupt proceedings and then one at the end but if you're a paid subscriber to Luke's English podcast premium then you don't get uh any of those interruptions and you also don't get yeah and you get access to all the premium episodes as well of course what's in the premium episodes what am I missing out teach stuff there's stories oh nice yeah I've been doing a

series lately called Story Time
very very original um time
did you come up with it it's
time for a story story time um
and uh to tell stories about
things that have happened to
me in my life for example I've
never I haven't done a bike
crash story but I could maybe
if I could just think of a time
when I fell off a bike make
that into a story I did I've
done some some episodes
where I tell the story and then
I teach some vocab from the
story then I provide them with
little grammar exercises using
the story um pronunciation
practice where they've they

can listen repeat after me um
all available at
teacherloop.co.uk premium
that's good isn't it hmm do
you have a little tip there so
what percentage of the of
what you put out would you
say is premium um in terms
of like behind the premium
paywall yeah um so I tend to
do a premium series uh
something like every four
episodes so there might be
four episodes of the the free
podcast to be fair I probably
do too much free and I should
probably be making people
pay for more of it but just it's
just the way I do it but I'll do

pretty much an episode every
week of the of the free show
right and that's just
uninterrupted most of the time
unless I you know
unfortunately okay maybe
yeah or let's in this case yeah
perhaps but I mean
uninterrupted in the sense that
they come every week oh
sorry uh but also an
interrupted like when you
press play that's it you know
um it's the stream of
Consciousness just talking
and then um and then uh
every month I'll upload a
premium series and that
would be normally two or

maybe more episodes the first one is where I'm telling the story and teaching some stuff the second one is pronunciation practice uh also do different types of Premium episode there's language review ones where I go through conversations I've had on the podcast pull out bits of language that has that has come up and then have a list and I explain talk about it and demonstrate it and highlight little things and then do pronunciation practice that sometimes those are quite long series because if I have 20 items of vocab I cover the

first 10 in the first episode
then pronunciation practice
then the next ten then more
pronunciation practice that's
four episodes sometimes I
will just talk uh you know
ramble like this and then
afterwards go through lots of
lots of the vocab and
expressions that came up
naturally and then do
pronunciation practice um
sometimes do a kind of a deep
dive into an area of grammar
oh I love a deep drive 12 part
series on present perfect of
course you did the present
perfect is the reason that we
have jobs yeah it is thank God

for the present person and that
and phrasal verbs

GLOBAL ENGLISH
PODCASTS