

Unit 1

1 a Precious toys

Track 1

Tamagotchi

Eat, sleep, poop, play. That is pretty much all a Tamagotchi does, nonetheless it was loved all over the world. Invented in 1996 in Japan, it quickly and successfully made its way into the US and Europe and became a must-have toy for any 1990s kid. As of 2010 it had sold 76 million times! The idea is simple: a pet for your pocket. The Tamagotchi represents a chick that you have to take care of from the moment it is born for as long as you can. The player needs to provide food and water, clear its poo and play with it at various times of the day. The chick will also sleep, so you can get a rest, but if you leave it alone for too long (for the very young chicks half a day is already too long), the chick dies. In that case you need the reset-button and you start over. Wondering why so many children had it? Well, it's worth remembering that Tamagotchi were around at a time when children didn't have mobiles.

Pogs

Juice. Juice is the origin of pogs. In the 1920s and 30s toys were expensive and rare, so children took to playing with the little cardboard lids of fruit juice cartons. This juice was made up of passionfruit, orange and guave and these three initials give you P – O – G, pog. But then times got better and the toy was forgotten, until a teacher decided to show this game to her class, setting off a wave of pog-enthusiasm in the early 1990s. Pogs were produced with all kinds of images and could also be found in boxes of cereal and Nutella glasses. The way to play is to stack all pogs face down onto one pile. Each player needs one "slammer", a heavier pog usually made of metal, rubber or plastic. To find out who may begin, you spin your slammer and whoever's slammer spins the longest gets to throw their slammer on top of the stack of pogs. Any pogs that land face-side up go to the player, pogs landing face-side down go back onto the stack. The player who has the most pogs at the end, wins the game!

Teddy Ruxpin

Want a bear that can read to you? Well, Teddy Ruxpin can do just that. This electronic animal toy can read stories that are saved on the cassette and will move its mouth and eyes as it does so. In 1985 when the toy was first introduced to children, cassettes were the normal medium to record and play music or stories. As the cassette deck, however, needed a lot of space, the teddy was a rather bulky and heavy. Teddy Ruxpin was the best-selling toy of 1985 and 1986, which is not surprising as it came with numerous outfits, had a companion named Grubby and even had a TV series in which Teddy Ruxpin was the star. But then the downfall came; the company was very slow shipping their products, other cheaper speaking teddies turned up.

Unit 1

1 c A prized possession

Track 2

A simpler time. It was 1973 and I was a 12-year-old kid living in a small town in the USA. It was middleclass suburbia. Our house was a normal house on a normal street like a million other houses on a million other streets in this country. There was nothing special about us, or where we lived.

Ever since I could remember we had young men fighting and dying in a place called Vietnam, wherever the hack that was. I remember spending my childhood hoping that I wouldn't have to go there some day. The hardness of that time touched us personally. My mother had a co-worker who along with her son lived in a city some five miles away. We knew them as they often visited for Sunday dinner or movie night.

When their son enlisted in the Marine Corps he had a 1968 Plymouth Road Runner that he purchased new, we just thought it was the coolest thing ever when he came screaming up in that car. He had no place to keep the car while away at war. My dad being a Marine himself offered to keep the car in our

second garage bay. He even moved our boat out onto the side yard to make room for it. He reasoned that if this young man was risking his life for his country, the least we could do was to support him here at home by housing his prized possession safely.

Well, he never did return from Vietnam. And that car sat in our garage for three years after his death. His mom couldn't even bare to look at that car. One evening two years after his death I heard my mom and dad talking about it. They had to recover the garage bay. My mom wanted to tell her friend that she had to do something with the car. My dad told her that they would not approach her, that they would just hold the car and give her whatever time she needed to deal with it.

A year later, she approached my mom and dad and asked my dad to sell the car and keep whatever he received from it in payment for tying up the garage for so long. My dad had a young man at his work who was into muscle cars and ecstatic to get the chance to purchase it for what both parties agreed to be a fair price.

My dad put the cash in a card and mailed it to my mom's friend. It was a sympathy card and dad wrote in it, "In loving memory of your Marine, who paid the ultimate price for his country. Please accept this small token of this nation's appreciation". He mailed it to her unsigned. Before he sold the car, he had the fallen soldier's name written in 1-inch-letters on the back of the trunk near the keyhole. It said: "In loving memory of a fallen Marine." With his name and the dates that he served. He explained the whole story of how he came to have the car to the young man who was buying it. He thought it was a fitting tribute and agreed to keep the memorial on his car for as long as he owned it. It sits in his garage today, one of his fine automobiles in a large collection. He drives in the memorial parade every year and my dad still salutes it, as it drives by.

Unit 1

2 d A house from the past

Track 3

Facts Verse presents. 96-year-old woman sells the most amazing house.

Gladis and Carla Spizzirri are real estate agents and they take pride in being able to sell most properties quickly. One day they received a call from a woman saying she wanted to sell her home. The house was located at 148 Jane Street in Toronto, Ontario. The street was pretty average, most houses on the street looked pretty similar on the outside, so the sisters thought that they would not have any problems selling this woman's home.

The only problem was the owner's attitude about the sale. The owner of the house was a woman named Joyce and she told Carla and Gladis that she wanted to possibly sell her home. While she spoke to the agents, she didn't sound like she really wanted to sell her home. Usually when the real estate agents would talk to their potential clients, they often sounded excited and a bit optimistic, but that wasn't the case with Joyce. They were worried Joyce was trying to hide something.

Being in the business for so many years the sisters had seen homes full of bugs or mold, houses with broken water heaters and others with no heating system at all. They decided that they would help Joyce if she did really want to sell her home and they'd just take whatever came their way. After working together for three decades, these sisters felt they were prepared for whatever they were going to find inside Joyce's home.

When the sisters found out that Joyce was 96 years old and that she had been living in this house for over 70 years, they wondered why Joyce was suddenly wanting to sell the home. When they spoke with Joyce, they found out that the home hadn't been changed in 70 years. She told them everything was exactly the same as it was when she had bought the home. And that scared the sisters. They weren't sure how they were going to be able to sell a house that was likely in complete chaos. The

sisters knew that it would have been very difficult for Joyce to care for her home properly at her age. They expected the worst on their drive over. They thought that maybe she would be a hoarder, maybe the home was just falling apart around her.

When they arrived at the house and went inside though, they didn't believe their eyes. When they walked in, it was immaculate, there was not a speck of dust anywhere in the home. That isn't what shocked the sisters so much though. When they walked in, they noticed that Joyce was telling the truth when she said that nothing had changed. The wall, the floor, the furniture – it all looked like it was from a museum. The entire home looked like it had been in a time capsule from the 1940s. Every room was absolutely magnificent. The sisters were a bit worried about selling the house. Most of the rooms were decorated in pink and purple. If a man were going to be living in that home, it was going to be difficult to sell. It wasn't until they got to the basement that they saw it wasn't all for just women. The finished basement was a true man-cave. According to Joyce it was her husband's favourite place in the house. It gave him a chance to get away from the pastels and the floral prints of the home.

After the inspection, the sisters went back to their office to list the house for 699 000 dollars. Once people saw it, everybody wanted it. When word got out about the house that was stuck in the 1940s it became an internet sensation.

Unit 1

3 a Teen loses purse

Track 4

Reporter: 82-year old woman has been reunited with a purse she lost 65 years ago, when she was just a teenager in high school. The year was 1954 and Rosemary Clooney was number one on the charts. We now get the chance to ask the question everyone has been wondering about: How did the school find your purse?

Martha: The school was being demolished for a new building and amongst old bricks, dirt and rubble they found my purse. You know I got this from my mother for my 16th birthday to go to dances and such, beautiful, beautiful black silk with this spiralling pattern on it and, oh boy, was my mum angry when I lost it!

Reporter: Martha's ID was still inside the purse, so the next thing for the school in Indiana to do was to reach out on social media and track her down.

Voice: Lost and Found Alert: Martha Ina Ingham's handbag from 1954 has been found in the demolition. We would love to return it to her or her family.

Reporter: And it worked! One of Marty's relatives saw the post and let her know. Martha who goes by the nickname Marty now lives thousands of miles away in Florida. The crew mailed the purse all the way to Florida, where it was reunited with its owner at long last.

Martha: It brings back a lot of memories, a lot of people I haven't heard from in a long time. *(laughs)*

Reporter: So what was inside her purse? There was a Jefferson High School 1953–1954 basketball schedule, a lipstick, and a pin. Contents also included a bus schedule and a note from an admirer asking Martha to prom. The note read,

Voice: "Dear Marty, I've heard that Paul has asked you to go to the prom with him – if he hasn't I would like very much to take you. Love, Torchy." – "P.S. If you've already consented to go with Paul please forget that I have asked. If he has asked you but you haven't consented yet please consider my invitation,"

Reporter: ... the letter continued. And in fact, Marty turned the guy down. Instead she went to the prom with a student named Carter. The prom photos were still inside the purse! But what else did Marty find in the old purse?

Martha: There was my track and field ribbon which I was very proud of at the time, my compact make-up kit, still intact and a very old piece of juicy fruit chewing gum, which is the type I still chew today. (*chuckles*)

Reporter: Martha is more than happy to be reunited with her old purse, but of course this story leaves one to wonder: will other items turn up in the remodel of this school? And which other treasures are hidden in the thousands and thousands of schools all over the USA?

Unit 2

4 f What makes heroes great?

Track 5

What do Harry Potter, Katniss Everdeen, and Frodo all have in common with the heroes of ancient myths? What if I told you they are all variants of the same hero? Do you believe that? Joseph Campbell did. He studied myths from all over the world and published a book called *The Hero with a Thousand Faces*, retelling dozens of stories and explaining how each represents the mono-myth, or “hero’s journey”.

So, what is the “hero’s journey”?

Think of it as a cycle. The journey begins and ends in a hero’s ordinary world, but the quest passes through an unfamiliar, special world. Along the way, there are some key events.

Status quo, that’s where we start. One o’clock: call to adventure. The hero receives a mysterious message. An invitation, a challenge. Two o’clock: assistance. The hero needs some help, probably from someone older, wiser. Three o’clock: departure. The hero departs from his normal, safe home, and enters the special world and adventure. Four o’clock: trials. Being a hero is hard work: our hero solves a riddle or puzzle, kills a monster, escapes from a trap. Five o’clock: approach. It’s time to face the biggest nightmare, the hero’s worst fear. Six o’clock: crisis. This is the hero’s darkest hour. He faces death and possibly even dies, only to be reborn. Seven o’clock: treasure. As a result, the hero claims some treasure, special recognition, or power. Eight o’clock: result. This can vary between stories. Do the monsters bow down before the hero, or do they chase him as he flees from the special world? Nine o’clock: return. After all that adventure, the hero returns to his ordinary world. Ten o’clock: new life. This quest has changed the hero; he has outgrown his old life. Eleven o’clock: resolution. All the mixed-up plot lines get straightened out. Twelve o’clock: status quo but upgraded to a new level. Nothing is quite the same once you are a hero.

Many popular books and movies follow this ancient formula pretty closely. But let’s see how well *The Hunger Games* fits the hero’s journey template. When does Katniss Everdeen hear her call to adventure that gets the story moving? When her sister’s name is called from the lottery. How about assistance? Is anyone going to help her on her adventure? Haymitch. What about departure? Does she leave her ordinary world? She gets on a train to the capital. OK, so you get the idea.

What do you have in common with Harry Potter, Katniss Everdeen, and Frodo? Well, you’re human, just like them. The “hero’s journey” myth exists in all human cultures and keeps getting updated, because we humans reflect on our world through symbolic stories of our own lives. You don’t actually kill dragons or fight Voldemort, but you face problems just as scary. Joseph Campbell said, “in the cave

you fear to enter lies the treasure you seek.” What is the symbolic cave you fear to enter? Auditions for the school play? Baseball try-outs? Love?

Watch for this formula in books, movies, and TV shows you come across. You will certainly see it again. But also be sensitive to it in your own life. Listen for your call to adventure. Accept the challenge. Conquer your fear and claim the treasure you seek.

Unit 3

7 b Food conservation

Track 6

These days food-related health issues are frequently discussed: gluten-free eating, superfoods, vegan alternatives. But seriously, when was the last time you thought about the discovery of food canning and its inventor, Louis Pasteur? I bet it’s been a while – if ever. This week I’m talking about some of the greatest breakthroughs in food science. Today’s topic: canning.

Before the pasteurization of milk was adopted in the late 1800s in Europe and in the early 1900s in the United States, child mortality was about 25%. This new method of treating milk reduced this number dramatically. But before we take a closer look at the genius of Louis Pasteur let’s start with one scientific innovation in food preservation: canning.

Conventional canning as we know it today began in France and is closely linked to the name of Nicolas Appert. Appert, a Paris-based confectioner and chef, began experimenting with preservation during the late 1700s, and he preserved foodstuffs, such as soups, vegetables, juices, and even dairy, – more or less successfully. He originally believed it was the presence of air that made food go bad, and many of his early experiments were dedicated to removing that element. He was wrong, but he wasn’t alone in his way of thinking. In the early 1700s, cooked meat was preserved over short periods of time by covering it with a layer of fat.

Continuing with his experiments, Appert felt that it might actually be heat and not air that prevented food from rotting. He was correct, even if he didn’t exactly know why. Today we know that it’s the microbes. But the discovery of microbes making food go bad came only some 50 years later.

Appert’s experiments involved placing food inside glass jars which were then corked and sealed off with a wax seal, very much like wine. The jars were wrapped in canvas and then boiled.

In 1812 the Englishman Brian Donkin used unbreakable tin instead of glass. And the tin can industry was born when Donkin built his first canning factory. Initially, this process was very slow and labour-intensive, as cans were handmade, and took up to six hours to cook. This meant canned food was too expensive for ordinary people. Plus, the can opener wasn’t invented for another 40 years, so those cans were actually a pain to open.

When it comes to canned food, there are concerns over salt content and all kinds of additives and toxins today. However, it is entirely safe. How safe? In 1974, food samples were taken from cans discovered on a steamboat which had sunk nearly a hundred years earlier, and they were found completely safe to eat. Without a doubt, you wouldn’t really want to eat the food inside those cans. It looked horrible, smelled worse, and any vitamins were gone, of course. – But you could!

That is why we chose canning as one of the most significant food science breakthroughs ever. Without it, the world of food would be a very different place.

Unit 4

2 b Five reasons for a road trip through Scotland

Track 7

So the North Coast 500 is just over 500 miles and it circles the entire North Highlands. It's basically a road trip that goes around the bit of Scotland that nobody normally goes to. So you've got Inverness, Ullapool, Durness and John o' Groats as the four cardinal points of it. And it is a simply incredible road trip.

Number one: nature

The main reason to go on a road trip around Scotland would be to get back to nature. This is some of Britain's most epic landscapes, fast rivers making way over rocky riverbeds, remote glens which turn purple in the summer, really deep dark Lochs on the west coast, snow-topped mountains. It really is one of the most beautiful landscapes that you'll ever see.

Number two: wild camping

In Scotland you can go wild camping. You can just make a fire and you can camp wherever you want and just fall asleep there, looking at the stars. In fact, all of Scotland is peppered with bothies. Simple little houses keeping you safe from rain and storm where you can make a fire. You can just go in and sleep for a night or two. And they're really good for basing yourself in the proper wilds of Scotland. So it really does offer this sense of immediate adventure.

Number three: whiskey, beer and food

Obviously, Scotland is known for its whiskey and particularly in the highlands, this is real whiskey country. There are over one hundred distilleries up there. But recently there's been lots of really, really high-quality Microbreweries opening up. You can often just pop in and say "Hi, I'm interested" and they'll just give you a quick tour and give you a taster and you can be on your way.

Number four: explore the islands

Another highlight of taking a road trip around Scotland would be to explore the neighbouring isles. There are 790 islands off Scotland and around 60 or 70 of them are inhabited. So, you can just get a boat out to one of these and just go and explore.

Number five: beaches

The beaches up there! The people compare them to the beaches of the Mediterranean and the Caribbean – and it lives up to all the hype! You'll look out the window and you'll just see the white-sand beach with turquoise waters and they're often completely empty. You can walk down and have the whole thing to yourself. So, if you're looking for complete, ultimate adventure, this is the place to go.

Unit 4

2 k Tourism on Orkney

Track 8

News speaker: The Historic sites, fantastic local produce and unique landscapes have long attracted visitors north to Orkney. And it's now become the UK's most popular stop on the cruise liner circuit, bringing in hundreds of thousands of tourists each year. The numbers have been growing fast, but can the most popular attractions on the islands cope? Emma Murray reports.

Emma Murray: Arriving in style. The gigantic Queen Elisabeth cruise liner brings in another 2,000 passengers to Kirkwall. Just one of over 140 ships are planned to land in Orkney this year.

Michael Morrison: Well the world heritage site, the war, history, the Arts and Crafts at the museum, the Cathedral, all of that, we are blessed with all of that. We've got Scotland's longest deep-water landing bay as well. And the team who work to ... (*stammering*) to produce the tourist offering are absolutely dedicated about it.

Emma Murray: The number of cruise ship tourists has rocketed, up from 41,000 in 2012 to 140,000 expected this year, bringing in around 8 million pounds to the local economy during the six-month-season. But it does mean Kirkwall gets rather busy.

The port authorities say they think the number of ships coming here will stabilise, but they also think that the ships coming will get bigger, meaning even more people coming here to Orkney. Which of course presents challenges for the most popular historical sites already under pressure. And the greatest pressure falls on the most visited historical sites, like Skara Brae and St. Magnus Cathedral. Last year the popular Italian Chapel introduced measures to regulate the numbers visiting.

Female speaker: The walls, it was, if a whole lot of people were in it at a time, they were rubbing against them, they wouldn't have been doing them any good. So, they decided to try to limit it to one bus and that would also help that. A lot of folk thought that if there is a bus, they would rather not go in, rather come back when it's quiet. And I mean this has happened now and again, you know.

Emma Murray: Tourism is one of Orkney's most important industries and this growth brings a lot of opportunity for the local economy. But this sharp rise in visitor numbers will bring growing pains. And requires careful management to ensure its most important historical sites aren't overwhelmed. Emma Murray, STD news, Orkney.

Unit 4

4 d Chapter 29 of *Around the world in 80 days*

Track 9

The train continued its course, that evening, without any problems, passing Fort Saunders, crossing Cheyne Pass, and reaching Evans Pass. There they reached the highest point of their journey at eight thousand and ninety-two feet above the level of the sea. Now the travellers only had to go down to the Atlantic through seemingly endless plains, flat as a quiet sea and no hill in sight. One track of this railway turns off southward to Denver, the capital of Colorado. The country around there is rich in gold and silver, and more than fifty thousand inhabitants are already living there.

Thirteen hundred and eighty-two miles had been passed since they had set out from San Francisco, in three days and three nights. Four days and nights more would probably bring them to New York. So Phileas Fogg was not as yet behind, he was still on schedule.

During the night they passed and left Camp Walbach; the Lodge Pole Creek ran parallel to the road, making the boundary between the territories of Wyoming and Colorado. They entered Nebraska at eleven, passed near Sedgwick, and touched at Julesburg, the southern branch of the Platte River.

It was here that the Union Pacific Railroad was officially opened on the 23rd of October, 1867, by the chief engineer, General Dodge. Two powerful locomotives, carrying nine cars of invited guests, among whom was Thomas C. Durant, vice-president of the road, stopped at this point; speeches were given, the Sioux and Pawnees performed an imitation Indian battle, fireworks were let off, and the first number of the railroad newspaper, the *Railway Pioneer*, was printed by a printing press that was brought on the train. And so the line was celebrated, a powerful instrument running through the desert – it would connect cities and towns that didn't even exist yet.

Fort McPherson was left behind at eight in the morning, and there were three hundred and fifty-seven miles to be travelled before reaching Omaha. At nine the train stopped at the important town of North Platte, built between the two arms of the river, whose waters empty into the Missouri a little above Omaha.

The one hundred and first meridian was passed.

Mr Fogg and his partners had taken up their game of whist again; Fix had begun by winning several guineas, but over the past few games he had lost to Mr Fogg who was also as enthusiastic a whist-player as Fix. During the morning, luck was on the latter gentleman's side.

At one point, when Mr Fogg had decided to play a spade, a voice behind him said, "*I should play a diamond.*"

Mr Fogg, Aouda, and Fix raised their heads, and saw Colonel Proctor, who they had met in San Francisco.

"*And who plays it,*" replied Phileas Fogg coolly.

"Well," replied Colonel Proctor, "You obviously don't understand anything about whist."

"Perhaps I do, as well as another," said Phileas Fogg, standing up from his chair in anger.

"You have only to try, son of John Bull," replied the colonel.

Aouda turned pale, and she held onto Mr Fogg's arm and gently pulled him back. Fix got up, because he had had a fight with the Colonel earlier, but Mr Fogg stopped him.

"Mr Fix," said Mr Fogg, "pardon me, but this affair is mine, and mine only. The colonel has again insulted me, he insisted that I should not play a spade, and so we shall have a duel."

"When and where you will," replied the American, "and with whatever weapon you choose."

Mr Fogg tried to explain that he was in a hurry to get back to Europe and that he would come back in six months' time for the duel, but the colonel wanted it done immediately. So, the colonel suggested to take the next station, Plum Creek, where the train would stop for ten minutes.

At eleven o'clock the locomotive's whistle announced that they were arriving at Plum Creek station. Mr Fogg rose, and, followed by Fix, went out upon the platform. Passepartout accompanied him, carrying a pair of revolvers. Aouda remained in the car, pale as death.

The train stopped, but just as the two gentlemen were getting off the train, the conductor hurried up, and shouted, *"You can't get off, gentlemen! We are twenty minutes late, and we shall not stop for a second longer than we need to."* So they decided to duel in the longest car of the train while it was travelling down the line.

The car was some fifty feet long and perfect for their needs. Never was a duel more easily arranged. Mr Fogg and Colonel Proctor, each holding two six-barrelled revolvers, entered the car. They were to begin firing at the first whistle of the locomotive. After an interval of two minutes what remained of the two gentlemen would be taken from the car.

While Passepartout was waiting for the whistle to sound, loud and aggressive cries were heard in the air, but they did not come from within the car. The screaming continued and cries of terror now came from the inside of the other cars.

Colonel Proctor and Mr Fogg, revolvers in hand, put their differences aside and saw that the train was attacked by a band of Sioux. A hundred of them had jumped onto the steps without stopping the train. The Sioux were armed with guns, and since most passengers had revolvers, shots soon flew through the air.

The Indians had first taken the locomotive. A Sioux chief, wishing to stop the train, but not knowing how to work the machine, had turned a handle the wrong way, and the locomotive was now racing through the land.

The Sioux had at the same time come into the cars, climbing like angry monkeys over the roofs, throwing open the doors, and fighting hand to hand with the passengers. In the luggage-car, they went through the suitcases and bags, throwing what they were done with out of the train. The travellers fought back bravely.

They needed to put an end to their fight, which had lasted for ten minutes, and which the Sioux would win, unless the train was stopped. Fort Kearney station, where there was a garrison with hundreds of soldiers, was only two miles away. But if they drove past it, the Sioux would be masters of the train between Fort Kearney and the station beyond. Fort Kearney was their only chance.

The conductor was fighting beside Mr Fogg, when he was shot and fell. At the same moment he cried, *"Unless the train is stopped in five minutes, we are lost!"*

"I shall stop it, monsieur," cried Passepartout; "I will go."

Before Mr Fogg had time to say a word, Passepartout had already left the car and climbed under it. While the fight continued, he made use of his old job as an acrobat, and worked his way under the cars, holding on to the chains, moving from one car to another with incredible skill, and thus came to the front of the train.

There, he loosened the safety chains; and as luck would have it, the connecting yoking-bar jumped out as they hit a bump at high speed and without the safety chain, the train was now separated from the locomotive. So while the locomotive raced on, the train gradually slowed down and they stopped less than a hundred feet from Kearney station.

The soldiers of the fort, who had heard the shots, hurried up; the Sioux had not expected them, and ran away before the train stopped entirely.

Unit 4

5 a Travel horror stories

Track 10

Speaker 1

My boyfriend's birthday was coming up and I had planned a weekend for us to go away in Canada. I remember that I had gotten a really good deal for a great hotel and I was super-excited because it was saving me so much money. So we drove up and I jumped out and let my boyfriend park the car and I went in, I told them my name and they said, "we don't have a reservation in your name", and I got really angry and I started yelling and shouting at them. So I took out my email and showed it to them and they were like, "yeah, that was last weekend." Of course, then the hotel wasn't going to help me, the screaming lady. Meanwhile I got a text from my boyfriend saying he was coming up to reception. And so I ended up paying full price before he came in and it was something like \$ 1000.

Speaker 2

So me and my sister were travelling around for a couple of weeks and had booked everything beforehand and it all worked really well, until that one night flight from Costa Rica to Alaska. We got to the airport and tried to check in, but the machine wouldn't let us. Another traveler wanted to help us, looked at the ticket and said, "sorry, your agent booked tickets to fly from San José, California, not from San José, Costa Rica", which was so frustrating, because one company had actually booked all our flights. But there at the airport they wanted \$ 2000 to change the flights. So my sister got really stressed out, came down with a migraine, threw up and ugh ... Anyway, long story short, a very kind English-speaking Costa Rican lent us his phone, so we could contact our agent and they sorted everything out without any extra cost and we actually managed to arrive in Alaska at the same time as planned.

Speaker 3

So I was on holiday in Morocco with two friends and my then-boyfriend Chris who got sick and so he decided that he was just going to chill in the room while we went shopping for an hour or two. And the rooms in that hotel closed with a padlock from the outside. So when we left, I closed the padlock, thinking, "he'll be safe, he can sleep it off." I didn't think about the fact that I was locking him in. Chris was sleeping for a while, but then he woke up like two hours later and we weren't back. Because we ended up shopping for much longer than we thought and when we got back, there was this amazing pool that we put our feet in and we just chatted away until ... one o'clock in the morning. Chris was locked in the room, without food or water. But the worst part was that Chris could actually hear us and apparently, he cried for help, but we just didn't hear him.

Speaker 4

Philippines with my five best mates, ten days, doing boy-stuff like cliff jumping and canyoneering sounded like a dream. So on our first day, we went to a beach, had lunch at a little bar, we all did cooked food, but of course James went for salad. So as soon as we were done, it was straight up on a rope-climbing track through the palm trees, and within five minutes my friend James throws up all over me ... so, down we go, swim in the sea, my friend keeps on puking. You think it was the salad? Yep, we thought so too. All was calm again, and we relax on the beach, and it was only a few hours later that we realised James was still sleeping. So when we went back in the evening he had the most incredible sunburn. We had to go to hospital, where he stayed for three days and even after he was in so much pain, we didn't do much more than sipping cold cokes at the beach.

Unit 4

5 c A bad hotel room

Track 11

Okay, we're here at the Mountain Motel, just outside of Cincinnati. And probably one of the biggest dumps I have ever stayed in my entire life. So let's take a tour around the room. My sons and I just checked in and let's, um, let's start with the bathroom then.

Oh, look, look at that ceiling! That looks like asbestos in that ceiling. It's just kind of crumbling down with the paint. Oh yeah, isn't that nice? And then of course there's a couple of stains on the sink. Not sure if they're older ones or if it just hasn't been cleaned at all ... nah ... in honesty it seems to be old stuff that's gotten into the actual material of the sink. Ugh, and here's a classic: hair in the shower drain. Now I could try to see how much of it there is, but I'd just really rather not!

So, into the main, actual room then. First of all, here we have an ancient refrigerator. Probably as old as my grandmother. But it's surprisingly clean, bit of a weird ... (*sniff*) ... smell though, wait a minute, this isn't cold. Is it plugged in? ... Yes, hm, a fridge that doesn't cool! And – Oh! A drawer that will just fall out instead of slide out – a fall-out-drawer if you will. Well that's nice, yeah, real nice. And then here on this dresser there's the microwave, again not exactly the latest model. Looks okay from the outside, but ... oh, well on the inside there's like stuff sticking to and yeah, that's a piece of mold. Hooray! I was kind of waiting for that ...

Uhm, what else have we got? An old television. We haven't turned it on yet, but hopefully we'll get some stations. Anyway, it's the old type of TV, so no point in stealing it, I guess. Probably couldn't even carry it out of the room.

And then over here, the painting on the wall, well they just didn't bother to paint the entire wall. Looks like there were, I don't know, a couple of holes they fixed and then they only painted those areas, so yeah, very pretty, top interior design. I guess they could have used some help painting. And then, here on the ceiling, that's some unknown substance here, kind of yellowish spots, don't know what that is. Boy, I'm almost scared to get into the beds. What, uhm, what are the sheets like? Let's check this one out first: hair, of course, hair on my pillow. Not what you want to find in your bed, a stranger's hair, or two or three ... Something tells me this is bed bug city ... Okay, so there's some mysterious stains, some again kind of yellowish and some smaller black ... Is that moving? No, okay, no, wait, yes, uh, it does seem to move. But, ahm, check out this sign on the door, someone wrote "Fleabag hotel". Well, I guess that answers the question.

Yeah, this is a beauty, a really nice place. This is the Mountain Motel just outside of Cincinnati. Do not stay here!

Unit 5

3 j Using social media

Track 12

Interviewer: Do you use it privately as much as ... as for working purposes?

Sean: If anything, I would say even more so. I'm like a lot of millennials, that often-maligned term. So, you know, I would constantly see updates on my phone. I would use it ..., I would use YouTube especially quite a bit. I subscribe to, because I work in politics, I subscribe to a lot of political commentators. So, I'm constantly watching videos off my phone, you know, in my spare time probably watching Netflix or, you know, Dazn if I want to watch sports, you know, constantly monitoring Twitter, LinkedIn when I'm looking for jobs. So, yeah, no, I'm even worse in my spare time for using social media than I am in my professional life.

Interviewer: Ok. Could you imagine your life without it?

Sean: I can remember my life without it. It's hard, it's really hard for me to imagine life without it these days because we've grown so dependent on it and also because my ... my current career path is quite linked to social media. And also social media in many ways makes, you know, life easier in terms of, you know, ... even if you're waiting for a bus or something and there's an app and, you know, you're wondering why the bus isn't there or when the bus ... the next bus is coming. So, I think it would be really hard for me to imagine a world in which, you know, we went back to the days of, a manual ...,

you know, sending letters and waiting for your landline to ring and stuff like that. It's ..., for me it's, it's very difficult even though I was a kid when that was the situation in the world. I ..., yeah, I don't think we can ever do that to be honest.

Unit 6

2 d Career choices

Track 13

My name is Rachel, I am 27 and I am from Oxford in England. I went to Brighton and Sussex Medical School and studied medicine. I loved medicine, but it's really different to what I wanted to be when I was younger. I really wanted to be an actress. I loved performing in all of the school musicals and plays. The feeling of being on stage was amazing. (*laughs*) However, when I was 15 or 16, I really started enjoying biology at school. I hadn't been that bothered about science before, but I started to realise just how interesting the human body was. I loved learning about the heart and the kidneys and how they worked. In our schooling system, we have to choose three or four subjects to continue studying for our final two years of school. I was finding it quite hard to decide, so my mum bought me a book about different careers and what qualifications they needed. We read through the book together to see which professions interested me. And medicine really stood out. I liked the idea of working with people and I wanted a job where I could make a difference to people's lives. Being a doctor sounded like it would combine this with my love of biology.

Because I was interested in medicine, I chose to study biology, chemistry and maths in my final two years. I still wasn't completely sure though. So I took geography too. In the end though, I found the idea of being a doctor more appealing. So I applied to study medicine at university. My degree was six years long and for the most part I loved it. I really enjoyed speaking to patients and getting experience in the hospital. And I found our learning material really interesting. I found learning the practical procedures a bit scary though (*laughs*) and was glad we got to practise on plastic models first for things like taking blood and putting in cannulas.

Next year I'm going to start my specialty training to become a GP. A GP, or general practitioner, is a doctor who works in the community instead of in the hospital.

For the most part I'm happy with my career and I'm glad I chose medicine. However, there are some things about my job though I don't enjoy and sometimes I wonder if I made the right choice. You see lots of really heartbreaking things as a doctor. You have to make a lot of tough decisions. And you often have to deal with people who are upset or frightened or angry and who take it out on you. You have to work weekends and nightshifts and you have to do years more of exams even after you finished university. It can be emotional and sometimes exhausting. However, for the most part, I love being a doctor. My reasons for wanting to do the job are still the same as they are when I applied. It's really exciting to work in a job where we're still researching and discovering new things. In ten years' time, medicine will look so different to how it does today.

Unit 6

6 a Girls and their future careers

Track 14

Host: This week's burning issue deals with the differences between boys' and girls' future careers and opportunities in life. With us today is Elizabeth Kiem, who is a journalist and communications consultant. She has written extensively about women's and girls' issues for UNICEF, where she served for over five years as a correspondent, web writer and marketing director. Thank you for being with us today.

Elizabeth Kiem: Good afternoon, pleasure being with you.

Host: So, what is the situation for girls and boys in education and economy these days?

Elizabeth Kiem: Let's start with the hard facts. Girls have fewer economic opportunities than boys in nearly every region of the world. 150 million girls under age 18 are victims of sexual violence each year. Women earn about 6% less than men for doing the same job.

Today there are 600 million adolescent girls and giving them access to education and training is now widely accepted as a human right. Economists, health professors, corporate foundations and journalists have praised the potential of girls in helping a nation's economic development. In order to support girls many people believe that education is key. But it doesn't stop there.

They hear over and over that an education and training will allow them to get jobs, earn income, care for their families, participate in their communities and local economies, and change the world.

Unfortunately, girls hear the message but do not feel like they have the power to overcome the obstacles.

Host: Hm ... That means they are being told that education can make a difference and at the same time they are confronted with the realities of the job market challenging that ideal?

Elizabeth Kiem: Yes ... Around the world adolescent girls are leaving school with ever-higher degrees of achievement, but with ever-lower chances of finding careers that will make them happy and earn them enough money.

Host: And apart from education what else does it take to support girls?

Elizabeth Kiem: Today more than ever, girls need to understand that there is a link between their education and their future. Therefore, they need real-life role models to offer personal examples of success, and mechanisms to tackle the challenges and failures that are part of any success story.

Host: Thank you for having been with us and let us all work together in closing the gender gap. I expect everyone out there to help in achieving a better, more equal and just society.

Unit 7

2 d The official history of Ultimate Frisbee

Track 15

Hey guys, welcome to the history of Ultimate Frisbee. We all play the sport, but most of us don't know where it really came from so let's get started.

The first reminiscence of Ultimate could actually be traced back to somewhere around 1940. It all started with a company in Connecticut called Frisbee's Pies. With Yale University in close proximity, students would stop by all the time for a delicious pie. These pies were sold in metal tins that when thrown actually flew pretty straight. But only for a short distance. So in 1948 this guy Fred Morrison took it upon himself to design a disc that flew straighter and longer. And he succeeded. In 1951, Fred's invention led to the first mass-produced flying disc toy called the Pluto Platter which was sold by Wham-O toy company. Unfortunately, in 1957 Frisbee Pie Company closed its doors for good. But their name forever lives on in the flying plastic circle we now call a Frisbee.

So when did people actually start playing Ultimate Frisbee? – Well, we could trace it back to about 1966 in Maplewood, New Jersey. It was at Columbia High School where Joel Silver and a few other students first introduced the idea of an Ultimate Frisbee game to the student council. The first game is said to have taken place in 1968 between the student council and the staff of the school newspaper. The four pioneers of Ultimate are said to be Joel Silver, Jared Kass, Johnny Hines and Buzzy Herling. The first and second edition rules were first drawn up by Buzzy Herling and later refined by Johnny Hines and Joel Silver.

Currently, we are using the eleventh edition rules, so Ultimate has come a long way.

In 1970, the first interscholastic game was played between Columbia High School and Milburn High School. Columbia High won with a whopping score of 43 to ten.

The first conference of Ultimate was created in 1971 which consisted of five New Jersey High Schools including Columbia High School and Milburn High. Shortly after, all of these high school students went on to college to spread the sport even further. On November 6th in 1972 the Rutgers Nights played the Princeton Tigers in the first ever intercollegiate game which Rutgers won by two points. Fun fact – exactly one hundred three years earlier on the same exact site was the first intercollegiate American Football game which was also won by Rutgers by two points.

In 1975 Yale University hosted the first college tournament which included eight college teams. Rutgers won again. Ultimate began to gain some serious traction around the world. In 1974 the Swedish Frisbee Foundation was founded. In 1975 Japanese Frisbee Disc Association was founded, in 1976 Australian

FDA, in 1977 Belgian FDA and Austrian FDA, in 1978 Finish and Danish. In 1979 the UPA was founded which is now called the USA Ultimate and in 1980 was the first European Championship. In 1984 the World Flying Disc Federation was founded which is the governing body for all disc sports. The first World Ultimate Club Championships was held in Cologne, Germany, in 1989. And in St. Andrews, Scotland, in 1999 a team called Red Fish Blue Fish is the first mixed champions.

Unit 7

5 a An interview with Cristiano Ronaldo

Track 16

Journalist: Looking at your career so far, it's easy to note that you've won almost every title you could in the clubs that you've been at: Manchester United and Real Madrid. With all the success you've been getting and also the way you led the Portuguese National Team to the 2014 World Cup in Brazil, do you feel that this may somehow help lift the spirits of the Portuguese people out of the sad state of affairs they are in with so many economic and financial difficulties?

Ronaldo: I think that the whole Portuguese team helped in doing that. The Portuguese people are going through some rough times, and to have the chance of sending them a message of hope and to never stop fighting for a better life is definitely rewarding. It's important that we never give up on our dreams, no matter how many difficulties we face along the way.

Journalist: If you were asked to choose your best moment of the last few years, which one would you pick?

Ronaldo: That's an easy one! Portugal's qualification for the World Cup in Brazil was beyond any doubt my highlight. I don't even need to think twice about that!

Journalist: One other great moment was certainly the playoff against Sweden. Would you rate that second-leg game where you scored a hat-trick as one of your career's golden moments?

Ronaldo: Yes, we can say that indeed because it was on the game that we managed to finally seal the World Cup deal. I'm really happy to have contributed with three goals in such an important game as that one. However, what made me even happier was the fact that Portugal's qualification was assured. Another highlight was definitely the game Real Madrid against Granada where I scored five goals.

Journalist: To hear someone like Diego Maradona, an Argentinian legend, saying that in 2014 you (and not Messi) ultimately deserved to win the Ballon d'Or, does that give you any particular pleasure?

Ronaldo: It is always good to hear those sorts of opinions from people and even more when we're talking about such an iconic figure as Maradona. It's also part of the public acknowledgment for the work I've been doing for both my club and my National Team, and I obviously feel very honoured to hear those kinds of words coming from Diego Maradona.

Journalist: Do you watch your opponents? Do you alter your game according to who you are up against?

Ronaldo: No, I always try to do the same things. It doesn't matter which teams we're up to play against or how they play; I always do the same. A match on paper is one thing, the game itself is another. It is completely different, so you can't alter things – the theory is not always the same as the game. I just do what is the best to help the whole team.

Journalist: Let's come to my final question, when you look back on games you watched as a kid, are there any that stand out? Are there games that inspired you?

Ronaldo: The World Cup in 1994, that goal when the Brazilian National Team won the tournament. I remember watching it in Madeira with my family and we were supporting Brazil. These memories give me such good thoughts: you always look for the best games and tournaments to inspire you and this one was a very, very good one for me.

Journalist: Thank you very much.

Unit 7

5 e No longer being a couch potato

Track 17

Sport and health-conscious person: Hey man, I've been wanting to talk to you about something for a long time.

Couch potato: Hey, all right ... what's it about? What have you done? Oh my god, what have I done?

Sport and health-conscious person: Relax. No one has done anything – everything is cool, but I really do think you should do more sports.

Couch potato: Oh boy, my mother's told me the same thing. But you know I'm simply too exhausted after a long day.

Sport and health-conscious person: I understand that but it doesn't mean you have to do sports every day. But at the moment you don't do any kind of physical activity – you don't do anything. And the consequences are terrible! First of all, you keep putting on weight; second, you get depressed easily, and worst-case scenario: you will lose your social contacts. This means you won't have any friends.

Couch potato: Come on, I'm not going to lose my friends just because I am a little bit overweight. Besides, I'm really interested in the news and what's going on in the world. Watching TV a lot means I can really expand my general knowledge. That's why I know so much. Actually, maybe you should watch the news a bit more often.

Sport and health-conscious person: OK. Here's the deal, from now on I am going to watch the news once a day and you are going to improve your lifestyle. You'll feel the benefit from that a lot, for example, you'll feel more relaxed, more comfortable, and you'll be in good shape.

Couch potato: Sounds good. So what do I have to do?

Sport and health-conscious person: It is important that you do sports at least three times a week and make sure you have a healthy diet.

Couch potato: All right, but you'll need to help me with that!

Unit 8

3 c For the benefit of them all

Track 18

The role of grandparents in the family

Nowadays, fewer grandparents are grandparents in the true sense of the word. This is linked to changes in society. Young couples living far away, disharmony between the generations, and higher divorce rates between parents and even grandparents: on the one hand some grandchildren are almost raised by their grandparents, and on the other hand, some children have little contact with their grandparents.

Often grandparents teach their grandchildren about traditional values, such as hard work and honesty. However, grandparents can also be an unhealthy influence when they interfere too much with the parent-child relationship. They ought to be a part of the family whilst maintaining a respectable distance.

According to research, the grandparent-grandchild relationship can have many positive effects. Experts claim that children's language skills develop better when in the care of grandparents. However, it's up to the parents to decide on the role grandparents play in their children's lives. Whether grandparents live close by or far away, they have a lot to offer their families.

One of their important roles is that of historian. Grandparents know stories of the past, about relatives, important events, family traditions, and they share them by passing them on. Consequently, grandchildren gain a positive image of ageing and feel that they belong to a family unit, and that again gives them a feeling of safety and security.

Grandparents are like cheerleaders always inspiring grandchildren, developing their imagination and dreams, and encouraging their intellectual development while giving them a sense of self-worth. They are mentors and heroes that many children seek to imitate.

Grandparents are especially effective as teachers because of their unconditional love.

The support of grandparents provides an emotional and social net for the whole family. This is more important nowadays with increasing divorce rates, teenage pregnancy, parents' career demands, and other social problems.

Grandparents are playmates. As they are not responsible for everyday care and discipline of their grandchildren, they are able to accept the role of a secret confidant, and friend.

Grandparents offer kids a wide range of knowledge, experience and emotions and they provide a safe place for children to turn to when they feel they cannot approach their parents. They also occupy a special place in the family as a trusted adult, yet separate and different from the child's parent.

As grandparents treat their grandchildren in a more relaxed and less strict manner than they ever treated their own kids, children often feel more comfortable discussing sensitive issues with grandparents than with their own parents. However, grandparents need to be careful of planning activities that are against the parents' wishes, spoiling, and preference of one grandchild over another. Grandparents can help teach their grandkids values like compassion, joy, peace, love, tolerance, faith, gentleness, and kindness. Grandparents share their knowledge, special skills, and experience with their grandchildren as their teachers. However, if this interferes with the ideas of the child's parents, for example in connection with their values, lifestyle, religion and tradition, compromises may have to be made.

While grandparents have lots to teach their grandchildren, they have many valuable lessons to learn from them as well. Grandchildren can teach the elderly about keeping up with new inventions, which is the key to remaining youthful. Grandchildren also get a sense of self-worth and empowerment by teaching grandparents new things and sharing a bit of their life and culture with them.

Ideally, grandparents and grandchildren mutually benefit each other.

Unit 9

6 a Music and hearing problems

Track 19

According to a recent study, today's teenagers could become hearing-impaired before they grow up. The study, which was carried out in Brazil, warns that more and more teenagers suffer from tinnitus, often a symptom of hearing loss because they use ear buds to listen to music for long periods every day and spend a lot of time in very noisy places like nightclubs, discos and rock concerts. The researchers observed that most of the teenagers who took part in the study reported bad listening habits and those who reported they showed signs of tinnitus were less tolerant of loud sounds.

Tinnitus is the word used for sounds we hear that have no external source. Many patients describe it as a ringing in the ears, others as a whistling, buzzing, chirping or hissing. Tanit Sanchez, professor of otolaryngology at the University of São Paulo's Medical School explains, "We found very many cases of tinnitus among adolescents, and this should be seen as a warning that youngsters run a serious risk of hearing loss. If the teen generation continue to expose themselves to very high noise levels, they'll probably suffer from hearing loss by the time they're 30 or 40."

The researchers examined the ears of 170 students between 11 and 17 years old. They also asked the teenagers to complete a questionnaire asking whether they had experienced tinnitus in the previous 12 months and, if so, how loud, for how long and how often. Over a half, that is 54.7%, reported an experience of tinnitus.

"This is alarming," Sanchez said. "We had thought that tinnitus was a problem of older people, but we're seeing it becoming more and more frequent in younger people, including children and teenagers, because of their increasing exposure to high levels of noise, among others. We found that adolescents suffer from tinnitus very often but they don't worry about it and don't complain to parents or teachers. As a result, they do not see a doctor or hearing specialist, and the problem can become chronic".

Of the 93 students in the study who reported tinnitus, 51, that is almost 55%, said they had first noticed it after listening to loud music. "If the ears of teenagers with tinnitus are more sensitive to high levels of sound than those without, it's natural they will suffer from hearing loss sooner. Tinnitus is an early sign of this problem and appears well before any real hearing loss," Sanchez said.

Tinnitus is caused by temporary or long-term damage to hair cells in the inner ear, the so-called cochlea. When they are stimulated by very loud noise, such as explosions, fireworks, live pop music, or music listened to through ear buds with the sound turned up, the hair cells are overloaded and can be damaged. Other regions of the inner ear must then work harder and faster to compensate for this damage, and this gives rise to tinnitus, Sanchez explained.

If these teenagers continue to use ear buds frequently and are exposed to very noisy environments until age 20 or 25, for example, the damage already done will progress and they may become deaf while still relatively young, according to Sanchez.

Unit 10

3 a Why do teenagers read?

Track 20

Speaker 1

I like books because I like time for myself, and at the same time I can experience things when I read. And when you read books you see characters, and you see people in the books going through the same things and you are like “oh yeah”, I can relate to them, and sometimes this helps me get through the day.

Speaker 2

When I was younger, I was always forced to read books for school and I really hated it at that time because it did not make any sense to me. But then it happened that I was given a book and it kind of related to my life at that time and so it was like “wow”. And from that moment on I got really into reading because I found out that it broadens my mind and it helps me to think about my own life.

Speaker 3

I am reading that book and it’s about South America, to be more precise about Colombia. I come from there, so it caught me right from the beginning. It is a deep story and, as I know a lot about this country, I am fascinated by this book. It has really touched my heart. I think that it is important, when you read, that the book touches you.

Speaker 4

When I read the book – I read *The Kite Runner* by Khaled Hosseini – I couldn’t stop reading it because the words were so poetic. It was a deeply affecting novel. The very best part of the novel is its warm depiction of the mixed culture of Afghanistan, and how it conveys the picture of a real Afghanistan as a living place. I got really interested in the facts behind the book, so I tried to find out more about Afghanistan and its people. So reading this book helped me to learn a lot about a country.

Speaker 5

I like getting into the story because it makes me feel like I am one of the characters and when there is something I can relate to, like this urban novel I read recently which talks about a kid from the Bronx. The kid is trying to support his family, he wants to be different to all the other Bronx kids, getting a good education and a good job. This relates very much to my own background, so I can really identify with this character. I think that’s essential, that you can identify with the book.

Speaker 6

I read because I think reading in general is very interesting. And, I guess, when I read, I improve my skills. My reading skills and language skills were not that good, but since I have been a keen reader they have improved. And with reading you get knowledge and knowledge is power. And that’s why I read.

Unit 10

4 c Why people still like physical books

Track 21

So this brings up the question of why anyone reads a physical book. I do read books more often, I do have a collection of physical books that I really like for a few reasons.

So my first reason is that I personally retain information more easily when it's something physical that I can interact with. And yeah you can interact with stuff on ebooks. You can put a note on it, you can highlight it, you can bookmark it, but it's still not the same and it's not as customizable as reading an actual book. For example, I have my own highlighting code when I read a book. I usually read a book with a highlighter and a pen. I think if I see something I like pretty well, it's kind of interesting, I'll underline it with a pen. If I see something that really stands out to me and resonates, I'll use the highlighter. If I see something that's like "wow, I cannot forget this, this is one of the best points in the book," I use a highlighter and a pen.

If I come across a word I don't know, I usually do a squiggle underneath it. I do this just so I can pay extra attention to the words I don't know well. I'm not sure how much this helps because I don't really go back and look it up later. I just do that so I'll more easily remember what context it is used in for the next time I see it.

The next advantage for having a physical book is that you can trade it and lend it to other people. One of my favorite things to do with other book lovers is to trade off our favorite books with each other and of course that's not really possible if you have an ebook.

Another great reason is that no battery is required. Sometimes I've been reading on my Kindle or on my phone and it all shut down when I really wanted to keep reading. In the physical books there's never that issue.

My fourth reason is that I feel like I am judged less and this is kind of a silly reason especially if you don't care about other people's opinions but when I read on my phone, I feel like a lot of people probably think I'm just a stereotypical teenage girl who's texting some guy and being antisocial. I feel like if I had a physical book that I carried into public and read that people would have an overall more positive perception of me and I guess this point isn't really a big deal, it'd mostly be strangers' opinions that you'd be concerned about, but it's still something I think about.

The next advantage for having a physical book is that you can browse through the book and find scenes more easily. So if you have an ebook you can use the search feature to find quotes more easily based on the words, but sometimes I don't know the exact wording that the book had and looking for more of an overall scene. And it's a lot easier to find that scene's placement in a physical book. Because generally I know it's around the halfway point or that it's before or after a certain point, in some ways it's just a lot easier to browse through a physical book than it is through an ebook.

The next advantage of having a physical book is that it can be signed: just a little secret between you and me I don't really like book signings just because I don't see the point. It's kind of cool that the author left their unique signature on the book. But to me it's kind of just this split-second interaction that doesn't really mean anything like taking a picture with a celebrity, like the interaction isn't significant to the person I'm interacting with and it's not memorable and it's not really significant to me. But I'm sure this is an advantage for a lot of other people out there, which is why I'm mentioning it.

The next advantage is that you get a better, prettier cover. So the cover can kind of look the same on a physical book and an ebook, but a lot of physical books have special interior designs on the front, glittery things and shiny things in case you can't tell I really like those things. And you don't get that if you have an ebook because it's just the image. Then also a lot of books especially young adult books have really cool interior designs.

And if you buy a physical book and you like the cover, then the cover never changes. Like sometimes I'll have an ebook on Kindle and I'll notice that it stays the same book, but the cover changes because the author updated it. And I liked the previous cover. But maybe some of you guys like the cover being updated.

Finally, there's no bluescreen light: though reading can be pretty hard on your eyes, which is why I have contacts now, it's not as harsh as artificial light and also with artificial light it is that blue lighting you have to worry about. So if you're reading late on your phone or something then you'll probably have trouble going to sleep, unless you have a kindle with epaper.

Unit 10

5 a *Frankenstein* – the first science fiction novel

Track 22

Anna Matteo: It has been called the first true work of science fiction and the first English horror novel. The story has been told over and over again not just in books, but in movies and television shows.

Frankenstein, written by Mary Shelley, turned two hundred years old in 2018. To celebrate New York city's Morgan Library & Museum had a special exhibit on the writer and the book. The exhibit continued until the end of January 2019.

The library's John Bidwell explained why the book is still popular two centuries after it first appeared: one reason for the success is that Doctor Frankenstein and his creature, the monster, live on in numerous remix shows, comic books and even comedies. Mary Shelley's classic is one of the most famous horror stories of all time. But *Frankenstein* is so much more than that. It presents ideas or themes that are still important today. Colin Bailey is director of The Morgan Library & Museum. He says the themes of *Frankenstein* are as important now as they were in 1818.

Bailey also has this advice: read the book before seeing the movie, any of them. Shelley wrote the book when she was only eighteen years old. And it relates to her own life in tragic ways.

Elizabeth Campbell Denlinger: Her mother died ten days after she gave birth to her, she knew what it meant to be a child without a mother.

Anna Matteo: That is Elizabeth Campbell Denlinger. For the exhibit she chose the materials that show Mary Shelley's creative process and her monster. Denlinger says it is no surprise that Shelley wrote a story about a motherless creature, one that is very much alone in the world. You could say that it's a page taken from the book of Shelley's own life. Losing her mother shortly after her birth in 1797 was only part of her life story. Mary Shelley gave birth to four children. But only one child survived into adulthood. Around the age of seventeen she began a love affair with the married poet Percy Shelley. The two writers married in 1816 after his wife killed herself. However, the marriage of Percy and Mary Shelley was short-lived. Her husband died in a sailing accident in 1822.

Elizabeth Campbell Denlinger: She was still in her twenties, when she became a widow. In some ways it's not entirely surprising she ended up with the story about a monster without a mother. But it's one of the things that she and the creature have in common.

Anna Matteo: Critics say the fact that the monster is motherless is actually very important.

Many people mistakenly call the monster Frankenstein. Hollywood movie makers have done well to mix up the two. However, literary experts say the fact that the monster remains nameless is important to the theme of Shelley's book.

I'm Anna Matteo.

Textnachweis Listening tracks (Audio-CD)

Track 2: based on: youtu.be/jrTzw8o4tQo (adapted), Track 3: based on: Facts Verse – youtu.be/nYcxSthPBZ4 (adapted), Track 4: based on: Kim Wong-Shing – [littlethings.com/family-and-parenting/woman-finds-lost-purse-65-years](https://www.littlethings.com/family-and-parenting/woman-finds-lost-purse-65-years) (adapted), Track 5: based on: Matthew Winkler – ted2srt.org/talks/matthew_winkler_what_makes_a_hero (adapted), Track 6: based on: Jerry James Stone – the.kitchn.com/breakthroughs-in-food-science-canning-218083 (adapted), Track 7: based on: Rough Guides – youtu.be/9aFRCPQMWNw (adapted), Track 8: based on: Emma Murray – youtu.be/9G6RF6EZ7WY (adapted), Track 9: Jules Verne: *Around the World in 80 Days*, übers. von George Makepeace Towle, Track 11: based on: Micheal Martin – youtu.be/XY3_Wo7spR4 (adapted), Track 13: Rachel Morris (mit freundlicher Genehmigung), Track 14: Elizabeth Kiem – www.soroptimist.org/our-programs/career-guidance-girls-research-paper.pdf, Track 15: based on: youtu.be/3RtDtsLSVQI (adapted), Track 16: Ronaldo7.net – www.ronaldo7.net/news/2014/01/767-cristiano-ronaldo-first-interview-of-2014.html + SoccerBible Ltd. – www.soccerbible.com/football-news/2011/04/cristiano-ronaldo-interview (slightly adapted), Track 17: Ralf Mühlböck, Matthias Klammer, Brigitte Gottinger, Petra Pargfrieder (mit freundlicher Genehmigung, Verlag HPT), Track 18: Harleena Singh – www.aha-now.com/role-of-grandparents-in-family (adapted), Track 19: Elton Alisson – www.sciencedaily.com/releases/2016/07/160713101623.htm (adapted), Track 21: based on: Elizabeth Newsom – youtu.be/sRmnWuc6HOY (adapted), Track 22: based on: VOA Learning English – learningenglish.voanews.com/a/4720357.html (adapted)

Alle übrigen Texte stammen vom AutorInnenteam.