

CD1 Track 2

1

I really like watching television and I absolutely love going to the cinema.

2

He quite likes going for a walk, but he really hates going to the gym.

CD1 Track 3

J = Jerry W = Woman

W: Hey, Jerry, I'm making some coffee... would you like some?
J: Mmmm ... ?
W: Coffee? ... Would you like some coffee?
J: Mmm? Oh, yes.
W: What are you reading that's so interesting ... ?
J: It's an article about Valentino Rossi. You know – the motorbike racer. It's fascinating!
W: He's from Italy, isn't he?
J: That's right – and he's very successful – one of the best motorbike racers ever.
W: Is he the world champion, then?
J: He's actually won nine world championships. It says here that he's won nearly half of all his races in his career ...
W: Really? That's amazing!

CD1 Track 4

J = Jerry W = Woman

J: Yes ... The article is about his typical day – it's quite surprising actually!
W: Really? Why's that?
J: Well, his race days are very busy and stressful ... and he works very hard. You know, he gets up early – at about six or seven o'clock and prepares for the race in the morning. Then he races in the afternoon.
W: Yes, I'm sure it's really busy ... What's surprising, then?
J: Well, most sportspeople work really hard every day, and spend all their time training ... but Rossi's 'normal' days – when he doesn't go to a race – are very relaxing. He has quite a lazy lifestyle actually! He says that his normal life is like being on holiday!
W: What does he do?
J: Well, he gets up late ... He says he isn't a morning person.
W: What time does he get up?
J: He gets up at eleven o'clock ...
W: Eleven o'clock!
J: Yes, and he's always quiet in the mornings. He doesn't talk to his family for the first hour!
W: Oh, same as me! I don't chat to anyone in the morning. Sorry, anyway, what about Rossi's training? Does he go to the gym or something?
J: Yes, he needs to stay fit for his racing, so he goes to the gym between twelve and two in the afternoon.
W: Really? Only two hours in the gym.
J: Mmm ... it's not much, is it? I think it's quite an unusual routine for a top sportsperson.
W: Yeah, I sometimes go to the gym for two or three hours.
J: Do you?! Really? How often do you go to the gym?
W: Well, I go about once a week, I suppose!
J: No, you don't! You go about twice a year!!

W: Oh, ok ... Anyway, back to Rossi ... what does he do for the rest of the day?
J: Umm ... it says that in the afternoon, he often listens to music and plays computer games. And he sometimes watches a film.
W: What about the evening? Does he go out late?
J: Yes, he does!! He hardly ever goes to bed early. His evenings are fun and he usually has a plan to go out with friends. He likes going out to parties and clubs. He's a real party animal apparently ... He usually goes to bed about three or four in the morning!!
W: That's late!!
J: Yes, he says he's got a lot of energy after 2:00 a.m.
W: What about before a race day? What time does he go to bed then?
J: Before race days, too ... he goes to bed at two or three in the morning ... and then he usually wins the race!!
W: Wow! Rossi's life is very exciting! My life is really boring! I'd like to have his lifestyle ...
J: Me too.

CD1 Track 5

1

Do you get up early?
 Yes, I do.

2

Does your brother go to the gym?
 Yes, he does.

CD1 Track 6

M = Man W = Woman

M: So, let's see ... what time do you get up ... you know, on a work day?
W: Well, um ... I suppose I usually get up at about six o'clock during the week.
M: Six o'clock!!
W: Yes ... it's usually about six o'clock.
M: Are you serious?! Why do you get up so early?
W: Um ... I often go running in the mornings before work ... for about half an hour in the park.
M: Do you?!
W: Well, yes ... I mean, I like starting the day with some exercise.
M: Really? I don't!
W: I find it wakes me up ... What about you? How often do you do exercise or sport during the week?
M: Oh, probably about four or five times a week ...
W: Really? Me too. What kind of exercise do you do?
M: Well ... I don't really like going to the gym. It's really boring.
W: Yes, that's the same as me!
M: So, I usually go for a swim after work – you know, Monday to Thursday ... I don't usually go on Fridays.
W: What do you do on Fridays then? Do you go out?
M: Yes, of course. It's the end of the week ... I always go out with friends.
W: Yes, definitely ... It's the start of the weekend.

CD1 Track 7

S = Stig T = Tessie

- S:** I'm learning Japanese at the moment which is quite a hard language. I want to speak it erh because my wife's parents don't speak English they speak only Japanese. Erh I'm quite good at speaking now and my listening's not bad. The most difficult thing about learning Japanese is learning to read and write. There are so many letters in the Japanese alphabet, so I really want to improve my reading and writing.
- T:** Erm right well erm I am learning Spanish at the moment erm erm I'm I have decided to learn Spanish because I I I would I'm dreaming of going and living in erm Latin America erh and erm I'm quite good at understanding erm what people say in Spanish because I already speak good French, so there are a lot of similarities erm and I'm I'm also pretty good at reading but I'm finding it rather difficult to express myself and erm I would really like to improve my speaking skills. I'd really like to to erh be a little bit more fluent, not perfect but just enough to get by when we go to Argentina. Erm communication is is the most important thing.

CD1 Track 8

- 1
[musical extract]
- 2
[musical extract]
- 3
[musical extract]
- 4
[musical extract]
- 5
[musical extract]
- 6
[musical extract]
- 7
[musical extract]
- 8
[musical extract]

CD1 Track 9

I = Interviewer

- I:** Hello and welcome to *Friday Film Festival* – the programme where we look at films – old and new. Today, we're talking about James Bond films and the incredibly successful music associated with them. The English writer, Ian Fleming, created the character of James Bond in 1952. Bond is a spy – also known as double oh seven – who works for the British Secret Service and saves the world from various enemies or 'baddies'. The first Bond film was in 1962 and there are now twenty-two films of the Bond books. Different actors star in the role of Bond, including Daniel Craig, Pierce Brosnan and, of course, the first one, Sean Connery – my personal favourite. The films are probably one of the most successful series of films ever, earning over twelve billion dollars. It's not only the films, however, which are popular, but also the theme

songs connected with the films ... – including one of the most recent, *Another Way to Die* by Jack White and Alicia Keys for the film *Quantum of Solace*. Today we have Tony Andrews, film critic from *WeLoveFilm* magazine and a fan of everything James Bond, to tell us more about the music for double oh seven. Welcome Tony ...

CD1 Track 10

I = Interviewer T = Tony

- I:** Welcome Tony ...
- T:** Hello. Great to be here.
- I:** So, we know that the James Bond films are incredibly successful ... but as I said, the theme songs are hugely popular too. I mentioned *Another Way to Die*... Can you tell us a bit about that one?
- T:** Yeah, that's right ... , *Another Way to Die* is from the film *Quantum of Solace*. It came out in 2008 ... and was really popular.
- I:** It's a duet, isn't it?
- T:** Yes, it's a duet by Alicia Keys and Jack White – the lead singer of The White Stripes. Actually, it's the first duet used for a Bond theme song – all the others are solos, with just one singer. I think it appealed to young people ... although some people didn't like it at first. The words of the song are great Personally I loved it.
- I:** Yes, the lyrics are really good and have a strong message. And I think Alicia Keys is very cool. I love that song – let's hear a bit of it Mmm ... great song. So, ... when was the first famous Bond theme song?
- T:** Well, the first Bond film, *Dr No*, and the second one actually, *From Russia with Love*... had great soundtracks. They had music, obviously. But they didn't have a theme song connected with them. *Goldfinger* was the first big song.
- I:** Mmmm. That's right ... *Goldfinger*...
- T:** When *Goldfinger* came out, in 1964, the real connection between film and theme song started. After that, I suppose the public expected a great theme song in every film.
- I:** Yes, that was a great film. And Shirley Bassey made *Goldfinger* into a classic song, too.
- T:** Yes, she's an amazing singer. That song started her career and she became an international star immediately. It wasn't Bassey's only Bond song, either.
- I:** Oh, yes. That's true... How many did she sing?
- T:** She sang three Bond songs altogether – the only singer to do more than one.
- I:** Really?
- T:** Yes, she sang another classic song, *Diamonds are Forever*, in 1971. And then eight years later, *Moonraker*, although that one wasn't very successful. But it's not just Shirley Bassey. What's good about Bond is that there are different singers

I: and different styles for each film. Many of the songs really are classics ...
T: Tell us about some of the other successful ones ...
I: Well, yes, many Bond songs got to the top of the charts in different countries ... but *A View to a Kill* by Duran Duran is the only Bond song actually to be Number One on the Billboard Hot 100 chart ...
I: The only Number One ... ? *A View to a Kill* ... ?
T: Really? That's interesting.
I: Mmm ... there are other real classics which did really well. In the 1970s, there were two great Bond songs. First *Live and Let Die*, by Paul McCartney and Wings in 1973. Then, *Nobody Does it Better* by Carly Simon in 1977.
I: And *Another Way to Die* of course that we talked about earlier ... Jack White and Alicia Keys had huge success with that one.
T: Yes, that was one of my personal favourites ...
I: Not all Bond songs were hits though, were they? There have been some flops too.
T: Yes, there was a very mixed reaction to Madonna's *Die Another Day*, when it came out in 2002. It wasn't a complete flop ... but strangely, it got awards for being the best song, but also the worst!
I: I liked that one actually... I thought it had a really catchy chorus.
T: Did you? Yes, I thought so, too.

CD1 Track 11

1
Have you ever won a competition?
Yes, I have.
2
Has he ever met Shakira?
Yes, he has.

CD1 Track 12

1
[Mozart extract 1]
2
[Mozart extract 2]
3
[Mozart extract 3]

CD1 Track 13

M = Man W = Woman

M: I've got an article here about the *Mozart Effect* ...
It says music can affect your mood. You know, different music makes you feel happy or relaxed or something. I don't know about that – can music change how you feel? Ermm ... what do you think?
W: Erm I don't know, I think maybe when you're in a bad mood or upset about something, and you put happy music on, it makes you feel better. Yeah, I think music can change your mood ... but maybe

M: also, it depends what kind of person you are I suppose ... and what kind of music you like.
W: Mmm ...
Sometimes I like listening to music that reminds me of old times. You know, I put on a song the other day and it really reminded me of my summer holidays a few years ago. I remember listening to it when I went to Italy with my family. It's got great memories, I suppose and it made me feel really good, you know, listening to it again.
M: Yeah, I know what you mean How often do you listen to music, then?
W: I listen to music every single day... erm ... all day, sometimes! From the moment I wake up, the radio is on ... or the MP3 player. I never go anywhere without my MP3 player ... even when I'm out on my bike.
M: So, do you listen to music when you're travelling?
W: You know, when you're going to work or something?
Yeah ... that's a really good time for listening to music. I have the radio on in the car, and it makes the journey go quicker. You know, you can sing along ... and have fun when you're sitting in a traffic jam!
M: What's your favourite type of music?
W: Erm I love all kinds of music ... anything that's good. I love old stuff, I love new stuff. My favourite type is probably rock, but lots of other stuff too. Erm I think that it's quite difficult to say your favourite, especially because I listen to so much music.
M: What about live music – when did you last see live music?
W: Oh, it was ages ago. The last concert I saw was years ago. Erm ... mmm, I don't know why, I suppose it's really expensive usually and sometimes the place is so big, you can't really see the person properly. I'm not really bothered about live music so much ...

CD1 Track 14

1
What kind of music do you like?
2
Can you play the piano?

CD1 Track 15

I = Interviewer M = Mark

I: On *My Top Three* today, we're talking to actor Mark Leyton. What are his top three records? Imagine he is alone on a desert island for ten weeks. Which music would he want? Which three pieces of music would he take with him to this desert island? Let's talk to him and find out. Hello Mark – welcome to *My Top Three*.

M: Hello.
I: So, imagine – you're going to be alone on a desert island. You can only take three pieces of music. Which three do you want? First ... tell us about number three ...

CD1 Track 16

I = Interviewer M = Mark

M: Well, it's very difficult to choose – but I think number three for me is *Feelin' So Good* by Jennifer Lopez. I love it!
I: Yes. So do I!
M: It reminds me of when I was at school. We finished our exams and then this song was on the radio all summer. It makes me feel so happy. I always want to dance when I hear it!
I: Well, let's hear it ...
Great! So number three is Jennifer Lopez, what about number two?
M: Number two for me is something completely different ... it's a piece of classical music. It's got great memories for me! I heard it first when I was about ten years old and I didn't know anything about classical music at that time. It's the fourth movement of Mahler's *Symphony number 5*. When I first heard it, it made me cry because it was so beautiful! And I still love it.
I: OK ... so here it is ... the fourth movement of *Symphony number 5* by Mahler ...
That really is lovely, isn't it?
M: Yes ...
I: So, number one ... what's your all-time number one favourite piece of music?
M: Well, I think my favourite song ever is *Imagine* by John Lennon. I think he's got a fantastic voice. It reminds me of a great holiday I had ... I remember listening to it when I was on the beach in Spain. It's so relaxing – I could listen to it every day!
I: Mmm ... here it is ...
A great choice! Thank you for coming in today to tell us about your top three, Mark ...

CD1 Track 17

1
It reminds me of when I was at school.
2
It makes me feel so happy.
3
It's got great memories for me!
4
When I first heard it, it made me cry!
5
It reminds me of a great holiday I had.
6
I remember listening to it when I was on the beach.

CD1 Track 18

A
I prefer meat. I never choose fish when I go out to a restaurant.
B
Not really. I think a lot of them are a waste of time. They don't really work.
C
Yes, I have. It was when I was a teenager. I didn't think it was right to eat animals.
D
Yes, I can't eat nuts or seafood. They make me really ill.
E
I like to have a lot of choice in a restaurant. Then you always know there's something you like.
F
I really love apple pie – it's very traditional where I come from.
G
Yes, there are lots. I really like Jamie Oliver. He makes cooking seem simple and fun.
H
Yes, I do. I use them to help me get new ideas.

CD1 Track 19

What are your plans for the next two years?

CD1 Track 20

1
What are you going to do this year?
2
I want to work in a restaurant as a chef.
3
I'm going to get a job as a waiter in October.
4
I'd like to speak English better because I want to work abroad.
5
I'm going to get a place at college to learn about hotel management.

CD1 Track 21

T = Tarin M = Marcos

T: Hi Marcos, what are you doing next Thursday? And your brother too ... is he around?
M: Erm ... next Thursday? Ermm ... my brother is staying with friends next week ... but I'm not doing anything. Why?
T: Well, I'm having a meal at my house to celebrate Thanksgiving and I'd really like you to come.
M: Oh, thanks, I'd love to! That's very kind of you! I've never been to a Thanksgiving meal before. ... It's an important festival here, isn't it?
T: Yes, and I'm going to cook roast turkey! Thanksgiving is all about the food ... well, ... really just getting together with family and friends and having a lovely meal. Sometimes, after the meal, people go out for a walk or something, but mostly, they just sit around and watch TV together.

M: Mmm ... and what about presents and things? Is it a time when you give presents to people, like at Christmas or ... ?

T: Ermm ... no, not really... it's a really big and important celebration but it isn't commercial. People don't usually buy lots of presents or anything. There are some big public celebrations – like the Macy's parade in New York. But for most people, it's just a time for giving thanks, and getting together with family and friends and eating turkey!

M: Mmm ... I love roast turkey!

T: Yeah, me too. Traditionally, we have roast turkey as the main part of the meal, ... and then there are lots of other dishes. I mean, basically, there are four other essential parts to the meal ... sometimes more than four ...

M: Really...?

T: Mmm. There are lots of variations too – it depends on where you come from in the States. I'm from the north east and one of the things we have is sweet potatoes with maple syrup. It's very sweet, and some people don't like it ... but I love it!

M: Mm ... I think it sounds delicious ... sweet potatoes and maple syrup ... mmm.

T: Yeah ... some people have sweet potatoes baked in the oven – in a sort of pie – but we usually have them boiled ... and then mashed up and ... then with maple syrup on top. Not everyone has maple syrup – in some parts of the States they have sweet potatoes with fresh fruit – things like apples, oranges and pears.

M: Really? Mmm ... interesting!

T: The second thing we always have is cranberry sauce. Have you ever had that?

M: Cranberry sauce? No, I don't think so...

T: It goes really well with turkey – it's made of small red berries – it's also very sweet actually Not everything we have is sweet though! There are some savoury dishes!

M: What else then?

T: Well, stuffing is really important. I love it ... it's one of my favourite parts of the meal.

M: Stuffing ... ? What's that?

T: It's made of bread and meat ... sausages usually – all mixed up together ... and it's often very spicy!

M: Mmm ... so, ... there are basically four other dishes ... what was it? ... Sweet potatoes, ... cranberry sauce ... and stuffing What's the fourth one?

T: Well, apple pie of course!

M: Aah yes ... I've heard about traditional American apple pie.

T: Actually, some people don't have apple pie. In some places, they have pumpkin pie ... or pie made of pecan nuts, which is very popular. But in our house, we have apple pie ... baked in the oven – it's fantastic!

M: Mmm ... I'm getting hungry just thinking about it all. So, is there anything I can bring?

T: Oh, no! Don't worry about that. Just come and enjoy yourself. We're eating at about two o'clock in the afternoon – so why don't you come at about midday for some drinks first?

M: Perfect! See you then ... I'm really looking forward to it ...

CD1 Track 22 T = Tarin M = Marcos

T: Hi Marcos, what are you doing next Thursday? And your brother too ... is he around?

M: Erm ... next Thursday? Ermm ... my brother is staying with friends next week ... but I'm not doing anything. Why?

T: Well, I'm having a meal at my house to celebrate Thanksgiving and I'd really like you to come.

M: Oh, thanks, I'd love to! That's very kind of you!

CD1 Track 23 T = Tarin M = Marcos

1

T: Hi Marcos, what are you doing next Thursday? And your brother too ... is he around?

M: Erm ... next Thursday? Ermm ... my brother is staying with friends next week ... but I'm not doing anything. Why?

T: Well, I'm having a meal at my house to celebrate Thanksgiving and I'd really like you to come.

M: Oh, thanks, I'd love to! That's very kind of you!

2

M: So, is there anything I can bring?

T: Oh, no! Don't worry about that. Just come and enjoy yourself. We're eating at about two o'clock in the afternoon – so why don't you come at about midday for some drinks first?

M: Perfect! See you then ... I'm really looking forward to it ...

CD1 Track 24
calm
comfortable
hour
island
knife
lamb
receipt
spaghetti
vegetable
Wednesday
yoghurt

CD1 Track 25 1

I had lamb in yoghurt for lunch on Wednesday.

2

Would you prefer spaghetti or vegetable soup?

3

Chocolate makes me feel calm.

4

It takes an hour to get to the island.

5

For camping holidays, take comfortable shoes and a penknife.

6

Could I have a receipt please?

CD1 Track 26

M = Man A = Anita

M: So, come on then Anita, tell me all about it! Have you found a place for your new restaurant?

A: Yes! I'm really excited about it actually. I'm renting a fantastic space ... it's on the ground floor of a big building ... in the centre of town ... near the school.

M: Oh great ... That's a really good place for a restaurant. What are you going to call it?

A: Well, I think I'm going to call it *Anita's* ... after me!

M: Why not ... ? Yes – *Anita's* ... that's good ... And, what type of food are you going to serve?

A: Well, traditional English food, mostly ... but with some food from Europe ... some Italian and modern French food too ... European food, I suppose ...

M: That sounds good ...

A: The thing is, I want the food to be simple, but delicious ...

M: Yes ...

A: ... and I think it's really important that the prices are reasonable. You know, I don't want it to be really expensive ... I want ordinary people to come and to get affordable, good food ... I've decided that we're going to keep the menu simple, but change it every two weeks.

M: That's a good idea.

A: So, we're going to have three starters, three main courses and three desserts.

M: Mmm, yes ... what kind of things, then?

A: In our opening weeks, we're going to have, as starters: fresh mussels in a garlic sauce, Italian salad and ... tomato soup.

M: Lovely!

A: For the main course: cheese and lemon pasta, grilled fish of the day with green beans and roast chicken with potatoes.

M: Mmm ...

A: And finally, for dessert: chocolate mousse, homemade ice cream and apple pie with cream.

M: Fantastic! You really have got it all planned out! It sounds delicious! And what about the service? Is it going to be waiter service at the table or self-service?

A: Ermm ... waiter service ... I think it's really important to have friendly waiters who are really efficient. There's nothing worse than bad service in

a restaurant ... the customers just won't come back!

M: And what are your plans for the décor? I mean, you must have an idea about the kind of atmosphere you want.

A: Yes, like the food, I want the place to be quite simple but modern at the same time. And we're going to have music to create a young, lively atmosphere. I'd also like to have paintings on the walls ... art by local artists.

M: Yes, that's a nice feature ...

A: It's an extra thing really – to attract more customers. Anyway, that's the plan. We'll have to see how it goes ...

M: Well, good luck with it all. I can't wait to come and try it out!

CD1 Track 27

1

It was a few months ago ... I was really nervous ... really scared. It was for a good promotion and I wanted it so much! I decided to use a kind of meditation – and I repeated positive things to myself to try and stay focused and to control my fear. I think it worked ... because the interview went well and I got the job!

2

My brother had a serious illness last year ... he had problems with his heart. He's much better now, thankfully, but because of his illness, I decided to do something positive, something to help ... I ran one marathon every day for a week to raise money. It was a huge challenge – really difficult ... but I did it ... and I raised nearly two thousand pounds for charity.

3

Next year, I'm going to South America with a friend of mine. We want to see the world a bit before we go to university. I'm going to have Spanish lessons and try to learn as much as I can before we go. The thing is that my friend speaks very good Spanish, but I don't speak any ... and I don't want to rely on her all the time.

4

When you go on a long trek somewhere ... like the Arctic – where it's very cold, or across a desert – where it's very hot ... it's obviously hard to survive. You know, ... you need a lot of physical strength. You also need a lot of mental strength – you need to be prepared to face difficult things without giving up.

5

I've wanted to be a doctor since I was really young ... for as long as I can remember, really. I know that you have to study for years and years, and do very long hours, all through the night sometimes. But I am definitely prepared to do the hard work. I'm determined to achieve my goal and be a doctor.

CD1 Track 28

1

Carla is much more motivated than Louisa. Louisa isn't as motivated as Carla.

2

Louisa is a bit fitter than Carla. Carla isn't as fit as Louisa.

3

Louisa is a bit more determined than Carla.
Carla isn't as determined as Louisa.

4

Carla is much braver than Louisa.
Louisa isn't as brave as Carla.

CD1 Track 29

1

Most people can hold their breath for a bit longer than a minute.

2

Sara Campbell can hold her breath for much more than a minute.

CD1 Track 30

D = David Johnson

D: Good evening and thank you for coming to find out about the Hillside Survival School. My name's David Johnson. I started the school and I'm the school's chief instructor. I learned my survival skills while I was in the army and before starting the Hillside Survival School, I worked in other well-known survival schools.

So, first, why do people come on our courses? What are our aims? Well, firstly, we aim to help people to discover nature and the outdoor life ... and to remind people that there is more to life than city living. Secondly, and perhaps more importantly, we want people to work well as a team and to have fun together ... and a lot of people come to do just that!

Who comes on our courses? Who are our courses for? Well, the answer is anybody and everybody. We get a lot of groups of colleagues – people who work together, like you. The weekend courses are a fantastic way of team-building, and having fun together, as I said. The courses are also popular with groups of friends who want to do something a bit more challenging than lying on a beach!

So, let me tell you about what happens on some of our courses ... The most popular course we run is our basic survival course which lasts a weekend and takes place throughout the year. This course teaches you the basic skills that you need to survive in the wilderness and costs a hundred and seventy-five pounds per person. Choose this one and you will have the best weekend you've ever had!

If you want an even bigger challenge, our extreme survival course takes place between November and February when the conditions are more difficult. These courses also last for a weekend and cost a hundred and ninety-five pounds per person. The extreme survival course teaches you to survive in a wet and cold environment. In fact, we aim to

give you the wettest, coldest weekend ever! The course offers you the chance to push yourself, both physically and mentally. No tents, no gas cookers; just you and the wilderness. You learn to find food and cook it over an open fire. You learn to build a shelter and then you actually sleep in it. It could be the hardest thing you've ever done by far – you won't have the most comfortable weekend of your life, but you will probably be surprised how well you can cope with difficult conditions.

Well ... thank you very much for inviting me here to your company to tell you about Hillside Survival School. If you're interested in doing any of our courses with a group of colleagues, speak to your manager. You can also pick up a booklet before you go ... it includes information about all the courses, prices, dates and application forms. Push yourself – it really could be the best thing you've ever done! ... And, yes, I think we've got time for a few questions ... before you all get back to work. ... Erm ... yes ... the er, the man at the back ...

CD1 Track 31

A = Assistant P = Passenger

1

A: Can I help you?
P: I'd like a return to Edinburgh, please.
A: Yes ... when would you like to travel?
P: On Friday afternoon ... and coming back on Sunday evening.
A: OK ... uh ... there's a train at five forty-five p.m. on Friday.
P: Yes, that's fine. Oh, and can you tell me how long the train takes?
A: Erm ... yes. It takes about five hours.
P: Thank you.

P1 = Passenger 1 P2 = Passenger 2

2

P1: Err... do you know if this is the train to Cardiff please?
P2: Yes, it is.
P1: Oh good. Is this seat free? ... I mean, is it OK with you if I sit here?
P2: Yes, of course. No problem.
P1: Excuse me, is this your newspaper? Do you mind if I read it?
P2: No, that's fine. Go ahead.

A = Assistant C = Customer

3

A: Hello. How are you?
C: I'm good thanks. How are you?
A: Good thanks. Do you need any help?
C: Oh, yes, please. Can you tell me if you have this jacket in medium?

A: Yes, certainly, I'll just have a look for you. ... Here you are.
C: Thanks. Oh, and could you tell me how much it is please?
A: Yes, of course. It's fifty-five dollars.
C: OK, I'll take it. Is it OK if I pay by credit card?
A: Yes, that's fine.

CD1 Track 32

1
 Can you tell me what time it is, please?

CD1 Track 33

2
 Do you mind if I borrow your pen for a minute?
3
 Could you tell me if you have any first class stamps?
4
 Can you tell me if there's a post office near here?
5
 Do you know where I can get an application form, please?

CD1 Track 34

A = Assistant C = Customer
P1 = Passenger 1 P2 = Passenger 2

1
C: Can you tell me if you have this jacket in medium?
A: Yes, certainly, I'll just have a look for you.
2
C: Could you tell me how much it is please?
A: Yes, of course. It's fifty-five dollars.
3
C: Is it OK if I pay by credit card?
A: Yes, that's fine.
4
P1: Do you mind if I read it?
P2: No, that's fine. Go ahead.

CD1 Track 35

M = Man W = Woman

M: I'm really excited about this weekend ... I think it's going to be difficult, but I'm sure we're all going to have a great time.
W: Yes ... I'm really looking forward to it as well. I've always wanted to go on one of these survival courses. It might be a bit strange going with a group of people who you don't know very well. But I suppose it's good to get to know our colleagues better!
M: Yes, I think that's the idea ... I'm sure it'll be fun.
W: Anyway, we can take five things, can't we? Shall we think about it now ... and try and decide which things to take?
M: Yeah ... good idea.

W: Erm ... which of them do you think is the most important?
M: Well, it's quite cold ... erm ... I don't want to be cold at night! I think we should take the blankets to keep us warm.
W: OK ... so, do you think they're more important than the penknife?
M: No, no ... not more important. We can have the penknife as well. We are allowed five things after all.
W: That's true. So what else?
M: Well, in my opinion, we should take the matches, so we can make a fire from all the wood you can chop up with the penknife!
W: Good idea ... and ... how about the tent?
M: Hmm ... I'm not sure. That sounds like cheating a bit. Couldn't we make a shelter from the trees and leaves and things?
W: Well maybe you could!
M: OK ... we'll have the tent ... and why don't we have the chocolate as number five as a bit of luxury?
W: Yes, great idea ... I think we're going to need it!

CD1 Track 36

1
 You shouldn't sit around doing nothing.
2
 You can't go out every night.

CD1 Track 37

M = Man W = Woman

1
W: One of the daughters of a friend of mine has got married and she's eighteen. Now, I think that's too young to get married. What do you think?
M: I agree, I think eighteen is far too young to get married because you haven't got any experience of life I think if you get married at eighteen you have so many responsibilities. At ah that age, you need to be able to travel and try different jobs and ...
W: Yes I think you're right and um also I think at that age you really haven't become the person that you you're going to be, you haven't developed um so I think you change between eighteen and say twenty-five you change so much and young people who get married at eighteen, by the time they reach twenty-five they might not be interested at all in their husband or wife.
M: I I agree, I I think um it's it's too ah it's too early to get married. If you make a mistake and um you marry the wrong person then, marriage is for life but ah the you should be able to wait just another few years and maybe get married at twenty-five or thirty um there's still plenty of time.
W: It's better yes that's definitely better...
2

M: I agree, I think it would be very good if young people these days did military service, because it teaches them responsibility and it also um teaches them how ah to cooperate in a group. I think it's a very good idea.

W: Um I'm not so sure about that. OK it teaches them cooperation, it teaches them to work in groups, but on the other hand it teaches them how to be aggressive, it teaches them to go out and kill people.

M: Um yeah, well, I I don't agree. I've spoken to young people in countries where they still have military service and ah maybe they have military service for a year or 18 months and apart from being very pleasant, polite young people many of them also say that they enjoyed their military service ...

W: Mmm ... in

M: ... and um, met some very good friends and ...

W: Yeah, in my opinion it doesn't have to be military service. Erm in some countries you have the the possibility of um a kind of civil service where they work in hospitals or on farms and generally do good things for their country, but it's not to do with the military and I think you have to give young people the choice because some young people don't want to be in the military service, they don't want to be involved in that kind of thing and I can understand that. So why can't they do something else which helps their country?

3

W: I don't know, teenagers these days they only ever think about their girlfriends, their boyfriends, about money, about what they want to do in the evening. They're just terrible! They really are, don't you think so?

M: I don't agree. Um I mean I think teenagers have all sorts of problems and things that they have to deal with these days. I'm I'm always amazed by the amount of schoolwork they have to do for example, far more homework than I did when I was at school.

W: Well maybe

M: Don't you think so?

W: Maybe some, no I don't um, I think some teenagers are very irresponsible. They they should be more responsible about their lives, they, I think a lot of teenagers don't study, don't study very much at all um they come out of school with no qualifications they don't get jobs, um they cause problems in the streets. I don't know, I think that um the parents are to blame really. The the main reason is their parents um aren't strict enough with them.

M: Well, I I agree that there are lots of teenagers who do cause problems, but I think most teenagers now are much more responsible then they used to be and ah there's a lot of pressure on them to do well at school so that they can go to university and ah and get a good career.

CD1 Track 38

M = Martin T = Tina

M: It's great to be back ... We've got so much catching up to do!

T: Yeah, there's so much to tell you! I know, I'll show you some photos from my birthday party.

M: Oh, that's a good idea ... I can see who your friends are.

T: Yes, I had a bit of a party with some of my best ... you know, my closest friends. We had a lovely time. Let's see ... where are they? OK ... here we are ... this is a good one. So, well, first, this is Alison.

M: Mmm ... yes, I think I remember her ...

T: Yes, I've known Alison for years. I mean, we're old school friends – from primary school – so, I suppose I've known her nearly all my life really. We first met when we were in the same class at school from the age of four and a half.

M: Four and a half? Really?

T: Yeah, even when we were at school together, we never fell out with each other about anything. She's a very easy-going person and still a really great friend. I'm very glad we've kept in touch. I suppose we see each other about once a month and we still get on really well.

M: Mmm, that's really nice. And who's that? He looks like a bit of a character!

T: Yes! He's great ... That's my friend Jake. Basically, I go to the gym with him! Actually, he was a colleague first. I got to know him at work and we've worked together for about five years now. Then, about a year ago, we started going to the gym together. It's really good because we help each other to keep motivated.

M: I need a friend like that!

T: Well, that's right. It's hard to keep going to the gym and exercising on your own, isn't it? Because I've got someone to go with, it's much easier. He's always encouraging me, and motivating me. I think he feels the same, too. So, yes, we see each other at work, and we go to the gym together ... and I would definitely say he's a really good friend.

M: Yes ...

T: Oh, ... and Melanie. That's her ... She's a lovely friend – always there for me. I met her at a party, actually – about ten years ago ... but then we lost touch for a while.

M: Oh, really?

T: Well, yes, but a couple of years ago, we met again and we've been really close since then. I call her my 'three o'clock in the morning' friend because she really is the kind of person who you can phone up at three o'clock in the morning if you need to, and she really wouldn't mind.

M: That's great ...

T: In fact, I have phoned her at that time on a couple of occasions. You know, when I've been really down about something and really needed someone

to talk to. I see her at least once a week. She's my best friend ... she really is ... She's a very special person – she doesn't give you advice, you know. She just listens. It's a great quality in a friend, I think.

M: Yes, definitely ... Oh, who's that? I think I recognise him ...

CD1 Track 39

M = Man W = Woman

M: OK ... so three things about my childhood. Well, firstly, I used to ... well, every summer, I used to go to the same place for my holidays. We used to go camping near a lovely beach in Wales.

W: OK ... Did you use to drive there?

M: Yes ... it took about three hours from where we lived.

W: Mmm ... next one?

M: Next one ... we used to have a dog ...

W: Right ... when did you get it? I mean, how old were you?

M: Well, I wanted a dog so much ... I was really upset and I used to ask my mum all the time ... And then my parents gave me a dog on my eleventh birthday! I couldn't believe it. I was so pleased.

W: OK ... and ... erm ... the last one?

M: And number three, ... well, about school. I used to love playing out on the street with my friends.

W: What did you use to play mostly?

M: Ermm ... We used to play football in the middle of the road ... you know, there weren't many cars, so it was OK.

W: OK ... so ... so which one is false? Let's see ...

M: Erm ... about the dog ... What was your dog's name?

W: Ermm ... she was called Meg.

M: Meg? What colour was she?

W: Oh, sort of black and white.

M: Did you use to take her out for walks?

W: Yes, but mostly my dad took her out.

M: Oh, but she was your dog ...

W: Err ... yes, but ...

M: It's not true, is it? You didn't have a dog ... that one's false.

W: Ermm ... no I didn't actually! You're right. It's false. I really wanted a dog – but we never got one! OK ... your turn.

M: OK ... first one ...

CD1 Track 40

Today on *This is Your Life*, we are talking about a woman who is probably one of the most famous and influential women in the world. Going back to her early life, she was born on January the 17th 1964, and grew up in Chicago, USA. She did well at school and then went on to get a law degree from Harvard University in 1988.

After graduating, she worked at a law company in Chicago. This is where she met her future husband, who was working for the same company. They got married on October the eighteenth 1992. She has had an impressive career, with senior positions in several large companies and universities.

Looking at family matters, in July 1998, she had her first child – a daughter called Malia. And a second daughter, Natasha (known as Sasha) followed in June 2001. After her husband was elected to the US Senate, she and her husband decided to keep their children in Chicago. She wanted to continue with her career, as well as keeping a stable family life for the children.

Currently, she is the First Lady of the United States, and manages to juggle being a mother, a career woman and the wife of the President. She usually goes to bed by nine thirty and gets up each morning at four thirty to go running. It is this discipline that helps her keep calm and organised in her busy, stressful life.

CD1 Track 41

I = Interviewer A = Alanna

I: Welcome to *Tourism Today* – the programme that looks at aspects of tourism throughout the world. Today, we're talking about a tourist destination in Europe. With its fantastic summer weather and beautiful islands, Greece is extremely popular with holiday makers. An expert on the Greek islands, Alanna Papadakis, is here to talk about some changes – both positive and negative – that are happening there. ... Hello, Alanna.

A: Hello, Mike.

I: Greece is a major tourist destination. And many of the islands – like Crete, Mykonos and Santorini – are familiar to us from the tourist guides ... most of us know these names.

A: Yes, that's right. Many Greek islands are well-prepared for the hordes of tourists who come every summer. These islands expect to see thousands of visitors every year. Other islands remain quiet and undiscovered by tourists though ... and many of them will stay that way.

I: One island, however, may soon change dramatically. Tell us about that ...

A: Well ... Skopelos is an island in the Aegean Sea to the east of Athens. It's very small – there are only 4,696 residents there ... and yes, they might need to prepare for a huge increase in tourists.

I: Four thousand six hundred and ninety-six residents – that is small! So, what's going on there?

A: There are reports that some tourists want to get married there. Others want to have parties in their own private bay. Others just want to dance on the beach. It's called the *Mamma Mia!* effect – and it seems everyone wants to go to Skopelos now. It all started when the film *Mamma Mia!* was released. You know ... the film version of the musical ... the

- I: hit Abba musical, starring Meryl Streep, Colin Firth and Pierce Brosnan.
A: It's proving to be hugely popular, isn't it?
I: Yes, not only the film ... but also the island! Until they started filming *Mamma Mia!*, Skopelos was famous for plums, pears and pine forests. It was a surprise to everyone that the island itself became one of the biggest stars of the film!
I: Why did they choose this particular island?
A: Well, producers looked at about twenty-five Greek islands before they decided on Skopelos. In the end, they chose this one because it has many different places which fitted with the story.
I: Can you tell us exactly where some of those places are?
A: Yes ... some of the film takes place around Kastani Bay and the beaches there. Other parts were filmed at the top of the cliffs, above Glisteri Beach. That's where the main character – played by Meryl Streep – has a house.
I: And what about the famous wedding scene at the end of the film?
A: Yes, the wedding scene is filmed on the mountain on the peninsula near Glisteri. It's beautiful ... unforgettable really.
I: So, this beautiful location provided the backdrop for an extremely successful film. But will the film bring success for the island of Skopelos? Or will the changes have a negative effect?
A: Well, things will change there. Sometimes films like this have a huge effect on the location. Skopelos won't stay the same – it won't be the same unknown place that it used to be. There's a positive side and a negative side, I suppose. ... On the negative side, things may be less peaceful. The local people may not keep the peaceful atmosphere of the island completely. But on the positive side, they are pleased to get more business, at least during the summer months.
I: Yes, the film might be very good for business ...
A: Mmm ... and I'm sure the *Mamma Mia!* effect will increase tourism on other islands.
I: Yes, it might increase tourism for the whole of Greece, but ... at the moment, nobody really knows if these changes will be positive or not ... in the long run, I mean ...

CD1 Track 42

- 1
Will tourism change the island of Skopelos?
Yes, I think it'll change it a lot.
2
Where will you live when you're older?
I think I'll live by the coast.
3
Where are they going on holiday next year?
I think they'll go to Greece.
4
Do you think you'll pass the exam?
Yes, I think I will.

CD1 Track 43

G = Gavin H = Heather

Gavin

G:

Ok, um growing up, I used to go on holiday to a place in Northumberland called Seahouses, um and the most impressive thing about Seahouses is the miles and miles of unspoilt idyllic beaches. You can walk for miles and miles and only see a man and his dog and it's fantastic. The biggest feeling you get when you're there is being entirely relaxed. Um, it's such a a good um contrast with the city, um and generations of my family have been going there ahm, I think it was my great great grandfather ah discovered this small seaside town ah many years ago and ever since ahm my family's been going there and ah yeah it's fantastic.

Heather

H:

One of the most beautiful places I've ever been to is in Southern Thailand and it's a peninsula called Railay. It's a beautiful, unspoilt lush scenery. It takes five minutes to walk from one side of the peninsula to the other. Erm, one of the beaches that I used to visit I had to walk through caves to get to it, ahm, and it was a hidden beach um um and when I went swimming um you can see to the bottom in about ten feet of water. There's tropical fish everywhere the sun is shining and in the distance all you can see is dots of other islands in the distance. It's very relaxing, ahm very calm very serene. It's a very tranquil place to spend spend the afternoon.

CD1 Track 44

bay
like
noise
coast
town
near
hair
sure

CD1 Track 45

wild
romantic
unspoilt
mountain
lake
where
tour
year

CD2 Track 2

W = Woman J = Jack

W: Hi, Jack. ... What are you doing?
J: Oh, it's *SimCity* ... have you ever played it?
W: *SimCity*? No, I haven't ... and I can't believe you're still playing that! Aren't you bored of it? It's been around for over twenty years, hasn't it?
J: Well, yes ... but it's a fantastic game ... really – one of the most popular computer games ever made. And, they bring out new versions all the time. It's a great game ...
W: What does it involve, then? What do you have to do?
J: Well, your basic task is to build a city. You make choices about what things you want in your city, how to keep the people in your city happy and how much to spend.
W: What kind of things are you talking about?
J: Well, you plan the whole city. You decide what different areas there are, for example, a residential area – where people live – or a commercial area, with shops and things. You can also decide where to put things like parks, cinemas, swimming pools and other facilities.
W: Is it only leisure facilities?
J: No, your city shouldn't have too many leisure facilities. There isn't enough space to have whatever you want – and you need to have the basic things, too. So, you decide how much to spend on basic things like roads, bus stations, hospitals and libraries.
W: What about money? Can you spend as much as you want on these things?
J: No ... that's a big part of the game – you can't spend too much money. Most of your money comes from tax, but the people don't want to pay too much tax.
W: No, of course not!
J: But, they want enough facilities. You know, if you don't spend enough money on things like schools and hospitals, the workers might stop working ... they might go on strike. And if the workers stop working, your city begins to break down. And with each new version, they've added new things; like having areas of the city which become too crowded for people to live in, and so they begin to leave. They're too noisy – you know, they're not quiet enough for some people to live in anymore.
W: So, it's basically about designing your city?
J: Not only ... I mean, there are various bad things that happen, like earthquakes and other natural disasters, and you can see how your city survives, or not ...
W: So, why do you think it is so popular? I mean, twenty years ... that's a long time ...
J: Ermm ... I think it's about choice and control ... and the fact that it's an open-ended game. I mean, I think *SimCity* is popular because it's not about killing or destroying things. Too many computer games are about killing, I think.

W: Yes, I agree.
J: But, in *SimCity*, you make decisions and choices which help you in a positive way and you create your own city. The game is really well designed. They've designed it well enough to appeal to a lot of people ... and ... it really holds people's attention for a long time. I think people like being in control of their own city. It is a virtual city, but the technology is very good, it feels very real ...

CD2 Track 3

H = Harry L = Linda

H: Well, what do you think? We're going in March, so we need to get the tickets soon. Where would you like to go?
L: Umm ... I think Barcelona sounds really good, or maybe Edinburgh ... I'm not sure. There are lots of great things to see and do in both places. What do you think?
H: Umm ... I think Edinburgh is too cold for me ... I mean, cold weather isn't my idea of fun! I like warmer weather ... four degrees is too cold! Barcelona is a bit warmer. Is it warm enough?
L: Yes, I think so ... it's warm enough for me. I don't like it too hot.
H: Oh really? I'd prefer somewhere very warm ... like Rio. I like the idea of going to the beach.
L: Yes, but Rio is too far away. I'm not keen on sitting on a plane for twelve hours or something ... and it's too expensive to get there ...
H: I suppose you're right ... But, look ... Edinburgh is expensive, too... the accommodation, I mean.
L: Well, what about Barcelona? I'd like to go somewhere on the coast.
H: OK ... it sounds really fun there. And it isn't too far away, is it?
L: OK then ... Shall I book the tickets this afternoon?

CD2 Track 4

If you eat a lot of junk food, you'll put on weight.

CD2 Track 5

1
If she continues to spend it all on clothes, she won't have any money left.
2
If you don't start eating healthily now, you'll reduce your lifespan.

CD2 Track 6

ambitious
chatty
easy-going
hard-working
lazy

open
organised
reserved
sensitive
unreliable

CD2 Track 7

- 1
Are you ambitious?
- 2
Are you usually hard-working or lazy?
- 3
Are you more open or more reserved?
- 4
Are you an organised kind of person or disorganised?
- 5
Are you chatty or are you the quiet type?
- 6
Are you an easy-going person?

CD2 Track 8

H = Helen D = Daniel

- H: Hi Daniel. Have you finished doing your essay? I want to show you something ... just five minutes ... it won't take long.
- D: Yes, sure. I've decided not to do my essay now, actually. It's really difficult and Michael has offered to help me later. What do you want to do?
- H: Well, erm ... I want to look at the shape of your fingers.
- D: What? ... Why?
- H: I'm going to tell you about your personality.
- D: Oh ... hmm ... I'm not sure about that. What are you going to say about me?! You have to promise to be nice!
- H: Well, we'll see what your fingers say!
- D: Oh, OK ... why not? I enjoy doing this kind of thing actually. So, where do we start?
- H: OK, well, erm ... there are three main things to look at.
- D: Mmm ...
- H: First, there's the length of your fingers. People with long, slim fingers are quite sensitive. People with shorter, thicker fingers, like yours, are more open. They talk about their feelings more. So, you're quite an open person ...
- D: No, I'm not sure about that ... Actually, I don't think I'm very open. I think I avoid telling people about my feelings most of the time ... In fact, I don't think I talk about my feelings much at all.
- H: Yes, you do ...
- D: I don't think so, really ... only to really close family and friends. I mean, I'd never even consider showing my feelings to someone I didn't know.
- H: No, well, obviously not ... but you seem to be quite open with people you know – that's what I mean.
- D: Well ... I'm really not sure – but let's move on. What else then?

- H: Well, secondly, there's the shape of your fingers. Are your fingers straight?
- D: Erm ... yes ... I think they are quite straight.
- H: Ermm ... that means you're organised. Is that true?
- D: Yes. I think that's true about me. I mean, especially with writing essays and things ... I'm very organised. You can't afford to be disorganised really. There's so much work at university ... it all piles up if you're not organised about it.
- H: Yes ...
- D: So, you said I'm open, organised ... OK ... what else?
- H: Well, finally, the thumb is very important. Let's see how long your thumb is ...
- D: Hmm ... I think it's quite long.
- H: Well, a long thumb means you're ambitious. You know, you really want to be successful in what you do. You've got quite a long thumb, so I guess you're quite ambitious.
- D: That's absolutely right! I think I am ambitious ... yes. Hmmm ... not bad ... you said I'm ambitious, yes, organised, yes ... and open, well, I'm still not sure about that one ... but not bad, I suppose.
- H: Mmm ... I think that's quite accurate, actually.
- D: OK, now it's your turn! Let me look at your hands ...

CD2 Track 9

- 1
You look terrible. What's the matter?
I feel sick and I've got stomachache.
- 2
Are you better today?
No ... I've got flu. I've got a high temperature and a headache.
- 3
How you are? You don't look well.
I've got a cough and sore eyes. I don't think it's serious – I've got a cold.
That's all.
- 4
Is your back feeling better?
No. I've got terrible backache and my leg hurts. I've got toothache today as well.
- 5
How are you feeling?
Terrible! I've got a sore throat and earache. I've got a rash as well.

CD2 Track 10

G = Georgia J = Jenny I = Ivan M = Madison

- 1
G: Hello?
J: Oh, Georgia ... this is Jenny ... I'm so sorry. Did I wake you up?
G: Ermm ... no, well ... not really ...
J: Oh dear ... you sound terrible. How are you?
G: Not very well, really. I've got an awful sore throat and I can't stop coughing ...
J: Poor you! Have you taken anything for it?
G: Ermm ... well, no ...
J: I remember having a sore throat a lot when I was a child ... and my mother always gave me hot water

G: with honey and lemon. Why don't you try drinking some of that? It really helps.
J: Thanks. That's a good idea.
G: Have you got any honey or lemon at home?
J: Erm ... well ... I don't think I've got any honey, no.
G: Well, listen – on the way to college, I'll stop to get some honey at the supermarket and bring it round.
J: Oh, no ... don't worry about that ...
G: ... It's not a problem – don't worry ... And try not to cough too much ... You should go back to bed now ...
J: Yes, I think I'll do that ...
G: I'll come round in about half an hour.
J: OK ... thanks, Jenny. Oh ... will you remember to get the homework for me?
J: That's fine ... See you later.
G: Bye.

2
G: Hello?
I: Hello? Georgia, is that you?
G: Yes ...
I: Oh dear ... I hope I didn't wake you up. It's Ivan here. I got your email and I wanted to check you were OK ... Do you need anything?
G: It's really kind of you to phone, Ivan ... Erm, I think I just need to sleep really ... and Jenny is going to bring me some honey and lemon for my sore throat.
I: Honey and lemon? Oh really, that's an English remedy, isn't it?
G: Yes ... I suppose it is.
I: Well, have you tried having honey and butter in hot milk? In Russia, my grandmother always gave us that. I remember having it a lot when I was a child.
G: Erm, ... I haven't tried that. Did you say it's a Russian remedy?
I: Yes ... it's really good. I used to love it and it makes your throat feel much better. Would you like me to come and see you? I could bring some round for you to try.
G: Oh, no ... really. It's fine ... I mean, Jenny will be here soon.
I: It's no bother really. I'll just come in on my way to college. Try to get some sleep now.
G: Ermm ... OK – see you in about half an hour ...

3
G: Hello?
M: Georgia? Hi, it's Madison here.
G: Oh, hi ...
M: You don't sound very well. How are you?
G: I'm not feeling very well ...
M: Were you asleep? Sorry – I probably woke you up, didn't I?
G: Well ... it's really nice of everyone to phone me. I mean, Jenny and Ivan just phoned and ... well, it's lovely really ...
M: But you can't sleep ...
G: Well, yes ... I suppose ...
M: Oh dear ... you have got a bad cough. You should have honey and vinegar in hot water.
G: Honey and vinegar?! Oh, I don't fancy that!

M: It's good! You use apple vinegar. It's an old American remedy. My mom used to give it to us children when we were ill. It smells bad, but it's really delicious and ... it makes your throat feel better.
G: Really? Jenny said the English remedy is hot water with honey and lemon. Ivan said the Russian remedy is hot milk with honey and butter, and ...
M: Oh! I'm so sorry. You've got all the advice you need, haven't you? Well, OK ... I know what you really need – you need some rest ... and some peace and quiet. You need people to stop phoning you! Why don't you try turning your phone off?
G: Yes, that's a good idea. Oh! That's Jenny, I think ... with the honey and lemon ... or it could be Ivan.
M: Sorry Madison, I'd better go and answer the door.
G: OK ... look after yourself – and try to get some rest. Bye.

CD2 Track 11

1
I: I can't stop coughing!
2
I: I'll stop to get some honey at the supermarket.
3
I: I'm going to try to sleep for a couple of hours.
4
I: Why don't you try turning your phone off?
5
I: Will you remember to get the homework for me?
6
I: I remember having a sore throat when I was a child.

CD2 Track 12

G = Georgia J = Jenny I = Ivan M = Madison

1
J: Why don't you try hot water with honey and lemon?
G: Thanks. That's a good idea.
2
J: You should go back to bed.
G: Yes, I think I'll do that.
3
I: Have you tried honey and butter in hot milk?
G: No, I haven't tried that.
4
M: You should have honey and vinegar in hot water.
G: Oh, I don't fancy that!

CD2 Track 13

P = Polly A = Amber

P: Um, waiting too long for a bus is definitely a major stress alert for me, um, it happens quite often and it's really really annoying.
A: Especially if you're late for work.

P: Yep, definitely if it makes you late for work or anything else, and there's nothing you can do about it, it's out of your control.

A: Um, I get quite stressed out when I'm um on the phone to customer services and um I don't actually manage to speak to a human.

P: Oh yeah, that's really really annoying as well.

A: Especially when they ah they play the annoying music, makes me get a little bit tense.

P: I'd say I get more than tense, I get really really stressed out about that.

A: Would that be a major stress alert for you?

P: I think so yeah, especially if I was having to pay for ah the phone call while I was waiting in line.

A: Yeah...

P: Definitely. But maybe, ah yeah it's definitely more stressful than um than losing a game of tennis or something

A: I was just thinking that ...

P: I wouldn't really be that worried about that ...

A: Be no problem for me.

P: Naw, it's just a bit of fun, and I'm not really comp very competitive... so it wouldn't be a bit of a ...

A: Yeah, especially if you're playing with a friend.

P: Yeah, it'd be just for fun ... ummm are there any other ones?

A: Um not being able to sleep um doesn't make me very happy um

P: Yeah, but you could always put in earplugs or you could ...

A: You can, but ah it's not ah a major stress alert but ah if you're tired and you can't sleep and there's a lot of noise going on outside, dogs barking etc. then yeah that's ah that's pretty stressful

P: I I don't agree that much. I'm er a quite a heavy sleeper so I don't think it would be that much of a problem.

CD2 Track 14

I = Interviewer P = Petra

I: Welcome to *Changing World*. Almost everything in the modern world is speeding up. The pace of life is getting faster and faster and most people, it seems, think that 'fast is good'. My guest today, however, is someone who thinks that 'fast is bad' and 'slow is good'. Petra van Stroud is a member of the Slow Movement and she's here to tell us why. Petra, welcome to the programme.

P: Hello, thank you.

I: So, in a fast world, you have chosen to join the Slow Movement. Why's that? I mean, don't you think that there are benefits from being able to do things faster – like faster communication using computers and mobile phones and things?

P: Ermm ... well, it *can* be good ... there *are* some benefits from a lot of new technology. In my opinion, however, the problem is that people get addicted to doing things fast and then they forget

about important things in our lives – like, communicating in real time with a 'real' person. People start living in a virtual world ...

I: They *just* communicate through a computer or something.

P: That's right. We need to remember to see each other in the real world ... and that's really what the Slow Movement is all about – having some of the good things about the old, slower life.

I: OK. The Slow Movement – tell us about that. How did it all start?

P: Well, it actually started as the Slow *Food* organisation in 1986.

I: Slow Food?

P: Yes, in 1986, in Italy – in Rome – a group of people protested about a fast food restaurant – McDonald's – opening there.

I: They didn't want a McDonald's in Rome?

P: That's right. They were against fast food and they wanted people to continue to eat home-cooked 'slow' food. It wasn't just about the food, though. Of course food is better if you cook it yourself – but it was also about the social side of food. You know, when people eat fast food, they are often in a hurry and they often don't talk to each other.

I: So, the Slow Food organisation wanted people to slow down – and take their time to eat and socialise together.

P: Exactly. Then, as more people got interested in the idea, the Slow Food organisation grew into the Slow Movement, including communication, for example, and many other aspects of people's lives. You know, the aim remains the same: to encourage people to slow down and enjoy spending time with each other – whatever they're doing.

I: I mean, I agree with that philosophy – it is important to spend time with people. I'm just not sure that we can slow down the pace of life now, or even that most people really want to. Fast technology is everywhere and for many of us, the benefits are huge. We live busy fast lives and enjoy them.

P: Many people enjoy their busy lives, yes. But many people don't. I suppose the Slow Movement wants to remind people that in your fast life, sometimes, it's good to slow down. And maybe turn your computer off, or leave your mobile phone at home – at least sometimes. People might be surprised how much they enjoy slowing down sometimes.

CD2 Track 15

- 1 In what language are most international phone calls made?
- 2 In the US, are more messages carried by email or by post?
- 3 What percentage of emails are junk email?
- 4 How much junk mail is delivered by post every year in the US?
- 5

What percentage of websites are not visited by anybody?

6

How many people visit the website YouTube every day?

7

How many people use the social networking site Facebook every day?

8

In how many different languages do people write messages on Facebook?

CD2 Track 16

1

Jade's been single since she split up with her boyfriend last year.

CD2 Track 17

2

Pete asked me out yesterday and I said 'yes' because I really like him.

3

Oliver never does the washing-up and Maria just puts up with it.

4

When my sister got divorced, she found it difficult to get over her ex-husband.

5

On our first date, Jack took me out to a really expensive French restaurant.

6

Linda and Guy are a couple. They started going out with each other last month.

7

We used to be good friends, but we've grown apart over the last year.

CD2 Track 18

D = Deepa F = Fiona

- D: Hi Fiona. What's the matter?
F: I don't know. I'd like to meet someone nice ... you know, a nice boyfriend. I feel that I've totally got over Daniel now. You know, we just grew apart really ... and then we finally split up with each other at Thanksgiving. Ermm ... well, it was in November. Oh, actually – I remember now, we split up on my birthday – on the eighteenth of November!
D: Oh dear ...
F: I'm fine now, but ... I haven't found anyone nice to go out with since then, and I don't know where to meet anyone. There's nobody at work, that's for sure! ... How did you meet your husband?
D: Oh, I was lucky, I suppose My parents helped me.
F: Your parents? Really?
D: Yes, it's the Indian tradition; you know, arranged marriage. It's different now, though. Nobody forces you to get married to someone you don't like. Your parents help you find someone, but you can say 'no' if you don't like him. You certainly don't have to put up with someone you don't like for the rest of your life!
F: So, what did you do?

- D: Well, like a lot of young Asians from Britain, I went to India for a couple of months in the winter. The winter is 'wedding season' – lots of people get married at that time. Indian weddings last about a week, and they are a really good place to meet other young single people.
F: Really?
D: Yes, so my parents came with me and they arranged for me to go to lots of social events. I spent most of the time going to weddings and parties, and visiting lots of friends and family. I met loads of single men there and some of them took me out on dates.
F: So, you meet people properly and talk to them in a social situation?
D: Yes, it's all very normal really. The thing that's different is that it's all speeded up. I mean, most parents would like everything done in about one or maybe two months.
F: One or two months?
D: Yes, I arrived in India in December ... at the beginning of December ... and I got married at the end of January – on the 28th of January actually. When I came back to Britain, I was a married woman!
F: Really?! That is quick!
D: Yes. The whole process is really fast – meeting people, going out with different boyfriends and then getting married. Job done!
F: It's a bit like speed-dating!
D: Speed-dating? Have you ever done that?
F: Yes, I did it once. It was OK, but you only have three minutes to talk to each person and it feels very unreal. It really is like a job interview and you don't get enough time.
D: Mmm ... The arranged marriage thing is different because although it's quick, you have time to get to know someone in a real social situation.
F: Yes, with speed dating you meet twenty people in one hour! And I was there for two hours!
D: Sounds quite fun though – did you meet anyone you liked?
F: Well, there was one who was quite nice ...

CD2 Track 19

So, erm ... Valentine's Day started hundreds of years ago. There was an emperor in Italy ... and, well, ... the emperor didn't want his soldiers to get married ... because he wanted the soldiers only to fight. But, a priest called Valentine helped soldiers to get married secretly. The emperor was angry about that and ... he killed Valentine ... on the fourteenth of February. So, now people celebrate love and romance on that day ... in memory of Valentine.

So, Valentine's Day is on the fourteenth of February and people celebrate all over the world. Traditionally, people send cards to each other. And they give presents – flowers and chocolates, usually. And of course, it is traditional for a boyfriend to take his girlfriend out for a romantic dinner in a restaurant. It's also a popular date for getting married.

Some people think that Valentine's Day is too commercial. They think that people buy too many cards and presents ... but I don't agree. I mean, people buy things of course, but I think it's really good to celebrate love and romance.

CD2 Track 20

- 1
eight thousand, eight hundred and eighty centimetres
- 2
three million, two hundred and thirty-five thousand, eight hundred and ninety-nine metres
- 3
six and a quarter kilograms
- 4
nine and three quarter hours
- 5
seventy-five and a half minutes
- 6
nought point one five seconds
- 7
forty-four point nine kilometres per hour

CD2 Track 21

- 1
Was he training when you last saw him?
Yes, he was.
- 2
Were they watching the race?
Yes, they were.

CD2 Track 22

W = Woman M = Man

- 1
W: I really think that my life is too busy, I'm always on the go ... and I don't sit down and rest very much ... so, that's what my presentation is about today. I do everything in my life very quickly. Every day, I've got too much to do and I spend my time in a hurry. I'm always rushing around and I'm always late for everything because I don't have time to fit everything in. It makes me really stressed because I feel I can't do anything properly. My mobile phone rings all the time and it interrupts me when I'm working. It would be a good idea to turn it off, but I like people contacting me. I think that it might be something really important – but it isn't usually! The other reason why I'm always rushing around is that my work is very far away from where I live. That means I have to travel for about an hour each way ... at least. I mean, usually I spend about two hours or maybe more travelling ... and I'm usually late. I use the time when I'm sitting on the train and I send emails and go on Facebook and things on my laptop. But it's very tiring because I don't get home

until quite late. So, yes, all in all, my life is very fast and busy.

**2
M:**

The topic of my presentation is 'The benefits of technology in my life'. The main points I will talk about are: firstly, how technology benefits my work life and secondly, how technology benefits my personal life.

Let's begin with my work life. I am a doctor and there are huge benefits to my professional life from technology. In the past, I wrote all my patient's notes on paper and sometimes things got lost. It is much easier for me to look at my patients' notes now because they are all on computer. I can also look for symptoms, illnesses and medicines online if I need to. Also, my patients can book their appointments with a computer system which makes it quicker and more efficient.

Now we're going to look at my personal life. My mobile phone is very important to me; I don't go anywhere without it. I have a very busy life so it is good to have a mobile. I use it on the train to keep in touch with friends or to make arrangements. My laptop is also very important; I can use it anywhere to shop online or book cinema tickets and other things.

I'd like to finish by saying that some people think that there are disadvantages to modern technology, but I think that if you use it thoughtfully, there can be huge benefits.

CD2 Track 23

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CD2 Track 24

- 1**
to interview
an interviewer
an interviewee
- 2**
to employ
an employer
an employee
- 3**
to apply
an applicant
an application form
- 4**
to qualify
a qualification
- 5**
a secretary
a secretarial job

CD2 Track 25

1
My worst interview experience was about three years ago. I had a group interview for a sales rep job with a big media company. There were about ten or twelve interviewees ... and about three interviewers, I think. At first, I was quite confident ... I mean, I had good experience and the right qualifications and I felt I was right for the job. But, erm ... I don't know why... but when they asked me the first question ... I began to feel very nervous. My throat went dry and I couldn't speak. Then, I started coughing and ... erm, it was really awful because I just couldn't speak. One of the interviewers gave me a jug of water. I was really nervous and I couldn't really think clearly by that time ... Anyway, he gave me the jug, and ... slowly, I took it from him ... you know, the jug was really heavy and my hands were shaking. I really didn't want to spill it. So, erm ... I poured it very carefully ... but all fifteen or so people in the room stopped and looked at me ... and my hands were shaking so much that the water went everywhere ... all over me ... and all over the floor. It was terrible ... I was really embarrassed! At that point, I grabbed my bag and left the room. I still go cold all over when I think about it.

2
Well, I think my worst experience was about two months ago. I had an interview for a good job as a marketing director. I really wanted the job. I remember that it was raining that day ... so I decided to drive. But the traffic was really bad and when I arrived, I didn't have much time. I didn't want to be late for the interview. So, ... I drove into the company car park and quickly parked my car in the nearest place. Well, it turned out that it was the Managing Director's parking place. That was bad ... but it got worse because ... erm ... just as I was getting out of my car, the Managing Director himself arrived in his car – a great big BMW or something. Well, as you can imagine, he wasn't very happy at all. In fact, he shouted at me angrily ... and told me to park somewhere else. By that time, I was really worried about being late ... so, I ignored him and ran off to the interview. I know I behaved really rudely, but I was desperate to get to the interview. Well, it got worse ... because he was one of the interviewers and he was really angry about it all and he refused to give me an interview in the end.

3

My first interview after leaving college was for a job as a receptionist for a large company. I prepared myself for the interview really well. You know – I found out about the company and prepared my answers and everything – but, when it came to the actual interview, the whole thing was a bit strange really. Erm ... I arrived on time and I confidently walked into the interview room. But then I got a real shock ... because as soon as I stepped into the room, the interviewer threw a tennis ball at me! I quickly moved to one side and it didn't hit me. Well, unfortunately, I didn't get the job ... I was quite upset about that. They told me afterwards that the tennis ball was to test people's reactions. They wanted to see what people did with it. The person who caught the ball and threw it back got the job! The people who moved to one side or caught it and put it back on the desk, didn't! I wasn't very happy about the whole thing really ... I felt really cheated, to be honest. The whole interview went really badly for me – I just don't think they took it seriously at all and I didn't get a chance to talk about myself or show them what I could do.

CD2 Track 26

E = Employee, B = Boss

- E:** Oh, hi, can I talk to you a minute, please?
B: I'm a bit busy right now, actually.
E: Well, it's really important because I want to take Friday off. Is that OK?
B: As I said, I'm rather busy. If you come back later, I'll be able to talk to you properly.
E: I need to know now, though. I mean, my brother has got tickets for something. And I need to let him know now.
B: Well, I really don't think you're listening to me. I'm busy now and if it's really urgent, I will talk to you after my meeting this afternoon ...
E: But ... I need an answer now ...
B: No, actually, I've changed my mind. I don't like your attitude. The answer is 'no'. You can't take Friday off.

CD2 Track 27

E = Employee, B = Boss

- B:** Good morning, James. Come in. Now, you wanted to talk to me about taking the day off on Friday?
E: Yes, that's right. The thing is ... if possible, I'd like to have the day off because my brother is over here from Australia for two weeks ... and he's got tickets for a show. It's really special and I'd really like to go.
B: I understand what you're saying, yes. I know that you don't see your brother much and this sounds like a chance you don't want to miss. Ermm ... what about the report? Will you be able to finish it by the end of Thursday?
E: Yes, no problem. Obviously, I'll make sure that the report is finished before I go and I'll work late this week if necessary.

B: Yes, I know that you work long hours and I'm very pleased with your work. Ermm ... I think it sounds fine. Go ahead and have a good day.
E: Thank you very much for your understanding.
B: Not at all. And I hope you have a good time.
E: Thank you.

CD2 Track 28

L = Lucy A = Andy

L: Andy, umm ... we need to talk ...
A: Yes?
L: Well, I was thinking ... I think we need to travel separately now ...
A: Oh! Really? I'm enjoying being with you so much ... I think that would be a real shame ...
L: Well ... yes ... I like travelling with you, too ... but ... I want to practise my Portuguese and when I'm with you, we just speak English all the time.
A: Oh ... I promise I'll speak Portuguese to you ...
L: No ... I don't think that would work, do you?
A: No ... you're probably right.

CD2 Track 29

M = Man L = Lucy

M: Hi, Lucy ... you're back! I wasn't sure when your flight was.
L: Yes ... well, I've just got back actually. I arrived last night, so I'm really tired. You know, I haven't got used to the time difference yet.
M: Did you have a good time?
L: Yes! It was great. I mean, there were some difficult moments ... but mostly it was really good. When I was in Rio, I met an old school friend of mine – Andy. I didn't know he was there, but we bumped into each other in an internet café.
M: That's amazing!
L: Mmm ... well, we travelled together for a bit, but actually he was really annoying, so in the end, I told him I wanted to travel on my own. It was a bit difficult, but after that I had a fantastic time.
M: Where did you go?
L: Well, after Rio, I went up the coast to Salvador – it was really lovely. Then I went further north to Fortaleza and to lots of amazing beaches near there. It's completely idyllic actually – miles and miles of beautiful beaches.
M: Wow! Were you on your own all the time?
L: No, actually – there were lots of other people travelling, so most of time I wasn't on my own at all. In fact, I met a really nice woman called Emily – she was Australian. We got on really well and travelled together for the rest of my time in Brazil.
M: That's great!
L: Yes, it was very good.
M: Have you got any photos yet?
L: Well, yes, I've put some up on Facebook already ... and I'm going to put some more up today.

CD2 Track 30

1

I met an old school friend of mine called Andy.
 That's great.

2

I met a really nice woman called Emily
 That's great!

CD2 Track 31

I = Interviewer B = Ben

I: Hello and welcome to this week's edition of *Travellers' Tales*. Later in the programme, we're talking to a group of young people who have just finished a sponsored cycle ride across Europe. But, before that, we're going to start with today's look at 'My travel inspiration' with our special guest, TV reporter Ben Gardner. Hello, Ben.
B: Hello.
I: So, your travel inspiration ... is it a book, or a film or a piece of music, Ben? Tell us about something inspiring ... which has made you want to travel.
B: Yes, well, my travel inspiration is a film ... *The Motorcycle Diaries* ... It's set in South America and it's about the early life of Che Guevara when he was a young man.
I: Mmm ... *The Motorcycle Diaries* ... yes... so, who plays Che Guevara?
B: Well, Guevara is played by Gael García Bernal ... He's very good ... I really think he is the perfect choice for this role actually.
I: Had he starred in any other films, before he made this one?
B: Yes ... yeah, a few ... but this was a turning point in his career I think.
I: And the film is set in the 1950s, isn't it?
B: Yes, 1952, in fact ... Before Che Guevara arrived in Cuba and got into politics, he had lived in Argentina with his family. He and a friend, Alberto, decided they wanted to travel and see South America.
I: Mmm ...
B: Anyway, at the beginning of the film, we see them preparing for their trip in Buenos Aires. They buy an old motorbike ... and the rest of the film then follows them on their amazing eight-month long trip through Argentina, Chile, Peru, Columbia and Venezuela. Basically, it's about two young men seeing a bit more of the world and learning about life. They have some really exciting adventures. There are some dangerous moments, too ... you know, on the motorbike!
I: So, what was most inspiring for you about this film?
B: Well, three things I think. Firstly, I was inspired by the two main characters ... they are very believable. García Bernal is brilliant as Guevara, and Rodrigo de la Serna, as his friend Alberto, is also excellent.

Anyway, as the film goes on, I was fascinated to see how their personalities grow and change. All their adventures were really inspiring ... and it's great how they learned so much from all the people they met along the way. At the beginning of the trip, they were young men just interested in having fun ... and they had become much more grown up ... and mature, by the time they reached the end.

I: Mmm ...

B: There's a particular scene when they were in a sort of hospital in a poor part of the countryside in Peru ... It was a depressing place and very sad but Guevara got very close to the people in the hospital. It was inspiring to see that.

I: And the second thing?

B: The South American people that these young men met on their travels ... Almost all the people they met were kind and helpful ... they went out of their way to help Guevara and Alberto, even though they didn't have much themselves. The supporting cast is excellent at showing that aspect ... and the South American people also like a good party ... so they have a lot of fun!

I: Yes, I'm sure! And thirdly?

B: Well, ... the scenery. In fact, I think I'd say that the scenery of South America is possibly the main star of the film!

I: Really?

B: Well, yes ... Before I saw this film, I hadn't thought about visiting South America ... but it inspired me to go there almost immediately. I was surprised by the incredible beauty of this continent. I was really amazed by the huge diversity there. I followed the route of the film ... more or less ... I mean, first, I started in the southern parts of Argentina and Chile where it's really cold, and then I went up to the hotter desert parts of Chile. Then I travelled further north into Peru – Machu Picchu in Peru was really incredible. Then, finally I got to the beautiful jungle areas of Colombia and Venezuela.

I: Well, you've certainly inspired me – and I hope our listeners – to want to go to South America. It sounds fantastic.

B: Yes, ... well, I'm sure you won't be disappointed.

I: OK ... so Ben, I hope you'll stay with us for the rest of the programme and take some calls from listeners later ...

CD2 Track 32

I = Interviewer B = Ben

1

B: Before Che Guevara arrived in Cuba and got into politics, he had lived in Argentina with his family. He and a friend, Alberto, decided they wanted to travel and see South America.

I: Mmm ...

B: Anyway, at the beginning of the film, we see them preparing for their trip in Buenos Aires ...

2

I: So, what was most inspiring for you about this film?
B: Well, three things I think. Firstly, I was inspired by the two main characters – they are very believable. García Bernal is brilliant as Guevara, and Rodrigo de la Serna, as his friend Alberto, is also excellent ... Anyway, as the film goes on, I was fascinated to see how their personalities grow and change.

CD2 Track 33

Well ... something really frightening happened to me the other day. I had a really unusual – and frightening journey – going from London to Paris. I'd got a really good last-minute deal and I was going for the weekend with my wife. Anyway, it started off badly when our flight was suddenly cancelled and so obviously we were quite annoyed about that. It was really annoying because we were only going for a short time. But then they said there was another flight we could go on ... which was only twenty minutes after our cancelled flight. So, we all got on the flight and nothing happened really until we got to Paris.

And then, just as we were coming in to land, ... it's hard to believe, but suddenly we started climbing again. The wheels were almost touching the ground I think ... and the engines came on very, very ... very, very loud and we started climbing violently. There was no announcement from the captain. And then the engines went quiet again and then we climbed again violently and then we went sideways and then we went another way and then we climbed again and ... believe it or not, this went on for about five minutes – maybe longer. Actually, it felt like about half an hour, but it was probably about five minutes.

After a while, the plane started flying normally again and then the captain made an announcement and apologised. It's incredible, I know, but a lorry had been on the runway. He said that a lorry had been in the middle of the runway ... and he had had to take off again in order to avoid it. Well, what a journey! Thankfully, we had a really good weekend in Paris, and the flight back was fine!

CD2 Track 34

M = Man E = Emma

1

M: So, Emma, who was the person who most influenced you when you were growing up? I mean, like a role model ... or something?

E: Well ... erm, my parents both worked a lot when I was young, erm ... especially my dad, and ... well, he worked abroad a lot of the time so ... I would see him three times a year or something. He used to have a job which took him to different countries all the time – mostly Japan and China – so ... I only saw him in the school holidays really. I lived with my mum, but I was always really close to my grandmother, too. I got on really well with my mum,

M: but I think the person who most influenced me was my grandmother.
E: Mmm ... Did you see her a lot?
E: Yes. My mum and my grandmother brought me up really. I mean, she didn't live with us, but she would look after me a lot when my mum was working. I think I would see her almost every day. Erm ... I really looked up to my grandmother. She's ... she was a wonderful person. I mean, she was incredibly kind and generous. And she would always spend time with me. You know ..., she always seemed interested in what I had to say.

W = Woman G = George

2
W: George, who do you think was the most influential person in your life when you were a child?
G: Erm ... well, I was really into ice skating – particularly ice hockey – when I was young. I loved playing ice hockey ... I used to be really good! I picked it up really quickly and ... and did it all the time, you know. I started playing when I was about five and ... well ... , went on until ... eighteen, or something – when I left school. And my coach was an amazing man called Frank. He was a really good trainer. He ..., he taught me so much about the sport and was very good at motivating me and keeping me focused. He was a really inspiring person. He was a really good mentor ... and role model ... in many ways.
W: How often did you see him?
G: Well, I would see him all the time! You know, ... I used to wear my skates more than my shoes probably! I mean ... I really played a lot. I would play six or seven times a week and he was always there. It wasn't just the training though. I think I really looked up to him. When you asked him something, he wouldn't say much, you know, but ... what he did say always seemed to be the right thing to say. I remember thinking ... I want to be like him!

CD2 Track 35

I = Interviewer S = Sarah

I: Today, we're talking about advertising. The aim of any company is to sell, and to continue to sell, more than other companies. And to keep ahead of the competition, companies need to advertise their product better and better in order to influence potential customers. Top advertising executive, Sarah Delaney, is with us today to talk about new developments in advertising and the amazing technological developments which make them possible. Good morning, Sarah.
S: Hello.

I: So ... , before we talk about these new developments, Sarah, can you tell us ... what kinds of adverts have the most influence on people?
S: Well ... , that's an interesting question Erm ... I think that all advertising has some kind of influence on people. I mean we may think, perhaps, that we make free choices about which products to buy, ... but actually, the adverts that you've seen will certainly influence what you think about different products ... even though you may not think about that consciously.
I: Yes, adverts put ideas in your head, even if you don't want them there! So, what do you think makes an advert effective? What are the most effective types of adverts?
S: Erm ... the most effective types of adverts ... well ... , I think it depends really. Some people respond to humour; some people like an advert to have a lot of information; other people are very influenced by their favourite celebrity in an advert. I think in the end, adverts are effective because they are very clearly aimed at certain groups of people ... and a lot of research goes into which group of people your advert is aimed at.
I: And it's not just who the adverts are aimed at ... there is also a lot of research into how and where to advertise, isn't there?
S: Yes, and with new technological developments, things are changing all the time.
I: So ... , what's new in the advertising world, then?
S: Well ... , there's one new innovation which means that television viewers may soon see adverts during their favourite documentary or drama series.
I: Oh, really?
S: Yes. Some developers for television companies are planning pop-up advertisements. That means logos or messages can be flashed up on the screen during a programme so the company doesn't have to wait until the commercial break to advertise. Basically, the new technology is used to find a blank space on the screen to put the logo on – like some blue sky or a blank wall – you know, not covering someone's face in your favourite soap opera.
I: Even on a blank space, it sounds annoying!
S: Well, yes – some people would say very annoying! Some people are worried that these pop-up adverts will destroy their enjoyment of a programme. The developers are convinced, however, that consumers will like them.
I: I'm not sure they're right about that! ...
S: Well ... there are other developers who agree with you. In Japan, they are developing an approach which is very different ... almost the opposite really.
I: Mmm ... ?
S: Yes ... Nintendo has created a new internet video site for games consoles, and it uses a new system for advertising. The company did some research about the way customers are influenced by adverts and they decided they didn't want to force viewers

I: to watch adverts. With the new system, no adverts are shown on the screen at all. Consumers choose to watch adverts only if they want to.

S: Ah! That sounds better!

I: Mmm ... and if they do choose one, they get a very informative kind of advert ... with more detailed and interesting information about the product. And as well as the advert itself, consumers can do other useful things, like receive vouchers to get discounts or even order some free samples of the product. The company hopes that adverts will change from something we avoid watching, to something we want to watch. They may even become one of the most popular things on TV, you never know, ... these entertaining adverts may actually become a form of entertainment in themselves, in fact.

I: Yes – that would really turn things around, wouldn't it? Adverts either spoil your favourite show or they become your favourite show!

S: That's right! But you know, in whichever way companies choose to get their message across, one thing is for sure: advertising, in some form, is here to stay ...

CD2 Track 36

I = Interviewer S = Sarah

1

I: So ... , before we talk about these new developments, Sarah, can you tell us ... what kinds of adverts have the most influence on people?

S: Well ... , that's an interesting question. Erm, ... I think that all advertising has some kind of influence on people.

2

I: So, what do you think makes an advert effective? What are the most effective types of adverts?

S: Erm ... the most effective types of adverts ... well ... , I think it depends really.

CD2 Track 37

W1 = Woman W2 = Woman 2 A = Announcer

1

W1: Hey Lisa, ... are you coming out with us tonight?

W2: No, I can't. My hair looks terrible!

A: Are you worried about your hair? Is your hair boring and lifeless? Does it stop you going out? You need ShinePower from Studio-X. With ShinePower, even the most boring hair suddenly comes to life. ShinePower will make your hair shine like never before. After one wash with ShinePower from Studio-X, your hair will look amazing!

W1: Hey Lisa ... Are you coming out with us tonight?

W2: Of course I am.

W1: Hey, your hair looks amazing!

A: ShinePower from Studio-X. Your hair will look amazing!

2

A: The new G5 by Kurama is the car you've wanted all your life. Designed by an expert car designer ... engineered by an expert car engineer ... made by an expert car maker Now, ... driven by an expert driver. You. The new G5 by Kurama: a car by experts – for experts.

CD2 Track 38

W = Woman M = Man

W: OK ... we're going to play the 'Yes-No' game. Do you know how to play?

M: No, I've never played that. How do you play?

W: Well, basically, I ask you questions and you must not answer with either 'Yes' or 'No'.

M: What can I say, then?

W: You can say anything else ... like ... 'I'm not sure', or 'Maybe', or 'I'll think about it', or 'Definitely'. You know, anything else, but not 'Yes' or 'No'.

M: OK. That sounds easy!

W: OK. Let's start. Ready?

M: Y ... umm ... I am!

W: OK. Have you seen any good films recently?

M: I have.

W: Have you ever seen a film that changed your life?

M: Maybe.

W: Did you say 'Maybe'?

M: Err ... I'm not sure.

W: What about *Yes Man*? Have you seen that?

M: I have.

W: You have? Really?

M: Yes! Ohhhh! You tricked me ...

W: That's the idea!

M: OK ... now I'll ask you. Ready?

W: Definitely.

M: Right. Are you going to go on holiday this summer?

W: I've told you that.

M: Are you going to the seaside?

W: Sure.

M: Are you looking forward to it?

W: I certainly am.

M: Oh. What can I ask you? Do you believe in fate?

W: Fate?

M: Yes, do you believe in fate? You know, that our lives are planned already somehow, and you can't change them?

W: Not at all. I believe that you can change a lot about your life.

M: So you don't believe in fate?

W: No, I don't!

M: Got you! You said 'No'.

CD2 Track 39

P = Presenter M = Michael C = Caroline PA = Parent H = Holly

P: A quick summary, now, of the main *Money in Education* stories this week Firstly, as any

parent knows, the cost of education can be huge, especially as children get older and want to go to university. You will be faced with huge fees – and the problem of how to pay for them. Earlier this week, I spoke to financial adviser, Michael Dennis, and he told me about this month's figures and the almost unbelievable cost of going to university these days.

M: University has always been expensive and there are schemes in which you can get a grant to help pay the fees, or for the top students, you can sometimes get a scholarship. But these aren't always available and in most cases, when you're at university, you may need to get a loan from the bank to pay for everything. Of course, you're not earning money when you're studying, so you can't even begin to pay the loan back until you leave university and, hopefully, get a job. It's not much fun starting your working life in debt ... and owing the bank a lot of money. Official figures out this month show that the average student debt is around fifteen thousand pounds. For medical students, the figure rises to around twenty-five thousand pounds.

P: Twenty-five thousand pounds ... that's a lot of money. And that could take at least twelve years to pay back – if you manage to get a well-paid job. ... That was financial adviser, Michael Dennis. The news is not all bad for students, however. Some schools have taken part in reward schemes in which they actually pay their students. St Luke's School in Bristol has given eleven thousand pounds to its A-level students for getting good exam results. Before their exams, the school gave each student target grades to try and achieve. Now the results have arrived, St. Luke's sixth form college has given five hundred pounds to every student who got into university and students get prizes of twenty pounds for achieving each target grade. This is what Caroline Clarke, Head of Sixth-form Education, had to say ...

C: The results this year show the success of the scheme. Unlike many schemes, this one rewards every student for doing well, not just the best students in the year.

P: I asked various people what they thought of the scheme. Yesterday, I spoke to a parent of a student at the school and asked her how she felt about the reward scheme.

PA: Well ... I'm not sure really. I don't think they should pay students. I mean, young people should work hard for exams because they want to do well ... not because they'll earn some money! I think people think about money too much.

P: Later, I spoke to Mike Bell, Head Teacher at St. Luke's. He told me that more students had got places at university this year than ever before. He also said the students were working much harder than before and his school would continue with the

scheme next year. Holly, a student at St. Luke's, said she was really pleased that her school had taken part in the scheme. She told me it was a great idea ... and that it had made her work much harder. She also said that she was really excited because she had earned over five hundred pounds. When I asked what she was going to do with the money, she told me she was going to buy a new laptop computer, which she could now afford to buy.

H: Yeah, with the five hundred pounds, I can afford a new computer, which is great news ... as I really need one for my studies. At my school, most of us thought the reward scheme was really good. Some of us weren't sure at first, but in the end, certainly we all agreed that the scheme had made us work harder.

P: Finally, we heard this week about another reward scheme ... this time in the US. With holidays coming up soon, one school in Florida has set up a homework scheme using the internet. Students who do more than twelve hours of practice exercises on the specially-designed internet site during the school holidays, will get prizes: children aged six to ten get a bicycle, those aged eleven to fourteen get a hundred dollars and those aged fifteen to eighteen get MP3 players. Some people feel that reward schemes like this are controversial but with prizes like those, I'm sure the students will study as hard as they can! ... Well, that's it for today. I hope you can tune in for next week's *Money in Education* summary. And now ... over to Fiona in the weather studio ...

CD2 Track 40
W1 = Woman 1

W2 = Woman 2

W1: So, let's find four things we've got in common ... erm ... what about going shopping? Do you like going shopping?

W2: Ermm ... well, I'm not very keen on shopping in general, but ... I like clothes shopping.

W1: Yes, me too. I really like looking for interesting clothes ... you know, something a bit unusual ...

W2: Mmmm ... I like looking for interesting, cheap clothes. Lots of clothes are so expensive, but if you look hard enough, you can usually find some bargains.

W1: Yes, it's always good to find bargains! OK ... well, I think that's two things we've got in common: we both like shopping ... clothes shopping, I mean. And both of us like looking for bargains.

W2: How do you usually pay for things when you go shopping? I pay in cash. Actually, I always pay in cash because I haven't got a credit card or anything.

W1: Yes, that's the same for me. I haven't got a credit card either.

- W2:** OK ... so, neither of us has got a credit card – that's number three ... ermm ...
- W1:** And ... number four is ... we both pay in cash when we go shopping. Yeah ... that's four things we've got in common.

CD2 Track 41

We asked fifty students various questions about their attitudes to money and the results are as follows:

Firstly, forty percent of people said they would basically describe themselves as a 'saver'. Forty-five percent said they were a 'spender' and fifteen percent weren't sure or said they were a bit of both.

For the second question, we asked about lending and borrowing money. Two thirds of people said they would lend fifty pounds to a friend. However, the majority of those people said they would be worried about doing so, in case it spoilt their friendship.

The third question was about credit cards. Eight out of ten people said they used a credit card regularly. And only a minority of those people paid off their bill completely at the end of each month.

Question four was about shopping habits ...