1 Meeting people







1 Work in pairs and discuss the questions.

1 Look at the photos. Who are the people?
2 Write a short conversation for each photo.
   A: *Hello, I'm ...*
   B: *Hello ...*

2 **a** Watch the first part of the video and put the people in the order they meet.

1	Jenna and Kirsty	☐	4	Jenna and Alex	☐
2	Angela and William	☐	5	Angela and Kirsty	☐
3	Ben and Kevin	1	6	William and Kirsty	☐

b Watch the second part of the video. How many people say goodbye?

3 Watch the video again and tick (✓) the expressions you hear.

Hello		**Goodbye**	
Can I take your coat?		It's been great seeing you.	
Good afternoon.		See you.	
Good evening.		Bye.	
Good morning.		See you sometime.	
Hello I'm ...		I had a lovely time.	
Hello.	✓	It was lovely to see you.	
How are you?		Cheers.	
Nice to meet you.		Take care.	
Nice to see you.		Goodbye.	
Please come in.		Look forward to seeing you soon.	
This is ...		See you around.	
Welcome to my house.		Nice to see you.	

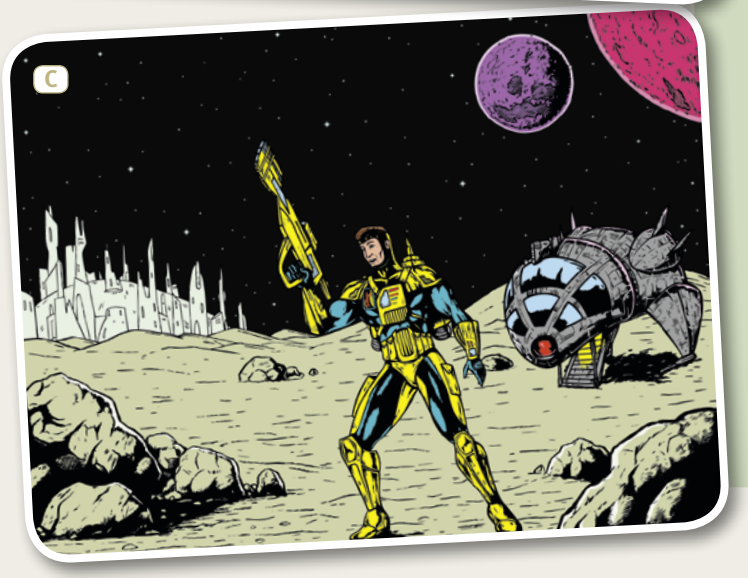
4 Work in pairs and discuss the questions.

1 When do you meet new people?
   At parties? At college? At work?
2 Do you like meeting new people? Why / Why not?

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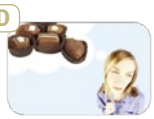


1 Work in pairs and discuss the questions.

1 Do you watch cartoons?
2 What are your favourite cartoons?
3 Look at the pictures of cartoons. Do you like them? Why/Why not?
4 Look at the man in picture B. Do you think he is happy or sad? Why?

2 Match the words (1–6) with the pictures (A–F). Use a dictionary.

1 hat *B*
2 briefcase
3 stamp
4 music box
5 butterfly
6 daydream

A 
B 
C 
D 
E 
F 

3 **a** Watch the cartoon *Unreal City*. Are the sentences true (T) or false (F)?

1 Harry likes his job. *F*
2 He works in the Post Office. ☐
3 He dreams about another world. ☐
4 He walks in the same streets every day. ☐
5 He goes home to his flat. ☐
6 He goes to restaurants and the cinema. ☐
7 He listens to his music box. ☐
8 Harry likes his life. ☐

b Now number the five true sentences in exercise 3a in the order you see them in the cartoon.

c Watch *Unreal City* again and check your answers.

4 Work in pairs and discuss these questions.

1 Do you like the cartoon *Unreal City*? Why/Why not?
2 In *Unreal City*, the man has a daydream. When do you daydream?
3 What do you daydream about?

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3 Sports mad!







1 Work in pairs and discuss the questions.

1 How old are the people in the photos, do you think?
2 What kind of sport does each person do?
3 What activities does a young sportsperson usually do every day?

2 Match the words (1–6) with the definitions (a–f). Use a dictionary.

1 an academy	a to practise a sport for a competition
2 a gymnast	b a set of exercises, for example in gymnastics or dance
3 a coach	c a person who does gymnastics
4 strong	d a school where students learn a special subject, e.g. a sport
5 to train	e healthy and powerful
6 a routine	f a person who teaches a sport

3 Watch the video and choose the correct words in *italics*.

1 Daniel sits next to *a girl*/*a boy* at school.
2 He plays tennis in a *black*/*blue* shirt.
3 Venus practises on *two*/*three* pieces of equipment.
4 She has a little *sister*/*brother*.
5 We see Tom do *four*/*five* dives.
6 He lives *by the beach*/*in a town*.

4 Watch the video again. Who do the sentences describe? Write *Daniel*, *Venus* or *Tom*. Sometimes two names are possible.

1 He/She is eleven years old. *Venus*
2 He/She has a busy daily routine.
3 He/She has lessons in the morning and trains in the afternoon.
4 He/She doesn't usually train on Saturdays.
5 He/She is fifteen years old.
6 He/She does a dangerous sport.
7 He/She is small but strong.
8 He/She wants an Olympic medal one day.

5 Work in pairs and discuss these questions.

1 Do you think these young sports stars have a nice life?
2 What is your ideal daily routine?
3 Which jobs have good daily routines?

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4 Two soups









1 Work in pairs and discuss the questions.

1 What are your favourite restaurants? Why do you like them?
2 Think of three things that can go wrong in restaurants.

2 Match the words (1–4) with the explanations (a–e). Use a dictionary.

1 waiter/waitress	a you can put soup or ice-cream in this
2 soup	b he/she brings food to your table in a restaurant
3 bowl	c there is nothing in it
4 empty	d a hot liquid food; you can drink it

3 Watch the video. What goes wrong in the restaurant?

4 Watch the video again. Complete the sentences with words from the box.

have away what's ~~order~~ find minds

1 Ready to *order* ?
2 Yes, _____ the soup of the day please?
3 I'll just go and _____ out.
4 We'll _____ two soups.
5 Right _____ sir.
6 I'm sorry, we've changed our _____ .

5 Answer the questions.

1 How many people are there in the restaurant?
2 How many times does the waitress say 'Ready to order'?
3 How many times does the waitress come to the table?
4 How much soup is there in the bowl at the end?

6 Work in pairs and discuss the questions.

1 Do you think the video is funny?
2 What is good/bad about working in a restaurant?
3 Would you like to be a waiter/waitress?

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1 Work in pairs and discuss the questions.

1 Do people in your country usually buy their apartments or houses?
2 What type of house would you like to buy?
3 Would you like to design and build your own house? Why/Why not?

2 Complete the sentences with the words in the box. Use a dictionary.

glass ~~upstairs~~ view walls wood

1 I live in an apartment. It's on the sixth floor. It doesn't have an *upstairs* or a downstairs.
2 Most rooms have four _____ .
3 Our coffee table is made of _____ – you can see through it.
4 We haven't got a very good _____ from our bedroom; we look at other houses.
5 I like furniture that is made of _____ ; I think it looks nice and you can use it for a long time.

3 Watch the video. Complete the sentences with *one*, *two* or *three*.

1 *Two* people bought the house.
2 There is/are _____ wall(s) made of glass.
3 There is/are _____ wooden wall(s).
4 There is/are _____ study/studies in the house.
5 There is/are _____ bedroom(s) in the house.
6 There is/are _____ bathroom(s) in the house.

4 Watch the video again. Complete the text with one word in each gap.

John and Terri have a new house in the countryside. The house is modern: it has three wooden (1) *walls* and one is made of (2) _____ . They live in the house with their (3) _____ , Bart. Downstairs, the house has a kitchen and a large open (4) _____ area. There's also a small (5) _____ , where they can keep all their things from work and school. There are two bedrooms (6) _____ and a small (7) _____ . John and Terri have a fantastic (8) _____ of the countryside from their bedroom.

5 Work in pairs and discuss the questions.

1 What do you think of John and Terri's house? Do you like it? Why?/Why not?
2 Do you think it's a good idea to have one wall of glass?
3 What is your idea of a dream home? Where is it? How big is it?

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6 Great buildings


Guggenheim Museum, Bilbao


Sydney Opera House


Flatiron Building, New York


Eiffel Tower, Paris

1 **a** Work in pairs. Look at the photos and discuss the questions.

1 Do you know any of the buildings in the photos?
2 What do you know about these cities?
3 Can you think of any other famous buildings in these cities?

b Can you find an example of each of these things in the photos? Use a dictionary.

1 a skyscraper
2 a roof
3 something made of stone
4 something made of metal

2 Watch the video. Complete the sentences with verbs in the past form.

1 Suzy *lived* in New York for two years. She _____ as a waitress.
2 John _____ to Bilbao. He _____ to see the Guggenheim Museum.
3 Penny _____ visit the Eiffel Tower until her last month in the city.
4 Laura says the Sydney Opera house _____ thirty years ago.

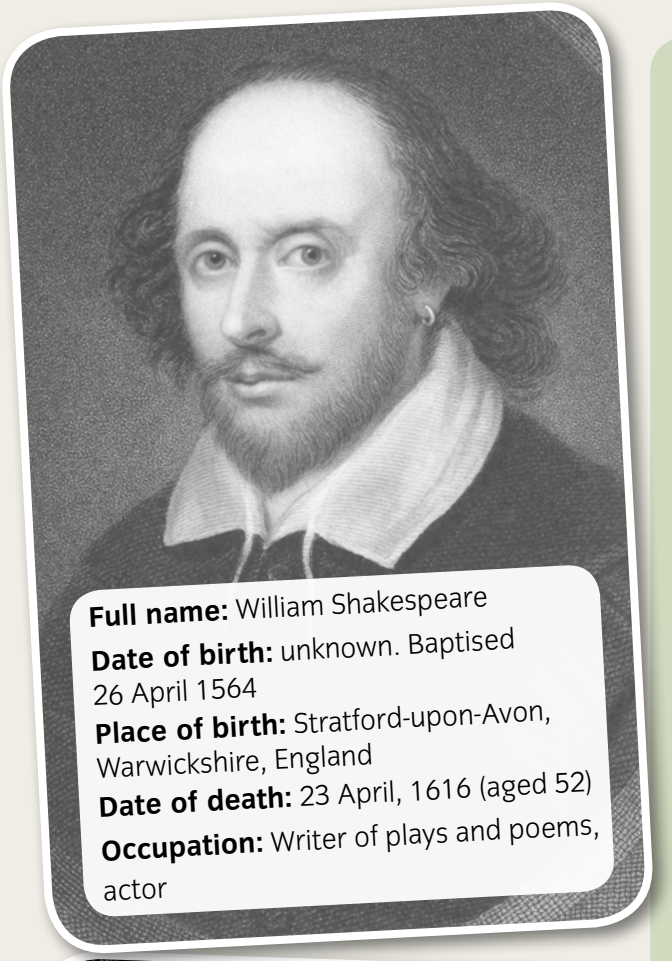
3 Watch the video again and tick (✓) the correct building in the table.

	Flatiron Building	Guggenheim Museum	Eiffel Tower	Sydney Opera House
1 It's 300 metres high.			✓	
2 It's 50 metres high.				
3 It opened over 30 years ago.				
4 It's made of stone and metal.				
5 It's only two metres wide.				
6 It opened in 1889.				
7 Its roof comes from Sweden.				
8 It's 87 metres high.				
9 The architect was Danish.				
10 It has 19 galleries.				
11 It was the first skyscraper in the city.				
12 The architect designed it to look like a giant fish.				

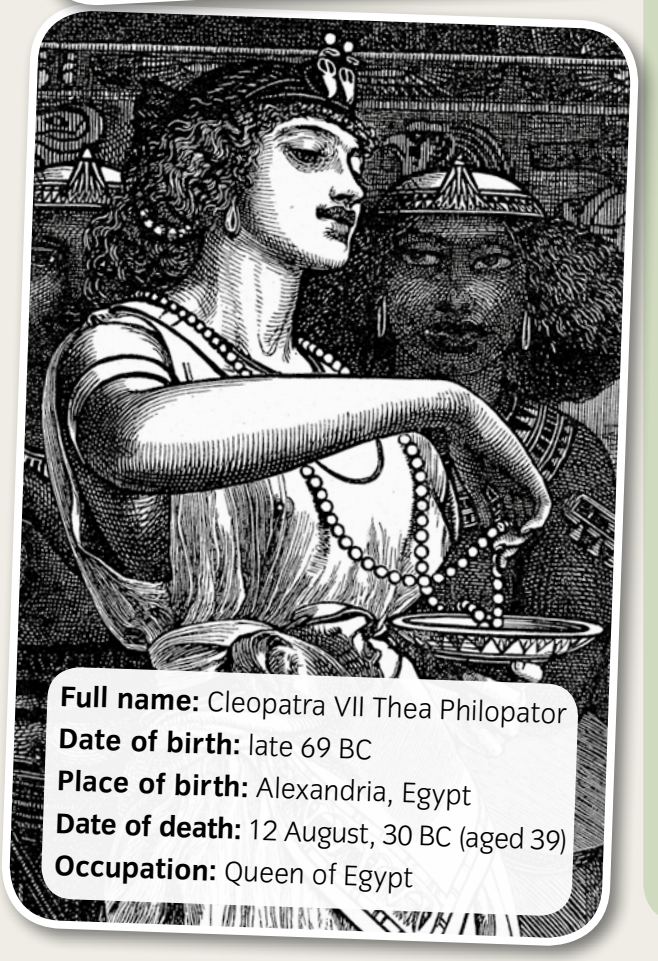
4 Work in pairs and discuss the questions.

1 Which building from the film do you like the most? Why?
2 Do you like old buildings or new buildings? Why?
3 Do you have a favourite building in your country? What is it, and why?

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Full name: William Shakespeare
Date of birth: unknown. Baptised 26 April 1564
Place of birth: Stratford-upon-Avon, Warwickshire, England
Date of death: 23 April, 1616 (aged 52)
Occupation: Writer of plays and poems, actor



Full name: Cleopatra VII Thea Philopator
Date of birth: late 69 BC
Place of birth: Alexandria, Egypt
Date of death: 12 August, 30 BC (aged 39)
Occupation: Queen of Egypt

1 **a** What do you know about Cleopatra and William Shakespeare? Work in pairs and discuss the questions.

1 Where/When did they live?
2 Why are they famous?

b Read the factfiles and check your answers.

2 **a** Look at the photos. Who do you think the sentences describe? Write *S* for Shakespeare or *C* for Cleopatra.

1 He/She wears fashionable clothes. [S]
2 He/She has a long nose. ☐
3 He/She is ugly. ☐
4 He/She has a beard. ☐
5 He/She is nearly bald. ☐
6 He/She is intelligent. ☐
7 He/She is handsome. ☐

b Watch the video and check your answers.

3 Watch the video again. Are these things connected with Cleopatra or William Shakespeare? Tick (✓) the correct box.

		Cleopatra	William Shakespeare
1	Anthony	✓	☐
2	Hamlet	☐	☐
3	Egypt	☐	☐
4	an old coin	☐	☐
5	fashionable clothes	☐	☐
6	Newcastle University	☐	☐

4 Are the sentences true (T) or false (F)?

1 Cleopatra was queen of Egypt. [T]
2 The coin is one thousand years old. ☐
3 People believed Cleopatra was beautiful. ☐
4 We know a lot about Shakespeare's life. ☐
5 There is a statue of William Shakespeare in Stratford-upon-Avon. ☐

5 Work in pairs and discuss the questions.

1 Did you enjoy this video? Why/Why not?
2 In the video, what is the connection between Cleopatra and William Shakespeare?
3 Do you know any of Shakespeare's plays? Which ones?
4 Do you enjoy going to the theatre? What kinds of shows do you like the most?

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8 Carnival







1 Do you know any famous carnivals? When and where do they happen?

2 Work in pairs and answer the questions.

1 What are the people doing in the photos?
2 What are they wearing? Describe the costumes.

3 Watch the video and choose the correct answer in *italics*.

1 Tamiko is wearing a *green*/*yellow* T-shirt.
2 The girl is painting a *flower*/*mask* pink.
3 They're painting the shoes *yellow*/*green*.
4 Tamiku's costume is blue and *white*/*gold*.
5 *Three*/*Four* boys talk about getting ready for the carnival.

4 Read this text about the Notting Hill Carnival. Then watch the video again and find six mistakes.

The Notting Hill Carnival is a huge London carnival – about a ~~thousand~~ *million* people come to be in the carnival or to watch it. It happens every July. There are about 17 bands with their own music, costumes and carnival queen.

The costumes are very important for the carnival. The costumes take a few days to design and make. Tamiko is the queen of a carnival band. She puts on her carnival costume – it's very uncomfortable because it's very heavy. When it comes to the carnival weekend, the bands parade through the streets – the costumes look amazing and it's a boring experience.

5 Work in pairs and discuss the questions.

1 Did you enjoy the video? Why/Why not?
2 Do you have a big carnival in your town/country? What does it celebrate?
3 What kind of things do people do at carnivals in your country?

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The London Eye


Battersea Power Station


The Dome


The Gherkin


Tower Bridge

1 Look at the photos of buildings in London. Do you know any of these buildings?

2 Richard Tait is an artist. He paints pictures of London. Watch the video. Where do you see the buildings in the photos? Tick (✓) the correct boxes.

		film	painting
1	The Gherkin	☑	☑
2	Battersea Power Station	☐	☐
3	Tower Bridge	☐	☐
4	The Dome	☐	☐
5	The London Eye	☐	☐

3 Watch the video again. Choose the correct answers.

1 Where was Richard Tait born?
a in London **b** in Scotland **c** in the east of England

2 Why did Richard first come to London?
a to see the buildings **b** his dad brought him
c to go to university

3 How does Richard do his paintings?
a He paints them from his head.
b He paints them from photos.
c He sits in front of the buildings.

4 How much time can Richard spend on each painting?
a five days **b** five months **c** five weeks

5 What does Richard paint as well as buildings?
a country landscapes **b** cars **c** portraits of people

4 Work in pairs and discuss the questions.

1 Did you enjoy this video? Why/Why not?
2 Do you think that it gives a good impression of London?
3 Richard takes photos of London to do his paintings. Do you take photos? What kind of photos do you take?

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1 Work in pairs and discuss the questions.

1 What can you see in the pictures?
2 Where is the North Pole?
3 What is it like there?
4 How do people get there?
5 Have you travelled across ice or snow? If so, how?

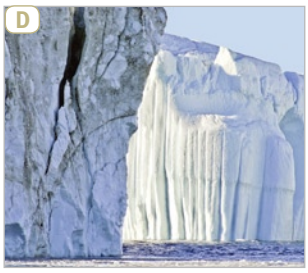
2 Imagine you want to visit the North Pole. What things do you need? Think about the weather and the distance from the nearest town. Make a list and compare with a partner.

3 Match the pictures (A–D) with the descriptions (1–4). Then watch the video and check.









1 a crack in the ice *C*
2 a cliff
3 a Sat Nav (Satellite Navigation system)
4 a small truck

4 Watch the video again and answer the questions.

1 Is the journey easy or difficult?
2 What is under the ice?
3 How heavy is their truck?
4 How far is the nearest hospital?
5 How far is the nearest rescue helicopter?

5 Work in pairs and discuss the questions.

1 Did you enjoy this video? Why/Why not?
2 What do you think of James and Jeremy's adventure? Was it brave or stupid?
3 Would you like to visit or drive to the North Pole? What other places would you like to visit?

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11 Rock climbing









1 Match the statements (1–4) with the activities in the photos (A–D).

1 You have to be fit to play this sport well. *D*
2 Don't look back! Look forward and pedal!
3 You have to practise every day if you want to sound good.
4 Hold the wheel with both hands and check the mirror.

2 Work in pairs and discuss the questions.

1 Have you learnt the skills in the photos?
2 What equipment do you need to learn these skills?
3 Do you enjoy learning new skills? What kind?

3 Match the words and phrases (1–6) with their meanings (a–f).

1 a challenge	**a** safe
2 take up (an activity)	**b** a way of doing something
3 technique	**c** a difficult task or activity
4 secure	**d** going upwards at a sharp angle e.g. a hill
5 steep	**e** when you haven't done a lot of an activity
6 inexperienced	**f** start doing (an activity)

4 Match the pictures (A–D) with the words (1–4). Then watch the video and check.



1 a rock face *A*
2 a knot
3 a rope
4 an indoor climbing wall

5 Watch the video again. Are these statements true (T) or false (F)?

1 You don't have to learn techniques to start rock climbing. *F*
2 Marian and Andy have done a lot of climbing. ☐
3 Climbers don't have to use a lot of equipment. ☐
4 Marian was scared at first when she started the climb. ☐
5 Marian leads the way when they start climbing. ☐
6 Stuart teaches Marian and Andy to make secure knots. ☐
7 Stuart, Andy and Marian are the only climbers on the mountain. ☐
8 The rock face is very steep. ☐

6 Work in pairs and discuss the questions.

1 Did you enjoy the video? Do you want to try rock climbing now? Why/Why not?
2 Have you done any physical activities like rock climbing?
3 Do you prefer physical or mental challenges? Why?

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1 *diving*



2 _____



3 _____



4 _____



5 _____



6 _____

1 Work in pairs and discuss the questions.

1 What do you usually do on holiday?
2 Do you like doing a lot on holiday or do you prefer relaxing and doing very little?
3 Would you like to do something different to what you usually do on holiday? What?

2 Name the activities in the photos (1–6). Use some of the activities (a–j) in exercise 3.

3 Look at this list of activities. Number them from 1–10 in the 'you' column. 1 is your favourite.

		you	Gill	
a	bungee jumping	☐	☐	It's _____ .
b	swimming with dolphins	☐	☐	Dolphins are _____ and _____ .
c	whale watching	☐	☐	Where? _____
d	an expedition to Antarctica	☐	☐	It's _____ to get there.
e	diving	☐	☐	It's _____ .
f	skiing	☐	☐	Where? *the forest*
g	dog sledging	☐	10	Where? _____
h	sailing a ship	☐	☐	What type of ship? _____
i	parascending	☐	☐	It's the closest thing to _____ .
j	riding the rapids	☐	☐	It's fast, _____ and a lot of fun!

4 Now watch the video and complete the 'Gill' column. 1 is Gill's favourite. Then complete the notes with one or two words.

5 Work in pairs and discuss the questions.

1 Do you agree with Gill's list? Why/Why not?
2 Compare your own 'top 10 adventures' with other students.

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Answer key

1 Meeting people

1
Students' own answers.

2a
2 Jenna and Kirsty 3 Jenna and Alex 4 William and Kirsty
5 Angela and Kirsty 6 Angela and William

2b
6

3

Hello		Goodbye	
Can I take your coat?	✓	It's been great seeing you.	✓
Good afternoon.		See you.	✓
Good evening.	✓	Bye.	✓
Good morning.		See you sometime.	
Hello I'm ...	✓	I had a lovely time.	
Hello.	✓	It was lovely to see you.	✓
How are you?	✓	Cheers.	✓
Nice to meet you.	✓	Take care.	✓
Nice to see you.	✓	Goodbye.	✓
Please come in.	✓	Look forward to seeing you soon.	✓
This is ...	✓	See you around.	
Welcome to my house.	✓	Nice to see you.	✓

4
Students' own answers.

2 Unreal city

1
Students' own answers.

2
2 A 3 E 4 C 5 F 6 D

3a
2 T 3 T 4 T 5 T 6 F 7 T 8 F

3b
1 = 2 He works in the Post Office
2 = 4 He walks in the same streets every day
3 = 5 He goes home to his flat
4 = 7 He listens to his music box
5 = 3 He dreams about another world.

4
Students' own answers.

3 Sports mad!

1
Students' own answers.

2
2 c 3 f 4 e 5 a 6 b

3
2 black 3 three 4 brother 5 four 6 in a town

4
2 Tom 3 Daniel 4 Daniel and Tom 5 Daniel 6 Venus 7 Venus
8 Venus and Tom

5
Students' own answers.

4 Two soups

1
Students' own answers.

2
2 d 3 a 4 c

3
The waitress is old and a bit deaf. She is very slow at taking the orders and has to ask the customers to repeat their orders several times. When she finally brings the soup, she spills it over the floor and serves the customers with empty bowls.

4
2 what's 3 find 4 have 5 away 6 minds

5
1 3 people 2 2 times 3 4 times 4 None. The bowls are empty.

6
Students' own answers.

5 Dream home

1
Students' own answers.

2
2 walls 3 glass 4 view 5 wood

3
2 one 3 three 4 one 5 two 6 one

4
2 glass 3 son 4 living 5 study 6 upstairs 7 bathroom 8 view

5
Students' own answers.

6 Great buildings

1a
Students' own answers.

1b
Students' own answers.

2
1 worked 2 travelled, wanted 3 didn't 4 opened

3

	Flatiron Building	Guggenheim Museum	Eiffel Tower	Sydney Opera House
1 It's 300 metres high.			✓	
2 It's 50 metres high.		✓		
3 It opened over 30 years ago.				✓
4 It's made of stone and metal.		✓		
5 It's only two metres wide.	✓			
6 It opened in 1889.			✓	
7 Its roof comes from Sweden.				✓
8 It's 87 metres high.	✓			
9 The architect was Danish.				✓
10 It has 19 galleries.		✓		
11 It was the first skyscraper in the city.	✓			
12 The architect designed it to look like a giant fish.		✓		

4
Students' own answers.

7 Famous faces

1a
1 Cleopatra lived in Egypt between late 69 and 30 BC. Shakespeare lived in Stratford-upon-Avon between 1564 and 1616.
2 Cleopatra was the Queen of Egypt and was thought to be a great beauty. Shakespeare was a famous writer of plays and poems.

2a
2 S 3 C 4 S 5 S 6 S 7 S

3

	Cleopatra	William Shakespeare
1 Anthony	✓	
2 Hamlet		✓
3 Egypt	✓	
4 an old coin	✓	
5 fashionable clothes		✓
6 Newcastle University	✓	

4
2 F 3 T 4 F 5 T

5
Students' own answers.

8 Carnival

1
Students' own answers.

2
1 The people are drumming/dancing/performing.
2 The drummers are wearing red and white T-shirts and trousers. The man is wearing a black and white top and trousers and a white hat and shoes. The woman in the bottom photo is wearing a pink and white dress, a necklace, a purple mask and a white wig.

3
2 a flower 3 green 4 white 5 Three

4
The Notting Hill Carnival is a huge London carnival –
million
about a ~~thousand~~ people come to be in the carnival
August
or to watch it. It happens every ~~July~~. There are
70
about ~~17~~ bands with their own music, costumes

and carnival queen.

The costumes are very important for the carnival.
months
The costumes take ~~a few days~~ to design and make.

Tamiko is the queen of a carnival band. She puts
comfortable
on her carnival costume – it's very ~~uncomfortable~~
it isn't
because ~~it's~~ very heavy. When it comes to the

carnival weekend, the bands parade through the
an unforgettable
streets – the costumes look amazing and it's ~~a boring~~

experience.

5
Students' own answers.

9 Cityscapes

1
Students' own answers.

2

	film	painting
1 The Gherkin	✓	✓
2 Battersea Power Station	✓	✓
3 Tower Bridge	✓	✓
4 The Dome	✓	
5 The London Eye	✓	

3
1 c 2 b 3 b 4 b 5 c

4
Students' own answers.

10 On thin ice

1
1 Ice and snow, a polar bear, the ocean, icebergs 2 In the Arctic ocean
3 Very cold, icy and remote. 4 By boat or plane
5 Students' own answers

2
Students' own answers

3
2 D 3 A 4 B

4
1 difficult 2 the Arctic ocean 3 3 tonnes 4 1,500 miles away
5 further than 1,500 miles away

5
Students' own answers

11 Rock climbing

1
2 B 3 C 4 A

2
Students' own answers

3
2f 3b 4a 5d 6e

4
2 D 3 C 4 B

5
2 F 3 F 4 F 5 F 6 T 7 F 8 T

6
Students' own answers

12 Adventures

1
Students' own answers

2
1 (scuba) diving
2 dog sledging
3 swimming with dolphins
4 parascending
5 whale watching
6 riding the rapids / white water rafting

3
Students' own answers

4

		you	Gill	
a	bungee jumping		4	It's exciting.
b	swimming with dolphins		2	Dolphins are intelligent and friendly.
c	whale watching		8	Where? Cape Cod,(East Coast of) America
d	an expedition to Antarctica		1	It's difficult to get there.
e	diving		5	It's beautiful.
f	skiing		6	Where? Canadian Rockies
g	dog sledging		10	Where? the forest
h	sailing a ship		9	What type of ship? a big old sailing ship
i	parascending		3	It's the closest thing to flying.
j	riding the rapids		7	It's fast, dangerous and a lot of fun.

5
Students' own answers

B = Ben **Ke** = Kevin

B: Hello Kevin.
Ke: Ben, how are you?
B: Well thanks.
Ke: Nice to see you.
B: Yeah.

Ki = Kirsty **J** = Jenna **Al** = Alex

Ki: Good evening.
J: Nice to meet you, I'm Jenna.
Ki: Hello, nice to meet you too. Hello Jenna, I'm Kirsty.
J: Hello.
Ki: Please come in.
J: Thank you very much.
Ki: So Jenna welcome to my house.
J: Thank you.
Ki: Alex is already here.
J: Hello Alex.
Ki: Alex this is Jenna.
J: Nice to meet you.
Al: Yeah nice to meet you too, hi.

Ki = Kirsty **Wi** = William

Ki: Hello! Good evening.
Wi: Hello, nice to see you. How are you I'm William. How are you? Are you well?
Ki: Nice to meet you, how are you?
Wi: I've got something for you.
Ki: Oh fab, that's super.
Wi: Thank you very much.
Ki: In you come.
Wi: Thank you.
Ki: Can I take your coat?
Wi: Yes of course thanks.
Ki: Yes.

Ki = Kirsty **An** = Angela **Wi** = William

Ki: Good evening.
An: I'm Angela.
Ki: Hello Angela it's very nice to meet you.
Ki: We've got Angela.
Wi: Nice to meet you, cheers.
An: Nice to meet you as well. Nice to meet you all.

Ka = Katy **W** = Woman

Ka: It was lovely to see you and I look forward to seeing you soon.
W: You too Katy.
Ka: Ooh, see you.
W: Bye, bye.
Ka: See you bye, see you bye.

M1 = Man 1 etc. **W** = Woman

M: Good to see you, cheers.
M: Goodbye, take care.
M1: Good to see you.
M2: See you soon.
W: Bye, nice to see you.
M3: Hey thanks a lot it's been great seeing you, see you soon, bye.

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Harry works in the post office. It's a very boring job. But his day ends at five o'clock. Then he puts on his hat, gets his briefcase, and leaves the building.

He walks in the same streets every day, with all the same people. Harry doesn't go to restaurants or cinemas. He goes home to his small grey flat. It's a very boring life.

Every day he takes off his hat … and goes into the kitchen. But then Harry feels happy at last. He picks up a box, and puts it on the table. Then he looks at his book of stamps, winds up the music box. And opens it. And he sees the pretty girl with the butterfly net.

Inside the music box is another world. There are hundreds of butterflies. No, they aren't butterflies, they're stamps. When the music ends, Harry is asleep.

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N = Narrator **D** = Daniel **C** = Coach **V** = Venus **T** = Tom

D: My name is Daniel Eccleston, I'm fifteen years of age, and I go to Burnley Sports College in the morning and Leopard Tennis Academy in the afternoon. I have three lessons in the morning at school, um, then have lunch at school and get picked up at one o'clock, and then we start tennis about one thirty, two.

C: Come on, who's quickest? Let's go, move it.

D: My life isn't the same as, um, most fifteen year olds as I'm always playing tennis and doing other things. At the weekends I go – go home and see my friends or sometimes after I play tennis I stay at their houses and so I get – and I'm trying to balance out a bit, but tennis always comes first.

C: Much better movement though, much better.

N: Venus Romaeo is only eleven years old, but she's already a great gymnast. She can already do a lot of routines, and she wants to win an Olympic medal one day.

C: Okay, that one was a good flip on but went ...

C: You know her physical qualities are very good, she's small, she's very strong. She's got everything going for her.

N: But Venus has a lot of work to do. She trains very hard, sometimes up to twenty-eight hours in a week.

V: Sometimes we have Wednesdays or Sundays off. But we don't have any other days off.

N: For most athletes, it takes ten years of hard work to win a gold medal. Venus needs to learn some very difficult routines. And gymnastics is a dangerous sport.

V: It's quite scary 'cos it's really thin, and like when you first get on it it's really scary because when I'm in a competition I sometimes fall on it.

N: Tom Daley really loves diving. And he has a busy training schedule.

T: My daily routine is going to school, coming home from school, diving, food, bed … it's just with diving, school, food and bed.

N: Tom has a busy school timetable too. It's a hard life, but he rests on Saturdays, and after diving he always goes straight to bed. Tom is one of Britain's best hopes for an Olympic gold medal. His coach is Andy Banks.

T: Andy's a great coach, sometimes he can be a bit moody, but every coach has their bad days but … he's a good coach.

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W = Waitress **M** = Man **J** = Jane

W: Ready to order sir? Madam?
M: Jane?
J: Ah, yes what's the soup of the day please?
W: I'll just go and find out.
M: What time's your train?
J: Twenty-five to.
M: Oh, well that's not too bad.
W: Ready to order sir? Madam?
J: Ah, yes I wanted to know what the soup of the day was.
W: That's right, I'll just go and check with the chef.
J: Look let's just have it shall we whatever it is, we'll be here all day.
M: Waitress, we'll have the soup anyway. We'll have the two soups anyway.
W: I beg your pardon sir, I didn't quite catch that.
M: We'll have two soups.
W: Two soups.
One soup. And another soup. Right away sir.
J: Look let's just have a main course shall we? Skip the soup.
M: Shall we?
J: Yes tell her.
M: Waitress, I'm sorry, we've changed our minds.
W: Yes.
M: It's no wonder this place is empty.
W: Two soups.

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N = Narrator **M** = Man **J** = John **T** = Terri

N: John and Terri recently bought an old house in the middle of the countryside. But they plan to knock it down and build a new one.

N: This is the design for John and Terri's dream home. One wall of the house is completely made of glass, and the other three walls are made of wood. Nearly every room has a view of the countryside. Downstairs there is a large kitchen. And a high open living area.
There's also a small study at the back. Upstairs there are two bedrooms. There's one for their son, and a main bedroom for John and Terri with a large window. And this is the house in reality.

M: So behind the book shelves over there is the, um, the study, and that's got a glass wall to let light through yeah?

J: Yeah.

M: And that works does it, and it merits the room well?

T: Yeah it works really well it's nice and light in there and it, well it means that we've got somewhere to put all of the work clutter and school stuff so it doesn't invade all your living space so, it works really well.

M: Upstairs, two – two bedrooms?

T: That's right.

M: Bart sleeps in here doesn't he anyway?

T: Yeah this is the second bedroom where Bart is.

M: And bathroom.

T: Yeah, I think it works quite well actually for …

M: Yeah it's nice.

T: … a small room, it's really nice. And then this is the main bedroom, our bedroom.

M: And you've got these amazing views haven't you to the north to the woods, and to the south that great view.

J: I mean this one in the mornings is fantastic, just because you draw the blinds and you know you've got what is a fantastic view.

N: The house looks amazing. But is this your idea of a dream home?

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S = Suzy **J** = John **P** = Penny **L** = Laura

S: I lived in New York for two years. I worked as a waitress, it's an amazing place.

S: It's a city of skyscrapers, and my favourite is the first ever New York skyscraper the Flatiron Building. From the side it looks normal, but from the front it's really unusual. It's only two metres wide, but it's eighty seven metres high, it's just crazy.

J: In two thousand and seven I travelled to Bilbao, I wanted to see the Guggenheim Museum. It's fifty metres high, it's made of stone and metal. And there are nineteen galleries inside. The architect Frank Gehry designed the museum to look like a giant fish, I think it's fantastic.

P: I lived in Paris for a year, but I didn't visit the Eiffel Tower until my last month. It's incredible, it's three hundred metres tall so you can see it from all over the city. It opened in eighteen eighty nine, but it still looks modern today.

L: The Sydney Opera House is very, very beautiful. They call it an opera house, but it's also got theatres, restaurants and a cinema. It opened over thirty years ago. The roofs were from Sweden, the glass was from France, and the architect was Danish. It's a great international building, I just love it.

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N = Narrator **W1** = Woman 1 etc.

N: In Shakespeare's play Antony and Cleopatra the Egyptian Queen is a very beautiful woman, and this is what people believed, up to now. This two thousand year old coin shows Antony on one side, and Cleopatra on the other. She doesn't look beautiful at all.

W1: It's very difficult to find out when this idea that Cleopatra was a great beauty came into vogue. Cleopatra has a very low brow, a very hooked nose, and she does look as if she's forgotten to put her teeth in.

N: This coin, now on display at Newcastle University, is a recent discovery. Because of it we now think of Cleopatra in a different way.

W2: It's pretty ugly, um, I'm not sure how Cleopatra would have taken it.

W3: This coin has given a lie really to how, ah – that she was what we now think of as a beautiful woman.

N: This man wears fashionable clothes. He's got a long nose, a fine beard, and long brown hair. He is handsome, and looks intelligent. Is this a portrait of the man who wrote Hamlet? Is it a portrait of William Shakespeare?

We know very little about Shakespeare's life. This famous portrait was made seven years after his death. He has a thin beard, and he's nearly bald. In Stratford Upon Avon, in the church where he is buried, there is a statue of Shakespeare. He doesn't look like a great poet.

So is this portrait painted in his lifetime a true picture of William Shakespeare? We don't know. But a lot of people will go to Stratford Upon Avon to see it.

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N = Narrator **T** = Tomeku **B** = Boy

N: At the end of August every year the streets of Notting Hill in London are full of people, music, and colour. The Notting Hill Carnival is a huge street carnival, like the famous one in Rio de Janeiro. About a million people come here to take part. Or simply to watch.

At the heart of the carnival is a spectacular parade. Seventy bands take part with their own music, carnival costumes, and carnival queen. This is fun but it's also competitive. Only one band can be the best.

Tomeku is the queen of a carnival band. She's got lots of experience of wearing carnival costumes. And when she puts on the costume she really comes alive.

Costumes can take months to design and make. With the carnival only days away the team are working quickly. They're trying to make the best costumes for their band. They're painting flowers, shoes, and masks. The carnival queen is very important, and a lot of time and energy goes into her costume.

T: It's very comfortable to wear, it's not as heavy as it looks.

N: It's carnival day at last. The band is getting ready. They're getting dressed, putting on make up, and painting faces.

B: We're getting ready for carnival.

N: The bands parade through the streets of Notting Hill. Their costumes look amazing. Win or lose, it's an unforgettable experience.

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N = Narrator **R** = Richard

N: London is a huge city. It stretches for over forty kilometres along the River Thames. With a population of nearly eight million it's the largest city in Europe.

Millions of people come here every day to work in offices. Other people come here for inspiration, like the artist Richard Tate.

Richard Tate was born in nineteen seventy two in Scunthorpe in the east of England. It's a small quiet town. London is bigger, busier, and a lot noisier.

R: My dad brought me down to London when I was ten. It was a buzz just being here. I was impressed by the huge buildings and the variety of architecture. It fascinates me.

N: After university, Richard came to London to live. To make money he worked as a security guard. During his lunch breaks he usually went up to the roof, studied the buildings, and took photographs. But he dreamed of painting.

Richard still works from photographs today. He uses oil paints, and spends a long time on each painting. They can take up to five months to finish. He also enjoys drawing portraits, but London is his favourite subject.

Its landscape is changing all the time. And there are always new views to paint.

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N = Narrator **Je** = Jeremy **Ja** = James

N: This is the first time that anyone has tried to reach the North Pole, by car.

Je: He just drove over here and the whole thing has just collapsed it's just – that's nothing. Look.

N: The journey is very long, and at times very slow and difficult.

Je: It's four o'clock in the morning and it's just a nightmare. We're just covering inches, inches per hour literally.
By the time we pitched camp we'd been in the boulder field for twenty hours and we were only one mile nearer to the Pole. To make things worse the ice here was perilously thin.
And this is just, it's just completely covered in cracks.
We are facing a problem – we cannot, there is no other way through here. And I mean that's a cliff there's a sheer cliff that way, we cannot go on the land. If we go back, the only way we can go is all the way back to Resolute giving up.
Based on no knowledge at all we decided to push on in our three ton truck.

Ja: It's blue.

Je: I know.

Ja: I'm looking at the ocean.

Je: I know.
If we went through the ice our only chance of escape would be to smash the glass. As it dawned on us the nearest hospital was fifteen hundred miles away and the nearest rescue helicopter even further than that.

N: Luckily they cross the thin ice safely, and carry on towards the North Pole.

Je: Look James we're gonna do it.
All we had to do now was match the known bearings of the Pole with the read out on our Sat Nav.

Ja: Move left, left, left. Left.

Je: Where are you? I expected a sort of shining beam of light coming out of the Earth's core. Might be in this direction.

Ja: Yeah stay, right ready for it, ready, are you ready, ready, ready, ready?
Yes! Yes!

Je: It's here! It's here! Hammond!

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N = Narrator **S** = Stuart **M** = Marianne

N: Are you ready for a challenge? Then why not take up rock climbing? It's a really exciting sport, but you have to learn the rules and techniques. That's why students come here, to the National Mountain Centre in Wales.

Stuart McAleese is one of the team of instructors. He's taught here for more than ten years. Marianne and Andy are two inexperienced climbers, so today they're practising on an indoor climbing wall.

Climbing is a serious business. They have to learn where to put their hands and feet.

And now for the real thing, their first lesson on the rock face.

S: Anybody can go climbing, people with, ah, a spirit for adventure, but also someone who enjoys being out here in the mountains, ah, with friends climbing.

N: Stuart leads the way, attaching the safety rope to the rock face. Then it's the students' turn.

M: I thought I'd be really scared at first, but I wasn't.

N: Still it's a long way up, and a long way down.

You can't make mistakes, you have to do things the right way.

The lesson continues half way up the mountain. Stuart shows the students how to attach and remove the ropes. He teaches them how to tie knots, and to make sure they're secure.

Now it's time for the final climb to the top. Stuart leads. Andy is next. Then it's Marianne's turn.

It's exciting, and a bit scary because the rock face is very steep. But it's always thrilling to get to the top.

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W = Woman

W: Are you tired of your usual holidays? Do you want to try something new? Well here's my top ten holiday adventures.

At number ten is dog sledging through the forest. These dogs are Siberian Huskies and they love running. It's a fast ride.

Do you love the sea? Then why not join the crew of a big old sailing ship? Spend your holiday learning to set the sails and tie the ropes. I hope you don't get sea sick.

Whales are amazing creatures, and there's nothing more exciting than watching them in the wild. I went whale watching in Cape Cod on the east coast of America. It was a fantastic experience.

Do you like living life in the fast lane? Then riding down the rapids in a power boat is for you. It's fast, dangerous, and a lot of fun.

At number six is another fast trip. Skiing is a thrilling sport and is popular all over the world. My favourite place to ski is in the Canadian Rockies.

Perhaps you prefer seeing wildlife beneath the waves. Then why not learn to dive, you can experience a beautiful underwater world.

This is one of the most exciting activities, bungee jumping. I hope you like heights.

At number three is parasailing. It's one of the closest things anybody gets to flying, but it's only for people who love taking risks.

Number two is swimming with dolphins. They're so intelligent and friendly, and the more you splash the more they play.

And at number one, why not join an expedition to Antarctica? It's difficult to get there, but this icy wilderness is so beautiful it's my favourite place on Earth.

So these are my ten best holidays. Which one are you going to choose?

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