

Listening text transcripts

Listening 1d

Track 1

page 89



The world's smallest school

Adam Miller: What comes to your mind when you hear the word *school*? Many of us would say things like *a huge building, many teachers and even more students*. In a village in Italy things are different – there an eight-year-old girl is getting one-on-one tuition at school – because she is the ONLY pupil.

The school in Alpette, Turin, is believed to be the smallest in the world, and is only attended by eight-year-old Sofia Viola, who is in year four.

Sofia is taught all her subjects by her 33-year-old teacher, Isabella Carvelli, who is, naturally, the only teacher at the school. Not surprisingly perhaps, Sofia admits that she sometimes feels lonely in class, and imagines there are other pupils.

Sophia: I take a jacket and put it on a chair next to mine, then I open a book on the desk and I behave as if there is someone else there.

Adam Miller: Sofia hasn't always been the only student in the school, which used to be the city hall. Last year there were four older pupils, but they moved on when they finished fifth grade. In September, she will be joined by new pupils from nursery.

Sofia's favourite subjects are Italian and English, and she loves school outings to the surrounding mountains. She also gets to visit a larger school twice a week where she socialises with other children her age.

Despite the low attendance, officials say they will keep the school open providing there is at least one pupil, and the school is taught as if there were a classroom full of children.

Isabella Carvelli: Everything is exactly the same – except it's a little calmer than a normal school. When I was asked to teach in Alpette I didn't know where it was or even that it had a school. But I accepted the position as a teacher, and it has been an experience that has given me so much.

Adam Miller: Sofia's parents, Fiorella Vincenzi, 50, and Giuseppe Viola, 57, are more than happy with the set-up.

Giuseppe Viola: It is great that she is getting one-on-one teaching at the moment. It was a bit of a strange situation in the beginning but, next year, there will be other pupils so she won't be so lonely anymore. The only thing which will be completely new for Sofia is that she is then no longer the only student her teacher Ms Carvelli has to focus on. This will certainly be a new situation for Sofia then.

Adam Miller: We will definitely be back at Alpette next year to find out what's going on inside the smallest school in the world. Adam Miller for *Huffington Post News*. [Fade-out]

[Source, adapted: https://www.huffingtonpost.co.uk/2014/08/14/inside-the-world-s-smallest-school-girl-8-is-the-only-pupil-at-italian-primary-school_n_7326724.html; author: Liz Stansfield 15072023]

Listening 1e

Track 2

page 90



How sports influence American teens

Jasper White: Kids these days are busy. Even when school's out and it's time to close the books, summers often get filled up with sports. But over the years that's changed a bit. According to a current report, twenty-seven percent of parents say their children are not interested in playing sports anymore. And just like us adults, screen time can take up a big part of the day. Kids between 8 and 12 have about 4 to 6 hours of screen time and teens have up to 9 hours. Now, some of you are still playing sports and we asked you what you're up to and why.

Lucia: My name is Lucia. I'm 15 years old and I am from Boston, Massachusetts. My favorite sport is gymnastics. The reason why I love gymnastics is because it requires both your mind and body. I also really like how I can make my coaches work with me and help me.

Robin: My name is Robin. I play soccer. What I like about soccer is that I regularly see my best friends – we train two times a week and on the weekends we usually have one game. But my favorite part about soccer is my coach. He has a great personality.

Jasper White: Lucia, Robin, thanks for sharing that. We brought together a group of experts to talk about what youth sports look like today. Katrina Piercy is with me in studio. She's a registered sports nutritionist. Katrina, welcome to the program.

Katrina Piercy: Thank you so much for having me.

Jasper White: On the line with us is Wayne Moss. He's the executive director of the *National Council of Youth Sports*. Wayne, welcome.

Wayne Moss: Hey, thank you so much. It's good to be here.

Jasper White: Wayne, let's just start with the basics. How does doing sports influence how a child grows?

Wayne Moss: Oh my God, that is such a great question. And, you know, the development that takes place from participation really is at a number of levels. Obviously, there's the physical development that takes place. And I love to hear it when young people are talking about participating in multiple sports because each of those sports are different. Young people learn different motor skills and this certainly helps them in that respect. And we know that there's a direct link between sports and learning.

Jasper White: Now, not all sports are done in a team. You have sports like tennis, boxing, certain kinds of martial arts that are done solo. Katrina, does a team sport affect a child differently than doing a solo sport?

Katrina Piercy: Not necessarily. All sports can count and can bring some of those advantages that Wayne just spoke about. So, it's really important for kids to find different – or to try different – things so they can find something that they enjoy. Some kids might really enjoy being around friends, and some might prefer doing sports solo. So, I think it's important for them to do what we call "sports sampling," or trying different sports out 'til they find something that they may enjoy, not focusing on just one.

Jasper White: How has the popularity of certain sports changed over time?

Wayne Moss: You know, I think we've seen our traditional sports stay popular and when we look at traditional sports, we look at basketball and soccer, football. Volleyball, for example, has grown quite a bit more popular in recent years.

Jasper White: Are there any sports that are not that popular among teens anymore?

Wayne Moss: I would say bat and ball sports – baseball and softball. Those have become a little less popular, but I like to think that some of that is because of the hot weather we have here in Oklahoma City. We just went through a week of extremely hot temperatures and people usually decide to move to basketball the next summer when we have something like that. According to research, current trends and / or national sporting events do not have much of an influence.

Jasper White: Understandably. How have you seen interests in certain sports change over time?
[Fade-out]

[Source, adapted: <https://the1a.org/segments/how-youth-sports-affects-americas-kids/>; author: Jorgeline Manna-Rea 15072023]

Listening 1f

Track 3

page 71



What we spend our money on

Speaker 1

Right now I'm spending my money on clothes and food. The school I go to is a fashion design high school, so I'm interested in shopping. If I want to look girly, I go to *Forever 21*, *H&M*, or *Gap*. If I wanna look more masculine, I could still shop in those stores, but I could also go to a store like *Urban Outfitters*.

I prefer to find sales – I'm that person. Sales are the way. I'm a teen, I don't have money!

Since I go to a fashion high school, some students like to get dressed up for school. The culture is to dress up when you want to. There's no shame. I have friends at other schools who are like, "This isn't a place to dress up. You're going there for an education." But at my school this is different. Some students wear ankle boots that are close to three or four inches high. I have a pair that I wear to school. They're not the comfiest, but they're cute.

Speaker 2

I don't want to support the whole "buy stuff to buy stuff" mentality, but then I end up doing that because we've all been socialized into the culture of buying things as a social activity or to forget about the stress we have. Definitely *Goodwill*, but I've also been trying really hard not to shop for clothing because I do have a lot of clothes. I will admit that I bought some overalls from *Old Navy*. I had a coupon.

Both of my parents are pretty crafty, so when I was younger my mom made all of my clothes. She doesn't make the majority of them anymore, just a skirt or dress here and there. I feel like making clothes is a fun way to save the environment while also being creative, so I sometimes sew things for myself. It's also really fun to be able to wear something you've made. I use freezer paper – like wax paper but only waxy on one side – to make stencils for T-shirts. My two favorite things I've made are a T-shirt and a pair of *Converse* I sewed colourful **threads** onto.

Speaker 3

I play tennis and run cross country, so most of my spending goes toward those two sports. I'm buying a lot of sneakers. I like buying clothes that allow me to play, no nylon fabrics and stuff like that; clothes that are breathable and light. Or fancy new racing shoes – I recently got some amazing electric blue ones from a new start-up that makes shoes out of recycled plastic bottles. I'm one of those guys who spends nearly all of his money on athletic stuff rather than trendy clothes.

Every time I want to buy things – like for example the *Apple* watch, which I recently bought, I try to get rid of my old stuff. I try to get money for my old tennis racquets that I don't use any longer, but that are still in very good condition. When I have sports equipment in good condition, I can almost always sell that off and earn a little money from it.

It feels good to buy things I want with my own money – I don't want to always ask my parents if they can buy me stuff. I want to decide on my own.

[Source, adapted: <https://www.vox.com/the-goods/2018/9/24/17861398/gen-z-shopping-habits-juul-glossier>; author: Eliza Brooke, 17072023]

Listening 2d

Track 4

page 66



One of the world's tallest wooden skyscrapers

Mjøstårnet **is one** of the world's tallest wooden buildings, standing at 85 meters tall and made from trees in Norwegian forests. It houses 18 stories of restaurants, apartments, and hotel rooms. In the past, building tall structures out of wood was considered impossible because wood lacks the strength needed to support such heights and withstand strong winds. However, with the invention of glue laminated timber, called *glulam*, in the early 1890s and cross-laminated timber (CLT) a century later, engineered wood can now compete with traditional building materials.

CLT is made by gluing boards together in alternating directions, providing strength from all sides, while *glulam* is made by gluing boards together in the same direction, creating massive beams with tensile strength similar to steel. Both materials offer advantages over traditional building materials, such as being one-fifth the weight of concrete, requiring smaller cranes, foundations, and fewer workers during construction, and allowing for faster, quieter construction with less waste.

CLT and glulam buildings are also more resistant to natural disasters like earthquakes and fires. Wood panels can be easily replaced if they crack or burn, while concrete and steel may suffer permanent damage, and are more costly or difficult to replace quickly.

But perhaps the biggest benefits of CLT and glulam are outside the construction site. Building construction is responsible for 11 % of annual global carbon emissions, and the production of steel, concrete, iron, and glass are major contributors to that figure. Timber, however, is a renewable resource and has a positive impact on the environment because it can be made carbon neutral. Wood also has low thermal conductivity, making it easier to heat and cool buildings, with less energy waste. Even though CLT and glulam are not as strong as steel or concrete, they still offer significant benefits, and buildings under 30 stories built from wood could reduce the carbon footprint of those structures by more than 25 %.

[Source: adapted: https://www.ted.com/talks/stefan_al_could_we_build_a_wooden_skyscraper/transcript?language=en, Stefan Al, 19.03.2023]

Please note:

BE: storey, pl. storeys – AE: story, pl. stories

Listening 2e The many reasons to eat a plant-based diet

Track 5

page 67



Hi, I'm Derek Sarno. I'm a vegan chef. I use plants to create delicious dishes without using any animal products. I believe that eating plant-based is important because it helps reduce animal suffering and the impact of meat production on the environment. I cofounded a plant-based food company called *Wicked Kitchen*.

In case you're wondering what plant-based and vegan mean, it's super simple. Vegan and plant-based foods are entirely free from animals and from their byproducts. In other words, no animals are being harmed or killed. No meat, no fish, no dairy milk or eggs are used at all. Just amazing plants. Vegetarianism also doesn't involve animals or fish, but allows dairy and eggs, the byproducts taken from animals.

Here are a couple of vegan things that I've made recently. A steak? No way. Actually, there are no T-bones about this. My steaks are made of mushrooms. The Greek-inspired souvlaki steak sandwiches are made with delicious brown oyster mushrooms. Grilled kebabs? They're great on the barbecue. They are packed with punchy flavors and made with delicious king oyster mushrooms. Yes, all of these are plant-based, and all of these are done with a variety of mushrooms.

Why is this so important? Meat eating is linked to climate change. Eating animals and raising livestock is the leading cause of rainforest deforestation. Meat production is a significant source of greenhouse gas emissions, and there is a reason our moms and doctors tell us to eat more vegetables. That's partly why I'm a vegan chef.

Nevertheless, there was one other reason which finally made me decide to become a vegan chef. In former times, being the best was the most vital thing for me. I was cooking anything and everything without a second thought as to the consequences of my actions. As long as the food tasted great and I was paid well for it, I didn't care where it came from or if it was animals or the implications and consequences of those choices.

Long story short, what I discovered throughout a 6-month journey around the world was a connection to food and the natural world that I didn't have any knowledge about and had ignored completely. Animals suffer just as we do. In my search, I've come across numerous alternative ways to prepare amazing food that has not only benefitted people but helped to avoid animal suffering as well. That time reflecting and learning helped me rethink my own moral compass and opened up a whole new world of creative cooking. It also helped me become more conscious of my actions and thoughts.

Studies have shown that a vegan diet can reduce the risk of heart disease, high blood pressure, and some types of cancer. On top of that, a vegan diet is also strongly recommended as a safe and healthy alternative for those with specific food allergies or intolerances.

Last but not least, there are so many reasons to eat plant-based, and any reason that convinces you is the best reason. I understand it's not always easy. But eating even one plant-based meal a day or week already makes a huge difference.

[Source: adapted:
https://www.ted.com/talks/derek_sarno_the_many_reasons_to_eat_a_plant_based_diet/transcript?language=en, 19.03.2023]

Listening 2f

Track 6

page 57



Teens' social media use

Host: Good morning, everyone! Our topic today is *Teens' social media use*. We are happy to welcome Ivan Hodzic to our show. He is a student at a vocational college and **is very active online**. So, Ivan, how often do you use social media?

Ivan: I use social media pretty much all day, every day. It's my way of staying connected with my friends and finding out about what's going on in the world.

Host: What are your most-liked social media platforms and why do you prefer them?

Ivan: I really like *Instagram* and *TikTok* because they're both really visual and I can see what my friends are doing through pictures and videos. Plus, they're both really easy to use.

Host: How do you decide who to follow or friend on social media?

Ivan: I usually follow people I know in real life, but sometimes I'll follow influencers or celebrities that I think are cool or inspiring. I also like to follow people who share the same interests as me.

Host: Have you ever experienced cyberbullying or hate comments on social media? How did you handle it?

Ivan: Well, yeah, I've received some mean comments now and then, but I usually just ignore them or delete them. I don't get why people are doing that, but I try not to let it get to me.

Host: Do you feel that social media has had a positive or **a** negative impact on your self-esteem and personal development?

Ivan: Honestly, it's been a mix of both. Sometimes I'll see all these perfect pictures and feel bad about myself, but other times I'll see positive messages or feel supported by my friends on social media. I personally think that it's important to take the best aspects or benefits from social media use for oneself.

Host: Absolutely, **I see your point**, so have you ever used social media to promote a cause or issue that you care about? If so, what was it and what impact do you think you had?

Ivan: Yeah, I've shared stuff about climate change and social justice issues before. I don't know if it makes a huge impact, but I think it's important to spread awareness and get people talking about these issues.

Host: **Awareness is definitely important**. Who is your favourite influencer on social media and why do you admire him **or** her?

Ivan: Actually, I don't **really** have any favourite. I really like this one *YouTuber* who talks about tolerance, respect and body positivity. He's really honest and relatable, and I think he's doing a good job by sharing his experiences.

Host: Last question, **Ivan**. **Do** you think social media offers an authentic representation of people's lives, or do you think it's often filtered and edited to show only the best parts?

Ivan: I definitely think it's edited and filtered a lot of the time. People usually only post the good stuff or the highlights of their lives, so it's not always a realistic portrayal.

[Source: Petra Pargfrieder, Robin Vincent]