

Unit 1

▶ Track 1.01

Victoria: Hey, Lucas, have you seen this game app?

Lucas: No, I haven't. What's it called?

Victoria: It's called Dots. It's really simple but it's so much fun.

Lucas: Really? How does it work?

Victoria: OK, so when you start the game, you see a lot of little dots in all different colours.

Lucas: Yes, I see and what do you do then?

Victoria: You join the dots which are the same colour, like this ... and if you join two or more dots, they disappear.

Lucas: Yeah? And what's the aim of the game?

Victoria: To get all the dots to disappear – within 60 seconds! Then you get a score and each time you play you get to improve your score. My score is 380 at the moment.

▶ Track 1.02

Victoria: Hey, Lucas, have you seen this game app?

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Lucas: Yeah? And what's the aim of the game?

Victoria: To get all the dots to disappear – within 60 seconds! Then you get a score and each time you play you get to improve your score. My score is 380 at the moment.

Lucas: Hmm, and that's fun?

Victoria: Well, I find it quite soothing and relaxing. I play it on the train when I want to de-stress. But it's quite addictive! Once you start, you just have to keep on playing. You won't believe how popular this game is. It's been downloaded more than 40 million times since it came out.

Lucas: That's amazing! The inventors must be rolling in it! How much does it cost to download it?

Victoria: It's free!

Lucas: Really! So how do they make any money from it?

Victoria: Well you can make in-app purchases while you're playing that can help you improve your score.

You don't need them, but if you buy them along the way, it makes the game more interesting. You can extend your time in a game, for example, or you can buy things called expanders that get you extra points. You can also buy the game and get those extra features right away at the beginning.

Lucas: A sort of premium version of the game?

Victoria: That's right. It's called 'freemium' when the game itself is essentially free but you can upgrade to a more interesting or exciting version by paying a bit.

Lucas: Do you think the inventors actually make a living from these apps?

Victoria: It depends, some apps are really popular but don't make any money at all. Sometimes they're popular for a short time but then another craze comes along. But if they attract a big audience, they can make money from advertising. It depends how popular your app is. You need to be able to update the game and come up with new ideas all the time.

Lucas: So, let's design a game app! Maybe we'll make it big in the game apps world!

▶ Track 1.03

Sara: So, Mia, what do you think about not being allowed to bring your mobile phone to school?

Mia: In my opinion, that's a really stupid idea. I can't survive a whole day without checking my phone.

Sara: Really? I think that it's quite a good idea not to have phones in school.

Mia: I don't agree with you at all. I can't see how it will ever work.

Sara: Well, we can all leave them at reception at the start of each day and collect them at the end.

Mia: I'm not sure about that. There will be loads of students and we'll all end up being late for our classes.

Sara: Hmm, I suppose you're right. Maybe there's a better way of managing the situation.

Mia: Yeah, we can all just put our phones on silent or turn them off – like we do now!

Unit 2

▶ Track 2.01

Narrator: 1

Elsa: Have you seen this video of someone jumping off the top of a mountain in the Alps? They jumped off a peak at 2,200 metres and flew a distance of over five kilometres to the valley below. You have to have nerves of steel to do something like that!

Eric: Flew? Do you mean they had some kind of engine power?

Elsa: No, it was wind power! They wear this thing called a wingsuit which increases the surface area between the legs and arms so they can use the wind to fly over longer distances. But first they have to climb up really high or jump out of an aeroplane.

Eric: Sounds really dangerous! How do they make sure they land safely?

Elsa: They have to have a safety parachute to help them land. But they generally don't use the parachute until right at the end of the flight.

Eric: I'm too scared even to try bungee jumping. My cousin tried it when we were on holiday in Australia last year and my heart was in my mouth just watching her!

Elsa: Did she enjoy it?

Eric: She said the experience was totally amazing. I don't think it's as dangerous as wingsuit flying though.

▶ Track 2.02

Narrator: 2

Luke: Hey Sophie, have you read this article about a cavediving expedition?

Sophie: Cavediving? I've never heard of that. What is it exactly?

Luke: It's kind of like caving on land really, except you have to dive down really deep underwater. There are some really amazing cave systems under the ocean and you can only get to them by diving through these underwater tunnels.

Sophie: It sounds incredibly risky!

Luke: Of course you need to be a really experienced diver and you have to go with a team of divers. The main problem is that if you get into

trouble in a cave, it isn't that easy to come back up to the surface.

Sophie: Yes, I see what you mean. You could easily get stuck down there. What kind of safety measures do they take?

Luke: One thing they do is to use a rope line to connect all the divers on the team. That way they don't get lost and can always find their way back. Problems happen when divers go off on their own and they can't get back again.

Sophie: Hmm, I don't think I'd like to try that. I tried scuba diving last summer and I thought that was quite frightening. I was scared stiff that the equipment wouldn't work.

Luke: I think it's OK once you get some experience. I'd love to go diving and try underwater photography one day.

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▶ Track 2.04

Lisa: Hi Marta. Did you hear about Toni and the others?

Marta: No. What happened?

Lisa: Well, apparently he went to the beach with Andy and Nico and they hired a pedalo boat. While they were sunbathing in the middle of the sea, they fell asleep and the pedalo ended up far from the beach!

Marta: When was that?

Lisa: It was last Saturday afternoon.

Marta: Oh, really? So, what did they do?

Lisa: Well, luckily Nico had his phone in the pocket of his trunks so he rang home and his parents came down to the beach. The lifeguard sent a boat to pick them up!

Marta: Wow! That's hilarious! What a funny story!

Lisa: I know, and they were badly sunburnt too!

Unit 3

▶ Track 3.01

Host: Today's programme is about lifestyle choices and today we're going to hear about what it's like to live in a tiny house. We've all been hearing a lot about this tiny house movement and how people are downsizing but how does it really work in practice? We're talking to Chloe and Pete Larson who recently downsized from a large five-bedroomed house to a specially-built tiny home of just 200 ft², that's just over 18 m²! Hi, and welcome to the programme.

Pete: Thank you. It's great to be here.

Host: First of all, what was your main reason for choosing to live in a tiny house?

Chloe: I think the main motivation was to reduce the amount of resources that we use. In a tiny house, we use much less energy on heating, water and gas and that's no problem for us. Not only does it save us money, but it reduces our impact on the planet and that was a great motivation for us.

Pete: Yes, and, also, we just buy less. In our previous house, we accumulated so many possessions, things that we didn't really need, and of course all these possessions represent usage of the planet's resources.

Host: That's very interesting. Tell me, how did you decide which things to get rid of?

Chloe: Well, it was more of a question of which things were truly important to us. At first, we moved everything that we needed into two rooms. After that, we moved everything from two rooms into one room. And that was about the right amount for our tiny house.

Host: That sounds challenging! Your children are aged 8 and 10. Is it difficult to bring children up in a tiny house?

Chloe: Yes, it was difficult at first. They felt like they were getting a raw deal compared to their friends who live in larger homes. In the summer, it's actually fine because there is a lot of open space around our house where they can play and we often go on camping trips with our children

and their friends. So, in a way they get the best of both worlds. They have lots of space outside, but still have the opportunity to learn about living in an environmentally-sustainable way. In the winter, it's a bit tough to be stuck indoors, but they can always visit their grandparents' house if they need a change of scene.

Host: What about when they get older? Do you think they will be able to continue living here when they are teenagers?

Pete: I guess we'll cross that bridge when we come to it. It's really a group decision – it's not like we always take charge and tell them what to do. We try to make all our decisions together as a whole family. Of course, when they grow up, they may want to settle down in a tiny house of their own!

Host: I see! What do you do when you want to have some time alone?

Chloe: We thought that would be a problem, and it was at first! But actually, we've learnt how to respect each other's privacy more when we're together. So, we sometimes have some quiet time together when we read books or go on our tablets and don't talk at all. And it feels fine.

Host: Sounds good! We could use some more quiet time in our house! Finally, what have you learnt from living in a tiny house?

Chloe: I think you learn that more doesn't always mean better and you don't need lots of things to feel happy. You learn to appreciate the simple pleasures in life. You learn to think more about how you treat each other and how your actions affect others. In a way you have to re-evaluate yourself and your relationship to things and to people.

▶ Track 3.02

Abby: Hi Nick. How's it going? You look a bit unhappy.

Nick: Hi Abby. I've got a bit of a problem.

Abby: Oh dear.

Nick: Can you give me some advice

Abby: I can try! What's up?

Nick: Well, my parents want me to go to my half-sister's 18th birthday party next weekend, but I had planned to go to a concert then. What would you do?

Abby: Well, that's tricky. Have you spoken to your parents about it?

Nick: No, not yet.

Abby: I think you should explain how you feel to them.

Nick: They won't listen.

Abby: Well, what about talking to your half-sister then?

Nick: Good idea. She'll understand and then she can talk to my parents.

Abby: Exactly. If in doubt, I always recommend talking directly to the person!

Nick: Thanks, Abby! I'll go and do that now.

Abby: Good luck!

Unit 4

▶ Track 4.01

Host: In today's podcast we are interviewing Tony Maltby, an athlete who runs in the 100-metre and 200-metre sprint events and hopes to compete in the next Paralympic Games. Tony has been visually impaired from birth, due to retinitis pigmentosa, a disease that progressively deteriorates until it is only possible to perceive light and dark. Hello Tony and welcome!

Tony: Glad to be here!

Host: First, could I ask what made you decide to become an athlete?

Tony: Yes, of course. Well I played lots of different sports: tennis, basketball and so on, when I was younger and my eyesight was better. But, I knew that as my eyesight got worse I wouldn't be able to keep on playing those sports, so I decided to choose a sport that I could continue even without any vision, and I chose running.

Host: And then you discovered you were really good at it!

Tony: That's right. I was surprised how much I enjoyed it when I really started to push myself. That's when my trainer suggested I should try out for the Paralympics.

Host: That was a great idea! So tell us a bit about your training. How do you get in shape for a competition like this?

Tony: I train every morning before work, and twice a week after work, and also at the weekend. I have a running track at home and I go running three times a week with a friend. For three to four months

before a competition, I train with a personal guide. We run together and pace our running so that I gradually improve my speed. Running requires a high degree of concentration because I have to pay careful attention to the position of other athletes and stay within the marked lines. My guide always gives me feedback on my performance, not only on speed, but also on positioning, movement, pace and posture.

Host: Yes, there are lots of things to focus on, not just running. What would you say is the greatest challenge?

Tony: I would say that staying motivated is one of the greatest challenges. For the Paralympics, I'll be training for two years in order to reach my best level. It's mentally and physically exhausting. And for the last 6 months, I'll be training like crazy every day. But if I don't do that, I won't be able to say that I've given it my best shot. I think that's what it's all about really. It's not about medals – although it would be a dream come true if I were to get a medal! It's about knowing that you've done your absolute best.

Host: How do you see sport for visually impaired athletes developing in the future?

Tony: There are a lot of new developments in technology that are going to improve our sport and enable visually-impaired athletes to take part. One type of technology is based on the sense of touch. Runners are guided and kept on course during races using a series of vibrations so they won't need a sighted guide to run with them. Another idea is a navigation device that will tell you where you are via vibrations on your wrist or arm. That means that runners can run in marathons unaccompanied. I predict that one day visually-impaired runners will be competing unaided alongside sighted runners.

Host: What is your advice to future Paralympian athletes?

Tony: You need to believe in yourself. Once you are mentally ready, anything is possible!

▶ Track 4.02

Oli: Hi Mike. What are you up to this evening?

Mike: I've got some homework to do. Why?

Oli: There's a fun evening at my school. Do you fancy coming along?

Mike: I don't know. I'm not keen on that sort of thing.

Oli: Oh, come on, Mike! I've helped organise it. There's a five-a-side football tournament, games, a quiz and Joe's band is playing, too.

Mike: You know I can't stand football and I'm not mad about the sort of music Joe's band plays.

Oli: Well, what about helping me on the food stall?

Mike: What? Cooking burgers and stuff like that? No way! I hate cooking.

Oli: Don't be so miserable, Mike, we're raising money for a local charity. Why don't you just come and take the money?

Mike: Well, OK. As long as I don't have to eat any of your burgers!

Oli: It's a deal! How about meeting outside my school at 6pm?

Mike: Cool! See you there.

Unit 5

▶ Track 5.01

Presenter: Today in the studio with us we have Elena Magoulalis, a fashion editor and stylist, who is going to talk to us about the latest trends in fashion shopping. Hello Elena and thank you for coming in to the studio today.

Elena: Hi! Thank you for inviting me. I'm happy to be here.

Presenter: Could you tell us a bit about shopping trends in the fashion industry? Is online shopping still growing or are people going back to the stores?

Elena: In recent years, there has been a huge growth in online fashion retail. Although shoppers still go to shopping centres and fashion stores to look at clothes and try them on, they often leave without buying anything!

Presenter: And buy it cheaper online?

Elena: Exactly!

Presenter: I must admit I may have done that a few times myself. So, what are retailers doing to combat that trend?

Elena: Well the key thing they're doing is to embrace the trend towards online sales by recognising that shoppers want the experience of going into the store, but then encouraging them to complete their purchase online in the store as well.

Presenter: Hmm, and what's the advantage of that for the retail stores?

Elena: Well, the store is more of a showroom, and they don't need to have such large buildings or carry a large amount of stock.

Presenter: So, does that mean stores may be getting smaller?

Elena: They may start to get smaller, or they may become more of an experience. You know with coffee shops, or nail bars that sort of thing, to encourage shoppers to stay there longer and gain more value from the experience.

Presenter: Interesting! So, it becomes more of a social thing, not just about buying clothes.

Elena: Yes, that's right. The other trend that we're noticing is that online retailers are trying to replicate some of the instore experiences online. For example, trying on the clothes was a big plus for stores, but now with augmented reality and 3D imaging, we can 'dress up' online and even mix and match different items of clothing to see if they go together. Some online retailers are also letting shoppers try clothes on at home and decide which items they want before purchasing. You have one week to pick out the clothes that you like. If you don't want them, just send them back; the shipping is free.

Presenter: I like the sound of that! Now what about Instagram and Pinterest? What sort of influence do they have on fashion shopping?

Elena: A huge amount! Obviously, fashion trends can take off at a much faster rate. If you're a slave to fashion, you can easily keep up with the latest styles. You know how people love to dress up in their eye-catching outfits and post selfies online?

Presenter: Oh yes, it's a great way to make a fashion statement!

Elena: Well, now, retailers encourage shoppers to post images of themselves online wearing their latest purchases. Then other

followers can press a button and if they like the clothing, it takes them directly to the purchasing site.

Presenter: Cool!

Elena: So, it's never been easier to stay up-to-date with the latest fashion trends!

▶ Track 5.02

In this picture, I can see a young woman sitting outside next to a canal or a river. She's wearing jeans, a denim jacket and a striped T-shirt. She's dressed casually. I think it must be quite warm outside because of the type of clothes she's wearing. She might be on holiday or perhaps she's visiting a city in her own country because she's got a map in front of her and she's looking something up on her tablet. She's alone and there isn't anyone else sitting outside. There are some trees and a bridge in the background. She doesn't look lonely and she has a takeaway coffee so she might have stopped briefly to decide where to go next. I'm sure she'll head off in a minute and take her coffee with her.

Unit 6

▶ Track 6.01

Narrator: 1

A: Oh, no! Why's it taking so long?

B: What's the matter? Is your computer not working?

A: It's working but it's taking so long. It's SO slow.

B: You might have a virus. Have you run your anti-virus scan recently?

A: No, I keep forgetting. Do you really think it could be a virus?

B: It's possible. Have you received any unfamiliar emails recently or clicked on any links from people you don't know?

A: No ... I don't think so.

B: It's a good idea to keep your anti-virus protection up-to-date because there are new viruses out there all the time. They can steal your passwords for example, and then you're really in trouble.

A: Steal my passwords?

B: Yes, but you can prevent that by using different passwords for everything and changing them frequently. You could also think about using a trustworthy password manager.

A: I haven't done that before. What does a password manager do?
B: It generates strong passwords for you and gives every application that you use a different password. So, all you have to remember is one password to open the password manager. There are several free ones you can download.

Narrator: 2

A: Have you seen this new time management app? It helps you manage your schedule so that you can get all your homework done on time.
B: Wow! That's amazing. How does it work?
A: Well first you have to set up an account and input your personal information.
B: Wait a minute! What kind of information?
A: Oh, you know, your phone number, your date of birth, that sort of thing.
B: Wait! Why does it need to know all that? Aren't you worried about giving them access to all your information? They can steal it and sell it on to someone else. You shouldn't download apps that have total access to your phone data either! That means they can monitor everyone that you talk to!
A: Oh, really? I never thought about that! What can I do?
B: You need to check the permissions and see if they're really necessary. Does the app really need to have access to your location, for example, or your camera? If not, you should set the permission to 'off'.
A: Oh, I see. Yes, you're right. I should be more careful about that.

Narrator: 3

A: Oh look! This email says that I've won €5,000!
B: Don't open that email! You know it's a phishing scam, don't you?
A: How do you mean?
B: When you click on the link in the email, it downloads malicious software onto your phone or laptop and then they can basically steal all your data. They're trying to crack down on this sort of crime, but new ones pop up all the time. It's very hard to identify the criminals and most of the time they just get away scot-free.

A: You mean they can read all my data and steal my passwords and that sort of thing?
B: Absolutely! Some people have lost thousands of pounds from their bank accounts, or have had purchases made online using their credit card details.
A: That's really scary!
B: Sometimes it's an email that asks you to donate money to a charity for an urgent cause like a disaster, but it has nothing to do with the charity. They're just criminals who are lining their own pockets!
A: Oh, yes, I've had emails like that!
B: And you should never access your email, bank account or online shopping account on an unsecured network like in a coffee shop or anywhere like that. Always use password-protected wi-fi.
A: But I do that all the time!

▶ Track 6.02

Joel: Have you seen a crime drama on TV called *Luther*?
Izzy: No, I haven't. What's it about?
Joel: It's about a detective called John Luther.
Izzy: Is it any good?
Joel: It's brilliant! I love the way Luther solves crimes.
Izzy: Where's it set?
Joel: It all takes place in London.
Izzy: What happens?
Joel: In the first episode, Luther doesn't have enough evidence to arrest a murderer so he decides to use the murderer to help him solve crimes. I really enjoyed it because you get inside the mind of the detective and the criminal.
Izzy: I can't believe I haven't heard of it.

Unit 7

▶ Track 7.01

Sophie: Good afternoon, everyone. My name is Sofie Hammad and I'd like to thank you for inviting me here today to speak to you about the UK Youth Parliament. First, I'd like to explain what the Youth Parliament is. Then I'll explain about the work we do and tell you about some of our current campaigns. And finally, I'd like to encourage you to do your bit and become an MYP if you can. At the

end, I hope we'll have time for some questions.

▶ Track 7.02

Sophie: So, what is the UK Youth Parliament? And what does it do? It's a parliament for young people which aims to give young people a voice on issues that are really important to them. Any young person aged between 11 and 18 can vote or stand for election. All the members are elected democratically, just like real MPs. There are local and regional meetings and once a year there's a debate in the House of Commons when members debate and vote on the most important issues to focus on in the coming year. Yes?

▶ Track 7.03

Student 1: So, you actually get a chance to debate in the real Houses of Parliament?
Sophie: Yes, we do! And it's a really thrilling experience! The debate is even chaired by the Speaker of the House of Commons. As an elected MYP you have a lot of different opportunities to get involved with your community and work on campaigns that will benefit young people. You can meet with local MPs and local councillors for example and make them aware of issues that concern young people. You can also visit schools and give speeches or organise events. Yes? Do you have a question?
Student 2: Weren't you nervous about making speeches and that sort of thing?
Sophie: Well, at first, I was rather shy and didn't have much confidence. But that's one of the great things about this job – you learn to be more confident and become better at communicating your ideas. Thanks for that question!

▶ Track 7.04

Sophie: So now I'll mention a couple of the campaigns I've worked on. One of our recent campaigns has been about bullying in schools. We're trying to get schools to set up counselling for people who've been bullied because of racism or sexism or other kinds of intolerance. And we also want all schools to include anti-bullying classes in the curriculum. Do

you have anti-bullying lessons here at your school?

Student 3: No, we don't but I think we should!

Sophie: That's a good way to start getting involved! Another campaign has been about a minimum wage for teenagers. At the moment, teenagers under 16 aren't entitled to a minimum wage and teenagers between 16 and 18 are paid a minimum wage of £4.05 per hour. Obviously that's not enough to make ends meet! We're campaigning for an increase to help teenagers get a fair deal at work. So, as you can see, becoming an MYP is a way to help get young people interested in politics so they can see that it really is a way to make a difference. I see it as a way of giving something back to the community. Plus, it's excellent training in self-confidence and all sorts of communication skills! So that's all I want to say for the moment. I'm afraid we don't have any time for questions, but if you want to email me, here's my email address and I'll be happy to answer your questions ...

▶ Track 7.05

Charlie: I think social media is the cause of a lot of problems nowadays, don't you?

Bethany: Sorry, Charlie. I'm not sure I agree with you.

Charlie: Really? Why?

Bethany: For a start, social media is a great tool for self-expression when it's used properly. It's not social media that's the problem, it's the people using it.

Charlie: Well, OK, but I think when it's abused, it makes it much easier to bully people and to say things that you'd never say to someone's face.

Bethany: What do you mean? That people hide behind their online profiles?

Charlie: Yes, I suppose I do. Do you want me to give you an example?

Bethany: OK. Is it based on your own experience?

Charlie: Yes, it is. When we lived in Italy, I was bullied online and through text messages about the colour of my eyes and my hairstyle. I blame social media.

Bethany: I didn't know that, Charlie. I think we'll have to agree to differ on

this issue. It's the people at fault, not social media itself.

Charlie: I think we should carry on talking about this tomorrow ...

Unit 8

▶ Track 8.01

Narrator: 1

Boy 1: I love going on YouTube. I watch videos of my favourite bands and their latest concerts. And I also use it to find out about new bands. If there's a concert coming up, for example, I look them up on YouTube first to find out if they're any good before buying a ticket!

Interviewer: Sounds good! And what features do you like best about YouTube?

Boy 1: A feature that I really like is that when you're searching for a video, YouTube suggests other similar videos to expand your search, so you never know where you're going to end up!

Narrator: 2

Girl: My favourite is Snapchat. It's so amazingly easy to use. You can just open it and take photos right away, so you can capture any moment and share it with friends right away!

Interviewer: I see! Do you share your pictures with a lot of people?

Girl: I only share them with my close friends and they get back to me with their comments and their own photos, too, so it's a great way to have fun and stay in touch. My friends send me photos when they're shopping for clothes, for example, or from cafés they're in, and we take lots of selfies!

Interviewer: Do you send messages or video as well or mainly photos?

Girl: Mainly photos. I love the way you can use lenses or add filters or messages to your photos and get really creative. It's really cool how they keep coming up with new features all the time!

Narrator: 3

Boy 2: I'm a big film fan so I often use the Netflix app to watch the latest films and my favourite TV programmes. I can stream videos and watch them on my tablet whenever I go on trips anywhere, or even on the train or bus going to school.

Interviewer: Are there any features that you especially like about it?

Boy 2: What I like best is that people can comment on and rate films. I often read the reviews before choosing a film, and I add my own comments and reviews after watching them, too. Sometimes the reviewer has really nailed it, but sometimes they completely miss the point!

▶ Track 8.02

Emma: Hi Scott. Have you ever met your favourite sportsperson?

Scott: No. Why?

Emma: I met my favourite athlete the other day and interviewed him!

Scott: Wow, that's amazing! How did you manage that?

Emma: Well, Mo Farah's my hero and he used to go to my athletics club when he was young. I interviewed him for the club magazine.

Scott: Where did you go to do the interview?

Emma: I went to my athletics club, of course.

Scott: Of course, silly me! So, what did he say?

Emma: Well, he told me about leaving Somalia and his twin brother and loads of stuff about his training.

Scott: What did you think of him?

Emma: He's really nice. He's so humble too when he talks about his achievements.

Scott: That's so cool. You're really lucky.

Emma: I know. You can read the interview when it's published next month.

Unit 9

▶ Track 9.01

Presenter: Now we all know that music can have a positive effect on our mood. Listening to music can cheer us up if we're feeling in a bad mood and we often listen to music when we're exercising or jogging which can help us to keep motivated. But did you know that music is also good for your health? Today we're speaking with Dr Maria Mariani, a trained music therapist, about her profession and about the benefits of music therapy. Hello Maria, and welcome to the programme.

Maria: Thank you for inviting me.

Presenter: Could you tell us something about how you got started in this career?

Maria: Yes, of course. As a teenager, I was always interested in music. I had guitar lessons from the age of seven – I performed some solo concerts at my school and also took part in local music competitions. I used to compose my own songs and even recorded tracks and posted them online. One summer, I attended a music summer school course in Italy, and one of the instructors gave us a lecture about music therapy – from that moment I was hooked!

Presenter: What attracted you most to the profession?

Maria: Just the idea that you can help people who are ill get better through music, that music can reach them in a way that words or medicines can't do, and the results can be really magical.

Presenter: Can you give us some examples of any success stories you've experienced?

Maria: Yes, of course. Recently we've been working with people who've had a stroke or who are recovering after surgery. We've found that in these cases, music therapy can help to speed up recovery time by helping people to move with the music and learn to coordinate their movements. It also seems to help with reducing pain.

Presenter: By distracting you from thinking about the pain?

Maria: Partly, yes, it seems to help them switch off from the pain and concentrate on the music instead.

Presenter: That's so interesting. And what other kinds of therapy are you involved in?

Maria: I also do a lot of work with children, especially those who are on the autistic spectrum. These children have a range of abilities – some have difficulty interacting, while others have difficulty coordinating their movements. We work on these skills as a group through drumming, singing and moving with music. You can see that the agitated children calm down almost immediately. Music can also help children with asthma or breathing problems. It can help them to regulate their

breathing, so they have fewer asthma episodes.

Presenter: That must be so rewarding! Is music therapy useful for the elderly as well?

Maria: Absolutely! We have music therapy groups for seniors with arthritis and also for those with Parkinson's or Alzheimer's. One of my groups is called 'Dancing with Parkinson's' and although they aren't able to stand up, they sit on chairs and move their arms and feet in time with the music and its incredibly positive for them and keeps them physically active, too.

Presenter: What do you find most challenging about this career?

Maria: You have to learn to focus all your attention on the client to understand what really helps them the most. They can't always tell you what works, so you have to observe and listen to them very carefully. It's not at all like being a musician – you have to completely forget about yourself and give all your attention to the person you are trying to help.

Presenter: Thanks very much for coming to talk with us today and for those in our audience who would like to learn more about music therapy, please visit Dr Mariani's website or look her up on YouTube. Thank you, Maria.

Maria: Thank you!

▶ Track 9.02

Liam: I've got a great idea. Let's form our own band.

Noah: Why don't you just form a band with me?

Liam: Well, for a start it wouldn't be a band, it would be a duo!

Noah: I suppose so.

Liam: Would you consider asking someone else from our class?

Noah: I wouldn't mind talking to Tony about it. He's great on the guitar.

Liam: Good idea. Wouldn't you like to have a good singer, too?

Noah: Of course I would. Who can sing?

Liam: I'd rather not have another boy. What about Carla?

Noah: Cool! So that's the band members sorted. Now, what are we going to call ourselves?

Liam: I'm not sure. I'd rather talk to a few more people about it first.

Listening Practice

Unit 1

▶ Track 1.04

Presenter: In today's podcast we are going to discuss the topic of online learning. I'm very pleased to welcome to our podcast studio today Martine Novak who is a specialist in online learning and has designed many online courses, as well as having taught online herself for many years. Martine, thanks for coming to talk with us today!

Martine: Thank you for inviting me. It's a pleasure to be here.

Presenter: So, I think it's clear that online learning is becoming more and more popular in all types of schools and colleges. Could you tell us the main reasons for its popularity?

Martine: Absolutely. I would say most colleges nowadays have some kinds of online courses. And many schools are entirely online. I would say that the most important reason is convenience. There is no need to travel to a school or classroom and you can study in your own time at your own speed. This is especially important for adult learners who are working.

Presenter: Yes, I can see that would be a great advantage. It is probably especially important for learners who have jobs and are working, because they have busy schedules and it's often hard to make time to go to a class at a specific time each week.

Martine: Exactly. Another advantage is that you can access resources from all over the Internet to research your projects and complete your assignments. The instructor can provide links to video or audio sources and these can all be accessed instantly by the learners on their computers.

Presenter: Yes, that would really enrich the learning experience. But what about the disadvantages? Do you think that learners miss the face-to-face interaction with other learners and the instructor in the classroom?

Martine: I do think that is an important aspect of learning.

Although online learners can interact with others through emails, forums and webinars, it's not quite the same as face-to-face interactions. In our courses, we always include some online one-to-one interaction with our lecturers, even if it is only once a week, for example.

Presenter: Are there any other disadvantages?

Martine: Well, I think with online learning, you have to be really self-motivated. When you're in a physical classroom, you have other students and the teacher to keep you involved and of course you have to turn up to class! But, with online learning, you have to be clear about making time to study and really stick to it.

Presenter: You mean it's just too easy to put it off and then just give up?

Martine: That's it! I think you need a high level of self-direction to keep going and stay on track.

Presenter: Thanks so much for your advice and if you want to read more about online learning, please go to our website ...

Unit 2

▶ Track 2.05

In today's lecture, I'm going to talk about why risk-taking is such an important quality for people who want to start their own business. We usually think of risk-takers as doing something dangerous. We might think of mountain climbers or fans of extreme sports such as base jumping or tightrope walking as examples of people who regularly take risks. Risk-taking is part of the excitement of taking part in such activities, but it's something the average person would probably want to avoid!

On the other hand, risk-taking is essential in quite a different type of context and that is for someone starting their own business. In business, as perhaps in other aspects of life, without taking risks, you will be very unlikely to make any gains.

What kinds of risks am I talking about? Let me give some examples. When someone makes the decision to give up their full-time job, or invest all of their savings, there's a risk of financial insecurity. Borrowing

money from family or friends or from a bank involves a risk, too. Will you lose your home and all your savings if you can't pay it back? There's a risk of spending a huge amount of time and effort on something and it comes to nothing.

Taking risks in business, however, doesn't necessarily mean taking a reckless gamble! These risks are what we call 'calculated risks.' As an entrepreneur, you want to take careful steps to reach your goal. Through planning and research, you try to reduce the risk at every stage. Nevertheless, every business decision has an element of risk and you must be willing to take that risk if you want to succeed. Successful entrepreneurs are not put off by the possibility of failure, but instead seize the opportunity to learn from it and try something new.

One famous example of a successful entrepreneur is Jeff Bezos, the founder of Amazon. He gave up a well-paid job, borrowed money from family and friends and started his business in his home garage. Jeff Bezos has been quoted as saying that when he first started, he realised that the only thing he would ever regret was not ever having tried. In other words, he would regret not taking the risk more than he would ever regret trying and failing to realise his dream. Amazon is now the biggest online shopping retailer in the world and has changed the way we shop and the way we think about shopping. So, to sum up, entrepreneurs are people who are willing to take risks, but try to minimise them. They are also willing to accept failure. And one thing is certain – innovation and change would not be possible if some people were not willing to take a risk.

Unit 3

▶ Track 3.03

Luke: Are you coming to the concert on Wednesday evening?

Tania: Oh no, sorry I can't.

Mum doesn't let me go out on weeknights. She thinks I won't be able to finish my homework and I'll be too tired the next morning.

Luke: Well, I suppose she's right! I don't usually go out on weeknights either. I had to promise I'd be home before nine!

Tania: Do your parents let you go to parties and stuff?

Luke: Yes, but only at weekends and I can't stay over, I have to be back by ten. Do you have lots of rules at home?

Tania: Hmm, well no, not a lot I suppose. The main things are that I have to finish my homework before I'm allowed to watch TV and I have to help with the household chores.

Luke: What kind of chores do you have to do?

Tania: Well, I have to keep my room clean and tidy, and I have to help with hoovering and dusting the house, loading the dishwasher after dinner and taking out the rubbish. If there's anything extra, like helping Dad to wash the car or working in the garden, then I get more pocket money.

Luke: That sounds really good. I wish we had a system like that. My mum's always complaining that I don't do enough to help with the housework. She says I'm lazy and just want to play computer games all the time.

Tania: Is that true though?

Luke: No! Well, not really.

Tania: I have to switch off my computer by 8pm ... oh, and I'm not allowed to check my phone at mealtimes.

Luke: Same here! Plus, I'm only allowed to use my computer for two hours a day and three hours at the weekend. I think that's ridiculous!

Tania: I wish we didn't have quite so many rules. I mean we're old enough to make decisions by ourselves.

Maybe we should make some rules for our parents?

Luke: Oh yeah? Like what?

Tania: Well, they should listen to us more. They should discuss family decisions with us a bit more. Like, last year we went on holiday to Majorca and I really didn't want to go there, but my parents wanted to go and that was that. My opinion didn't count.

Luke: I know what you mean. It's really annoying when ...

Unit 4

▶ Track 4.03

Interviewer: The topic of today's podcast is school sports and we've invited two school athletes to come and give us their views about

the benefits and drawbacks of participating in regional and national school sports. Welcome Aiden and Gina!

Aiden: Thanks!

Gina: Thank you! Glad to be here.

Interviewer: So, Gina, let's start with you. You're on the school hockey team and you've recently won a regional championship – well done! Now, tell us how you manage to balance sports practice for your team and your schoolwork? Is it difficult?

Gina: You're right, that can be a problem. When the regional championships are on, it's really hard to fit everything in. There are practice sessions twice a week, and then there are the actual competition games. The worst is when we have an away game and we don't get back until late. There's no time to do homework and I'm usually so exhausted I just have to sleep.

Interviewer: Yes, I can see that must be a big problem. How do you manage?

Gina: I get up early the next morning to finish my homework! I think you just have to be really well-organised and make sure you have set aside enough time for schoolwork. But it does mean I have less time to hang out with my friends and stuff.

Interviewer: Do you sometimes get behind with your schoolwork?

Gina: Not so far! And anyway, if I did, my parents would be really upset, and they'd tell me to give up the sport. School work and getting into university are much more important!

Interviewer: Now Aiden, what about you? You're on the school gymnastics team. What would you say has been the greatest benefit for you?

Aiden: Oh, there are all sorts of benefits! Of course, there's fitness and self-esteem. But you also learn skills like teamwork and leadership. It's a great feeling to represent your school at a regional or national sports event and a big responsibility, too. Ultimately, it all encourages you to do your best.

Interviewer: Do you agree with Gina about the problems of balancing academic work and sports practice?

Aiden: Yes, I do. When we get back from practice, I'm usually really tired and sleep is really important. So, there isn't much time to study during

the week but I make up for it at the weekend, and whenever we travel by bus to a meet, I'm always reading or listening to audio or video on my tablet.

Interviewer: That sounds great. What about spending time with friends?

Aiden: I disagree slightly on that point, because I've actually made a lot of friends through the sport, and that's been a very positive experience for me.

Interviewer: Brilliant! So that's all we have time for today, thanks to you both for your contributions!

Unit 5

▶ Track 5.03

Presenter: Here with us in the studio today is our special guest, fashion influencer Carla Beonini, author of the amazing blog *The Fashion Butterfly!* Welcome!

Carla: Hi! I'm so excited to be here!

Presenter: Your blog's become so incredibly popular over the last few months, everyone's been talking about it!

Carla: I know, we're getting over 100,000 unique visitors each month at the moment! It's crazy!

Presenter: That's amazing! So, can you tell us a bit about how you got started? And what it takes to be a successful fashion blogger? To start with, how did you come up with the name for your blog?

Carla: I spent quite a long time trying to come up with a name. I mean, it's important because it's got to represent your brand and you want to project an image that will give people some idea of what you're about. For me, the butterfly image is all about beauty and elegance. Butterflies are sort of effortless in their movements and that's how I feel style should be. It shouldn't look forced or artificial.

Presenter: Or like you've spent hours and hours getting dressed!

Carla: Exactly! And also butterflies change shape and form throughout their life, so I see that as an image of how our sense of style and fashion changes and adapts as we grow.

Presenter: Interesting! And can you tell us about the qualities you think are important for a successful blogger?

Carla: You know there are hundreds and hundreds of fashion bloggers out there and it's quite difficult to make your blog stand out from the crowd, so the important thing is to know what your own unique style is and share that vision with the world. For example, I recently went to London Fashion Week and while everyone was taking pictures of all the models, I took pictures of what people in the audience were wearing and focused on their shoes! They were actually more interesting than what the models were wearing!

Presenter: Brilliant! And what other tips do you have?

Carla: I think good quality pictures and videos are essential. A lot of readers don't read the text, they look at the photos first. You need the photos to initially draw people in. One of the first things I did was to invest in a good camera and make sure my photos were really clear and full of colour.

Presenter: But the blog has to be interesting too!

Carla: Of course! You have to spend some time on it to make sure it is original and well written.

Presenter: And what about networking? Is that important?

Carla: Totally! You need to read other blogs and get to know the competition. It's a good idea to write guest posts and have guest posters on your blog, that's a good way to gain readers and followers. And you can make friends, too!

Presenter: Excellent advice! Thanks Carla for coming and once again, if you want to find out more about starting a fashion blog, visit Carla's website at ...

Unit 6

▶ Track 6.03

Presenter: And finally, in tonight's special feature on crime and justice, we're going to discuss reasons for and against community service as an alternative to prison sentencing. Today in the studio, we have Elizabeth Mason from the Association of Community Service Volunteers and David Weston from the Criminal Justice Society. Welcome to you both!

Both: Thank you!

Presenter: We've been hearing a lot recently about how overcrowded prisons are and how expensive they are for taxpayers. Do you think that community service for offenders is a solution to the problem? David?

David: It's true that the number of prisoners is increasing all the time and what's even more worrying is that the number of people who re-offend after leaving prison is increasing as well. I think this indicates that prisons – or at least prisons in their current form – are not the best way to punish offenders or prevent crime. In my view, we need to take a serious look at how to make prison less about punishment and more about rehabilitation.

Presenter: Do you mean with more focus on therapy and education, for example?

David: Yes, exactly.

Presenter: What about you Elizabeth? Do you agree that prisons should place more emphasis on rehabilitation?

Elizabeth: I agree with David, prisons do not create a good environment for prisoners. Not only do they encourage re-offending, but prisoners tend to feel angry and resentful and this causes more violence or even depression and suicide. My view is that there should be alternative sentencing for any non-violent offences. For example, I think that a compulsory community service order would be far better than a jail sentence for someone convicted of fraud. Not only can they give back to the community, but they avoid the negative effects of being shut up with other more violent offenders.

David: I agree that it would be good to reduce the number of prison sentences, but I'm slightly worried that people won't take community service seriously. I mean, do they really see it as a punishment? Will they work seriously and effectively in those programmes? It might just make more work for the volunteer organisers to have to monitor them and then what do they do if the offenders just don't turn up?

Elizabeth: Yes, I can see that might be a problem, but on the other hand, I think there has to be a cooperative effort between the courts, the social

services, the volunteer groups and the offenders themselves. If we involve the offenders in choosing volunteer jobs that match their skills and create an environment where they see it as a way of giving something back to society, then I think it would be far more effective.

Unit 7

▶ Track 7.06

Emma: What are you doing this weekend? Are you busy?

Joe: I've got to do some work in the back garden, and I have to cut the grass. The problem is our lawnmower's broken down.

Emma: Oh, why don't you try this new website? It's a place where people in the neighbourhood can advertise things they want to lend, borrow or just give away.

Joe: That sounds interesting. Do you think I could borrow someone's lawnmower just for this weekend?

Emma: Yes, I'm sure you could!

Joe: So, how is it different from one of those websites where people just advertise things that are for sale?

Emma: The thing about this website is that it helps to put people in the same neighbourhood in touch with each other. You know, nowadays, people are so busy and they don't have time to talk to their neighbours any more. So, this is a way of putting them back in touch.

Joe: That sounds like a good thing to do.

Emma: Yes, it does, doesn't it? And the other thing is that everything on there is totally free. It's not about making money, it's more about sharing things and making sure things aren't wasted. There was someone on there who was moving from a house to a small flat, for example, and he gave away lots of books and furniture and other things that he couldn't fit into his flat. Otherwise he would have thrown them all away.

Joe: I see ... sounds like a cool idea.

Emma: And it's not only about things. It's also about sharing skills. I discovered it last summer when I was looking for someone to help me with my Spanish and I got in touch with a lovely Spanish lady who lives in the next street. She offered to give

me Spanish lessons and in return I helped her paint her living room!

Joe: Amazing! And are you still friends with her?

Emma: Oh yes. We meet up about once a month and cook Spanish food together!

Joe: That's brilliant! So, this website, do you have to pay to join up? How much does it cost?

Emma: It's free. What happens is you sign up with your name and address and everything and then you put in the information about the item you want to lend or give away, or you can tell people about a skill you have that you are willing to share. That means you can enter the site and see what other people are offering in your neighbourhood.

Joe: Sounds like a good way to meet the neighbours and make friends. I don't know many people in my street.

Emma: Yeah! Now you're getting the idea! Why don't you give it a try?

Unit 8

▶ Track 8.03

Eric: Hi Max! How's it going? What are you reading?

Max: Oh, hi there, Eric! I'm just looking at a news story my friend sent me.

Eric: So, how do you usually keep up with what's going on in the news?

Max: Well, I just check my favourite social media websites and see what's trending on there.

Eric: You mean you look at the links they send you or the ones that your friends send you?

Max: Oh, a bit of both really. How about you?

Eric: I have three or four different apps on my smartphone and I check them from time to time to see what the main stories are. Then, if there's something I'm really interested in, I'll go to a number of different online sources and compare the stories on them.

Max: That sounds like a lot of work! I'm too busy to do that!

Eric: But don't you think it's biased if you only get news from one source?

Max: Biased? Really? I mean, the links I get are to a variety of sources.

Eric: Yes, but it's your social media website that's choosing them for

you. And well, it's so easy for people to spread fake news these days. How do you know whether it's reliable or not? How do they choose which links to send you, for example?

Max: I guess it's based on my previous interests and viewing history.

Eric: Exactly! So if you only click on sports news, you'll only get sport. Isn't that right?

Max: I suppose so.

Eric: The point is that your website is selecting what kind of news you see and it's more difficult to get an accurate and independent picture.

Max: But lots of the news stories are first-hand accounts posted by people who are actually there and have seen what is happening. How can that be unreliable?

Eric: I know that they look authentic but how do you know they are real? It's so easy to spread fake news these days.

Max: Oh, I think you're making too much of it all. When you look at your news apps, aren't the top stories selected by editors there?

Eric: Yes, that's true, but they select a balance of different types of stories, not just one or two themes that I click on frequently. And what's more, they are stories that have been verified and fact-checked by reporters, unlike some of the stuff you get forwarded by other people!

Max: Hmmm, I've never really thought about it that much ...

Unit 9

▶ Track 9.03

Presenter: In today's podcast we are very fortunate to be speaking with Essi Virkunnin, conductor of the Radio Symphony Orchestra. Essi, welcome!

Essi: It's a pleasure to be here!

Presenter: So first let me ask you about how you decided to become a conductor. Did you know early on in your musical career that this was what you wanted to do?

Essi: Actually, no, my first love was the cello, which I started to play at the age of ten and I was determined to be a virtuoso cellist! I studied and practised really hard and won several local competitions, but when I joined the music academy, I started attending conducting classes and a whole new way of looking at the music opened up to me.

Presenter: Would you say that playing the cello helped you when you became a conductor?

Essi: Very much so. I think you have to be able to play at least one instrument really well in order to understand what you're asking from your orchestra. Then you are able to give constructive criticism to every musician. You need to know the limits and also the possibilities!

Presenter: What's the most difficult thing about being a conductor?

Essi: I think you need to spend a lot of time on preparation so that you really understand the music and are able to interpret the music in your own unique way and convey

your interpretation to the orchestra. But when you achieve that, it's just incredible!

Presenter: Do you think it's more difficult for women to become conductors than for men?

Essi: I would say that the main obstacle is the lack of female role models. Most of the famous orchestras have male conductors and people aren't used to seeing female conductors on the stage. So, it is very difficult for a young woman to imagine herself in that role. But nowadays there are more female conductors, for example, Marin Alsop, an American conductor who was the first woman to lead a major US Orchestra when she was appointed musical director of the Baltimore Symphony Orchestra in 2007. So, I think that things are gradually beginning to change.

Presenter: What's the best thing about your job?

Essi: The best thing is when you manage to achieve that special electricity between the conductor and musicians. If you have the right energy, they will know exactly what you want through your physical movements and facial expressions. It's an amazing feeling to hear the exact sound you want simply by using physical gestures!

Presenter: Fantastic! Well thanks so much for sharing your thoughts with us and I am sure you will be an inspiration to future female conductors listening to us today.

Essi: Thank you.