

ENGLISH FILE 4TH EDITION ADVANCED AUDIO SCRIPTS

FILE TESTS

FILE 1

Listening 1

Speaker 1 This my grandfather, Wilson, whose family lived on the east coast of Scotland. His father, uncle, and four elder brothers were all fishermen, who went out to the North Sea for days at a time to catch fish to sell at the markets. From an early age, Wilson was desperate to go out to sea but his father wouldn't allow it. However, Wilson was both stubborn and quick-thinking. When he was 14, he sneaked onto their boat and hid just before it was about to leave the harbour. After several hours at sea, he went up on deck and offered to help with the nets. His father was angry at first but Wilson insisted he should be allowed to work with the others. He was so hard-working that he was part of the crew from that day on.

Speaker 2 Aww, I love this photograph of my Aunt Penny and Uncle Robin. When they met, both of them had jobs in the banking industry. But then they got married ... and the honeymoon changed their lives. They stayed on a small farm in Wales, and just loved the peace and quiet. Then as they were leaving, the owner told them that she was selling it. Well ... they went with their gut feeling and offered to buy the farm there and then! They had no experience of farming at all! Anyway, they certainly made a success of it because by the time I knew them, they were producing all their own food – they grew fruit and vegetables, and kept chickens, goats, and a herd of dairy cows ... They never went to the supermarket. It was great!

Speaker 3 This is a photo of my friend Helena. We met when we were studying at art college. The thing I really admire about Helena is the fact that she is so down to earth ... and she seems to have the ability to do almost anything. She's just so creative. She can repair, reuse, or make things with the most unexpected materials. We shared a flat for a while and she wouldn't throw anything away – everything was used, even things like old bottles, cards, and clothing full of

holes. She spent most of her time making things and selling them online. They were popular because people wanted something unique and interesting that no-one else could buy. She made a lot of money too. Basically, she funded her studies by selling 'junk' ...

Speaker 4 Ah, now this is a photograph of my mother-in-law. When we first met, I was really shocked. She was very house-proud and umm... I suppose it's fair to say she came across as a bit of a control freak. She was always so thorough about how things should be done, and consequently, I found visiting really stressful. She was always cleaning and making sure things were in order – she even ironed my socks! And she was a bit bossy too, if you offered to help with anything. However, I managed to hold my own. Well ... I'm kind of used to it now and our relationship is quite good, but it's been a challenging process getting to this point ...

Speaker 5 John Harrison was a good friend of my dad's when I was young. My brother and I thought John was absolutely brilliant. He used to come round at the weekend to chat and tell stories. He especially liked Greek and Norse mythology. Although it was obvious my mum was cringing at some of the scary bits, we absolutely loved it! You never knew what to expect with John. He was a talented musician, and without any warning, he would suddenly burst into song or take out his violin and play a tune. He was always the life and soul of every party. I remember him once getting up and dancing on his chair at the dinner table ...

Listening 2

- Presenter** So, this morning I'm talking to Martin Fairway an expert in AI, or Artificial Intelligence, about careers, and particularly, the way we will choose our careers in the future. Martin, welcome.
- Martin** Thanks Dan.
- Presenter** So, Martin, inevitably, when we're considering which career path to take, we all ... of course ... hope for a job that will not only pay the bills, but also be personally fulfilling.
- Martin** Absolutely, job satisfaction is an important consideration. Traditionally, when you start job-seeking, a careers adviser gets you to answer a set of questions in order to ascertain your personal characteristics. The results are then used to match you with a suitable occupation. However, this outdated method relies on long, very generalized surveys – it doesn't account for the fact that so many jobs are either changing or disappearing as technology transforms employment. Technology just moves so fast these days, and consequently, by next year there may be new jobs that we couldn't have predicted today.
- Presenter** Yes, I guess it's going to be difficult for recruitment firms and careers advisers to keep up with the pace.
- Martin** That's right. But interestingly, some researchers have decided to explore how a data-driven approach could be effective in matching people with a suitable industry or profession, based on their online browsing data.
- Presenter** I see ...
- Martin** One research team in the US recently figured that they could learn a great deal about someone by analyzing them psychologically through their online activities and social media use. We all leave traces of ourselves online ... you know... in the language we use, the types of posts we write, what we share and 'like'. As a team, they wondered if they could analyze this data and use it to find out the extent to which people doing the same job shared the same personality traits.
- Presenter** That sounds like a great idea. So how did they conduct the study?
- Martin** Well, I don't have all the details to hand but apparently, they identified around 100,000 Twitter users, all of whom included at least one job title in their online profile. Then, using AI technology, they analyzed the personality characteristics that were evident from the language in their posts – as I understand it, they wanted to determine whether there were links between the occupations of the people whose personalities had been identified as similar.

Presenter Ah, that's very interesting...

Martin Yes, I mean, we all know that work is more fulfilling if it fits our personality, values, and interests. But it seems the study helped them to go further and pinpoint which occupations matched the different personality profiles. For instance, generally, computer programmers and scientists were intellectually curious, they tended to have a greater ability to think in abstract terms and symbols, and they favoured variety in their work. Sportspeople tended to be highly organized and conscientious. And they were less likely to mind repetitious actions, which is why they are so able to maintain the rigorous routines and training they need in order to succeed.

Presenter So, I assume this means that similar jobs could be grouped together.

Martin Exactly. the research team used all of the data they had analyzed to create a 'Vocation Map' which shows the occupations in relation to others which suit people with similar traits.

Presenter And you can explore this interactive map online, can't you?

Martin Yes, it's incredibly interesting. Perhaps the most surprising thing I learned was that while many of the job-personality combinations seem fairly predictable, some of the combinations that appear similar would probably not have traditionally been grouped together. For instance, geologists, cartographers – map makers –, cereal grain farmers, and technology professionals end up being grouped together because, according to the AI algorithms, they share similar personality traits.

Presenter Mmm. So, what's the outcome of this research?

Martin Well, the team has now designed something called a 'Vocation Compass'. It's a system that could use our personal data profile to match our personality traits to potential jobs. I understand that so far, it works with over 70% accuracy but even when the system gets it wrong, it's apparently still pretty close ...

Presenter Really?

Martin Yes, it might point out a profession with a similar skill set. For example, it might suggest that a paramedic becomes a doctor or something ...

Presenter So, what next?

Martin Well, I think the jobs industry needs to keep its nose to the grindstone and ...
[fade out]

FILE 2

Listening 1

- Speaker 1** Do you ever get that thing when you hear a word, and your brain seems to tag it onto an image or memory? When I was a child, we lived in an old house that got cold in winter. We had these long rolled-up blankets on the floor in front of the doors to prevent cold air from coming in, and my mother called them 'draft excluders'. Well, the first time I heard her, I thought 'draft' sounded like 'giraffe', so now I picture a giraffe every time I see one!
- Speaker 2** For me, one of the hardest things about learning English is all the ... what do you call them? ... false friends. You know, Italian and English come from the same historic origins, but sometimes words which sound similar can have very different meanings. When I first came to the UK to study, I stayed with an English 'host family'. Well, I made such a mistake when I was describing the father of the host family in class the next day. I said that I thought he was 'bald' because he worked at the local airport as a pilot instructor. Well, the teacher explained that 'bald' means he had no hair and not that he was 'baldo' – *brave* – as it does in Italian!
- Speaker 3** My three-year-old son doesn't need any encouragement to learn new words. He just loves them. And, you know, ... it's the pure joy he exhibits when he learns a new one that's so fascinating to see. The other day, we were in the kitchen and I took out a packet of noodles and asked if we wanted to try them for lunch. Well, I wasn't prepared for the almost total physical response he had – he immediately collapsed onto the floor in fits of laughter saying 'noodle, noodle, noodle' over and over again.! Honestly, I thought he'd never stop laughing ... I guess it must be the 'oo' sound of the vowel that had caused him such amusement!
- Speaker 4** I had a really embarrassing experience with my own language once. I'd been on an training course and the tutor, Claire, had worked incredibly hard over the three-week period. So, we were all having coffee together on the final day and I asked her what she was planning to do after the course. Well, Claire's from Newcastle in the north of England, so ... you know ... she speaks a little differently from where I'm from. Anyway, she said ... or at least I thought she

said, 'I'm going to book a rest.' So, I said she really deserved a good restful holiday after all that hard work, and she looked at me as if I was crazy. 'I'm not going on holiday', she said, 'I'm going to Bucharest, the city in Romania! I'm speaking at a work conference!'

Speaker 5 When I was about six or seven years old, for some reason ... I don't know why ... I always used to write 'kitchen' when I meant 'chicken'. I guess I just had a mental block about it or something. Anyway, you know how there are education inspectors that come around schools to check that the teachers are doing a good job? Well, one day the inspectors came to my class. I was quite shy so I put my head down pretending to be really conscientious so they wouldn't talk to me. But sure enough, an inspector came over and asked if he could read what I was writing. It was a diary and guess what I'd had for lunch that day ... 'kitchen soup!'

Listening 2

Lecturer Good morning, everyone. In today's lecture we're going to look at how languages spread and develop over time, and how certain words or phrases from other languages have ended up becoming part of the English language we use today.

OK, so let me start with the origins of English. The Proto-Indo-European language, which as you know from previous lectures, eventually became the basis for ancient Greek, ancient German, and Latin. I guess, it's probably best described as the 'ancestor' of all European languages. And it is in fact one of the widest spread language families in the world.

So, just to recap last week's lecture, around 5,000 years ago the people of the Yamnaya culture migrated into Europe from the Pontic-Caspian Steppe – a vast area of grassland to the north of the Black Sea and the Caspian Sea, including parts of Romania, Bulgaria, the Ukraine, and Russia, and extending eastwards into Kazakhstan. These resourceful people – the Yamnaya – were nomadic, travelling with the animals they would have used for wool, milk, and meat ... away from their homelands through Europe as they sought new lands. They also brought with them a new language – Indo-European. And in addition, they brought innovations such as the wagon for transport, and the keeping of cows for dairy production.

So, as you can imagine, this influx of new peoples revolutionized agricultural practices in the areas they came to settle in. And with such life-changing innovations, it's hardly surprising that ... over the following millennia ... the Indo-European spoken by the Yamnaya people replaced most local languages. Everyone would have wanted to communicate with these innovative new people, share information, and learn their skills. Without learning each other's languages, they just wouldn't have understood one another at all.

Archaeological research suggests that many of the English words that are associated with agriculture, come directly from the culture of the Yamnaya people: 'wagon' and 'wheel', obviously, as the Yamnaya culture introduced these things; and then there are the names of animals, such as 'horse',

'sheep', and 'cow'; and related to these we have words like 'milk' and 'wool'. But of course, new languages can never really fully replace existing ones – there are always going to be words and phrases from the local dialect and culture that remain and become part of the new language, causing it to evolve over time.

An example of this is evident from research into language in Scandinavia. Studies found that two distinct cultures had co-existed in southern Scandinavia between 2,800 and 2,600 BCE. Originally, the native culture comprised Neolithic farmers – archaeologists now call this the 'Funnel Beaker Culture' because of its characteristic funnel-shaped ceramic pots. However, once the Yamnaya culture was introduced to the area, a transformation began. Although linguistic research shows the two cultures co-existed, the language of the region didn't evolve rapidly – the transition took place over hundreds of years ... and therefore it is inevitable that these two initially separate cultures influenced each other during this period. Historical linguists have been able to identify a number of words for local flora and fauna which could not have come from the incoming Yamnaya speakers of Indo-European. The most likely explanation is that these words must have therefore originated from the local Funnel Beaker Culture that inhabited southern Scandinavia at the time. So, basically, this suggests that the Neolithic farmers of Scandinavia contributed vocabulary of their own to the Indo-European language before their native tongue became extinct.

There are also examples of words found in the Germanic languages including English, Danish, and German, which stand out because they do not fall into the recognized pattern of sound changes found in Indo-European vocabulary. For instance, words such as 'pea', 'bean', 'shrimp', and 'turnip' cannot be related to the Proto-Indo-European ancestor so were probably picked up from local languages when the local peoples mixed the new language with their own dialects ...

FILE 3

Listening 1

Speaker 1 Er, hello? I'm just calling because my car's broken down. ... Yes. ... It's 07700 900008... That's right, Gemma Campbell. I've been a member for several years now. I'm in, er, in Smithton by the traffic lights. ... No, no, it's safely off the road. ... Well, I was waiting at the lights and when they turned green, the car stalled and wouldn't start up again. The engine was making a funny noise but now it's completely dead. I had to get some other motorists to come and help me push it off the road. I'm not sure what's wrong with it. It's pretty old now but it's been great on the whole. ... OK. ... Twenty minutes? ... Uh-huh, right, OK. Thank you very much – I'll look out for the van.

Speaker 2 We definitely need to do something about it. I'm just not sure how to tell him... I mean, the house is literally full of stuff. Every time I open a cupboard, I feel like I'm putting myself in danger from falling objects! I admire the fact that he sees value in everything. He's so resourceful, and he really doesn't like to waste anything, so he always says he'll be able to find a use for things. I don't mind if there are a few things lying around but it's getting stressful. I think we're going to have to assess what we need and what we don't, and then do something about it!

Speaker 3 It was in that new salon – the one on the corner of Butler Street. It's painted a gorgeous shade of blue – looks really modern. Well, I'm not usually so adventurous when it comes to my looks but I'd been thinking about getting it done. I had a bit of time so I popped in to ask about their prices and see if they had any available appointments. The lady – Amelie – was so nice. She told me that she'd had a cancellation so she had a free slot. I don't know why but I just thought I'll be spontaneous for once! And I'm really glad I did because I absolutely love the results!

Speaker 4 There are quite a few things really but my all-time most annoying one is people eating in the supermarket. I mean, I know there's always a lot of food around, but in my opinion, you don't own something until you've bought it. So basically, eating something as you go around and then putting the packaging in the trolley to be scanned at the checkout – it's well... it's not only rude, but it's practically stealing! OK, so someone who does it would probably argue

that they're going to pay for it anyway, but that's not the point really, is it? A friend of mine used to work in a supermarket and she hated it, especially when people handed her banana skins or dirty yoghurt pots that their babies had licked ...

Speaker 5 As far as relationships are concerned, I'm not really bothered at the moment. I mean, I might be single again, but I'm certainly not lonely. I have loads of friends on my college course and I've started a part-time job at the Italian restaurant near my flat. Actually, I think it's been really good for me to spend time in my own company. You know, if I feel like lazing around on my sofa watching box sets, that's perfectly fine. I don't have to go out to please anyone else, and when I do go out, I get to decide where I go and how long I stay. Anyway, as I was saying, I've definitely decided – I don't want to get into another relationship at the moment. I just need a bit more time after Stephan ...

Listening 2

Marcus Hello, I'm Marcus. Thank you for coming along to hear me tonight. So ... why do we instantly like some people and not others? It's hard to say exactly. In fact, it'll be different for each person you meet. It could be their smile, maybe it's their sense of humour; or maybe it's simply that they're easy-going. You just ... well ... like them. But I'm a scientist, and I'm sure you're aware that scientists generally aren't satisfied with simple, non-specific answers like that. I'm fascinated by people, and how we all relate to each other, that I, along with many colleagues, have spent years trying to pinpoint the factors that determine our friendships. So, this evening I'm going to share some of our most intriguing findings, which, I hope, will help you form better new relationships, easier and faster.

OK, so number 1: if you want to be liked, copy the person you're with. Now, we all do this naturally to a certain extent, but you can enhance it too, so ... when you're talking to someone, try the 'mirroring strategy'. Observe their body language and mimic their gestures and facial expressions. In the late 90s, some colleagues in New York discovered a phenomenon they called the 'chameleon effect'. In a study, they asked people to complete tasks with a partner whom they had never met before. One person from each pair was instructed to subtly copy the body language of their partner during the experiment. Afterwards, when the researchers asked the participants how much they liked their partners, those whose partners had mimicked their behaviour, reported liking them more than the ones whose partners had not mimicked them.

And related to mirroring is 'emotional contagion'. This describes the effect of emotions spreading between people. According to research, we are strongly influenced by the moods and feelings of others because we can automatically feel them. And this is probably because we tend to naturally mimic others, which in turn will automatically make us feel similar to them. So, if you want someone to like you, do your best to communicate positive emotions when you're around them. And ... actually, being around someone you're hoping to become friends with is very important. You see, simply by being familiar,

you're increasing your chances of becoming friends. Why? Because we all like familiarity – it feels comfortable to be around people we know.

Another thing to bear in mind is a phenomenon called 'spontaneous trait transference'. People associate the adjectives you use to describe others with your personality. So, if you're constantly criticizing people behind their backs, your new friends will start to associate the negative qualities with you too. So, describe your other friends in a positive light, compliment them, and point out their good qualities. That way you will also be seen in a positive light.

Another way to enhance someone's opinion of you is to emphasize any shared values you might have, especially about controversial topics such as politics, the environment, or animal rights. This is known as the 'similarity-attraction effect'. A colleague of mine interviewed volunteers to find out their attitudes on a range of controversial topics, and then put them in a house to live together for a week or two. By the end of the experiment, the participants who had similar views had formed stronger bonds.

And now let's look at things from the perspective of the other person. We all want to talk about ourselves, right? I mean, we might not admit it but ... yep, you guessed it, if you want people to like you, you have to LISTEN to them talking about themselves. Recent studies have proven that talking about yourself may be inherently rewarding, in the same way that material rewards such as money and food are. In one study, researchers found that brain regions associated with reward and motivation were most active when volunteers shared personal information with others. In other words, taking time to let a new acquaintance share their stories instead of going on about yourself is likely to leave them with more positive memories of your interaction. And that's exactly what you want, right? OK, so let's move on to ...

FILE 4

Listening 1

- Speaker 1** I've never felt so completely involved in a film. Right from the start, you know the main character's going to find himself in big trouble. I mean, he has no choice – he has to go and live with his grandmother and uncles. But no sooner does he move in than he realizes that they're notorious armed robbers who are wanted by the police. All the time, you just know that however hard he tries to avoid getting involved, it's going to all start going wrong for him. We were literally sitting on the edge of our seats for the whole film! It was fast-paced at times, but there were also slower moments of tenderness that were incredibly moving. I'm amazed that it was the director's first-ever film!
- Speaker 2** You know, I really don't mind a good historical drama at all. I like learning about what cultures and societies were like in the past. But this one, it was just so long. Not that being long is a problem either really, it's more that if a film is long, I feel I need a bit more variety in the narrative. You know, some parts that are a bit faster-moving, some lighter-hearted moments ... rather than just three hours of depressing doom and gloom. It was so beautifully shot, and really well acted, but I just found myself wishing it was over. I can see why it won an Oscar though, and I suppose the director wanted to be true to the original story ... which let's face it, was extremely depressing
- Speaker 3** Ooh, did you really stream that film? Umm, I saw it in the cinema when it first came out a couple of years ago. I tell you – I couldn't sleep for a week after that! And even now, I shudder when I think of it. It wasn't actually the fact that it was a really scary storyline as much as the feeling I got from it ... the main character was ... well ... just so – eugh, I can't even think how to describe him. I mean he comes across as so 'nice' but you just know something's not right about him – it was something in his eyes – the way he looked. He just made me feel so on edge and the whole time I wanted to scream at the characters on the screen, 'Don't trust him!' ...
- Speaker 4** I reckon I've seen enough Nordic Noir by now to be able to recognize a good drama series when I see one. You have the classics like *The Killing*, which is Danish, and *Before We Die*, I think that one was Swedish. But for every excellent series, there seems to be three or four others with a similar formula.

You know, haunting scenes, clever camerawork, an intriguing murder to solve. And just when you're getting into it, and you think you've worked out who the murderer is, they introduce a new random character. Or someone suddenly appears at a key location for no apparent reason or knows something they couldn't possibly have known! OK, so I don't mind a bit of exaggeration but ...

Speaker 5 You know, I've watched literally hundreds of films, and enjoyed many of them. But there are some that just somehow stick in my memory and I just can't shift them. They tend to be the ones in which someone uncovers some terrible crime and then over the course of the film, they give everything they can to uncover it and bring those responsible to justice. A couple of films that stick in my mind have environmental themes, to do with companies poisoning the environment or causing water supplies to become toxic and then attempting to disguise what's happening so they can continue to make a profit. And another film that I really enjoyed ages ago was where a journalist in Africa discovers that a medical drugs company is testing unlicensed medicines on the poor.

Listening 2

Patrick Sellars Hello, everyone. Quiet, please! Quiet, please! Ha, ha, only joking ... or am I? You see, we live in a world which is constantly noisy. Think about it. When was the last time you heard silence? I'm guessing it was a long time ago. But the thing is, we all need to be embracing silence, making it part of our lives ... because staying silent is really good for us.

Now ... I don't want to be sensationalist, but according to The World Health Organization, excessive noise can lead to all sorts of health problems, including hearing loss, insomnia, and an increased possibility of suffering from heart problems, fatigue, anxiety, and depression. We're all so busy and distracted all the time. A recent study showed that the human attention span has fallen from 12 seconds to 8 seconds in the last 15 years. Shocking, isn't it? Apparently, even a *goldfish* can now beat our attention span by one second!

But it's not all bad news. Thankfully, there is an antidote and that is ... *quiet time*. So, I'm going to share a few simple strategies tonight that should help you get some silence back in your lives.

So, first of all, you need to get rid of all those distractions. Not permanently – you can just help to reduce their impact. This might be the trickiest one of all, but you need to consider taking a break from social media. If you find yourself checking your timeline every 15 minutes or responding to messages on app groups, it's time to take action. Uninstall your favourite social media sites from your phone. You can, of course, still check them on a laptop or PC. But then *you* have control over where and when. Another simple thing you can do is just mute your message so you're not interrupted by the buzz of texts coming in when you're concentrating on something else. Again, you can check them, but you'll end up doing it less frequently.

Personally, I'd say I need at least 30 minutes of silence a day to feel balanced and energized – and doing these things have helped me ... just enjoy quiet moments without the constant threat of interruption. Try it – it makes a huge difference.

Next ... turn down the volume. You don't always have to listen to music in the car, or have the TV on in the background while you're preparing dinner. Quiet is valuable because it increases our self-awareness. It allows us to establish a sense of how tired or stressed we are, or check in with our emotions. When we have the opportunity to tune in to these things, we can take positive action to resolve any problems and take care of ourselves. And that's important! So, once you've made a bit of room for silence in your immediate environment, you can think about how you can extend that into your community. I live in New York, and it's one busy, noisy city, but there are places where you can find peace and quiet. At the weekends, I spend a lot of time in museums and art galleries.

And I find that ... time seems to slow down when I'm in these spaces. I'll sit down and look at a painting, sometimes for a long time, and just contemplate it. I find it really clears my mind and restores my creative energy in the process. Another thing I like about it is that it isn't solitary. You're alone, but in the company of other people, in a space where it's generally understood that noise is to be kept to a minimum. Libraries are great for that too ... where else could you go where people communicate in whispers?

And going a step further can really give you that much needed quiet space. Every year I go on a solo camping trip – I read, swim, paddle my canoe, and hike every day. I try to notice the sounds of nature that are normally drowned out by human activity: the sound of the birds, the crash of waves on a beach – these are actually a part of that quiet we so crave ...

FILE 5

Listening 1

Speaker 1 Cleaning is something we all do, and it's important. But, so many of the products associated with it are really harmful to the environment. In fact, they can contain some really quite toxic chemicals. And although they're all supposed to be safe to use in the home, you have to wonder what the impact of using so many over time could be on your health. Anyway, my colleague Susie and I started experimenting with different recipes – all made from natural ingredients like vinegar and lemon juice, and we found some formulas that worked really well. So, we officially started up our cleaning service last year and as soon as the advert went out on social media, we received a deluge of requests. We're now working full-time and we're so popular that we're considering hiring some more staff!

Speaker 2 Jake and I met when we were working as sous-chefs in a small restaurant in town. During that time, we had a lot of conversations about food. We're both really passionate about cooking and food, especially creating quick meals, healthy snacks, and smoothies made from local ingredients. The restaurant owner Gino was really supportive of us. He had a day off on Mondays but he trusted us enough to give us the keys so we could use his kitchen to try out new recipes. We soon got to the point that we wanted to see if we could sell some of our food. Gino agreed to a trial where we would serve our snacks, teas, and coffees at lunchtime on Mondays. It proved successful, and we now do a regular weekly opening and share the profits!

Speaker 3 We have this little insect called a midge in Scotland and it has a fearsome bite! In fact, as a child, I remember abandoning camping trips when we came under attack by thousands of them! Luckily though, I now know of a way to keep those pesky midges away – it's a type of plant called 'Bog Myrtle' and it grows all around here. So, my friend Jill ... who's also my neighbour ... and I started experimenting with it – mixing it with natural oils to create a kind of face cream. We waited until the midges came out and then we put it on and went outside to test it. Well, the incredible thing was, it worked! And it's so effective that we've actually started a business selling it.

Speaker 4 Many elderly people struggle to do things that they may have been very good at when they were younger and more able. So, when my grandfather began to lose his sight, shopping became harder and he wasn't able to cook from scratch like he had before ... and he was a brilliant cook by the way ... the result was that he started to lose weight and eat less healthily. My friend Sasha had just finished studying catering. She suggested that we start up the business, and my grandfather was our first customer. Anyway ... he loved it and the rest is history. We have our own vehicle now and over 150 customers in the area!

Speaker 5 At first, I just did it as part of my thrifty lifestyle. I hate to throw anything away, and I also love to make things. So, when my old woollen jumpers got holes in, I'd just turn them into other things – gloves, hats, leg-warmers, and blankets. It was the blankets that got me into the business. After I'd made my first one, I posted a couple of images on social media. It almost went viral among my creative followers, and I got loads of messages from people asking if they could buy one. That was a couple of years ago and it's changed my life. Now I make my living doing the things I love —being busy, and being creative!

Listening 2

- Clara** Hi, Emile, what are you doing?
- Emile** Oh, hi, Clara. I'm just reading a blog post about zero waste.
- Clara** Oh, yes. I'm really interested in the zero-waste lifestyle. Is that something you're thinking about doing?
- Emile** Erm, well, I'm certainly interested in trying it. How about you?
- Clara** Yes, definitely. In fact, I've already started ...
- Emile** That's great. Could you tell me a bit more about it?
- Clara** Of course! So, erm, the aim of the zero-waste lifestyle is to send nothing at all to landfill. And that's really tricky because so much of the stuff we buy comes in single-use packaging. You know, plastic which is designed to be thrown away or 'recycled'.
- Emile** Yes, we used to be encouraged to recycle everything, but it isn't that simple, is it? Just because an item of packaging has a 'recyclable' symbol on it, it doesn't mean it will be recycled. I mean, local recycling centres are faced with a deluge of different packaging types every day, and they don't always have the equipment to deal with all of them. But I think we're all becoming increasingly aware that labelling can be deliberately misleading at times ...
- Clara** I know. What I'm trying to do is generally cut down on the number of products that I buy. I've found there are a lot of things I just either don't use or never wanted in the first place. You know, the kind of knick-knacks you pick up over time ... presents from friends ... It's such a nice sentiment, but really – the whole buy-something-for-someone thing is really overrated. I value my friends' time and companionship, but to be totally honest, I don't want to be lumbered with loads of unwanted items which serve no real purpose.
- Emile** That sounds a bit harsh ...
- Clara** Perhaps, it does, but I've already explained my attitude to gift-giving to my closest friends – I think that's really important – and most of them feel the same ... Anyway, they also know I'm pretty tight-fisted so if they give something to me, they're not likely to receive an expensive present in return when it's their birthday!
- Emile** Yeah, I suppose you've got a good point there ...
- Clara** Yes, personally, I think it's best to be honest – spread the word and let others know how you feel. I'm a bit of an anti-capitalist, actually, and I'm proud to admit it. It's all really about working together – redesigning the system.

Currently, we live in a linear economy where we use the Earth's resources and then simply dump them back into the environment when we're finished with them. And landfill doesn't mean it's all going underground. A lot of plastic doesn't even make it to the landfill. Instead it ends up in the sea or sent away to be burnt in toxic fires.

Emile Mmm. In my view, instead of discarding resources, we need to create a ... what do you call it? ... A 'closed-loop' business system? ... I've just read about it on this blog. It's where anything that is produced is reused, repaired, or recycled. A system like that is a great idea because it mimics nature.

Clara Yes, and there's no waste in nature.

Emile So, what have you given up buying so far?

Clara Well, I used to get a lot of bottled products. You know shampoo and conditioner for my hair, moisturiser, and cosmetics. But now I make my own and reuse old tubs and bottles.

Emile Really? Is that difficult?

Clara Well, it does require a fair bit of patience. But there are plenty of articles online about it, and most of the ingredients I can get from a health store or supermarket. I make my own cleaning products too. I can give you some recipes if you like.

Emile That'd be great. Do you think all this effort can really make a difference?

Clara Oh absolutely! Every decision you make has some sort of impact on the planet: how you get to college; what you eat; where you buy your groceries ... So, if you're going to have an impact, you should aim for a positive one, shouldn't you? It's not going to happen overnight but if you take just one small step at a time, you can reduce your carbon footprint. And I think it makes life simpler too, and that's a good thing.

Emile Yes, I can definitely see the benefit in that ...

FILE 6

Listening 1

- Speaker 1** When it comes to things like that, you can't rely on the internet for advice. Most of my friends just head straight for their computers, type some key words into the search bar, and hope the technology comes up with a response that matches their assumptions. They'll check a few different sites to make sure. But that sort of thing gets me worried. I mean, you've no idea who's written the advice or how qualified they are to give it, how accurate it might actually be. No ... me, I prefer not to take any risks. Always go to the person who knows exactly what they're talking about ... an expert. That's what I do ...
- Speaker 2** I'd definitely do it again. The main reason I did it in the first place was that I wanted to keep my problems anonymous. At the time, I felt a bit awkward about discussing the issue with my friends and family. I needed some time to get things straight in my own mind first, work out how to deal with it. So, I took the plunge and dialled the number. The woman I spoke to was so kind and understanding, and as a volunteer, she had a real understanding of what I was going through ... because she had been through a similar experience herself. And I think that's the real advantage of seeking help from an organization that is specifically targeted towards your issue. A friend's advice, while comforting, doesn't necessarily give you that quality of support.
- Speaker 3** I know people say it's the last place you can find reliable advice, but I've become really accustomed to just searching for things ... and I reckon I've solved some pretty big challenges by doing it. Sometimes I just read about other people's experiences, and if that doesn't help, I'll even post a question on a forum and ask others their opinions. It's nice, you know, it kind of feels like you have this whole supportive community around you. I might not know anyone personally, but 'virtually', we're friends and we help each other out. And I can get an answer immediately too because we're on different time zones. There'll always be someone to chat to no matter what time you need advice.

Speaker 4 Neil's been supportive of me ever since I joined six years ago. I had no clue about anything then but I was so ambitious, so keen to prove myself and be successful. He helped me calm down a bit, you know, focus on the things that really mattered ... set some boundaries and goals in my professional life. And it greatly improved both my confidence and my communication skills. For most issues that arise during the course of the day, I'll just try to work out a solution either by myself or with the client, but if all else fails and negotiations break down, I go straight to Neil. I can always rely on him to give me a quick decisive course of action. And he's so experienced, I've never once failed to sort things out following his advice.

Speaker 5 I know a lot of people, as soon as they find they need advice about something, they just reach straight for their phone and start flicking through all these websites. But that's not for me. If I have a problem, I prefer to discuss it. You know talk it through face-to-face. Lexie's great like that because I can trust her to keep anything I say to her private. You know, some people, they just can't help sharing stuff. Lexie's a great listener, and even if she doesn't know the answer, she'll help me decide the next steps towards tackling the problem. We've known each other for so long, just talking about things makes me feel immediately better.

Listening 2

- Presenter** So, I am very excited about the fact that we have with us today Jonathon, whose latest book 'Hooked on Self-help' has just become a bestseller only a week after its publication. I mean, that's impressive!
- Jonathon** Thank you!
- Presenter** So, Jonathon, basically, you were doing alright until about ten years ago when things took a turn for the worse. You suffered some very unfortunate personal tragedies, and by your own admission, you were so desperate to get through them that you actually became addicted to self-help books.
- Jonathon** Yeah. That's exactly what happened. That word, 'addict' ... it sounds pretty bad, doesn't it? But that's what I was. And yes, it certainly could have been bad, but I'm here today to tell you – it doesn't necessarily have to end up that way.
- Presenter** So, in the first part of the book, you explain how you just read and read. And it was self-help books you were reading, wasn't it?
- Jonathon** Yes, it was. I just consumed self-help books like crazy. You know, the kind that have titles like ... 'How to fix your life in just 30 days', 'Teach Yourself to Think like a Stoic Philosopher', 'Change your life for the better' ...
- Presenter** Uh-huh, I know the type – bookshop shelves are just full of them.
- Jonathon** They all seem to promise you everything, you know? But actually, what it comes down to, is your efforts. That amounts to a lot of pressure. I put in so many hours, invested so much of myself in the process of my own ... my own ... er ... recovery, I guess you could call it. But ... I didn't actually manage to improve my life at all. It took me so long to realize that.
- Presenter** That realization ... it must have hit you hard.
- Jonathon** Yes, it did ...
- Presenter** I can see it still bothers you a bit now. Having read the book, that ... that ... vulnerability comes across. I mean, you're very raw and honest in your storytelling. There's personal detail in there, real emotion. I think that's incredibly brave ... but ... isn't it scary too – making yourself that exposed ... that emotionally vulnerable?
- Jonathon** Yes ... but I think it's important to really connect with your readers. Sure, there are a lot of very good self-help books out there but so often I've found they have a very distancing effect on the reader. I mean, I was reading all those books to 'find' something – something that I could use, for me, for my

situation. I wanted to find an author who had actually experienced the feelings I was going through, someone that I could identify with. Not someone who had just learned how to deal with patients who had been through traumatic events. Umm ... can you imagine if you had a traumatic event and someone who had never experienced a similar event said to you, 'It's OK, I understand what you're going through'?

Presenter Mmm.

Jonathon Well, no matter how knowledgeable and well-intentioned they are, we both know it just isn't true – if they haven't experienced it, they really can't understand ...

Basically, so many authors give advice on situations they haven't lived through. But I have ... So, in the book I share my feelings in order to make a connection with people who ... like me need understanding, support, and hope.

Presenter The failure of your business; the loss of your father; becoming homeless. Did you find these things hard to share?

Jonathon Of course. Living them was unimaginably hard, but looking back now, I can appreciate that they were also part of healing and growing stronger. I wanted to write something I would've liked to read when I was struggling myself. And that's what I was looking for in all that self-help material I was addicted to. I wrote 'Hooked on Self-help' because I got better and I wanted to help others get better too ...

Presenter So what's the best advice you could give to someone who is struggling right now?

Jonathon You have to transition from reading self-help to taking action. This book shares how I managed it. And it includes exercises so you can – in your own personal way – follow that path to recovery too.

Presenter So, would you say you've solved all of your problems?

Jonathon Erm, yes and no ...

FILE 7

Listening 1

- Speaker 1** I've always been fascinated by it. Every time I pass, I stop to look at it. I find it hard to believe that anyone could create something so beautiful out of such rough, solid materials so it can endure the weather. The details are incredible. The horse is so lifelike, you feel you could reach out and touch it and it would come to life and gallop away. And the rider – she's so beautiful sitting so high up there with her long hair flowing out behind her. It takes a really talented artist to create something so full of life, yet so still.
- Speaker 2** The whole exhibition was really weird ... I mean, I thought I was pretty open-minded when it comes to art but that ... that really did challenge my perceptions. I mean literally! We walked into the room and nearly fell over. There were all these patterns and shapes, and they weren't in frames on the wall – they were all over the walls, the ceiling, the floor. The optical illusions they created were so confusing. You didn't know where to put your feet. You felt like you needed to step high or low or squeeze past something that didn't actually exist. None of us had ever experienced anything like it or seen art on that scale before! The concept was incredible, but I'm not sure I'd want to have anything like that in my house!
- Speaker 3** My grandmother did this one. To me, it represents her personality very well because it combines her love of three things – painting, gardening, and food. I remember looking at it as a child, and thinking I could just reach out and take that apple from the bowl. And I knew that it was one of the ones she'd grown in her orchard and picked herself. The cheese was from the dairy down the road that my grandfather worked in, and the pie ... well ... she was a cook, so she'd have made that herself. I find it fascinating how she's managed to get them to look so three dimensional – she was really talented ...
- Speaker 4** For me, this is my all-time favourite painting. I mean, just look at that detail ... The first time I saw it, I was in a gallery in Edinburgh. It was quiet and there was a bench nearby so I just sat down in front of it and stared and stared at it. I couldn't quite comprehend the vastness of it. And it had such allure ... after a while, I started to feel like I was being drawn towards it – almost pulled into it head-first. I mean, I've heard people say they feel emotionally 'moved' by a

work of art, but physically moved, that's something else, something powerful. And the light quality is incredible. I just struggle to comprehend how an artist can recreate a scene so vividly like that.

Speaker 5 It's the eyes ... I'm just not quite sure they're right. You know, something about the angle, or the spacing between them? It's hard to say because when you're working on it, you have to keep flicking your attention back and forth between the mirror and the canvas. A lot of it relies on memory and your own perceptions. And then there's the fact that you have to keep stepping back – to check whether it's going the way you want it to go. You know, you think to yourself: Are the colours right? Should there be a bit of shadow there or not? You never really know if that's how others see you either. Will the final result be recognizable? We'll just have to wait and see ...

Listening 2

Presenter So, this afternoon my special guest is Melissa Pederson, and she has a very interesting job. She actually writes the questions for one of my favourite quiz shows, *Expert!* Melissa, thanks so much for coming in. I'm really looking forward to hearing all about your work on the show.

Melissa Thank you so much. It's great to be here.

Presenter OK, so *Expert!* is one of the nation's favourite quiz shows. It has a huge fan base – and I can understand why – my kids, my husband, and I, we all love it. And it's been running for quite a long time now, hasn't it?

Melissa Yes, it has. It started in 2014, and I'm lucky enough to have been working on it since then.

Presenter So, before we start talking in more detail about your role in the programme, can you just explain to the listeners at home how the quiz works?

Melissa Sure. Obviously, as with all shows, the aim of the game is to give correct answers to questions in different categories. Each team consists of three contestants – they can be friends, family, colleagues, members of a team or club – they don't compete directly against each other. The idea is that they work together as a team to gain the most points.

Presenter Uh-huh. And they're not allowed to shout out the answer or press the buzzer, are they? I mean, as a team, they decide which of them is most likely to be able to answer the questions in a category correctly.

Melissa Yes, that's right. They can't help each other out once they've nominated their person for that category, they have to just hope that they'll answer as many questions as they can correctly during that time.

Presenter And there are five rounds, aren't there, each lasting 90 seconds?

Melissa Yes, the person who is doing the round has to answer as many questions on their topic as possible. So, if they really know their stuff, and they're fast, they can gain more points.

Presenter Yeah, I'm always amazed by how quickly some people can answer too ...

Melissa Uh-huh, there are a range of categories, for instance, geography, history, arts and culture, sport, science, literature, music, politics, and er ... popular culture. The best strategy is for each team to have three members with quite different strengths. So, for example, if you have an uncle with an encyclopaedic knowledge of sport dating back to 1950 ... well ... you're going

to pick him, and then you need at least one other person with a specialist knowledge. Perhaps someone who has studied music or literature, or has a passion for watching science and nature documentaries ...

Presenter Mmm ... It's incredible how people can become an expert in a specific subject. I guess it's all down to individual interests. You know, you're motivated to learn about your passions.

Melissa Exactly, and you're less likely to forget information about the things you're passionate about than things you're less interested in – no matter how hard you study.

Presenter Yes, I know if I get a question about culture, I'll probably be able to answer it, but politics? I'm not so sure ...

Melissa For me, it'd be sports.

Presenter Now, let's move on to your role, and the questions themselves.

Melissa Well, I work as part of a team. There are actually seven of us: three question writers and four researchers, who also do all the fact-checking. We work together to compile the questions for *Expert!* And our job is to collate all the questions for each episode for Jerry, the quizmaster.

Presenter And where do you get these questions and answers from?

Melissa Well, a variety of sources really. We have brainstorming sessions where we come up with our own ideas. We also watch old quiz shows and either rewrite or update the questions. We even go through old exam papers sometimes. To be honest, it doesn't really matter what the source of the question is, but each one absolutely must be accurate.

Presenter Yes, I guess it'd be pretty bad if you made a mistake and got an answer wrong on national television, wouldn't it?

Melissa Mmm, yes it certainly would. But that's why we check every fact against three independent sources to make sure that ...

FILE 8

Listening 1

- Speaker 1** I have to admit, I can't stand strong smells – especially perfume! But this is different, subtle. It fascinates me because each scent has a different function. They can be relaxing or invigorating, calming or energizing. There seems to be one for every occasion. And I don't find them too strong if they're just on a tissue or dabbed on the skin of my wrist. My daughter used one type recently when she was nervous before her exams. She put some on the sleeve of her top so she could sniff it whenever she needed to feel calmer. She said it really helped. My favourites are lemon and lavender because they remind me of summer even in the dark winter months. I'd recommend them to anyone.
- Speaker 2** I'd never even heard of it before. I'm pretty old-fashioned really and my expectation when I go to the doctor is to come away with a prescription at least. Conventional medicine, you know? I never really considered there could be an alternative. I thought the doctor was quite mad when he suggested I join a club. I mean, how would that improve my arthritis? But do you know ... it actually did! I'm so impressed that not only has my mobility improved, I feel much more alert and energized. So much so, in fact, that I've joined another club, and a Pilates class! My friends think I've gone crazy, but who cares? I just hope they see such a change in me that they do it too!
- Speaker 3** I was a bit sceptical at first. I mean, I'd never really considered myself much of a talker – I guess I tend to keep my feelings to myself and don't really share anything personal. It just seems ... well ... private. But when my doctor suggested I give it a try, I thought, why not? It's got to be better than taking medication every day, and I was getting some unpleasant side effects so I was glad of the excuse not to take it anymore to be honest. Well ... I must say, I found it pretty difficult at first. To find the words, you know. But after a couple of sessions, it all just kind of ... flowed. Talking to her was so easy and reassuring. I began to feel better quite quickly after that.
- Speaker 4** The idea of needles and injections has never bothered me at all. I mean, I've had immunisations and blood tests over the years and never once felt funny about it. So, I really didn't expect to have that sort of reaction. I was feeling pretty relaxed, you know, just chatting to the woman. She was playing some

lovely calming music ... I felt like I was about to fall asleep. I didn't even feel the needles going in, I just closed my eyes ... But then I looked up and saw them all sticking out of my arm. Suddenly my head started to feel light and everything started to spin in front of my eyes. I woke up a few minutes later – apparently I had fainted!

Speaker 5 I read some research recently which says that soil contains chemical compounds similar to the ones that are used in medicines which are designed to treat mental illnesses like anxiety and depression. Perhaps that's why I've always been drawn to it. It's that, and the feeling of being connected to the Earth. It's comforting somehow to feel like you know you're a part of something much bigger than yourself. The things I find so uplifting about it is that you can start with something small – an idea or a seed – and end up with something big. Something that you've been a part in creating. And it's something that gives me pleasure all year round. It's always changing and evolving. There's always something new to admire or learn.

Listening 2

- Interviewer** I'd like to introduce Javier Mendes, who works in the sustainable tourism industry. He's going to talk to us about the state of tourism today. Javier, welcome ...
- Javier** Thank you. Hello, everyone ...
- Interviewer** So, Javier. Obviously, we are so much more aware of the downsides of travel than we were, even five years ago.
- Javier** Oh, yes, definitely. And it's that awareness that we have to work on. To make a real, positive change we need to educate people about the impact of tourism in all its forms. You see, when you fly somewhere long-haul and check into an air-conditioned hotel, you're obviously helping to speed up climate change. But I've heard some people say, 'Well, the plane's going anyway. If I'm not on it, I'll just miss out on a great experience.' ...
- Interviewer** Yes, ... I suppose people feel that they can't really make a difference as individuals. But they can, can't they?
- Javier** Absolutely! The good news is that making sustainable tourism choices is also easier than ever. Many travel companies are changing their practices to meet customer demand for ethical and sustainable holiday options.
- Interviewer** Yes, I'm sure you'll agree – stopping travelling altogether isn't an option, is it?
- Javier** Not at all. It's especially important that we continue to support international tourism, given its economic impact. According to the World Travel and Tourism Council, the tourism industry sustains around 319 million jobs – that's approximately 10 per cent of all the jobs in the entire world. If travel disappeared from our agendas, there would be a catastrophic effect on the world economy. We need to continue to grow the industry, but make sure that it's going in the right direction.
- Interviewer** So, what should we consider before choosing a holiday or travel destination then?
- Javier** Well, there are a number of issues we're trying to highlight as an industry. Firstly, there's overtourism. You know, residents in the top tourism hotspots – cities like Venice, Dubrovnik, Edinburgh, Reykjavik – are getting fed up with floods of tourists buying tacky souvenirs and crowding their streets and public transport. So, we'd suggest visiting off-season. For example, if it's a hot place, go in the cooler months to avoid the crowds. And stay longer too so

you can see more of a place and visit some of the lesser known attractions. That will reduce overcrowding and also give you a more authentic experience, rather than being just 'one of the crowd'. And while we're talking about city breaks, there's the issue of home rentals – literally thousands of private landlords are advertising their properties on holiday rental websites. But often when you get there, the place is pretty run-down ... and the whole practice of private holiday rentals leaves local people struggling to afford rents or buy property in their own towns. Staying in locally owned hotels, hostels, and guesthouses is a better option because it supports local businesses and gives multiple people – cleaners, receptionists, restaurant and bar staff – jobs.

Interviewer What you've said relates to city breaks and package holidays, but what about the more adventurous side of tourism?

Javier Yes, that's a really important area we are working on right now. You see, many travel companies now offer customers 'experiences'. Have you heard of voluntourism?

Interviewer Errr ... no ...

Javier Well, that's when you pay to become a volunteer for a local cause in your destination country. You know, the kind where you offer to help build a school or a hospital, or teach English to children?

Interviewer Uh-huh.

Javier Well, unfortunately, while that might seem like a good idea, it can often be the opposite. You see, in many cases, voluntourism is only a short-term fix which ignores the root of the problem that it claims to solve. There have been some shocking reports of health professionals and locals losing their jobs to make way for unqualified volunteers. I'm not saying you shouldn't go for voluntourism at all, I'd just advise that you choose your project carefully: go with a well-known charitable organization and do lots of research before making your decision. Then when you go, make sure you're prepared. We hear a lot about travel and the risk of infectious diseases and protecting our own health. But an important consideration is that travellers are also the carriers of infectious diseases. It's not just exotic diseases that are dangerous; if you're travelling in a remote area of the world and meeting people who have never had contact with say – the common cold or measles – catching it could be incredibly dangerous for them. So, before you go, make sure your immunisations are up-to-date, and ...

FILE 9

Listening 1

- Speaker 1** Look, I know it's your dream job and you're really excited because you had a great interview, but you have to remember, you aren't the only candidate. A job like that ... there'll be loads of very well-qualified candidates going for it. People who perhaps have more experience in the industry. Of course, if I were the interviewers, I'd have seen your enthusiasm, recognized that you were the perfect candidate, and offered you the job immediately, but ... well ... you were the second of eight people at the interview, and you don't know for sure what kind of person they're looking for. All I'm saying is don't start making plans and deciding how you're going to spend that incredibly large salary they're offering until you actually hear from them.
- Speaker 2** I did warn you about my grandmother before you met her. She grew up in a really large family. And they were poor too. She had to start working from an early age, and she also had to look after five of her younger siblings so her parents could work long hours. Basically, she had a really tough life and she had to adapt to it, so she's ... er ... how would you describe it ... a bit ... um ... fiery tempered. Well, perhaps not even that ... strict or outspoken ... erm... direct is probably more accurate. Anyway, she might seem quite harsh sometimes but she's a lovely, kind-hearted woman really. And she's fair too. If she says something she shouldn't have, she always apologises afterwards.
- Speaker 3** To be honest, I'm not particularly bothered about what other people think of me. I mean, I know I'm really conscientious ... and if my performance isn't as good as the boss expects, well, maybe his expectations are just that little bit higher than they should be. I'm not a fan of this idea of creating a competitive work environment anyway. You know, where everyone's competing to reach their impossibly high sales targets and get cash bonuses. It's just not my style. So, he criticized me in a meeting. That's his problem, not mine, because while I don't really care what he thinks, everyone else saw how unpleasant he can be when he's angry ... I don't let things like that get me down, I just let it pass and carry on ...
- Speaker 4** I thought buying that flat was a good idea at first, but since then I've started to wonder. I'm just not entirely sure the estate agent's being honest with us. I mean, he said it's only been on the market a week or two and it's had loads of interest, but I'm pretty sure I saw it being advertised by a different agent a few months ago ... you know, just before we started looking when we weren't

sure if we could get a mortgage. It is a good size but I think it might be a little damp ... And the area ... well, while we were viewing it, I saw a police car drive past – twice. The estate agent says this is a vibrant student area but I'm not so sure he's being entirely honest with us ...

Speaker 5 I'd been doing gymnastics for years but I'd never been to a competition before, and I just had absolutely no idea what to expect. I walked into the changing rooms – everyone seemed to know each other – they seemed to know exactly what they were doing and what was going to happen next – which order we would be called in. And they all just ... ignored me completely. It was like I was invisible. I felt really uncomfortable. But then I realized – it wasn't personal at all – they were all just focussing on remembering their routines and trying to stay calm. After a while, a girl around my age came over to sit with me. She asked if I was new and we started chatting. I didn't feel so out of place then.

Listening 2

Presenter Thank you ... Thanks very much. So ... in terms of diet ... what are you? ... vegetarian, vegan, pescatarian ... er ... a *flexitarian*? Personally, I'm an omnivore ... I figure if you have the teeth for it, you should eat it ...

The French gastronome Jean Anthelme Brillat-Savarin once said, 'Tell me what you eat, and I will tell you what you are.' And he was absolutely right. You see, in the western world, we have an abundance of food choices. And usually we tend to think of these choices in terms of health or ethics. You know ... the things that matter to us as individuals. We ask ourselves questions like, 'Is it nutritious?', 'Is it organic?' ... 'Was this chicken I'm about to eat raised in inhumane conditions?' But actually, our food choices are even more than that – because, ultimately, they are connected with our social class, identity, and beliefs. I want to explore a very current topic – veganism. First ... let's put it into context and think about *meat* because that's what vegans are essentially cutting out of their diets – along with dairy products of course ...

Traditionally, in Western societies – due to its cost – meat consumption has been linked with higher status, power, and wealth. In medieval England, for example, the diets of poor people or 'peasants' would be almost completely vegetarian – not by choice but by necessity. Meat was reserved for the royal and aristocratic households in a level of society where hunting was part of the culture – a male sport – a masculine display of power and control over the natural world. This class-based, male-gendered control over access to meat continued well into the second half of the 20th century, with the best cuts of meat being reserved for the patriarch – 'the father' – in a wealthy household.

In many ways, veganism challenges these traditions. In stark comparison to the conspicuous (almost greedy) consumption of meat historically by the upper social classes, veganism is associated with discipline and restraint. And this restraint carries social implications. Research shows that plant-based diets can promote an image of progress and ongoing success in our modern consumer society.

So, let me tell you about my research into veganism. First, my team analyzed over 2,000 media articles to see how veganism was represented. Then we

conducted a series of in-depth interviews with vegans or people who were closely acquainted with vegans. We studied their views on veganism, including its relationship to social class ... and also, we asked about the challenges that vegans face in living their lifestyle. From this research, we identified several key components of the successful vegan lifestyle, and the social signals that it sends to others.

Let's have a look at these key components and what they mean in terms of how vegans are viewed in society. The first relates to knowledge – vegans need to be very vigilant about ingredients, but they also tend to have extensive knowledge about issues like climate change, sustainability, animal welfare, and nutrition. Basically, being an accomplished vegan signals intelligence, and that's important in a society where educational attainment is greatly valued. When it comes to veganism, financial wealth is also useful. If you're a vegan ... or you live with one like I do ... you'll appreciate just how much more expensive vegan products and so-called 'replacement' ingredients are. And while it is possible to eat vegan cheaply, the time and dedication required is really intensive – both in terms of shopping and food preparation. So, being vegan signals that you at least have a little extra money – or time – to spare. And that in turn signals qualities such as efficient time management and organizational skills.

And finally, dedicating yourself to veganism requires personal strength and discipline. In becoming vegan, the rest of society views you as denying yourself the pleasures of eating meat and dairy products in order to commit to strict ethical principles. Managing the social and emotional burdens of such a lifestyle suggests to others that you are determined, conscientious, and ambitious – all desirable qualities in an increasingly competitive environment.

So, although vegans are unlikely to be actively pursuing social success by not eating or using animal products, at a sociological level, being a vegan, or indeed any other kind of 'ee-an' – pescatarian for example – does present opportunities to communicate personal attributes that are considered valuable in society. Perhaps the modern version of Brillat-Savarin's quote should be, 'Tell me who you want to be and I will tell you what to eat!' ...

FILE 10

Listening 1

Speaker 1 Before I arrived here, I really didn't know what to expect. I mean, it's so unlike any landscape I've ever been to before. And so inhospitable too. There are a couple of thousand people living here at the centre. Safety's an important issue here. If you get lost, you're in trouble. It's the winter I find the hardest because it's dark almost all the time here in the Antarctic, and we can't go out at all for several months. I couldn't stay here if it wasn't for my wonderful colleagues, and the scientific studies we're doing – they're so important. It's a unique opportunity we have here ...

Speaker 2 You know, I've been here for thirteen years now so I almost forget sometimes that it isn't my home country. When I first came, I suffered from really severe culture shock. Everything was so busy and crowded, noisy ... and the food was so incredibly different from the food in the UK. To be honest, I didn't like it very much at all at first. I even lost some weight. But – you have to be patient – you can't expect to fit in overnight. Eventually I got used to it. Why did I stay? Well, it was the fact that the job was so much better paid than the equivalent one I was doing in the UK. And ... in London, it'd take me around two hours to get to work. The trains here are much more efficient ...

Speaker 3 If someone had said to me ten years ago that I'd be living in Malta by now, I'd have thought they were mad. But yet here I am, and I absolutely love the lifestyle here. When we retired, my husband and I had planned to downsize. You know, stay in Ireland but move to a smaller house on the coast or something. We hadn't considered moving abroad. But then we came on holiday here one October. Well, when we got on the plane it was freezing cold – really grey and cloudy. But a couple of hours later, we landed here in bright sunshine and it was shorts-and-T-shirt weather. Well, that was it for us. We sold the house and moved to the coast – but not in Ireland, here, in Malta! Best decision we ever made ...

Speaker 4 I'd been working abroad for twelve years when I met my wife, Vicky. She was a friend of a friend who had also travelled a lot. Anyway, I had to visit Scotland and this friend suggested I give Vicky a call when I was there. So, I did ... and the rest is history ... For the first few years after we met, I continued my work in sub-Saharan Africa as a geologist, drilling wells for water. But after five years of a long-distance relationship, we knew we were a strong enough team to get married. I've lived in the Highlands of Scotland now for 26 years and I couldn't be happier. I go to my native Italy several times a year, and we still travel, but Scotland is definitely the place I call home now.

Speaker 5 I don't really know why I chose Holland out of all the countries on the list. I guess it's because, although I lived in Europe already, it was a country I knew perhaps least about. Despite the fact that most people spoke English, it was still a bit of a culture shock. Obviously, I met a lot of new people which was great, but there was a bit of social pressure too – pretty exhausting at first. The seminars were really interesting though, and the tutors were very supportive of me, especially as the systems were slightly different from the ones back home. I did work hard while I was there but I often wonder whether I would've got top marks if I hadn't gone. Being somewhere new and fascinating was a brilliant experience but also quite distracting in a way ...

Listening 2

- Presenter** Now ... if you've travelled anywhere abroad, the chances are you've experienced culture shock to some extent – that feeling you get when you arrive in a foreign country and everything is so new and different, you're just overwhelmed ... Today we have Cassie Reid with us, and she's going to explain about a less-known travel phenomenon – reverse culture shock. Cassie, thanks for coming in ... could you explain what reverse culture shock is?
- Cassie** Thank you, James. Well, reverse culture shock is perhaps less well-known because in the most common, milder cases, ... when you come back from ... let's say ... a two-week holiday in the sun, you might have it mildly without even realizing. People tend to put it down to being tired from travelling, or if they've flown long-haul, jet lagged due to the time differences. If you're visiting somewhere for just a few days – a weekend break or work conference, for example – it probably is just tiredness. However, if you're abroad for a longer period of time, for example, to work or study, and you immerse yourself in the culture of the place you're visiting, coming back home will very likely result in some level of reverse culture shock.
- Presenter** I see what you mean. I've heard people can come back feeling different – 'changed' in some way ...
- Cassie** Yes, that's right. According to the University Studies Abroad Consortium, symptoms of reverse culture shock can include feelings of restlessness, boredom, frustration, sudden unexpected changes in your personal goals and priorities, depression ... the list goes on ...
- Presenter** As I understand it, you can also experience unexpectedly negative feelings towards your home country.
- Cassie** Oh yes, and that's a particularly difficult one. I mean, everyone knows their home country isn't perfect, but in most cases – no matter how much you enjoyed your time away – it is familiar and comforting to come 'home'. A particularly strange sense that people report with reverse culture shock though is the feeling that your native country is just a bit ... well ... unexpectedly alien to you. And conversely, you can actually end up being homesick for the place you've just returned from – a very odd concept considering you technically are home.

- Presenter** Wow ... that must be so much more difficult to deal with than the culture shock you get when you go somewhere new and different from your own culture ...
- Cassie** Precisely ... because it's so unexpected.
- Presenter** So, Cassie ... I understand you've experienced reverse culture shock in its more extreme form. Can you tell us a bit about your experience?
- Cassie** Yes, I experienced reverse culture shock on my return to my native country, Canada, after two years working in Japan.
- Presenter** I can imagine Japan's very different from Canada ...
- Cassie** Errr ... yes. It came as quite a shock to me because, generally, I consider myself pretty good at adapting to new places, and I've always been pretty confident socially – not extroverted but outgoing – I like meeting new people and exploring new places. But it wasn't until I returned home after living in Japan that I realized how severe reverse culture shock could be. And that's despite the fact that I'd already travelled a fair bit – I'd had a year in Europe too, on a university exchange programme. But this experience was unlike anything I have been through before.
- Presenter** So, tell me, what kind of effects did you find hardest to deal with?
- Cassie** Well, firstly, for me, it wasn't just that home didn't feel like home anymore. I actively disliked it for a while. You see, Japan is so colourful and noisy all the time, and everything's open 24 hours a day. It took me ages to get used to it coming from a quiet town in Canada, but all the busyness and colour became normal. When I returned to Canada, it was winter and everything was so ... *quiet* ... so *grey*, and it felt kind of ... boring. I felt like I was watching a black-and-white TV and I wanted to get the colour back. And I hated the fact that so many businesses closed down in the evenings and at weekends. I felt frustrated, even angry at times ...
- Presenter** Mmm. That must've felt a bit weird ...
- Cassie** Uh-huh, and another thing is you feel totally alone. When I was so far away in Japan, I used to imagine all those parties I was missing, nights out, fun times with family and friends back home ... I suppose you kind of feel like time stands still while you're away. But it doesn't – you have to remember that *your* life at home stops when you leave and start a new life elsewhere – but the lives of your friends and family *don't*! People move on, ... make new friends ... so, then you come back and people don't necessarily want to hear about all the places you've been, new friends you've made, or skills you've picked up. They're too busy living their own lives ...