

Transcripts – Best Shots AHS. Student’s book 7

Unit 1

2 b *Friends* Jeopardy!

Track 1

On September 22, 1994, *Friends* made its NBC debut and forever changed the face of American sitcoms. Turning its six stars – Jennifer Aniston, Courteney Cox, Lisa Kudrow, Matt LeBlanc, Matthew Perry, and David Schwimmer – into household names (and eventually some of the highest-paid actors in television history). Here’s a look back at some fun trivia on the series that is still one of the most streamed shows in Netflix’s library.

In the early 1990s, *Friends* co-creators David Crane and Marta Kauffman wrote a pitch for a new sitcom titled *Insomnia Café*. As well as the different title, the plot itself was also quite different from what came to be known as *Friends*. For example, Ross and Rachel weren’t the key relationship; instead, Joey and Monica were supposed to be love interests.

With a cast of six people, it’s not a surprise that many different actors were considered for each role. Both Jon Favreau and Jon Cryer were considered for the role of Chandler before it went to Matthew Perry, but Perry almost didn’t get the gig either. During the 1994 pilot season, he filmed the pilot for a show called *LAX 2194* in addition to *Friends*. The show would have been about baggage handlers at LAX who sorted aliens’ luggage. Thankfully, it wasn’t picked up, and Perry was able to take the *Friends* gig.

There’s also a point about money to be made. At the beginning of the first season, each cast member earned \$ 22,500 per episode. However, as Ross and Rachel’s storyline became the show’s main focus in the second season, Aniston and Schwimmer’s wages were increased to reflect this. By season three, though, the six core actors – all of whom are good pals in real life – decided they deserved to be paid as equals. As such, Schwimmer and Aniston demanded that their wages be cut, and the difference shared out among their co-stars, in order to assure that they were all being paid the same.

And this rule – that the *Friends* cast all be paid the same per episode, no matter what – stuck. From then on, the cast was paid the same per episode for the rest of the show’s eight remaining seasons, and salary negotiations were conducted with all six stars in the room. Season by season, that number went up, from \$ 75,000 in season 3, all the way up to \$ 1 million by seasons 9 and 10. If you are ever in New York, don’t let your city tour guide trick you into thinking that you’re looking at the fountain from the iconic opening credits of *Friends* – unless you’ve brought your tour guide with you to Burbank for some reason. Although the fountain looks a lot like Central Park’s Pulitzer Fountain, the actual shoot occurred on a Warner Bros. lot.

Vegas too is a town to remember. Director James Burrows brought the six cast members to Vegas because he “had a feeling about the show.” While they were at Caesar’s Palace, he encouraged the group to enjoy themselves. “This is your last shot at anonymity,” Burrows told them. “Once the show comes on the air, you guys will never be able to go anywhere without being hounded.”

And when it comes to happy audience, here’s another one to know: The show was filmed in front of a live audience made up of 300 fans. And that’s the way the cast preferred it. “It’s kind of like a test to see if the material works, if the jokes work, if the story tracks,” LeBlanc said. Perry agreed, “Our energy just elevates every time there’s an audience.”

4 b Why we binge-watch shows and series

Track 2

Speaker 1: I’d say identification is probably the most important reason people binge. We talk about identification when we see ourselves in a show’s character. *Modern Family*, for example, offers identification for the individual who is an adoptive parent, a gay husband, the father of a gay couple, the daughter of a father who marries a much younger woman, and so on. The show is so popular because of its multiple avenues for identification.

But then of course there’s also wishful identification; that is where plots and characters offer opportunity for fantasy and immersion in the world the viewers wish they lived in – examples are *Gossip Girl*, and *America’s Next Top Model*. Also, the identification with power, prestige and success makes it pleasurable to keep watching.

Parasocial interaction then is a one-way relationship where the viewers feel a close connection to an actor or character in the TV show. If you've ever found yourself thinking that you and your favourite character would totally be friends in real life, you've likely experienced this type of involvement.

Another type of character involvement being perceived is similarity, where we enjoy the experience of "I know what that feels like," because it's affirming and familiar, and may also allow the viewers increased self-esteem when seeing qualities valued in another story. For example, you're drawn to shows with a strong female lead because you often take on that role at work or in your social groups.

Speaker 2: I'd say bingeing often happens when a show features a character or scenario that ties into your day-to-day routine. This can also end up having a positive impact on your real life. Binge-watching can be healthy if your favourite character is also a virtual role model for you, or, if the content of the show gives you, for example, exposure to a career that you're interested in. Although most characters and scenes are exaggerated for dramatic effect, it can teach you a lesson and be a good case study. For example, if a shy person wants to become more assertive, remembering how a strong character on the show behaves can give that person a vivid example of how to advocate themselves or try something new. Or, if experiencing a personal crisis, remembering how a favourite character or TV role model solved a problem can give the binge-watcher new, creative or bolder solutions.

Speaker 3: When engaged in an activity that is enjoyable such as binge-watching, the brain produces dopamine. This chemical gives the body a natural, internal reward of pleasure that reinforces continued engagement in that activity. It is the brain's signal that communicates to the body, "This feels good. You should keep doing this!" When binge-watching your favourite show, the brain is continually producing dopamine, and the body experiences a drug-like high. We experience a pseudo-addiction to the show not because it is so amazing, but because we develop cravings for dopamine that we get from watching episode after episode. And in fact, the neuronal pathways that cause heroin and sex addictions are the same as an addiction to binge-watching. Our body does not discriminate against pleasure. It can become addicted to any activity or substance that consistently produces dopamine.

Spending so much time immersed in the lives of the characters portrayed on a show is also fuelling our binge-watching experience. Our brains code all experiences, be it watched on TV, experienced live, read in a book or imagined, as "real" memories. So, when watching a TV programme, the areas of the brain that are activated are the same as when experiencing a live event. We get drawn into story lines, become attached to characters and truly care about outcomes of conflicts.

Speaker 4: The reason we binge-watch in one word: escapism. The act of binge-watching offers us a precious temporary escape from our day-to-day grind, which can act as a helpful stress management tool. We are all bombarded with stress from everyday living, and with the nature of today's world, where information floods us constantly, it is hard to shut our minds down and tune out the stress and pressure. A binge can work like a steel door that blocks our brains from thinking about those constant stressors that force themselves into our thoughts.

Sounds fantastic, but of course there are downsides you have probably experienced yourself. Ever felt sad after finishing a series? When we finish binge-watching a series, we actually mourn the loss. We often go into a state of depression because of the loss we are experiencing. We call this 'situational depression' because it is stimulated by an identifiable, tangible event. Our brain stimulation is lowered (depressed) such as in other forms of depression.

5 a Not a serial anymore

Track 3

Presenter: The average German spends over 25, a typical Belgian 27 and Italy dedicates almost 29 hours per week – to watching TV. Austria, you wonder? 21 hours per week, which is below the European average. You think that's a lot of time? So how does life change when you give up TV? We asked four people who have made the change.

Speaker 1: I wanted to write a book about how I had had postnatal depression and had hit rock bottom. I was in a very dark place and ended up doing little bits of exercise to help myself. I wanted to share what I'd learned, but I had a full-time job and two kids and thought, "How can I find the time?" But one evening I was about to sit down and watch TV after my children went to bed and something said to me, "Now would be a good time to work on that book." If I used an hour every night to write instead

of watch TV, I'd gain seven hours a week. Watching TV in the evening was *my time*. I just crashed. I'd watch Netflix mostly – I'd find a show and work my way through the episodes. But when I gave it up, I started getting up at 5 am and going for a walk. During that time, I'd record material for my book. In the evening, when I didn't have as much mental energy, I'd transcribe everything. It was a challenge for a couple of months – I was often tired and wanted to switch off, and I'd looked forward to that hour of "me-time". But I stuck to my plan for a year and ended up with a completed manuscript and a publisher. I still rarely watch TV during the week – crashing in front of the TV is no longer part of my evening. I prefer to read a book and save TV for the weekend.

Speaker 2: I gave up TV four years ago when I was writing a book. I met a publisher at a seminar, and he talked about how people waste so much time watching TV, it's not productive, and it makes people depressed because a lot of what they see is so negative. As I listened to him, I thought, "Well, I spend a lot of time watching TV". I watched about ten hours of TV a week – mostly during evenings and weekends. It was a habit, a routine. Because the TV was there, I'd switch it on. I stopped watching TV after having that discussion. I still have a TV for my son, but I read, study, and spend that time creating new workshops for my business. I feel happier. I used to think the world was more dangerous than it really was because I'd watch things on TV and think, "Am I safe to go out?" It creates fear in your life. If you want a meaningful life, the TV is not the place to find it. It also stops you having conversations with people because instead of talking, everyone stares at the screen. And think about how much time you will have spent watching TV in the next five or ten years – that's time you won't get back.

Speaker 3: My sister and I were at a conference and one of the speakers was discussing the importance of looking at where you focus your energy. At the time, we were working in government jobs that we didn't really like. In our spare time, we blogged about health and how people can bring more happiness into their life, and we wanted to turn that into a business. But we'd get home from work, blog part-time and, like most people, we watched television. I watched morning TV while I got ready for work and again in the evening – it was always in the background. So, when I thought about where I wanted my energy to go, the answer was easy: blogging. So I had to regain time from my life by giving up TV. If we hadn't made that decision, I don't think we would have started our business as Pilates and yoga teachers and health coaches. It's been our full-time job for the past five years now. When we moved into a new home, my sister and I didn't bring our TV. That was just a talking point when people visited! Most of them had never been to a house without a TV. We listened to more music, read books and listened to business podcasts. I started going to yoga in the evening and learned to meditate. I don't care that I don't know what is happening in the latest reality TV show.

Speaker 4: I used to be obsessed with TV reality shows. I'd throw *Big Brother* parties or if there was something like a Michael Jackson special on TV, I'd throw a party around that theme. In the morning, I'd watch breakfast television and put the TV on again as soon as I came home from work. I'd watch three or four shows in a row. I worked eight hours a day and probably watched TV for the same amount of time – although I'd never think about it. TV definitely contributed to me gaining weight because I'd order in food while I watched my shows. I ate a lot of high-calorie foods and drank a lot of soft drinks, and it was mindless. I wasn't aware of how much I ate and when I was full. I weighed over 200 kilos at that time. Now, I sit at a table, and I eat with my partner and see food as fuel for my next walk or exercise session. In 2015, I gradually stopped watching television. Initially, it was because a lot of the programmes I watched were taken off air and I struggled to find anything that interested me. Then my television died, and my boyfriend and I decided not to replace it. We bought a dishwasher instead! Giving up television made a dramatic difference. I started going out and moving more. I started doing sit-ups and going for walks around the block. I also studied personal training, so I could help myself get fitter. I went to the gym three evenings a week and on Saturday to study and work out – instead of watching TV. When I gave up TV, so many possibilities in my life opened up.

Unit 2

3 f I have nothing to worry about if I've got nothing to hide, right?

Track 4

When you go to *Google* and type in "climate change is" you're going to see different results depending on where you live and the particular things that *Google* knows about your interests. That's not by

accident, that's a design technique. What I want people to know is that everything they're doing online is being watched, is being tracked. Every single action you take is carefully monitored and recorded. Yet, a lot of people still think *Google's* just a search box and *Facebook's* just a place to see what my friends are doing. What they don't realize is that there are entire teams of engineers whose job is to use your psychology against you.

This information comes directly from the co-inventor of the *Facebook*-'like'-button and the president of *Pinterest*, and employees from *Google*, *Twitter* and *Instagram*.

They've all witnessed the power of their social networks. As one of them points out, "There were meaningful changes happening around the world because of these platforms but I think we're naïve about the flipside of that coin."

We get rewarded by hearts, likes and thumbs-up. And we conflate that with value, and we conflate it with truth. This leads to a whole generation that is more anxious, more depressed.

Nevertheless, I always felt like fundamentally it was a force for good. I don't know if I feel that way anymore.

One of the reasons why is because *Facebook* discovered that they were able to affect real-world behavior and emotions without ever triggering the users' awareness. The users are completely clueless.

At the same time, fake news spreads six times faster than true news. And we're being bombarded with rumors. However, if everyone's entitled to their own facts, then there's really no need for people to come together. In fact, there is really no need for people to interact at all.

Due to social media, we have less control over who we are and what we really believe in. Yet, if you want to control the population of a country, there has been no tool as effective as *Facebook*.

We built these things, and we have a responsibility to change them. The intention could be, "How could we make the world better?" If technology creates mass chaos, loneliness, more polarization, more election hacking, more inability to focus on the real issues and we're not doing anything against that, then, well, we're toast. This is a checkmate on humanity.

4 c The terror attacks that changed the (surveillance) world

Track 5

It's around 8:45 am. It's a chilled morning in New York City and partly cloudy in Boston when American Airlines flight 11 bound for Los Angeles has been hijacked. Then a news bulletin appears: An airplane flying due south has crashed into the upper level of the North Tower of the World Trade Centers.

It's 9:03 am. It's a surreal event unlike anything in the history of broadcast media. Countless viewers are watching live when suddenly an airplane is seen flying in an easterly direction. The plane swings around the southern end of the second World Trade Tower and explodes on impact.

At 9:30 am, President Bush who's at an elementary school in Sarasota, Florida, goes on television live to announce the disaster. In his statement he says: "Terrorism against our nation will not stand." But even the President doesn't know just what is coming next.

At 9:35 am, a third hijacked plane crashes into the Pentagon. There is no question now that the United States is under attack by terrorists. Meanwhile, in Washington the Pentagon, the Capitol and the White House as well as other government buildings are evacuated. And Manhattan Island incredibly is sealed off. All bridges and tunnels are closed.

And then at 9:59 am, a scene that will change New York for all time takes place. The South Tower of the World Trade Center collapses. In just a half hour later, at 10:28, the North Tower goes down as well. New York's Twin Towers have disappeared.

It's been less than two hours since the first attack in New York City and yet an unimaginable number of people are dead or injured. The southern end of New York City's famous skyline has vanished, and nothing will ever be the same again.

In a streetside news conference near the terrible devastation of the World Trade Centers New York City Mayor Rudolph Giuliani said: "I have a sense it's a horrendous number of lives lost. I don't know yet right now because we have to focus on saving as many lives as possible."

4 g Leaking documents for the greater good?

Track 6

How can we call whistleblowers unpatriotic, when that whistleblower by their very act of coming forward has shown more dedication to the country and more of an understanding of the President's oath of office than the President himself?

For instance, a whistleblower triggered a formal impeachment inquiry into former President Donald Trump's contact with Ukraine. But many other important moments in American history began with people who revealed secret information. Which is why we are going to focus on a few of them today. Let's start with Daniel Ellsberg. He was a former US military analyst who leaked the Pentagon Papers in 1971. For those of you who don't know, the Pentagon Papers were a top-secret study about the Vietnam War. This study revealed that the public had been misled about how US Presidents expanded the conflict. First it was Lyndon B Johnson and then Richard Nixon. The longer the war continued, the more the number of American casualties soared along with the deaths of Vietnamese civilians. In an interview, Daniel Ellsberg, the whistleblower, stated: "I can't regret having done what I knew at the time to be what I ought to do, my duty as a citizen. I have no way that I can regret that." The Papers, and Richard Nixon's attempt to block their publication, helped erode support for the war.

Another whistleblower closely linked to former President Richard Nixon is Mark Felt whose alias was "Deep throat". He was an FBI agent who approached a *Washington Post* journalist. Together they unraveled the Watergate Scandal which toppled Nixon's presidency. The term refers to several clandestine and illegal activities undertaken by people working in Nixon's administration. For instance, the offices of Nixon's political opponents were bugged and activist groups and politicians were investigated. The Watergate Scandal resulted in Nixon's televised resignation. To this day, the suffix "-gate" has been used by Americans to refer to scandals, especially political scandals. Mark Felt's real identity was kept secret until 2005 for his protection.

Linda Tripp is another whistleblower who had an impact on another presidency, namely on former President Clinton's. In 1998, the Pentagon employee shared details about Monica Lewinsky's affair with Bill Clinton. The President was in his early 50s at the time of the affair with his 22-year-old White House intern. Tripp's story led to the ultimately unsuccessful attempt to remove Clinton from Office. However, he was the second President who had undergone an impeachment trial. He did issue a statement admitting to the affair which he had previously vehemently denied. In it he stated that his relationship with Monica Lewinsky was "not appropriate, in fact it was wrong. It constituted a critical lapse in judgment and a personal failure" on his part for which he held himself responsible.

In 2010, Chelsea Manning, a US Army Analyst leaked over 700,000 classified military files which included videos of US helicopters that opened fire on civilians in Iraq and Afghanistan. In an interview, she justified her actions as follows: "There are things that we, as people, can always do. Whenever society and the institutions are failing, we can always take our own individual actions against the institutions of power." Due to her actions, though, she was sentenced to 35 years in prison. This sentence was later commuted by former President Barack Obama in 2017.

And more recently, another whistleblower has been in the news. His name is Edward Snowden. Snowden and he was a subcontractor who exposed NSA surveillance programs. The NSA is the National Security Agency. The NSA's job is global monitoring, collection, and processing of information and data for foreign and domestic intelligence and counterintelligence purposes as well as protecting US communications networks and information systems. While working as a subcontractor Edward Snowden gathered information and proof that exposed NSA surveillance programs that spied on Americans without warrants.

Due to his actions Snowden was forced to go into exile. He was granted asylum in Russia after the US revoked his passport and he has lived in Moscow ever since. His return to the US would mean his immediate arrest, without the possibility of defending himself in front of a court. Snowden himself declared his actions as necessary to inform the public about what is done against them, and he doesn't regret his actions. While US officials condemned his actions and claimed that they have gravely damaged US intelligence capabilities, his actions have resulted in debates over mass surveillance by the government and the balance between an individual's right to privacy and the protection of a country's national security.

Unit 3

2 c Coming-of-age rituals for modern society

Track 7

Today, probably right at this very moment, there are children in completely different parts of this world who are going through an impactful experience: they're having a coming-of-age event where their community comes together, highlights that moment that the child begins her journey to adulthood and marks the trail for them along the way. Maybe it's a young Masai tribesman in Kenya preparing to start warrior training or a Navajo girl here in the American Southwest getting ready for her four-day Kinaaldá ceremony or a boy on the island of Vanuatu in the South Pacific or a child in the Inuit tradition in Alaska and on and on. From Africa to the Arctic, from the Amazon to Australia us humans have clearly recognized that this is important for our kids; and yet most of us in our society don't have any such event.

I didn't have any intentional ritual when I was a young teen. How many of you did? ... (*commenting*) A couple of hands go up, not very many ... And it's still the same for kids today. We do not benefit from this kind of event because we haven't created a way that we approach this. But I think we *can* – and I definitely think we *should* – now. Today, I'm going to tell you the story of our family and our efforts to create events for our kids and I hope by the end of this talk that every single one of you wants to create an event for a child in your life – whether it's your daughter, your son, nieces, nephews, grandchildren or your friends.

So, our story begins when our oldest son was 13. He was about to go through his Bar Mitzvah. That's a coming-of-age event in the Jewish tradition. It's a great event and we were looking to expand the scope. There were additional lessons we wanted to teach. And there were some important adults in his life we wanted to fully and intimately include in this process. So, we started doing some internet research. First thing that struck us, is that these events are amazingly common throughout the world. Mostly they take place when a kid's around 13, give or take a year – which is funny if you think about it – that all these independent societies completely not talking to one another, all figured out you got to get this done early because by the time the kid is 16 or 17, apparently, they know everything. Anyway, they don't need any help from the likes of you. So we didn't really just want to copy what some other society did. However, we did notice that there were some really clear themes running through all these diverse set of events that kind of served as a blueprint that we could follow.

For our daughter we structured things a little bit differently. It's a beautiful Central Oregon summer day, just like today – sunny and warm and there is a loose circle on the grass. They've all got a letter that they'll leave behind with our daughter and they're ready to share their wisdom, both with her and with one another. The first woman says, "Cultivate that ability to find something you have in common with another person even if you have very different backgrounds, different beliefs, different points of view because if you can do that and find that *one* piece you can build upon it. Your life will be richer for the diversity of those relationships". The next woman then talks about "being true to yourself and not falling victim to chasing what the media or other people think is the ideal way to look, the ideal way to dress or the ideal way to be". The next woman shares her thoughts on "how to build a network of friendships that will actually support and sustain you for the rest of your life. And you will need that network during different points when you run into the inevitable challenges". The next woman then talks about "standing up for yourself and finding your voice" and so on. Around the circle, woman after woman after woman sharing these really precious gifts of wisdom. Those are the two components of a coming-of-age event: reinforcing the lessons that you want to teach and coming together as a community to share wisdom.

3 c Change the voting age to 16!

Track 8

We need to lower the voting age to 16! And before I get into the nitty-gritty details of why, I'd like to introduce someone very special. Me – third-grade Camille. Besides being a "Stone Cold" stunner, Camille likes puppies, kittens, horses aka secret unicorns and things that are the color yellow, and Camille also has a dream that one day everyone will cycle and think more about global warming.

The first time I heard about global warming was in third grade when our class got a recycling bin, and I didn't know what it was. So, using my resources, I discovered global warming is two things; it is bad and it affects everyone including puppies, kittens, horses aka secret unicorns and even things that are

the color yellow. I was very upset so I decided to ask my teacher what can I do to help and how can I stop it. She told me, “You are too young to be worrying about that. It is for us adults to deal with”. And I remember my reaction because it’s the same reaction I have when I hear arguments saying that 16-year-olds shouldn’t vote; and it’s also the same reaction I had when I discovered the scam behind picture day at preschool because I didn’t understand if something affects everyone, then it affects people who just popped out of the womb to people who are 150 years old. It doesn’t matter. And if it affects you, shouldn’t *you* be able to say something about it?

Fast forward to the school shootings from Sandy Hook to Parkland. You know, Vermont is very lucky. We haven’t had a shooting incident. Because it’s very, very tragic, obviously, but we’re also told quite often that we’re a safe state. Vermont is one of the 30 states with no minimum age requirement to own a rifle or a shotgun and one of the 33 states where people 16 and under are allowed to own weapons. It is one of these four states, Arizona, Alaska, Wyoming, and Vermont, that 16-year-olds can own a concealed handgun without a permit. 16-year-olds can also drive, work, pay taxes, give consent legally, can register as an organ donor, get a passport and begin the process of emancipating themselves from their families. And, yes, 16-year-olds *do* pay taxes! And when you pay taxes as a 16-year-old, it’s a lot like walking into a grocery store and you hand your money to the cashiers and they buy everything for you, regardless of your allergies or what you like and don’t like. To be honest, nobody wants that and nobody likes prunes.

So, if we can do all of these things, why can’t we vote? Because ... “You don’t need a ballot to play games on your phone.” And we’re “children!” And “Democracy will suffer from the stupid decisions of 16-year-olds”. “Allowing young people to vote would dumb down our political discourse.” And “Teens are too stupid to handle politics.” And according to the world, our brain activities are all about our first love, getting our driving licence, gaming, longing for more sleep, procrastination (doing things “l8r” with the number “8” in it), rolling on the floor and whatever. Now, I don’t know about *you*, but I don’t know anyone who thinks of the word “later” with the number “8” in it. No one does. But this image, when I look at it, reminds me of another one that we’ve seen in the past during the women’s suffrage movement.

A drawing of a woman’s mind going over nothing but fashion trends, boxes of chocolates, love letters, marriage, and their offspring. This was published. And then those quotes remind me of these ones: “You do not need a ballot to clean out your sink spout.” That we’re “housewives!” “Democracy will fall due to the voice of the black man.” And, “Blacks won’t understand the complex political conversations. We will be forced to simplify.” And that “women are too delicate to vote.” These comments and these arguments against allowing 16-year-olds to vote ... If I were to be nice to them, I would just call them condescending, but the truth is, they are lies to stereotype America’s youth, and they are fear tactics to prevent us from voting. And we’ve seen it in the past; and they’re not that creative or original anymore.

So, everybody thinks that 16-year-olds are stupid. But no 16-year-old is going to vote for Donald Duck in Office. That’s not going to happen. And we’re not children. If 18 is the age of majority, then 16-year-olds are only two years younger than that. So, we’re young adults and we should be treated as such. If we pay taxes into a system, we should be allowed to say what happens in that system. We’re not stupid. We care about different issues. We don’t just care about the games on our phone. I know that when I’m allowed to vote, I’m gonna be casting my first vote to help the generations to follow after me.

4 f Generation Z

Track 9

Leaders of the past would love to be in our shoes, leaders of the past would love to have the opportunities of the generations that we have, to live beyond the box. Every generation has had individuals who have lived beyond the box, people who did things differently and subsequently changed the world – whether it be through music, running a business or leading a movement, gripping change. These individuals transformed the way humans behave. Not many of us in this room would have lived through the ground-breaking events of the 20th century, but we live with them and benefit from the changes they’ve brought about. And I’m sure we all admire the work of Martin Luther King and Rosa Parks. How both – they and the Civil Rights Movement as a whole – gripped the world,

creating meaningful and lasting change. They are just two examples of people who lived beyond the box. So, here's a question for you: can you imagine the impact leaders of the past would have had if they were born during generation Z?

Generation Z refers to the cohort born between 1995 to 2010. – We've become the first limitless generation, a generation who no longer needs to create a full strategy in order to reach and influence thousands of people. We just create a tweet. Think of the power this holds. Every single gen Zer has a platform on which they can voice their opinions and ideas. I mean you only need to open your phone and you'll probably find anyone of your friends talking about a trending news topics as if they were some sort of expert: this concept alone takes our entire generation and puts us beyond the box.

Some people may question, you know, "is this opportunity for everyone to create a campaign actually a good thing?" But in my eyes, it's truly awesome. Never before has there been more competition. But what that means is: if you have the ability to stand out, that means whatever you're doing is really special. It's something which is maybe a once-in-a-generation-campaign. So, if you're standing out, people are buying into your movement, people are supporting your motion. Your potential reach is now infinite, mainly thanks to platforms of social media. So young people now have the opportunity to do bigger things than ever before. Small people can now do incomprehensibly big things. So, when we generation Zers come together for a collective cause, we don't just leave the box behind, we blow it out of the water. But that brings me back to my original question: can you imagine the impact leaders of the past would have had if they were born within generation Z? Could the Suffragettes of 1907 who recruited 50,000 members in the UK have instead recruited 55 million across the world? Or could the bus boycotts in Montgomery in 1955 have instead been the bus boycotts of the United States of America?

The world is changing at an ever-increasing pace. The fabric of life progressed more in the 19th century than the two previous centuries combined. In the 20th century even quicker still, led first by industry, then technology, and in the latter half of the century, obviously, there was a huge push for equality across the board, namely with the Civil Rights Movement. But now we're progressing at a quicker rate than ever. Since the year 2000, in just the last 19 years, we have seen the development of cars that drive themselves, computers that teach themselves, currencies sustained by algorithms with no further human input. We've even had medical discoveries, notably with stem cell research, and arguably the coolest: we've taken a photo of a black hole. So, you name it. It's happening, we're living rapid change. But not only are we living rapid change, we're driving it. Some query whether that's easy. Why isn't every gen Zer a multi-millionaire or a leading activist? In fact, if gen Zers are so impressive, why are they only *influencing* government and not *running* government? Maybe, it's because we're not currently utilising the opportunities we've got out our fingertips en masse. Sure, some people are using them and we're seeing more and more young people creating and driving change than ever before from a younger age. But how can we encourage more to make the most of this opportunity? Are *you* using your opportunity to live beyond the box?

1 b Some facts about India – taking a quiz

Track 10

1 There are more people in India than in the entire Western Hemisphere of Earth!

True. In mid-2021, India's population was 1.393 billion, which accounted for 17.7% of the total world population. According to UN estimates, India will become the most populous country in the world within the next ten years, when it will have about 1.45 billion inhabitants. Unlike China, India did not have a child policy. But fertility rates are falling. India's population is very young: the median age in India is 28 years.

2 India's national language is Hindi.

Not true. India doesn't have a national language. Hindi and English are both official languages, though the writers of the constitution wanted a transitional status for English, but opposition to Hindi hegemony and nationalism from speakers of other languages, particularly Tamil, means that English remains an official language. The current nationalist government promotes Hindi. Hindi is the fourth most spoken language in the world – with 310 million native speakers (4.5% of the world's population).

3 India is the country with the most languages spoken.

True. The precise number of languages spoken in India is probably over 1,000, but it is often hard to define when one language begins and another ends. It is estimated that there are as many as 19,500 known languages and dialects across the country. 22 languages are recognised languages, with Hindi and English being the official languages. However, other commonly spoken languages include Bengali, Telugu, Tamil, Urdu and Punjabi.

4 India is the world's largest English-speaking country.

Not true. India is second only to the USA when it comes to speaking English, with around 125 million people speaking the language, which is only 10% of India's population. This number is expected to grow by quite a margin in the coming years, as learning and speaking English is encouraged for economic reasons.

5 In spite of British rule over India, not many words of Indian origin made their way into English.

Not true. The Oxford English Dictionary currently lists more than 700 words of Indian origin, among them frequently used words like "avatar", "cashmere", "cheetah", "curry", "ginger", "jungle", "mango", "pyjamas", "shampoo", "yoga" and so on. Many of these words are linked to food and lifestyle. Some migrated to other languages as well and have become household names.

6 India's capital Delhi is the second-largest urban agglomeration in the world.

True. According to the UN, Delhi is now the second-largest urban agglomeration in the world, with Mumbai ranked seventh and Calcutta tenth. The population of Delhi and its immediate urban hinterland is now over 22.65 million and is only surpassed by Tokyo. Six other Indian cities – Chennai, Bangalore, Hyderabad, Ahmedabad, Pune and Surat – feature in the UN's top one hundred urban agglomerations.

7 India has one of the highest populations of Muslims in the world.

True. Even though less than 15% of Indians are Muslim, the country's enormous population means that India is home to more Muslims than most Muslim-majority countries, except Indonesia and possibly Pakistan. The first Muslims came as traders in the 7th century and settled in Kerala in the south. When India became independent in 1947, millions of Muslims migrated to either West or East Pakistan (the latter became Bangladesh in 1971), but huge numbers also remained behind. Today, India has the highest number of mosques in the world.

8 India has the world's largest film industry.

True. More than 1,100 movies are produced, on average, each year – that's slightly ahead of Nigeria, twice as many as the American film industry. However, most of the Indian films are not products of Bollywood, the nickname given to Mumbai's Hindi movie industry. Almost as many films are made each year in both, Tamil and Telugu, the two most widely spoken southern Indian languages – and Chennai and Hyderabad are major film production centres.

9 India has a spa just for elephants and a Bill of Rights for cows.

True. In the Punnathoor Cotta Elephant Yard Rejuvenation Centre in Kerala elephants receive baths and even massages. Cows are believed to be holy in Hinduism, and the Constitution has a set of rules in place that prevents the sale and slaughter of cows. In West Bengal, India, cows must have a photo ID card to stop the smuggling of cattle to neighbouring Bangladesh.

10 India is one of the leading diamond producers.

Not true. Initially, diamonds were only found in deposits in Guntur and Krishna District of the Krishna River Delta. Until diamonds were found in Brazil during the 18th century, India led the world in diamond production. One of the largest cut diamonds of the world is the Koh-i-Noor, which is part of the British Crown Jewels.

11 India gave the world most valuable objects and concepts.

True. The following objects and concepts originated in India: the game of snakes and ladders, chess, buttons, shampooing, diamond mining, the concept of zero, and algebra.

12 The Indian Railways transport around 10 million passengers every day.

Not true. The Indian Railways is the largest rail network in Asia and carries over 23 million passengers daily in 12,617 trains. India has some of the oldest train networks in the world, a legacy of its imperial British past. And yet, India's train networks are generally reliable, despite being notoriously overcrowded. Commuter trains have special women's compartments to protect women from sexual

harassment. The Lifeline Express is the world's first hospital train taking its services ranging from surgeries to cancer treatment to remote villages.

13 There is a temple for rats in Rajasthan.

True. The Karni Mata Temple in Rajasthan is home to thousands of rats. Pilgrims see them as their ancestors and worship them. The Temple of Rats is one of the strangest attractions of India and also one of the most unknown facts about India as well.

2 e Learning about the spice trade

Track 11

Speaker 1: Spices have played such an important role in world history right from the conquerors, the empires which have fallen, the treaties which have been signed, treaties which are being flouted, explorers seeking new lands and trade routes, all for the best quality spice. I was born and raised in India, and you know India has an abundance of spice. The colonisation in India was primarily for the spice. How do you think that has changed our world history?

Speaker 2: The world history aside, I would say that global cuisines are completely changed by the fact that the British, the Dutch, the Portuguese all came to India looking for spices and went home, you know, with ships, highly, highly profitable ships packed with spices. Something I was reading about was that, at the height of the pepper trade, British and Dutch ships were making more than 300 times profit on their pepper trade because spices were actually the first luxury product. So more than the taste they give food, they were a status symbol and an indicator of class. So, I actually compare spices to what a Louis Vuitton handbag would be today. In terms of flavour, the movement of spices across the world has shaped how we eat today: the French cuisine, the Italian cuisine, even the Filipino cuisine.

Speaker 1: Talking about how the spices influence the cuisines, Indian food can be broadly divided into north and south Indian food. Are the spices available in the north distinct from what is available in the south or used in the south?

Speaker 2: Yeah, you know, what's so interesting is that the spices that are used in the north are not necessarily grown in the north and the spices that are used in the south actually tend to be grown in the south because the south is the spice-growing region of the country. Spices that are grown in the north are much fewer. A majority of the spices that we know – cardamom, pepper, ginger – those *can* be grown in the north, but they grew abundantly and easily in the south. So, the north, as often the more powerful dynasties, were also importers and bringing the spices from faraway lands. And it's important to have that understanding of India. We were so vast and diverse and there were so many kingdoms and empires and nations within India. Spices before colonisation were also exported and imported within what we now know as India. So, there's always been a movement of these spices. And what people enjoy is, I think, to some degree based on Ayurveda. North Indian food tends to utilise a lot more of the warming spices, of the cinnamon, of the black cardamom that forms Garam Masala and anything that's to do with having harsher winters and wanting something to heat your body up, whereas south Indian cuisine – and I'm making huge generalisations here – is more based on mustard, curry leaves, coconut and less of the heaty spices.

Speaker 1: I'm from the south, and there are very few spices which are native to south Indian food and South India. And how much you think these invaders who came from the north ... Do you think the cuisine and the spices they brought over influenced the cuisine in northern India?

Speaker 2: Yeah, definitely. I mean so much of northern Indian cuisine is similar to Persian cuisine. There are huge influences there. And you know that Persia's use of saffron, Persia's use of cardamom to a large degree tremendously influenced what we know now as Indian sweets, which are still cardamom-heavy. Those are Iranian, Persian influences at work. And, also, I suppose the Middle East had a significant influence.

Speaker 1: One common belief that hot peppers actually are from India is a misconception. You probably know that?

Speaker 2: Yeah, yeah, right. They were brought by the Portuguese in the 1600s and have become so deeply normalised within Indian culture. To realise that hot pepper was actually a 16th century entrant is a fun fact – though, it's debated whether it was the 14th or 16th century. I think it is important to have a conversation about the fact that food has migrated and moved around for thousands of years; and

limiting the conversation of food to just local is actually limiting, it's actually doing a disservice to the history of your food.

3 e Taking a glimpse at modern India

Track 12

Speaker 1: Bangalore was a British cantonment town, and within a bit of time, Bangalore became the hub of the aeronautical industry because it was set up before the war. After independence, the government of India set up the different sectors here. Bangalore was a public sector place where there were people from all over the country who came here, and it became a middle-class town with high tech industries here for a long time, good educational infrastructure, a place where anybody from all over the world can come. And so Bangalore became India's first global city, and you see in Bangalore in all the places, for example in this coffee shop, everybody is building a start-up. We are just giving an idea.

Speaker 2: First of all, Bangalore is the safest city. Compared to Delhi, where we can see a lot of crimes, I feel like Bangalore is much safer. In my personal experience, I can tell my parents were quite comfortable when I told them I was going to Bangalore. It's fine, it's safer, it's not an issue. But when I was going to Delhi it was, "oh my god what is going to happen?" It was not safe. And being a young girl, I can move freely here in Bangalore. I feel like I can access metros and other things and actually no one will tease me here.

Speaker 3: I remember when I graduated in 1987, more than half of our class or 67 percent of our class used to go abroad. That number has shrunk to only 10 percent now. Now, most people in college start working on start-ups. So it's definitely the case that young people are saying, look here, we can do business, and that kind of entrepreneurial energy which was not there earlier is there now.

I think there was some kind of distrust of business at that point of time. People wanted salaried jobs, now I think there is no risk of failure at all. People with pride say that "look here, if we have failed the first start-up, we'll start the second one and then the third one." And there are a number of others who say, "we are serial entrepreneurs". They exit one business, then they start a second one, then they exit that one when it fails and then they will start the third one.

Speaker 4: Hi, I'm Mansi Dagha. I am the founder of *Just Embellish*. Surprisingly, when I did start thinking about what kind of path I am going to be choosing, entrepreneurship definitely was not one of them. I mean, I did fancy the idea of being my own boss, but the idea of having to handle everything on your own, especially the finance part of it, it scared me, it scared me a lot. But towards the last year of college, it happened, this chance with this jewellery business and it appealed to me a lot. I just realized I could sell it not thinking through it a lot. At the beginning there wasn't enough capital, so I even tried modelling myself to – you know – put my jewellery pictures out there, and when I met photographers, it was saddening that these agencies and these photographers look for something called a compromise – in quotations – right, which basically means in case you want to get work done, you need to sleep with them.

Speaker 5: India is a very large country. You need hundreds and hundreds of Bangaloreans across. And just as much as people who made Bangalore came from the US, people who make other cities have to come from Bangalore. It is good for Bangalore if other cities double up and people start to move out. At very, very early stages, you need to unlearn because India functions differently. If youngsters imagine that "I behave the same way in New York and London and Prague, ..." – But Bangalore is different, India's different. I'm sure it could be just as interesting. *Suncor* has been started by non-Indians, *California Burrito* has been started by non-Indians. So, if you look at it, there are opportunities, but the way in which you reach and work on those opportunities is completely different.

5 a Dating via social media sites

Track 13

Manuela Saragosa: Hello and welcome to *Business Daily*. I'm Manuela Saragosa. Coming up: modern love in India.

We're still running experiments to see what would make dating palatable to Indians. Transplanting dating as it is in the West doesn't seem to be working.

Manuela Saragosa: That's not though what dating apps like Tinder and Bumble say. But are they driving change in India's dating scene or just part of it? That's all in *Business Daily*.

But that didn't stop Tinder's American rival Bumble from launching in India earlier this year. Its app gives women a degree of anonymity. That's necessary, Bumble says, because many Indian women find they get stalked or trolled on these other social media accounts once they've posted on a dating app, even on one like Bumble, which is about dating but also about business networking and finding your BFF, your best female friend. But what about the elephant in the room – caste? Most dating apps tend to ignore it. But so much of love and marriage in India still revolves around this stratification of society. There are often stories in the news of couples who are harassed or even killed for marrying outside their caste. Prity Joshi is Bumble's global strategy director.

Prity Joshi: We don't ask anyone what caste they are part of and no one is asked to include that on their profile. When we spoke with our target users in market, keep in mind, you know, women and men between the ages of 18 and 35, everything we heard was that caste was not the most important, you know, driver or even indicator of a good match across any platform.

Manuela Saragosa: But it's interesting that you don't include that, given that it is a society where caste is still so important.

Prity Joshi: You know, so honestly, and you know I can speak a little bit from first-hand experience, but I would say that our target demographic is interested in astrology and in religion and is interested in kind of the lifestyle choices that their potential partner may make, and making sure that that is congruent with how they live. As we did more research, we learned that the caste system just wasn't a top priority or top decision maker for them.

Manuela Saragosa: Do you think that's because the people using the dating app Bumble are not looking necessarily for marriage but are looking for, I don't know, just casual relationships, friendships, other things whereas if your focus as a dating app was on long-term commitment to marriage, caste might be more important?

Prity Joshi: I think, first and foremost, what we will do is monitor user feedback, right? I mean, I'm curious myself to see if we get any feedback on that in the next year, and if we need to change or add something to our platform. I think, though, you started to hit a little bit of the nail on the head, and not because we're a social network and because even in our initial days of launch we're seeing so many users using Bumble across all three of the modes, right, across business, across BFFs, across dates ... I think that our users and the community that's online are prioritizing just different characteristics almost in who and what they're looking for.

Manuela Saragosa: But did it surprise you when you did your initial research before your official launch that in a society where caste is still so important, your feedback was from the people you were testing the product with, that caste didn't matter?

Prity Joshi: You know what, I was really surprised by that actually, because I'm a brown woman and non-residential Indian, so born and raised in the US, but my parents are from India and I was raised with quite a bit of access to the culture, right, and the religion and the language. I speak Gujarati and so I, you know, I thought, oh for sure we're going to need to add something around "caste" or it's going to be something that is important to the community in India. But honestly, we pushed on it so hard with so many women in India and it just wasn't top of mind at least in this go-round. Now let me tell you if we hear from users that they want, you know, to add a badge or an area in the profile to denote caste, then that's something that we'll have to take into account. But yeah, I mean I was definitely surprised, but you know, after talking to users and hearing what they were asking for, it made sense to wait, right, and it made sense to see what more feedback looks like over the course of the next year.

Unit 5

2 d Becoming a digital nomad

Track 14

My name is Lamarqus. I am a digital nomad from the USA. I've been travelling full time as a nomad for the past year. I have degrees in software development and general information technology and currently working on completing a Master's degree in cyber security.

When I originally left high-school and moved into my college years, I originally assumed that I wanted to be a nurse and so all of my focus was geared towards nursing, so nothing but science courses. While in my freshmen year of university, I also started attending night classes to get certified as a nursing assistant. Once I started my career as a nursing assistant, I took a bit of a break from university and I

realised that I honestly wasn't as passionate about nursing as I thought I would. While I excelled at the career, it wasn't fulfilling. I didn't actually like my job and I wanted some more security, more financial rewards and I also wanted to feel challenged in my everyday life. And so I decided to return to school and I finished my first degree, which is my associate's, in IT, cause I realised how much I love computers, but I also love solving puzzles and that's the reward I get from working in IT.

When I first got out I was trying to decide what I was gonna do with my life, where I was gonna get a job and surprisingly enough the offers started rolling in and I started travelling around the States, going to these different interviews. One of the biggest things ... I will never forget ... the thing I was most excited about was the offer to work for the space programme. I was so excited for that but the funding got killed. With my current organisation I was originally hired as a software development project manager, brought on to lead all internal development and any client-directed development work.

I think what is most appealing about the idea of being a digital nomad is that I get to do or enjoy two things that I enjoy most in life, technology, solving puzzles and then also travelling. I wanted to be able to do my job, make great money, but also see the world and so I wanted to give it a try. So I started out doing short, month-long trips and then eventually it lead up to a two- or three-month long trip, just to test the waters, to see what it would be like, if I would be able to accommodate my work schedule.

Being that I work for a US based company, I need to accommodate the New York time zone. When I first went to Asia, having to work in the middle of the night was a true test for me, cause I thought I would honestly fail. I didn't think I would be able to stay up in the middle of the night, get my job done and be up first thing in the morning to explore Shanghai and Hongkong ... but I did it and I loved it. So I continued to push the boundaries and ... next trip on ... I went to Japan. I wanted to see Kyoto and Tokyo, but I didn't want to miss out on it because I had to work or ... any other type of professional engagements. And I ended up working for an organisation that was very understanding to my lifestyle and being that we are a completely distributed team – so nobody works in a brick-and-mortar building – it was perfect. Last year around the summer ... I think it was in July ... I decided to make the full move and go full time digital nomad ... no permanent places to stay. So I pretty much live in hotels, Airbnbs for a month up to three months at a time getting to visit all the cities I've ever wanted to without having to worry about putting in for vacation time.

My end-goal with being a digital nomad is to eventually find my own home, to find my community, to find a space where I feel like I belong where I want to stay and I can be happy both professionally and personally.

5 a Replaced by someone from overseas

Track 15

News presenter: American workers are losing jobs because of a law designed to help the job market. The H-1B visa bill was written in 1990. It lets companies recruit foreign talent for emerging engineering and scientific jobs, but loopholes allow for outsourcing of American jobs to foreign workers, often at lower pay. Noah Whitaker spoke to some Americans displaced by H-1B visa workers. They say they were asked to train workers who would take their jobs.

Craig Deangelo: It wasn't called training your replacement, it was called knowledge transfer.

Noah Whitaker: Craig Deangelo worked for North East Utilities and was one of 220 IT workers replaced by H-1B visa employees. Deangelo says his replacement, a worker from India, told him he was making half Deangelo's salary with no benefits.

Craig Deangelo: I didn't get laid off for a lack of work, I got laid off because somebody cheaper could do my job.

Noah Whitaker: We met with this group of workers who all had to train replacements. Leo Perrero had just received high performance reviews from Disney. When he was called into a personnel meeting, he expected a raise and a promotion.

Leo Perrero: I was given the news that in 90 days my job was over and I had to train my replacement. Never in my life did I imagine until, ... this happened at Disney ..., that I could be sitting at my desk and somebody else would be flown in from another country, sit at my same desk and chair and take over what I was doing. It was the most humiliating and demoralizing thing I have ever gone through in my life.

News presenter: Noah Whitaker is with us. So how do companies explain this?

Noah Whitaker: Well the companies will all tell you that this is standard industrial procedure for helping to boost efficiency and lower cost. But I will say that in the case of Disney there, CEO Bob Iger did say that having his employees train their replacements was a mistake and that he feels sorry for that ... he apologises for that.

News presenter: I love the phrase “knowledge transfer bill”.

Noah Whitaker: How about that ... great euphemism, heh?

News presenter: Very good euphemism. Are there any plans in Congress to close the loopholes?

Noah Whitaker: Well, there are a number of bills being discussed in Congress and one in the Senate is a little further along than the others, but so far, no movement on that.

News presenter: Is there a country in particular where most of these H-1B visas are granted?

Noah Whitaker: Most of the H-1B visa workers are coming from India ...

News presenter: ... like 70 % ...

Noah Whitaker: 70 %. I would just like to say that over the past few weeks we’ve had a number of incidents with Americans reacting violently towards Indian workers, saying “Get out of our country!”, “Stop taking our jobs!”, that sort of thing. The Indian workers will tell you that when they were recruited, they thought they were these special employees. They were coming over here to fill jobs that nobody else could fill. They had no idea that they were coming over to be cheap labour. And the American workers we talked to say they have no animosity towards the Indian workers. They feel that they are being exploited by the system just as the American workers are.

Unit 6

2 c A deadly tsunami

Track 16

In Kamaya, people were doing what they always did after an earthquake: tidying up. Among them was a farmer in his 60s named Waichi Nagano, who lived in a big house out in the fields. “I heard all the warnings,” he said. “There was the loudspeaker car from the town hall going up and down, saying, ‘Super-tsunami imminent: evacuate, evacuate!’ There were a lot of sirens, too. Everyone in the village must have heard them. But we didn’t take it seriously.”

In the playground, the children were becoming restless. A mood of bored resignation had established itself. It was cold. People shared blankets and hand-warmers. There was no sense of anything much happening, or that anything was likely to happen very soon.

At 3:30 pm, an elderly man named Kazuo Takahashi fled his home next to the river. He too had ignored the warnings, until he became abruptly aware of the sea streaming over the embankment beside his house. It seemed to be coming from below the earth, as well as across it: metal manhole covers in the road were being lifted upwards by rising water; mud was oozing up between the cracks that the earthquake had opened in the road.

Takahashi directed his car towards the closest place of evacuation, the hill behind the school. On the main street of Kamaya, he saw friends and acquaintances standing and chatting. He rolled down his window and called to them, “There’s a tsunami coming. Get out!” He passed his cousin and his wife and delivered the same warning. They waved, smiled and ignored him.

Takahashi parked his car next to the school. As he climbed out and made for the hill, he became aware of a large number of children issuing forth from the school in a hurry.

Among them was Tetsuya Tadano, who had remained in the playground with his class. Mr Ishizaka, the deputy head, was absent from the playground. He reappeared suddenly. “A tsunami seems to be coming,” he called. “Quickly. We’re going to the traffic island. Get into line, and don’t run.”

Tetsuya and his friend Daisuke Konno were at the front of the group. The traffic island was less than 400 metres away, just outside the village, at the point where the road met the New Kitakami Great Bridge. It was as he approached this junction he saw a black mass of water rushing along the main road ahead of him.

Barely a minute had passed since he had left the playground. He was conscious of a roaring sound, and a sheet of white spray above the black. It was streaming in from the river, the direction in which the children had been ordered to move.

Some of those at the front of the line froze in the face of the wave. Others, including Tetsuya and Daisuke, turned at once and ran back the way they had come. The rest of the children were continuing to hurry towards the main road; the little ones towards the back were visibly puzzled by the sight of the older children pelting in the opposite direction.

Soon, Tetsuya and Daisuke found themselves at the foot of the hill, at the steepest and most thickly forested section of the slope. At some point, Tetsuya became aware that Daisuke had fallen, and he tried, and failed, to pull his friend up. Then Tetsuya was scrambling up the hill. As he did so, he looked back over his shoulder and saw the darkness of the tsunami rising behind him. Soon it was at his feet, his calves, his buttocks, his back.

"It felt like a huge force of gravity when it hit me," he said. "It was as if someone with great strength was pushing. I couldn't breathe, I was struggling for breath." He became aware of a rock and a tree, and found himself trapped between them, with the water rising about him.

Then darkness overcame him.

Tetsuya Tadano came to on the hill, blinded by mud and with the roar of the tsunami in his ears. His limbs were immobilised with spars of debris and by something else – something wriggling and alive, which was shifting its weight on top of him. It was Kohei Takahashi, Tetsuya's friend and fifth-year classmate. Kohei's life had been saved by a household refrigerator. It had floated past with its door open as he thrashed in the water, and he had squirmed into it, ridden it like a boat and been dumped by it on his schoolmate's back.

"Help! I'm underneath you," Tetsuya cried. Kohei tugged him free. Standing on the steep slope, the two boys beheld the scene below.

Beyond Kamaya had been a succession of hamlets, and beyond them fields, low hills, the swaying curve of the river and finally the Pacific Ocean. After the tsunami, the village, the hamlets, the fields and everything else between here and the sea was gone.

The water, which had receded, began to surge up the hill again. The two boys tottered up the slope. Tetsuya's face was black and bruised. In the churn of the tsunami, the ill-fitting plastic helmet that he wore had twisted on its strap and dug brutally against his eyes. His vision was affected for weeks; he could only dimly make out what was going on in the water below.

Kohei's left wrist was broken and his skin was punctured by thorns, but his vision was unaffected. Whatever was visible of the fate of his school and his schoolmates, he saw it. He would never talk publicly about it.

Only later would the full scale of the tragedy of Okawa elementary school become clear. The school had 108 pupils. Of the 78 who were there at the moment of the tsunami, 74 of them, and 10 out of the 11 teachers, had died.

6 a José Salvador Alvarenga's survival story revisited

Track 17

David Epstein: We're back with Jonathan Franklin, author of the book *438 Days*, telling us the story of fisherman José Salvador Alvarenga, a real-life castaway who was stuck on a small boat. ... So, it was about this time that his boat gets pulled into a gigantic, gentle whirlpool, a circular current teeming with life, so suddenly, there's plenty to eat. But more than that, it was Alvarenga's sense of humour that got him through his most desperate moments.

Jonathan Franklin: He would spend hours talking to the ocean and he would say, "poor ocean, you must be tired, you've been carrying me for thousands of miles. Why don't you just throw me on a beach or something like that, you know, get rid of me?" And to the birds, he would lecture the birds. The birds would land on his Styrofoam and he would say, "Birds, man, if I were you, I would not go so far from shore". And I later interviewed survival psychologists who work closely with the British Navy. And they said that when they interview survivors of a lifeboat, you know, there's ten people in the lifeboat and only four live. One of the key factors is their sense of humour. And those who are able to keep a sense of humour often stay alive. And he actually said that a deficit in a sense of humour can be fatal. If you don't laugh, you might die.

David: And so what would you do if you were, let's say, you were lost at sea tomorrow? What would you most keep in mind from everything you've learned in the hope of surviving yourself?

Jonathan: First of all, I would say that the mental health is way more important than the physical health. So I would keep myself busy doing a million different things. You know, if I had a piece of rope, I would learn to tie a thousand different kinds of knots. If I was staring at the sky, I would memorize a thousand constellations.

David: But Jonathan said actually there was one thing that Alvarenga did dwell on and that was key to his survival.

Jonathan: He'd been a terrible father. He had totally blown off his daughter, who is now 12, and he had always promised himself he would go back and be a good dad. And he said over and over again, you know, "I have to come back. I want to give her her quinceañera." And so he couldn't bear the thought of dying without resolving his promise to himself and to his daughter to come back and be a more present dad.

David: But that strong resolve, it didn't mean there weren't moments he considered giving up. One day, another ship passed right by his boat ...

Jonathan: And it was so close that he thought it was going to get rammed. And at this point, his clothes are pretty ragged, his beard is very ragged, and he's jumping up and down. And there were three men fishing off the back of the boat. And he said they just waved at him and kept going. Oh, my God.

David: And then 13 and a half months into his journey, Alvarenga started to notice that things were changing.

Jonathan: The bird life has changed. The fish swimming underneath him, it smells organic, he starts to smell like, you know, the smell of dirt ... And then he sees a piece of land and he's headed right towards it. He washes ashore on a deserted island, which is the last thing he could have possibly hit. If he missed that, it was like another 2,000 miles to Japan. I mean, he was gone and no way he was going to make it.

David: The ocean finally decided it was tired of carrying Alvarenga and threw him up on one of the southernmost Marshall Islands, a speck in the middle of the Pacific Ocean. Go ahead, Google map the Marshall Islands. See how many times you have to zoom in to see if there's even anything there.

Jonathan: He's got his knife and he just crawls up on the shore and he just grabbed a handful of sand and he couldn't really walk because his legs were so weak. So he pulls himself up on the beach and he falls asleep. And then he hears something that changes his life forever. He hears a rooster. And when he hears the rooster, he knows humans are near. He starts kind of crawling across this little island, which is tiny, it's probably not taller than a couple of tennis courts. And he sees a shack and a couple from the Marshall Islands come out and they're the only two inhabitants of this other island, which is right next door. And they see this animal climbing down the beach. They don't even think it's human. And then the wife says, "Well, wait", she said, "look, it's a person." And Alvarenga gets down on his hands and knees and puts his hands together, like praying for help. So they carry him over to their house and they start cooking and he eats and eats. They're making a pancake.

David: After he spends a few days recovering, they reach out to the local US ambassador who gets in touch with Mexico.

Jonathan: Then the Mexicans say, "Yes, we lost a boat with that name, you know, a year and a half ago." "Yes, we ... that's ..." You know, because you can read like the serial number of the name on the boat. And so that's how there's first indications that, you know, "Oh my God, this could actually be true."

David: Wow, that's incredible. And what was his homecoming like? I mean, did he go ..., did he, in fact, go back and raise his daughter?

Jonathan: His initial homecoming was terrible because the press swarms him because it's a remarkable story and he wants nothing to do with the press. He doesn't want to talk to anybody, wants to forget this thing. He's like, he hasn't seen humans in months. He's terrified. So ... but when he actually makes it home and the press kind of dies off, the daughter was totally shocked because she had always been told that the sharks had eaten daddy. So that daddy had come back was a big deal.

Unit 7

3 a Do you get the picture?

Track 18

A: Hey, how did the house move go?

B: Pretty good, actually, but it's all still a little strange.

A: Alright and what about your room?

B: Erm ... I'm not really all that happy with it.

A: What? Why?

B: Well, it just doesn't feel right yet.

A: No, you just need to give it some love, it's a blank canvas, so you get to do with it whatever you want!

B: Yeah, that is true, I guess I should decide on a colour or something.

A: Hello darling!

B: Oh, hi Granny, how's it going?

A: Oh, I just had a lot of fun, you won't believe it!

B: Really, how come?

A: So my phone rings and it's this really polite young gentleman, my long lost nephew.

B: Erm, granny....

A: An art dealer, currently in Cuba, and he had this amazing opportunity to buy a Picasso ...

B: Woah, don't tell me, Granny, that was a con artist, please tell me you didn't?!

A: Well, we had a very fun chat about his supposed mother, I think I got him rather sweaty, but he was an excellent storyteller, so I had him tell me a fantasy family story for 20 minutes and then told him to get lost.

A: Arrrrrr ...

B: What is it?

A: It's always the same thing. You organize an exhibition for a group of well ... not famous artists and one of them is a drama queen. Every single time.

B: Oh no, what happened?

A: So, we assigned areas for each artist ...

B: And she knew hers?

A: God, yeah, she has known about it for three weeks. But now it's too dark there. I switch on the light – uh how dare I, it's way too harsh and completely ruins her sculpture's message. And, of course, we need the cleaners again, because her sculpture collected dust over the past three hours, and she's already been in a fight with two other artists.

A: So, I ask her about the concert and guess what her answer is?

B: What?

A: Nice.

B: Nice what?

A: Nice music, they played well. That's all she said.

B: Wow, painting with a broad brush.

A: Yes, and that after all the things I explained beforehand and, you know, she met the conductor and some musicians ...

A: So that's your new baby?

B: Oh yeeees, we really needed a new sound system so badly.

A: I gather these can do everything?

B: You're guessing right, it's state of the art, it can do anything, newest technology, just a dream, anything it can't do, hasn't been invented.

A: Super awkward moment at rehearsal yesterday.
B: Oh no, what did I miss?
A: So, you know how Sierra is not really impressed with Mrs Norris, the new choir teacher?
B (sarcastically): Erm, well, she might have mentioned it like once or twice ...
A: Yeah, I know and now everyone knows.
B: Okay, did they have a fight?
A: Oh no, Sierra just said “what utter rubbish” in a stage whisper.
B: What? So, everyone heard including Mrs Norris?
A: Well, yes, she must have heard it too.
B: Uh no.

A: Have you heard about the series *Quarter 43*?
B: No, what’s it about?
A: Well, it’s this kind of artist colony, but of course it’s a reality series ...
B: Oh, how do you get to be there?
A: Well, it’s not really like that, it’s a scripted reality series, so it’s people who have signed up for it.
B: Uh, that doesn’t sound too ...
A: Oh, no, no, no, there’s much more to it! So they need to do tasks to get material for their art and they can then sell it online and they need to, because they need the money to pay for groceries and stuff ...
B: Oh ... I get the picture; they need to become, like, self-sufficient.

4 e Who is who?

Track 19

Speaker 1: George Stubbs was the finest horse painter that England has ever produced, combining a profound knowledge of horse anatomy with naturalistic observation and a calm, classical sense of composition. Born in Liverpool in 1724, he was largely self-taught as an artist. Stubbs studied anatomy at York Hospital, illustrating scientific writing with drawings made from dissections at which he had assisted.

For some time, Stubbs made a living painting portraits. He briefly went to Rome in 1754. Two years later, Stubbs started studying the anatomy of the horse by dissecting corpses at a farmhouse in Lincolnshire. The fruit of this were exquisite drawings, published in 1766 in the book entitled *The Anatomy of the Horse*.

In 1758 Stubbs settled in London, where his work attracted the attention of wealthy people with a passion for breeding and racing horses. He painted some large commissions in the form of hunting, shooting and racing canvases and some works of worldwide fame, such as, the near-life-size *Whistlejacket*, which can be admired at the National Gallery in London, or his famous *Mares and Foals*. Stubbs was president of the Society of Artists for two years and a fine observer of human beings – from stable lads to aristocrats, as well as horses. He also painted exotic animals and rural scenes. He experimented with techniques and painted at least eighteen oils for King George IV. George Stubbs died in London in 1806.

Speaker 2: J.M.W. Turner was an English Romanticist widely considered one of the most innovative landscape painters of the 19th century. With light radiating from a particular source, Turner created great and unique tunnel-like effects within each painting. He is often credited for elevating landscape painting to a status it had not yet achieved in England. Like his contemporary John Constable, he made spontaneous watercolours and oil studies of fleeting weather phenomena, such as rainbows, storms, and volcanic ash. Born Joseph Mallord William Turner on April 23, 1775, in London, he was a very hard-working artist admitted to the Royal Academy of Art at the age of only 14. During the 1790s, Turner offset his living expenses by creating watercolour reproductions for topographical books on landscapes. On a tour of Europe in his mid-thirties, he filled his sketchbook with studies of ruins and spectacular sunsets. During the latter decades of his career, he led an eccentric and secretive lifestyle, about which few of his peers knew. Turner died in London on December 19, 1851.

Speaker 3: Banksy is a contemporary British street artist and activist who, despite his international fame, has maintained an anonymous identity. Aimed as a form of cultural criticism, the artist often

targets established social and political agendas with his witty illustrations produced with stencils and spray paint in cities such as New Orleans, New York, and Paris. “The art world is the biggest joke,” he said. “It’s a rest home of the over-privileged, the pretentious, and the weak.” Although details of the artist’s life are largely unknown, it is thought that Banksy was born in Bristol, circa 1974, starting his career as a graffiti artist in the city. Banksy’s month-long residency in New York during October 2013 featured a man hawking the artist’s paintings for \$ 60 a piece outside Central Park. In 2015, Banksy opened a temporary art exhibition that functioned as a theme park. After a 36-day run, its workers and materials were sent to the Calais migrant camp in northern France to build additional housing. One of the artist’s most famous stunts so far was probably his shredded painting: when a painting by Banksy was sold at auction for \$ 1.4 million in 2018, a mechanism was triggered to cause the artwork to partially destroy itself, resulting in a new piece titled *Love in the Bin*. The ongoing question as to who Banksy is continued to reach the headlines when in 2017 Robert Del Naja, the singer of the band *Massive Attack*, was falsely rumoured to be Banksy. The artist’s style has given rise to a number of other street artists. Banksy currently lives and works in the United Kingdom.

Speaker 4: Damien Hirst is a British Conceptual artist known for his controversial take on (interpretation of) beauty and found-art objects. Along with several other artists, Hirst was part of the Young British Artists movement that rose to prominence in the early 1990s. “I have always been aware that you have to get people listening before you can change their minds,” he reflected. “Any artist’s big fear is being ignored, so if you get debate, that’s great.” Born on June 7, 1965, in Bristol, Hirst was raised in Leeds. He studied in London, where his work caught the eye of the collector and gallerist Charles Saatchi, who became an early patron and helped to launch the artist’s career. Hirst went on to win the prestigious Turner Prize in 1995. In 2012, he showed what went on to be one of his most controversial works in decades, the installation *In and Out of Love*, which consisted of two white windowless rooms in which over 9,000 butterflies flitted around and died. In 2015, Hirst opened the Newport Street Gallery in London, which grew from his long-term ambition to share his art collection with the public. The artist lives and works in London where some of his most famous works are held in the collections of the Tate Gallery.

Speaker 5: John Constable was a renowned British painter known for his depictions of the British countryside. Constable combined an attention to atmosphere with energetic brushwork. The artist’s larger paintings such as *The Hay Wain* (1821), probably one of the world’s best-known masterpieces ever, were composed from numerous watercolours and oil studies made outdoors, on the spot. Constable once confessed that he loved the sound of water, willows, and brickwork. Born in the UK in 1776, Constable was expected to take over his father’s mill business, but instead studied at the Royal Academy in London. Exhibiting in Paris once, Constable’s works had a profound impact on French painters. The artist found success later in his life with his larger paintings, while continuing an investigation of clouds and light with almost scientific precision. Constable died on March 31, 1837, in London. Today, his works are in the collections of the Louvre Museum in Paris, the National Gallery in London, the Frick Collection in New York, the National Gallery of Art in Washington, DC, and the Metropolitan Museum of Art in New York, among others.

Speaker 6: Roy Lichtenstein was an American artist known for his paintings and prints which referenced commercial art and icons like Mickey Mouse. One well-known feature of Lichtenstein’s work is the use of the so-called Ben-Day dots, a particular printing technique used by newspapers and comic strips, which was named after Benjamin Day, an illustrator and printer. Lichtenstein used the mechanical technique with his own hand on a much larger scale.

He was a leading figure in establishing the Pop Art movement, along with Andy Warhol, for example. The movement presented a challenge to traditions of fine art by including imagery from popular and mass culture, such as advertising, comic books and mundane mass-produced objects. One of its aims is to use images of popular (as opposed to elitist) culture in art. Born on October 27, 1923, in New York, Roy Lichtenstein studied painting after graduating from high school. Drafted by the US Army during World War II, while stationed in France, he encountered the works of European masters and contemporary artists. After the war, he returned to America and completed his degree at Ohio State University. Lichtenstein taught art during the late 1950s. The artist died of pneumonia on September 29, 1997, in New York.

6 d Human canvas

Track 20

Body painting is a form of art that followed us from ancient prehistoric times to modern times where artists use the human body as an innovative canvas that can showcase human beauty like no art style before it. Many believe that body painting was the first form of art that was used by humans, and archaeological evidence supports this assumption.

Records of various ancient and modern tribes from Africa, Europe, Asia and Australia show clear records of their body painting heritage. According to historians, body painting was an important part of people's daily and spiritual lives, often expressing their inner qualities, wishes for the future, images of gods, and many natural or war themes. By using natural pigments from plants and fruits, ancient people decorated themselves with ritual paintings, tattoos, piercings, plugs and even scarring. Body paint was often applied for weddings, preparations for war, death or funerals, to indicate a person's position and rank, and rituals of adulthood. In addition to temporary body paints, many cultures used face paint or permanent tattooing that could showcase much larger details than paintings made from natural pigments.

All of those ancient traditions slowly travelled with the rise of the modern human civilization, managing to remain a part of traditions even in modern times. Some examples of modern-day body paintings can be found in India where brides decorate themselves with henna tattoos, and African American tribes that use body paint for many of their religious ceremonies.

The first modern appearance of full body paint emerged in 1933, when famous cosmetic inventor Max Factor Sr. caused confusion and disturbance with the exhibition of nude model Sally Rand on the 1933 World's Fair in Chicago. Shock about this public marketing stunt did not manage to popularize body painting in the West, but it brought it to the minds of many future artists.

Widespread use of body painting emerged during the 1960s, when Western artists strived to find a new way to express themselves in a form that would be sensational and shocking. Their moment came with the forming of the hippie movement in the United States, which accepted sexuality, psychedelics and nudity as a way of life. It's important to note that body paint is not always applied to the fully nude body; it can also be applied to specific areas of skin of the back, hands, chest and face.

Popular artists that used body paint as the means to express their artistic vision are Jana Sterbak, Rebecca Horn, Yuri Messen-Jaschin, and Joanne Gair, who shocked the public by creating full body paint for actress Demi Moore, that was showcased on the August 1992 cover of the popular culture and fashion magazine *Vanity Fair*.

Another very specific form of artistic body paint is used in the alternative painting movement that received some traction during 1950s and 1960s. In it, artists applied paint on models who were usually female, who then made impressions of their bodies on canvas. This method was mostly popularized by the work of French artist Yves Klein (1928 – 1962), who is today regarded as one of the key pioneers of Performance Art. Currently, artistic body paint is an accepted form of alternative art across the entire world.

Nowadays, body painting can be found in several forms. They are excellent tools for gaining public attention in political protest (often found at PETA demonstrations in various anti-animal cruelty campaigns) and are also famously used to show allegiance in sport gatherings.

Unit 8

1 b The letters of the rainbow: L-G-B-T-Q-I-A-plus?

Track 21

Presenter: Hey guys, welcome back to *Think-Tank*. Hannah here with Jacob Tobiah ...

Jacob: Hi-ah!

Presenter: ... who is a gender non-conforming author, activist, producer, ... You do it all and I'm so excited to have them here for Pride Month and to talk about some of the conversations that are happening, right here.

Jacob: A-ha.

Presenter: So the first one is the acronym, it can be really confusing for a lot of people and so today we're going to break it down.

Together: L-G-B-T-Q-I-A-plus

Presenter: Okay, walk me through it.

Jacob: You want me to just go?

Presenter: Yeah!

Jacob: All right, L stands for lesbian ...

Presenter: Okay ...

Jacob: ... that generally means that you are female, or identify as a woman, and are into other people who are female, or identify as women. Although some people mess with those boundaries a little bit which ... there's an asterisk that is applied to all of these terms ...

Presenter: Okay ...

Jacob: ... because everyone sort of defines them for themselves. So, like, you know, there's flexibility to all of them, so ...

Presenter: Love it!

Jacob: ... so, this is the sort of technical definition, but it gets, you know, it's not necessarily rigid for everyone. Anyway, G stands for gay which means it generally ...

Presenter: I feel like we should be doing this like a pep rally like ...

Jacob: Yeah, oh!

Presenter: ... give me an L

Together: – L, give me a G – G!

Jacob: Yeah, and that G is gay, which generally means you're a man and you enjoy other people who are male, or identify as men, but again there's some flexibility there and historically the term 'gay' was used as an umbrella term, back in like the 1970s, like during the Gay Liberation Movement. Everybody was gay back then.

Presenter: So, a woman that I know who loves other women still uses that term gay ...?

Jacob: Yes, totally, so like gay is one of those terms that's kind of owned a little bit by everybody who is same-sex-attracted. Everyone kind of gets to use 'gay'. Like, you know, like if someone's like "I'm a gay woman" or "I'm a gay trans person", you just like kind of like to be encouraging, "Yeah, go you!"

Presenter: Like a rectangle's a square, but a square's not a rectangle.

Jacob: Sort of, yeah. ... B stands for bisexual.

Presenter: Okay.

Jacob: So people who are into folks who are, you know, two sexes or more than two gender identities ... the really expansive sexuality that is in, you know, that comes in all sorts of gender stripes and delicious flavors. Then you have T which stands for transgender, which is an umbrella term describing anyone who doesn't identify as the sex that they were assigned at birth or doesn't identify with the gender that "correlates" with the sex that they were assigned at birth.

Then you get Q which can stand for queer or questioning – it kind of stands for both. And 'queer' is this umbrella term that's sort of deliberately ambiguous, that's kind of like, "yeah, my sexuality is just kind of queer", it's sort of undefined and you have to get to know me better to understand it.

I stands for intersex which are people who are born with sort of ... there's a bunch of different intersex variations, right? It means that your body doesn't fit conveniently within the sort of male or female medical binary. And there's still huge medical concerns around like how intersex young people are treated ...

Presenter: ... and especially like how medical professionals ...

Jacob: Yes, ...

Presenter: ... decide at birth...

Jacob: Like, yeah, that's like a whole other story ... Then there's an A which stands for asexual or you can also add demisexual into that, because it's not just about who you're attracted to, but also the amount of sexuality or the emotional attraction prior to the sexual attraction. You know some people find themselves to be really sexual people, some people find themselves not to be very sexual people, some people find themselves to be really romantic people, some people find themselves not to be really very romantic people and we're all on that sort of spectrum too which is a delicious way of giving you more agency to date people how you like to hook up with them, or not.

And then the other A stands for ally which is, you know, a term for anyone who supports the community and doesn't necessarily identify as LGBTQIA, but ... see, sometimes I even have trouble with it. I'm like, "Did I get all the letters?"

So, A stands for an ally who is super in support and loving towards everybody. And obviously, there are identities that aren't even represented in that acronym too. You know there's like gender-fluid, there's genderqueer, there's non-binary, you know, there's a bunch of different words that are aren't represented in that. So that's the +. But I think it's great that we have a lot of letters so that we cover lots more shades of the rainbow.

Presenter: And another constant question: is it "he" or "she" or "they" or in fact "they is"? I think I've heard that before ...

Jacob: Yeah, well, that really depends who you're talking about, because everyone has their own identity. So for some "he" would be an insult whether they may appear male or not. So really, ask them! And, you know, many from the community will actually introduce themselves saying like "Hi, I'm Silvia and my pronouns are they / them", so you know, that it makes it clear for like everyone, right?

Presenter: Yes, but if you don't know ...

Jacob: Well, the safe way is to go with "they", but the cool people will not assume anything, cause if you're cool about the whole thing, just ask and open up the conversation. And no, it's not "they is" cause that just sounds off and, you know, we are totally done with others making us feel off. We're like, give us the normal version, the verb that goes with they, you know, just like everyone else has.

Presenter: Okay, you can totally have the "are". I love it too. So real quick, just a little breakdown which I think is really important. I think a lot of people get confused about this and we'll cover this in the future together, but the entire acronym encompasses gender; it encompasses sexuality; it also encompasses like physical sex. I think people can get confused and conflate all of those issues. So it's important to remember that it does encompass all those different things. And it's important to familiarize yourself with the different letters and what they mean and what they mean to different people ...

2 b Stephen Fry

Track 22

Stephen Fry, in full Stephen John Fry, born on August 24, 1957, in London, England, is a British actor, comedian, author, screenwriter, and director, known especially for his virtuosic command and comical manipulation of the English language – in both speech and writing. He is especially admired for his ability to address even the most serious or taboo of topics.

Fry spent most of his childhood and youth at assorted boarding schools in England. At age seven, he was sent far from his home in Norfolk to a boarding school where he soon earned a reputation as a troublemaker, which he retained – and, indeed, strengthened – as a teenager. As evidenced by his extensive record of violations, Fry was a liar, cheater, and thief – particularly he was a "liberator" of change from his classmates' pockets and candy from any available source. He was also an inspired prankster, a mastermind of schemes such as resetting the stops on the organ in the school's chapel, both to confuse the organist with unexpected sounds and to disrupt the service. He was ultimately expelled.

Throughout his youth, Fry had felt himself to be somewhat of an outsider. That he was an extraordinary intellectual who read tirelessly and disliked sports set him apart from mainstream society. All these characteristics, combined with his rebellious tendencies and, as he learned nearly two decades later, his bipolar disorder, made his teenage years tumultuous. He attempted suicide, and, when he was 18, he was imprisoned for three months for credit-card fraud.

He began his study at Cambridge in 1978 and soon became involved with a number of campus drama clubs. During his third year at Cambridge, he was recruited by fellow student Hugh Laurie – who later rose to celebrity as a comic actor – to join the Cambridge Footlights comedy revue. Fry and Laurie began to write together, and their sketches were so successful that the group performed at various venues in the United Kingdom and took the revue on a three-month tour of Australia.

After graduating from Cambridge in 1982, Fry lived off of sporadic roles in television shows until 1984, when he was asked to revise the script of Noel Gay's 1937 musical *Me and My Girl*. The show was a

hit, and the royalties made Fry a millionaire. Later in the 1980s, Fry played Lord Melchett and related characters in numerous episodes of the *Blackadder* comedy television series. Intermittently between 1987 and 1995, he again collaborated with Laurie to produce the popular television programme *A Bit of Fry and Laurie*. Meanwhile, in 1990–1993, the two comedians starred in the television series *Jeeves and Wooster*. In 2003, Fry hosted the television game show *QI* (“Quite Interesting”), which for some ten years featured Fry delivering questions to a group of guest comedians who gained points for the cleverness – as opposed to the correctness – of their responses. He also acted in numerous other TV series, including *Bones*, *Veep*, *Doctor Who*, and *Sex Education*.

Aside from his television work, Fry appeared in more than two dozen films, most notably as the Irish writer Oscar Wilde in *Wilde* (1997). His other big-screen credits included two instalments (2013, 2014) in the *Hobbit* series, and he lent his voice to such movies as *Alice in Wonderland* (2010) and the audiobook of *Harry Potter*. Fry made his directorial debut in 2003 with *Bright Young Things*, an adaptation of British writer Evelyn Waugh’s *Vile Bodies* (1930), a novel centred on the reckless frivolity of a group of English socialites in the wake of World War I. Fry made his Broadway debut in 2013 playing Malvolio in Shakespeare’s *Twelfth Night*.

Alongside his work for the stage and the screen, Fry cultivated a career as a novelist. In the 1990s three of his books – *The Liar* (1991), *The Hippopotamus* (1994), and *Making History: A Novel* (1996) – became best sellers.

In 1995, Fry made national headlines when he abruptly abandoned his role in a play in the middle of its run in London and disappeared to Belgium without a trace. After the incident, he was diagnosed with bipolar disorder. When he began to speak openly about the episode in the early 21st century, he embarked on a campaign to help raise awareness of the challenges of bipolar disorder and, more important, to remove its stigma in the eyes of the general public. Fry was also outspoken about suicide following an attempt to kill himself in 2012.

2 | Mx. Jacob Tobia’s Gender-Chill

Track 23

Presenter: Welcome to the show and congratulations on your book *Sissy. A Coming-of-Gender Story*. Let’s first talk about the title. I mean, *Sissy* would seem like the title that everybody would want to stay away from, because that’s a derogatory term many people have used to describe people who are queer, gender non-conforming, et cetera, et cetera. And yet, in the book, you talk about how, through self-love, you’ve learned to own these titles as badges of pride. What does that mean?

Jacob: Yeah, well, it’s funny, because in some ways, “sissy” was the first word that I had to even name my difference. You know, I didn’t know the word “transgender” when I was a kid. I didn’t even know the word “gay” ...

... as early as I knew that sissies – people who are gender creative – was a thing. And so, the whole point of this book for me is to kind of excavate the story of my gender and really not take any part of it for granted. And so, the naming it *Sissy* is about reclaiming my childhood for myself.

You know what I mean? And learning to, uh, kind of, like, snatch back the power from people who try to be, like, “Oh, you shouldn’t be like that.” And you kind of be like, “Well, I mean, if you think you’re gonna tease me with that name, it’s the title of my damn book now, so, sorry.” Like, “oops ...”

Presenter: One thing I really enjoyed about this book was the way you tackled conversations in and around being trans, being gay, being gender non-conforming. Because we cannot deny that in society it is a difficult topic to broach because a lot of the time we don’t even know where to begin.

Jacob: Right.

Presenter: Right? Everyone’s afraid of stepping on a landmine somewhere. And then, for some people, it just makes them uncomfortable, because they’ve been taught certain things growing up.

Why did you feel like humor needs to be part of the conversation? Why do you say that people shouldn’t take it as seriously? Like, they should respect it, but they should be able to laugh and joke about gender. That seems like a controversial thing to say.

Jacob: Right. Well, in the process of writing this book, and also in the process of promoting it, I feel like I’ve learned a new identity for myself, which I didn’t realize was so necessary. But I’m gender chill, y’all. You know what I mean? Cause I don’t want to live in a world ... I want to think about what is the future what we want to build for trans folks.

Presenter: Right.

Jacob: Right. What is the future that I want to live in? And the future I want to live in is not some future where, you know, there's no gender, and everyone wears, like, grey hoodies and sweatshirts ...

That's not the world I want to live in. I want to live in a world where gender is this playful thing, and there's no patriarchy, no misogyny, none of the things that make gender suck, and only the things that make gender great.

I want it to feel like a dress-up bin, you know? And, like, some kids, you know, don't even play dress-up but, like, watch others ... they go, you know, color, ...

Presenter: Yes.

Jacob: ... and then some children – I don't know who – go in the dress-up bin and are like, "How much can I put on my body and still stand up?"

Presenter: Right. And that's something you actually encourage in the book, which I found really interesting. You said one of the things that you think could help us in society is if people experimented more with their gender, so people going out there and dressing in clothes that they wouldn't normally ... You said, for instance, everybody should try on a three-piece suit, regardless of their gender, just try it on and see how it feels.

Jacob: Yeah.

Presenter: Why do you think that's so important?

Jacob: Well, one of the myths, I think, of the way that the trans movement has done our messaging is the idea that cis people have a stable gender. You know, like, people who aren't transgender have gender. That's simple. No one has a simple gender. That's a silly idea. And more importantly, everyone should try out new things. You know, we grow up in a world, or at least most of us grow up in a world where our gender possibilities are shut down from the moment we're children.

And I think it is everyone's responsibility and everyone's opportunity to explore what else that could look like.

Presenter: Why do you think people are so afraid of it, though, and so hateful towards it? Because, I mean, in my world, I've always gone, if somebody's not hurting me or it's not hurting other people, why does it affect you? But there are people who are vehemently opposed to everything that you represent as a human being. Have you ever engaged with somebody like that, and have you ever figured out why people are so against it?

Jacob: Yeah. I have a lot of empathy, actually, for people who are really uncomfortable around me, or who, you know, stigmatize trans folk, or who just plain straight-up hate gender-nonconforming people. And the reason I have empathy is because it's, like, when someone catcalls me in the street, you know, when someone is violent towards trans folk, I'm just like, "Darling, your own bad experiences are showing." You know? Like, the only reason that you would lash out against a trans person is because you've been discriminated against on the basis of your gender, too. You know, that, like, something about your gender went wrong, or someone told you that this is how you had to be, and you see someone, like moi, with such freedom, and you don't know how to handle it.

4 g *Parker Outside the Box – the protest*

Track 24

At lunch, I head for the gathering spot: the T where the front hallway meets the hallway to the mam office. A group of kids are already there, signs rolled up at their sides, talking in a low buzz. I slip in beside Tristan. He gives me a head nod and a fist bump.

We move toward the office at some invisible signal. Stella's in the front, leading us in, ignoring the secretary's raised voice, pushing through the swinging door into the back hallway toward the principal's office. I've never been back here before, and my heart is pounding, but I'm surrounded by people. Too late to back out now.

The office is empty and we crowd in, covering the floor, a few kids perching in the chairs. Stella stands behind the principal's desk.

"What's going on?" the secretary asks. "You can't be back here."

"This is a protest," Stella says. "Mr. Carter promised he would change the staff restrooms into gender-neutral restrooms, and he hasn't followed through. We aren't leaving until he does."

"Absolutely not." The secretary shakes her head. "You can come back and petition him in a small group."

"We already did that," Tristan says beside me.

The secretary sputters, glaring first at him, then at me. "I'm calling Mr. Carter."

"Good!" Stella says. "You do that."

She starts chanting, and the other kids follow suit. Tristan claps along, but doesn't chant. I just watch. The principal appears a few minutes later, the top of his bald head almost brushing the ceiling outside the door. The chanting subsides.

"Well, it's not every day you can say you've been protested," he says with a chuckle. No one laughs.

"We're not leaving until you change the bathrooms like you promised," Stella says.

He smiles. "I know it's slow, but I'm working on it. Don't worry."

"How hard is it to change some signs?" another boy pipes up from the back wall.

"Here, we printed some up." Stella waves a stack of papers with the all-gender restroom logo on them.

"The custodian said he could take down the other signs and put these up as soon as you say the word."

Mr. Carter's face darkens from white to ruddy, lips pressed together. "It's not that simple."

"It is that simple." Stella's on her soapbox. I want to tell Mr. Carter to give in now, while he still has his dignity. "By refusing to change the signs, you are landing on the wrong side of history. Seattle mandated all-gender restroom signage on public single-stall restrooms almost three years ago. And you are breaking our state's anti-discrimination law, which protects transgender students and their bathroom access. There are students at this school who every day feel the consequences of that decision. Kids who don't feel safe in gendered restroom. Kids who have to choose between one or the other."

"She took the words right out of my mouth," Tristan mutters in my ear. It's a joke, but neither of us is laughing. I know Stella wants to help, but watching her stand there and talk when I'm right here, Tristan is right here, Lexie is right here, actually experiencing the things she's using for her moment of defiance? Anger rushes through my body in a wave of heat.

"Parker deals with that every day!"

Huh? I surface through the frustration and see her, hand extended to me, and then Mr. Carter, turning his stare in my direction. I open my mouth, but Stella keeps right on talking. I try to stay focused on what's happening, try to tell myself she means well, she's helping, but a tide of anger rises in my chest. Mr. Carter holds up his hands. "All right, Ms. McMahon. I've heard enough." He smiles, but it's forced this time. The counselors and the office staff are gathered behind him now, and I spot Ms. Kerry over his shoulder. He looks back at them, then reaches for the phone on the wall, dialing a number.

The room is silent. He's probably calling security, and we're all going to be written up.

"John? Yes. Hello. Could you change those signs we discussed?" He nods around at the room, and everyone's mouths are opening, people turning to look at each other. "Wonderful. No, that won't be necessary. I've got some printouts on hand."

He hangs up the phone and spreads his hands. "Now, may I have my office back?"

We spill out into the hall, everyone chattering at once, shrieking and hugging. Stella grabs my arm.

"You came!" she says. "I can't believe it worked! I can't believe I stood up to him like that!"

"Yep" I nod.

"What's wrong?" We face each other, the group carrying on down the hall without us. "Aren't you happy about this?"

I sigh. "Yes."

"So?" She's got that look on her face, the one I know means she won't let this go until I say something.

"You kind of ... took over."

"I'm the president of the Queer Alliance." She stands, hands on hips, waiting.

"But you're not trans."

"No one else was speaking up."

"Because you didn't give them a chance."

She scoffs. "Right, because you've been so ready to put yourself out there."

4 h Parker Outside the Box – aftermath

Track 25

“You used my name!” My voice comes out louder than I intended, and she steps back. “You used me as an example. Like I’m just some stand-in for all the poor, oppressed trans kids at school. You pointed me out by name. Carter looked right at me. You never asked me if I wanted to be put on the spot. You just did it. Like you just do everything. Did you ever ask Tristan if he wanted to speak instead of you? Or Lexie?”

Her mouth is open, but she doesn’t say anything. She just stares at me, eyes filling with tears, face bright red. The bell rings and she turns abruptly, marching away from me through the oncoming crowd. I hate that I feel guilty for yelling at her when I know everything I said was true. But I’ve never said anything to her before. Deep down, I felt like she wouldn’t be able to hear it. And it looks like I was right.

5 a Sexism in children’s clothes

Track 26

For a long time, I didn’t give gendered clothing much thought and bought my daughter clothes from across the boys and girls sections; even selecting the pink options unquestioning as to whether she wanted that colour or not. I could ignore the *For girls* or *For boys* signs but started to notice other people couldn’t – including my daughter.

Before she could read, my child had a strong sense of gender based on the same stereotypes we encountered on the high street, from clothing and toys to cards and pull-ups. Whatever stereotypes our society is guilty of, they are reinforced exponentially by a consumer culture that puts all its faith in gender marketing.

Check out any childrenswear retailer and you’ll see the same format; a dichotomy of bright colours facing a wall of blue and grey, princesses versus superheroes, slogans that read “happiest is the prettiest” and “pretty like my Mummy” juxtaposed with “here comes trouble” and “strong like Daddy.” Even the marketing language is indicative of the insidious nature of using sexism to sell. Here’s how *Halfords* sold bike helmets in 2015: “lovely girls will look pretty in a helmet that protects their lovely heads” opposite “sporty and cool, designed for safety and boys who are ready for action!”

The self-esteem and aspirations of girls is being eroded by messages that suggest girls are caring and shy, opposite boys who are strong and brave, according to the latest Girl Guiding Attitudes Survey. What is equally clear is that we fail boys by diminishing the importance of empathy and kindness when we accept stereotypes that shout “troublemaker” across t-shirts. It shows how our society devalues femininity when retailers do not acknowledge that boys are also capable of liking flowers and butterflies, dresses and skirts, love *Frozen* and idolise female characters like Princess Leia.

With support from Let Toys Be Toys and Pinkstinks, Let Clothes Be Clothes was founded at the end of 2014 and has grown to a base of over 10,000 vocal supporters, with positive nods from the Women’s Equality Party and Fawcett Society to MP’s from across the political spectrum. With help from our friends at Climbing Tree’s Kids we’ve met with major retailers from *John Lewis* to *Mothercare*, and it’s clear there is a reluctance to abandon the safe ground of stereotyping children for fear of disorientating customers. Could parents not handle displays based on type, size, colour or theme instead of boys and girls? Is it so radical to put dresses and skirts in the same section boys browse?

The Bailey Review in 2011 praised retailers for listening to parents’ fears about sexualisation and stereotyping, and yet many of the retailers who signed up to the resulting childrenswear code of conduct are still guilty of both. In the past six months retailers have embraced the notion boys *and* girls love dinosaurs but you’d be hard pressed to find a Stegosaurus in the girls range that isn’t pink and covered in flowers. Same interests, tick! But what about fit? Girls and boys are the same shape until puberty, yet girls (as young as five) are frequently offered fitted and cropped clothing, as if being comfortable and warm is only a concern for boys.

Ultimately stereotyping girls and boys encourages bullying, limits choice and harms aspirations, and in my eight years as a parent I have witnessed all three. This week I tried to purchase a *Star Wars* figure for my daughter, only for the shop owner to ask me if I intended to buy anything since “women only collect bags and shoes.” Stereotypes are not just lazy and outdated, they are also deeply offensive – and urgently need to be removed from childhood.

Unit 9

2 c You aren't doing it right!

Track 27

You pay for a gym membership and walk in, confident as can be. And when the front desk person asks you if you know how to work the machines, you proudly say “of course”. Seconds later, you realize you could have used some help, but you're too shy to ask for it. Sounds familiar? In that case, listen up – doing certain exercises wrong isn't just useless, it can even injure you!

One – squats. If you do them properly, squats are a perfect exercise that works out your entire lower body, puts muscle on your legs, and helps with posture. The most common mistakes while doing squats are: rounding your back, going only half way down, and rising onto your toes. To avoid all of these, try to practice the proper form. Keep your back in a neutral position, with your shoulders back, your chest up, and your feet shoulder-width apart. As you go down, work your core and bum muscles, and keep the weight on your heels as if you were sitting back into a chair. Keep your arms straight and in front of your stomach. When you're doing it right, your knees will push outward and your back will stay straight.

Two – treadmill. Cardio is an important part of any workout routine, and treadmill training is a perfect way of doing it. When you're on the treadmill, avoid holding onto the handrails – it makes running easier, and thus less effective, and can mess up your posture as you hunch over the machine. If you can't run without holding on, try lowering the speed or incline level. Speaking of that, don't set it higher than 8% to save your back, hips, and ankles from a strain they don't deserve. And never ever jump off a machine that's still in motion! This might sound funny and obvious, but it's one of the most widespread causes of gym injuries.

Three – stomach crunches. Anyone who wants to get a toned belly practices crunches. If you're one of those people, but aren't seeing any results in your abdominal muscles, you might just be doing crunches the wrong way. Don't tuck your chin into your chest like many people do; this strains the neck. And stay closer to the floor, about three inches off the mat should be fine. Take your time – going slower will help you do the exercise properly and engage your core to the max. Ten real crunches are better for your body than one hundred not so good attempts.

Four – pushups. Pushups are perfect to strengthen your upper body including your triceps and shoulders. They can even help you to work on your lower back when done properly. The elbows too far out, moving with your hips instead of your whole body, bending your back and neck, and going only halfway down are the most common mistakes people make while doing pushups. Are you guilty of any of those? I am. To avoid them in the future, make sure to keep your back straight, and let your arms do all the moving work. Keep your hands parallel to your chest on the floor. Your head should be in a neutral position, and your moves should be slow and controlled. When your chest reaches the surface, push up until your arms lock out.

3 f It's a man's world

Track 28

A: Good morning and welcome to our program. The women's epic win last weekend sparked a debate about gender discrimination and equal pay in sports. We want to show our support of the team, by dedicating the beginning of our program to other times in history when women fought for equality in different sports.

B: Let's start in the year 1967 with Kathrine Switzer who finished the Boston Marathon despite an attempt to kick her out. At the time, experts claimed for years that distance running was damaging to women's health and femininity. So, in 1967, Kathrine Switzer entered that year as “K.V. Switzer” to hide her gender. Two miles in, an official tried to remove her from the course, but she finished anyway, becoming the first woman to complete the race as an official entrant.

A: And remember, it was only in 1984 that women's marathoning was included in the Olympics. For me though, the most impressive battle for equality in sports was the Battle of the Sexes in 1973.

B: Yes, absolutely! Billy Jean King, the trailblazing tennis star, taking on Bobby Riggs' challenge in the Astrodome in Houston in front of such a large audience.

A: And what a night! Billie Jean King beat Bobby Riggs, a self-described chauvinist pig in that remarkable match proving that women can play tennis and deserve the same kind of respect as their male counterparts. And everyone could watch it, about 30,400 spectators were lucky enough to be in the

live audience at the Astrodome but everybody else could follow it on their TVs because it was broadcast.

B: Did you know that she even received the Presidential Medal of Freedom in 2009, for her work championing the rights of women and gay people?

A: Of course, I did. She's considered to be one of the most important athletes of the 20th century and is one of my all-time favorites. Unfortunately, equal pay in tennis still remains a contested issue. Do you remember Venus Williams and her statement after her 2006 Wimbledon win?

B: No, I don't think I do.

A: Venus Williams wrote an essay called "Wimbledon Has Sent Me a Message: I'm Only a Second Class Champion." And in it, she wrote, and I quote: "Have you ever been let down by someone that you had long admired, respected and looked up to? Little in life is more disappointing, particularly when that person does something that goes against the very heart of what you believe is right and fair." The policies were finally changed in 2007 and she was awarded \$ 1.4 million for her fourth Wimbledon victory, the same amount as the men's champion, Roger Federer.

B: How wonderful that she won again and then got a fair award! In women's hockey, it took twelve years longer. The Pro League has only offered male and female athletes the same prize money since 2019.

A: Oh, in surfing it also took until September 2019, until the World Surf League announced it would offer equal prize money to men and women and for women to be even able to take part in all the competitions.

B: That's not that long ago if you think about it. Unfortunately, there's still some way to go and some fights to be undertaken before there are fair and equal pay for all professional athletes regardless of their gender. Did you see the ad campaign a few years back that Skylar Diggins-Smith appeared in to raise awareness about pay inequity in the world of professional basketball?

A: Was that the one that contrasted the paths of two young players, a boy and a girl?

B: Yes, each listed their basketball dreams and accomplishments, but only one received a multimillion-dollar rookie contract. And guess what, it wasn't the girl who had more accomplishments than the boy! But it reflects reality. If we compare the wages of two NBA players in their first year, the female athlete earns about 53,000, while the male player makes about \$ 6.8 million in his first year.

A: That must be tough ... But let's not end on a sad note. According to a BBC Sport survey from 2021, only three out of 37 sports that offered prize money did not offer equal prize money at any of its major championships or events. So, there's reason to hope that there'll also soon be progress in those three sports.

B: Do you know which ones those are?

A: The biggest gaps in prize money for male and female athletes are in football, golf and basketball. Though, I believe that it is the largest in football. In the Women's World Cup the prize fund was more than nine times less than the one in the Men's World Cup. And the disparity is even larger in the Champions League, since the UEFA has decreased the prize money earned by the women's winners to € 150,000 in 2020 and 2021, while the men's prize fund has remained level at € 19 million.

B: Incredible! Well, let's hope that these sports catch up with the times and adjust their prize money.

4 b Learning the ropes

Track 29

Interviewer: Welcome again to the competitive twitcher, where we have a look at the careers of some of the most decorated British athletes and reveal their secret to success. Today with us is Sarah Barrow.

Sarah: Hello Josh, thanks for having me.

Interviewer: Sarah's career highlights in individual events include winning gold at the 2014 European Championships in Berlin, and qualification for the 2016 Rio Olympics. The latter, achieved while battling long-term injury, was a fitting reward and testament to the winning mentality that the Plymouth diver has displayed throughout her career. A Sports Science degree from Leeds Metropolitan University and a prospective MA in Sports Journalism from the University of St Mark and St John, are academic endeavours that magnify Sarah's application, time management and diverse skillset.

Sarah: Thanks for the flattering introduction.

Interviewer: So, Sarah, let's start at the beginning. When did you take up diving?

Sarah: Tonia, my coach, introduced me to diving. I was a gymnast at first, then, when I was twelve, I started swimming. On my first day I told the coach that I was a gymnast, and he took me for a diving lesson. At first it was just fun, but when I won my first competition, I started to feel like it was what I wanted to do. I was training every day. I remember in gymnastics I'd be training for four-and-a-half hours each day after school, and then on a Saturday nine-to-five and that was all I knew. When I went into diving, my routine changed slightly, but it was something I really enjoyed, and it was fun to go, so I was always keen. When you do a sport full time and it's going in the right direction, you don't really think about doing anything else.

Interviewer: Well, this sounds as if you put in a lot of work and long hours. What did you enjoy most about being a professional sportswoman, though?

Sarah: The social side of things was really good. I was working with people who I'd known for over 16 years. It was really nice to just go in and chat to your friends; it didn't feel like a work environment. It was just great to enjoy what I was doing and to enjoy diving. I really enjoyed the competitive side of it too, not so much when things didn't come together, but when it goes right, there's just no other feeling like it.

Interviewer: You were quite successful academically as well. How did you balance elite sport with studying?

Sarah: I found life quite difficult at undergrad during the Sports Science degree. I was involved in a lot of diving competitions at that time, and that was hard to juggle with university. When I got injured, I tried to use my time as productively as possible, and I put a lot into my studies which has worked out for the best. Diving was always my priority, and it was having a negative impact on my uni' work, but using my time wisely enabled me to come out with a 2 : 1. There were other things I did in between my training, such as courses and gaining work experience. The undergrad work was difficult, but I'm happy I did it.

Interviewer: Now, here we also want to get to the bottom of how an athlete's sport has helped them on a personal level. What attributes did diving develop in you?

Sarah: Diving's given me an awful lot. As a kid I was quite shy. So in gymnastics I was in a group of friends who were definitely louder than me. Then in diving I had to come out of my shell quite a bit – my coach wouldn't let me be shy. Also, I think you have to be a little bit crazy when you're diving. So doing the sport really gave me more confidence, which is especially important when you're diving off the ten-metre board. Hmm ... I also think that travelling around the world has really opened my eyes. It's been great for eating too – I always used to be a fussy eater, but when you go somewhere like China and you get a pigeon head put in front of you, you need to step out of your comfort zone! My taste in food definitely developed, but that expanded into knowing more about nutrition and eating healthily.

Interviewer: A last question: what skills did diving help you develop?

Sarah: I think I've got a good work ethic. With diving you have to be confident, determined and engaging with people, and that really expands your personal skillset. In sport, you're always trying to be perfect at what you're doing, so that instils a mindset in you to always do your best when you're given goals to achieve, whether you're enjoying yourself or not. Going into my current work position, I don't really like maths and numbers, but I've had to deal with them, and I've just kept on going until I'd got things right. I've always been very organised, so that has helped. My time management has helped me get used to the nine-to-five routine. That has been tough, though, especially when you factor in the commute.

Unit 10

2 d English landmarks

Track 30

The London Eye. Husband-and-wife team David Marks and Julia Barfield came up with the idea for the Eye in response to a 1993 competition asking Londoners to design a new landmark celebrating the millennium. Their idea caught on, and the wheel opened on March 9, 2000.

At 443 feet high, the London Eye is currently the fourth-largest Ferris wheel in the world, and on a clear day you can see as far as Windsor Castle. But the London Eye doesn't crack the top 20 tallest structures

in London itself. The entire wheel weighs more than 1,000 tons. It was assembled flat and moved onto eight temporary islands on the River Thames.

The Eye has 32 capsules, one for each of the 32 city boroughs, but as with many buildings and other structures, there is no No. 13 capsule – whether the superstition about that number is warranted or not, the cars skip from 12 to 14.

A ride on the London Eye takes 30 minutes. With more than 3.5 million people taking a ride every year, it's now the most popular paid tourist attraction in the UK. More than 5,000 engagements and 500 weddings have taken place on the Eye since it opened.

Many cities – including Las Vegas, Seattle, and Atlanta – have opened observation wheels themselves whose designs were directly inspired by the attraction. An exact replica of the wheel can be found about 30 miles away from London – in miniature form, anyway, at Legoland Windsor.

Stonehenge. Stonehenge was built over many hundreds of years. It's one of the world's most famous monuments and stands on Salisbury Plain, in Wiltshire. Its giant stones can be seen from miles around. Work began in the late Neolithic Age, around 3000 BC. Over the next thousand years, people made many changes to the monument. The last changes were made in the early Bronze Age, around 1500 BC. Only a few stones are left standing today.

It definitely took a huge effort to build Stonehenge. The only tools the builders had were made of stone, wood and rope! The first task was to cut the boulders into shape. Archaeologists believe that the ancient Britons hammered wedges of wood into cracks in the stone. When the wood was soaked in water, it expanded and split the stone. Next, the builders used chisels and hammers to shape them. The stones were then transported to the building site. They were probably carried on rafts down rivers, then dragged overland by teams of men and oxen. It's believed that the stones were placed on giant wooden sledges and pulled along the ground using log rollers. The builders dug deep ditches for the stones. Then they pulled on ropes to raise them and packed the ditches with rocks to hold the stones in place.

We may never know exactly why Stonehenge was built. Some people think that such a massive monument was used to study the movements of the Sun and Moon. Other people think it was a place of healing.

The ancient Britons believed that the Sun and Moon had a special power over their lives. It is very likely that they held special ceremonies at Stonehenge on Midsummer's Day (the longest day of the year) and on Midwinter's Day (the shortest day of the year). Many experts believe that Stonehenge was used as a sacred site for funerals. They suggest that people carried the dead along the River Avon, and then walked up to Stonehenge in a grand procession. The most important funeral ceremony of the year was probably held on Midwinter's Night at Stonehenge.

Stonehenge is just one of hundreds of stone circles that have been found in Britain. During the early Bronze Age, circles built from stone or wood played a very important part in the religious life of the British people.

Double decker buses. For most Londoners, the London bus is a nightmare. It's the alternative option you never want to take, your last resort when, late at night, your phone dies and an Uber can't whisk you away from whatever house party / rave / ironic-disco / karaoke / actual-disco / rooftop bar you are trying to escape. Slow and meandering, the London bus (particularly in its nocturnal form) is more of a mobile rubbish bin full of crumpled cans of *Carlsberg* and greasy half-eaten boxes of fried chicken than a viable mode of transport. Yet to the rest of the world, London's double decker bus is one of the capital's most iconic features alongside the red telephone booth, the Queen, and pubs. Where did these quintessentially London vehicles come from, and were they always littered with the nibbled bones of fried chicken?

The first double decker bus did not originate from London, but somewhat surprisingly, from Paris where a businessman set up the route, picking up passengers in a horse-drawn double decker omnibus. Inspired by the success of the Parisian bus service, George Shillibeer started the first London bus service in 1829, offering a route between Paddington and Bank. Shillibeer's bus could carry 22 people and cost 1 shilling per journey (the equivalent of 5 pence in today's money). While it seems cheap to us, the poor Victorians thought the shilling was far from a bargain. The first engine-powered double-decker bus appeared in London in 1923.

Various companies competed against each other for bus dominance. By 1924 there were over 200 independent buses operating in the city, running along popular routes. Such independent buses were known as “pirate buses”. Not shackled to an official route, pirate buses would sometimes take side streets to get to destinations faster. It was because of the competing bus companies that London General Omnibus Company – the biggest operator in the city – painted their buses red to stand out from the competition. The Metropolitan Police approved of the red buses; the colour was so easy to spot acting as a warning to those crossing the street.

The most iconic version of the London double decker bus is the Routemaster. Designed in 1956, the Routemaster bus operated for more than half a century in the capital. It was most famous for its open rear entrance, which also caused its eventual decline in use. The Routemaster was the cause of many accidents as people ran and jumped onto it whilst it was in motion. It was also very challenging for elderly and handicapped people to use. Eventually it was replaced in 2005 by modern double decker buses. That said, you might still see Routemasters driving through central London on one of the two heritage routes!

But why did double decker buses flourish in London more so than single decker buses? In a place like London with so many narrow passages and shifting roads, the length of a single decker was problematic. The arc of its turn would slow down and disrupt traffic. Besides, tourists and sightseers enjoy the view of a double decker bus. And probably the biggest pro of the double decker bus is this: more seating space.

5 d British dialects

Track 31

The Brummie, or Birmingham dialect, is spoken in Birmingham and some of its surrounding areas. The expression is also used for people from Birmingham and derives from ‘Brummagem’ or ‘Bromwichham’, which are historical variants of the name Birmingham. The strength of a person’s accent varies greatly across all Birmingham. A common misconception is that everyone in Birmingham speaks with the same accent. The Brummie accent and the Coventry accent are in fact quite distinct in their differences, despite only 19 miles separating the cities. To the untrained ear, however, all of these accents may sound very similar.

Scouse, formally known as Liverpool English or Merseyside English, is an accent and dialect of English associated with Liverpool and the surrounding county of Merseyside. Having been influenced heavily by Irish, Norwegian, and Welsh immigrants who arrived via the Liverpool docks, the accent is highly distinctive and has little in common with the accents of neighbouring regions or the rest of England. It is named after scouse, a stew traditionally eaten by sailors and locals. In the 19th century, poorer people in the Liverpool area commonly ate scouse as it was a cheap dish, and familiar to the families of seafarers. Outsiders tended to call these people scousers. Originally a small fishing village, Liverpool developed as a port, and later as a major international trading and industrial centre. The city consequently became a melting pot of several languages and dialects, as sailors and traders from different areas alongside migrants from other parts of Britain, Ireland, and Northern Europe established themselves in the area. The accent’s nasal quality may have derived from poor 19th-century public health and the prevalence of colds for many people over a long time, which may have been copied by others learning the language.

Geordie is a nickname for a native from the Tyneside area of North East England, and the dialect used by its inhabitants, also known in linguistics as Tyneside English or Newcastle English. The term is and has historically been used to refer to the people of the North East, but not everyone from the North East of England identifies as a Geordie. Geordie is a development of the language spoken by Anglo-Saxon settlers in Britain in the 5th century. Today, many who speak the Geordie dialect use words such as ‘gan’ (meaning ‘go’ or in modern German ‘gehen’) and ‘bairn’ (meaning ‘child’ or in modern Danish ‘barn’) which can still trace their roots right back to the Angles. The word ‘Geordie’ can also refer to a supporter of Newcastle United football club, and the Geordie Schooner glass was traditionally used to serve Newcastle Brown Ale.

There are numerous different types of residential properties to be found throughout the United Kingdom. However, not all may be suitable for your unique requirements. From detached homes and flats to bungalows and cottages, you have a host of amazing options. There is still no doubt that finding the most appropriate structure for your needs can be a bit tricky. Let us examine these and other variants in greater detail. What are the advantages of specific properties? What does each have in store? How will price come into play? These important questions deserve a great deal of attention if their potential future residents hope to obtain the clarity required to make the best choice possible.

House type 1: detached houses

As the name already suggests, detached houses do not share any walls with a separate structure; they are standalone homes in all ways. They also tend to have both front and back gardens. Associated with a greater degree of privacy when compared to other variants, these units are often ideal solutions for those who have children. Probably a vast majority of people intending to buy a home are aiming for a detached house. This is and always has been the most desirable home for people all over Britain.

House type 2: semi-detached houses

As the name suggests, these are homes separated into two halves. The only major difference between a detached house and a semi-detached property is that semi-detached homes share at least one wall with an existing structure that is separately owned, but there are usually two doors. Not only does this save a great deal of space, but these variants are also noticeably cheaper when compared to fully detached houses. The only possible concern is that semi-detached houses do not offer the same level of privacy as their detached alternatives.

House type 3: terraced housing

These are actually some of the most well-known and iconic housing types within the UK. Terraced houses are connected by a single wall on either side; leading to a literal “row” of structures that occupy a street. The main advantage here is that this type of construction saves a great deal of space. This is why they are quite popular within urban districts where land is at a premium. The prices of these properties are also somewhat lower due to the fact that front or back gardens are sometimes absent from their design; although some may contain small front yards.

House type 4: end-of-terrace houses

The only main difference between end-of-terrace houses and the terraced counterparts mentioned previously is that these structures are found at the terminal of a row of homes. In other words, only one wall is shared with an adjacent structure. This is why such houses are often found at the end of a road or on a cul-de-sac. This is also the reason why end-of-terrace homes are priced slightly higher. Some studies have found that these structures cost about one fifth more than normal terraced homes.

House type 5: flats

There is no doubt that flats are by far the most well-known types of homes in the UK. Often being offered as a series within a single building, flats are known for their space-saving qualities as well as their convenience. These structures can either be rented or purchased. They are ideal for single individuals or young couples due to the fact that they are often much more affordable. Naturally, the rental prices depend on the location, taking into account both urban and rural locations. Purchase prices will naturally vary as well. Larger structures may be divided into multiple sections which again can be rented separately and may or may not offer front and back gardens.

So-called split-level flats are sometimes referred to as duplexes since their area is segmented into an upper and lower half. A staircase normally separates these two areas, providing a number of options in terms of interior design and overall living arrangements.

Studio flats are often chosen by individuals because a limited amount of space might not be ideally suited for an entire family. These flats offer a kitchen, living room and bathroom with only a minimum number of walls separating each section.

House type 6: cottages

These traditional types of homes in the UK are found throughout the more rural areas. Some are hundreds of years old and still have got thatched roofs made of reed or straw. Cottages are known for their sturdy construction, thick walls and traditional atmosphere. They can be one or two storeys high

and the majority offer access to substantial gardens. Cottages are often used as holiday homes, as owners can easily rent them out on a seasonal basis.

House type 7: mansions and conservation properties

Out of all of the housing types in the UK, mansions and conservation properties are by far the most sought after and luxurious, particularly for those who can afford such investments. Often known for their spacious nature and rich history, some of these structures are centuries old. A handful are also listed as historical locations of interest, so issues such as adding new construction or obtaining planning permission are often extremely restricted.

7 d A kingdom for a horse

Track 33

Horse racing is currently the second largest spectator sport in Great Britain, and the biggest horse racing events in the country, like the Royal Ascot, are considered to be some of the most important social events of the year.

The sport generates around £ 3.7 billion for the economy, and major horse racing festivals are held in ten out of twelve months of the year. It has stood the test of time, dating back to the Middle Ages, and is still a huge part of the culture today.

Horse racing in England can be traced as far back as 200 AD in Yorkshire, in the north of the country, but they didn't start using saddles until about 400 years later. The sport had a slow beginning, halting due to bans on the importation of non-continental horses, but in 1174 William Fitzstephen documented the first 'horse race meeting' at St Bartholomew's Horse Fair in London.

Over the next 300 years, under the reign of King Henry VII, the sport grew. During this time, Henry VII passed a number of laws regarding horse breeding. The first record of a trophy being given out was in 1512 in Chester. The trophy consisted of a wooden bat covered in flowers. The oldest horse race, the Kiplingcotes Derby, was run in 1519.

Similar to the history of horse racing in the United States, the interest in the sport has its peaks and valleys. During the 17th century, under the reign of Queen Elizabeth, interest waned. But that changed in 1605, after James I discovered Newmarket, the place known as the home of England's horse racing. In 1622, the first Newmarket race took place. The bet was for £ 100, and it was between horses owned by noblemen. The first Gold Cup event was held at Newmarket in 1634, and the season expanded to spring and autumn. The Newmarket racecourse was founded in 1636. After that point, races started taking place all over the country. Racing rules were established, and jockey weights were being diligently measured and enforced.

Things really took off in the horse racing world until Oliver Cromwell banned racing in 1654 and all horses were requisitioned. Ten years later, though, horse racing was restored, and the three foundation breeds were brought into England. All modern thoroughbred horse ancestry can be traced back to these original breeds: the Byerly Turk, Darley Arabian, and Godolphin Barb.

Queen Anne, a keeper of many horses, founded the Royal Ascot in the early 18th century, and to this day the opening race of every Royal Ascot is known as the Queen Anne Stakes.

In 1750, the Rules of Racing was created and applied by the Jockey Club, which at the time was one of the most exclusive high society social clubs. The first rule passed by the club was in 1758 that said all riders have to weigh themselves after a race.

The sport was on a peak during the 18th and 19th centuries. As the sport gained more of a following with the general public, jockeys saw themselves gain a better and more noble reputation. The Grand National was established by William Lynn at Aintree at the end of the 19th century. There are 60 official racecourses in Britain, with the majority of them dating back to the 1920s or earlier. There are some races that are continued on today, known as the five British classics. These races have maintained most of their original composition over the years.

Most of the tracks have now been converted to turf, which is unlike most tracks in the United States that are all-weather; there are only six tracks in Britain that are all-weather. The majority of the courses vary dramatically in layout, most of them looking much different from the classic oval shape track that is used in the United States almost exclusively.

There are two major types of racing: flat racing and national hunt racing. Flat racing is the more iconic picture of horse racing. The Royal Ascot is the biggest flat racing festival in Europe, with horses and

owners coming from all over the world to compete, and spectators coming from all over the world to watch. National hunt racing was adopted from Ireland. The name may be deceiving, though, as national hunt racing is essentially hurdle and steeplechase racing. In these races, obstacles of different kinds are placed in the horses' path for them to clear and continue racing. There are different types of hurdles, like wooden or metal fences, water jumps, or hedge jumps. Most horses competing in these races are Irish-bred, but some French-bred horses have been introduced to the sport in recent years. The first national hunt race on record was in the Republic of Ireland in 1752. The first race of this kind to take place in the United Kingdom was in Aintree, England, in 1839, and has become a staple of the nation's racing scene ever since.

From March through December, major horse races and festivals take place throughout Britain. The events range from the world-famous Royal Ascot in England to the lesser-known Coral Welsh National in Wales.

In 1986, the daily racing newspaper, *The Racing Post*, was founded. It is still in circulation today. It's no surprise that competing papers were in circulation. *Sporting Life* and *Sporting Chronicle* were two papers that were fiercely competitive, but in 1983 the *Chronicle* closed due to debt. *Sporting Life* was left to exist and flourish without solid competition, but in 1986 *The Racing Post* came onto the scene and eventually took over.

In addition to print media, there are two horse racing channels on British TV. The first is called *At the Races*, and it is free to anyone with a television in their home. The second is called *Racing UK* and it is a subscription only channel. BBC began covering horse racing in the 1950s and retained the rights to coverage for popular meetings like the Royal Ascot and the Grand National, but in 2012 the BBC lost the bid for this coverage to Channel 4.

Textnachweis Listening tracks (MP3s)

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