

## Listening text transcripts

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### Track 1 [BE] | The first day at school. Activity 1

(Unit 1, p. 6)

Hello, my name's Mark and I want to introduce myself. I've got two siblings, a younger sister, called Kathrin, she's six years old and attends primary school. My brother Tom's two years older than me, he's 17. He attends a Higher Technical College for Civil Engineering.

My mum's a housewife and my dad runs his own business. We also have a dog, whose name's Clio, and I take him for a walk every day.

We live in a semi-detached house in the north of London. It's a really nice place, we've been living here for eleven years. Sometimes I wish we'd live in the countryside because there it's not so noisy and busy.

My hobbies are playing football, I'm a member of the local football club and I am the goalkeeper, at the weekend I often meet with my friends, we go to the cinema and play online computer games. I don't like collecting things, like football cards, and reading because this is just boring.

I'd say that I'm a friendly and helpful person. My parents taught me that it's important to help other people whenever they're in trouble. I'm also very outgoing and honest. My stubbornness is probably one of my major weaknesses.

I like to wear trendy clothes and I'm especially fond of branded clothes. I also like to wear sneakers. Last week I bought a new pair which was quite expensive, but it was worth it. I hate to wear clothes that everybody else is wearing. Trendy clothes just make me feel special.

Talking about school I've to say that Maths is my all-time favourite. I know that it's important for my future career, so I want to be the best. I also like Geography because we have a funny teacher, who likes to make jokes!

## Track 2 [BE] | The first day at school. Activity 3

(Unit 1, p. 7)

**Sandra:** Hi, you're Tony, right?

**Tony:** Yeah, that's me. How're you doing?

**Sandra:** Thank you, I'm fine. What do you think about our new classmates? Do you like them?

**Tony:** Many of them are quite cool, I guess. It's good to have so many girls in class. But I don't know what to think of Mark. Do you?

**Sandra:** Well, I think he's a bit strange. Did you hear him yesterday, when he was asking the teacher for some more Maths homework?

**Tony:** What can I say, that was just unbelievable. He always keeps on saying how important it is to be good at Maths but hey, we are teenagers and I don't want to spend the whole afternoon doing my homework. I want to play computer games and hang around with my friends.

**Sandra:** Exactly! I totally agree with you! What's wrong with him? He said he was such a friendly person but I only see him being friendly with teachers! Has he ever spoken to you? This morning he was carrying our English teacher's books, he was more than helpful. I'd call that cheesy!

**Tony:** Thank God I didn't see that! But this morning before the Maths lesson I was helping Melanie with a very difficult equation and there he was again. He started talking and – guess what – I couldn't stop him! I know that he's the best, anyway.

**Sandra:** The problem is that he also thinks that he's the best. Just look at his clothes! I know that his father earns a lot of money, but does he really have to show that to everybody?

**Tony:** It's three weeks that I've known him and I've never seen him not wearing branded clothes. For me this is just snobbish and ridiculous.

**Sandra:** Same with me! Should we talk to him?

## Track 3 | The fabulous life of ...

(Unit 2, p. 17)

### Speaker 1 [AE]

Bill Gates is a technologist and a business leader who was born in Seattle, Washington in 1955. He grew up with an amazing and supportive family who helped him develop his interest in computers at an early age. He was so interested in computers that, together with Paul Allen, he started a small company called *Traf-O-Data* in 1970. The teenagers sold the city of Seattle a computer that could count city traffic. When they started *Microsoft*, their vision of "a computer on every desktop and in every home" seemed impossible to most people. Today, thanks to *Microsoft* and many other companies, this vision has become reality in many parts of the world and has changed our society a lot. In 2008, 33 years after founding *Microsoft*, Gates left his full-time job there.

These days, Bill focuses most of his time on the work he and his wife Melinda are doing through their charity foundation, which they officially started in 2000. People are often surprised to hear him say that his work has a lot in common with his work at *Microsoft*. In both cases, he gets to bring together smart people and work with them in solving big and difficult problems.

Bill is proud to know that the charity foundation is helping many people all over the world to live healthier and more productive lives. For example, in 2010, Bill and Melinda promised to donate 10 billion dollars over the next few years to help research, develop, and deliver important medicine for the world's poorest countries. In 2012, Bill decided to fight and eradicate polio, and as a result, astonishing achievements have been made in ending this illness.

### Speaker 2 [BE]

Joanne K. Rowling was born in Yate, England, in July 1965, and grew up in Chepstow, Gwent, where she went to a comprehensive school. At that time, she started her writing career; she was only six when she wrote her first story called "Rabbit". She also liked reading a lot, which is why she read her short imaginative stories to her sister, Di.

Rowling then went to the *Wyedean School and College*, and later attended the *University of Exeter*, where she earned a BA degree in French and Classics.

It was in 1990 when Rowling had the idea for the *Harry Potter* series while waiting for a train. Her mind was suddenly flooded with ideas about a boy who attended a school for wizardry. She did not have a

pen with her at that time, so she kept thinking about it and immediately sat down to write as soon as she reached her flat.

Over the next five years she outlined the plots for each book and began writing the first novel. She finally sold the book, *Harry Potter and the Philosopher's Stone*, for about 4,000 dollars. Rowling's book *Harry Potter and the Goblet of Fire* became the fastest-selling book in history. By this time the first three *Harry Potter* books had earned approximately 480 million dollars in three years, with over 35 million copies in print in 35 languages. Book number six, *Harry Potter and the Half-Blood Prince*, sold 6.9 million copies in the United States in the first 24 hours, the biggest opening in publishing history.

Rowling, now one of Britain's richest women – richer than even the Queen – does not plan to write any more books in the series.

J.K. Rowling also co-founded a charity foundation in 2005. She decided to do so after she had read an article about children who were sleeping in caged beds in institutions in the Czech Republic. A special edition of J.K. Rowling's book *The Tales of Beedle the Bard* was auctioned for the foundation in 2007, raising 1.95 million pounds, and the following year this title was published to help the charity organisation.

## Track 4 [BE + AE] | Students On Ice – An adventure to the Canadian Arctic.

### Listening 1

(Unit 3, p. 32)

**Reporter:** Welcome everybody! Today we'll talk about *Students on Ice*, which is a popular organization offering unique expeditions for teenagers to the Antarctic and the Arctic. We've invited two teenagers who took part in such an expedition to the Arctic. Good afternoon, Andrew. How are you?

**Andrew:** Hello, I'm fine. Thank you.

**Reporter:** We can't wait to hear the incredible story about your trip.

**Andrew:** Well, last summer I went on a journey to Canada's Arctic with *Students On Ice*; when I left Calgary I wondered what I would find, what I would learn and who I would meet.

But when I first met the group of students, scientists and expedition leaders, I knew that I didn't have anything to worry about. The group was amazingly nice and I was soon part of a big, lovely family setting out on an amazing adventure – an adventure of a lifetime!

When we reached the Arctic I was completely overwhelmed by its beauty and my senses were extremely amazed and fascinated.

**Reporter:** Wow. I can imagine ...

**Andrew:** I stood on the deck of the *Polar Star* and saw countless huge icebergs, twelve polar bears, and mountainous islands. I flew over gigantic glaciers and stood on the frozen Arctic Ocean, where polar bears walk in search of seal holes and patiently wait for a meal.

I learned that polar bears are successful only one out of every twenty hunting attempts. I learned that if the Greenland icecap melted, the world's water level would rise twenty-two feet and land and cities would be flooded. However, I realized that the Arctic and its inhabitants are being threatened by pollution and global warming.

Every day I experienced a new adventure. I made good friends with people from different parts of North America and Inuit friends who gave me the name *Amahuaq*, which means *baby wolf*.

The trip was unbelievably exciting. I've learned more about our environment, and particularly how interesting the Arctic is and why it is so important to take care of it. The Arctic is a land of incredible beauty which needs to be preserved. My trip with *Students On Ice* has made me more aware of trying to ensure that I don't leave negative or harmful footprints on the Earth or its people.

**Reporter:** Thank you, Andrew. That was really interesting.

## Track 5 [BE + AE] | Students On Ice – An adventure to the Canadian Arctic.

### Listening 2

(Unit 3, p. 32)

**Reporter:** So let's now listen to Susannah, who was also taking part in an expedition.

**Susannah:** Hello!

**Reporter:** We've just heard Andrew's story, so would you like to tell us yours?

**Susannah:** It was last August when I went on the most thrilling trip of my life. Finally, after working extremely hard the months before, I'd managed to afford the trip to the Canadian Arctic.

**Reporter:** Ahh. Ok.

**Susannah:** By the end of the first day all my hard work was repaid in smiles, memories and new friends. Our expedition leader said that this wasn't going to be a simple holiday trip. And he was so right! We set out on a scientific expedition. We attended, sometimes voluntarily and sometimes with a little persuasion, two or more lectures a day. I learned a lot about everything, from bird migration to ice flows and everything in-between. After two weeks in the Arctic on the icebreaker *Polar Star* I learned more than I've ever learned in all my years of high school. Did you know that during the Arctic summer they don't even have snow? Lots of mud and tons of ice but very little snow!

I might say, *Well, well, who really needs to know all that stuff?* A couple of months ago I might have said the same thing but now the little things I've learned are what makes life worth living. They're the reasons why we need to take care of our planet – and one another. People talk about climate change, but I don't think they truly understand how important it really is. If temperatures keep rising, it's not more than a heat wave for us, but to the Arctic animals it's the melting of their homes and to the Inuit an end to their traditional way of living.

I know I'm only 17 and have a lot more to learn but I think that's what makes *Students On Ice* such a great program. My dream is to travel the world and to learn about all it has to offer.

**Reporter:** Thank you, Susannah, for telling us something about your trip. I really enjoyed listening. If you're interested in an adventure to the Canadian Arctic, check [www.studentsonice.com](http://www.studentsonice.com).

*[Fade out]*

## Track 6 [AE, BE] | At the hotel reception – Conversation 1 (Unit 3, p. 34)

**Receptionist:** Good morning. Thank you for calling *The Dream Hotel*. My name is Paul. How may I help you?

**Client:** Hello, good morning. I'd like to make a reservation for the second weekend in December. Do you have any vacancies?

**Receptionist:** Yes madam, we have several rooms available for that particular weekend. Could you give me the exact date of your arrival, please?

**Client:** Of course, it's the 10<sup>th</sup>.

**Receptionist:** How long will you be staying?

**Client:** Two nights.

**Receptionist:** How many people is the reservation for?

**Client:** The reservation is for my husband and me.

**Receptionist:** Great. We would have a room for you with balcony and sea view. Is that okay?

**Client:** That would be wonderful, I'd love to have a sea view. What's the rate for the room?

**Receptionist:** Your room is one hundred and thirty euros per night. Now what name will the reservation be listed under?

**Client:** Charlotte McKenzie.

**Receptionist:** Could you spell your last name for me, please?

**Client:** Sure. It's M-C-K-E-N-Z-I-E.

**Receptionist:** Could you also give me your phone number, please?

**Client:** Yes, my mobile phone number is + 43 664 534 78 99.

**Receptionist:** Great. Now I'll need your credit card information to reserve the room for you. What type of card is it?

**Client:** Master Card. The number is 101 564 77. I'm the cardholder.

**Receptionist:** Alright, Mrs McKenzie, your reservation has been made for the 10<sup>th</sup> of December for a room with a double bed and sea view. Check-in is at 1 pm. If you have any further questions, please do not hesitate to call us.

**Client:** Great, thank you so much.

## Track 7 [BE, AE] | At the hotel reception – Conversation 2

(Unit 3, p. 34)

**Receptionist:** Good evening. Thank you for calling *The City Hotel*. My name is Silvia. How may I help you?

**Client:** Good evening. My name is Steven Patterson. I made a reservation last month, but unfortunately I need to change it to a different date. Is that possible?

**Receptionist:** 'course it is, if we have rooms available on that date. Let me look. Can I have your name again?

**Client:** Sure. It's Patterson, Steve.

**Receptionist:** Can you spell that, please?

**Client:** Of course. It's P-A-T-T-E-R-S-O-N.

**Receptionist:** And do you have a reservation number as well? That would make it easier for me.

**Client:** Let me look. Ahhh ... here it is. The reservation number is DC 2016 BPGP.

**Receptionist:** Okay, thank you. Let me see ... Here you are. You booked for the 14<sup>th</sup> of November, for three nights, is that correct?

**Client:** Yes, that's right.

**Receptionist:** And you want to cancel the reservation?

**Client:** No, no. I want to change the date, if possible.

**Receptionist:** Fine. Let me see. When would you like to visit us instead?

**Client:** A week later. It would be the 21<sup>st</sup> of November. Again for three nights.

**Receptionist:** That's possible. You would get the last single room available. Unfortunately, this one is without a balcony. Is that a problem?

**Client:** No, no problem. I'm on a business trip in town, so I won't be in the room often. How much is it?

**Receptionist:** One night is 95 pounds, for breakfast we charge another 12 pounds.

**Client:** Okay, I'll also have breakfast at the hotel.

**Receptionist:** Fine, sir. Could you please give me your card details again, just to check?

**Client:** Of course: It's a *Visa*, the card number is 190 987 887.

**Receptionist:** Fine. I have the same number here. Anything else I can do for you, sir?

**Client:** No thank you. That's all. See you in November then.

**Receptionist:** Thank you for your reservation. Have a nice evening.

## Track 8 [BE] | A tricky question

(Unit 4, p. 47)

**Interviewer:** Hello and welcome to our show on useful tips and advice for young future employees who are going for a job interview in the near future. Today we are going to talk about a very important question that is often asked: "Where do you see yourself in five years' time?"

Good morning, Ms Maier, what is the best answer in your opinion?

**Ms Maier:** Hello and thanks for having me on your show. Well, that's a good question. First, it has to be said that this question is very often asked and that the answer is quite important. Employers ask this question because they want to find out whether employees are goal-oriented and think about their future. They also want to make sure that the job you are interviewing for fits into your future.

**Interviewer:** What is the best possible answer?

**Ms Maier:** Really think about what you want to get out of the job, be honest about your future goals, but make sure they align with the job and the company. And be creative in your answer, but realistic.

**Interviewer:** Is there anything else applicants should keep in mind?

**Ms Maier:** Remember that this question is not about super long-term goals. Make sure that you are willing to stay in the job you are interviewing for for the next 1 to 2 years, then think of what you would like your next step to be from there.

**Interviewer:** Hm ... What if I don't know what to say?

**Ms Maier:** If you really have no idea about your future, you can also ask some questions. But again, it is important that you make sure that you really want to do this job.

**Interviewer:** Thank you Ms Maier for answering all these questions.

**Ms Maier:** It was a pleasure. Thank you very much for inviting me.

## Track 9 [AE, BE] | New technology and the older generation

(Unit 5, p. 59)

**Radio host:** In today's talk we're discussing the attitude of the older generation towards technical devices. We have invited Nanny, aged 70, who describes herself as modern and up-to-date with technology. Nanny, how important is it to you to keep up with today's technology?

**Nanny:** Thanks for giving me the chance to share my opinion. I feel that especially younger people think that we, the older generation, aren't interested in technology and that we have no idea how it works. I am here to show the world that there are people of my age out there who know how to handle the Internet, a *Macbook*, *Apple TV*, *YouTube*, *Wifi* zones and whatnot.

**Radio host:** Right, Nanny, why are electronic devices important to you?

**Nanny:** They make life so much easier. I can easily get in touch with people from all over the world and talk to them. I love sharing digital photo books with my family or having a cup of coffee with my daughter who lives far away. By using *Skype* we can see each other and talk to each other. It really feels good.

**Radio host:** What was school like for you without all these electronic devices?

**Nanny:** When I was 15 years old, we had to write down almost everything at school, which was really exhausting and ... boring, to be honest. My niece doesn't even write down her homework tasks anymore. She just takes a picture of them and shares them with others in their *WhatsApp* groups. Some might think they are lazy ... ah ... but I would rather describe them as efficient workers.

Back in the days the only resources we used were school books and it was very hard to discuss up-to-date topics. Today teachers can use whatever they want. The Internet, laptops, TV, radio, online newspapers – the list is endless. This makes school much more fun.

**Radio host:** What about your friends – do they use, for example, the Internet and computers a lot?

**Nanny:** Let me think about that, ... hm, ... some of them do, but not all of them, of course. Some of them just don't care about things like that anymore. They're happy as they are.

**Radio host:** What would you tell the younger generation when it comes to older people and new technology?

**Nanny:** What's really important to me is that the younger generation need to be patient with their parents or even grandparents. They shouldn't make fun of us when we don't understand something immediately. They should always remember that we taught them how to walk, talk, read, speak, write, how to eat and everything else they know. Whenever older people have a question, the younger ones should be happy to help.

**Radio host:** Nanny, thanks for the interview. We'll be right back after the break.

## Track 10 [BE] | Teenagers' attitudes towards shopping

(Unit 6, p. 68)

**Reporter:** Welcome back to our weekly programme *Ask a teen*. Today, it's all about shopping. And we're going to start our programme with an interview with Manvir Dobb from Birmingham. Hey Manvir, great seeing you again.

**Manvir Dobb:** Hey, Alison. Great to be back.

**Reporter:** So, what do you and teenagers in general prefer: shopping in traditional stores or online?

**Manvir Dobb:** I think in general, teens shop more online. There are many reasons for that. For example, it's quite easy and you have a lot of options online. I think it is very frustrating when you go to a shop and you don't find what you need there. Online you get almost everything you need and you have many more sizes, colours and styles to choose from. Another reason is that I just love the feeling when a new package arrives (*laughing*).

**Reporter:** (*Laughing*)

**Manvir Dobb:** So you can open it and see it and try it on. It's just fun. So, yeah ... to get back to your question ... I shop more online than in stores.

**Reporter:** How do you pay for your online shopping?

**Manvir Dobb:** I try not to shop too often, but when there is something I really want or something I need, then my parents enter their credit card details. They don't let me do that. They don't trust me with that ... but I can understand them (*laughing*).

**Reporter:** (*Laughing*) So, what do your parents think about your online shopping habits?

**Manvir Dobb:** Uhm ... my mum is not a big fan of online shopping. There was one time, I think I was eleven years old, when I bought a dress on *eBay*. It looked so beautiful in the pictures. But when I got the dress it looked totally different. So, that is one of the reasons why my mum doesn't like online shopping so much. But only last month she bought a costume for me for Halloween, which we couldn't find in a traditional store here in Birmingham.

**Reporter:** So that's a good thing about online shopping then, right?

**Manvir Dobb:** Absolutely.

**Reporter:** What do teens spend most of their money on when they are shopping?

**Manvir Dobb:** At the moment, I'd say everybody is crazy about shoes. So, for example, boots or trainers from a special brand. Just last week I bought a great pair of boots. Oh my god, they were so expensive ... but, you know ... I just needed them (*laughing*).

**Reporter:** (*Laughing*) If you had a lot of money right now, what would you buy?

**Manvir Dobb:** That's easy (*laughing*). There is a great coat from *Shrimps* and an awesome dress from *Gucci* ... Uh, you see I have some ideas what I could do with that money (*laughing*) ...

**Reporter:** (*Laughing*) I can totally understand that. Manvir, it was a pleasure having you here today. Thank you.

**Manvir Dobb:** Thanks.

### Track 11 [BE] | I'd like ... Conversation 1

Unit 6 / p. 75

**Alex:** Hi darling, it's me, Alex. Jamie and Jessica have just called. They're coming for dinner tonight. Could you please buy one loaf of bread, two bottles of red wine, some cheese and half a pound of grapes? We'd also need something sweet. How about an apple pie? I know it's my turn to do the groceries but we have an emergency at work and I can't leave earlier. I promise I'll make it up to you. See you later, thanks. Bye-bye.

### Track 12 [BE] | I'd like ... Conversation 2

Unit 6 / p. 75

**Eric:** Hello, *Food Store LTD*. *Eric speaking*. How can I help you?

**Mr Smith:** Hi Eric, it's me again, John Smith with the order of the day.

**Eric:** Hi John, how's it going? Let's start. What can I do for you?

**Mr Smith:** I need four pounds of mushrooms, five pounds of carrots, three pounds of tomatoes and eight bags of potatoes. I'd also like to buy two heads of lettuce and six pounds of cucumbers and some meat. Do you have any special offers today?

**Eric:** Yes, of course. Beef and pork are on offer. I can give you a five per cent discount.

**Mr Smith:** Mmhmm. Sounds good. I'll take ten pounds of each.

**Eric:** Do you need some fish as well?

**Mr Smith:** No, thank you, no fish today. Ah sorry, I forgot. I also need two dozen eggs.

**Eric:** Any fruit, John? I can recommend strawberries; they're nice, sweet and really delicious. *Haha* ... I couldn't help trying a few this morning.

**Mr Smith:** Well, then I'll make some strawberry cake today. So please send me nine pounds' worth.

**Eric:** Thank you for the order. We'll deliver it to your restaurant by noon, as usual.

**Mr Smith:** Thank you very much. Hear from you soon.

**Eric:** Have a nice day. Goodbye.

### Track 13 [BE] | I'd like ... Conversation 3

Unit 6 / p. 75

**Shop assistant:** Hello, how're you? Can I help you?

**Ms Turner:** Yes, please. I'm looking for a ladies' suit for my job interview next week.

**Shop assistant:** Okay, do you prefer to have a jacket and a skirt or a jacket and trousers?

**Ms Turner:** I'd go for the trousers.

**Shop assistant:** Fine. Which colour?

**Ms Turner:** I'm not sure, maybe dark grey. I don't want a black suit.

**Shop assistant:** What size are you looking for? Small or medium?

**Ms Turner:** Medium.

[...]

**Shop assistant:** How about this one?

**Ms Turner:** This one looks really nice. How much is it?

**Shop assistant:** It's £ 45.50.

**Ms Turner:** That's quite cheap. Can I try it on?

**Shop assistant:** Sure, the fitting room's down there on the right.

**Ms Turner:** Thank you.

[...]

**Shop assistant:** It suits you really well.

**Ms Turner:** Thank you. I'll take it. Where is the cash desk?

**Shop assistant:** It's on the first floor next to the lift. Good luck for the job interview!

**Ms Turner:** Thank you. Bye.

## Track 14 [AE] | Going the extra mile

Unit 7 / p. 84

Hi guys,

This video is about going the extra mile. Living at home and having your parents around you can be really exhausting from time to time. They always want you to have good grades in tests, but at the same time you should be good at your hobbies and your room should also be clean all the time. It's understandable that all that can be too much for you. So here is a list of things you can do to help your parents and yourself relax a bit.

First and most importantly, show them that you are doing your homework every day. If they see you working on your Maths homework, they won't get on your nerves with questions like "Is there anything you have to do for school?" or "Have you done your homework yet?".

My second piece of advice is: tidy up your room. This should become a daily ritual. If you do it every day, it only takes you a few minutes and again your parents won't bother you with annoying questions.

Last but not least, tell your parents early enough when you are going to be late or you have to go somewhere. Then they won't be worried and you can enjoy yourself.

The best thing about following these three pieces of advice is that you can have so much more from your parents than you would ever think. So next time you want to stay over at a friend's place – no problem.

## TRACK 15 [AE, BE] | Rules and regulations at work

(Unit 7, p. 88)

**Anderson Corden:** Hello everyone, I'm Anderson Corden. Welcome to today's show on rules and regulations at work. We have invited an expert to give us an insight into this topic. Welcome Mr. Cooper and thanks for being with us today.

**James Cooper:** Hi Mr. Corden. Thanks for having me. I'm really happy to be here today.

**Anderson Corden:** It seems that we just keep getting more and more rules and regulations at the workplace. Do you see it that way as well and why is that?

**James Cooper:** Well, today we have more rules compared to, say, 50 years ago, but still, at that time people also had rules. So they have always been there, and for good reasons. You see, rules are there to guarantee the employer's and the employee's safety. They are also useful for privacy reasons and to make sure everyone is treated equally. Another important point is that companies run well with good rules.

**Anderson Corden:** If the boss is happy, everyone is happy, right?

**James Cooper:** Well, sure. See it as a win-win situation.

**Anderson Corden:** Let's listen to a few incoming calls and see what they have to say.

*Random incoming callers:*

**Caller 1:** Hiya, in my job I am not allowed to wear jeans. We always have to dress up and look all fancy and everything. But it's okay, I suppose ... I love my job.



**Caller 2:** Whenever we go to meetings with customers, we have to bring along gifts. It always takes a long time to find a good one. Of course, the company pays for it, but still ...

**Caller 3:** I work in the secretary's office and we're not allowed to give any personal details to callers. I think that this is good because some of them sound really angry sometimes.

**Anderson Corden:** What do you think of the rules we've just heard?

**James Cooper:** The ones we've just heard are pretty standard and make perfect sense to me. But it becomes a bit of a problem when the rules stop you from doing a good job. Over the years I have come across really awkward rules like, for example, when you have to get your boss's approval for literally everything you want to do. Or another one is that employees are not allowed to eat little snacks when they are at their office desks. My favourite one is that you can't have a beard. Can someone explain that?!

**Anderson Corden:** What is the best thing you can do when you really have a problem with one of the rules at your work place?

**James Cooper:** You should definitely go and talk to your boss, but make sure that the problem is really important to you. And don't forget: one thing you cannot ignore are rules in terms of cultural behaviour in different countries. You could really make people angry that way.

**Anderson Corden:** Oh, you don't want to do that. What are some typical rules of behaviour?

**James Cooper:** That really depends on the country you are going to. If you go for a business dinner in an Asian country, make sure that you slurp when eating. This is considered a compliment to the chef. Or if you have a meeting in Argentina, make sure that you are late. People there think it is rude if you are punctual. If you do business in Japan and you get a business card, which you hopefully will, make sure you take it correctly: first you have to hold it with both hands, then you should read it respectfully and finally you should put it away carefully.

**Anderson Corden:** You really have to be careful not to break any of these rules. Mr. Cooper, thank you very much for joining us today.

**James Cooper:** It was my pleasure.

## Track 16 | My family and me

(Unit 8, p. 100)

### Speaker 1 [BE]

I'm very happy to have really nice parents who care a lot about me and my life, though to be honest, we do quarrel quite often, mostly about my brother. He is about five years old, and my mum and I often argue because I have to look after him. My parents feel that this is my job as part of the family. But sometimes I don't feel like looking after him because I don't have that much free time anyways. I have to go to work – I work at a four-star hotel in the city centre – and I have to study for school. I also want to meet my friends, so sometimes I simply have no time for him, but my mother doesn't really understand this.

### Speaker 2 [BE]

My relationship with my parents is relatively good. Obviously, there are moments when being a teenager is not easy, and I don't really feel like talking to them. I just don't want to let them into my life. And my mum doesn't understand this; she wants to know everything about what is going on in my life right now. But I don't want to tell her, I'm not a baby anymore. I'm 16 years old, and kind of have my own life. And sometimes – to be honest – it's better that my parents don't know everything, because teenagers my age – you know – sometimes do things their parents should better not know.

### Speaker 3 [AE]

I do find it difficult to talk to my parents because they put a lot of pressure on me. When something is on my mind I usually talk to my friends about it. I don't even have to say much, my friends know me quite well and immediately see what's going on in my mind when they look into my eyes. I have also got one brother who is one year younger than I am, and we don't get on well with each other. We argue a lot. Kind of everything turns into an argument. It is sometimes hard to get along with him. My parents are also annoyed because of our arguments, and then they often say to me: You are the older one, so don't be so stubborn. You should be the one who gives in first. I hate it.

### Speaker 4 [AE]

Well, being an only child has its pros and cons. The pros are that your parents kind of become your brothers and sisters, and they become your friends. Many people also think that as an only child you get lots of presents all the time, but this was and is not true for me. The cons are that when I was

younger, I sometimes felt lonely when my friends were away and I had nothing to do except sit and think. But my parents really tried to make sure that I hardly ever felt bored. I was a member of different clubs, where I spent my free time. And my dad also spent much of his time with me. I think that's the reason why we have such a good relationship today.

### Track 17 [BE] | A cooking show

(Unit 9, p. 112)

Welcome to *InspireToCook*. Today I'm going to show you how to make the perfect grilled cheese sandwich. It's going to be cheesealicious and you can do it easily at home. Let's do it!

All you need for this dish is a little bit of butter, of course cheese and I am going to use white bread but you can use any bread. Then we need a pan to fry the ingredients, a turner and a little bit of mayonnaise.

First thing I'm going to do is put my small pan on the hob and then I switch it up to medium / medium high. Next I'll take two slices of bread and put a little bit of mayonnaise on them. Before we can get started I put some butter in the pan, which usually starts melting right away.

Next we put one slice in the pan and you have to make sure that the mayonnaise side is down.

Now we are going to throw about four pieces of cheese on our sandwich but you can basically put as much cheese as you want onto your sandwich.

Then we put our second slice of bread on top, with the mayonnaise side up. Make sure that you keep the heat to medium / medium low as this helps the cheese melt proportionally before the bread starts frying too much. Now you wanna wait for a little while until it gets a little bit of color on one side. It's really simple.

Okay, one side seems to be done. We are going to pick it up, flip it and if you think one side is not finished, you can come back to flip it and grill it again.

MMMMMH – You can smell the cheesealiciousness of the sandwich!

The other side of the sandwich looks ready, so I flip it again and let it sit until the other side is also brown.

Alright, it looks like the sandwich is done. Now I'm going to cut it diagonally to make it look even nicer and make it easier to eat and as you can see everything is actually all nice and melted. Cheesealicious!

This was the recipe for the perfect grilled cheese sandwich and if you try it at home, let me know how it worked out for you.

### Track 18 [AE] | Eating out in Austria

(Unit 9, p. 117)

**Server:** *Austria Restaurant*, guten Tag.

**Tom McGill:** Hello, my name is Tom McGill. Do you speak English?

**Server:** Yes, sure. How may I help you?

**Tom McGill:** I'd like to make a dinner reservation.

**Server:** Of course. What evening will you be joining us?

**Tom McGill:** We would need the reservation for Friday, the 24<sup>th</sup>.

**Server:** Okay. What time would you like the reservation for?

**Tom McGill:** We would prefer 7 or 7:30.

**Server:** How many diners will be in your group?

**Tom McGill:** There will be 20 of us.

**Server:** Fine. I can seat you and your group at 7:30 on Friday, if you would be so kind to give me your name?

**Tom McGill:** Thank you. My last name is McGill. Thank you for taking the reservation.

**Server:** Mr McGill, we will be expecting you at 7:30 this Friday.

**Tom McGill:** We will be there. Thanks for your help.

### Track 19 [AE, BE] | Quotes from legends in sports

(Unit 10, p. 128)

#### 1 – Michael Jordan, basketball player

“Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.”

## **2 – Tommy Lasorda, baseball player**

“In baseball and in business, there are three types of people. Those who make it happen, those who watch it happen, and those who wonder what happened.”

## **3 – Billie Jean King, tennis star**

“Champions keep playing until they get it right.”

## **4 – Bo Jackson, football player**

“Set your goals high, and don’t stop till you get there.”

## **5 – Jackie Joyner-Kersey, Olympic long jump champion**

“Age is no barrier. It is a limitation you put on your mind.”

## **6 – Muhammed Ali, World Heavyweight Champion boxer**

“It isn’t the mountains ahead to climb that wear you out; it’s the pebble in your shoe.”

## **7 – Pele, Brazilian soccer legend**

“The more difficult the victory, the greater the happiness in winning.”

## **8 – Michael Phelps, Olympic-medal winning swimmer**

“You can’t put a limit on anything. The more you dream, the farther you get.”

## **9 – Carl Lewis, long jumper and sprinter**

“If you don’t have confidence, you’ll always find a way not to win.”

## **10 – Lindsay Vonn, ski racer**

“If you go around being afraid, you’re never going to enjoy life. You have one chance, so you’ve got to have fun.”

## **Track 20 [BE] | How to balance school and social life**

(Unit 10, p. 130)

**Interviewer:** Welcome to *TeenTalk*. The topic of our show today is “How to balance school and social life”. As we all know, going to school, having extra-curricular activities, studying after a long day at school and doing the homework can take up most of your day. Many students complain that they do not have enough time for their friends and hobbies anymore. We invited Clarissa to our studio today to talk about these problems. Clarissa, it is great that you are with us today. Welcome to the show.

**Clarissa:** Thank you for inviting me.

**Interviewer:** Is it really true that students have very little time these days?

**Clarissa:** Many students have more than thirty hours of school every week. On top of that, they have to do homework, study for exams and so on.

**Interviewer:** How can students do well in school and still have a social life? I mean, do they have time to meet friends, do sports or do something else they enjoy?

**Clarissa:** Many students believe that when they go to secondary school or college, they just won’t have time for their friends and fun things anymore, but that is not true. If you plan and organise your sleeping time, your studying sessions and your time with friends, you can still do everything you want.

**Interviewer:** That’s interesting. How do you plan and organise your time effectively?

**Clarissa:** First of all, find out how much sleep you need to be at your best. For me personally, eight hours are enough, but make sure you still have enough energy throughout the day. So, my piece of advice is to set a daily schedule with the same wake-up times and bedtimes for each school day – and stick to them!

**Interviewer:** How about studying for school? I mean, you cannot really change too much here, can you?

**Clarissa:** It is important to have a study plan. Start with the most important homework and tests first. It is helpful to plan a fixed time of the day when you study for school. No mobile phone, no music, no *Instagram* story about how much you study, no *Snapchat*.

**Interviewer:** So, what you are saying is that you have to try to concentrate 100 % on the work you do.

**Clarissa:** Absolutely. Try to focus on what you do, and you will be much faster and more efficient.

**Interviewer:** How do you organise time with your friends?

**Clarissa:** One day a week, I combine time with friends and studying. Once a week, we meet after school and study Math together. This is always a lot of fun. On other days, I have fixed times when I chat with friends, when I am online or go for a run. This way I have enough time for my social life.

**Interviewer:** What about weekends? Do you always have fixed plans for your weekends?

**Clarissa:** (*Laughs*) Well for the weekends, I only plan two hours for school. For the rest of the weekend, I do whatever I want to and have fun.

**Interviewer:** But what if you have many tests the next week?

**Clarissa:** You see, since I do most of the tasks during the week, I always have time on the weekends. That is the great thing about my plan.

**Interviewer:** Thank you, Clarissa, for sharing your effective system. I hope it will help other students. Thank you so much.

**Clarissa:** All the best for planning your next week. Bye!

## Track 21 [AE] | Buying a house

(Unit 11, p. 138)

**Mr Jefferson:** Good afternoon, nice to meet you!

**Mr Tucker:** Nice to meet you too.

**Mr Jefferson:** According to our last week's telephone conversation I chose this amazingly beautiful house for our first showing. I thought that this house would meet all your expectations and requirements best.

**Mr Tucker:** That sounds great. I can't wait to get inside. But before we actually start with the showing I've just a few general questions concerning the house. The first thing that I'd be really interested in is the size.

**Mr Jefferson:** The house has two floors and a garage.

**Mr Tucker:** My wife insists on having a balcony and a guest room. What about that?

**Mr Jefferson:** The house has two balconies, one is pointing to the east and the other one to the west, and of course there is enough space to have a guest room too. In all, the house has three bedrooms. There are also four bathrooms, two on each floor.

**Mr Tucker:** Ok, I think that's enough information for the moment. Let's go inside. [...]

**Mr Jefferson:** Here we are in the hall, there is the kitchen to the left. Next to the kitchen there's the dining area and there's the study to the right. Both rooms – the dining and the study – have direct access to the porch. On the right side of the hall, there's the DIY room with an en-suite bathroom.

**Mr Tucker:** What I've seen so far really impresses me a lot. If the second floor is as spacious and beautiful as the first floor I can imagine buying it.

**Mr Jefferson:** Well, then let's go upstairs and have a look. – As you can see, there's one of the balconies to the left and in front of us there is the guest room with an en-suite bathroom. Next to it there's the really impressive master bedroom. Opposite there's the children's room with access to the second balcony. Of course, the children's room has its own bathroom too. So, what do you think? What's your first impression?

**Mr Tucker:** I really must admit that the house has everything that my family and I have hoped for. There's enough space for everybody and I especially like the DIY room because I love doing handicrafts. However, the most important question is still left: How much is it?

**Mr Jefferson:** It's \$ 250.000. It's quite an offer for a house like this, isn't it?

**Mr Tucker:** Well, we'll think about it. I'll talk to my wife, she's on a business trip at the moment, and we'll get back to you next week. Is that okay for you?

**Mr Jefferson:** Sure, that's fine. Speak to you soon.

## Track 22 [BE] | My neighbourhood

(Unit 11, p. 147)

Hi everyone

My name is James, I am 15 years old and I live in Wembley, which is a part of London. London is the capital city of England and has a total population of a bit over 9 million people. Some of you might know

Wembley, which is in the north west of London, because of *Wembley Stadium* and *Wembley Arena*. Yeah, *Wembley Stadium* is definitely a pretty famous spot in my area.

Housing is quite expensive in this megacity. Only the richest people have enough money to live in a house. Most houses consist of two or more flats. So, many people rent flats and live there with their family. You also have many blocks of flats and, yeah, terraced houses, that is where most of my friends live. They have small or medium-sized apartments with, like, a kitchen, living room, two or three bedrooms ...

As you might guess, we have everything we need nearby ... shops, malls, sports facilities, gyms, bars, restaurants, schools, hospitals, bus and underground stops. Everything you need in your daily life is right around the corner.

One of the cool things about living in a megacity is public transport. We have bus and underground stops everywhere. I can easily go to *Hyde Park* or any other exciting place by public transport. All you need is a valid ticket or, in my case, an *Oyster card*. People do not need cars to get from one place to the next.

I also use public transport to go to school. I attend *Wembley Community School*, which is a pretty big school with more than 1,000 students. Many people from different countries live in London, so my class is full of people from all over the world like Pakistan, India, Poland, Africa. They come from everywhere, which is really awesome. So many different languages, customs, traditions, cultures and so on. Most students try to help each other and – well, honestly, only sometimes small fights break out, but that’s normal, right?

What is your area like? Let me know in the comments below. To see more of my videos click *subscribe*. See you soon. Bye for now.

### Track 23 [BE] | Fake news – and how to spot it

(Unit 12, p. 153)

Social media and online platforms have become more and more important. But some people post false or misleading information that can go viral quickly. So, it’s always good to be critical.

Unfortunately, there is so much false information online. And when people share, like or retweet such content it only helps to spread the information. Here are some simple tips on how to spot fake news.

First of all, look at the sources and ask questions. Who has shared it? Which person put it online in the first place? You should also check the language. Are there words such as *scandalous* or *sensational* and huge headlines to get people’s attention? Make sure you also check who owns a website to find out if you can trust the information.

The second tip is to look closer. Pictures and videos give us a lot of information. But be careful, they could be fake. Take a close look to find out where it was taken. For example, in 2018 a video went viral in the Middle East. The title of the video was: *Iranian police steal from shop*. But when you took a close look, you could see the Spanish word “Policia” on the shields. The video was actually from Mexico.

Tip three: be careful with fake profiles. If the name of a person on social media sounds strange and has a lot of random numbers and letters, then the chances are high that the account is fake. Also, check the biography of the user, his or her posts and how active the person is. Be careful if a person shares and posts a lot of content every day. You can also reverse-search the profile photo, so you can find out if the photo is real or just copied from the Internet.

Stay safe and be aware of fake news online!

### Track 24 [BE] | Influencer interview – Five questions with Emelie (Unit 12, p. 158)

**Interviewer:** It’s online time here at *Radio 1*. And I am happy to have a special guest here today. Hi Emelie.

**Emelie Samuelsson:** Thank you for inviting me.

**Interviewer:** So, Emelie. When you have to fill in a form, what do you put down in the job section?

**Emelie:** (*Laughing*) That’s a good question. Well, I have to say ... I just put down *influencer*.

**Interviewer:** Well, *influencer* is a word that has been around for some time now. So, what is it that you do?

**Emelie:** Well, my main job is to post a lot of pictures and videos about my life on my *Instagram* account. For content, I use or wear different products like clothes or accessories. And then I mention the

company and give feedback and recommendations on those products. And all of my followers can see that.

**Interviewer:** How many followers do you currently have?

**Emelie:** At the moment, I have a bit over 700,000 followers.

**Interviewer:** Wow, that's actually a lot. What is great about being an influencer?

**Emelie:** Well, first of all, I like being creative. As you know, I have my own blog and I am also very active on *Instagram*. I regularly post content and, well, I'd say I simply want to inspire my followers. As an influencer you have the opportunity to do a lot of different things, to test a lot of new products and to be up to date. That is probably the coolest part about being an influencer.

**Interviewer:** What you say sounds too good to be true. I am sure there are some negative sides too? What is the worst thing about being an influencer?

**Emelie:** Mhm ... that's a good question. I'd say it is sometimes difficult that ... that you always need to post new content on your blog or *Instagram*. You also have to be one step ahead of other influencers. Followers quickly unsubscribe if they don't like what you are doing anymore. That can make me feel a bit stressed sometimes.

**Interviewer:** What was the best collaboration that you have done with a brand?

**Emelie:** Just recently, I was invited to go to a great festival. There were other influencers too and we posted a lot about it. Another thing is a project I did for a food company but ... I can't say its name because the contract has not been signed yet.

**Interviewer:** What would you do if you weren't an influencer?

**Emelie:** Hm ... I would still work in the same branch. People forget that I graduated from a fashion college and I have also worked as a designer for quite some time. So, I am sure that I would still work in fashion, like as a fashion journalist, but not in front of the camera.

**Interviewer:** Tell us something we don't know about your job as an influencer.

**Emelie:** (*Laughing*) You get strange offers every day. For example, a guy texted me on *Instagram* today and asked if I wanted to marry him. Guess what, I said ... no, haha.

**Interviewer:** Thanks for the interesting insights into your job, Emelie, and all the best for the future.

**Emelie:** It has been a pleasure.