



1 Work in pairs and discuss the questions.

- 1 What places can you see in the photos? What do you know about them?
- 2 Have you ever visited London? If so, what did you like/dislike about it? If not, would you like to? Why/Why not?

2 Work in pairs and do the quiz. Then check your answers at the bottom of the page.

What do you know about London?

- 1 What is the population of Greater London (central London and suburbs)?
a about 12 million b about 7 million
- 2 How many visitors come to London from overseas every year?
a about 10 million b about 15 million
- 3 What is another name for London's underground system?
a the Tube b the Metro
- 4 What is the most visited tourist attraction in London?
a The London Eye b The British Museum
- 5 How old is Buckingham Palace?
a about 100 years old b about 300 years old
- 6 How many theatres are there in London's West End?
a about 25 b about 50

3 In the video some Londoners and tourists in London answer these questions. Write one possible answer for each question.

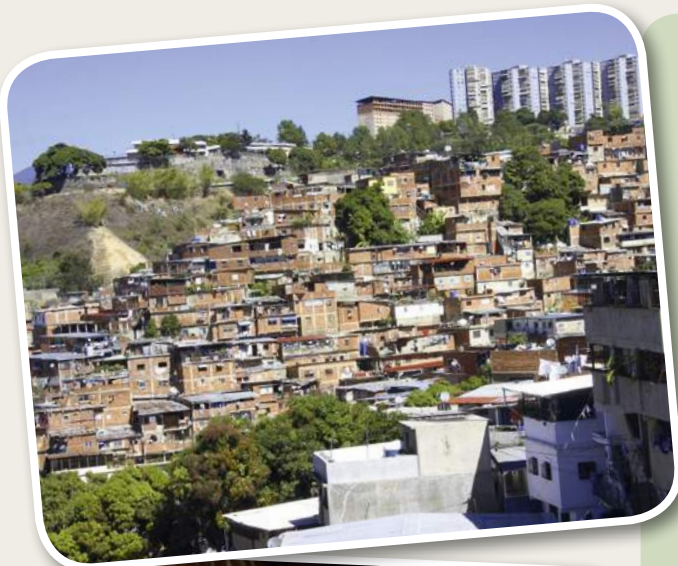
- 1 What are you doing today?
- 2 What do you think of London?
- 3 Are you a 'culture vulture'?
- 4 What are you having for lunch today?
- 5 What do you usually have for lunch?
- 6 What are you going to see at the theatre?
- 7 How often do you go to the theatre?
- 8 Is London a good city for theatre?

4 Watch the video. Are any of their answers similar to your ideas?

5 Work in pairs and discuss the questions.

- 1 When you visit a large city, what do you like doing?
- 2 Which is your favourite city? Why?

1 a 2 b 3 a 4 b (with 5.7 million visitors a year) 5 b 6 b



El Sistema is a musical program for children and young people in Venezuela. It was started by José Antonio Abreu in 1975 and one of its main aims is to help children from poorer backgrounds. Abreu believes that playing music together can help young people to overcome their difficulties and achieve good things in their lives.

1 Look at the photos and read the information about El Sistema. In pairs, discuss the questions.

- 1 Do you play/Would you like to play a musical instrument? Which one?
- 2 How important is music in your life? In what ways?
- 3 What do you know about Venezuela?

2 Watch the video. Are the sentences true (T) or false (F)?

- 1 About 30,000 children take part in the music program throughout Venezuela. ☐
- 2 Jhoanna, the viola player in the video, started playing the viola when she was thirteen. ☐
- 3 El Sistema trains people to play music and also to teach younger children. ☐
- 4 Thirty-one years ago there were a lot of people studying music in Venezuela. ☐
- 5 One of the aims of El Sistema is to help children who have family problems. ☐

3 Try to complete the sentences from the video with the words in the box. Two of the words cannot be used.

country future goal pay poor problems teach

- 1 He wanted to give _____ children and young people in Venezuela the chance to play music for free.
- 2 The _____ for all young musicians in Venezuela is to play with the Simón Bolívar Youth Orchestra.
- 3 Music is fully integrated into the life of the _____.
- 4 They'd say there was no _____ for music in Venezuela.
- 5 We tell them, 'Here's an instrument for you and you don't have to _____ for it.'

4 Watch the video and check your answers.

5 Work in pairs and discuss the questions.

- 1 Did anything in the video surprise you?
- 2 How popular do you think a program like El Sistema would be in your country? Why?
- 3 Do you know any similar social programs to help young people?



1 Work in pairs. Look at the photos and answer the questions.

- 1 Do you ever watch cookery programmes? Why/Why not?
- 2 Do you know of any celebrity chefs? What do you think of them?
- 3 Have you learned any useful skills from TV? If so, what have you learned?

2 Watch the video and tick (✓) the ingredients Jamie uses.

- | | | | |
|-----------------|--------------------------|------------|--------------------------|
| 1 garlic | ☐ | 5 onions | ☐ |
| 2 green peppers | ☐ | 6 pasta | ☐ |
| 3 herbs | ☐ | 7 sausages | ☐ |
| 4 olives | ☐ | 8 tomatoes | ☐ |

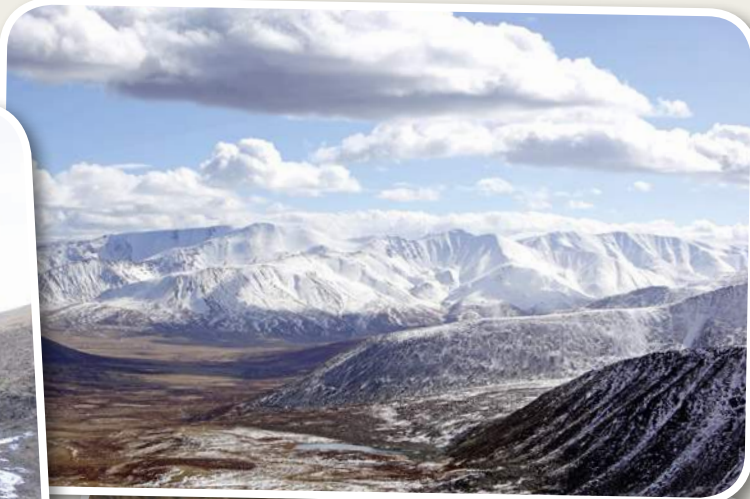
3 Look at the different stages for preparing meatballs with pasta. Work in pairs and number them in the correct order.

- a Fry the garlic and basil in a pan. ☐
- b Add tinned tomatoes to the garlic and basil. ☐
- c Put basil leaves on top and serve. ☐
- d Boil the pasta. ☒
- e Add salt, pepper and other herbs. ☐
- f Add the pasta to the meatballs and then add then sauce. ☐
- g Fry the meatballs in a pan. ☐
- h Slice up some garlic and basil. ☐

4 Watch the video again and compare your answer with what Jamie does.

5 Work in pairs and discuss the questions.

- 1 What do you think of this way of cooking meatballs with pasta? Does it sound good?
- 2 Do you have any favourite recipes? If so, what are they?



Bruce Parry is an explorer and expedition leader. He has presented many TV programmes about different tribes all over the world. In each programme he lives and works with the tribe in order to find out about their culture and way of life.

1 Look at the photos and read the information. Then work in pairs and answer the questions.

- 1 Do you like watching this kind of programme on TV? Why/Why not?
- 2 What do you think life is like in the places in the photos?
- 3 What do you know about Outer Mongolia?

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

- 1 Bruce is visiting Outer Mongolia near the *Himalayan/Siberian* mountains.
- 2 There are *no/some* children in the tribe.
- 3 The family move their camp *twice/four times* a year.
- 4 Bruce finds the tribe's language *easy/difficult* to learn.

3 Work in pairs. Are the sentences true (T) or false (F)?

- 1 Outer Mongolia is between Russia and China. ☐
- 2 In the north of the country the temperature is freezing. ☐
- 3 The tribe are going to teach Bruce how to grow different types of food. ☐
- 4 The tribe have lived in this place for one month. ☐
- 5 The family live in three large tents. ☐
- 6 Bruce thinks the life of the tribe is 'romantic'. ☐

4 Watch the video and check your answers.

5 Work in pairs and discuss the questions.

- 1 Did you like the video? Why/Why not?
- 2 What skills do you think you need to live in this kind of tribe?
- 3 Would you like to spend time in Outer Mongolia? Why/Why not?



1 Work in pairs. You are going to watch an old man talking about his childhood. Look at the photos of the area where the man grew up and discuss the questions.

- 1 When and where do you think the old man grew up?
- 2 Do you think he had a happy childhood? Why/Why not?

2 How do you think these things were significant in the man's childhood?

- | | |
|--|----------------------|
| 1 an important cotton-weaving manufacturer | 4 washing facilities |
| 2 pollution | 5 a rich nation |
| 3 curtains | 6 poverty |

3 Watch the video and check your ideas.

4 Watch the video again. What does the man say about ...

- 1 ... his great-great-grandfather?
- 2 ... what people's houses used to be like?
- 3 ... the things people have now which they didn't use to have?

5 Work in pairs and discuss the questions.

- 1 Did you like the video? Why/Why not?
- 2 What do you know about your grandparents' childhoods?
- 3 In what ways is life different now from when your grandparents were children?
- 4 In one hundred years from now, what good and bad things do you think people will remember about childhood at the beginning of the 21st century?



Belfast



Erie



Perth

1 Work in pairs. Look at the photos and discuss the questions. Then check your answers at the bottom of the page.

- 1 Which language is spoken in all three places?
- 2 Which place is a capital city?
- 3 Which place is on the edge of a lake?
- 4 Which place is in a bay at the mouth of a river?
- 5 Which place is on the coast?
- 6 Which place has a population of over 1 million?
- 7 Which place has the hottest summers?
- 8 Which place has the coldest winters?
- 9 In which two places do you drive on the left side of the road?

2 Watch the video and complete the chart.

	How long did she live there?	What did she like about it?	What can you do there?	Would she like to go back and live there?
Alison from Belfast		<i>the warm, friendly people</i>		<i>yes</i>
Jennifer from Erie	<i>17 years</i>		<i>activities you can do in hot weather and in the snow</i>	
Astrid from Perth				

3 Work in small groups and discuss the questions.

- 1 Which of the three places would you most like to visit? Why?
- 2 Which of the three places is most similar to where you live? In what ways is it similar? What is different about it?

1 English 2 Belfast 3 Erie 4 Belfast 5 Perth 6 Perth (Perth 1.3 million, Erie 102,000, Belfast 280,000) 7 Perth 8 Erie 9 Belfast and Perth



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

- 1 Do you like these kinds of photos? Why/Why not?
- 2 How often do you buy magazines with photos like these? Which ones? Why do you like them?
- 3 Do you think the models in the photos look like this normally? Why/Why not?
- 4 What do you know about 'air-brushing' (also called 'retouching' or 'digital manipulation')?

2 You are going to watch a video in which Alesha Dixon investigates air-brushing. Before you watch, work in pairs and discuss the questions.

- 1 Which three things in the box do you think are most often changed by digital manipulation? Why?

bags under the eyes blemishes and spots
hair colour lines on the neck scars

- 2 What other things do you think are often changed?
- 3 Why do you think companies don't use untouched photos on advertisements?

3 Watch the video and answer the questions.

- 1 Number the words and phrases in the box in exercise 2 in the order you hear them.
- 2 Why don't companies use untouched photos on billboard advertisements?
- 3 Why does Alesha say 'Where am I?'

4 Work in pairs and discuss the questions.

- 1 Do you think Alesha's untouched photo is beautiful enough to go in an advertisement?
- 2 Do you think magazines should use airbrushing on photos of models? Why/Why not?
- 3 How can you change photos on a home computer?
- 4 Do you ever change your photos? Why/Why not?



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

- 1 What can you see in each photo?
- 2 Which do you think is the best place to meet new people? Why?
- 3 How many new people have you met in the last year? How did you meet them?

2 You are going to watch a video about speed dating. Before you watch, try to complete the phrases with words from the box. Then compare your answers with a partner.

addresses background conversation earth humour
other slots

- 1 three-minute time slots
- 2 a good sense of _____
- 3 exchange email _____
- 4 down-to-_____
- 5 stimulating _____
- 6 similar professional _____
- 7 get to know each _____

3 Watch the video and decide if these things are said by the man (M), the woman (W) or neither (N).

- 1 a I'm a dentist. ☐
- b I'm twenty-seven years old and I'm a journalist. ☐
- c I'm a twenty-four-year-old IT consultant. ☐
- 2 a I'm up for new things. ☐
- b You get a good idea whether they interest you or not. ☐
- c Three-minute time slots are too short. ☐
- 3 a To be honest, I'm feeling very nervous. ☐
- b I'm bored of meeting the same people. ☐
- c You're not under any pressure. ☐
- 4 a ... from a similar professional background. ☐
- b ... someone who has the same hobbies as me. ☐
- c ... someone who can make me laugh. ☐

4 Work in pairs and discuss the questions.

- 1 Were you surprised that Darren and Kavita both ticked 'yes'? Do you think that they seem compatible? Why/Why not?
- 2 Look at the list below of different ways you can meet a girl/boyfriend or future wife/husband. What do you think the advantages and disadvantages of each one are?
 - You can meet someone at work.
 - You can meet someone when you go out with your friends.
 - You can go speed dating.



Whitsunday Island



Hamilton Island

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

- 1 Where do you think the islands are?
- 2 How can you describe the islands?
- 3 Would you like to go to the islands on holiday? Why/Why not?

2 You are going to watch a video about Ben Southall, who won a job on Hamilton Island. Look at the quotes from the video and guess the correct words in *italics*.

- 1 'The post of caretaker comes with a luxury beachside home, a refreshing plunge pool and an even cooler £7,000/£11,000 a month.'
- 2 'A winner from Britain who beat 34,000 applicants from *twenty/two hundred* countries.'
- 3 'Otherwise known as the adventurous, crazy, *energetic/sporty* one.'
- 4 'He "YouTubed" his way to *Australia/victory*.'
- 5 'To go away now as the island caretaker ... is an extreme *honour/relief*.'
- 6 'Tourism Queensland says they've got about £55 million/£95 million worth of free publicity.'
- 7 'The best job in the world has gone. I don't want to have the *other/second* best job.'

3 Watch the video and check your answers.

4 Work in pairs. Watch the video again and discuss how these things are significant.

- 1 a TV reality show
- 2 a charity worker
- 3 the Internet

5 Work in pairs and discuss the questions.

- 1 Do you think the job in the film really is 'the best job in the world'? Why/Why not?
- 2 What other job do you think could also be the best job in the world? Why?
- 3 Would you describe yourself (or someone you know) as adventurous, crazy and energetic? If so, why? If not, which three adjectives could you use to describe yourself (or someone you know)? Why?



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

- 1 Are there any travel programmes in your country? If so, what kinds of places do they show?
- 2 Do you like watching this kind of programme? Why/Why not?
- 3 Do you think travel writers have an easy life? Why/Why not?

2 You are going to watch a video about Gill, a travel writer. Try to complete what she says with the words and phrases in the box.

at my desk film crews laptop computers
scripts travel editor travelling
two million readers writing about them

'I'm a travel writer and TV programme maker. I spend much of the year (1)_____, visiting countries and (2)_____. I work with (3)_____ to make programmes in amazing places. In fact, I've just got back from Antarctica. I'd like to travel most of the year but I need to spend time here (4)_____ writing stories for newspapers and (5)_____ for television programmes. Many journalists today use (6)_____ but I prefer travelling light. I'm the (7)_____ of a British newspaper called the *Sunday Mirror*. Sometimes I have eight pages to write every week and sometimes we have (8)_____.'

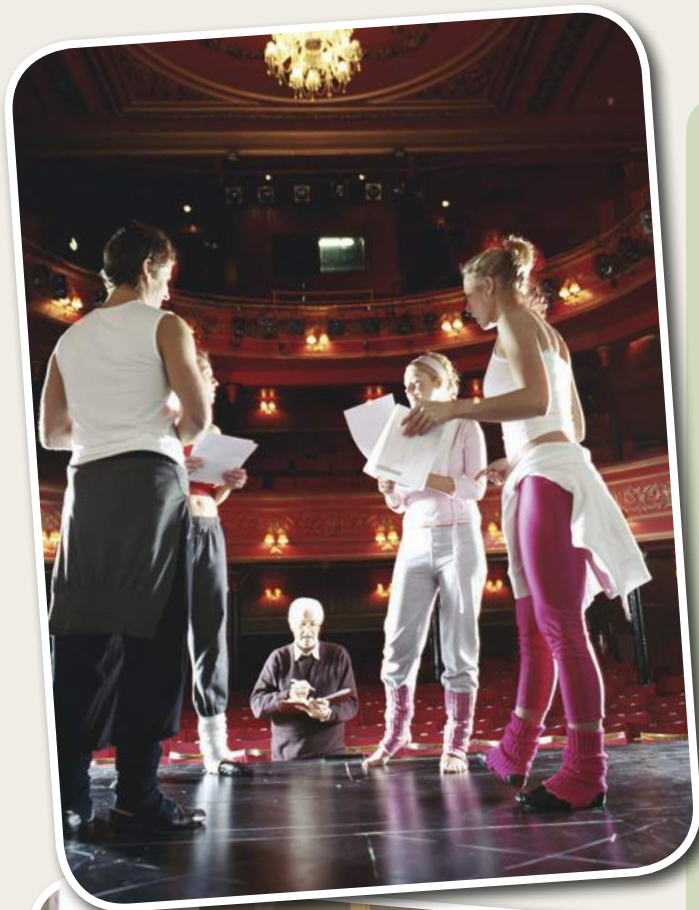
3 Watch the video and check your answers. Make a note of the places that Gill mentions.

4 Watch the video again. Which of the places is Gill referring to in each of these quotes?

- a 'I haven't been to ... yet.'
- b 'It's the most amazing place I've ever been to.'
- c 'They're the friendliest people I've ever met.'
- d 'I was nearly eaten by an angry shark.'
- e 'It's the coldest, driest, windiest continent on Earth.'

5 Work in pairs and discuss the questions.

- 1 Did you like the video? Why/Why not?
- 2 Which of the places in the programme would you most like to visit?
- 3 Would you like to have Gill's job? Why/Why not?



Sir Michael Caine is a British actor who has starred in over 100 films. His acting career started in the early 1960s with films such as *Alfie* and *Zulu*. His recent films include *Batman Begins* and *Harry Brown*.

- 1 Look at the photos and read the information about Michael Caine. Then work in pairs and discuss the questions.
 - 1 What different kinds of classes are happening in each photo?
 - 2 Have you been to any similar classes? Which ones?
 - 3 Have you seen any films that Michael Caine has starred in? If so, what did you think of them?
 - 4 What kind of films do you like watching? Why?
- 2 You are going to watch Michael Caine giving an acting master class. Before you watch, look at these tips for actors. In pairs, decide which three tips you think are the best and explain why.
 - 1 Don't shout or speak more slowly than usual.
 - 2 Relax and imagine you're just talking to your best friend.
 - 3 Don't pull strange faces – keep your face normal and relaxed.
 - 4 If you make a mistake, don't stop but just carry on.
 - 5 Listen to the director and do exactly what he/she tells you.
 - 6 Focus only on the other actors in the scene – forget about everybody else in the room.
- 3 Watch the video and number the tips in exercise 2 in the order you hear them. Some of them are not mentioned.
- 4 Work in pairs and discuss the questions.
 - 1 What do you think about Michael Caine's acting master class?
 - 2 Would you like to be an actor? Why/Why not?
 - 3 If you could go to a master class, which subject would you choose: acting, sport, music, dance or art? Why?
 - 4 Who would you like to give the master class? What tips do you think this person might give you?



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

- 1 How often do you go to cafés or restaurants?
- 2 Where is your favourite place to eat out? Why do you like it?
- 3 How often do you leave a tip? How much do you usually leave?

2 You are going to watch a video about giving tips in cafés and restaurants. Before you watch, work in pairs and try to answer these questions.

- 1 What do you think the Voluntary Fair Tips Code is?
- 2 Is it legal for restaurant owners to take the tips you leave and not give them to the waiters/waitresses?
- 3 Are there any restaurants where waiters/waitresses only get tips and no basic wages?
- 4 How can you make sure your waiter/waitress gets the tip you leave?
- 5 Do you have to leave a tip?

3 Watch the video and check your answers.

4 Watch the video again and answer the questions.

Why did they mention ...

- 1 ... the restaurants Pizza Hut, TGI Friday's and Wagamama?
- 2 ... £129 million pre-tax profits made by one company?
- 3 ... talking to the manager of a restaurant, not the waiter?

5 Work in pairs and discuss the questions.

- 1 Has the video changed your opinions about how you leave a tip and how much you give?
- 2 Have you ever complained in a restaurant or shop? What happened?
- 3 Have you ever worked as a waiter/waitress? If so, did you enjoy your experience? If not, would you like to? Why/Why not?

1 London life

1

The photos show (from top to bottom) The London Eye, The Tower of London, Trafalgar Square.

2

1 a 2 b 3 a 4 b (with about 5.7 million visitors a year) 5 b 6 b

3

Students' own answers.

4

Answers in the video:

- What are you doing today? I'm going to an exhibition at the National Gallery. / I just went to a museum with my school. / We visited the National Gallery and we're going to the Tower of London.
- What do you think of London? I love it. / I like it a lot. / I love it.
- Are you a 'culture vulture'? Definitely – I try to go to an exhibition every month. / Yes – I love musicals and plays. / Yes – I love visiting new places.
- What are you having for lunch today? pasta / a sandwich / pizza with pepperoni and cheese / bagel with cream cheese, spinach, sundried tomatoes and toasted sesame seeds
- What do you usually have for lunch? sandwich, jacket potato or pasta / sandwich, soup or sushi / sandwich with chicken and salad
- What are you going to see at the theatre? War Horse / Twelfth Night by Shakespeare / Priscilla Queen of the Desert / Mozart's Requiem
- How often do you go to the theatre? 6 to 12 times a year / on average 4 or 5 times a year / every couple of months
- Is London a good city for theatre? I think London's a fantastic city for theatre. / Yes, it is. / It's the best place for theatre. / It's a very good city for theatre.

2 El Sistema

1

Students' own answers

2

1 F 2 T 3 T 4 F 5 T

3

1 poor 2 goal 3 country 4 future 5 pay

4

Students' own answers

5

Students' own answers

3 Meatballs

1

Students' own answers

2

Ingredients mentioned: garlic, herbs, pasta, sausages, tomatoes

3

- d Boil the pasta.
- a Fry the meatballs in a pan.
- h Slice up some garlic and basil.
- g Fry the garlic and basil in a pan.
- b Add tinned tomatoes to the garlic and basil.
- e Add salt, pepper and other herbs.
- f Add the pasta to the meatballs and then add the sauce.
- c Put basil leaves on top and serve.

4

Students' own answers

5

Students' own answers

4 Survival

1

Students' own answers

2

1 Siberian 2 some 3 four times 4 difficult

3

1 T 2 T 3 F 4 T 5 F 6 F

4

Students' own answers

5

Students' own answers

5 Hard times

1

Students' own answers

2

Students' own answers

3

- an important cotton-weaving manufacturer: His great-grandfather became 'the most important cotton-weaving manufacturer in the world'.
- pollution: There was a lot of pollution from the cotton mills.
- curtains: Women had to wash their curtains once a week because of the dirt from pollution.
- washing facilities: Many poor families had no decent washing facilities, so some children stayed dirty for days.
- a rich nation: Britain was a rich nation (and a huge empire) in the 1920s, but many people lived in poverty.
- poverty: There was a lot of poverty and many slum areas, which are now affluent 'little palaces'.

4

- His great-grandfather came over from another village with his family and all his possessions and 30 years later, he was 'the most important cotton-weaving manufacturer in the world', ruling over a cotton empire.
- People's houses used to be small and dark, with no facilities and often up to three families in one house.
- People now have cars, colour televisions, washing machines, microwave ovens, holidays in Spain; everything or 'the lot' as the man says.

5

Students' own answers

6 Great places

1

- English 2 Belfast 3 Erie 4 Belfast 5 Perth
- Perth (Perth 1.3 million, Erie 102,000; Belfast 280,000) 7 Perth
- Erie 9 Belfast and Perth

2

	How long did she live there?	What did she like about it?	What can you do there?	Would she like to go back and live there?
Alison from Belfast	18 years (until 1994)	the warm, friendly people	visit the place where the Titanic was built visit the Albert Clock Tower	Yes
Jennifer from Erie	17 years	my friends – a great circle of friends	Activities you can do in hot weather and in the snow	No
Astrid from Perth	All my life, until 2002	sunshine and beaches	go to the beach	Yes – favourite place in the whole world

3

Students' own answers

7 Cover girl

1

Students' own answers

2

Students' own answers

3

- 1 bags under the eyes 2 blemishes and spots 3 scars
4 lines on the neck 5 hair colour
2 Because if the model is perfect, people look at the clothes that are being advertised. If not, they are distracted by a spot or blemish.
3 Because after so much digital manipulation, you stop looking like yourself.

4

Students' own answers

8 Speed dating

1

Students' own answers

2

- 1 three-minute time slots 2 a good sense of humour 3 to exchange email addresses 4 down-to-earth 5 stimulating conversation
6 similar professional backgrounds 7 to get to know each other

3

- 1 a M b neither c W 2 a W b M c N 3 a N b W c M 4 a M b N c W

4

Students' own answers

9 Ideal jobs

1

- 1 Hamilton Island and Whitsunday Island are on the Great Barrier Reef in Australia

2

Students' own answers

3

- 1 £11,000 2 two hundred 3 energetic 4 victory 5 honour
6 £55 million 7 second

4

- 1 The competition was made into a TV reality show, to promote tourism in Australia.
2 Ben Southall worked as a charity worker before he won the competition.
3 The job was advertised on the internet and Ben used YouTube to promote himself.

5

Students' own answers

10 World travel

1

Students' own answers

2

- 1 travelling 2 writing about them 3 film crews 4 at my desk 5 scripts
6 laptop computers 7 travel editor 8 two million readers

3

- Antarctica, Arctic, Russia, Mongolia, Canada, Fiji, Thailand, the Himalayas, New Zealand, New York

4

- a Russia, Mongolia b Canada c Fiji d Thailand e Antarctica

5

Students' own answers

11 Masterclass

1

Students' own answers

2

Students' own answers

3

- 1 Focus only on the other actors in the scene – forget about everybody else in the room.
2 Listen to the director and do exactly what he/she tells you.
3 Relax and imagine you're just talking to your best friend.
4 Don't pull strange faces – just keep your face normal and relaxed.

4

Students' own answers

12 Fair tips

1

Students' own answers

2

Students' own answers

3

- 1 It's an idea started by a workers' union that cafés and restaurants can sign up to if they want, regarding treating waiters/ waitresses fairly when it comes to paying them tips.
2 It is legal for restaurants to take tips for themselves. It's not illegal (but many people think it is immoral).
3 Yes, there are some restaurants who don't pay wages and the waiters/ waitresses only get tips.
4 You can the tip in pay cash (this means it is more likely that the waiters/waitresses will receive it) and you can ask the manager what happens to the tips.
5 No, all tips are discretionary – you only pay them if you feel the service is good.

4

- 1 These three restaurants have all signed up to the Voluntary Fair Tips Code.
2 One restaurant chain made £129 million pre-tax profits in one year, but still didn't pay waiters/ waitresses wages – only tips.
3 If you want to ask about what happens to tips, you should ask the manager, not the waiters/ waitresses (as it could make it difficult for the waiter/ waitress and he/she may lose his/her job).

5

Students' own answers

N = Narrator **I** = Interviewer

W1 = Woman 1 etc. **M1** = Man 1 etc.

N: London is a city that never sleeps. In the early morning the city's ancient markets are already open. The streets are empty, so it's the best time to make deliveries. An hour or two later, commuters start arriving from the suburbs. More than three million people travel into London every day. Tourists start the day early too, keen to take a ride on the London Eye, go to exhibitions, or visit museums and famous sites such as the Tower of London.

I: What are you doing today?

W1: I'm going to an exhibition at the National Gallery.

W2: I just went to a museum with my school.

W3: Today we just visited the National Gallery and, ah, we're gonna head over to the Tower of London.

I: What do you think of London?

W1: I love it, I live here.

W2: Yes, I like it a lot.

W3: I love it, I love the tube I love all the architecture and, ah, the sights are wonderful.

I: Are you a culture vulture?

W1: Definitely, I try to go to an exhibition once every month.

W2: Yes, I love musicals and plays.

W3: Yes, I am, ah, studying art and I love visiting new places and looking at all their, ah, interesting things.

N: By ten o'clock the shops in Oxford Street are open for business. Some of London's most famous shops are along this street. Nearby is Covent Garden, a lively area with its fashionable clothes shops and market stalls. Lunch can be anything from a sandwich to a restaurant. Many people are very busy and have stressful lives, they eat at their desks or on the move.

I: What are you having for lunch?

M1: Today I am having some pasta for my lunch.

M2: A sandwich.

M3: I'm going to have a pizza with pepperoni and cheese.

W4: Today for lunch I'm going to get a bagel at Waterloo which will have cream cheese, spinach, and sun dried tomatoes, and toasted sesame seeds.

I: What do you usually have for lunch?

M1: Ah, I usually have a sandwich or a jacket potato or some pasta.

M2: Either a sandwich or some soup, or sushi.

M3: I usually have a sandwich with chicken and salad.

N: The evening rush hour begins at five o'clock. The city is getting ready for the night's entertainment. Theatres open in the West End at about seven thirty. Many of the world's best loved plays and musicals were first staged here.

I: What are you going to see?

W5: Tonight we're going to see *War Horse*.

M4: We're going to go and see the *Twelfth Night* a Shakespearian play.

W6: I'm going to see *Priscilla Queen of the Desert*.

M5: Tonight I'm going to see, ah, the performance of the Mozart Requiem at St Martin's in the Fields.

I: How often do you go to the theatre?

M4: I go to the theatre six to twelve times a year depending what's showing.

M5: Well very often when I'm in London, um, average four or five times a year.

W6: I go to the theatre probably every couple of months.

I: Is London a good city for theatre?

W5: Ah, I think London's a fantastic city for theatre, definitely.

M4: Ah yes it is and coming from Sydney Australia we enjoy coming to the theatre whilst we're in London.

M5: London is the best – best place in the world for theatre and culture in general.

W6: London is a very good city for theatre.

N: Restaurants always seem to be busy, and so do the cinemas. And when the pubs and restaurants close, the party animals go clubbing. They keep on dancing until the early morning, when another day begins.

N = Narrator **M** = Man **J** = Jhoanna

N: José Antonio Abreu is the creator of a musical programme he called El Sistema. He wanted to give poor children and young people in Venezuela the chance to play music – for free. Today over three hundred thousand children are taking part and performing in a hundred and twenty-five youth orchestras all over the country.

M: Jhoanna Sierralta started learning the viola at the age of thirteen. Now, at twenty-three, she leads the viola section.

J: The goal for all young musicians in Venezuela is to play with the Simón Bolívar Youth Orchestra, what used to be the National Children's Orchestra.

M: The Sistema and its musicians don't exist in isolation. Following Abreu's original vision, music is fully integrated into the life of the country.

J: The Sistema doesn't just produce musicians, people to play in orchestras. It also trains us as people, as human beings who are going to teach younger kids not just how to play an instrument, but about friendship and sharing.

Thirty-one years ago there wasn't much here, just a few people studying music and they all wanted to work abroad. They'd say that there was no future for musicians in Venezuela, but when Maestro Abreu was developing his vision he was thinking beyond the music to a wider social welfare aspect. It's not just a question of giving children an instrument or pointing them towards a music school.

We go out and try to track them down and try to motivate them and get them away from problems with their parents or other family members, and we tell them here's an instrument for you, you don't have to pay for it.

J = Jamie Oliver

J: So, um, I'm gonna do a beautiful dish. I've got some water on, spaghetti, and what I want to do is take about half of that, about two portions' worth, and give it a little twist. Drop it in here, lovely. Maybe a little bit more for luck. So what I'm gonna do is I'm gonna make meatballs, right, the quickest meatballs. I'm gonna make meatballs in the time it takes that pasta to cook.

I've got some fantastic sausages. These are from the butcher and look at them, I mean they're pretty amazing. All you have to do is get a pan hot, which that is, have a nice drizzle of olive oil, right, and get your sausage and literally pinch it, and pull it out, drop. Pinch it, pull it out, drop. Dead simple.

Now sauce, tomato sauce. I've got the quickest, most delicious tomato sauce, so what you do – slice up a couple of cloves of garlic. I want to use basil, basil – tomato's best friend there's no debate there, stalk I want, the big old leaves, let's chop 'em up. Stalks, nothing wrong with those, don't you dare throw 'em away, waste of money, loads of flavour in there. And put the garlic and the basil stalks into the pan. That'll start frying.

Nice and golden. Garlic's going. Basil leaves, and then in with some good tinned tomatoes, pour the juice in, get the actual tomatoes in your hand, scrunch them, through your finger. All I want to do is bring them to the boil. A little bit more salt, and a bit more pepper.

And then what I want to do is I've got some golden oregano – you could use normal green oregano, thyme, even rosemary, just take it off, in with the meatballs, they'll crisp up, they'll look lovely. Oregano, meat, pork, lovely. The sausages are cooked through, the pasta's now nicely cooked, I'm not gonna put it with my tomato sauce, I want to do it sort of slightly more Italian in the sense of tossing it with the meat and all the lovely juice and all of that sort of stuff, great in there.

And then to serve it, all I'm gonna do is take a nice wad of my pasta. I'm gonna get my lovely tomato sauce in the middle. And then don't forget your meatballs. And then just finish it with a few lovely little basil leaves, and, and that is a superb dinner – ten minutes.

N = Narrator **B** = Bruce

N: This is Outer Mongolia. And this is Bruce Parry, explorer and expedition leader. Outer Mongolia lies between Russia and China. Bruce is visiting the Hovsgol Province in the north of Mongolia. It's very close to the Siberian Mountains and is very difficult to get to. Not many people live there. Bruce is visiting this freezing wild landscape to live with a group of people called the Darhads.

The Darhad tribe are going to teach Bruce how to herd cattle, and ride a horse. These things can be quite dangerous. Bruce will also learn about the Darhad's beliefs and traditions.

B: Batbaya's family has been chosen for me by Mishig. He's got several elders living with him and a number of small children, so Mishig thinks I'll be able to help out when they migrate across the mountains.

Batbaya's family have already been here for a month. This is the autumn camp, it consists of two gares, wonderful felt lined tents that can be put up in an hour or so, and a storehouse. The family moves with their gares four times a year according to the availability of good pasture for the animals. Life here is unrelentingly tough, face to face with the animals, nothing romantic.

Weeks before the migration takes place the oxen, which have been running free all summer, must be haltered, ready for their journey. The days for me soon pass in learning and watching the routine of camp life, milking, herding, and corralling.

B: Still getting to grips with the language. I've no idea what's going on most of the time. But, ah, I think I'm helping a little bit.

N = Narrator **T** = Mr. Thornber

T: I was born in Burnley on the twentieth of June nineteen thirteen. The originator of the family, who was my two greats grandfather, he was called Benjamin Thornber. He came over from, ah, Rimington, walked over the top of what they called Coldweather Hill pushing a hand cart, ah, with his – his twelve children and his wife carrying all their worldly goods.

N: Thirty years later, Benjamin Thornber was the most important cotton weaving manufacturer in the world. He ruled a cotton empire. And cotton dominated the town, but the pollution from the mills was terrible.

T: There was so much dirt coming down the women had to, had to take their curtains down once a week and wash them.

Children were black, their faces were black, their knees were black, and if, um, if they were in such poor circumstances that they hadn't the decent washing facilities, they stayed black for days on end. But we were scrubbed two and three times a day. We used to come home from school at lunch time and we always had to have a thorough wash before going back to school to wash off the morning's dirt. And this was soot you see.

N: All the houses were built very close together, they were small and dark and had no facilities. Up to three families used to live inside each one. Although Britain was a rich nation with a huge empire, the people here lived in poverty.

T: Today, when we've no empire, we've no cotton mills, ah, everybody is affluent. Those areas that were slum areas in my childhood are now little palaces. We have everybody with a car outside and a colour television, a washing machine, it's a microwave oven, every–everything. And holidays in Spain, the lot.

AL = Alison **J** = Jennifer **AS** = Astrid

AL: I lived in Belfast until nineteen ninety-four, um, so for eighteen years until I moved to Scotland to go to university. The people in Belfast are very warm and friendly, and they like to laugh a lot and they enjoy telling jokes. In Belfast I'd recommend people to visit the place where the Titanic was built and to learn about its history. We also have a famous clock tower in Belfast called the Albert Clock, but it's falling over. I'd like to go back to live there one day, but at the moment it's very easy for me to travel home and I go home about once a month to visit my family and friends.

J: I was born in Erie and I lived there for seventeen years. My favourite thing about living in Erie was my friends, um, I had a great circle of friends. Um, the weather is very warm in the summer time it can be, ah, incredibly hot and sunny, and then in the winter time it can be very cold and usually it snows between October and March, so it's quite a change. I don't think that I'll go back and live there, it doesn't feel like home to me. My parents live there so chances are I'll be visiting them, but I don't think I'll be living there.

AS: I lived in Perth all my life, until 2002. I loved the sunshine and the beaches, being able to walk along the coast, it was just lovely. Sometimes the weather is too hot, that would be the main thing that I didn't like. I would love to go back to Australia, to Perth in particular. It's my favourite place in the whole world.

N = Narrator **M** = Man **A** = Alesha

- N:** We often see beautiful models and celebrities in advertisements. But do they look like that in reality? Alesha Dixon wants to discover how physical appearances can be changed by air brushing and other techniques. So she has sent some basic photos to a top London studio specialising in fashion and beauty. They've worked with everybody from Kate Moss to Madonna. But what will they do to Alesha?
- M:** This is a picture of your good self.
- A:** Nobody wants to see their face that big do they?
- M:** If this is going to be a – a billboard ad and it's gonna be thirty foot tall –
- A:** Yeah.
- M:** – then you're gonna see every little tiny defect in the skin.
- A:** Right.
- M:** We would soften the bags –
- A:** Yeah.
- M:** under the eyes, and remove some blemishes like spots or scars, lines on necks.
- A:** What would be so dramatically wrong if there was a picture on a billboard that hadn't been retouched? Would it make people crash their car?
- M:** If the girl is perfect then you're gonna look at the clothes and you're not gonna look at the – at the spots –
- A:** At the spot or the dark circles.
- M:** Exactly.
- A:** To see it with your own eyes how they can expand you, shorten you, chop you, pinch you, remove this, do this, da, da, hair colour, da, da. It's like you look at him and you go, well where am I?
- N:** Alesha persuaded a magazine to use her photo without any digital manipulation. But what do you think? Does her image need to be changed? Or is her natural look beautiful enough?

N = Narrator **D** = Darren **K** = Kavita **C** = Compere

- D:** I'm Darren Govindasami, I'm twenty-seven years old, ah, and I'm a dentist, and during the week I live in Docklands, and I'm back home in Purley, ah, with my family on the weekends.
- K:** My name is Kavita Sedov, I'm a twenty-four year old IT consultant and I live in Osterley in West London.
- N:** Darren and Kavita are both young and single. They don't have a girlfriend or a boyfriend. But tonight they're trying a new way to meet someone special. Speed dating.
- K:** I'm up for new things, um, and I've had failed introductions in the past. I mean in the last few months, I've had quite a lot going on, um, and they've not been very successful at all.
- D:** It's the first time I'm doing it, so you can just speak to them for about, apparently you speak to them for about three minutes, and then you get a good idea whether they interest you or not.
- K:** And it's a great way of meeting new people 'cos I'm bored of meeting the same people and I think it's quite exciting to meet different people you know in the space of one night.
- D:** You're not under any pressure, apart from the time you're not under any pressure.
- D:** My ideal girl should be down to earth, ah, pretty, good sense of humour, and from a similar professional background?
- K:** Just looking for a guy with immense intellect. I'd like to have someone I can have a stimulating conversation with as opposed to the boring guys that I've been meeting, someone with – someone who can make me laugh.
- N:** The rules are simple, people can chat for three minutes. Then they complete a card with the other person's name and tick yes or no.
- C:** Please move on to your next date.
- N:** If two people tick yes, then the organisers exchange their email addresses.
- D:** Which university did you go to?
- K:** I was at UCL.
- D:** Ah so you know my friends from UCL then?
- K:** Yeah.
- K:** Oh one of my favourite restaurants is SSS in Chiswick, I love Chiswick.
- D:** And what sort of religion are you?
- K:** I'm – I'm Hindu. I'm Hindu Punjabi.
- D:** I'm Hindu – I'm Hindu as well.
- K:** I love sort of chilling at bars, I love eating out, um, I love my walks in the park.
- N:** And the result? They both ticked yes. Success.

N = Nick **W1** = Woman 1 etc. **B** = Ben

N: You're looking at the office of what purports to be the best job in the world. Hamilton Island on the Great Barrier Reef, where the post of caretaker comes with a luxury beach-side home, a refreshing plunge pool, and an even cooler eleven thousand pounds a month.

A global recruitment drive with the trappings of a TV reality show, that was really a tourism marketing campaign. And a winner from Britain who beat thirty-four thousand applicants from two hundred countries.

W1: The new caretaker of the islands of the Great Barrier Reef, from the United Kingdom Ben Southall.

B: Hi I'm Ben, or otherwise known as the adventurous, crazy, energetic one.

N: Ben Southall is a thirty-four year old charity worked from Hampshire, with a sense of adventure, and a dose of online charisma. He 'You Tubed' his way to victory.

B: All of the activities and all of the things we've done has been an incredible challenge it's been very testing, we've – we've failed in sleeping for the last few nights I think, we've all been very nervous today, but to go away now as the Island Caretaker for Tourism Queensland and the Great Barrier Reef is an extreme honour.

N: At a time when the Australian tourism industry is in the doldrums, this internet phenomenon has provided an unexpected bonus.

W2: The Tourism Queensland says they've got about fifty-five million pounds' worth of free publicity and I imagine a lot of other tourist boards will be looking at that and thinking they'd like a bit of that as well. But of course nobody wants to be 'me too' and you know the best job in the world's gone, you don't want to have the – the second best job in the world.

B: Wahoo!!

N: So a genuine rarity, a contest where the Poms and the Aussies can both claim victory. Nick Bryant, BBC News, Sydney.

G = Gill **W** = Women

G: I'm a travel writer and a TV programme maker. I spend much of the year travelling, visiting countries and writing about them.

G: I work with film crews to make programmes in amazing places. In fact, I've just got back from Antarctica.

G: I'd like to travel most of the year, but I need to spend time here at my desk writing stories for newspapers and scripts for television programmes.

Many journalists today use laptop computers, but I prefer travelling light.

G: I'm the travel editor of a British newspaper called the Sunday Mirror. Sometimes I have eight pages to write every week, and sometimes we have two million readers.

I think I've been to about seventy countries, from Antarctica to the Arctic, and lots of places in between.

G: However, there are still many places to see. I haven't been to Russia or Mongolia yet, and they'd be very interesting places to visit.

G: The most amazing place I've ever been to is Canada. I like open spaces and the scenery is stunning.

G: Fiji's also fun, and has some of the friendliest people I've ever met.

W: Bula!

G: Some of the jobs can be quite scary, like the time I was nearly eaten by an angry shark in Thailand.

G: The best thing about the job is the excitement of going to new places. I don't mind where, it might be trekking in the Himalayas, or just visiting a museum in a town nearby.

Some of the TV programmes are filmed in wild places like Canada or New Zealand, others are in big cities like New York. Here's one I'm working on today.

G: This is Antarctica, it's the coldest, it's the driest and it's the windiest continent on Earth, but that doesn't worry the animals.

N = Narrator **M** = Michael Caine **A** = Actor

M: We're gonna talk for a little while about film making, of which I've done a little bit.

N: Michael Caine is one of the greatest British screen actors. He has appeared in more than a hundred films, including *Zulu*, *Alfie*, and *Batman Begins*. On TV he gave a series of masterclasses to young actors.

M: And once you're in front of that camera nobody exists, nobody, except the other person in the scene, and what we do we actors who are in the movie, we hang on to each other's eyes ...

N: Here, he explains how a film director gave him some very useful advice about acting.

M: Direction, sort of direction. There is an actor who can take direction and one who can't in movies always, and the ones who get on are the ones who listen to the director and immediately translate exactly what he said.

N: Michael explains how to act to a camera.

M: And remember in movies the camera is always your best friend, you know what I mean? So what you do is relax into it, you're just talking to your best mate, that's all.

N: Michael teaches the young actor how to use his face to express his thoughts on camera.

M: You see?

A: Ah yes.

M: Now anything, if you go, oh she's ... no faces.

A: Right.

M: No faces, everybody pulls faces. People, when they talk to you, they don't come up and say, 'Excuse me could you tell me where Woolworth's is?' But because we are actors and we get kind of nervous, certain twitches come out in our face.

M: Try it, let's have one more go, one more go.

N = Narrator **M** = Man **P** = Presenter **W1** = Woman 1 etc.

N: You've had a nice meal, the waiter's been great, the bill comes and you're more than happy to pay that service charge. The problem is, who is actually getting it? Some restaurants are using the service charge to make your waiter's salary up to the minimum wage. Restaurants such as Pizza Hut, TGI Friday's and Wagamama have signed up to a voluntary fair tips code which has been launched by the union Unite. The aim is to stop restaurants pocketing your service charge, which at the moment is completely legal.

M: I think you could call it legalised fraud. Ah, it's certainly not illegal, but what it is it's immoral. It's outrageous that companies use tips left by customers, ah, for the good service that they receive – it's outrageous that they take those tips into their own profits.

P: Restaurants like this one don't give their staff a basic wage at all. In fact they rely wholly on the service charge and the gratuities that are left by customers, and considering that the parent company of this restaurant chain earned a hundred and twenty-nine million pounds in pre-tax profit in the last year alone. That is completely legal.

W1: Disgusting, they should get paid a proper wage.

W2: And why, why – why do they feel that – that they could charge what they charge, but not pay their staff, so they're getting – it's like slavery – they're getting money for nothing aren't they, and we're paying for their wages. That's wrong.

W1: But it's actually stealing because – because you think you're giving the – the boys and girls a tip, and they're not getting it, it's wrong.

N: So what can you do if you want your tip to go straight to the staff rather than the restaurant?

Leave cash. While this doesn't legally have to go to waiting staff, it is more likely to.

Ask the manager of the restaurant what happens to the service charge. Asking the waiter could compromise their employment.

You don't have to pay it. Remember service charges, even ones added on to your bill, are discretionary.