1 Online addiction







1 a Work in pairs and discuss the questions.

1 Approximately how many hours a day/a week do you use the Internet? What do you use it for?
2 What are the advantages and disadvantages of using the Internet a lot for young children?
3 In which country do you think the Internet is used the most?

b Watch the first part of the video (00:00 – 00:24) and check your answer to question 3 in exercise 1a.

2 a Watch the rest of the video and number the phrases in the order you hear them.

1 broadband ☐
2 digital age ☐
3 digitally-enhanced country ☐
4 fibre-optic cabling ☐
5 high-tech ☐
6 Internet addiction ☐
7 medication ☐
8 the web's effect on our psychology ☐

b Work in pairs and check the meaning of the words and phrases from exercise 2a.

3 Watch the video again and answer the questions.

1 How many times faster are broadband downloads in South Korea than in the UK?
2 What percentage of 3–5 year-olds in South Korea use the Internet regularly?
3 What is the equivalent figure in the UK?
4 How many children does the Korean government think are affected by Internet addiction?
5 What percentage of young Internet addicts are admitted to hospital?
6 What are the symptoms of Internet addiction?
7 When does the government advisor predict that other countries will face similar problems?

4 Work in pairs and discuss the questions.

1 Which answers from exercise 3 surprised you? Why?
2 What do you think about the situation described in the video?
3 How similar is the situation with Internet use in your country?
4 Do you think anything should be done to change the situation? If so, what? If not, why not?

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2 Bhutan



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 the country of Bhutan?

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

1 Bruce is visiting Bhutan which is in the *Himalayan*/*Siberian* mountains.
2 The village he visits lies about *400*/*4,000* metres above sea level.
3 The villagers are *friendly*/*suspicious* when he arrives.
4 Bruce finds chopping wood surprisingly *easy*/*difficult*.

3 a Watch the video again and write true (T) or false (F).

1 Bruce is going to a part of the country which is quite easy to get to. ☐
2 It takes four days of easy walking to get to the village. ☐
3 It takes time to get used to the thin air at high altitude. ☐
4 The girls aren't as strong and fit as he thought they would be. ☐
5 Bruce finds any physical activity very difficult. ☐
6 The girls find the wood chopping extremely hard work. ☐

b Rewrite the false sentences from exercise 3a to make them true. Use the words and phrases from the box.

beaver away hard trekking inaccessible slightest puff tough

4 Work in pairs and discuss the questions.

1 Would you like to visit this region of Bhutan? Why/Why not?
2 How do you think you would manage chopping wood in Bhutan?
3 What's the most physically-demanding activity you've ever done? What happened?

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3 Chinese inventions





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

1 What can you see in the photos?
2 What do you think the connection is between them?
3 What do you know about the history of fireworks?

2 Watch the video and write true (T) or false (F).

1 The Chinese started making fireworks over 1,000 years ago. ☐
2 The first firework was made by putting gunpowder into small cardboard boxes. ☐
3 The main ingredient in gunpowder is potassium nitrate. ☐
4 Gunpowder burns very slowly when it isn't contained. ☐
5 Gunpowder only produces an explosion when it's contained. ☐

3 **a** Try to complete the sentences before you watch the video again.

1 The Chinese discovered gunpowder by _____ .
2 The three ingredients of gunpowder are saltpetre (potassium nitrate), sulphur and _____ .
3 This discovery was made while alchemists were looking for the elixir of _____ life.
4 The Chinese developed different types of fireworks, like _____ and Catherine wheels.
5 Potassium nitrate contains _____ which makes the gunpowder burn fast.
6 When the Chinese discovered how to make gunpowder explode, they started using it for _____ .
7 It's ironic that a product discovered during the search for life was later used to _____ people.

b Watch the video again and check your answers.

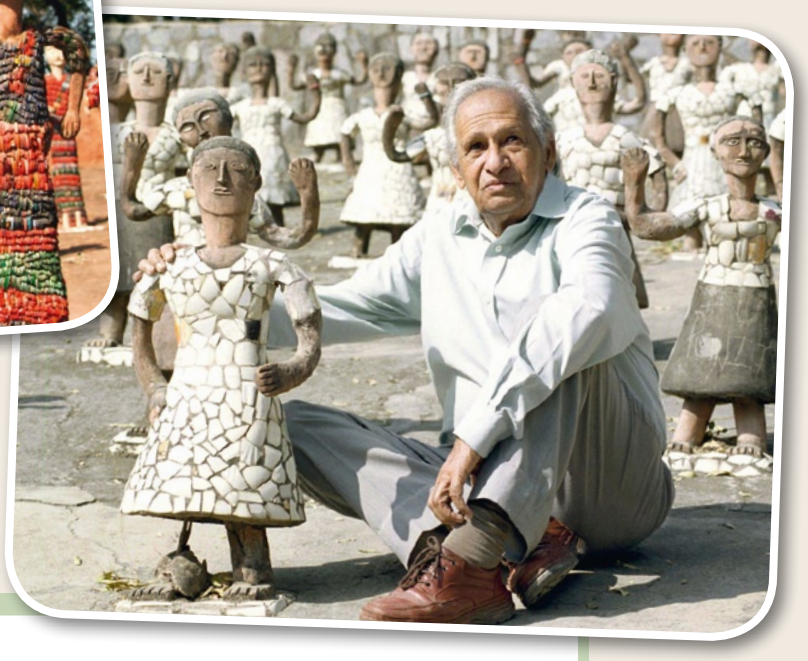
4 Work in groups and discuss the questions.

1 Are fireworks popular in your country? In what situations are they usually used?
2 What celebrations or events do you know in which fireworks are traditionally used? Think about different countries.
3 Do you agree that firework displays are a good use of public money? Why/Why not?

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4 Nek Chand's garden





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

1 What do you know about Nek Chand and his garden?
2 Do you think it looks like the kind of place you would like to visit? Why/Why not?

2 Watch the video and answer the questions.

1 When did Chand start building the rock garden?
2 Who did he tell about the garden?
3 What happened in 1971?
4 Where did Chand get the material for the garden from?
5 How did he collect the material?
6 How many sculptures are there in the garden?
7 How many visitors come to the garden every day?
8 Which two of these animal sculptures are mentioned: elephants, monkeys, lions, tigers?

3 a Watch the video again and number the phrases in the order you hear them.

1 broken plates	☐	5 street lights	☐
2 like a maze	☐	6 unique and bizarre	☐
3 open space	☐	7 waste material	☐
4 quite a job	☐	8 work of genius	☐

b Work in pairs. What does each phrase from exercise 3a refer to?

1 *Broken plates are an example of the type of rubbish used in the garden.*

4 Work in pairs and discuss the questions.

1 Having watched the video, have you changed your mind about whether the rock garden is the kind of place you would like to visit? Why/Why not?
2 What kind of garden, park or open space do you most like going to? Why? How often do you go? What do you do there?

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5 Ellen MacArthur





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

1 What do you know about Ellen MacArthur and her achievements?
2 What do you think are the main physical and emotional challenges that a solo sailor would face?

2 Watch the video and write true (T) or false (F).

1 In 2005, Ellen sailed solo around the world in under thirty-three days. ☐
2 Her boat was full of the very latest technology. ☐
3 During her preparation race in 2001, she had to be captain and crew, but not navigator. ☐
4 She had to make repairs during a storm. ☐
5 She describes the Southern Ocean as the most frightening place in the world. ☐
6 Ellen needed to consume 3,000 calories and twenty vitamin pills per day. ☐
7 On average, she had about two hours of sleep every twenty-four hours. ☐
8 According to the video, the four qualities a solo sailor needs are skill, determination, courage and stamina. ☐

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

1 We should have a chance of breaking the record, but it's going to be very *close*/*difficult*.
2 I'm black and blue and I ache all over. I'm just *excited*/*exhausted*!
3 It's not like you're a tiny *dot*/*point* in the middle of a massive ocean!
4 You imagine a big storm as if it's you against the *ocean*/*world*, and it never ever felt like that, not once.
5 I'm going to try and *eat*/*sleep* as much as I possibly can today.

4 Work in pairs and discuss the questions.

1 Having watched the video, have you changed your mind about your answers to question 2 in exercise 1?
2 What do you think drives Ellen to break these sailing records?
3 Imagine you are going on a long solo sailing trip and you can take one special book, one special CD, one special thing to eat and one luxury item. Work in pairs and take turns to tell your partner what you would take and why.

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6 Home Road Movies







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

1 Which holiday photo do you think looks the most appealing? Why?
2 Can you describe your most recent (a) beach holiday, (b) city sight-seeing holiday and (c) camping holiday?

2 a Look at the phrases from a film called *Home Road Movies*. What do you think the film is about?

bus timetables holidays of a lifetime motoring
a new campsite top performance sports car

b Watch the video and check your ideas.

3 a Watch the video again and complete the sentences.

1 It wasn't the sort of thing to boast about, but our dad was an _____ on bus timetables.
2 We even had a _____ outside our house.
3 There were too many of us to be _____ .
4 We held our breaths while Dad, RAF-trained, prepared for our first _____ .
5 With Europe as our _____ , we immersed ourselves in its cultural capitals.
6 The electric cooker and fridge provided _____ cuisine.
7 Fellow campers were impressed with what British camping _____ could offer.
8 Together, we travelled ever upwards towards the _____ of modern family motoring.

b Work in pairs and look at the sentences from exercise 3a. What impression do you think the choice of words creates?

4 Work in groups and discuss the questions.

1 What did you think about the film *Home Road Movies*? How did it make you feel?
2 Do you prefer going on a long journey by car, by coach or by train? Why?
3 When you were a child, were your family summer holidays usually the same every year or different?

If they were the same: where did you usually go? Did you enjoy them? Why/Why not?

If they were different: what was your favourite holiday? Where did you go? Why did you like it?

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

1 What do you know about the Vikings?
2 What do you think a 're-enactment society' is?

2 Read the information below and answer the questions.

1 What did you learn about the Vikings that you didn't know before?
2 What do you think people enjoy about being part of a 're-enactment society'?

The Vikings lived over one thousand years ago and came from Denmark, Norway and Sweden. They were mostly farmers, but some worked as craftsmen or traders. The Viking Age – or Dark Ages as they were known – began in Britain about 1,200 years ago in the eighth century AD and lasted for 300 years. At the time of the invasions, Britain was mostly inhabited by the Anglo-Saxons who were terrified of these fierce people.

There are people in Britain today (and in Europe and the US) who are fascinated by the Vikings and their whole way of life. Many of these people are members of 're-enactment societies' and they spend their spare time living exactly as the Vikings did. They go to great lengths to be as accurate as they can about every detail including clothes, food and battles. Although some people may regard this type of hobby as excessive, for the re-enactors it is a fantastic way of spending their free time.

3 Watch the video and tick (✓) the reasons you hear for doing this hobby.

1 a love of history ☐
2 an interest in warfare ☐
3 it's fun to dress up ☐
4 it's good exercise ☐
5 it's very friendly ☐
6 it's a way of making money ☐

4 Watch the video again and answer the questions.

1 Do the re-enactors try to hurt each other when they are fighting? Why/Why not?
2 What were the two main reasons for creating the Viking village?
3 One man says that he knows some people who 'seem to take it a bit far'. What example does he give?
4 Where do the re-enactors get the costumes from?
5 What does the blacksmith say about the tools he makes?
6 Which 'real life' jobs are mentioned?

5 Work in pairs and discuss the questions.

1 Do you think that being a member of one of these societies is 'excessive'? Why/Why not?
2 Many other re-enactment societies exist for different periods in history (e.g. World War I, The American Civil War, The Roman Invasion of Britain). If you were going to join (or start up) a re-enactment society, which one would it be? Why?

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8 Secrets of success







1 Which jobs from the box are represented in the photos?

a card maker an Indian takeaway owner
a milliner a quantity surveyor
street performers a web consultant

2 Work in pairs and discuss the questions.

1 What are the biggest challenges of starting up your own business?
2 If you had the chance to start up your own business, what would it be? Why?

3 Watch the video and match the quotes with the jobs from exercise 1.

1 I did my market research on it.
2 I've an annual turnover of £70,000.
3 I'm very passionate about my work.
4 Last year I decided to set up my own business.
5 We've been very lucky and very successful.
6 We've been going for two and a half years now.

4 Having watched the video, can you remember the six secrets of success? Complete the tips with the words from the box.

boss customer help idea
partner passionate

1 Stay _____
2 Get some _____
3 Be your own _____
4 Have a good _____
5 Choose your _____
6 Know your _____

5 Work in pairs and discuss the questions.

1 Which three tips from exercise 4 do you think are the most important?
2 Can you add one other?
3 What are the advantages and disadvantages of working for yourself rather than working for someone else? Which would you rather do? Why?

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9 The Ladykillers





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

1 Do you ever watch old films? Do you have any favourites? What do you like/dislike about them?
2 Have you heard of the film *The Ladykillers*? If so, what do you know about it? If not, what do you imagine it might be about?

2 Read the information below and answer the questions.

1 Were your ideas for question 2 in exercise 1 correct?
2 What do you think is happening in each of the photos from the film?
3 Who do you think the people are that you can see?

The Ladykillers is a classic British comedy, originally made in 1955, in which an old lady (Mrs Wilberforce) takes in a lodger and then finds out he has committed a robbery with four friends. When the villains realise she knows everything, they plan to kill her. But this old lady isn't as harmless as she seems. This film was remade in 2004, starring Tom Hanks.

3 Watch the video and answer the questions.

1 What are the five men pretending to be? What are they in fact?
2 What does Mrs Wilberforce wish/regret?
3 What happens as the men are leaving?
4 Why do they go back to the house?

4 Work in pairs and discuss what you think happens next in the film. Then tell another pair of students your ideas.

5 Work in pairs and discuss the questions.

1 Did you like the film extract? Did you find it funny? Why/Why not?
2 Would you like to watch the rest of the film? Why/Why not?

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10 Yes, Prime Minister





Yes, Prime Minister and *Spitting Image* are two of Britain's most well-known political satirical TV series. In different ways they both make fun of key political characters and the political system.

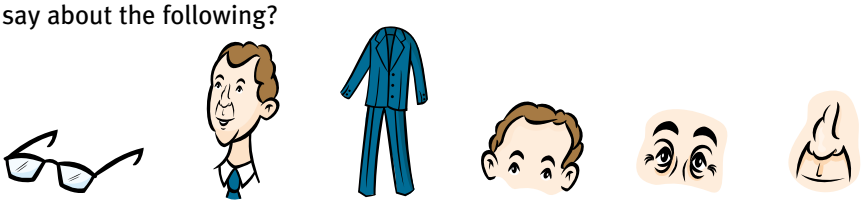
In *Yes, Prime Minister*, Jim Hacker (newly-elected Prime Minister) attempts to make various bold changes but these generally come to nothing, thanks to the manoeuvring of his manipulative Cabinet Secretary, Sir Humphrey, who opposes action or change of any sort.

In *Spitting Image*, famous characters in British and international life were re-created in the form of latex puppets, which – in the manner of newspaper political cartoons – grossly exaggerated that person's most obvious facial or personality characteristic.

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

1 Do you have any political satirical TV programmes in your country? Do you find them funny? Why/Why not?
2 Do you think programmes like this are a good thing? Why/Why not?

2 Watch the video of *Yes, Prime Minister*. What does the TV producer, Godfrey, say about the following?



glasses face suit hair eyes nose

3 Work in groups and discuss the questions.

1 What advice would you give to a politician who was making a televised political broadcast?
2 Which politicians that you know have a good media image? Why do you think this is?
3 Have you seen any TV debates between politicians? Who did well? Who didn't? Why?

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Answer key

1 Online addiction

1a
Students' own answers

1b
South Korea

2a
1 digitally-enhanced country
2 fibre-optic cabling
3 broadband
4 digital age
5 high-tech
6 Internet addiction
7 medication
8 the web's effect on our psychology

2b
1 broadband: a system of connecting computers to the Internet at a very high speed
2 digital age: our particular period in history, where access to technology and use of the Internet is widespread and extremely important
3 digitally-enhanced country: a country which has the advantage of easy access to digital technology
4 fibre-optic cabling: the process of using very thin threads of glass or plastic to carry information, usually on telephone lines
5 high-tech: using the latest technology
6 Internet addiction: the need to use the Internet, without being able to stop
7 medication: medicine given to people who are ill
8 the web's effect on our psychology: how the Internet can change the way we think and behave

3
1 10 times
2 62%
3 approximately 31%
4 210,000
5 20%
6 feeling anxious and unstable, not feeling satisfied, losing contact with friends, frictions with parents
7 3–5 years

4
Students' own answers

2 Bhutan

1
Students' own answers

2
1 Himalayan 2 4,000 3 friendly 4 difficult

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

3b
1 Bruce is going to the most inaccessible part of the country.
2 It takes four days of hard trekking to get to the village.
3 True
4 The girls are even tougher than he thought they would be.
5 True
6 The girls don't find the wood chopping hard. They beaver away without the slightest puff.

4
Students' own answers

3 Chinese inventions

1
Students' own answers

2
1 T 2 F 3 T 4 F 5 T

3a
Students' own answers

3b
1 accident 2 carbon 3 eternal 4 rockets 5 oxygen 6 warfare 7 kill

4
Students' own answers

4 Nek Chand's garden

1
Students' own answers

2
1 in the 1950s
2 nobody
3 The Rock Garden was found and nearly destroyed.
4 He found waste material on the roadside, behind hotels and restaurants.
5 on his bicycle
6 about 5,000
7 about 5,000
8 monkeys and tigers

3a
1 unique and bizarre
2 waste material
3 work of genius
4 open space
5 quite a job
6 like a maze
7 street lights
8 broken plates

3b
2 like a maze: a description of the garden, covering a large area and full of sculptures
3 open space: the place where the garden was built was not going to be built on by anyone else
4 quite a job: the task of collecting all the material and transporting it all by bicycle
5 street lights: an example of the type of rubbish used in the garden
6 unique and bizarre: a description of this unusual garden
7 waste material: what was used to build the garden
8 work of genius: the authorities realised that this was what the garden was

4
Students' own answers

5 Ellen MacArthur

1
Students' own answers

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

3
1 close 2 exhausted 3 dot 4 ocean 5 sleep

4
Students' own answers

6 Home Road Movies

1
Students' own answers

2a
Students' own answers

2b
The film is about a father who is passionate about bus holidays and bus timetables. However, he can't take his family on bus holidays because he has too many children. He buys a car instead (it isn't a top performance sports car) and takes his family on motoring holidays of a lifetime, staying at campsites on the way.

3a
1 expert 2 bus stop 3 average 4 flight 5 playground 6 exotic 7 technology 8 utopia

3b
Suggested answer:
The choice of words shows that the narrator is looking back at his childhood with a sense of irony and sarcasm. For example, when he talks about his father being an 'expert' on bus timetables, he is aware that this is something you don't usually boast about, and that fathers are usually experts in something more interesting and important.

4
Students' own answers

7 Vikings

1

Students' own answers

2

Students' own answers

3

All of the reasons are mentioned except 6 'it's a way of making money'.

4

1 They don't try to hurt each other because they want to be able to do it again. It's just play-fighting for fun.
2 entertainment and education (for themselves and the public)
3 a woman who kept her Viking shoes on all the time
4 They make their own clothes.
5 Blacksmiths' tools now are exactly the same as they were in the days of the Vikings.
6 accountants, builders, shopkeepers

5

Students' own answers

8 Secrets of success

1

a milliner, street performers, a quantity surveyor

2

Students' own answers

3

1 I did my market research on it. = an Indian takeaway owner
2 I've an annual turnover of £70,000. = a card maker
3 I'm very passionate about my work. = a milliner
4 Last year I decided to set up my own business. = a quantity surveyor
5 We've been very lucky and very successful. = street performers
6 We've been going for two and a half years now. = a web consultant

4

1 passionate 2 help 3 boss 4 idea 5 partner 6 customer

5

Students' own answers

9 The Ladykillers

1

Students' own answers

2

Students' own answers

3

1 They are pretending to be musicians. They are in fact thieves.
2 She wishes the men could have stayed longer and played for her guests. She regrets that they can't.
3 A strap on the cello case gets stuck in the front door.
4 They go back to collect the money which has spilt out of the cello case, and also to try to stop Mrs Wilberforce from seeing the money.

4

What actually happens in the rest of the film:
Inevitably, Mrs Wilberforce finds out what they have done and they plot to kill her, but cannot agree who is to perform the deed. The thieves argue and one by one they kill each other. The last one is killed by a railway signal as he is getting rid of the last dead body. So, Mrs Wilberforce finds herself in possession of a large amount of used banknotes. She goes to the local police station to report it, but the friendly policeman, who is used to her fantasies, sends her away. The film ends as she walks home, wondering what to do with £60,000 and giving a £1 note to a pavement artist who has drawn Winston Churchill.

5

Students' own answers

10 Yes, Prime Minister

1

Students' own answers

2

1 glasses: on = authoritative and commanding; off = honest and open
2 face: a bit wooden in front of the camera, without the natural movement of head, facial muscles etc
3 suit: dark = traditional values; light = businesslike
4 hair: his grey hair is fine
5 eyes: they need to look less close-set
6 nose: a problem because of the large shadow

3

Students' own answers

M = Mr Koh, N: = Narrator, P = Presenter

P: If we are to see the web's revolutionary effect on human beings then we should find them here. This is the most wired nation on Earth. South Korea.

N: In this digitally enhanced country the web can be accessed virtually anywhere. South Korea's fibre optic cabling gives ten times quicker downloads than the broadband available in the UK. Sixty-two percent of South Korean three to five year olds regularly use the Internet, spending over eight hours every week online.
Surveys suggest this is approximately twice the exposure of British five year olds.

P: It's the young people that the South Koreans are most concerned about. Sped into the digital age and surrounded by high tech since they've been in nappies, they command the headlines for all the wrong reasons.

N: Koreans are increasingly worried about internet addiction. Their government's own figures reveal this affects up to two hundred and ten thousand children, many spending up to eighteen hours every day online. Eighty percent of those addicted need medication. Twenty percent have to be admitted to hospital. Mr Koh is the government's key advisor on what's become a modern problem.

P: What are the symptoms of Internet addiction?

MK: If they don't use the Internet they feel anxious and unstable. They don't feel satisfied, their friends don't talk to them anymore and a lot of friction builds up with the relationship with their parents and those are the consequences of too much Internet use. In Korea there were cases of people using the Internet for eighteen hours a day.

N: South Koreans may seem to be an extreme case, but it does show that the web's affect on our psychology can't be dismissed. And it offers us a picture of what might be our future.

MK: The experiences that Korea is facing as a country with Internet addiction are experiences that countries like the US will face in three to five years.

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B = Boy, BP = Bruce Parry, N = Narrator

N: Bruce Parry is a TV presenter and adventurer. He has travelled to one of the most remote and remarkable countries in the world: Bhutan. This Kingdom of Bhutan lies between India and Tibet, high in the Himalayas, and has a population of under of seven hundred thousand. Bruce is heading north to the most inaccessible region of the country, to the village of Laya. From the low altitude of tropical rainforest he has four days of hard trekking to reach his first destination. The village of Laya lies at an altitude of nearly four thousand metres. But finally, Bruce arrives.

BP: Shall we go and say hello? This is the school, yeah?
Hi there, hello. You've got gloves, you're the wise one, aren't you? Look at you. Hello there. Hello. Hey look at your hat, can I have a look at your hat?

B: Do you like Laya?

BP: Yeah, I like it so far. I've just arrived, but it's very nice and everyone is very friendly, especially you lot.
Laya is my first destination. At three thousand eight hundred metres I need to acclimatise to the thin air.
I knew these girls were tough. But when I was asked if I could go out collecting wood with them, I had no idea just how tough they were.
I've chopped wood many a time before, but this is something else, man. It's like anything out here that raises your pulse just a little bit takes it out of you so much. And just makes you look like an idiot compared to these cool girls who are just beavering away without even the slightest puff.

PHOTOCOPIABLE © 2011 Pearson Longman ELT

A = Alan, M = Martin, P = Presenter

P: This is the world famous Beijing fireworks factory which produces one of China's most celebrated exports. The Chinese have been making fireworks for over a thousand years, and they're still exploiting a special formula that was discovered by accident. In the ninth century, the Emperor's alchemists mixed saltpetre, sulphur and carbon in an effort to find the elixir of eternal life. They'd discovered gun powder. Those alchemists soon realised that they'd got onto something exciting, if dangerous, and carried on experimenting. They put gunpowder into bamboo sticks and threw them into a fire, and invented the first firecracker. Over the next couple of hundred years, the Chinese developed a whole array of fireworks, rockets, Catherine wheels – you name it, they had it. And the techniques haven't changed much since.

A: This is gunpowder. It's a mixture of charcoal, sulphur and potassium nitrate, which is also called saltpetre or nitre and in fact most of this mixture is potassium nitrate. That's what supplies the oxygen and makes it burn fast. Now Martin's going to light it at this end, and it'll go along the trail and set fire to this little mountain of black powder there. It's not contained, so this will just burn very quickly. OK Marty, got your fuse lit? I'm stepping back, you light the trail. Wow. You see, it burns very fast, but there's no explosion, no bang. But if you contain that gunpowder within some container, then when it generates all that hot gas it'll force its way out, and that's when you get an explosion. Now in this little package we've got about half as much black powder as there was in that heap, but it's contained. Only by tape, but it's held in. Let's see what happens when we light this. In you come, Marty.

M: Stand clear, Alan.

A: I'm going well back.

Wow. So, you see just by containing that gunpowder, you build up tremendous pressure and therefore an explosion. And once the Chinese had learnt that trick, they started using their gunpowder in warfare.

P: And this rather wonderful old fashioned bomb lookalike is a modern day firework. It's ironic when you think a black powder discovered in the search for the secret of eternal life has killed untold millions.

PHOTOCOPIABLE © 2011 Pearson Longman ELT

I = Interviewer, N = Narrator, NC = Nek Chand

N: The narrow entrance offers no clues. But on the other side is a unique and bizarre garden. The rock garden of Chandigarh is the creation of a single man who started building it in the 1950s in a clearing in the jungle, using just stones and waste material and without telling anybody about it. It was created on land its maker didn't even own and for years it lay undiscovered. But in 1971 it was finally stumbled upon and very nearly destroyed. Fortunately, the local authorities realised it was a work of genius. They not only decided to keep it, but they gave its maker, Nek Chand, now an old man, their full support.

I: Why in this place? Why here?

NC: I knew this place, no building will be erected at any time. This will ... this is open space.

I: And why did you do it? What made you do this?

NC: Because whenever I saw the material lying on the ground, on the roadside, behind the hotels and restaurants, I used to collect these things on my bicycle.

I: So you gathered all the materials on your bicycle.

NC: Yes.

I: That must have been quite a job.

NC: It was a hard work.

N: The garden is like a maze, and you have to pay attention to where you walk.
The garden now covers ten hectares, and there is such a lot to see.
There are at least five thousand sculptures, and about the same number of visitors come here every day. The rock garden is designed to look like a lost kingdom, full of birds, monkeys, tigers, soldiers and village women. They are all made out of rubbish, from street lights to soda bottles, broken plates and bicycle parts. In the rock garden this trash is transformed into a magical world.

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E = Ellen MacArthur, N = Narrator

N: In 2005, Ellen MacArthur completed her solo round the world voyage in under seventy-two days, breaking the previous record by thirty-three hours. Her boat was a multimillion-pound sailing machine full of space-age technology. She proved that it was the fastest racing yacht ever built. But what does it take to be the fastest solo sailor in the world?

E: I think we still have a chance of breaking the record but it's going to be very, very close and it all depends on how long this breeze that we've got with us at the moment stays.

N: The Bombay Globe round the world race in 2001 prepared her well. She had to be the navigator, captain and crew. She had to be strong, both physically and mentally. And she had to be able to fix everything, from ropes to computers. In the Southern Ocean she had to repair a broken mast during a storm.

E: I'm black and blue and I ache all over. I'm just exhausted.

N: But the Southern Ocean remained special to her.

E: It's the most beautiful place in the world. And you ... most of the time there's no land there, there's nothing. Somehow it's not like you're a tiny dot in the middle of a massive ocean, because you're so close to it. You're so with it. It's as if it's looking after you, and, it's quite strange. Even in the storms, the sea was just being the sea, it wasn't as if it was attacking me or, you know, you imagine a big storm as if it's you against the ocean and it never, ever felt like that, not once, not once.

N: For solo sailing, absolute fitness is essential. Physical strength can make the difference between life and death. To give her enough energy, Ellen needs six thousand calories and twenty vitamin pills a day. To keep the weight on the boat to a minimum, she only eats freeze-dried food.

E: I'm sure I've not slept for more than fifteen to twenty minutes at a time. The first night I think I must have got fifteen minutes sleep and I think
today, this morning, I must have slept for half an hour outside in the cuddy so I'm going to try and sleep as much as I possibly can today.

N: Sleep is a luxury. Ellen has learned to sleep in ten-minute bursts and to get by on only two hours' sleep a day. A solo sailor needs skill, determination, courage, and strength. Ellen MacArthur has proved she has them all.

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**D = Dad, C1 = Child 1, C2 = Child 2,
CH = Children, N = Narrator**

D: 07.05, 88 Severn Beach. 07.36, 74 Sand Bay. 07.38, 41 Burnham on Sea.
N: It wasn't the sort of thing to boast about, but our dad was an expert on bus time tables. Family holiday rovers, weekend seaside specials, he knew everything. We even had a bus stop outside our house. Other families had cars. Luckily for us, Dad had a problem. You see, holiday rover tickets are about average size families, but there were too many of us to be average.
C1: Dad, Dad, are we going to get on?
C2: Dad, can I go to the toilet? Can we sit in the back row?
C1: Do you know where we're going? Hope it's not Severn Beach, this suitcase is so heavy.
C2: Dad, dad I really need to go to the toilet.
N: News spread quickly about our top performance sports car. It was brilliant.
D: Emergency items. Red triangle, fire extinguisher.
N: We held our breaths while Dad, RAF trained, prepared for our first flight.
D: Oh, blanket and coffee flask.
N: Anticipation mounted as the car manual was read from cover to cover.
D: Power on. Check. First, check. Second, check. Back left indicator, back right indicator. Mmm, onboard entertainment. Ah, wipers. Oh well, here we go.
CH: Five, four, three, two, one.
D: Oh, James Last or Tijuana Brass?
CH: Yeah!
N: No longer restricted to zone three of the local buses, our dad took us on motoring holidays of a lifetime.
D: Ah, the stunning Arc de Triomphe. Built in 1836 to celebrate the victory of... … was the world's tallest building with the height of eight hundred and ninety-nine feet. You can see for forty-five miles.
N: With Europe as our playground, we immersed ourselves in its cultural capitals.
D: Now that is impressive. A fully integrated transport system. If only we could have that at home.
C1: Go on, Dad, you can overtake him. Yeah!
N: With each new holiday, Dad would answer our every need, always with a brilliant Ronco car accessory. The electric cooker and fridge provided exotic cuisine. We were totally self contained, a family with everything. Even our arrival in a new campsite would raise eyebrows. Fellow campers were impressed with what British camping technology could offer. Despite the occasional setback, we still knew that our dad and his fantastic car were the best. Together we travelled ever upwards towards the utopia of modern family motoring.
D: Little bit more to the left. Smile.
N: We had reached the top.
C1: What's next? Are we going to the top of the mountain?
C2: Brilliant.
C1: Look, grab this cable car.

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B = Blacksmith, G = Girl, N = Narrator,
S = Saxon, W = Woman,
V1 = Viking 1, V2 = Viking 2 etc.

N: Swords clash as men and women, obsessed with reliving the past, meet on the battlefield. They are living as Vikings and Saxons used to at Old Sarum, an ancient fort in England. These people aren't just satisfied with reading history books. When they put on their armour, they become like real warriors. So what makes them go to such extremes?

V1: I decided to be a Viking because I've had a long and interesting history and war gaming and warfare really and I met someone a few years go who pointed me in the right direction. Somebody handed me one of the weapons and I grinned. And then I haven't looked back.

V2: I got into this because of my love of history. And it's just a good way of dressing up at the weekends.

V1: This is a controlled environment and it's, um, so we can play fight. It's a bit of a game, it's nice to win, but when it boils down to it we want to do it again so we try not to hurt each other. We've very conscious of safety.

N: These people are called re-enactors. They show modern visitors how their ancestors used to live about a thousand years ago.

V3: We've set up a Viking village, both for our, firstly our own entertainment because it's what we like doing, but we're trying to bring history to life to members of the public and educate them and entertain them at the same time, because we all feel that history is fun and enjoyable

N: Each person takes on the role of a character from the Dark Ages.

S: I'm actually a Saxon. In, within the Viking society we have Saxons, Viking, even Celts. It's a period that I've always been interested in and it's just a way of carrying on that interest sort of, you know, rather than just reading you can be a – you live the life rather than just read it or watch it on the telly.

N: The re-enactors perform ancient stories called the Norse Sagas.

V3: I got into it because it's fun. I get to travel around the country, meet lots of interesting people, hit them with their ... with swords. You get a lot of exercise out of it, a lot of personal satisfaction.
I don't have any problem myself changing from character back into a modern personality. I find it easy to compartmentalise my life, so I change back. But there are some people I know that do seem to take it a bit far. They stay in costume all the time, or maybe just a part of the costume. There was some woman I knew years go who would always insist on wearing her Viking shoes.

N: The people here are determined to make their medieval camp as authentic as possible. Even the children become historical characters.

G: It's just loads of fun. We get to dress up. I mean OK, you do have to make your own clothes but that's fun as well and the kids all have a whale of a time. As you can see, all the children are playing and everybody just has so much fun. It's a great way to spend a weekend to be honest.

B: As a blacksmith I'm one of the few craftsmen who makes his own tools and pretty much everybody else's tools as well. Blacksmiths' tools have not changed since the Bronze Age. They've always been like this, Viking tools are the same as modern smith's tools.
I enjoy the camaraderie, the friendliness as you sit round a fire in the evening, eat great food, chat, and relax.

W: I like the history associated with the Dark Ages. To me they're not as dark as what everyone thinks they are. I've always enjoyed British history but I wanted to know what the Vikings were about and I found this group and I enjoy it.

N: Thinks may look peaceful in the camp but the Vikings and Saxons are always ready to fight.
They put on their helmets, take up their weapons and march to the battlefield.
No longer twenty-first century accountants, builders or shopkeepers, but fierce warriors in a bloody war.

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JC = Joseph Cone, JM = Joanna McKinley, K = Kate, M = Majou Islam, N = Naomi, R = Roger Elliot, S = Shara Vickers

JC: My name's Joseph Cone. I'm a couture milliner. I make hats for some of the biggest names in fashion here in London, also Paris, Milan, New York. I'm twenty-six, I'm already financially successful but I've never been in it for the money. I love what I work, what I do, and I'm very passionate about my work. Nobody else is going to make you a millionaire. Concentrate on your concept, your idea, your vision and make it work. Stay passionate and you will be successful.

S: My name's Shara Vickers. I own a website design consultancy called Teller Limited and we've been going for two and a half years now. Our estimated turnover is two hundred thousand pounds, and my advice to anybody who's starting up a business and who's got some really good ideas is go and see the professional body who deal with start up businesses and they'll help you put your ideas into action.

R: My name is Roger Elliott, I'm twenty-five years old and a quantity surveyor. Since leaving school eight years ago I've worked for somebody else. Last year I decided to set up my own business. It's important to remember whatever career you choose you don't have to work for somebody else.

JM: My name is Joanna McKinley and I run the Giant Card Company. I've had the business now for three years and I have an annual turnover of seventy thousand pounds. My advice to you is: a good business is a good idea.

K/N: Hello my name's Kate, and I'm Naomi, and we run a company called Creature Feature.

N: We specialise in street theatre, in masks and stilts.

K: And we've been going since June '94.

N: We've been very lucky and very successful. We've performed all over the UK and Europe, at the Dome and Buckingham Palace.

K/N: And our top tip is: choose your business partners very carefully.

K: You stuck a 'very' in right at the last minute!

M: My name is Majou Islam. I'm twenty-six years old. I own the Bombay Spice in Brixton. I used to be a graphic designer, but I never wanted to earn a salary for the rest of my life, so today I've opened my own business, which happens to be an Indian takeaway. That was the right market for myself, and it was the right feel for myself. I had a little bit of experience. I went and I done my market research on it. Today I can clearly say my takeaway is doing excellent. My advice to you is: know your customer.

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M1 = Man, M2 = Man 2 etc., MC = Major Courtney, P = Professor, W = Woman

W: Ah, professor. Good afternoon, gentlemen. Your last rehearsal. Ah, professor, I must give you back your ten shillings. You see, the cabman wouldn't take any money, because he said he was going into some other business.

M1: Right. Got it?

W: You know, I was even hoping you'd be able to play for them. Oh yes, Boccherini. You know if only you could have stayed just a few minutes longer. They will be so disappointed to have missed you, and as for me, well, I'm sad to see you go.

M2: Got to get my cello. Upstairs.

W: I only hope you've enjoyed it as much as I have.

MC: Indeed we have madam, thank you. Thank you.

W: Goodbye, Major Courtney, and I do wish you good fortune with your travels.

M: Thank you, thank you.

W: Oh indeed I do. Oh, oh, I'm so sorry.
Goodbye, Professor Marcus. Goodbye, gentlemen. Goodbye.

MC: Tootaloo.

M2: Bye-bye, Mrs Wil ... Bye-bye, Mrs Wilberforce. Thanks for the nice tea and everything.

W: Oh not at all. Goodbye.

M2: Goodbye.

MC: What is that moron playing at?

M2: It's stuck in the door. The case is ...

M1: Well ring the bell, brains. Don't just stand there. Thank you.

P: It's alright, Mrs Wilberforce. Everything's under control, goodbye.
Goodbye.

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A1 = Assistant 1, A2 = Assistant 2,
G = Godfrey, P = Prime Minister,
W = Woman

P: Let us be abundantly clear about this. We cannot go on paying ourselves more than we earn. The rest of the world does not owe us a living. We must be prepared to make sacrifices and who wrote this rubbish?
A1: You did Prime Minister. It's one of your old speeches.
P: How was that Godfrey?
G: Excellent, Prime Minister. Just one thing. Will you be wearing those glasses?
P: Oh, well, what do you think?
G: Well it's up to you obviously. With them on you look authoritative and commanding. With them off you look honest and open. Which do you want?
P: Well, really I want to look authoritative and honest.
G: Mmm, it's one or the other, really.
P: What about starting with them off and then putting them on when I talk?
G: That just looks indecisive.
P: Oh, I see.
A1: What about a monocle?
G: Let's just leave them off for the moment, shall we?
P: Anything else?
G: Well, your face is a bit wooden.
P: Wooden?
G: Only when you're speaking. You see, in normal speech you move your head and eyebrows and cheek muscles and so and so. Don't let the teleprompter turn you into a zombie, OK? Cue.
P: Defence expenditure. It's one of the areas which this government will be examining closely. It may be that we can achieve the same ...
G: Prime Minister, that's just a little bit too much. Could we just talk about your appearance for a moment? What will you be wearing?
P: Ah, what do you suggest?
G: Well, dark suit represents traditional values.
P: Fine dark suit.
G: On the other hand a light suit looks business-like.
P: Well, what about a lightish jacket with a darkish waistcoat?
G: I think that would look as though you'd got an identity problem.
A2: Excuse me, Prime Minister. Godfrey, could we have a word about make-up? Are you happy about the grey hair or shall we darken it?
G: No, no, that's fine.
A2: And the receding hairline?
P: Receding what?

G: High forehead. Right. And can you try to make the ... do something about the eyes, make them look less close set?
A2: Tighten the bags underneath, darken around the cheeks. Nose is still a problem.
P: Problem?
G: No, just a lighting problem, Prime Minister. Very large shadow.
A2: Teeth, of course. Could you smile, Prime Minister?
G: Yes.

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