

## Listening text transcripts

### Unit 1

#### Track 1

page 11



#### This is what I look like.

#### Track 1a

You are going to listen to four teenagers describing themselves. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, choose the correct answer (A, B, C or D) for each question (1–7). Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.

#### Track 1

##### Speaker 1

My name is Ayse, and I'm fifteen years old. I would describe myself as a rather tall person since I am taller than any of my friends my age. I got my mother's dark hair and my father's round face. I always wear my hair in a bun because I wear a hijab, and my hair is pretty long. I love loose hijab styles, as this suits my round face best. My nose is very straight. Out of all my features, I like my hair and my eyes the most. My friends even say that my dark eyes make me look kind and interesting. What I don't like is the fact that I am so tall – all the other girls I hang out with are smaller than me. I hope I don't grow that much more.

##### Speaker 2

My name's Marco, and I'm a pretty average fifteen-year-old guy, honestly. My mother calls my hair "brunette," which makes it sound way better than it is. To be honest, I really don't like the colour of my hair. I think it's the most boring shade of brown you could imagine. I like to wear my hair short, because I love wearing baseball caps. I love wearing them so much that I collect them, and I have more than twenty different caps at home. My eyes are greenish, and I actually like the colour very much. In my opinion, my eyes are my best feature. My skin gets tanned pretty easily in the summer, especially when I spend a lot of time outside doing sports or hanging out with friends. Overall, I would say that I'm quite happy with my appearance.

##### Speaker 3

My name is Lucia, and I'm fourteen years old. I'm a pretty athletic person, and I'm proud of my body and what it can do, especially on the volleyball court. My eyes are grey, which my best friend says makes me look mysterious. I don't really know how grey can be anything but boring, but it's nice that someone thinks my eyes are interesting. I have blonde, curly hair, which is quite difficult to handle and style sometimes, and that's why I often wear it pulled back in a ponytail. One thing that I particularly like about myself is that I'm very tall – I'm actually taller than both of my parents. When I was little, they always made jokes that I would never stop growing.

##### Speaker 4

My name is Paul. I'm fifteen years old. I would describe myself as a pretty large guy, but since I'm so thin, I don't look that big. I have blue eyes that sometimes seem to change slightly based on the colours of the clothing I wear: sometimes they look dark bluish-grey. But normally they stay kind of a light blue. I have light brown, almost dirty-blond hair – my friend says it's the colour of wet sand, which I guess isn't the nicest description, but I like the beach so it's okay that he thinks that. My hair is also quite long, so I wear it in a ponytail most days. I'm pretty proud of

my hair. My least favourite part of myself is my nose. It's pretty flat and doesn't really look that great from the side, in my opinion. But I think people mostly look at your eyes first, and hopefully that takes attention away from my nose.

## Unit 2

### Track 2

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### This is our morning routine

#### Track 2a

You are going to listen to two teenagers speaking about their morning routine. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, choose the correct answer (A, B, C or D) for each question (1–6). Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.

#### Track 2

Hey guys, it's Marta. Welcome to my school morning routine. Most mornings I wake up around 6:30 and the first thing that I do is make my bed. Just being real with you guys, some days I'll sleep in, miss my alarm, and then won't have time to make my bed. Then I go into the bathroom and wash my face. If you're wondering why I don't take a full shower in the morning, it's just because I prefer to shower at night, but if I don't have time to shower the night before then I'll do that in the morning as well. Although I sometimes sleep in, I can say that I am a morning person. Right after getting up, I am ready for the day.

Then – not every day but most days – I also like to do a 10 minute or so yoga session in the morning just because I find it feels really nice to start the day doing a little exercise.

After stretching, I head over to the kitchen to make some breakfast, which really just depends on what I feel like that day. I normally have bread with jam or marmalade, or a croissant and a cup of green tea.

I also usually catch up on social media while I eat my breakfast; I always check my *Instagram* and *TikTok* accounts. After breakfast, I obviously put the dishes I used away and then go brush my teeth and hair. After brushing my teeth, I go back to my room and get changed into an outfit for the day. Once I've got changed out of my pyjamas, I do my make-up. This usually takes me two minutes or so. I don't do much, just the basics ... foundation and mascara. Once I'm finished doing my make-up, I pack up my bag, throw on some shoes and a jacket and then leave to go to school.

Hey y'all, I'm Timo. I'm going to tell you a bit about what I do in the morning.

I get up at 7:00 am because I have to be at school by 8:00. I always make sure I go to bed early – usually at around 10 pm – so that I don't miss my alarm. I hate being tired in class. To be really honest with you, I'm not really a morning person. Normally I make my lunch and lay out my clothes for the day the evening before, so that I don't even have to think about it when I get up – I can just go. I know that some people think laying out my clothes is crazy, at least this is what some of my friends say, but for me this works out quite well.

I normally get out of bed, grab my towel, and have a shower and brush my teeth in the bathroom. Sometimes I listen to music while brushing my teeth, since it gets me in the right

mood for the day. Sometimes I do push-ups in the morning, since that also helps wake me up, and then I go into the kitchen to find something for breakfast. Most days, I just eat cereal because it's quick and easy. Some days, I don't have breakfast at all; it really depends on how I feel. My mum doesn't like that because she says breakfast is the most important meal of the day. After breakfast, I pack my books and my lunch in my backpack and make sure I have my USB drive and keys in my pocket. Then I put on my sneakers and a sweatshirt and make my way to school.

### Unit 3

### Track 3

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## Ten tips that help you start doing tasks in time

### Track 3a

You are going to listen to some students giving tips on what to do if you do not start a task until the last minute. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, answer the questions (1–6) using a maximum of four words. Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.

### Track 3

**Sophie:** Hi guys, we are Sophie, Max and Nathan, and it's time for the top ten tips to stop avoiding the tasks you need to do.

**Max:** Tip number one: Make sure that you do your homework or study for tests in a quiet area and that you are not listening to sounds that take your attention away from what you're supposed to be doing.

**Nathan:** Tip number two: Make sure to eat healthy snacks while studying. What about a cup of tea or a smoothie and some fruits or nuts?

**Sophie:** Tip number three: If you like music, make a *study playlist*. After a while just hearing the music will help you get to work.

**Nathan:** Tip number four: Go somewhere else! If you are a person who avoids doing work, changing where you work can help! Pick up your computer or notes and go to a coffee shop, a library or a park. Just make sure you're there to work, not to hang out.

**Sophie:** Tip number 5: Exercise. Don't just sit there, do something that gives you energy like going for a jog or dancing to your favourite song. This might get you going so you can quickly continue with your schoolwork.

**Max:** Tip number 6: Make sure you get enough sleep! You may need more sleep and not even know it. A 20-minute nap can really help if you feel tired and cannot concentrate.

**Nathan:** Tip number seven: Lots of us think a lot of negative thoughts like "I'll never get this paper written" or "I'm just not a good writer". Change those negative thoughts to positive ones like "I can sit down, concentrate and get this done" or "I have good ideas that I can communicate to other people".

**Sophie:** Tip number eight: Just give yourself a break. Instead of getting frustrated with yourself and stressing about not doing what needs to be done, just avoid it a little bit in a controlled way. Call up a friend or play a game – just make it quick. When you let yourself do what you

want to do, at least for a little bit, it can actually help you. Just promise yourself that when you're done, you'll get back to work. Then follow through.

**Max:** Tip number nine: Get your friends to support you. I was avoiding my Maths homework like crazy, so I asked my best friend Medina to call me every 20 minutes to make sure I was working and see how far I got.

**Medina:** I got to annoy him and I got my own work done at the same time.

**Sophie:** Tip number 10: Focus on fun. Just think about all the good times you'll be having once you get your work out of the way. Like a day at the beach or an afternoon with your best friends.

**Max:** What are some things you do to deal with avoiding school assignments? What works for you?

## Unit 4

### Track 4

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## This is my favourite free time activity

### Track 4a

You are going to listen to three teenagers speaking about their favourite free time activities. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the speakers (1–3) with their statements (A–J). There are two extra statements that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.

### Track 4

#### Speaker 1

Looking for hidden places in the middle of cities is my favourite hobby. I enjoy exploring old buildings and forgotten places because it's thrilling. I bring my camera with me to take pictures of the interesting things I find. It's important to be careful, though, because it can be dangerous. I always make sure to wear good shoes and clothes, bring a first aid kit, and explore with friends. What I love about my hobby is discovering the beautiful hidden parts and history of the city. I find it interesting to learn about the past of the places I visit, and to imagine what they were like when they were still in use.

In addition to the adventure, exploring old parts of the city gives me a chance to practice photography. I enjoy taking pictures of the places I visit and sharing their stories with others on my social media account.

Going on these adventures is a hobby I really enjoy and would recommend to anyone who enjoys adventure, history, and photography. It's a unique and exciting way to see the world around us and imagine the past.

#### Speaker 2

Upcycling has become a part of my daily life, and I love finding new ways to reuse items and make something new out of something old. I've upcycled everything from old T-shirts into shopping bags to turning an old wooden ladder into a unique bookshelf. I started with easy upcycling ideas and projects about three years ago. There are so many ideas you can find on social media platforms that everyone can try. You don't need much Do-it-yourself-experience.

One of the things I like about upcycling is that I can create something beautiful and individual from items that would have ended up in the rubbish. It's also a great way to create personalised gifts for friends and family.

Upcycling has also taught me to be creative. Instead of buying something new, I look for ways to reuse what I already have. It's a good feeling to know that I'm helping to reduce waste and to save the environment.

Overall, upcycling is a fun, satisfying and environmentally-friendly hobby. It's also taught me to be creative. And the best thing is: It doesn't cost much. You can even save some money on new things that you don't have to buy anymore!

### Speaker 3

*Ninja Warrior* training is a fun and challenging hobby that requires physical and mental training to deal with specific athletic challenges. It can include weightlifting, obstacle courses, and parkour training to make you stronger and improve your coordination and problem-solving skills. It is not as difficult as people think. Of course, you need to be strong but knowing how to get through the obstacles is at least as important. However, it can be dangerous as well, for example when you want to complete a challenge and you are not fit enough or do not have the right technique to do so.

*Ninja Warrior* training is also an activity where you can be social, as you can attend classes and train with others who have the same interests. What I like most about doing *Ninja Warrior* training is that I feel proud, happy and satisfied after having finished a training session or workout.

*Ninja Warrior* training helps you improve your fitness levels, your physical skills, and your ability to focus on a challenge. It is a fun and exciting way to stay active and healthy, while pushing oneself to keep doing better. Whether one is a beginner or an experienced athlete, this hobby is a great way to meet new fitness goals while having fun.

## Unit 5

### Track 5

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## The most expensive thing I have ever bought

### Track 5a

You are going to listen to Sandro talking about the most expensive thing he has ever bought. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, complete the sentences (1–6) using a maximum of four words. Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.

### Track 5

Hi, my name is Sandro. I'm here today to tell you about the most expensive thing I have ever bought. It was the *Nike Air Jordan* sneakers. Every celebrity and cool guy had that sneaker at the time. They were like a status symbol and super trendy, so it was basically a "must-have" if you wanted to be cool as well. The shoes cost around 400 €, and I saved for months and months. I used up almost all of my savings to get them.

When I finally went to the store to buy them, my favorite color was not available. The assistant at the shop desk said I could order the shoes, but that they would probably take around 3 weeks to arrive. I really didn't want to wait that long, but I didn't want to give up on getting the shoes, either, so I just left the store to think about it.

I came back pretty quickly to look at the other colors. They had only one pair that was my size, and the color was not that great, to be honest. I left the store again and went to get lunch at a burger place. While I was there, I called a friend and told him everything. He looked at the one color that was available and told me he really liked it and that I should definitely buy it because everyone had *Nike Air Jordans*. After that, I went back to the store one more time and looked at the pair. I really wanted a pair of shoes that day, so I ended up buying them.

The next day, my classmates immediately noticed I had new sneakers. Some people liked the color, but other people hated it. Those classmates even told me they never would have bought those sneakers in that colour and asked me if I was crazy. Because I didn't really like the color 100 % myself, this was really frustrating to hear. I wasn't happy about buying the shoes so quickly. To make it even worse, I couldn't return the sneakers because they'd already been worn. I also didn't wear them very often because I was mad about buying them and didn't feel good having them on my feet.

After a couple of months, I decided to resell them on a second-hand platform, and got pretty lucky. Someone bought them for 300 €, since they had hardly been worn at all. I definitely learned from this experience though. In the future, I'm only going to buy something if I absolutely love it. If I'm unsure or don't like it 100 %, I'm not buying it.

## Unit 6

### Track 6

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## Life in tiny homes

### Track 6a

You are going to listen to an expert talking about tiny homes. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, choose the correct answer (A, B, C or D) for each question (1–5). Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.

### Track 6

Good evening and welcome to my talk about tiny homes. First off, a tiny home is, indeed, tiny. It is a very small house, often 35 square meters in size or even smaller. It's available in all shapes and different designs, and it's designed to be comfortable and safe at minimum cost. A tiny house costs between 10,000 and 30,000 dollars to build yourself and twice as much if you have a builder build it for you. If you mention the term *tiny house*, many people will say, "Oh! I love tiny houses." Very few people, however, actually live in them. Since I first heard about tiny houses, they've always fascinated and interested me.

Last year, I had the chance to do a survey among people who actually live in tiny houses for my boss. I wanted to find out about the pros and cons of life in a tiny house. I spoke to many people in person and on social media about their living experiences in tiny homes. Most of the people I interviewed lived in rural areas, with only a minority located in the centre of a big city.

Most were between the ages of 20 and 55-plus, and were couples or singles. The majority were women, of which just a few had children. Nearly all had built their own tiny house, only some of them had bought their homes from tiny house builders.

But how do these people feel about life in a tiny house? – Well, from all the people I had interviewed, the majority only had positive things to say about tiny house living. One of them said that he loved living in it; from his point of view, it was much better than living in a caravan due to the easy access to one's shower, kitchen, composting toilet, and – most important of all – the complete independence and freedom.

Other positive experiences mentioned were cost savings and having a lower carbon footprint. Nearly all of the people interviewed pointed out how easy it was to keep a tiny house clean and that they are economical when it comes to heating or cooling it. One said that cleaning the house only took them approximately half an hour.

Those who were not so positive about their life in a tiny house mentioned downsides such as a lack of privacy, problems with getting bank loans and difficulties with having young children in such a small space.

All in all, it can be said that tiny houses are very easy to set up and maintain; they're flexible, less expensive and relatively sustainable! Thanks for listening! *[Applause]*

## Unit 7

### Track 7

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## My diet, my choice

### Track 7a

You are going to listen to three students speaking about their different eating habits. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the speakers (1–3) with their statements (A–H). There are two extra statements that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.

### Track 7

#### Speaker 1

Meat was the centrepiece of every meal in my family.

Well, we all know that ideas and concepts about how we can live sustainably on this Earth have changed. This is probably unsurprising given that the world's population has grown significantly with a nearly 30 % increase. I am not a sustainability activist, but as a teenager I also somehow feel responsible for our future on this planet.

There has been a serious amount of hype in the media supporting vegetarian and vegan diets in recent years. You can think of it as you wish, but it's a fact that global annual meat consumption increased from 20 kg per person in the 1960s to 35 kg per person at present.

Yet this subject remains a dilemma for me. I am a meat lover and I have grown up not really knowing any alternative. I'm sure I'm not alone here. I don't want to stop eating meat, I feel like there must be some kind of compromise that we can make.

If we know that eating meat every day is unsustainable, then why do so many of us still do it?

### Speaker 2

My name is Mika and I have been vegan for five years now. I am vegan because I choose to be. I love being vegan because I am not causing harm to any animals. I am not contributing to the cruelty of animals by buying animal products.

At school my friends have all been extremely respectful of me. They have never teased me for being vegan and whenever I go out with my friends, they always choose a vegan-friendly place.

Finding vegan food is not hard, because there's a vegan version of practically everything. Sometimes people will ask me simply, "Why are you vegan?" I usually just say, "I'm vegan because I do not want to support the cruelty of animals."

I also love the health benefits of being vegan. I try to eat a healthy, well-balanced vegan diet by eating greens, fruits and vegetables, making sure I consume enough nutrients like vitamin D and iron. I also take B12 supplements. Honestly, I never feel like I am missing out on anything.

### Speaker 3

For most of my life, I've been extremely picky when it comes to meat. I don't really know where this pickiness came from, but it has definitely affected my eating choices as I've grown up. In the past few years, I realised I prefer vegetarian options over meat options when I'm cooking or going out. The only food with meat I order are burgers, chicken, and sometimes sausage or turkey. Whenever someone asked me if I'm vegetarian, I wouldn't really know how to answer. I'd say something like, "Most of the time, but I still eat some meat."

I recently learned that this was called "flexitarian", which is a term I'd never heard of before.

Flexitarian basically means you're a flexible vegetarian. Your diet is mostly plant-based but sometimes you eat meat too. I thought this was cool because I used to think that you can only be a full vegetarian or not one at all.

## Unit 7

### Track 8

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### At an Austrian restaurant

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

**Sam:** Hello, my name is Sam O'Sullivan. Do you speak English?

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

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

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

**Sam:** We would need the reservation for Sunday, the 24<sup>th</sup> of April.

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

**Sam:** We would prefer 6:30 pm.

**Server:** Okay and for how many guests?

**Sam:** There will be five of us.

**Server:** Alright. I can seat you at 6:30 on Sunday, if you would be so kind to give me your name?

**Sam:** Thank you. My last name is O'Sullivan. Thank you for taking the reservation.

**Server:** Mr O'Sullivan, we will be expecting you at 6:30 this Sunday.

**Sam:** We will be there. Thanks for your help.



## My family and I

## Track 9a

You are going to listen to four teenagers talking about their relationships to their parents. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, complete the sentences (1–6) using a maximum of four words. Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.



## Track 9

## Speaker 1

I'm Sarina and I'm very happy to have really nice parents who care a lot about me and my life, though to be honest, we do quarrel quite often, mostly about my little brother. He is five years old, and my mum and I often have an argument because I have to look after him regularly. My parents feel that this is my job as part of the family.

But sometimes I don't feel like looking after him because I don't have that much free time anyways. I have to study for school, do tons of homework, prepare presentations and I also want to meet up with my friends. So sometimes I simply have no time for him, but my mother doesn't really understand this. This makes me really sad. But that's life, isn't it?

## Speaker 2

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

## Speaker 3

Hi. I'm Nele and I'm 15 years old. I do find it difficult to talk to my parents because they put a lot of pressure on me. When something is on my mind I usually talk to my friends about it. I don't even have to say much, my friends know me quite well and immediately see what's going on in my mind when they look into my eyes. I have also got one brother, who is one year younger than I am, and we don't get on well with each other. We argue a lot. Kind of everything turns into an argument. It's really hard to get along with him. My parents are also annoyed because of our arguments, and they often say to me: "You are the older one, so don't be so stubborn. You should be the one who gives in first." I hate it.

## Speaker 4

I'm Ben. So, well, being an only child has its pros and cons. The pros are that your parents take on the role of "friends" or siblings from time to time, and they become your friends. Many people also think that as an only child you get lots of presents all the time, but this was and is not true for me. The cons are that when I was younger, I sometimes felt lonely when my friends were away and I had nothing to do except sit and think. But my parents really tried to make sure that I hardly ever felt bored. I was a member of a few different clubs where I spent my free time

and my dad also spent a lot of his time with me. I think that's the reason why we have such a good relationship today. Anyways, for me being an only child isn't too bad.

## Unit 9

### Track 10

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## One of *TikTok's* most famous content creators

### Track 10a

You are going to listen to an interview with Khaby Lama, one of *TikTok's* most followed content creators. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, choose the correct answer (A, B, C or D) for each question (1–6). Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening, you will have 45 seconds to check your answers.



### Track 10

**Interviewer:** Good morning and welcome to today's program about Khaby Lama, one of the most followed *TikTok* creators on the planet.

**Khaby Lama:** Hey guys! Thanks for having me.

**Interviewer:** Hi Khaby! How's your day been?

**Khaby Lama:** I'm working but mostly chilling. It's an easy day, but only today. Every other day is so busy.

**Interviewer:** What is your daily life like now and how does your family feel about your success?

**Khaby Lama:** I'm always traveling, and I love it. My family is very happy for me. Every now and then I take my brother traveling.

**Interviewer:** How old is your brother?

**Khaby Lama:** Twenty-four! It's hard for me to remember because I have a lot of them. Three little brothers, and one big brother. Don't ask me their ages, please! [Laughs]

**Interviewer:** I won't! You were dubbing *Black Panther* and recently collaborated with Snoop Dogg, and more. Is there anyone that you feel nervous to work with?

**Khaby Lama:** I generally feel at ease. I'll say that I was a bit excited, a bit nervous, when first meeting Usain Bolt and Snoop Dogg. Most of all Bolt, probably because as a little boy my dream was to become an athlete and be better than him.

**Interviewer:** When you became the No. 1 most-followed creator on *TikTok*, it was a big deal for a lot of reasons. It's almost always white creators on top, so it's so nice to see a creator of color. Do you feel like you're a role model for young black men?

**Khaby Lama:** I think so. I think that my hope is to influence not only people of color but everybody.

**Interviewer:** In terms of how you want to influence people, I saw that you had posted a video of actors that you admired. Is that your goal, to become an actor?

**Khaby Lama:** Becoming an actor has always been my dream. Ever since I was a little boy, my hero was Will Smith in *Fresh Prince of Bel Air*. Right now, I'm studying acting with a teacher and learning English. My dream is to become an actor and make people laugh.

**Interviewer:** Talking about your success story, you're still very young, and you joined *TikTok* during the pandemic. How did you become so famous?

**Khaby Lama:** Well, during the pandemic I lost my job as a factory worker in a town in northern Italy. Despite my father's pleas to apply for other jobs, I decided to post videos on *TikTok* under the name Khaby Lama.

**Interviewer:** ... and you became the most popular creator on video-sharing platforms this year with over 150 million followers. So what do you actually do on *TikTok*?

**Khaby Lama:** I think that maybe my secret of success is that I'm somehow able to show my – some say – eccentric sense of humor and achieve global success without saying a single word.

**Interviewer:** Your popularity opened doors to brand deals, sponsored content and feature offers. So you said you wanted to act, and are also working with *Hugo Boss*. Is your dream project an acting role or more fashion-based? And can you give me a hint about what you're working on now?

**Khaby Lama:** No! I have some projects, but I can't give any hints. As for my dream project, I'm interested in both! Just keep following me. [Laughs]

**Interviewer:** Thanks, Khaby! [*Fade-out*]

## Unit 10

### Track 11

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## Workshop safety rules

### Track 11a

It is your first time in the school workshop. Before you are allowed to start working you are going to listen to some safety instructions.

First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, complete the sentences (1–6) using a maximum of four words. Write your answers in the spaces provided. The first one (0) has been done for you.

After the second listening, you will have 45 seconds to check your answers.



### Track 11

Students, please listen carefully to the following instructions in order to avoid accidents and injuries in the workshop. Before you can use equipment and machines or attempt practical work in a workshop you must understand the basic safety rules.

First of all, it's extremely important to listen carefully to the teacher and to follow the instructions.

It's forbidden to run in the workshop as you could bump into another student and cause injury or a serious accident. It's also essential that you know where the emergency stop button is positioned. If you see an accident happen, you can push this button to turn off the electrical power to the machine before trying to help anyone who was involved. Never try to repair or work on a machine while it is still connected to the power source.

Always wear protective gear in the workshop, depending upon what work you are doing. Safety clothing and sturdy shoes are also a must-have for each student. Sneakers are not suitable and students wearing them aren't allowed to participate in the lessons. Welding or safety glasses are also mandatory while using tools or machines that may release sparks and/or cause pieces of material to break off and fly around.

When you are learning how to use a machine, listen very carefully to all the instructions given by the teacher. Never switch on or operate a machine without telling your teacher.

In order to avoid accidents, keep your hands away from the moving parts of machinery equipment. Pay attention to the safety information listed on the machines themselves – fluorescent signs list instructions for troubleshooting machine repair and operation. Use hand tools appropriately and carefully and ensure that any damage to machines or equipment is immediately reported to your teacher. Replace all tools in their original places in the workshop after use to allow the next students to find them easily.

Make sure you follow these rules to maximise safety and efficiency in the workshop!

## Unit 10

### Track 12

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#### Adem's internship experiences on the building site

My name is Adem Abadi and I'm 16 years old. I attend the vocational college for building construction in Salzburg. Last summer I did an internship at the building site in the Irish subsidiary of a well-known Austrian construction company. It was my first internship abroad and I worked there for four weeks.

I really enjoyed working there because of the atmosphere and my colleagues. I got to know many people from many different countries and we got on really well, too. Sometimes after work we went out for dinner and talked about the day at work and made jokes or talked about what we were planning to do at the weekend.

Additionally, my boss was very understanding and helpful, and I felt that I learned a lot for my future career as a site manager.

There was only one person on the site who was quite strict, and that was Mrs Shawn, the Health and Safety Manager. She made sure to tell us that workplace safety was extremely important, as it helps prevent injuries, financial losses on the side of the company, property damage, or even death, in the worst-case scenario.

She always said that safety at work also increases staff motivation, because if the staff feel safe and have confidence in the company, they feel valued, which is then good for the quality of the company's products and services.

Regarding safety, there were six major rules that had to be followed on site. These were:

- 1 Always wear the required Personal Protective Equipment (PPE).
- 2 Keep your work area tidy.
- 3 Think safe and act safe.
- 4 Follow safety signs and wear protective clothing.
- 5 Use the right equipment for the task.
- 6 Report any problem or accident as soon as possible.

I would say the best day of my internship was the day when the construction of the new office building was finally completed; it was such an amazing feeling to see a finished building standing in front of me, and I felt really proud that I had been a part of it and had learned so much. While I was standing there, I finally felt like a career as a site manager was the right choice for me. Now that I'm back in school, I'm even more motivated and inspired to keep working and studying hard so that this can become a reality! Having practical experience with a career I'm interested in really made a difference, and I'm really glad I chose to give this internship a try.

**Credits:** Track 2/Marta: Anna McNulty – <https://www.youtube.com/watch?v=xTiAHt9aDnU> (22.03.2023, adapted) • Track 3: N.N. (HumanRelationsMedia Company) – [https://www.youtube.com/watch?v=ZLVtIUj2\\_VE](https://www.youtube.com/watch?v=ZLVtIUj2_VE) (30.04.2023, adapted) • Track 6: Heather Shearer – <https://theconversation.com/life-in-a-tiny-house-whats-it-like-and-how-can-it-be-made-better-110495> (13.01.2023, adapted) • Track 7/Speaker 1: Dan Turley – <https://dan-turley.com/can-we-eat-meat-sustainably/> (19.01.2023, adapted) • Track 7/Speaker 2: Edan Borbiro McKinnon – <https://www.veganeasy.org/veganparents/edan-mckinnon/> (19.01.2023, adapted) • Track 7/Speaker 3: Markus Spiske <https://www.hercampus.com/school/ucsb/what-it-means-be-flexitarian/> (20.01.2023, adapted) • Track 9: N.N. (KidsHealth.org) – <https://www.youtube.com/watch?v=beuvyZfBFGQ> (16.01.2018, adapted) • Track 10: Elizabeth de Luna – <https://mashable.com/article/khaby-lame-interview-tiktok> (02.02.2023, adapted) • Track 10: Nathan Hew – <https://www.studyinternational.com/news/khaby-lame-lessons-for-students/> (02.02.2023, adapted) • Track 11: V. Ryan – <http://www.technologystudent.com/health1/safetyr1.htm> (05.04.2020, adapted)