

Listening text transcripts

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Track 1 | Introductory pitches

(Unit 1, p. 1)

Speaker 1 – Simon

Hi, my name is Simon. I'm seventeen years old and I'm from Cape Town, South Africa; I was born and raised here, and I go to school at *Trafalgar High School*, which is in the middle of the city. It's a great place to live. I have two older siblings – my two big sisters are mostly nice but tease me a lot. My parents are divorced; my mother works as a hairdresser and runs her own shop, and my dad is a graphic designer who creates logos and does creative projects for lots of different companies. I get to see him every weekend; it's really fun when we get to spend time together and I can talk to him about my week. My favourite school subjects are PE and Geography – I like to take a break from thinking and do things that are active whenever I can, and I like knowing where different countries and mountains or rivers are on a map. Other than school, I really like playing online video games and watching *YouTube* videos, especially comedy. I probably spend, I don't know, two hours a day online. It's really hard to stop playing once I start, especially if it's an exciting game! My other hobbies are rugby and basketball. I think it's definitely necessary for me to spend time with the other members of those teams, and I am always excited when we have basketball games or rugby matches, even if it's just with friends and not in a league.

Speaker 2 – Bethany

Hello world! My name is Bethany. I'm fifteen years old and I'm from Edinburgh, which is a beautiful city in Scotland with a lot of interesting history. First, a bit of background about me. I attend the *Royal High School* and enjoy studying both Literature and Science. I think it's important to be well-rounded so that you can talk about

many different subjects! I've always been curious about how the world works and how people write about their lives as well. My favourite author is Jane Austen, and I've loved reading my entire life, since it allows you to see the world from so many different perspectives and live life through someone else's eyes. I don't have any siblings, which sometimes gets a bit lonely, and I wish I had someone who was my age living at home with me and my parents. My dad works as a mechanical engineer, and my mother is a teacher. I've learned a lot about many different subjects from both of them. My other hobbies include playing cricket and reading, as I mentioned before. I'm part of a team, and we train about three times per week. It's a great group of people, and we're all so different that it's always interesting to talk to everyone when we meet up for training. In my free time I also use social media, mainly *Instagram*, which I use to post pictures of beautiful scenes around Edinburgh and of my friends. I don't spend that much time on the app though, because I'm usually busy studying or training, and I prefer speaking to people face-to-face instead of talking over social media. I'm looking forward to hearing from you!

Speaker 3 – Thomas

Hi. I'm Thomas. I'm from Dallas and I go to *St. Mark's* College for Boys there. Oh, that's in Texas, in the USA. I like Math and Biology because I like looking at things under the microscope. I'm good with numbers too. Only boys are allowed to go to my school. I'm also sixteen years old. I have one brother. He's younger than me and he is very annoying sometimes. My family is pretty small – it's just me, my brother, and my parents. My mum does drafting, which is like drawing what a building or machine is supposed to look like. My dad is the manager at the grocery store around the corner in my town, so we sometimes go there and he lets us pick out snacks to take home. My hobbies are playing football and playing the saxophone in the school band. The saxophone is a really tough instrument to play well. I like going on stage a lot. It's really fun to play an instrument with a big group of people and make music with them. I'm not the best football player but I like hanging out with the other guys on my team. In my free time I also use *Instagram* and *Tik Tok*. Making videos is kind of like performing and I like seeing what my friends post on *Insta*, especially when we've done something really fun. Well, that's about everything you need to know about me.

Track 2 | Describing a person's appearance

(Unit 1, p. 5)

Speaker 1 – Steve

Hi, Steve here. I'm just a pretty average seventeen-year-old guy, honestly. My mother says my hair is brunette – that makes it sound way better than it is. It's about the most boring shade of brown you could imagine, and also pretty short. It doesn't go past my ears. I have greenish eyes, which I think make me look kind of intense, especially in broad daylight. I like the colour, actually. Most people have brown eyes and green eyes seem more interesting since they aren't as common. I think they're my best feature. My brother says I have a very straight nose. I'm not sure if that's a good or bad thing, but at least I've never broken it playing sports, so it's stayed straight. I'm pretty muscular – at the beach I get quite a few second looks from girls. At least my muscles make up for the fact that I'm not the tallest guy there – I would say I'm about medium-height. I often wish I were taller, but then I guess I might have problems finding clothes or shoes that fit if I were too tall. My skin gets brown pretty easily in the summer, especially when I spend a lot of time outside, but my friends are always telling me I look really tanned, even in the winter time when there isn't a lot of sun. Overall, I would say that I'm pretty happy with my appearance, and it's nice to hear that you look good from family and friends from time to time as well.

Speaker 2 – Barbara

My name is Barbara. I'm sixteen years old, and I would describe myself as a rather petite person. I got my mother's wavy brown hair, and my father's round face. My mother actually still has beautiful hair, even though it's grey now. My father is not that chubby, but his face is quite wide, and he was teased as a kid for having "chipmunk cheeks" since his cheeks are so round. I normally wear my shoulder-length hair in either a ponytail or a bun, since I hate having hair in my face. Because my face is round, sometimes I have trouble finding a hairstyle that looks good, but one of my friends has a similar face shape and always gives me good advice on hair and make-up. My nose is very straight, and I've been thinking about getting it pierced for a while now; there are some really pretty rings that I think would make my slightly boring nose a little bit more interesting. I like my hair and my eyes the most out of all of my features. What I don't like so much is the fact that I'm so thin – it's nice to be able to wear all sorts of different clothing styles, but I have very bony shoulders, and sometimes I wish I were curvier. It's difficult to comfort someone when you can't offer them a comfortable place to rest their head – they try to lean on your shoulder and it just hurts them. Other people say that I give good hugs, though, so maybe that makes up for it.

Speaker 3 – Sandra

Hey, this is Sandra. I'm a pretty athletic person, and I'm proud of my body and what it can do. I have grey eyes, which my best friend says make me look mysterious and a little bit secretive. I don't really know how grey can be anything but boring, but it's nice to know that someone thinks my eyes are interesting. Maybe my hair also makes me seem more mysterious – it's really straight, long black hair and sometimes I feel like I have the features of a movie villain. *(Laughing)* I think it might be nice to have curly hair for a day, just to see what it would be like and feel like, but I'm happy that my hair is the way that it is – straight hair doesn't get as tangled. 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. Eventually, I did, of course, but my cousins have still called me "double dose" at every family reunion since I was eight years old, and I'm almost sixteen now. I also have a slightly upturned nose, which sometimes I think makes me look smart and sophisticated and other times I think just makes me look like I have a pig face. I wouldn't change my nose, and my friends tell me that it looks good, but I'm never sure whether they are just being nice or whether they secretly think it's weird.

Speaker 4 – Marcus

Hello! My name is Marcus. I'm nineteen years old. If we're only talking about height, I would describe myself as a pretty huge guy, but since I'm so thin I don't look that big or scary. My mother always asks me to get the dishes off the high shelf. 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 hair – my friend says that 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, unless I feel like leaving it down and looking edgy. I'm pretty proud of my hair. Currently, I haven't shaved in a few days – I think I have a 3-day beard right now. I generally like to be clean shaven but I look really young when my face is totally bare and my best friend told me that I should keep the stubble so I don't look like a teenager. My least favourite part about 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. People tell me that I have a nice smile, so that probably doesn't hurt either.

Track 3 | Describing a person's personality

(Unit 1, p. 6)

Speaker 1 – Steve

I would say I probably talk back too much. I like to argue, I'm always questioning why people want to do something in a certain way, and I don't like to change my mind at all. Once I've decided I want to do something, there isn't much anyone can say to change that. A lot of my friends are always telling me to be more organised and on top of what I'm supposed to be doing but honestly sometimes I just can't be bothered. I figure why do I have to do things like make my bed if I'm just going to use it or get right back in it in the evening? It's also easier to see what clothing I have if it's on the floor rather than in a laundry basket. Maybe that's not such a positive thing but I don't want to spend energy worrying about organisation or stressing myself out when I could be relaxing. I basically think that everything turns out exactly how it's supposed to and it's generally turned out okay for me even if I haven't cared that much or made a big effort, so I have a pretty relaxed outlook on life. I'm excited for what the future will bring and I think that my life has been pretty wonderful so far. I don't generally get worried or nervous about the world or politics or my group of friends – I believe that everything eventually turns out to be pretty perfect, or at the very least positive.

Speaker 2 – Barbara

I consider myself to be a pretty rational person. I think that there is an explanation for everything, even if the situation seems really weird when you first hear about it. Once, a friend of mine told me that she thought her house was haunted because she always heard something squeaking in the attic when it started to get dark. I told her there is no such thing as a haunted house and asked her to check her windows. It turned out that bats had been getting into the attic and would wake up and make noises when it was time for them to go hunting at night. My friends tell me a lot of things that they might be embarrassed to tell someone else, because they know that they can depend on me to keep a secret or not to share information. This could be because I don't really like interacting with lots of people at once – at parties I'm always the girl who would choose to try to pet the cat or dog that lives with the host before talking with a group of people. If I can talk with just one or two other people, I eventually open up and really enjoy talking. My friends say that even though I don't often trust myself to speak to people first, I'm very approachable.

Speaker 3 – Sandra

No one I've ever met has said that I'm quiet. I love to tell stories and I'm always wondering what other people's lives are like, so I also tend to ask them a lot of questions. Some of my friends do tell me that I sometimes have really strong opinions and that I shouldn't tell people what they should do or give them advice as much as I do, but I like to say what I think! Otherwise it feels inauthentic. But I have had some disagreements with my closest female friends. When we go out, they try to wear the most ridiculous clothing and make-up, and I'm just trying to help them see that they should think about picking shoes that they can actually walk in, like sneakers, instead of those uncomfortable heels or boots they always wear, but they tell me it's none of my business and that I should stop bothering them. I really wonder why they wear such uncomfortable stuff, though. They take absolutely forever to get ready – I think for some of my friends, it takes them over twenty minutes just to put lotion on their faces! And then they can't walk very fast in their high heels, so we end up arriving late to the party or the concert we're going to. I always get really frustrated and jumpy when I have to wait for longer than five minutes, especially when we are taking the same car and they are picking me up.

Speaker 4 – Marcus

There's one situation that describes me really well. Here's the backstory: I have a hard time sitting still, and always want to be doing something active. My friends and I were sitting outside around a campfire, roasting marshmallows, and I was getting up to go find more wood for the fire when I heard a rustling sound from the bushes. I don't scare very easily, but when I saw two glowing green eyes looking back at me, it took all of my strength not to run. I was holding a piece of firewood, and I raised it up and yelled super loudly at the animal, scaring all of my friends. One of the girls even started to cry. I almost threw the stick at the eyes when something else moved in the bushes and I realised that the eyes belonged to a mother deer and her baby. I came back to the campfire and my friend was still crying in shock. When other people cry I get emotional as well, and I felt bad that I had scared everyone for no reason, so I roasted her a marshmallow and gave her a hug. I'm a very active person and try to do everything to make sure my friends are safe and happy, even if it means I have to put myself in danger. I know, that hardly counts since it wasn't that dangerous, but still! I'm not exactly the best at describing my personality but that's basically all you need to know about what I'm like.

Track 4 [BE, AE] | Daily routines

(Unit 2, p. 16)

Anna's school morning routine

Hey guys, it's Anna and welcome to my school morning routine. Most mornings I wake up around 6:30 and the first thing 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.

Then – not every day but most days – I also like to do a 10-minute or so stretch in the morning just because I find it feels really nice to do a quick stretch before going to school for the day. After stretching I head over to the kitchen to make some breakfast, which really just depends on what I feel like that day.

I also usually catch up on social media while I eat my breakfast. After breakfast I obviously put the dishes I used away and then go to 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 then do my make-up. Once I'm finished doing my make-up, I just pack up my bag and then throw on some shoes and a jacket and then leave to go to school.

Brian's morning routine

Hey y'all, I'm gonna tell you a bit about what I do in the morning. I'd say I'm a pretty efficient person so if you need tips for being productive in the morning, then you can take my advice. 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, 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 on the evening before, so that I don't even have to think about it when I get up – I can just go. I normally get out of bed, grab my towel, have a shower and brush my teeth in the bathroom. Sometimes I listen to music while I brush 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 me wake 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. 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 sweatshirt, and make my way to school.

Track 5 [BE, AE] | Jobs, jobs, jobs

(Unit 2, p. 24)

Speaker 1 – Lydia

I'm Lydia and I'd like to start off by saying that I work at *McDonald's*. I began my job there as a normal crew member. Over the past years, I've learned a lot and given a lot. I've often worked on weekends and I usually don't have much free time, which can be quite annoying sometimes.

It's sad to say that working in the service industry doesn't give much respect. I introduce myself to others and once I say I work at *McDonald's* – I always get the same response. Little do these people know! To be in management or a staff member at *McDonald's* requires a certain kind of talent. I see it in my store every day. I'm always thankful for the people I work with. Every day, I'm confronted with a whole list of tasks that have to be completed by the end of the day, which include writing my employees' schedules, ordering new supplies, and making sure everything runs smoothly between the drive-through window and the inside counter.

My employees are hard workers, they like what they do and give a hundred percent each and every day. Nothing is more exciting or satisfying than giving great results and seeing the smile on people's faces. No day is ever the same, which I am very happy about. I don't think there's ever been a boring moment in my career so far.

Speaker 2 – Henry

My name's Henry and I've always been interested in computers. I like the variety and flexibility of being an IT specialist and the money's not bad either. I'm extremely happy right now, having my own small business, working with great clients and doing really interesting projects. I don't like that I always have to document everything for the client, and this can sometimes involve a lot of typing. The second aspect that can be frustrating is that there're so many people who don't know how a computer really works.

Being an IT specialist involves helping companies to make technology easier for people to use.

Sometimes I also have to design websites and help companies whenever they have problems with their computers. I'm pretty good at finding the perfect platform for a specific company, and explaining how it works to someone who isn't familiar with the topic.

I'm a teleworker, which means that I work from my home. Sometimes this isn't that easy, because I'm married and I have two small kids. Just imagine them running around in our living room, when I have to concentrate on a serious issue. That said, I'm really grateful for the time I can spend with my family, even though I work long hours.

Speaker 3 – Sarah

I'm Sarah, and I'm a hotel manager. I'm responsible for the daily business in our hotel, the reception and the housekeeping. In larger hotels, managers often have a specific area of responsibility, like for instance guest services, accounting or marketing.

I always have to pay attention to the details and I feel that business skills and people management are the two most important elements. I'm constantly confronted with situations where I have to make sure everyone's needs are met and speak to employees who are really particular with what they want.

When you're the manager of a large hotel, you may have less contact with the guests, but will spend time meeting heads of department to coordinate and discuss effective business strategies. I'm aware of the fact that having less contact with guests means that I don't have the ability to deal with the needs of each individual customer, and it often annoys me that the more responsibility I have at the management level, the less personalised service I can offer.

Luckily, I am sometimes involved in the day-to-day business of the hotel.

A large number of hotel managers are self-employed and have therefore a wider range of responsibilities, from greeting guests to managing special celebrations or festivities. All in all, I love my job very much and I'd never want to work in any other sector.

Speaker 4 – Tim

Hi, I'm Tim. After completing a degree in Mechatronics at *Oxford University*, I started an electronics manufacturing company with two other engineers. We make motor controllers and gadgets that move doors or seats. I'm in charge of coming up with prototypes for new gadgets and of ordering different materials that we

need for creating them. I'm also constantly busy with applications for patents, so we can make sure our designs aren't stolen by other companies.

One major advantage of the computer industry is that it's constantly changing.

A huge disadvantage is that work never finishes. During the week and sometimes even at the weekend I never stop thinking about my job.

What I like about my job is that I earn a lot of money and that I'm often in contact with other people who have similar interests and passions. Unfortunately, it's sometimes very stressful, but normally I have enough time to play with my three kids at the weekend.

I do hope that our company will become even more successful in meeting the needs of our customers in the future.

Track 6 [AE, BE] | My first day @ a new school

(Unit 3, p. 33)

Speaker 1

Before my first day at my new school, I was so nervous that I almost couldn't sleep the night before. I was really hoping to make some new friends, and I especially wanted to find some other girls that I got on with well. My classroom was hard to find since the school is so big, but I found it fairly quickly and went in. Everyone was already sitting there, waiting for the form teacher in complete silence. The form teacher was really friendly when she got there, and gave us a tour of the whole building. At the school they have peer-mentoring, where younger students are paired with older 3rd form students. I really liked this system, since I was able to ask more experienced students for help. My parents weren't certain this school was the right choice for me, because of the long commute and the fact that it focused on mechatronics. My father was especially sceptical. But after I visited the school during the open house days, I knew immediately that this was where I belonged.

Speaker 2

My older brother went to the same school so my first day wasn't that exciting since I know what it's like there. I was also there with him on the Friday before school started, and he showed me everything. My mum gave me a lift, and I wasn't really nervous at all. I even know some of the teachers because of my brother! Two of my friends attend the school as well, and we're even in the same class. They were waiting outside of the main entrance when my mum dropped me off, and we went to the classroom together, sat down in the last row, and had a ton of fun from the back from the start of class. The other students seemed cool, but I already have two friends in my class so I didn't really care that much about making new friends. Our first day was actually pretty boring; we just filled out some paperwork and forms and stuff, we only had two lessons.

Speaker 3

For my first day of school, I was so excited. I laid everything out the night before – my clothes, books, and school supplies like my notebook and pens; I wanted to be as well prepared as possible for the next chapter of my life. It really felt like that! There were way more students than I expected. When I got into my classroom, I was a bit shocked that it looked so old – the tables were scratched and all the chairs looked different from each other. I tried to talk to as many of my new classmates as possible so that I could try to make friends. Our form teacher seemed really strict, and we had five lessons on the first day, but the activities we got to do were fun; we played some games to get to know other members of our class, participated in team building activities, and took a tour of the entire school building.

Speaker 4

I didn't really have any expectations for my first day. In my old school, I used to be bullied quite a lot, so I really hoped that things would be different. I could hardly sleep the night before, but when I finally walked into the classroom and sat down, a girl asked to sit next to me almost immediately. We became friends really quickly! The classroom was pretty modern; there was a whiteboard and everything looked super well organised. During a tour of the school, all of the teachers introduced themselves, which was a bit overwhelming for me since I don't remember names well and there were so many new faces. Luckily, we only had to stay until 1 pm. Some of the teachers also talked about what we would have to do in their classes, and I got really worried because it seemed like a ton of work and I wasn't sure whether I made the right decision to attend the school.

[Applause]

Picture a room full of boys. A young girl, hardly nine or ten years old, is sitting in the center of the room, surrounded by books. She is the only girl among so many boys, and misses her female cousins and friends, who are inside the home instead of the school, because they are not allowed to get an education alongside boys. There isn't a single operating girls' school in her village.

She was born in a Baloch conservative tribe, where women and girls have fewer privileges than men and boys. She is the eldest in her family, and before she was born, her parents wanted a baby boy. But they had bad luck; a baby girl arrived. It was customary in her family to keep girls inside the homes. But her uncle, who was a university graduate, he wanted to give her an opportunity to see the world, to be part of the society. Luckily, she has a name that can be used for both men and women. So he saw a chance to change her course of life. He decided to raise her as a boy.

At three months old, she went from being a baby girl, to baby boy. She was given boys' clothing. She was allowed to go outside and get an education alongside boys. She was free, she was confident. She observed and noted small, everyday injustices faced by women and girls in her village. When newspapers arrived at her home, she watched as they passed from the eldest man to the youngest man. By the time women got hold of the paper, it was old news.

She completed her eighth-grade year. Now fear started to set in. This could have been the end of her education, because the only option for high school for further study was five kilometers away. Boys had bicycles, they were free to go. But she knew her father would not allow her to travel on her own, even if she were posing as a boy. "I can't let you do that. And I don't have the time to walk you there and back. Sorry, it's impossible" he said. She was very upset. But a miracle happened. A distant relative offered to teach her ninth- and tenth-grade curricula during summer vacations. This is how she completed her schooling. The girl whom I am talking about is me, Shameem, who is speaking before you now. [Applause]

Throughout centuries, people have been fighting for their identity. People have been loved, privileged, because of their identity, their nationality, their ethnicity. Again, people have been hated, denied, because of their nationality, their identity, their race, their gender, their religion. Identity determines your position in society, wherever you live. So if you ask me, I would say I hate this question of identity. Millions of girls in this world are being denied their basic rights because of being female. I would have faced the same, if I hadn't been raised as a boy. I was determined to continue my studies, to learn, to be free. After my schooling, even enrolling in college was not easy for me. I went on a three-day hunger strike. Then, I got permission for college.

Track 8 | To learn is to be free – Part 2

(Unit 3, p. 40)

Two years later, when the time came for me to go to university, my father turned his eyes and his attention to my younger brothers. They needed to be in school, secure jobs and support the family. And as a woman, my place was in the home. But, I didn't give up. I signed up for a two-year program to become a lady health visitor. Then I heard about *Thardeep Rural Development Program*, a non-profit organization working to empower rural communities. I snuck away. I traveled five hours to interview for a position. For the first time, I was further from my home than I had ever been. I was closer to my freedom than I had ever been. Luckily, I got the job, but the hardest part was facing my father.

Relatives were already scaring him about his daughter wandering off, teasing him with talk of his daughter crossing the border. When I returned home, I wanted nothing more than just to accept the position in *Thardeep*. So that night, I packed all my things in a bag, and I walked into my father's room and told him, "Tomorrow morning, the bus is going to come in. If you believe in me, if you really believe in me, you will wake me up and take me to the bus station. If you don't, I'll understand." Then I went to sleep. The next morning, my father was standing beside me to take me to the bus stop.

That day, I understood the importance of words. I understood how words affect our hearts, how words play an important role in our lives. I understood words are more powerful than fighting. At *TRDP*, I saw there was a Pakistan which I didn't know, a country much more complex than I had realized. Until then, I thought I had a difficult life. But here, I saw what women in other parts of Pakistan were experiencing. It really opened my eyes. Some women had 11 children but nothing to feed them. To get water, they would walk three hours every day to wells.

So now, this became more than just a job for me. I discovered my power. Now, as I began earning a salary, I started sending money back to my home. Relatives and neighbors noticed this, and started to understand the

importance of education. By that time, some other parents started sending their daughters to school. Slowly, it became easier and more acceptable for young women to be in college. Today, there isn't a single girl out of school in my village.

Girls were doing jobs in health sites, even serving in the police forces. Life was good. But somewhere in my heart, I realized that my region beyond my village needed further change. It was at this time that I joined *Acumen Fellowship*. There, I met leaders like me across the country. And I saw that they are taking risks to support what they believe in. I started to understand what leadership really means. So I decided to go back to my region and take a position as a teacher in a remote school, a school that I had to reach by bus – two hours of traveling, every morning and evening. Though it was hard, on my first day I knew I had made the right decision. The first day I walked into the school, I saw all these little Shameems staring back at me – with dreams in their eyes, the same dreams of freedom which I had in my childhood.

The girls were eager to learn, but the school was understaffed. Girls would sit hopefully, learn nothing, and then leave. I couldn't bear to see this happening. There was no turning back. I had found my purpose. I enlisted a few of my friends to help me to teach. I started introducing my girls to the outside world through extracurricular activities and books. I shared with them the profiles of the world's best leaders, like Martin Luther King and Nelson Mandela. Last year, a few of our students went to college. For me, I have never stopped studying. Today, I'm working to complete my PhD in education. *[Applause]*

Track 9 [AE] Students on Ice

(Unit 4, p. 50)

Reporter: Welcome everybody! Today we'll talk about *Students On Ice*, which is a popular organization offering unique expeditions for teenagers to the Antarctic and the Arctic. The main aim of these extraordinary trips is to make teenagers more aware of our planet. I'm so happy to welcome two teenagers who took part in such an expedition. Good afternoon, Andrew, Susannah. How're you?

Andrew: Hello, thanks for inviting us.

Susannah: Hello.

Reporter: We can't wait to hear the incredible stories about your trips. Andrew, would you like to share your story with us first?

Andrew: Well, last summer I went on a journey to Canada's Arctic with *Students On Ice*. When I left Calgary, I wondered what I would find, what I would learn and who I would meet. But when I first met the group of students, scientists and expedition leaders, I knew that I didn't have anything to worry about. The group was amazingly nice and I was soon a part of a big, lovely family setting out on an amazing adventure. When we reached the Arctic, I was completely overwhelmed by its beauty and my senses were immediately shocked awake.

Reporter: Wow. I can imagine. What were the most memorable moments of the expedition?

Andrew: I stood on the deck of the *Polar Star* and saw countless huge icebergs, twelve polar bears, and mountainous islands. I flew over gigantic glaciers and stood on the frozen Arctic Ocean, where polar bears walk in search of seal holes and patiently wait for a meal.

Reporter: What did you learn?

Andrew: I learned that polar bears are successful only one out of every twenty hunting attempts. I learned that if the Greenland icecap melted, the world's water level would rise twenty-two feet and land and cities would be flooded. I also realized that the Arctic and its inhabitants are being threatened by pollution and global warming. Our expedition leader told us that icebergs are broken-off parts of glaciers and that 7/8 of each iceberg is submerged under water. Every day I experienced a new adventure. I talked with well-known scientists, hiked up steep mountains and flew over river beds. I made good friends with people from different parts of North America.

Reporter: Andrew, what did you get out of the expedition?

Andrew: The trip was unbelievably exciting. I've learned more about our environment, and particularly how interesting the Arctic is and why it is so important to take care of it. The Arctic is a land of incredible beauty which needs to be preserved. My trip with *Students On Ice* has made me more aware of trying to ensure that I don't leave negative or harmful footprints on either Earth or its people.

Reporter: Thank you, Andrew. That was really interesting. Let's now listen to Susannah, who was also taking part in an expedition. Susannah, would you like to tell us your story?

Susannah: It was last August when I went on the most thrilling trip of my life. Finally, after working extremely hard during the months before, I'd managed to save enough money to afford the trip to the Canadian Arctic.

Reporter: Ahh. Ok. Was that all worth it?

Susannah: By the end of the first day all my hard work was repaid in smiles, memories and new friends. Our expedition leader said that this wasn't going to be a simple holiday trip. And he was so right! We did more than just play Inuit games and swim in one-degree water. We set out on a scientific expedition.

Reporter: What did you learn?

Susannah: We attended two or more lectures a day. I learned a lot about everything from bird migration to ice flows and everything in-between. After two weeks in the Arctic on the icebreaker *Polar Star* I learned more than I've ever learned in all my years of high school: Have you ever seen the beauty of a polar bear in its natural surroundings? Have you heard a scared walrus calling out to its young? Finally, did you know that during the Arctic summer they don't even have snow? Lots of mud and tons of ice but very little snow!

Reporter: Why should other teenagers also take part in such trips?

Susannah: Well, some might say, who really needs to know all that stuff? A couple of months ago I might have said the same thing but now the little things I've learned are what makes life worth living. They're the reasons why we need to take care of our planet and one another. People talk about climate change, but I don't think they truly understand how important it really is. If temperatures keep rising, it's not more than a heat wave for us, but to the Arctic animals it's the melting of their homes and to the Inuit an end to their traditional way of living.

Reporter: Thank you, Susannah and Andrew, for telling us something about your trips. I really enjoyed listening! If you are interested in an adventure to the Canadian Arctic, check www.studentsonice.com. [Fade out]

Track 10 | Language course experiences

(Unit 4, p. 59)

- One** I was worried that the course would be boring, but I wasn't at all. We did a lot of group work and presentations.
- Two** My English skills have definitely improved! The native speakers were really friendly and focused on the students' individual needs.
- Three** The language course was an unforgettable experience for me! I learned so many new words in the lessons and lost my shyness when speaking English. I think these courses should be offered more often.
- Four** I got more fluent in English. What's more, I also improved my teamworking skills.
- Five** I liked working with native speakers a lot. I loved it to listen to their native accent but one of the teachers was very difficult to understand. I think he is from Ireland, I have never heard someone speak this accent before, to be honest.
- Six** It was a great opportunity to improve my English and have fun at the same time. I really loved the experience.
- Seven** We had to speak English only because the teachers did not understand a word in German. In the beginning it was quite hard, but it got easier for me each and every day.

Track 11 | Life on Earth in 2040

(Unit 5, p. 74)

Reporter: It may only be a short while away, but the world in 2040 will be very different. We've already asked some of the world's leading scientists to talk about changes in the near future. In today's radio show, we'll talk about them in more detail. Some future trends concerned with medical research look very hopeful. Others, especially those concerned with climate change and biodiversity, don't look very optimistic. Indeed, they seem to be dangerous for us all. Whatever else we experience in 2040, the impact of climate change will be dramatic. That's the clear message from nearly every scientist working in the field. In the last century global temperature has risen by 0.6 degrees centigrade; in the next few years, we can expect much the same. So, let's welcome the British scientist, James Lovelock, Michael Pears, a scientist from the United States, and Tim Flannery, author of the bestseller *The Weather Makers*.

James Lovelock: Hello, everybody. It's a pleasure to be here.

Michael Pears: Good afternoon. Thanks for inviting me.

Tim Flannery: Hello, nice to meet you.

Reporter: So, James, what do you think will change in the upcoming years?

James Lovelock: Climate change will become a big problem, especially at the poles. By 2040, the North Pole will be free of ice and we'll be able to sail straight across it. At the same time, the great glaciers of the southern hemisphere will be breaking up. I'm sure that everybody has seen the image of sled dogs running on sea ice

flooded by surface melt water. This picture has gone viral. People thought that the dogs were running on water ... (Laughter)

Reporter: Hmm. Interesting and sobering thoughts. Of course, we all know this picture. So, Michael, is your view also that pessimistic?

Michael Pears: I'm afraid, yes. I believe that the sea levels will rise dramatically, flooding many cities and islands. Rising water levels is something that Venice has been battling for many years, for example. Many people will lose their homes in the future and will have to leave the places where they grew up. Also the Great Barrier Reef is already suffering a lot. Temperature increases are killing off the coral and, with another one-degree increase in global temperatures, we're going to see serious damage being done to it. Also with increasing temperatures water quality is put at risk.

Reporter: Oh my goodness, that does not sound good either. Tim, can you give us a more positive picture?

Tim Flannery: Well, not really. Around ninety per cent of people living today will still be alive in 2040. This means an enormous rise in population and in fact we won't be able to do anything about it. The world's population is expected to increase by 2 billion people in the next 30 years according to a newly published *United Nations* report. In addition, increases in carbon dioxide will also threaten our life on Earth. Therefore, the decrease of carbon emissions should be a scientific and political priority in the near future. I personally think that initiatives like *Fridays for future* are a great way to make politicians and decisionmakers more aware that it is high time to act. Teenagers and children are demonstrating to demand climate action. Greta Thunberg inspired so many people to join protests around the world.

Reporter: Thank you everybody for being here today and sharing your views with us. It is obvious that this is an extremely serious issue we have on our hands. It seems to me we have to face many changes in the future. Of course, this won't be easy and we all need to change our lifestyles. So, all you attentive listeners out there, you now have the chance to phone our hotline and talk to one of our experts if you've got any further questions on this matter.

Track 12 | Teenagers' future dreams

(Unit 5, p. 75)

Speaker 1

I dream of becoming a doctor in Nuclear Physics because I love doing research and learning about inventions, so I hope to be able to invent something one day that will benefit humankind. Finally, I think that it is very important for teenagers to dream, because that encourages them to go on and not give up on their goals and I believe that the worst feeling for someone is to feel useless or powerless.

Speaker 2

I am very ambitious and I have a lot of dreams: I know I will succeed and have a great life. I always think about people in need which is why I would love to be a doctor and build my own hospital where I can diagnose the sick for free. Moreover, I would like to give them shelter where they can feel secure. Besides, I like charity work because it's one of the only ways to support the homeless and the ill and to give them the opportunity to lead a normal life. I want to not only provide material support such as money, clothes, and food for them, but also spiritual support such as love and affection. I would choose this humanitarian job because I could be close to people in need.

Speaker 3

It's important to know that our dreams for the future must evolve and adjust to reality. Our ambitions depend on the reality in which we are living. As far as I am concerned, I have a lot of dreams and a great deal of ambition. However, my dearest wish is to become a mechanical engineer. Knowing this, I am working very hard to make my dream come true and there is no doubt in my mind that my dream will one day become a reality. I also dream of travelling around the world, visiting many places, and getting acquainted with different cultures and traditions.

Speaker 4

Like most people my age, I have many dreams and ambitions. Of course, they have changed since my childhood. When I was younger, I first wanted to become a fire fighter, then a police officer, but when I grew up, my ideas changed and as I become more mature I developed new and different ambitions. At the moment I dream of becoming a telecommunications engineer or a computer programmer. I am fond of anything related to digital information. Besides this, I want to invent or conceptualise something original, like a new programming language or a new communication protocol. I am curious and excited about what the future will bring.

Hi, I'm Braden from *HubSpot* and today I'm going to help you understand how the *YouTube* algorithm works.

Since marketers are completely dependent on algorithms on nearly every publishing channel, knowing how each of these unique algorithms work is crucial to attracting and maintaining an audience. Luckily, while some channels are rather reserved about the secrets of their algorithms *YouTube* has been remarkably transparent regarding how they figure out which videos and channels users are most likely to enjoy watching. *YouTube* follows their audience, which means they pay attention to which videos each user watches, what they don't watch, how much time they spend watching each video, their likes, and their dislikes.

YouTube's algorithm also uses different signals and metrics to rank and recommend videos on each section of their platform. With this in mind, let's go over how the algorithm decides to present users with content, which includes their search results homepage, suggested videos, trending, and subscription sections.

First are the search results. The two biggest factors that affect your video's search rankings are its keywords and relevance. When ranking videos and searches, *YouTube* will consider how well your titles, descriptions and content match each users' queries. They'll also consider how many users have watched your channel and the last time they watched other videos with similar topics to your video. Next is the homepage and suggested videos. No two users will have the same experience on *YouTube*. They want to provide the most relevant personalized recommendations to each of their viewers. To do this they first analyze a user's activity history and find hundreds of videos that could be relevant to them, then they rank these videos like how well each video has engaged and satisfied similar users, how often each viewer watches videos from a particular channel or topic and how many times *YouTube* has already shown each video to its users.

Next is "trending". The trending page is a feed of new and popular videos in a user's specific country. *YouTube* wants to balance popularity with novelty when they rank videos in this section, so they heavily consider view count and rate of view growth for each video they rank. Last but not least is subscriptions. *YouTube* has a subscriptions page where users can view all the recently uploaded videos from the channels they subscribe to but this page isn't the only benefit that channels get when they acquire a ton of subscribers. To determine rankings on their platform *YouTube* uses a metric called the view velocity, which measures the number of subscribers who watch your video right after it's been published. The higher your videos' view velocity, the higher your videos will rank. *YouTube* also accounts for the number of active subscribers you have when they rank your videos.

If you need more help with your *YouTube* strategy and if you enjoyed listening, subscribe to ...

Good afternoon, everyone. Great to see you all here. Today, I'd like to give you a glimpse into the life of a *YouTuber* and give teens some advice on how to be successful.

I've always wanted to become a *YouTuber*. That's why I started my own *YouTube* channel and published my first video one year ago. I was able to grow that channel from 0 to 1,000 subscribers in only 1 month and 12 days.

Becoming a *YouTuber* is not what you think it is. I want to make sure you don't make the same mistakes I did, so sit back because you're in for a treat. Now, let's get started.

First, make sure this is the life you really want. It's easy to see all the good things that famous *YouTubers* show you, but there is more to it than that. These online celebrities had to put in days, months and even years of work before making any money from this. These millionaire *YouTubers* didn't start creating videos because they wanted the money, they did it because they truly enjoyed it. The reality is you will not be able to keep up creating content unless you love doing it.

I was able to grow my channel extremely fast – probably faster than 99 % of new *YouTubers* – and that's awesome. But sadly, I've realized that I don't enjoy creating those kinds of videos like I thought I would. The same thing might happen to you, so you need to ask yourself: why do you want to start a *YouTube* channel?

You are NOT made for *YouTube* if these apply to you:

- First, you want to become worldwide famous with your videos.
- Second, you only care about making money on *YouTube*.
- And third, you are not willing to put in hours of work while not getting paid for it.

In my case, I thought I would be happy if I could make just enough money to cover my living expenses from making videos playing video games. Sadly, having to entertain people the whole time I'm playing while making sure I'm not running into recording problems was not what I enjoyed about video games. I love video games, but

it just seems I don't enjoy creating content about them. You might run into similar problems with your content, that's why you need to make sure you do this for the right reason.

You ARE made for *YouTube* if these apply to you:

- First, you enjoy helping others and giving advice for free.
- Second, you love recording videos for fun.
- Third, you get excited by the thought of creating a community and getting to know new people every day.

You shouldn't get into *YouTube* to make money. There are other ways of making money that are way more effective than starting a *YouTube* channel.

That's step number one. Here is step number two: If you want to make it as a *YouTuber*, you need to pick a niche. A niche is basically a group of people that share the same hobby or that are looking to satisfy the same needs. Some niche examples are gaming, make-up, sports, or music. The real secret to making it on *YouTube* is focusing on a really small niche. The niches I have just mentioned are way too broad and competitive, you want to instead go deeper than that and niche down even further.

The trick here is finding a specific niche that you'd love to talk about and that you can create enough content for. For example, don't choose gaming; create a channel about *Fortnite* or don't choose the broad category of "beauty tips" for your videos, do videos on make-up styles famous people use.

Now let's talk about step 3 of how to become a famous *YouTube* star [Fade out]

Track 15 | This is my favourite *YouTube* channel

(Unit 6, p. 89)

Speaker 1 – Sadie

Hey guys, it's Sadie. I'm loving a ton of different *YouTubers* right now. One *YouTuber* that I've been watching non-stop lately is Romee Strijd. She is a *Victoria's Secret Angel*. She's a model but she does have a *YouTube* channel that she vlogs her life on because she travels a lot and she eats super healthy. She does all these cool workouts and it's just like a really cool lifestyle to watch. I find it super interesting and it's just really cool to see how her life as a full-time model is so different from what I thought a full-time model's job would be. If you guys want a really cool vlog channel to check out I would definitely recommend Romee's channel.

Speaker 2 – Josh

My favorite *YouTuber* is Lavendaire. Lavendaire is just her brand name. She also owns her own company where she sells stationary, specifically a *create your own life workbook* and also a daily planner that I actually have and use. Her actual name is Aileen and she has a channel all about self-growth, making personal goals, and organizing your life. She has her own business, so she shares tips on how she started her own online business and she focuses on how to design your dream life and positive vibes. Also her video quality is amazing, for example she never has a blurry background, her videos always have pretty pastel colors, the quality of her filming and editing is so nice. I just love the vibes that she gives off and her tips are amazing.

Speaker 3 – Timothy

The channel I have subscribed to and watch pretty often is *Vsauce*. It's a channel run by Michael Stevens. You probably have never heard his name before, I hadn't either before I started watching his videos. It's my favourite *YouTube* channel because it mixes science, interesting facts, history, and many other topics and there is a lot of really sharp humour included. In his videos Michael asks random questions he is interested in and tries to find an answer, for example "What is the scariest thing?" or "What is the most dangerous place on Earth?". I have learned quite a lot. I mean, it's not knowledge that's really important or things you need to learn for tests, but it broadens my mind and this is what I like.

Speaker 4 – Robert

My favourite channel is one by Fabio Wibmer. He is an Austrian mountain bike freerider. His videos show some insanely risky bike tricks. Since I'm such a big mountain bike freeriding fan myself, his videos are so amazing and impressive to me. I think he has so many subscribers because his videos are so exciting and his tricks look so dangerous. He also picks some pretty rad songs for the background of his videos, and edits and cuts them really well. My favourite video is called *Wibmer's Law* – it shows one of his urban rides – he makes the city with all of its daily situations into his playground. It doesn't surprise me at all that this video has over 60 million views.

Track 16 [AE] | Rule your life

(Unit 7, p. 97)

Hi, my name is Joanna. I live in New York City and I'm in my first year at the high school for architecture and design in Brooklyn. Basically, I like imagining how buildings can be designed; I've been drawing since I was a little girl, and I'm really creative. Lately, it seems like the rules in my life are taking over! I think creative people have more trouble following rules, and it's not like I am a troublemaker either, but there are so many dos and don'ts that sometimes I go a little crazy! At home, my parents don't make me do all of the household chores, but I still have quite a few things that I need to do regularly. Every second week, I have to clean my room, which is always interesting because I like things to be a little messier, but then they never get really dirty ... When I have to clean my room every other week, I have to put absolutely everything away so that the space is spotless, but then the next day it just looks the same again. My mother says I should dust the furniture in my room regularly, but sometimes regularly is every week and sometimes regularly becomes once a month, because she doesn't check that as often, thank goodness. Every Sunday, when we have a big family dinner, I have to set the table, and I'm also in charge of taking out the trash. I'm glad I don't have to mow the lawn, since it's normally really hot outside in New York during the summer, and I'm not allowed to do laundry, since our washing machine is so sensitive. I'm so thankful I don't have to do laundry (*laughing*). What bothers me though is that I'm also not allowed to go out yet. I love dancing, and a few of my friends are allowed to go to concerts and stuff alone in the city. I always wanna go with them, but my parents say I have to wait until I'm 18 in three years.

Rules at school are pretty normal I would say; we have to be punctual for the lessons, we're not allowed to run in the hallways, and of course we shouldn't cheat on our tests. We're allowed to use our phones sometimes in class, though, which sounds really tolerant of the teachers, but it's really just because we often do research for Science classes or have to look up a word for language classes. In Spanish class I probably have to look up at least 20 or 30 words every day! In Chemistry it's nice to be able to look up a chemical reaction though, since those are really tough to remember. The last thing we have to do is empty the trash cans in the classrooms every other day. So many rules! But I'm glad that I'm studying where I am, and soon I'll be able to do more of the things I really want to do.

Track 17 [BE] | Workshop safety rules

(Unit 7, p. 104)

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!

Track 18 [BE] | An accident in the workshop

(Unit 7, p. 106)

Father: Hello, Michael Storm speaking. My son had an accident in the workshop this morning!

Secretary: Oh my God, what happened? I hope he's not seriously injured.

Father: He's ok, he's in hospital right now. The reason for my call is that the workshop teacher phoned and told me that you had to fill in an accident report and would need some information. So, what additional information can I give?

Secretary: Thank you for calling me. Can you hold on for a second, I need to get the form. May I ask you some questions now?

Father: Certainly.

Secretary: What's the full name and address of the injured person?

Father: My son's name is Peter Storm. We live at 97 Green Road, Salisbury.

Secretary: Ah ... What's your home phone number?

Father: It's 04321555.

Secretary: Ok, can you give me your son's insurance policy number?

Father: It's 2498-250706.

Secretary: Thank you, Sir. So now let's turn to some questions about the accident itself. When and where exactly did it happen today?

Father: My son told me that the accident happened at about 9.30 at the workshop, just before the break.

Secretary: What happened?

Father: Oh, he fell over a bunch of cables and twisted his ankle badly. The teacher immediately came over and tried to help him stand up again. But my son couldn't walk anymore. That's why they called the ambulance at once.

Secretary: Thank you, Mr Storm. That's all for now. If I have any further questions, I'll phone you. All the best to your son.

Father: Thank you. Bye.

Secretary: Bye-bye.

Track 19 [BE] | I'd like ... Conversation 1

(Unit 8, p. 117)

Alex: Hi darling, it's me, Alex. Jamie and Jessica have just called. They're coming for dinner tonight. Could you please buy one loaf of bread, two bottles of red wine, some cheese and half a pound of grapes? We'd also need something sweet. How about an apple pie? I know it's my turn to do the groceries, but we have an emergency at work and I can't leave earlier. I promise I'll make it up to you. See you later, thanks. Bye-bye.

Track 20 [AE] | I'd like ... Conversation 2

(Unit 8, p. 117)

Eric: Hello, *Food Store LTD*. Eric speaking. How can I help you?

Mr Smith: Hi Eric, it's me again, John Smith with the order of the day.

Eric: Hi John, how's it going? Let's start. What can I do for you?

Mr Smith: I need four pounds of mushrooms, five pounds of carrots, three pounds of tomatoes and eight bags of potatoes. I'd also like to buy two heads of lettuce and six pounds of cucumbers and some meat. Ah, do you have any special offers today?

Eric: Yes, of course. Beef and pork are on offer. I can give you a five per cent discount.

Mr Smith: Mmhhh. Sounds good. I'll take ten pounds of each.

Eric: Do you need some fish as well?

Mr Smith: No, thank you, no fish today. Ah sorry, I forgot. I also need two dozen eggs.

Eric: Any fruit, John? I can recommend strawberries; they're nice, sweet and really delicious. Haha ... I couldn't help trying a few this morning.

Mr Smith: Well, then I'll make some strawberry cake today. I'd need nine pounds total please. Thanks for the recommendation.

Eric: Thank you for the order. We'll deliver it to your restaurant by noon, as usual.

Mr Smith: Thank you very much. Hear from you soon.

Eric: Have a nice day. Goodbye.

Shop assistant: Hello, how're you? Can I be of assistance?

Ms Turner: Yes, please. I'm looking for a ladies' suit for my job interview next week.

Shop assistant: Okay, do you prefer to have a jacket and a skirt or a jacket and trousers?

Ms Turner: I'd go for the trousers.

Shop assistant: Great. Which colour?

Ms Turner: I'm not sure, maybe dark grey. I don't want a black suit.

Shop assistant: What size are you looking for? Small or medium?

Ms Turner: Medium.

[...]

Shop assistant: How about this one?

Ms Turner: This one looks really nice. How much is it?

Shop assistant: It's £ 45.50.

Ms Turner: That's quite reasonable. Can I try it on?

Shop assistant: Sure, the fitting room's down there on the right.

Ms Turner: Thank you.

[...]

Shop assistant: It suits you really well.

Ms Turner: Thank you. I'll take it. Where's the checkout?

Shop assistant: It's on the first floor next to the lift. Good luck for the job interview!

Ms Turner: Thank you. Bye.

Interviewer: Hi Robin, thank you for taking the time to speak to me about your generation's attitude towards brands. From your perspective, please describe the relationship between brands and *Generation Z*.

Robin: Hi, thanks for having me. Well, I guess my peers and I stand out from the generations before us ... because we were born into the technological age. Rapid innovation is the only world we know. For this reason, many of the brands regarded as 'cool' by our generation are technological in nature. For example, some are famous for their software like *Spotify*, *Netflix* and *Google* and others for manufacturing hardware like *Apple*. It's no longer news that many companies and brands are struggling to keep up with new expectations from younger generations, especially ours. Many of us have probably seen five-year olds using smartphones or tablets as if they were born with these skills. I'm sure that this trend will further increase among young people in the near future.

Interviewer: What else would you say is typical for your generation's brand behavior?

Robin: Well, for example, nearly all of us like *Fairtrade* brands of coffee and chocolate and are willing to pay more for them. At the same time, though, many *Generation Zs* say they are frequent customers of fashion brands that are not necessarily sustainable or ethical. In other words, our purchasing behaviors are often quite irrational. Despite our strong desire for companies to do good for the world, we often consume and feel represented by brands that don't represent this.

Interviewer: What about the role of social media brands?

Robin: Even though my generation may not feel represented by social media brands, they still play an important role in our lives as digital natives. In my case, I've had social network profiles since I was about 12 years old, and children are now starting to use social networks from a much younger age. We live in constant tension between the protection of our privacy and the need to share our point of view with the world. The most widely-used social networks among my generation are the newer ones, like *Instagram* and *Snapchat*. However, many of us don't actively post on social media networks, it's often more about „stalking“ other people's profiles. Haha.

Interviewer: You mention value systems when you speak about your generation. How do your values affect your choice of brands?

Robin: The brands my generation admires are those that do more than just sell a product or provide a service for profit. *Tesla*, *Ecoalf* and *Deliveroo* are all companies that are working toward a better future for our generation and the generations to come. Ehm, *Tesla's* focus on the development and production of electric vehicles is really important to *Generation Z*, as we are very conscious of the fact that pollution levels are

increasing at a rapid rate. Most of all, I believe that *Tesla* has garnered such success among younger generations because it is a company that focuses on innovation as well as maintaining social and environmental responsibilities. Obviously, most of us can't afford a *Tesla*, but we still admire it from a branding standpoint. Other brands we actually use and consume that are starting to become big are vehicle-sharing companies such as *Car2go* or *E-mov*.

Interviewer: What about the recent trend towards vintage or on-demand brands and products?

Robin: Many classic brands are popular among *Generation Z*, as we tend to value simplicity and comfortability. My generation appreciates brands that were fashionable for previous generations, are fashionable today, and are predicted to have future success, as they represent aspects of youth that are timeless. Because they are heritage brands, they have developed a reputation of being trustworthy, high-quality and are relatively affordable.

We also look for simplicity as well as practicality, and that is not limited to vintage brands. Brands that try to make life easier will almost certainly be successful with my generation. As we are more prone to risk-taking, we are also more likely to try new or alternative products and services.

Interviewer: How would you summarize *Generation Z*'s branding behavior in the future?

Robin: I'd say that *Generation Z* is very different from previous generations as we have grown up in a very different environment. From a very young age, we've witnessed the rapid growth and development of technologies that did not exist 20 years ago, but are now fundamental to how the world runs. Generally speaking, we are not so much interested in brands from banking, insurance, logistics or hygiene industries. The brands that we are most interested in and that catch our attention are from the automotive, textile/fashion and technological industries. Due to our greater concern about social and environmental responsibility, we will have a strong tendency to choose brands that are eco-friendly and/or fair-trade. That being said, we can sometimes be contradictory and hypocritical when it comes to the brands and products that we find trendy and popular.

Interviewer: Thanks, Robin, for such an interesting interview.

Track 23 [BE, AE] | Teenagers' online behaviour

(Unit 9, p. 128)

Speaker 1 / Sabrina

My name is Sabrina, and I use social media quite a lot. Some of my friends say I'm addicted but I don't think that's true at all – I can stop using it when I want to, I just rarely want to turn my phone off! I don't even turn it off at night. It's so nice to be able to talk to friends and watch videos or tutorials from fashion bloggers or make-up influencers so easily. My parents also get mad at me for using my phone too much and say that I'm addicted, but if I didn't use it, no one would be able to get in touch with me! So it doesn't even make any sense that they say I'm addicted. I am always online and my friends can call or text me at any time, and I'll answer. I've told myself that I should respond to texts as soon as I can, if not immediately, so that the person on the other end doesn't have to wait. It's not that difficult – most of the time I know what I'm going to say within seconds of seeing a text from someone. Like if my friend sends me a text about my plans for the next day, if I see it, I already start thinking about how I would answer her, so it makes sense just to type out my answer immediately. It bugs me when my friends don't answer me quickly; I mean, we constantly have access to our phones, so when they don't respond within a half an hour, I get kind of annoyed. I think I'd be a pretty good influencer, to be honest – it's always been my dream to have a successful *Instagram* account and talk about different fashion or make-up trends with my followers, since I know so much about that stuff anyway. I follow a lot of influencers, so I always know what will be in style soon or what is becoming trendy, and I can't imagine being without my phone for a whole day.

Speaker 2 / Max

This is Max here. I'm going to talk about social media a bit, which is kind of a weird topic for me since I don't use it as much as some of my friends. I do use it sometimes – I like being able to talk to friends and family, and see pictures on *Facebook* or *Instagram* and stuff, but most of the time I like being outside more. I guess I basically use social media because my friends do ... if they didn't have accounts then I wouldn't either, and the maximum amount of time I spend on social media is maybe a half an hour per day. The one thing I really like is the *WhatsApp* group we have for school. Everyone in my class is in the group, and if someone forgets the homework or we have a test coming up, or everyone needs the answer sheet from a practice test, then someone can share the information or plan to meet in a smaller group to study. It's really helpful to feel like you always have access to what's going on with everyone in your class, at least with assignments. If everyone shared their personal lives then it would be too stressful for me, though. Being outside and playing sports is so much more fun for me than staring at a tiny phone screen. I like being in nature and it helps me to chill out, calm down, and forget whatever might be stressful at school. Some of my friends try to forget about their stress by playing hours and hours and

hours of video games every day, but I don't see why they think that helps. It seems like a waste of their time and I think it would just make me really bored. I don't like being available all the time. It especially bothers me when my mum texts me at school to ask how I did on the last test. She's so impatient and I'm not even supposed to be answering my phone when I'm in class. Basically, I avoid social media as much as I can.

Track 24 [BE] | Using machines to translate

(Unit 9, p. 134)

"Ron, I" breathed Harry, creeping to the window and pushing it up so they could talk through the bars. "Ron, how did you – What the –." Harry's mouth fell open as the full impact of what he was seeing hit him.

Good evening, ladies and gentlemen. Do these sentences sound familiar to you? These words of the world-famous *Harry Potter* series have been translated into 77 out of a total of 6,900 languages. But how can this be possible?

In former times, translations could only be carried out by humans, so-called interpreters, but this has changed drastically over the last few years. Nowadays computer technology has accelerated translations, but how good and reliable are these "machine translations" really?

Today, we need the power of translation more and more. Companies communicate with many businesses from foreign countries, and every company needs to have its documents available in many different languages. Without the help of online translation technology, hardly anybody would be able to read international websites, news or blogs, especially those from countries like Ukraine or Finland, whose languages have less in common with other, more commonly spoken world languages. The fact is, we need machine translation to communicate with the world around us, especially on the Internet.

The term "machine translation" originally referred to autonomous software programmes, but has come to include any system that uses a computer to transform a text from one language into another. In most cases, the end result is far from perfect.

Nevertheless, machine translation allows people to get the basic idea of a text. This may be good enough for internal communication within a company, but for really important messages, big companies use highly developed translation software which often costs thousands of euros.

However, if advertisements or letters are translated by online software, they must be proof-read by humans. Otherwise, these translations run the risk of being inaccurate or simply wrong. As a matter of fact, they can cause some serious misunderstandings.

To sum up, it can be said that in the last fifty years, no one has developed a perfect way to carry out automatic translation, which refers to a system that quickly translates a given text into any language at the push of a button. Many experts say that machines translate less than five per cent of all documents, but computer technology helps out on probably fifty per cent of technical documents.

On the one hand, machine translation has become a very useful tool for the modern era, but it may never be absolutely perfect, and humans should be aware of this fact.

Thank you for your attention! [Applause]

Track 25 [AE] | What do you like watching?

(Unit 9, p. 137)

Caroline: Wow! Did you see the documentary on futuristic social media concepts yesterday night? I thought it was really interesting.

Alex: Hmm, no I didn't see it, sorry. I personally find such science-fiction like predictions pretty worrying.

Caroline: So, what do you like watching?

Alex: I like sitcoms. For me it is really relaxing to watch funny series and movies on *Netflix*. It perfectly helps me to calm down, especially after an exhausting day at school.

Caroline: I see your point. Do you follow any funny *YouTubers*?

Alex: Well yes, of course. A good friend of mine recently recommended that I watch *Talking Tom*, but frankly, I was quite disappointed. Actually I thought it was really boring.

Caroline: Really? I'm so surprised to hear that. I think it's hilarious.

Alex: Maybe I wasn't in the right mood, you know. School is very stressful at the moment which is quite annoying. I'd better go and study ... There's lots of work waiting for me. See you soon!

Caroline: See you.

The tiny house is, indeed, tiny. It is a very small house, often 35 square meters in size or even smaller. It comes in all shapes and different designs, and is able to provide comfort and security at minimum cost. If you mention the term *tiny house*, many people will say, “Oh! I love tiny houses.” Very few people, however, actually live in tiny houses. Since I first heard about tiny houses, they’ve always fascinated and interested me.

Last year, I had the chance to conduct a survey among people who actually live in tiny houses for a school project. I wanted to find out about the pros and cons of living 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 were situated in rural areas, with only a minority located in the center 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 had bought their homes from tiny house builders.

But how do 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; in his point of view, it was much better than living in a caravan due to the easy access to your own shower, kitchen, composting toilet, and – most important of all – the complete independence.

Other positive experiences included were cost savings and having one’s own personal space.

Nearly all of the people interviewed pointed out how easy it was to keep a tiny house clean and to heat or cool 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 concluded that tiny houses are very easy to set up and maintain; they’re flexible, less expensive and relatively sustainable!

Interviewer: Good morning and welcome back to *NPR news*. My name is Josh Cathy and I’m happy to have four young people here today who will tell us about the way they live. So, please guys, tell us about your homes.

Jenny Gray: Hi, I’m Jenny Gray. I live in central London in a terraced house. My home has three storeys and is painted dark blue, which is my favourite colour. I like where I live a lot; the centre of London is a perfect location for someone like me, who loves city life. Our roof is pretty flat, so when it rains it’s often really loud in the upper storey. The rooms in my house are quite small and cosy, but one downside is that the walls are very thin. Every time the neighbours are home, we can hear almost everything they say if we are quiet. The reason is that the walls unfortunately aren’t soundproof, so noises and voices basically just go straight through. My family spends most of their time in the living room, which has a fireplace. This is my absolute favourite room – we often sit together in the evenings, talk about what’s happened that day, watch TV, play different board games, and sometimes eat, though not very often, because my mother doesn’t like eating in front of the TV. Even though it has a lot of storeys, our house is actually quite small. It has about 85 square meters, and out in front we only have space for a tiny lawn. Still, it’s nice to be able to go outside and see some of the flowers growing there when it’s warm. I’m so happy I live where I do, and I think I want to stay in the city forever!

Sean Franklin: My name is Sean Franklin. I live in Tokyo, in my parents’ penthouse downtown. It’s a 4-bedroom apartment on the top floor of our building and has a lot of space. Because it’s so high up, we have a great view – there’s even a private rooftop terrace. There are only 30 apartments in our 10-storey building, so it feels pretty luxurious. To give you a better idea of what it’s like inside, we have a lot of big glass windows, built-in air conditioning, so it’s cool in the summer, and radiant floor heating for when it’s cold. In total the apartment has about 200 square meters, and it feels even larger than that because it has an open living space, which is really nice when you can see the view through the big windows in the living room even when you’re in the kitchen. I have my own room, which has 30 square meters, and my own bathroom. My parents park their car in the underground garage next to the apartment building. Everyone in our building also has access to a park that has a playground for kids, a small pond, and a lot of nice green areas with benches and stuff where you can sit. Life in Tokyo is pretty cool, but there are a ton of people, and it’s loud and crowded most of the time.

Amaya Grigoryan: Hi, my name is Amaya Grigoryan. I'm from Sri Lanka, and I live in a city on the west side of the island called Kalutara. My house is pretty small – it only has about 65 square meters. I live there with my entire family – my parents, my grandparents, and my four siblings; two brothers, and two sisters. The house has one floor, and the foundation is made of stone and bricks. To keep out rain, the roof is made out of thatched palm leaves, which is basically a thick layer of leaves woven together. Outside, we have a little garden where we raise cows and chickens. I share my room with my two sisters, which can get a bit crowded. If we've had an argument, it's especially annoying sometimes, but most of the time we get along really well. My two brothers sleep in another room right next to ours. At least I don't have to share my room with them! We don't have any air-conditioning or indoor heating in our house. The climate in Sri Lanka is too hot most of the time, so we don't really need heat, but air-conditioning would be nice to have. Most of the year, we cook, eat, and spend most of our time outside, since the weather is so warm. I like being outside and helping my mother cook meals. Even when it's really hot in the summer, the temperature goes down a little bit at night and then it gets a bit more comfortable. I really like living with my family – I've grown up in this house and it's really familiar and comforting to live here, even though there isn't much space.

Liam Johnston: Hey, I'm Liam Johnston from Boston. I live with my family in a detached house in the city. Our house is painted white and has a gabled roof, and it's pretty much a perfect example of a smart home since my dad is such a tech nerd. We have motion sensors for our lights, automated temperature control, fancy smoke detectors, a state-of-the-art security system that my dad researched for like a year before we had it installed, and a garden sprinkler system that basically reaches every individual flower in our huge garden. In total, the house has 180 square meters, and the main room feels even bigger because the dining room and kitchen have an open floor plan. With so much space, it's really fun to invite guests over, which we do in the summer when we want to have a BBQ with friends or relatives outside on our terrace next to the garden. The house also has double-glazed windows, 3 separate bedrooms, a big master bedroom with a dressing room, and a double garage at the end of our long driveway. Boston is a great city, and I especially like the old town, but there are a lot of tourists here in the summer, and the city gets pretty crowded.

Interviewer: Thank you very much for these insights into your living spaces.

Track 28 [AE] | My favourite hobby

(Unit 11, p. 162)

Hey everyone! Welcome to my presentation on my favourite hobby: stone skipping. I know, it's a pretty unusual way of spending your free time and it probably also sounds a bit weird to you that a teenager like me enjoys something as simple and random as this.

I discovered this hobby when I was little, during my summer vacation at my grandparents' house in Toronto. My grandpa showed me how to skip stones and I was hooked – I have been addicted ever since. Stone skipping is a game where a person throws a stone with a flat surface across a body of water, making it spring (or "skip") off the surface of the water. The goal of the game is to see how many times the stone will skip before it finally sinks in the water.

Kurt Steiner holds the record for most skips on the *Guinness Book of Records*. His stone had 88 skips. What can I say? I'm not that good at it, but nevertheless, I love it. It's so relaxing, I'm in nature, everything I need, can be found in nature and it just gives me such a peaceful feeling.

After a stressful day at school, I often take my bike and go to a nearby lake in the mountains. During the week I'm almost always the only person there and so I can practice without feeling watched. One tip: Stone skipping is often best during sunrise or sunset. Not only will the lake be calmer, but you can catch the sunrise or sunset and enjoy both the skipping and the beautiful light.

Personally, although skipping stones takes a certain level of skill and physical ability, I do not see it as a sport, but a leisure activity. For me it is an escape from everyday life that allows me to relax, enjoy the beauty of nature, and have some fun while doing so. It is really fascinating to see how the stone skips off the surface of the water so smoothly. It's beautiful and it never gets old.

Track 29 | Cristiano Ronaldo – a living football legend

(Unit 11, p. 165)

Journalist: Today, I have the chance to talk to one of the most famous football players. Some might even say, he is a legend. Welcome Cristiano Ronaldo, it's an honour to have you here.

Ronaldo: Wow, what a warm welcome. It's a pleasure for me to be here.

Journalist: Looking at your career, it's easy to note that you won almost every title you could in the clubs that you played at, such as *Manchester United* and *Real Madrid*. How did it all start off for you?

Ronaldo: Well, I was born on Madeira and I'm the youngest of four kids. I had always been keen on learning the ropes of football, and at age 14, I decided to turn my passion and my hobby into a career. I had been playing for *Andorinha* since I was eight years old. In 1995, my devotion, commitment, hard work and my motivation landed me a spot on the club *Nacional*, located in Madeira. I was able to showcase my talent and passion and finally got recruited by *Sporting CP*. I was so happy and proud.

Journalist: How long did you play for *Sporting CP*?

Ronaldo: Hmmm, I played there at all levels, including under-16, under-17, under-18 and even team B.

Journalist: And how did you finally get to *Manchester United*?

Ronaldo: After I had made it to the first team of *Sporting CP*, and was upgraded into the senior team in 2002, I somehow managed to catch the eye of Sir Alex Ferguson, the trainer of *Manchester United* at that time in a *UEFA Champions League* match against *Manchester United*. Later, in 2003, I signed with *Manchester United*. I was only 18 years old back then.

Journalist: What are the highlights of your time on the *Manchester United* team?

Ronaldo: It was a fantastic time that I'll never forget. So many good memories ...

Journalist: Indeed, you were among the top players in the team for six years, you led the team to win three league titles, not to mention the 2008 *UEFA Champions League*. For the 196 games that you played for the club, you scored 84 goals, and without a doubt, you turned into one of the most riveting and legendary players to follow.

Ronaldo: (Laughing) Wow, thanks for the nice words, I feel really honoured.

Journalist: In 2009, you changed to Spain after *Real Madrid* had paid \$ 133 million, turning you into one of the most expensive players of all time. Could you live up to the high expectations?

Ronaldo: Honestly, I felt quite a lot of pressure. But, I guess I could live up to the hype by scoring 33 goals in my initial season and 40 goals in the next season.

Journalist: ... and in 2012 you scored a total of 60 goals, making it almost too easy for *Real Madrid* to secure the Spanish League title with 100 points. In the following season you won the *UEFA Champions League* title. *Real Madrid* won 4:1 against *Atlético Madrid* and you scored the last penalty in this game.

Ronaldo: True, yes.

Journalist: Even today, you are a man of records. You have won five *Champions League* titles and the *Ballon d'or* trophy five times so far. And in the *European Championship* in 2021 you became the all-time record goal scorer for the Portugal national team. So let's come to my final question, when you look back on games you watched as a kid, are there any that stand out? Are there games that inspired you?

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

Journalist: Thank you very much.

Track 30 | Why do teenagers read?

(Unit 12, p. 174)

Speaker 1

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

Speaker 2

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

Speaker 3

I am reading that book and it's about South America, to be more precise about Colombia. I come from there, so it caught me right from the beginning. It is a deep story and, as I know a lot about this country, I am fascinated

by this book. It has really touched my heart. I think that it is important, when you read, that the book touches you.

Speaker 4

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

Speaker 5

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

Speaker 6

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

Speaker 7

If you don't read, you are not really as cultured as other people. You are not into what was or is going to happen in the world. And I guess you can't really relate to how people lived or thought, or how they talked or how they were unless you have read about it. And when you have conversations with others who have read a lot you have something to talk about. You talk about something which has weight.

Speaker 8

For me reading is just peace and quiet, it's just time to myself. Reading is for me the safest way to have fun, enjoy my free time. I mean, I also like going out, going shopping, but when I read, it's different. I read on the train, before I go to bed, at lunch. It doesn't matter to me what others think about reading. I love it.

Track 31 [AE] | Why reading matters

(Unit 12, p. 183)

[Applause]

If I came and told you there is this one thing you could all do which would make you more imaginative, make your memory better, probably improve your personal relationships, make you a nicer person, and improve your learning capacity and language skills, you would probably be very sceptical. – Well, I'm talking about reading.

I'm not talking about the sort of reading that we all know is incredibly important; like the sort of reading we do for education, to complete administrative tasks, or just to get through life. I'm talking rather about fiction, stories, novels, poetry – the sort of reading where you are almost experiencing things from inside another person's head, where it takes you right inside the character's emotions and feelings and actions, so you are seeing it from their perspective.

I remember my mother telling me that when she was a child she was crazy about books but that her father once ripped a novel out of her hands, saying that 'If you have to read, at least read something useful.' What I wanna tell you today is that, surprisingly, fiction is actually very useful indeed, in ways that we probably never suspected; in fact, it's probably more important than any other form of reading. And I have some new evidence, which comes rather surprisingly from the field of humanities, to support that.

First of all, some not-so-new evidence: some years ago there was a series of experiments done by two New York psychologists, David Kidd and Emanuele Castano. What they did was take people and ask them to read relatively short passages from various types of books. Some of them were nonfiction books, books that explain concepts or provide information, and some of them were thrillers, with plots where you read about the events happening in a story but not very much about the characters; you weren't inside their heads. And the third sort was the sort of fiction I am talking about, which is when you read things from the perspective of the characters of a story. After that, the people had to look at different photographs of people with very strong facial expressions, and they were asked to judge from the expressions alone what they thought was going on inside those people's

heads. What the psychologists wanted to show was that without that ability to step outside yourself, it's difficult to imagine anything, really.

You probably know that our brains are made up of neurons, or electrical cells, and that these join together to form pathways, which then form our thoughts, emotions, and feelings. Some of these pathways are pretty similar in all of us because they're actually built into our genes. Now, I just wanna show you quickly the difference between speaking and reading because they are very different. Speaking is something that, again, is in our genes, we already have those pathways wired into us when we were born. All you have to do is put a baby around people who are talking and sooner or later they will start to do it too; it's natural. But reading is not. You could put a baby in a library, surrounded by books, from the day it's born, and it would never start spontaneously reading. It has to be taught how to do it. And this is the reason why speech has been with us for at least 100,000 years. But reading probably only started about 5,000 years ago, and until about 100 years ago, most people didn't do it at all.

Every person who learns to read has to literally learn it all by themselves. This means making new, individual pathways. For instance, when we see abstract symbols written down, our brain has to do a lot of work. When we learn to read, we have to create all these new connections in many, many different parts of the brain. These are really complicated networks that are being formed in the brain when we read. When reading, your brain is actually doing a lot more work and connecting far more parts than speaking requires. It forces us to use parts of the brain that aren't usually used.

More than that, the reason, or one reason why it's so widespread, is that when we read things about somebody doing something, run for their life or they're screaming or they're frightened, what happens in the brain of the reader is that those same parts of the brain are activated that would be active if they were experiencing the situation themselves. For some people, this connection is so strong that they actually do report experiencing the same happiness, anger, or pain as the characters in the book they're reading. As a result, when we read, we become more sensitive to other people's feelings. We develop more understanding for other people's emotions, thoughts, and views and the more we are able to understand, the more tolerant and open-minded we become.

In a nutshell, reading is not only good for us intellectually, it's also good for society as a whole because the brain is like a muscle: the more we read and exercise it, the more we learn about other people's perspectives. We sympathize and empathize with the main characters, and by doing so we become more open and understanding and – in this way – can actively contribute to a more empathetic and tolerant society. Thank you. *[Applause]*

Credits

- Track 4/Anna's school morning routine: Anna McNulty – <https://www.youtube.com/watch?v=xTiAht9aDnU> (22.03.2020; adapted)
- Track 5: Speaker 1: N.N. (About My Job) – <http://www.aboutmyjob.com/?p=18916> (01.02.2016; adapted); Speaker 2: Oliver Weidlich – <http://www.abc.net.au/acedayjobs/cooljobs/profiles/s2384510.htm>; (01.02.2016; adapted); Speaker 3: N.N. (Graduate Prospects Ltd.) – http://www.prospects.ac.uk/p/types_of_job/hotel_manager_job_description.jsp (01.02.2016; adapted); Speaker 4: Tim Ebeling – <http://www.abc.net.au/acedayjobs/cooljobs/profiles/s1411408.htm> (01.02.2016; adapted)
- Track 7, 8: Shameem Akhtar – https://www.ted.com/talks/shameem_akhtar_to_learn_is_to_be_free/transcript (10.04.2020; adapted)
- Track 9: Andrew Dargie – <http://faze.ca/students-on-ice-journey-to-the-canadian-arctic/>; Susannah Robertson – <https://faze.ca/students-on-ice-lessons-from-mother-nature> (26.03.2020; adapted)
- Track 11: Robin McKie – <http://www.cosmosmagazine.com/node/1668> (10.04.2020; adapted and abridged)
- Track 12/Speaker 1: Marva – <http://www.globallearningcircles.org/lccourse/2004Projects/teenagers/Their%20Dreams2.htm>; Speaker 2: Kaouter – <http://www.globallearningcircles.org/lccourse/2004Projects/teenagers/Their%20Dreams2.htm>; Speaker 3: Rim Lariani – <http://www.globallearningcircles.org/lccourse/2004Projects/teenagers/Their%20Dreams.htm>; Speaker 4: Zufikar and Nora – <http://www.globallearningcircles.org/lccourse/2004Projects/teenagers/Their%20Dreams.htm> (26.03.2020; adapted)
- Track 13: HubSpot – https://www.youtube.com/watch?v=Dx_AWKFU7PE (03.04.2020; adapted)
- Track 14: Will Azevedo – Sadie Eldis – <https://vloggerpro.com/how-to-become-a-youtuber> (04.04.2020; adapted)
- Track 15/Speaker 1, 2: <https://www.youtube.com/watch?v=RI2FWgzHIQA> (05.04.2020; adapted; 2x)
- Track 17: V. Ryan – <http://www.technologystudent.com/health1/safetyr1.htm> (05.04.2020; adapted)
- Track 22: Interbrand, Interview with Gonzalo Brúj – <https://www.interbrand.com/views/brands-through-generation-z/> (20.03.2020; adapted)
- Track 24: Business Spotlight, 5/2009, p. 12–17 (adapted); Eingangszitat aus: J. K. Rowling, Harry Potter and the Chamber of Secrets. Bloomsbury 1998. Chapter Three – The Burrow
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