

ENGLISH FILE 4TH EDITION ADVANCED AUDIO SCRIPTS

END TEST

END-OF-COURSE TEST

Listening 1

Speaker 1 I just love it ... always have ... ever since I was young. My mum enrolled me for classes when I was just seven years old, and after the first one, I just knew I'd be doing it forever. And, well, that seems almost true now because I've been doing it for seventy years! Some of my friends also still do it, and our fitness levels – especially our flexibility, balance, and co-ordination – are so much better compared to others of our age who don't do it. It's the social aspect I really enjoy. You know, you meet people of all ages – we enjoy practising together, and dressing up to look smart and glamorous. It keeps me young!

Speaker 2 It's the kind of boost you just can't get in an exercise class or a gym. You know, being out in the wild, it heightens your senses and really makes you feel alive. Of course, the conditions can be variable, but that's what I like about it. I go out in any weather as long as it isn't too severe. Sometimes the ground is challenging but once I get into my stride, that's it – I'm off, and that's such a great feeling! It's really good for you, too. All the quick thoughts and reactions you need to get yourself over rough terrain ... it's very good for your brain development and psychological health.

Speaker 3 My friends all thought I was mad when I told them. I mean, I definitely wasn't the sporty type. But I felt really unfit ... and a bit overweight too. So, I decided to face things head-on and just go for it! Well ... after the first five minutes, I was almost ready to give up. But some of the others were feeling the same way so I stuck with it. The instructor was very encouraging and addressed every element of fitness over the three-week period. I was surprised how

quickly I felt my aerobic fitness and strength improve. By the end of it, I felt amazing – so I signed up for another one!

Speaker 4 I only do it in the winter really because in the warmer months I go out on local cycle routes. The first class I tried was really, really tough, especially as there was no technology to distract me from the intense effort of it. But then I joined one that had a screen so I could see a virtual route as I went along. To be honest, I don't enjoy it nearly as much as the real thing, but I do a lot of events in the summer so I need to keep up my fitness levels when it's cold and dark over winter. Besides, it really tones my legs and buttocks so there's an added bonus!

Speaker 5 I came into it when I was a teenager. A club opened up in my area so I decided to go along to one of their free trial sessions to see what it was all about. I didn't expect to like it as much as I did. I mean, I'd always associated the contact sports with conflict and aggression but it didn't feel like that when I actually tried it. There are strict rules about safety, and I wear head protection, of course. It's more of a discipline, a focus, which I find really motivating. I've been doing it for six years now and I'm thinking of getting some qualifications to become a coach.

Listening 2

- Presenter** So, today I'm talking to behavioural psychologist Linda Karlsson about conflict. Of course, I'm sure most of us would say we prefer to avoid conflict at all costs – with family, friends, colleagues, and anyone else we meet during the course of our day. But in reality, we probably do have a role in some sort of conflict fairly regularly. Even if it's just disagreeing about ... ummm ... politics or sports Linda, could you tell us a bit about conflict – you know, the kind of everyday arguments we end up having?
- Linda** Yes, of course. As you said, we all like to get along with each other but we're humans, and that means ... well ... it's just unrealistic to get along well all the time. And, actually, that's not such a bad thing.
- Presenter** So, you're saying that it's OK to argue?
- Linda** Well, yes. We have to acknowledge that conflict doesn't always symbolize a failure of some sort, especially in these times where people have such strong social and political views – and these views can vary even between close family members.
- Presenter** Absolutely ... some subjects are definitely best avoided in our household ...
- Linda** It's important to remember that some conflict – at least the right kinds of conflict – is normal, healthy behaviour which can be channelled into positive outcomes. Basically, we can't get rid of conflict entirely, but we can find conditions under which it can be expressed in a positive, non-violent manner. For example, the late sociologist Lewis Coser believed that humans weren't capable of developing their own identity unless they were in conflict with another group that they thought were different from themselves. You know, people have a need to belong to a specific group or ideal. Your group could be defined by the music you listen to, the football team you support, a political organization you are part of. In all of these situations, there is always an opposite style, an opponent, an obstacle to achieving your ideal. But luckily, the vast majority of conflict which arises from these marked differences is nonviolent. For instance, differences can be defined through personal image,

sporting competitions, and discussion and debate. These are all positive ways for us to channel and develop our identities safely.

Presenter Mmm, that's a really interesting point.

Linda Yes, without conflict, opposition, and protest, societies may never change for the better ... but again, the emphasis there would be on nonviolent conflict resolution.

Presenter Yes, of course. The focus of this conversation is the role that conflict plays in communities, and also organizations. Can you tell us a bit about conflict in a work context?

Linda Yes, conflict is fairly common in work situations. I'm sure we've all been in an awkward meeting or two – it can be a very uncomfortable situation when colleagues disagree. I mean, with family, if you argue, say the wrong thing, and fall out for a while, you know in most cases you'll make up quite quickly and still all love each other afterwards. But work can be different – make a controversial comment in the heat of the moment and it could cost you your job.

Presenter Yes, I guess it could.

Linda But actually, sometimes conflict can be productive in the workplace. For instance, imagine you're about to go into a meeting, and you know a colleague who has very different ideas from you is going to be there. You know there's the potential for conflict – and because of this, the likely outcome is that you will both prepare better – those strong ideas might lead to better work practices or solutions. On the other hand, if you get on well with your colleagues, you're less likely to challenge them as much. Ultimately, conflict drives better decisions – because you're more prepared you will have anticipated criticisms and counter-arguments, and consequently, your solutions are more considered solutions, and make you develop stronger arguments to support your ideas.

Presenter Of course, now let's move on to