

## Unit 1

### 2 a Time capsule found at MIT

### Track 1

male speaker: It was just like any other day at the MIT nano project site. We were digging just outside Building 26 on the westside and as we got further down in the hole, we saw something that looked a little out of place. So we stopped and we started to hand-dig at that point with shovels. And sure enough, as we got further around the object and exposed it more, it was certainly something that shouldn't have been there, so it definitely caught our attention. And at that point, you know, work stopped.

Once we'd determined that it was safe to remove, the MIT office of environmental health and safety came by to pick it up and once they had it in the situation where they could open it under containment, it was safe, they revealed the contents, which was really amazing. It was a time capsule with all kinds of interesting objects inside.

female speaker: Completely out of the blue, I got an email which said "Facilities has found a time capsule, do you have any information associated with this?" And I recognized it immediately as the 1957 time capsule that was buried as part of the dedication ceremonies of Building 26. And was the first of two very well-known time capsules here on campus, because they were both designed and created and facilitated by one of our most famous professors Harold Edgerton.

He saved things, he loved history, he loved the world and so it's ... to me it's completely within his personality that when they started to think about creative ways to create a ceremony to mark the occasion of a new building that he would say, "Let's make a time capsule".

male speaker: Glass is a perfect material to use for this because it is so inert over the long term. So it could have been soda-lime glass or borosilicate glass, or almost any kind of stable glass, it would have been a good container for these things, because it's buried in the ground, right, wood is going to rot and metal will oxidize and rust and eventually rust through and the contents would be destroyed. But glass is really stable over a long time scale.

female speaker: There's something incredibly interesting about this time capsule. And that's the sign taped on the outside of the glass that says, "Do not open 'till 2957." That's mind-boggling, if you think about it, 2957 – seriously? That's a thousand years from the burial of the time capsule. So a thousand years to me was amazing and in fact, James Killian who was the president and the chief participant in this burial, he wrote a letter that's inserted into the capsule and mentioned that "the deposited documents mementos which tell something of the state of science, technology and education, more specifically the state of Massachusetts Institute of Technology at the time when we dedicate the Karl Taylor Compton Laboratories on June 10<sup>th</sup> 1957 AD". And then Killian adds "We cannot guess what the next millennium holds for our world or whether you will regard our age as one of science. But we are confident that you will have a greater understanding of the Universe and that we will have made some contribution to that understanding. We wish you continued success in the pursuit of knowledge."

It's a beautiful letter, really, that captures something of MIT and of their sense of our time and our place in the world. And you sense in this letter, Killian's fundamental optimism, that the human species will survive that it will continue to be creative and that the work of MIT will be somehow recognized as important to the world history.

## Unit 4

### 1 a The friendliest countries in the world

### Track 2

Raw beauty, world-famous landmarks and great food certainly all help, but it's the local people that really make a country special. So which countries offer tourists the warmest welcome? This list counts down the friendliest people on earth, chosen by our readers on social media.

You won't be in Sri Lanka long, before someone sparks a conversation with you, asking which part of the world you come from. It's not nosy, it's just the locals' way of getting to know you better.

The rain falls and the wind howls, but many Scots still have a sunny disposition. Spend a night at a family-run B&B where breakfasts are served up with plenty of friendly chit-chat and you will see why Scotland was voted one of the world's most welcoming nations.

There's always a smile to welcome you to Fiji's tropical islands. Where locals seem to go through life with a song in their hearts. And who can blame them? Their country is blessed with astonishing beaches and luscious plantations full of coconut trees and orchards.

With Myanmar opening up to tourism, more and more visitors are getting the chance to chat with local people. Tourists are discovering that the locals aren't just chatty and hospitable, but also that they have some intriguing things to tell you. They have lived through eventful times and have kept old tales alive and are more than willing to share them with you.

Thailand has had its fair share of problems in recent years, leaving some to question whether it still deserves its "Land of Smiles" nickname. But away from the big tourist-traps the Thai remain one of the most kind-hearted people you'll meet anywhere on your travels.

In financial terms, Nepal is one of the poorest countries, but in other ways, it's rich! Deeply spiritual and with mountains that scratch the sky, it's home to some of the world's friendliest people, who are well-practiced at welcoming travelers from far and wide.

The people of Laos are amongst the gentlest people you could ever hope to meet. Expect warm smiles unfailing hospitality and plenty of kids shouting "Saibaidee", hello, as you walk along the street.

The Philippines offer a mix of hot and steamy rainforests and urban jungles, where a big city buzz is almost guaranteed. Regardless of where you spend your time, you'll find that locals are superb, they make you feel right at home.

Having a tragic history, Cambodia is the country known as the world's most welcoming. Despite the lasting impact of the Khmer Rouge and the daily mobbing of historic sites by tourists, the locals keep smiling, leaving many visitors feeling awestruck.

## Unit 6

### 1 d Tasks in a company

### Track 3

**Speaker 1:** We founded the company in 1990 and we have been expanding constantly. I have a great team around me and even though I have made enough money to lean back and relax, I insist on being involved in every major decision. Many people think that as the head of a company you work less than others but that is definitely not true.

**Speaker 2:** I have a very demanding job, I do less physical work but together with my team we manage business operations and make decisions. But it's not only that. There are numerous tasks involved such as overseeing the entire company and making sure our ideas and our decisions are realised.

**Speaker 3:** Numbers, calculators, and bills are part of my job. My daily tasks include, for example, money transactions, making sure that the workers receive their correct wages and so on. If I make a mistake, it could have terrible consequences, but our team is great and we double and triple check everything.

**Speaker 4:** I love my job because I do not have to perform the same mundane tasks every day. I work with people from all social classes and I am interested in their opinions about our products,

design, etc. Summing up, we try to identify the preferences of target markets. Collected data is then used to prepare and revise solutions.

**Speaker 5:** While other departments do the research and the planning, the colleagues of my department actually go out and talk to potential customers. To be precise, we go to great lengths to explain the benefits of our products compared to other suppliers. Customers who have already been with us for a longer period of time are also of importance, so we make sure that they are satisfied with our products and services and thus remain loyal customers.

**Speaker 6:** I am constantly on the move. Yes, you get to see many different countries and every trip comes with new challenges, so on the one hand, it never gets boring but on the other hand, I am constantly stressed out because of deadlines and miss home sometimes.

**Speaker 7:** I get to work with many different people but only for a few of them do I have positive news. In our company applicants go through a quite thorough application process to make sure we get the right people for the job.

**Speaker 8:** The most interesting part of my job is being innovative. My team and I meet and brainstorm all sorts of ideas – sometimes even really futuristic, if not, crazy ones. Then we assess our ideas and try to turn them into reality. We also make sure that our existing products are always up to date and that we can guarantee consistent quality.

**Speaker 9:** Our tasks range from providing legal advice to representing our company in court. These days people sue companies a lot more often than in the past.

## Unit 6

### 2 e Interview with a teenage millionaire

### Track 4

**Interviewer:** Hello and welcome to today's interview with Nick D'Aloisio, an English computer programmer and Internet entrepreneur. He is best known as the creator of the news summary app *Summly*. So, welcome and congratulations, Nick, on your deal with *Yahoo*. First of all, tell us, what does this acquisition mean to you?

**Nick:** Yeah, it's been a fascinating eighteen-month journey and I am really proud to see that our technology will now be integrated into one of the classic Internet companies. And there is so much opportunity for what we can do here at *Yahoo* and I am really excited to see what we can do in the future.

**Interviewer:** It's amazing. It's only been eighteen months and here you are, being acquired by *Yahoo*. And you're also going to be working in *Yahoo*'s London office while finishing up school. Are you going to work on *Summly* and try to improve on it or are you going to focus on other projects?

**Nick:** I'll be focusing on other projects, kind of on the side, as well as completing my A-level exams. But I'm really going to be focusing on integrating summarisation technology at the heart of *Yahoo*'s mobile solution. These summaries that we provide make it a lot easier for users to consume content and information when they are on their mobile screen, and so it's really exciting to be working with *Yahoo* and Marisa Mayer on this.

**Interviewer:** Now, ah, Nick, I read that you started writing code at the age of 12. Did you teach yourself? And are you going to just continue with this to develop more apps?

**Nick:** So, I taught myself to programme using books and some video tutorials and in the long term I would love, you know, to start up a company one day if I'm fortunate enough, but for the foreseeable future I am really excited about working with *Yahoo* to integrate our technology. And also to look at other opportunities in the mobile eco-system.

**Interviewer:** Now Marisa Mayer is certainly shaking things up at *Yahoo* since she's taken the helm of it just six, seven months ago. Now she has said it's all about mobile now. Did you have direct conversations with her? And if so what kinds of things did you talk about?

**Nick:** I was fortunate enough to have had a few conversations with Marisa. I mean, the main thing we were focusing on, the thing that really excites me and the reason why, you know, I wanted to join *Yahoo*, is this: there are opportunities to do big things here. *Yahoo* has hundreds of millions of people visiting their content every month. And so for technology like ours, and indeed any others, it's such a

big platform to be part of, and again with the focus on mobile and beautiful design, I think there is a ton of consumers who gonna love these products.

**Interviewer:** Now, Nick, I am here, based in Hong Kong, and everyone here in Hong Kong knows about Li Ka-Shing; for our international listeners, Li Ka-Shing is Asia's richest man. Now Li Ka-Shing was one of your initial backers for *Summly*. How did his involvement come about?

**Nick:** Right, I released the demo of this application when I was fifteen years old and it was cool doing it. And I had been told that the investors read about this on a few technology blogs. And it was actually featured by *Apple* as one of the apps of the week, and they just called and e-mailed me and after a few conversations I ended up flying out to London and they invested two-hundred thousand dollars when I was fifteen.

**Interviewer:** Wow, what a story! You've got a great story, and great future ahead. Nick, congratulations and thanks again for joining us.

**Nick:** Thank you so much.

## Unit 7

### 2 a Benefits of doing sports

### Track 5

#### How playing sports benefits your body

The victory of the underdog over the favourite team. The last-minute penalty shot that wins the tournament. The high energy training montages. Many people love to glorify victory on the playing field, cheer for their favourite team and play sports. But here is a question: Should we be so obsessed with sports? Is team sports actually as good for us as we make it out to be or just a fun and entertaining pastime? What does science have to say?

First of all, it's well accepted that exercise is good for our bodies and minds and that's definitely true. Exercising, especially when we are young, has all sorts of health benefits, like strengthening our bones, clearing out bad cholesterol from our arteries and decreasing the risk of stroke, high blood pressure and diabetes. Our brains also release a number of chemicals when we work out, including endorphins. These natural hormones, which control pain and pleasure responses and our central nervous system, can lead to feelings of euphoria, or what's often called a runner's high. Increased endorphins, and consistent physical activity in general, can sharpen your focus and improve your mood and memory.

So does that mean we'd just get as much benefit going to the gym five days a week as we would joining a team and competing? Well, here's where it gets interesting, because it turns out that if you can find a sport and a team you like, studies show that there are all sorts of benefits that go beyond the physical and mental benefits of exercise alone. Some of the most significant are psychological benefits, both in the short and long term. Some of them come from the communal experience of being on a team, for instance learning to trust and depend on others, to accept help, to give help and to work together towards a common goal. In addition, commitment to a team and doing something fun can also make it easier to establish a regular habit of exercise.

School sports participation has been shown to reduce the risk of suffering from depression for up to four years. Meanwhile, your self-esteem and confidence can get a big boost. There are a few reasons for that. One is found in training. Just by working and working on skills, especially with a good coach, you reinforce a growth mindset within yourself. That's when you say – even if I can't do something today, I can improve myself, practise and achieve it eventually. That mindset is useful in all walks of life. And then there is learning through failure. One of the most transformative long-term benefits of playing sports – the experience of coming to terms with defeat can build the resilience and self-awareness necessary to manage academic, social and physical hurdles. So even if your team isn't winning all the time or not at all, there is a real benefit to your experience.

Now, not everyone will enjoy every sport. Perhaps one team is too competitive or not competitive enough. It can also take time to find a sport that plays to your strengths. That's completely okay, but if you spend some time looking, you'll be able to find a sport that fits your individual needs.

And if you do, there are so many benefits. You'll be building your confidence, you'll be exercising your body and you'll be nurturing your mind. Not to mention, having fun.

## Unit 10

### 6 a *Darius the Great is Not Okay* by Adib Khorram

### Track 6

Hey everyone. Welcome back to my vlog. Today I am so excited to share with you this new book called *Darius the Great is Not Okay* by a Adib Khorram. This is one of the best – if not *the* best book that I have read this year and I am so excited to share it with you.

So, let's get into the review: This is the story of Darius. And Darius is what's called a fractional Persian. His mother is from Yazd, Iran, and his dad is from the United States. He gets along pretty well with his mom, but his dad and he have a very rocky relationship. At least to Darius it seems this way. They spend exactly *one* hour together – their official "father-son hour" watching *Star Trek*, which is one of his great passions. He also likes *Lord of the Rings* and he incorporates what he loves into the narrative of his life.

There's another place that he struggles in and that is Chapel Hill High School where there are two bullies that constantly pick on him and do horrible things to him. Another thing that he has to contend with is "where does he belong?" He's not sure. He doesn't speak very much Farsi. One night his mother comes in after talking to her parents on Skype (because they live in Iran) and tells the family, "We need to go see Mamu and Babu because Babu has a brain tumor and I don't know when I'll see him again".

His mother tells him on the plane there, "Now, son, where we're going doesn't look at mental health the way that the United States do." ... Because that is the last thing that Darius has to contend with – and that is that he has clinical depression. He immediately falls in love with his Mamu ... He's not even sure if his Babu even likes him ... But then one day, Babu surprises him and introduces him to a young man named Sohrab. Sohrab is a teenager the same age as Darius and slowly but surely, they become really good friends. The way that friends act in these different cultures is also very evident in the way that Darius and Sohrab interact with each other.

Darius is happy. He's like, "I finally found a place that I can really fit in and I finally found a friend that makes me feel good about myself".

Until the bottom falls out. And the book is about what happens to Darius and his friendships and the revelations that he has with his family and ultimately what happens to him when he gets back to the United States ...

I absolutely loved this book and I highly recommend it to any young adult. Well, I highly recommend it to any adult. You will relate to this book because it goes beyond culture and it goes into mental health and friendship and anxiety and family. And these are all things that a lot of us sort of really deal with on a regular basis. So definitely take up *Darius the Great is Not Okay* and I hope you enjoy it as much as I did!

#### Textnachweis Listening tracks (MP3s)

Track 1: based on: Massachusetts Institute of Technology (MIT) – [youtu.be/t0MVqBb0Iss](https://youtu.be/t0MVqBb0Iss) (adapted), Track 2: based on: Rough Guides – [youtu.be/eTN0z3CGprQ](https://youtu.be/eTN0z3CGprQ) (adapted), Track 4: CNN – [youtu.be/KH1dycc2530](https://youtu.be/KH1dycc2530) (slightly adapted), Track 5: TED-Ed – [youtu.be/hmFQqjMF\\_f0](https://youtu.be/hmFQqjMF_f0) (adapted), Track 6: based on: Naomi Bates – [youtu.be/bsdIOopdj30](https://youtu.be/bsdIOopdj30) (adapted)

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