

Unit 1 Live and learn

BBC: Learning a new skill, page 132

C = Chris I = Instructor N = Narrator T = Tahoe
From *Secrets of Superbrands: Fashion*

- C:** I'm Chris van Tulleken. My brother and I have been studying the human body all of our adult lives.
- N:** In this programme, we'll uncover the latest understanding of how we learn across a lifetime.
- C:** I'm doing something, but I don't know what I'm doing.
- I:** Yeah.
- N:** How every experience we have transforms us from helpless baby to accomplished adult.
- C:** Today I'm going to try and do something that I've never done before, juggling, because I wanna find out how quickly I can pick up a new skill at the age of thirty-eight. And to up the ante, I've decided to pit myself against someone who's also never juggled before. But there's a catch. Because the young Tahoe here is a full three decades younger than I am. So, the question is, Tahoe, which one of us is gonna learn to juggle quicker?
- T:** Me!
- C:** We'll see.
- I:** So, the first thing you need to know about juggling, it's about the throwing.
- N:** Learning comes in three stages. The first is called the cognitive stage. It's where we watch and listen, and then start to practise.
- I:** I think Tahoe's gone straight for the both sides.
- C:** How are you ahead already? So, learning any new skill takes a lot of practice. At the moment, lots of different parts of my brain are having to communicate with each other and form a juggling network.
- I:** Cool. I think we're ready to move on to scarves now. What scarves does, it slows it down, gives you more time to understand the patterns.
- N:** Without this network in place, we feel uncoordinated and clumsy. That is, until we reach the second stage of learning, when the practice starts to make the task easier.
- C:** I'm at that stage of learning where I'm doing something, but I don't know what I'm doing.
- I:** Yeah, it goes diagonal, swap, swap, swap, swap ... Excellent.
- N:** Our brains are creating and storing a network to use every time we juggle. Or try to!
- I:** So, the idea is in one week to get you juggling three balls.
- T:** OK, that sounds cool.
- C:** So, you think you're gonna get to three balls easily in a week, do you?
- T:** Yeah, of course I will.
- C:** You're very very confident, aren't you? OK, I have no idea if I can do that.
- N:** So, it's off home for a week of practice. We all recognise this stage as being the most painful and frustrating. One step forward, two steps back.
- C:** Hahaha.
- N:** But with enough hard work and determination, something magical can happen. With enough practice, that brain network should be in place.

T: Yay!

N: We've reached the third stage of learning, where the skill becomes automatic.

C: OK, so I'm on my way to meet Tahoe. I'm not a big one for excuses, but let's just say I haven't had quite as much practice as I should have. Tahoe! How you doin', man?

T: Good!

C: Give me your best shot.

T: OK.

C: Oh man! Well, I think ... why don't we just say that you're better than me and leave it at that?

N: Although neither of them have reached the automatic stage, Tahoe did have an advantage from the beginning. The advantage is his age. Part of the reason why Tahoe finds it easier than Chris can be seen from these images. As we grow and learn new skills, something called white matter develops in our brains. It's the material that's the key to making a skill automatic. As we practise, the brain pathways used most often to perform the new skill slowly start to transform. Thanks to white matter, they become fixed and it's this process that creates that sense of everything clicking into place. The skill suddenly becomes automatic and because Tahoe's younger, he can produce more white matter. So, learning as you get older is harder but not impossible.

Focus Vlog, page 133

A = Aaron Han = Hannah Har = Harriet
Na = Natasha No = Nobuse P = Presenter

- P:** Hello everyone and welcome back to my vlog. Now the other day I bumped into an old school friend and it brought back so many memories. Horrible school lunches, countless missed school buses and most importantly, just hours and hours spent purely on having fun, listening to music, gossiping and just hanging out doing nothing special together. So today I'm going to be asking people about their teenage years and how their lives have changed since then.
- What was your daily routine when you were younger and how does it compare to now?
- Han:** So when I was a teenager I was at school – high school obviously. So I would get up in the morning, have some breakfast. I'd walk to my friend's house, and then we'd walk to school. We'd have school obviously from nine to three and then I'd walk home. And then yeah, just chill at home in the evenings. That was Monday to Friday. And then my routine on the weekend would be to see my friends in the city, catch up. And my routine now is I guess quite similar. I'm based in Sydney. I will go to work for 8:30, again have some breakfast, do my work, go, um, have lunch, go for a little workout or a run, come home, do some yoga in the evenings, and the same again, catching up with friends on weekends.
- A:** Well, when I was a teenager I would wake up very early, I would make myself breakfast, I would get ready I would take the bus to school. Now since I'm living in France I wake up a little bit later, um, I still actually do not eat breakfast any more, and I go to school around twelve. That's about my daily

routine until about five o'clock and come home, relax, possibly read a book, just kinda leisure activities.

Na: My daily routine is quite drastically different actually, um, so when I was a kid I'd get up at about six o'clock and 'cause I trained as a dancer I would get up and do my stretches in the morning. Then I would go off to school in London, have a full day of school, get on a train back home, go to dance classes until about nine o'clock at night and then I'd go to bed so it was quite intense. And then today – I'll just tell you my day today – I got up at about 11:30 – I had a lie-in – met a friend and I'm going to go to work at five o'clock. So, it's quite relaxing in comparison.

No: I used to go to school and after school I'd hang out with my friends, get some chicken and chips. get home before five. And then I used to do some homework, which was every day from six to seven and go to sleep and start again. Nowadays, I just ... I'm self-employed so now I just work through my own routine and whatever call sheet or time I get and, if not that I just go to the gym, work out, have some green tea, some daily exercises and stuff like that.

Har: When I was younger I used to go to school so my routine used to be much more structured – so getting up early, lessons, homework, dinner, things like that. Whereas now I don't have a routine as much as I used to.

P: What did you use to do when you were younger that you miss doing now?

Har: I miss athletics. I used to be part of an athletics club which, um, sadly I gave up. So that would be nice to get back into.

A: When I was a teenager I used to drive around a lot. There wasn't much to do where I lived – I lived in the countryside. So we would drive around a lot and listen to music, and there was a lot of freedom so we got to listen to loud music, discover a lot of things, drive in the countryside, so yeah I miss doing that.

Na: When I was younger, I used to see my friends a lot more 'cause we used to dance together. So I'd see them every single day. And now I very rarely see them. 'Cause of life ... Life gets in the way.

No: I used to hang out with my friends and play football every day after school. But now because of age and work and life it's just now ... just doesn't happen anymore, so, I guess that's what I miss doing.

Har: It's going to sound strange, but I actually miss doing homework and having an organised structure. Because at least when I was being made to do things, I actually got things done. Whereas now I'm just sort of very lazy. ha ha

P: So how about you guys? How was your life different when you were younger? And what do you miss about it?

Unit 2 Human nature

5 BBC: Nature or nurture, page 134

Al = Alexandra And = Andy Ang = Angela

M = Mia N = Narrator W = Wenche

N: We're in London at St Thomas' hospital for a very special gathering of twins. Scientists love identical twins because they're perfect for examining how nature and nurture affect our lives. By studying both the similarities and differences between identical twins, scientists can begin to answer the big question – are we born, or are we made, the way we are? If twins have grown up in the same environment, it's difficult to know whether it's genes or experiences that have made them similar. It would be easier to check if they'd had different lives. Cases of twins growing up apart are rare, but they do exist.

Chinese twins Mia and Alexandra were adopted separately when they were babies. Mia and Alexandra are now six years old. Their lives couldn't be more different. Alexandra lives in a tiny village in Norway with her adoptive parents, Wenche and Sigmund Hauglum. Mia lives with her adoptive parents, Angela and Andy Hansen, on the other side of the world in Sacramento, one of the largest cities in California. Naturally they have very different upbringings. Mia already knows how to read, write and do arithmetic.

M: Six thousand five hundred fifty-two.

N: Alexandra, on the other hand, won't start school till next year.

W: We get up in the morning and have breakfast together. And after that, she's free to do what she wants to do.

M: 'Batter up' called the pitcher. The pitcher threw the ball.

N: Mia and Alexandra's parents only found out after the adoption that their daughters were twins. They promised to reunite the girls when the time was right.

W: We have plans to meet each other, and now it's really going to happen.

N: But will they get on, or will their separate upbringings have made them so different they can hardly relate to each other?

Alexandra, her parents and her sisters, Michelle and Marlena, have arrived in Sacramento after a thirty-hour journey from Norway.

And: Oh! Here they are!

Ang: OK, wait Mia!

M: Yay!

Ang: Can you open the door?

Ang: Hello!

Ang: Why don't you give her a hug ... Come here ... Hello.

M: Hi.

Ang: How are you?

AL: Fine.

Ang: Good. Why don't you take her hand and bring her inside? That didn't take long.

W: No.

N: Despite the language barrier, Mia and Alexandra have an immediate bond.

Ang: So, Alexandra loves the water?

- W:** Yes!
- Ang:** So does Mia. It's her favourite thing.
- M:** I'm going over there.
- Ang:** I was kind of worried that they might not be able to communicate, but they seem to have figured it out. It's just really amazing looking at Alexandra's expressions. It's like looking at Mia.
- W:** Yes, it's the same, yes, it's the same.
- Ang:** That look right there – that was Mia. You wanna snow cone?
- M & Al:** Yes, please!
- AN:** Snow cone?
- N:** Watching the girls behave in such a similar way is raising big questions for Angela.
- Ang:** Well, seeing the way Mia and Alexandra interact together, and seeing how much genetics plays a role in who they are, makes me wonder how much control I really have as a parent.
- Ang:** They both have a little bit of an attitude and they're very strong-willed. And I'm not sure if any parenting style or techniques would really affect certain things that they do. They're gonna be the way they are no matter what. And so, it makes me realise I have to kinda step back as a parent and observe her for who she is, so that I can help her become who she wants to be. Maybe not so much who I might want her to be.

Focus vlog, page 135

A = Aaron Han = Hannah Has = Hassan L = Lile
P = Presenter S = Shaelyn

- P:** Hello everyone and welcome back to my vlog. Now, it's my first month of living on my own after moving out of my family home and it's been great. No-one cares about how long I spend in the bathroom or how much mess I make. But it has made me realise how important my family is to me and how much of an impact they've had on my life. So today I'm going to be asking people about their families, and what they've learnt from them.
- Could you tell me about a family member or a friend you look up to?
- L:** I really look up to my Mum because she's very independent and she was quite young when she had me but she moved out of home and she handled everything really well and she brought me up all on her own. And I feel like I've turned out okay. So it really inspires me to be mature and responsible and make good decisions.
- Has:** I look up to my cousin who is a successful painter because he's following his dreams, and that inspires me to follow mine as well.
- Han:** My sister who's with me here today. She is my role model. She's very kind-hearted and honest and I, er, she's taught me a lot in life.
- A:** I look up to my great-grandmother. She was the first woman pilot in West Virginia. Um, she also was the first one to leave West Virginia out of the family and so it was her first time exploring the world and that was a really big deal but, er, she became secretary to two presidents and she had a very very, er, beneficial career for her. Um, so yeah um, today she retires in Florida and lives a very happy life on a river and, er, very educated – has two doctorates so, very intelligent, very ... very, um, all around excellent woman.

- S:** I look up to my older brother who pursued football when he was younger. He moved from Canada to the UK and I'm doing the same now, pursuing acting in the UK and I can always phone him back home and he's always able to encourage me to keep going.
- P:** What have you learnt from a friend or family member that has helped you later in life?
- L:** My Grandma is probably the one person who's really had an impact on me. She was a politician through the 70s and 80s when many women weren't in powerful positions and she always told me to stand up for what I believe in and to be who I want to be and not worry about what anyone else thought about it.
- Has:** I've learnt how to do laundry from my aunt which has helped me a lot since I've moved out from home and now I live on my own.
- Han:** I would say my current room mate who I met almost two years ago. So she's like a new friend I'd say. Um, she's very good at being communicative and showing emotions, which I think is a very good and important factor in life. So that's what I've learnt from her.
- A:** My friend Alex told me that small leaks sink big ships. So what that basically means is guard well against the little things and don't let them don't let them sink you or your or your voyage or wherever you're going. And the same can be applied to finances as well. You know, buying small things here and there adds up very quick.
- S:** My grandfather taught me how to be independent which has helped me since moving to the UK from Canada, to feel like I can stand on my own two feet and to feel like I can do anything even if I'm far away from my family.
- P:** Is there anyone you look up to? What have you learnt from them? Let me know in the comments.

Unit 3 Living spaces

BBC: Smog-free Mexico City, page 136

An = Anita Ar = Areli N = Narrator

- N:** Mexico City is a huge metropolis, home to nearly twenty-two million people. As in most major cities, there's a real problem with pollution, and we're going to look at one way in which the city is tackling its traffic problems and making sure people have clean air to breathe. We're joining Anita Rani in the centre of the world's busiest city.
- An:** Monday morning rush-hour traffic in Mexico City, but it's not as bad as it normally is because the smog levels have been so high this week. In fact, the highest smog levels recorded in the last twenty years. It's all happening here. Oh, get it into gear, mate. And off he goes. The smog levels are so high that the authorities take measures to reduce the number of cars on the road, so even though this looks insane, it's not half as bad as it normally is.
- N:** Something is changing here. Take a walk around the streets nearby and you immediately notice that they're much quieter. This is Paseo de la Reforma, a wide avenue running diagonally across the heart of Mexico City. It's usually full of cars, but not today.

- An:** Hola, Areli.
Ar: Hola.
An: Lovely to meet you.
N: Areli Carreón is a cycling enthusiast and campaigner. She's also Mexico City's first-ever bike mayor.
An: I'm totally blown away by what's happening. Tell me, it's a Sunday morning.
Ar: Yes.
An: What is this? Is this a one-off event?
Ar: No, it happens every Sunday, and it's a close-down of a main street in Mexico City. This is Reforma, one of the most historical and most iconic streets in the city.
An: This is like shutting down the Champs-Élysées.
Ar: Yes. There's like 50,000 people and, as you can see, there's people from all walks of life here enjoying the city.
An: Somebody's listening to their music whilst they're cycling.
Ar: Yeah.
An: Oh, it's not just a little bit, he's got a massive ghetto blaster.
Ar: Look at that. Yeah!
N: By replacing cars with bicycles on Sundays, this massive megacity is doing something about pollution.
An: That's amazing. Look, he's got grandma on the front, baby on the back, maybe that's his grandson.
Ar: One of the things that I like the best is that it doesn't matter who you are, which is your walk of life. People get to be together, and enjoy, and have a conversation, and just be around.
An: Well, I feel like you're telling me to get on this bike. I feel like, subliminally, you're just like 'Anita, I've got you a bike. Get on it.'
Ar: Let's go!
An: Shall we? Yes. I feel like we should join everybody.
Ar: Let's go.
An: Whee-heel! Oh, it's great fun. It's such a brilliant way to see the city as well. What a great bit of progressive civic planning! Cause at the heart of every city are its people, so let the people take over the streets. On top of that, it's great fun.

Focus Vlog, page 137

H = Hannah K = Kat Li = Lilee Lu = Lucy

Na = Natasha Ni = Nick No = Nobuse

P = Presenter

- P:** Hi everybody. Welcome back to my vlog. Now I found my old diary from ten years ago and it's so funny to read my ideas on what I thought the future might hold for me. I'm definitely not the person I imagined myself to be back then, though some dreams haven't changed. I always saw myself in the Australian outback working from home rather than being stuck in London's traffic jams. But hey, it might still happen! So I'm curious about other people's dreams. It's time to ask some questions. Where do you think you'll be living five years from now?
Na: My mum owns a house in Walton-on-Thames that I plan on buying off her so probably I will be living in Walton-on-Thames in her house in five years' time.
No: I'll probably be living in London with my family but I would like to be living in Monaco 'cause it's another city another country it's nice with hot weather

and it's just a different environment compared to London.

- K:** Probably I'll be living in Vienna and hopefully I'll be still working freelance with projects abroad every couple of months so I can keep travelling.
Ni: In five years' time I would quite like to be living in a house with myself not with housemates, um, preferably with a studio so I can record my music and my guitars in there and a nice big living room.
H: I will be living in Sydney, New South Wales in Australia 'cause it's a lovely part of the world, lots of beaches and outdoor life.
Lu: In five years' time I hope to be living in East London. It's one of my favourite places. It's where I work so it'd be a lot easier. I wouldn't have to get up as early.
Li: Actually I have no idea. I've only just arrived here in London and loving it so far. But, er, if it turns out that after a couple of years I don't really love the cold any more I might head home where it's much warmer or I might try somewhere in Europe. I've really got no idea.
P: What life goals will you have achieved by the time you turn fifty?
Na: I would like to think that I will have played a leading lady in the West End. Um, I would like to have been in a TV series or two. And maybe some voice work, voice reels and language tapes.
No: I will have had my own film production agency. I'll have travelled round the world doing what I love which is acting and modelling, I'll have started to raise my own family as well and I will have my own property and businesses as well.
K: Hopefully by the time I'm fifty I will have published a book or been an established artist or at least published a movie and gone further in my career. Or just be happy – I guess that's a good goal as well.
Ni: By the time I'm fifty in my life I will achieve at least one top ten album, a tour of the world, and to get my band Lofthouse just anywhere and everywhere I can.
H: I will have completed my yoga teacher training in India and I will have my own studio so I'll be teaching yoga.
P: So what about you guys? Where would you like to live in the future and what are your most important life plans? Let me know in the comments.

Unit 4 Shopping around

BBC: Young entrepreneurs, page 138

A = Alexis G = Georgia H = Hillary N = Narrator

- N:** Running your own business is quite a challenge. Is it possible when you're very young? Let's meet two young women who prove that you don't have to be advanced in years to succeed as an entrepreneur. Hillary designed her app for children when she was just ten.
H: Best thing about being a CEO is that you don't have a boss.
N: Minor Mynas is an online educational platform that helps children of all ages to connect with other children their own age and build a global community. Through live interaction, children can engage

in conversations and learn one another's language. Minor Mynas provides a safe place for children to communicate, chat and make friends across borders.

- H:** I definitely think it's easier for kids to get along than for adults. In the adults' world, there is a ton of things about race, gender and other stereotypes. But for kids, everyone is just a kid.
- N:** In Hong Kong there are a lot of opportunities to network and talk with other entrepreneurs. As it's quite a small city, there's a very close and supportive entrepreneur community, so it's easy to meet a lot of people and make connections.
- A:** I'm Alexis, and I'm Hillary's younger brother. If you think my sister might be a little bit annoying cause she is so smart sometimes, you're wrong. She's annoying all the time. She speaks in really weird English. She usually calls me like ... really old English words. I have no idea what to say back at her cause I have no idea what it means. And it's very annoying.
- H:** I ... I always had pretty big goals. My parents always taught me to think big. They told me that being creative is one of the most important things you can be. And that always led me to having huge ambitions.
- Languages are a really, really good way to make a personal connection with someone. As Nelson Mandela once said: 'When you speak in your language, you're speaking to his brain. But if you're speaking in their language, you're speaking to their heart.' I believe that this quote is really, really ... profound, and I think it's true.
- N:** Cake-maker, Georgia, launched her own business at the age of twenty-three.
- G:** I got commissioned to make a cake for Cara Delevingne, the famous model, and it was actually my sister who said: 'You need to go on Instagram, build up a profile and get her to tag you.' I went from above hundred followers to six thousand that day, and I think that was the very start of my Instagram, and I already had that big boost.
- N:** Georgia uses natural ingredients to create sweet works of art. But being able to bake a perfect cake is not enough. This is her recipe for success.
- G:** You upload a photo, people like it, people see what're doing, and then react to it. And maybe someone can even get in touch and order that just by seeing it. So, the more I uploaded, the more interest I had of people, and then the more orders came in. And I'm also using Instagram as a portfolio of my work because it's so visual.
- Instagram is something that you really have to keep up. If I haven't uploaded a photo, my followers might think: 'Oh, she's not as busy this week.' So, I have to show that I'm busy making lots of cakes, showing people different options that I can do, rather than the same cake over again. So, it's not just simply make a cake, photograph it, put it on. There is a whole background that goes into one photo.

18 Focus Vlog, page 139

K = Kat Li = Lilee Lu = Lucy P = Presenter

Sa = Sam Sh = Shaelyn

- P:** Hi everyone. Me again. So I'm off to a bad start today. I'm running late – typical me. I left my wallet in my other bag and I didn't realise until I went to buy a ticket. Luckily a kind stranger lent me some money when I found out I'd left my phone at home too. So I want to know about your experiences with money. Do you carry cash or have you switched to a completely cash-free method? Do you usually pay with cash or card? What sort of things are you likely to pay for with cash?
- Sa:** I usually pay with card but I'd mostly rather be paying with cash, I just find a hard time getting my hands on it. Usually it's hard to go to the ATM, make sure I always have it on me, make sure I have a sufficient amount. But if I am paying with cash it's usually for something like the dry cleaners where it's usually cash only or picking up small items at the grocery store, small loaves, pieces of gum, packs of gum.
- K:** I tend to pay with cash 'cause I keep track of my money better that way and I use cash for all the small things, um, like food, groceries, just every day necessities.
- Li:** I generally pay with my card because it's so much easier and quicker but I like to get my nails done, and my nail lady only takes cash so that's when I usually pay with cash.
- Sh:** Actually, I'm most likely to pay for everything with cash because I'm an old-fashioned girl and it helps me to manage my spending with cash because I can see exactly how much I have left. Whereas with card, all you have to do is tap and it's easy to overspend.
- Lu:** I normally pay with card because it's a lot easier and quicker which isn't always the best thing but if I were to pay for something with cash, the only thing I can really think that I use cash for now would be leaving a tip in a restaurant.
- P:** What ways of paying are likely to become popular in the future?
- Sa:** I would say probably contactless using a cellular device, um, just because it's the most convenient – people always have their phones on them and usually kind of having a back-up maybe a contactless card if your phone dies. I can't see it really progressing too much further from that as of right now unless technology advances significantly.
- K:** I think in the future we'll be more likely to move towards a digital currency whether that is a representation for our current currency or some other value system but I personally hope that we will stick to cash.
- Li:** I think phone-pay will become really popular because it will be easy for people to leave the house and not have to take a bag or a wallet. All they need is their phone and they can tap away.
- Sh:** I think e-wallets are more likely to become popular in the future because foreign travel is becoming more popular and it saves people the hassle of having to go for currency exchange and having to carry around loads of cash and all kinds of different cards. So it might be safer for people to travel around as well.

- Lu:** I pay for a lot of things on my phone, with the contactless on my phone. So I feel like maybe if they input that in other devices as well, that might become more popular too.
- P:** So how do you guys pay for things? And how do you think you'll pay for things in the future? Let me know in the comments.

Unit 5 Off to work

BBC: Feeling like a leader, page 140

Some people think that the bigger you are, the easier it is to project leadership qualities. But appearing big can be achieved in ways that don't require you to be large in size. As social animals, we can make assumptions about a person from the way they look, and the way they behave. There are certain characteristics that we associate with leaders or what we might call dominant, or assertive people.

If you haven't got those leadership characteristics naturally, there are various ways to fake them.

So, for example, if you're going to a job interview, walk in with your shoulders back and your head held high.

Make eye contact with people. If you look as if you own the place, people will think you do! It may be old-fashioned advice, but it works.

The way you present yourself has a really profound effect on the way you think about yourself, and the way you think about other things. If you dress formally, you feel more powerful, more capable of dealing with bigger issues.

Things like gestures are terribly important. If you use big gestures, you take up more room, and people get the idea that you're more powerful. So, when you see politicians talking or religious preachers, you'll notice that they use huge expansive hand gestures. And this gives the impression that these people are bigger than they actually are.

The interesting thing about this is that if you do all these things consistently, after a while you actually become more confident. Your brain starts to reflect your body's actions, and you feel naturally more like a leader. You no longer have to fake it.

Focus Vlog, page 141

Han = Hannah Har = Harriet K = Kat L = Lilee
P = Presenter Sa = Sam Sh = Shaelyn

P: Hey everybody, I'm back. So my friend just called up to complain about a job interview she had the other day. She was really upset and nervous the whole time mainly because of the questions the interviewer had asked her. He wanted to know why she wasn't studying, why she'd changed jobs so frequently and what she planned to do in the next five years. So I want to know about other people's experiences. What questions they were asked and what they said.

Have you ever been to a job interview? What sort of questions did they ask you? And what did you reply?

Han: Yes I've been to many job interviews. They asked why I wanted the job and I gave an answer of why I wanted to be in that certain industry. Another example would be what are my strengths and

weaknesses and I would give them answers like I'm a good team player ...

- Sa:** When I was in High School, I applied for a job at a local camping store in my neighbourhood. They asked me mostly questions related to my interest in camping, my interests in the store and what I thought I could bring to the table. Mostly I told them it was my first job so I was willing to work, like, as hard as I possibly could and that's what I could really bring to the table. I told them I'd been going to the store since I was very little and I had a huge passion for camping and hiking.
- K:** Yes, I have been for a job interview and when I went they asked me whether I was willing to move for the job, whether I was willing to work on the weekends, whether I was willing to work overtime and also they asked me some strange questions ... whether ... like what my favourite food was and whether I was willing to walk up the stairs every day because their elevator was broken. I agreed with most things because I wanted the job.
- Sh:** Yes, I did have a job interview recently. Erm ... the first question they asked me was how I would be able to help customers and I said that I would always be there with a smile and I would always be able to answer questions. Um, the second question that they asked me was why was I fit for the job and I said that I was very hard-working and responsible and the third question that they asked me was why I wanted to work for their company and I said that I wanted to work for them because they were ecologically friendly and consciously trying to make a difference in the world.
- Har:** I've been for a couple of job interviews. My most recent one was for a job in a café, where they were asking me about my previous experience working in foods, and with people, and things like that. Just to make sure that I was comfortable with the job and I'd had previous experience. So, I was just sort of telling them the things I did in my previous job like how I served the food and the things that I'd learnt through that to get the job.
- L:** Yes I have been for a few job interviews. My most recent one was as a nanny back in Australia and what did they ask me? The parents of the children is who I met with and they asked about my experience with kids and about my ability to drive and if I had a car so I could help take their kids to and from school and that kind of thing and I answered by saying that I'd got lots of experience with kids from my big family and teaching at dance studios and I have a car and I have my license so I just answered all their questions for them.
- P:** What about you guys? Do you have any job interview experiences? Will you share?

Unit 6 A matter of fact

BBC: Is social media killing creativity? page 142

B = Becky D = Daisy K = Katie N = Narrator

T = Ty

N: Our phones. It seems we're dependent on them.

They are a useful tool, a form of communication and connectivity. Yet, they can be distracting, and it's very easy to get addicted.

K: I'm certainly guilty of it myself. What with Instagram, Twitter and Facebook, I can't even count the amount of times a day I'm on social media. I mean, I've always got my phone in my hand, and sometimes I'm just scrolling through mindlessly without even realising it. This all comes at a time when studies and research are starting to reveal links between social media and mental illness. So, is it time to reconsider the way we use it?

N: Katie has come to the Barbican, a creative hub of the arts and culture in London, to meet with doctor Becky Inkster, a neuroscientist from Cambridge University.

K: So, do you think the amount of time we spend on social media could be a problem?

B: I think it could, but it's a complicated situation. So, for some people it might be a lot of time is bad, for some people a lot of time is good, so it really depends on the person. But, also it depends on what you're looking at. So, is this a low-quality content, and are you sort of just passively passing time and scrolling through infinite content? It may not be beneficial.

K: What are some of the ways that you and I can use social media in a better way?

B: There's lots of things that we can do, and I think being creative and discovering your identity is such an amazing opportunity for people. But I do think that people need to protect themselves, so be very careful with your privacy, use these tools properly, and educate yourself because you are the consumer, and you're the publisher of your own data.

N: Katie's meeting with Instagrammer, Ty, to ask her why she prefers her phone to a professional camera.

K: So, why do you specifically use your phone as a tool for taking photographs?

T: I think the phone is such a powerful tool nowadays, and it's so easy that is always with us. And it's not something I have to plan ahead to bring with me. It's always with me, and I'm by nature sort of a lazy person. I'm certainly just trying to fit around what I do day to day.

K: Would you say that having a creative hobby like photography is really beneficial to your health?

T: I think absolutely. I think just the simple act of sort of creating something, and also being able to focus on a project that has value to myself. In a way, it helps distract me from these kind of, sometimes, problems that just go over and over in our head.

K: So, it actually makes you more mindful in a way because you're looking at the world around you and paying attention to what's going on rather than sort of being, I suppose, transfixed in your phone, but not using it for something creative in a way that everybody else is.

T: Exactly.

N: Ty says that her creativity and her art are good for her well-being. Now Katie wants to find out if there's scientific evidence that creativity is really good for our health.

K: I'm meeting with doctor Daisy Fancourt from University College London who's exploring the links between creativity and well-being.

So, Daisy, is it true that creativity can actually be good for our health?

D: Yes, we've got so much research data now showing how it can affect both our mental and our physical health. So, from a mental health perspective, there's a lot of data showing how engaging with creative activities, whether that's dancing, singing, cookery, gardening, all of these things can help us to maintain good well-being in our day to day lives, but also actually provide really targeted support for people with mental health conditions. And we see lots of links from that through to our physical health as well.

K: Do you think we will reach a time where GPs will actually prescribe creative classes to people to help with their mental health?

D: We're already there, actually!

K: Are we?!

D: Yes, art on prescription is available on the NHS already.

K: And now, of course, we often talk about social media and phones being quite bad for our mental health. But a lot of people use their phones and their social media for their creative activities, so do you think that, actually, social media can be good for your creativity?

D: Well, I think social media has been fascinating with what it's done to creativity, 'cause in a way it's opened up so many new activities that we didn't have a few decades ago. So, for example, people creating animations on their computer and doing things like Instagram or Snapchat with photography.

N: So, there is no reason why we can't treat social media as a tool for creativity.

K: Social media can be a great platform to express and share our creativity. But we have to actually allow ourselves the time for our creative endeavours.

Focus Vlog, page 143

E = Ellie H = Hassan K = Kat L = Luke N = Nick

P = Presenter S = Sam

P: Hi everyone. I'm a bit over-tired today. I had a movie-marathon with my best friends last night. We each had to pick one film. Can you guess what film I picked? That's right, I picked The Time Machine. I don't know why, but time travel just fascinates me. I always picture myself going back in time and meeting my hero Marilyn Monroe. So I want to know about everyone else's experiences. Are they as excited about time travel as I am? Imagine you could travel back in time, which decade, century or era would you visit?

N: I would like to go back to the late 30s early 40s. I come from a small town in the North East that used to have a lot of airfields so I would have quite liked to see, you know, Spitfires and Lancasters fly over and land on these airfields in my home town.

K: If I could travel back in time, I would travel back to the early 60s because I would really like to see the

age at which my grandmother was in her 20s and I'd really like to see how she dealt with similar problems that I'm dealing with right now.

- S:** I would probably go to, like, ancient Babylon or ancient Egypt. I just really like the desert setting. Kind of like, the Nile river, very fertile, and the desert in the background.
- H:** I'd visit the Middle Ages ... er ... to see how people lived without technology, 'cause we live in a time where we depend heavily on technology and the internet.
- L:** I think, um, probably the kind of Dickensian period actually. Um ... in England. I think, um, Charles Dickens and the picture he's painted in his, er, his novels. Paints a very, kind of, interesting experience, kind of, the kind of differences between wealth and poverty and, kind of, the very different circumstances in which people lived um would be great to experience. In my head, kind of, England in past at that time was pretty tough. Lots of, kind of dark, twisty, narrow buildings pathways in cities ...
- E:** I like the sound of the 80s because of the music, um, and yeah, the 80s I think are a good decade for music so that's probably what I would choose.
- P:** Suppose you could meet any famous person dead or alive. Who would you like to meet?
- N:** If I could meet anyone famous it would be my guitar hero Mark Tremonti. I would love to ask him about how he started his career and what his path was through his music.
- K:** If I could meet any famous person at all I would like to meet Salvador Dali, because I really appreciate his art ... and I think it's incredible what he did in terms of changing modern art and I find it fascinating that he was always of the opinion that you could only do that once you have covered your basics and I think that's a good approach to everything in life.
- S:** I would probably meet Frank Sinatra, just because I'm a huge fan of his music and the 1950s and 1940s culture in America in general. I'd probably ask him about his days with the rat pack, music ... everything about 1950s culture really.
- H:** I'd like to meet Rafael Nadal. He's a really famous tennis player. I do play tennis sometimes and he inspires me a lot actually ... I'm a huge fan of his.
- L:** Out of the many, many people I think I'd go for Winston Churchill. Um, a particularly interesting period during the Second World War, in which he led the United Kingdom to victory over Germany ... the United Kingdom and Europe so I think to get inside his head and to ask him questions about that period would be absolutely fascinating. The challenges that he undertook and faced and also, you know, there's other stuff in the past that he's done, I think, I'd like to challenge him on as well.
- E:** I think I'd meet the Jazz musician, Duke Ellington. Because I really look up to him. And I think his story and like life was really interesting. I'd want to know more about that – how he got to where he did and yeah I think he's really interesting.
- P:** How about you guys? What would be your dream destination and who would you like to meet? Let me know in the comments.

Unit 7 It's not rocket science!

BBC: Blowing in the wind, page 144

D = Dallas N = Narrator W = Worker

- D:** If you want to harness enough wind energy to power a town or a city, you need to go where the wind is at its strongest. And that's normally over open water like this, simply because it's nice and flat, and you don't have the land getting in the way to slow it up.
- N:** That's why we're building in the sea. The largest offshore wind farm in the world is here in Britain. This is the London Array, twenty miles from the South East coast of England.
- D:** As I'm sure you can appreciate, getting these monsters out here presents a whole host of engineering challenges. Not least the wind itself, the thing they're actually designed to harness, makes the whole process of building them a complete nightmare!
- N:** The unpredictable weather conditions and constant threat of stormy weather makes this an extremely difficult construction site.
- D:** With everything constantly moving, the wind going and the waves going, you need somewhere solid to work from a solid base, and this is the solution.
- N:** A huge ship called Discovery. It can lift completely out of the water and stand on giant stilts to make a stable platform standing on the seabed. All of the different parts necessary to build the giant turbines are on board.
- D:** So, this chap over here is co-ordinating the whole thing, almost like a choreographer or a conductor. It's an incredibly skilled operation, but they make it look so easy. Be in awe of the skill of these guys.
- N:** On a calm day, they can install a whole turbine in twelve hours.
- D:** OK, we've got a bit of climbing to do today.
- W:** Once you're attached ... take a good positive step off ...
- D:** Yeah.
- W:** And up you go.
- N:** Dallas has to inspect the work a little closer.
- D:** Oh, man. It's stiff.
Oh, wow! Look at this! You can really understand why we're here as you stick your head up through this hatch and you feel the wind. And it's just quite awe-inspiring seeing how enormous these turbine blades are. When you're on the shore, they look so elegant and fragile and, actually, they're just enormous. I'm glad it's not too windy today. That's all I can say.
- N:** Each of these turbines is an enormous 120 metres wide. That's the same as the London Eye.
- D:** Imagine 174 London Eyes, all spinning out here, all generating power for us to use. And each one of these turbines can power 3,000 houses ... something like that, depending on whether you've left your power shower on. And then, you multiply all that by 174 and you get a true sense of the scale of all of this. This huge power station out here in the middle of the sea. That's pretty awesome.

31 Focus Vlog, page 145

**P = Presenter Li = Lilee Lu = Luke Ni = Nick
No = Nobuse S = Sam**

P: Hi everybody. So I have a confession to make. I am absolutely awful when it comes to technology. I believe I can make a computer break down just by looking at it. But of course, I could not live without it so today I'm going to be asking for people's views on technology.

What kind of technology would you like to be developed in the future?

Li: I think that while the electric cars have already been developed. I think if they became more popular and easily accessible that would be really cool and really great for the environment as well.

Lu: I think certainly my answer would be teleportation, like the one featured in Star Trek. Er, you know, where they beam you up and you dissolve into a million particles and just appear somewhere else instantly. Um, I think that looks a much easier way to travel than flying ... experiencing airports and the delays at airports and twenty-four hours to get to the other side of the world.

S: Yes, mostly I'd like to see efficient solar batteries for solar energy systems just because we have very efficient ways of capturing energy but not very efficient ways of storing it and that could solve lots of world energy crisis problems.

Ni: I would quite like to see how things like guitar and piano evolve over the next maybe ten, twenty years and see how they go from being a physical to digital device and what kind of sounds we can get from those.

No: Virtual reality education could be developed as it'll be more engaging for the students. They won't have to travel out of their homes ... and literally learn in their own homes in their own time as well and would just be more fun and more in tune with the modern day student.

P: What technology should be provided free for everyone?

Li: I think that everyone should have access to electricity in their houses so they have light and heat because I think it is so important for you to be able to feel safe and comfortable in your own house and those are two things that you really need for that.

Lu: Anything medical ... I mean I think we're very lucky – maybe too deep? – I think we're quite lucky in the UK because we have a free health service at the moment but, um, expensive technology to MRI scans, that sort of stuff, should be available free to everyone I think, really ... so people can be well.

S: I would probably have to say universal access to the Internet just because there are so many possibilities that come with the Internet and so many, like, remote places in the world that can get an education and learn new information and global updates in a matter of seconds that they otherwise wouldn't be connected to so getting people access to free Internet cafes, or laptops that can connect to a cellular connection would be huge in the development of the world.

Ni: I think things like tablets should be available to everyone because, you know, they have so many uses to do with education and, you know, creativity, you know. We should be inspiring the younger generation to have these and to unlock their passions.

No: Online education should be provided for everyone. Not only for those who have money but for those who don't have money. Put everyone on an equal playing field.

P: What about you guys? What technology would you like to see being invented? And what technology should be provided for free? Let me know in the comments.

Unit 8 Costing the earth

35 BBC: The global seed vault, page 146

**D = Dallas N = Narrator W1 = Worker
W2 = Worker 2**

N: We are in the freezing cold Arctic mountains of the Svalbard Islands in Norway, only 800 miles from the North Pole. Here, there is a doorway that leads to what is supposed to be the safest place on earth. Scientists are on their way, approaching through this isolated and hostile terrain. They carry a precious box of seeds to be stored away and protected from the damaging effects of climate change. The opening of the Global Seed Vault was a major achievement for Norway. Construction of the vault required impressive engineering skills, cutting 250 metres deep into the permafrost. The average temperature of the vault is minus twenty degrees Celsius, cold enough to preserve the billions of seeds inside for future generations.

D: I've just come down the access tunnel that's cut into the mountain here. This place is 130 metres above sea level because if the worst happens and global warming melts all of the polar ice caps, this project will still be safe.

OK, so this is the next stage ...

N: The deeper inside the mountain we go, the more the temperature drops. The store is designed to survive any natural disaster.

W1: The seeds can last here for a very long time. It depends on what crop it is, but some of the crops may survive for more than 4,000 years.

D: Are you really imagining this place functioning, keeping the seeds safe for 4,000 years?

W1: Well, it's difficult to say. I'm sure that the pharaohs thought that their pyramids would last long and they did.

N: This is the last barrier to the store itself.

D: Samples of seeds used to be held in glass test tubes. Now they're kept in little plastic packets, and there are more than 800,000 of these in this vault.

N: Having copies of key seeds is essential for times like this when harvests are ruined by extreme weather conditions. Another threat is flooding which can damage national stores of seeds. This happened in the Philippines. And with industrial-scale farming, most food comes from just a dozen varieties of plants, so keeping copies of these seeds can help to guarantee supplies.

W2: It is for the survival of mankind in the future. I mean, we need the diversity, all the different kinds of plant material to get food for the future.

N: So, in these remote mountains, the Norwegian government has provided a global insurance policy. We have many environmental problems facing us such as climate change. In future, the seeds in this vault could help us to overcome disease, drought and other unforeseen challenges.

Focus Vlog, page 147

**L = Lilee Han = Hannah Har = Harriet N = Nick
P = Presenter S = Shaelyn**

P: Hi everybody. I'm back. So my cousin has got an offer to work for an international company because he speaks four languages fluently. It really makes me wish I hadn't given up Spanish so carelessly when I thought it was a waste of time. But we live and learn and I may have to do something about that. So today I'm going to be asking people about their past decisions and if they're happy with their lives now.

Is there anything you wish you had or hadn't done when you were younger?

L: I actually really wish – it's a bit of a crazy one – but I always wanted to do ice-skating and now that I'm in a colder country ice-skating would come in handy but when I was little I never really said anything about it and never got into it. I did dancing instead.

Han: When I was younger I wish I had learnt a language and stuck with it so I could speak a different language now.

N: I wish I'd paid more attention in school. Um, a lot of my friends now have much better jobs than I do. Um, I was a bit of a trouble-maker in school so I wish that I'd have paid more attention and just took that time to learn something new.

S: I wish I hadn't given up the theatre because I enjoyed it so much as a child. I loved playing with other people and spending time learning scripts and reading plays. And I wish I had continued so that I could enjoy it in my adult years as well.

Kat: I wish I had realised sooner what I wanted to do in life and I wish that I had been less afraid to pursue it because of hardships.

Har: I wish I'd picked up a musical instrument earlier 'cause I really enjoy playing music now but I think that if I'd have started when I was a child would be a lot better than I am now.

P: How would you like your life to be different from what it is right now?

L: I don't think there is anything I'd change. I'm having so much fun travelling and meeting people and I've got some great friends that I've made along the way with my travels and I don't think I would change anything of that ... what I'm doing now to make it better.

Han: I would like to have my friends from England living in Sydney so everybody is together.

N: To be honest, I wouldn't change much. Um, maybe I'd have a better job that I enjoy a little bit more but no, I'm very happy with what I have and the people that I have in my life.

S: I wish I lived in a place that was warm all year round, because London does get very cold in the winter. I wish I lived in, say, Mexico because it has the sea and the surf.

Kat: Honestly, I wouldn't want it to be different 'cause I think that all my mistakes and choices I made, I made for a reason.

Har: I'm actually really happy with the way my life is now. I think ... I'm currently doing ... am in my degree so a lot of things are currently changing so I'm a bit wary to say that I would change anything just wait to see what happens, to be honest.

P: How about you guys? Do you have any regrets? Are you happy with your lives? Let me know in the comments.