

ENGLISH FILE 4TH EDITION UPPER INTERMEDIATE AUDIO SCRIPT PROGRESS

PROGRESS TEST FILES 1–5

Listening 1

1

Speaker 1 Ouch! These boots are really uncomfortable. You know, when I saw them in the shop, I thought they were perfect. I mean, the colour's so unusual, and they go with quite a few of my outfits. I tried them on in the shop and they seemed fine, but now I've walked in them I realise my mistake. The problem is, the shop won't take them back now that I've worn them outside, and they cost a fortune. I wish I hadn't bought them!

2

Speaker 2 I don't really know why I went to medical school. I guess I just ended up doing it because my parents were both doctors. I got good grades at school and when it came to looking at university courses, I just picked what I thought would earn me a good salary. No one expected me to drop out in my second year, but I just realised I couldn't continue. It wasn't that the work was too difficult, it was just that I wasn't motivated. I wish I'd given it a lot more thought.

3

Speaker 3 Honestly, I have no regrets at all. I know we were young, and we hadn't known each other that long, but we just thought, why not? We bought the rings and had a small ceremony – just close family and a few good friends. We've been together for over forty years now and I wouldn't change a thing. It's the best decision I've ever made. I do kind of wish she'd come from a rich family though!

4

Speaker 4 Seriously, I don't know how it happened. I never intended to send it but my new touch screen tablet is really sensitive. I guess I must've accidentally swept my hand over the screen and sent it. I realised immediately but there was nothing I could do. Once I'd pressed 'send', that was it – it was out there. It really offended my boss and it cost me my job. I guess I should be grateful really, I probably should've quit long ago ...

5

Speaker 5 You know, we haven't spoken for years. We didn't have any kind of argument or difference of opinion – we're both really easy-going. We just grew up and started

doing other things with our lives. I moved away to another town. Work and family life took over and we were just busy, really busy. Then I realised we hadn't been in touch for years. But we were great friends and I still think of her often. I wish I'd been better at staying in touch.

PROGRESS TEST FILES 1–5

Listening 2

- Chloe** I'm feeling quite positive that people will become more environmentally responsible in their shopping choices. I mean, we're so much more aware of the impact that consumerism and fast fashion has on the environment now. Don't you agree, Vanessa?
- Vanessa** Umm, I agree with you that people have greater awareness these days, but what about fast fashion, Chloe? People just can't resist a cheap T-shirt. The prices are just so low – you can buy a new outfit for next-to-nothing these days!
- Chloe** Well, yes, you can, but I think it's unlikely that the fast fashion trend will survive for much longer. I think it was initially aimed at young people like me, who got pocket money from their parents or had part-time jobs, which meant we had money to spend on clothes and accessories.
- Vanessa** Yes, and then there's social media. Trends can spread so quickly now – clothing's out of fashion almost as soon as you've bought it ...
- Chloe** Yes, social media must've seemed like a big change for your older generation, Vanessa, but my generation has grown up with it – we don't know anything else.
- Vanessa** Yes, I suppose so.
- Chloe** I guess a lot of clothing brands hoped that our use of social media would encourage the trend for fast fashion. You know, young people wanting to look good and not be seen in the same outfit twice in their online profiles. But I think Generation Z is smarter than that. In fact, in a way, social media is also working against big business fashion.
- Vanessa** Really? Why do you think that?
- Chloe** Because news spreads fast on social media – we hear of the damage fast fashion causes, we see the environmental campaigns, and we decide not to

buy it. Yes, us Generation Zs do use social media – we do have an online profile, and we do want to look good – but we don't want it to cost the earth.

Vanessa I see, so you're saying that social media advertising only works if the company or product has a good reputation?

Chloe Yes. But also, there's the latest social media trend which is zero waste. My friends and I try to avoid buying new – we buy second-hand, we borrow our mums' vintage clothing, we share, repair, and recycle, and we think our social media profiles are more interesting as a result.

Vanessa You can come and borrow vintage items from my wardrobe any time!

Chloe Great, thanks! And I hope in the future my kids will be wearing the same items!

Vanessa Me too! When I was growing up, if we wanted to buy something new, we had to go into town and get it. There was very little choice, and if a shop didn't have what you needed, you either had to wait for them to order it in or you had to go without. We didn't buy as much either. We repaired things and used them until they wore out. It seems from what you're saying that the 'make do and mend' attitude is becoming popular again – that's good.

Chloe Yes, I agree.

Vanessa Of course, now I do a lot of my shopping online for convenience ... I have a wider choice of products and I can shop around for the best price, but I'm also concerned about delivery of items bought online.

Chloe What do you mean?

Vanessa Well, it's convenient to have something delivered to your door but it has increased courier deliveries – that means more vehicles on the road and more pollution. As a consumer, I feel it's difficult to know what the impact of my changing shopping habits is, and whether they're more or less environmentally friendly than before.

PROGRESS TEST FILES 6–10

Listening 1

1

Speaker 1 Er ... I'm a bit embarrassed about this photo. Andy took it of me when I was about seventeen. We were heading back home after a music festival. We'd been camping and we hadn't got much sleep. I was totally exhausted so I fell asleep on the bus. I had my head on my bass guitar – it can't have been comfortable. And wow, look at that hairstyle! My hair was really long. I refused to get it cut until I'd graduated from university!

2

Speaker 2 This photo was taken before Jean arrived. It was just before the ceremony was due to start. I look quite relaxed but I was actually scared stiff. I felt really uncomfortable in my suit, waiting with everyone looking at me. Anyway, a moment later, Jean was walking up the aisle towards me smiling, and I felt fine. And we lived happily ever after!

3

Speaker 3 I love this photo of me introducing my little brother to snow for the first time. I was two years old and he was around 10 months. I took his hand and put it on the snow. As you can see, he looks pretty shocked. I guess it must've felt really weird and cold to him. My mum took the photo just at the right moment to capture his facial expression!

4

Speaker 4 This is the image I was talking about – you know, the one that went viral. When I first saw it, I was astonished. I mean, it really looks as if they're standing on that rock, doesn't it? But if you look at it more closely, you can see there's just something not quite right about it. It isn't real – it's obviously been digitally altered.

5

Speaker 5 Look at this photo Peter and I found when we were clearing out the loft. I wonder if this man is our great grandfather when he was young. He looks quite like dad, doesn't he? It's difficult to be sure because it's black and white but he seems to have the same dark hair ... the same forehead ... and the shape of his chin is almost identical. I guess he must be a relative. Let's ask dad if he knows who he is.

PROGRESS TEST FILES 6–10

Listening 2

Presenter So, in the studio we have Kyle Rushton. Now, Kyle is a professional speaker in the US and has given thousands of successful talks worldwide. He's going to talk to us today about how to give a great public speech. I'm sure he'll have some useful tips to share with us. Kyle, welcome to the show.

Kyle Hi Angela, thanks for inviting me.

Presenter Now, I know most people are scared stiff of public speaking. Do you ever get nervous?

Kyle Well, I did at first, but not anymore. Did you know that the brain can't actually tell the difference between anxiety and excitement?

Presenter Really? No, I didn't.

Kyle Scientific studies have shown that the body reacts in the same way to both feelings – you get a lot of adrenaline and you feel sick and a bit shaky. So ... if I do feel anxious, my strategy is to just keep telling myself it's excitement. It takes a bit of practice, but it actually works – you start to feel calmer!

Presenter Oh, I'll have to try that one. And what about the speech itself?

Kyle Well, it's all about preparation ... So many people when they're writing a speech try to get too many facts and too much data in there. The audience isn't going to remember half of it, but what they will remember is a strong message. If they come away with that, you've done a good job.

Presenter I guess your audience is the most important consideration really.

Kyle Oh, absolutely. Before I write a speech, I try to imagine the audience. Who are they? Why did they come to listen to my speech? What do they want to get out of it? I try to anticipate what questions they might ask me. I think about how I can get them interested and keep them interested.

Presenter Yes, after all, you could write great speech but if the audience isn't engaged, what's the point?

Kyle Exactly. All the great speakers have that charisma that holds the audience – really makes them listen and remember your message. Words can be incredibly powerful, but they have to be delivered in a way that has impact. In fact, in communication, words themselves only make up about 7% of the message. Tone of voice – the enthusiasm and passion in your voice – is just over 30% I think. And body language is over 50%.

Presenter OK. So, it's not just what you say, but the way you say it?

Kyle Yes, you have to connect with your audience, you know. Make eye contact ... look at them, notice their facial expressions and respond, rather than just staring over their heads.

Presenter Finally, if you could offer one piece of advice to anyone out there who is preparing a speech, what would it be?

Kyle Just one thing? Well, you can find lots of videos of speeches online. Watch a few and notice how well the speaker engages the audience. Take note of anything about the presentation style you didn't like and try to avoid making the same mistakes in your own speech. And most of all, be confident. If a speech is worth giving, it's worth giving well!

Presenter Kyle, thanks very much for coming in today. We've certainly got some useful tips to take away from this.

Kyle Thanks. It was my pleasure.