

# Audio Scripts

## Unit 1

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### LESSON A EXERCISE A

#### Message on a Wall

In 2011, artist Candy Chang started an art project. She wanted to build stronger connections among people in her community. She wrote one sentence on a wall over and over again: “Before I die, I want to ...”. She was curious to see how people would reflect on their lives and complete the sentence. She also wanted to see whether people would share their private feelings and thoughts in a public space with strangers. Her wall became very popular, and she received hundreds of responses. Some of the responses she got were full of hope, but some expressed anxiety. Since then, people have created similar walls around the world. More than 5,000 “Before I Die” walls have been created in over 70 countries and 30 languages.

### LESSON B EXERCISE A

A chapter at the end of Chang’s book “Before I die ...” gives some data about the responses she got. 19 percent of the responses were about love. Travel was another popular topic. One response said, “I want to ride a motorcycle to South America.” Another said, “I want to travel the world with my friends.” Family was also a popular topic. For example, “I want to take good care of my family” or “I want to be a good mother.”

### LESSON C EXERCISE B

- 1. Mateo:** I think sharing our feelings with someone else makes us feel better. That explains why Chang received so many responses.
- Mika:** I’m not so sure that is the reason. I think it has a bigger purpose.
- 2. Mika:** People reconnect with their values by sharing their feelings about the future.
- Thomas:** I agree. It can really help people understand and trust each other.
- 3. Mateo:** Maybe it’s both of those things. Sharing our feelings with others makes us feel better and builds human connections.
- Ana:** I don’t know. I still don’t really understand why people would want to share their private feelings with strangers.

- 4. Mateo:** That’s my point. Sometimes it is easier to share our feelings in public with strangers.
- Thomas:** Exactly! I feel the same. Strangers usually won’t follow up with questions and that makes me feel more comfortable.

### LESSON C EXERCISE D

- Eric:** Hi, Janice. I heard you moved to a new place recently. How are things?
- Janice:** Hey, Eric. It’s been great. The location is just 15 minutes from my college, and the neighborhood is beautiful. There are also a lot of cool cafés and shops around.
- Eric:** I was just about to say that—I went to a café in your area the other day, and I really enjoyed exploring the streets. So what are your neighbors like?
- Janice:** Um, I only know a couple of them, and we don’t really talk. Maybe just a “hello.” I don’t think neighbors talk to one another much these days.
- Eric:** I’m not sure about that. I know most of my neighbors in my apartment building. We often chat when we bump into each other. And occasionally we get together to celebrate festivals!
- Janice:** Wow, that certainly sounds like a very different experience than mine.
- Eric:** I think it’s a matter of starting a conversation with your neighbors. Someone has to make the first move. Maybe you could try talking to them more whenever you see them.
- Janice:** Good point. I guess sometimes I’m too shy to make conversation, so I end up looking at my phone or something.
- Eric:** Well, there you go! Give it a try next time.

### LESSON D EXERCISES A AND B

Although social media makes it easier to connect with people from all around the world, I’m not sure if it’s an actual connection. I mean, first of all, it’s not easy to know if people are showing their true selves. People always share happy-looking photos on Instagram, but are they really happy? Sometimes, we don’t even know whether the person we’re chatting with is real.

How many Facebook friends do we have? And how many of them do we regularly meet in person? I also think spending more time connecting with people on social media means losing our time with people who are physically with us. I remember one time I had dinner with my friends, and almost everyone kept posting pictures or updating their status on Instagram. I was the only one who didn't use my phone during dinner! I think we should spend more time with our family and friends in person instead.

People often say that social media isn't a good way to have real conversations, but I'm not sure that's always true. I read an article saying that sharing our thoughts and feelings on social media can help us express our worries and keep us healthy. And I agree. I know that it's important to talk to someone when I'm facing a problem, but talking to people face-to-face or on the phone about my concerns makes me anxious because I'm shy. I prefer a more indirect way of sharing my feelings, such as through social media. I find it more comfortable to write about it online than to talk to someone directly about it.

## LESSON E EXERCISE A

### Secret Sharing

- A:** Do you know about the PostSecret exhibition at the Museum of Us?
- B:** No, what's that?
- A:** It's an exhibition displaying a collection of postcards with people's secrets on them. There are secrets posted anonymously from all over the world.
- B:** What are those secrets like?
- A:** Some are shocking, some are silly, and some are deep.
- B:** I'm not sure I understand why people do that. I don't really mind sharing my secrets with my family and friends, but with a stranger? I don't think so.
- A:** I felt the same until I read the different secrets people shared on their postcards. Maybe sharing secrets with strangers makes them feel more comfortable because it doesn't matter if the secrets are spread around.
- B:** Fair enough. I see where you're coming from.
- A:** You know what? I read a secret about how someone would save their voicemails, and it reminded me of myself because I take many videos of my family. I see it as a way to preserve memories. So, although my dad passed away

years ago, the videos I took of him help keep his spirit alive.

- B:** It's interesting that you felt connected with someone you didn't know. I guess shared life experiences can bring people closer.

## LESSON F EXERCISE F

1. "And I handed out these postcards randomly on the streets of Washington, D.C., not knowing what to expect."
2. "This one does a great job of demonstrating the creativity that people have when they make and mail me a postcard."

## LESSON F EXERCISE G

1. "Inside this envelope is the ripped up remains of a suicide note I didn't use. I feel like the happiest person on Earth (now.)"
2. "When people I love leave voicemails on my phone, I always save them in case they die tomorrow, and I have no other way of hearing their voice ever again."

## LESSON G EXERCISE B

How are you staying healthy today? Did you know that when you feel more connected to others, you feel less anxious? The causal link between social connections and mental health might be obvious, but did you know that the lack of social connections is shown to be related to physical illnesses like heart disease and high blood pressure? In addition, researchers found that people who feel lonely are less likely to sleep well and more likely to smoke. It's obvious that human connection plays an important role in making us live happier and healthier lives, both mentally and physically.

But how can we form closer bonds with people around us? Let's start with the basics: connecting with your family and friends.

First, make an effort to keep in touch with friends and loved ones regularly. Studies found that people who spend time with family and friends deal with stress by talking to someone about their problems. It seems simple, but actually it can be hard, especially in this busy world we live in. Have a meal with your loved ones or catch up with them over a cup of coffee! Even a short phone call to ask how they are getting on will help build stronger relationships.

Second, tell your loved ones how important they are to you. Simple sentences like “I’m glad to have you as my family,” or “Thank you for always being there for me” can show your gratitude toward them.

Third, pick up a new hobby and get to know people with similar interests. Join a club or participate in community activities to help you make new friends. Remember, we don’t live alone. We need our family and friends, especially in difficult times. So make sure to stay connected with your loved ones!

## Unit 2

### LESSON A EXERCISE A

#### Realistic Expectations

Your family may have high expectations for your career and personal life. Maybe they want you to attend a top university. Or they hope you will get a great job with a high salary. High expectations can encourage people to work hard, but what happens if your application to a top university is rejected, or you get a job that doesn’t pay very much?

According to research, increasing parental expectations over the past decades is causing an increase in perfectionism among college students. Professor Thomas Curran, the lead researcher, points out that overly high expectations can be damaging to young people’s mental health. Young people may use these expectations as a way of measuring their capabilities. So, when things don’t work out, they may feel disappointed and blame themselves for not being good enough.

The real cause, however, is a conflict between expectations and reality. It’s therefore important to learn how to manage expectations from other people, and to set realistic goals. If you have more realistic expectations, you are more likely to meet them, and everyone can feel happy and proud instead.

### LESSON B EXERCISE A

When I was young, my community had certain expectations for young women. Everyone expected us to get married, have children, and take care of the home. Very few women went against these expectations to do other things with their lives. There were different expectations for young men. They had more choices for their education or jobs. Today, community expectations have changed for women. Young women go to college and get jobs just like

young men. I’m happy that my granddaughters have lots of choices for their future.

### LESSON C EXERCISE B

1. “Don’t get me wrong. I think setting realistic expectations can be a good thing.”
2. “I imagine all of them want their children to be happy and successful.”
3. “I’m sure this is because they cared about me, but I just didn’t want to do either of those things.”
4. “I guess sometimes you just have to set your own expectations.”
5. “If you ask me, women can be mothers and have careers.”

### LESSON C EXERCISE C

1. I believe in the idea of “no expectations, no disappointments.” Having expectations creates unrealistic goals, which only causes you to blame yourself when things don’t go your way.
2. It seems to me that parents should have a role in deciding their child’s career. They have greater experience in life and can give good advice.
3. I don’t think I would feel bad if I didn’t end up following my parents’ wishes. I know they mean well, but I think it’s important to set my own goals in life.

### LESSON C EXERCISE D

**Yura:** Hi, Jacob. What’s wrong?

**Jacob:** I just went to see a doctor because of a bad headache, but I feel like I didn’t get a chance to describe my condition fully. The consultation was over in less than five minutes. I’d expected the doctor to ask me more questions.

**Yura:** I think it’s important that doctors listen more to their patients. You know, I read an article about how male and female doctors communicate, and it said that generally female doctors spend more time seeing their patients.

**Jacob:** I guess that’s true. I’ve had both men and women as my family doctor. And generally, I’ve found my female doctors to be more attentive.

**Yura:** I’m not sure about that. I’ve seen many male doctors, and they were all quite attentive. But there was a study that showed that female doctors spent more time listening to their

patients than male doctors. On average, female doctors listened for three minutes before interrupting their patient. Male doctors, on the other hand, waited for 47 seconds.

**Jacob:** That's quite a difference. Well, if you ask me, I'd like my doctor to pay more attention to what I have to say. I'm sure it will help them better understand my condition!

## LESSON D EXERCISES A AND B

**A:** Becoming a professional volleyball player was my dream, and my parents were supportive, too. I performed well in competitions and was training to join the national team. However, I suffered a knee injury and was no longer able to play. I was really disappointed. I think that might have been the darkest moment in my life. However, even if I couldn't play, I realized that I wanted to be involved in the sport in some way. So, I went into coaching, and I've been working as a coach for a school team for three years now. I'm happy, and I'm sure my parents are happy for me, too.

**B:** My parents are very traditional. They think girls should go from school to a full-time family role—getting married and having children. I don't think I'm as traditional as my parents. In my opinion, it's more important for me to achieve my own goals instead of living up to my parents' expectations. I really enjoy my life now, being an office worker on weekdays and a part-time dance teacher on the weekends. I love kids, but I don't think I have to have my own. I know it's natural for my parents to have expectations, but I don't think it's wrong for me to set my own.

**C:** When I was in high school, I was interested in art and spent a lot of time on art projects. My parents wanted me to focus on subjects that they thought were more important, such as math or science, in order to get into a good university. But since my strength was in art, I decided to apply to universities that provided arts scholarships. In the end, I managed to get into a university with a strong arts program, so I think everything turned out well.

## LESSON E EXERCISE A

### Work to Live, or Live to Work?

You may have heard of the saying, "Do what you love, and you'll never work a day in your life." It means that people should find something they enjoy doing. After

all, work makes up a big part of people's lives. But some other people see work simply as a way to earn a living—to support themselves and their family.

So, is working to live a comfortable life most important? Or is finding something you're interested in better? It ultimately depends on what matters most to you and what your vision for the future is. For some people, their goals in life are achieved through work. For example, they may choose to take a risk and start their own business or switch to a job in a completely different field. On the other hand, some people may be happy to have a job that pays the bills and allows them time to explore their interests outside of work.

Making career choices is not easy, but do something that helps you meet your expectations and goals in life.

## LESSON F EXERCISE G

1. "Hi, my name is Hannah Reyes Morales, and I'm a National Geographic photographer and explorer."
2. "I am from the Philippines, which is an archipelago of more than 7,000 islands."
3. "I was born and raised in its capital city, which is Manila."
4. "I started taking pictures for the news when I was very young."

## LESSON G EXERCISE B

Melissa Pandika is the daughter of immigrants. Her father wanted her to become a doctor, because he knew it was a good career with a good salary. This was his vision of success. He had worked hard all his life to make sure she would have a better future. Pandika wanted to be a writer, but her father thought this choice had too many risks. He told her to write as a hobby but work as a doctor.

However, growing up in the United States, Pandika heard another message from people outside of her home: "Follow your dream." This created an emotional conflict for her. Should she try to fulfill her parents' expectations or listen to the advice of others? A psychologist helped her to see how to manage these expectations. She advised:

1. Help your parents understand that if you go against their career expectations, you are not rejecting them or their culture.
2. Find other ways to show your parents that you care about them and your community.
3. Show them that your career is good and that you will be able to earn a good living.

According to the psychologist, if parents have a better understanding of other career choices, they may accept them. Today, Pandika is a writer and has worked for many publications like *Discover* and the *Los Angeles Times*, covering health, wellness, money, and career. Although she isn't a doctor, writing has been a good career for her. And to some extent, she has met her father's expectations.

## Unit 3

### LESSON A EXERCISE A

#### What Makes a Country Powerful?

In the past, countries used mostly hard power to gain control of people and places. Hard power includes the use of military strength or economic pressure. For example, when one country sends its soldiers to another country or stops trade with it, this demonstrates hard power. But there is another type of power that is more frequently used these days—soft power. Soft power means using attraction to influence people's opinions and behavior. When a country uses soft power, it tries to promote a good image of itself to other countries—or other people—to have them think the way it does and to be like it. Countries can do this with music, film, fashion, or other forms of arts and culture. When people all over the world admire a country and want to be like it, the country will have a lot of influence—influence that it probably cannot buy or get with force.

### LESSON B EXERCISE B

Many people admire strong leaders who promote the use of force. But not everyone agrees that this is a good form of government. There are advantages and disadvantages to this type of leadership. Strong leaders can achieve their goals quickly because no one will disagree with them. Also, this type of leader is usually easy to understand. There is only one thing to do—follow orders. However, because no one says “no,” people are often too scared to do anything new or different. There is no room in the system for new ideas.

### LESSON C EXERCISE B

1. “What do you mean by arts and culture? Museums?”
2. “I’m still not sure I understand. Are you saying that the U.S. government planned it like that?”
3. “Can you give us another example? Maybe a more recent one?”
4. “Did you say 230?”

### LESSON C EXERCISE E

**Professor:** So, can anyone give me an example of soft power?

**Student 1:** Maybe food? Italian food, for example, is very popular and well-known around the world. So, when people think of Italy, they often think of its delicious cuisine.

**Professor:** That's a great example. What about other types of soft power, such as cultural exchanges between countries?

**Student 2:** I've read about China's panda diplomacy.

**Professor:** Can you tell us more about that?

**Student 2:** Well, China sends its giant pandas to some countries to build relationships with them.

**Student 1:** Are you saying that China sends pandas as gifts to other countries?

**Student 2:** They're actually on loan—and countries have to return them to China after a certain period of time. But yeah, they're kind of like gifts.

**Student 1:** I'm not sure I understand. How does this help build soft power?

**Student 2:** Well, sharing pandas with other countries helps China build friendships. People in other countries also get to learn more about China through this cultural exchange.

**Student 1:** Oh, that's interesting!

### LESSON D EXERCISES A AND B

In 2019, France took the top spot in the Soft Power 30 index. One reason is that the country has been a leader in global health and the fight against climate change. People in other countries admire and respect France's efforts in these areas. But its worldwide fame in arts, culture, fashion, and food is just as important. People come from all over the world to see the country's historic and artistic treasures, go shopping, and eat delicious food. France's popularity with travelers puts the country at the top of another list. In 2019, France was the most visited country in the world, with almost 90 million international tourists. This popularity gives France the opportunity to influence other countries. It's an important part of its soft power.

### LESSON E EXERCISE A

#### The Importance of the Arts

**A:** Did you attend the arts festival last week? I don't understand why the school invests so much in an event like that.



**B:** I think it was a success. It was an opportunity for many students to demonstrate their creativity, and I think events like this are encouraging.

**A:** I'm not sure I understand the value of the arts. If you ask me, I'd rather the school spend more of its budget on new computers or something. At least that would support our learning.

**B:** I see what you mean, but I think the arts are an important part of our society's culture. Plus the festival generated a lot of interest in our school. I heard that the orchestra's performance at the festival received an enthusiastic response.

**A:** Interest in our school? Why is that important?

**B:** The school needs students, right? By holding this kind of event, it can attract new students. From a financial point of view, it's worth it.

### LESSON F EXERCISE G

1. sixty
2. sixteen
3. one point five percent
4. zero point zero eight
5. a hundred eighty-two dollars
6. one thousand two
7. two thousand two hundred twenty-five
8. in twenty twenty-two
9. five point four billion
10. two hundred thirty-five million

### LESSON F EXERCISE H

1. "The U.S. Census Bureau states that only 10% of art school graduates ..."
2. "Creative Europe will give \$2,400,000,000 to over 300,000 artists."
3. "If that's only 0.05%, imagine what a full one percent could do."
4. "It employs 5,700,000 people."

### LESSON G EXERCISE B

Sarah Green is an artist who spends a lot of her time promoting support for artists. She argues that funding for the arts has many important and positive effects. For example, arts funding supports after-school programs for children, and brings art, dance, music, and theater programs to small towns. It has also helped many famous artists get a start in their careers. Arts funding supports the creative efforts of people

from many different communities. But above all, Green believes that arts and culture contribute to a national identity, promote social cohesion, and help make us all feel that we belong. In other words, the arts have an important social and emotional role in society. They are part of who we are as human beings.

## Unit 4

### LESSON A EXERCISE A

#### Fitting It All In

For a college student, managing time can be challenging. Research suggests that the average student has 40 hours of free time each week. This might sound like plenty, but many still find it difficult to achieve a good balance between social life, studies, and other commitments. The result is often stress.

Time management expert Laura Vanderkam offers some advice. She suggests that we quit trying to fit all our goals into our calendars. Instead, we should put our time and energy into only the things that are most important to us. "When we focus on what matters," says Vanderkam, "we can build the lives we really want."

### LESSON B EXERCISE B

1. The number of students at the university increased last year, mainly because of the decrease in tuition.
2. People, especially those living in cities, have longer working days than ever before. As a result, stress-related health problems, such as insomnia, are on the rise.
3. It's very important to plan your time to include meetings with friends, family, and so on. In other words, schedule time for meetings with them like you would for other commitments.
4. Full-time students also spend about six to ten hours a week working.
5. It is important to manage the time spent on tasks online as the average person spends more than five hours a day on the internet.

### LESSON C EXERCISE B

1. "Well, as a first step, I suggest that you start by making a list. List out everything you want or need to do while you're at university."
2. "Next step: it's really important to prioritize. Decide what you are going to focus your time and energy on."

3. "If you have items in the red box, well, then it's probably a good idea to drop them—especially if they're just adding to your stress levels."
4. "In those cases, ask yourself: are there people who can help? For example, if you have a lot of reading assignments, you might want to think about joining a reading group."
5. "I'm not suggesting you give up on your studies or accept lower grades. But just think about how you might curate your life, so you'll have more energy to focus on what really matters."

### LESSON C EXERCISE E

1. **A:** I don't have time for a hobby. I have too much work to do.  
**B:** I suggest you add your hobby into a weekly to-do list and schedule it in advance.
2. **A:** I have 12 exams in two weeks! How can I organize my study time?  
**B:** Well, it's really important to prioritize the subjects that you need more preparation time for.
3. **A:** I have too many classes at the moment. I can't decide which one to drop.  
**B:** You could consider creating a pros and cons list to decide which classes are more important to you.

### LESSON D EXERCISES A AND B

- Paulo:** Hey, Sofia! I heard you've started your art studies at college. How's everything?
- Sofia:** Hi there, Paulo. My classes are really interesting, and I'm learning a lot.
- Paulo:** You've always wanted to be an artist, haven't you?
- Sofia:** That's my dream! But you know what, my parents still asked me to take courses in something more practical, like business. They said it'll help my art career.
- Paulo:** Actually, that sounds like good advice.
- Sofia:** I know ... I do think it's important and useful, but frankly I'm not really enjoying the course. The same goes for my violin lessons.
- Paulo:** I didn't know you played the violin.
- Sofia:** Well, it's just something that I started because my mom's a violin teacher.

**Paulo:** You must be very busy!

**Sofia:** Indeed! I really want to spend more time on things that I enjoy, like volunteer work and hanging out with friends.

**Paulo:** You do volunteer work, too? What kind?

**Sofia:** So you know my dog, Frankie, right? I got him from a rescue center, and I've been volunteering there on the weekends ever since. It's hard work, but it's really fulfilling.

**Paulo:** That's great! Everyone needs a good balance between school and other things like hobbies and social life.

**Sofia:** I agree. Speaking of social life, I haven't seen my best friend in ages, even though she's at the same college.

**Paulo:** You should catch up with your friends sometimes, or you'll feel stressed out.

**Sofia:** You're right. I'm thinking of quitting the college basketball team, to be honest, so I can have at least two evenings free on weekdays. It's fun, but I just don't have the time.

**Paulo:** Wait, you're on a basketball team, too?! You're kidding me! No wonder you don't have time to hang out with your friends. You're just way too busy!

### LESSON E EXERCISE A

#### Planning for Success?

During the 2020 global pandemic, writer and sociologist Christine Carter tried to stay positive. "Embrace not being so busy," she wrote in an advice article. "Take this time at home to get into a new happiness habit."

Carter decided to use her time to achieve a big goal: she would train to run a half-marathon. In the first week she carefully planned a training routine. The next few weeks went well, but then Carter started to lose motivation and ended up missing training runs. In the end, despite all her effort in preparing for her run, her ambitious plan ended in failure.

"Truth be told," says Carter, "for the first few months of the pandemic, I didn't follow my own best advice." So, Carter asked herself a question: Why is it often a struggle to follow our own plans?

## LESSON F EXERCISE F

1. "When the coronavirus hit, I optimistically embraced the idea that I could get back into running outside."
2. "These days, usually I actually do run for 15 or 20 minutes, but on the days that I'm totally lacking in motivation, or I just feel like I have no time, I still do that one minute."
3. "A better-than-nothing habit turns out to be incredibly easy to repeat again and again until it's on autopilot."
4. "Fortunately, the whole idea behind the better-than-nothing habit is that it doesn't depend on motivation, which we may or may not muster."
5. "And once we start acting on autopilot, that's the golden moment that our habit can begin to expand organically."
6. "And paradoxically, it's only in that tiny shift that our grand plans and great ambitions are truly born."

## LESSON G EXERCISE B

When we get to the end of a year, many of us probably start to make New Year's resolutions. Great!

And yet: hardly any of us will actually keep those resolutions. In fact, research shows more than 50% of people give up on their resolutions after just six months!

Why is it such a struggle to keep our resolutions?

Well, maybe it's because we worry about them too much. If we spend too much time focusing on the end goal, we're never going to achieve it. That may sound surprising, but that's the opinion of former NFL player and motivational speaker Reggie Rivers. Rivers argues that we should NOT focus on our end goals, because there are other factors that we can't control, such as the actions of other people. Instead, we should focus on things that we CAN control, such as our behaviors.

When we set a goal, he suggests we ask ourselves:

"What can I do today that is going to help me get closer to that goal? And what can I do tomorrow—and this week?"

Rivers believes that, realistically, we can only control our behavior in the short term. So we should focus only on the next seven days—and that's it. He recommends that we write things down in three categories: today, tomorrow, and this week.

By doing that, Rivers says, we can focus on behaviors that we can control. And, if we focus on our behaviors day after day, we keep ourselves motivated. We feel good about what we've done because we can say, "Yes, I did this!"

So, if you're planning to make a New Year resolution, don't worry so much about your end goal—whether it's learning a language, passing an exam, or losing five kilograms. Focus 100% on the part that's in your control. "Behaviors," Rivers says, "are the building blocks that can get you to your goals."

## Unit 5

### LESSON A EXERCISE A

#### Not Just Higher Temperatures

2020 was one of the hottest years ever recorded—both Europe and Asia had annual temperatures that were more than 2°C above average. As a result of climate change, global temperatures are rising, and our planet is getting hotter. Not all the effects of climate change, however, will be felt the same way everywhere. One of the biggest differences will be in the amount of rainfall different places receive. Experts predict that in some parts of the world, there will be much less rain in the future, and people there are more likely to suffer water shortages. In other parts of the world, there will be a lot more rain, causing floods. In Rwanda, for example, the heavy rains in March 2018 led to serious floods, affecting nearly 25,000 people.

To protect people and the environment, some countries have taken steps like increasing the use of clean energy and encouraging recycling. While scientists have different views on the amount of time we have left to avoid the worst effects of climate change, most agree that we should step up our current efforts to slow down climate change.

### LESSON B EXERCISE A

Every year, when the weather is warm, the ice in the Arctic Sea melts. When the weather turns cold, it freezes again. However, since 1980, more and more ice has melted each year. In 1980, there was almost eight million km<sup>2</sup> of ice during the warm season. By 1990, that number fell to six million km<sup>2</sup>. In 2012, the sea ice reached the lowest point in recorded history—3.39 million km<sup>2</sup>. Fortunately, it went up again the next year to above five million km<sup>2</sup>, but that did not last long. In 2020, it was down below four million km<sup>2</sup> again. If we don't do something to stop global warming, scientists predict that Arctic Sea ice may disappear by 2040, causing floods all over the world.



## LESSON C EXERCISE B

1. "Maybe it seems as if most of the impact of climate change is in the future."
2. "Some places around the world, however, are already in real danger from the effects of climate change."
3. "Any increase in the sea level could therefore lead to dangerous floods."
4. "Scientists predict that global warming will cause the sea level to rise by more than a meter by the end of this century."
5. "And how would that affect our world?"

## LESSON C EXERCISE D

Human activities have a big impact on the environment in many ways. Some of these impacts are in the form of pollution. One example is the amount of light in our cities and towns. Studies show that light affects animal behaviors, such as their sleeping hours and where they live. Animals such as sea turtles are guided by moonlight when they swim across oceans, but with so much light in the sky, they often get confused, lose their way, and die. Insects often fly toward man-made lights and die, resulting in less food for birds and other animals.

Human activities also cause water pollution. Chemicals and oils from factories are sometimes dumped into rivers and oceans. Plant fertilizers from farms also often end up flowing from the soil into the waterways. All these chemicals cause algae to grow on the surface of the water, blocking sunlight from reaching the plants in the water. Without sunlight, these plants die, and without them, small animals that feed on them don't have food. Bigger animals that eat the smaller animals are also affected. Humans suffer the effects of water pollution, too. Fish can't live in dirty waters, which means there will be less food for people. Water pollution also makes the water unsafe for drinking or other uses.

## LESSON D EXERCISES A AND B

**Arif:** Hello, everyone. As you know, Green Week is coming up, and every year, our Environmental Club does an event to raise awareness on environmental issues and get students in our college involved in addressing these issues. So I'd like for us to discuss some possible ideas for our campaign. Anyone has any thoughts?

**Sandy:** Well, I've noticed that our lecture rooms and classrooms are really cold. Everyone's always wearing a jacket. It looks like the air conditioner is always set to 18 degrees Celsius. That seems unnecessary to me. We'd still be comfortable even if we increased the temperature a little.

**Arif:** I agree. I've also noticed that often people in the computer labs don't turn off the lights when they leave. It's a waste of energy and would cost the school a lot of money.

**Diego:** In my opinion, our college needs more recycling points. I mean, there are some recycling bins, but there are so few of them, and they're mostly in some hard-to-spot locations. Our school's recycling rate is pretty low, and I think it's a result of not having a good recycling system.

**Sandy:** That's a great point, Diego. I also wonder about the amount of food that our college cafeteria wastes. Meal portions are pretty big, and many students tend to have food leftover at the end of their lunch.

**Diego:** I personally find it challenging to finish my lunch, too! I think the cafeteria might be too generous with their serving sizes. It leads to a lot of food wastage.

**Arif:** OK. Sounds like we have a few good ideas for areas we can focus on for this year's campaign!

## LESSON E EXERCISE A

### Protecting the Lungs of the Earth

Today we are witnessing a global crisis—deforestation. South America and Africa, in particular, have experienced massive deforestation in just a few decades. The loss of these forests is caused mainly by natural disasters—like forest fires and storms—and by human activities like mining and the development of land for farming and houses. One of the most extreme examples of deforestation is in the Amazon, where some of the largest and most important forests are located. If you compare photos from just 20 years ago and today, it is easy to see the absence of green spaces. We have already lost about one-third of the Earth's forests, and this has had a serious impact on climate change. When forests are cut down, the carbon that is stored in the trees is released into the air as carbon dioxide.

As of 2019, carbon dioxide from deforestation made up 11% of global greenhouse gas emissions. Saving existing forests is one effective way to reduce the amount of carbon dioxide we put into the air.

## LESSON F EXERCISE F

It was December 2015, a month since the end of the Ebola outbreak in Sierra Leone, and I was driving along the Grafton Road on the outskirts of our capital city, Freetown. I'd driven along that road so many times over the past 18 months, but honestly, I'd been so preoccupied, I didn't notice my surroundings.

## LESSON F EXERCISE G

1. If we all work together and make changes in our habits, we can slow the effects of climate change.
2. It is difficult to say which is worse—too much rain or too little.
3. When farmers lose their crops, they also often lose their farms and end up moving to the city.

## LESSON G EXERCISE B

In 2019, the world produced 53.6 million metric tonnes of e-waste—or about 7.3 kg of e-waste per person. That's a 21 percent increase in just five years. Experts predict that the amount of e-waste will grow very fast in the future. By 2030, the amount of global e-waste may increase by more than 25%.

Why is e-waste a problem? Electronics contain metal and chemicals and some of them are dangerous. When electronic equipment is burned, these dangerous chemicals are released into the air, causing air pollution. When rain falls, the chemicals can hurt both land and sea animals. To prevent this, it is important to recycle electronics instead of throwing them away.

In 1991, Switzerland was the first country in the world to establish an e-waste recycling system. It has been successful in reducing its amount of e-waste. In 2018, its e-waste recycling rate was 95%. Now, other countries have started e-waste management programs based on Switzerland's system.

Singapore, for example, launched its first nationwide e-waste management system in 2021. Stores in Singapore now take back old electronic devices from their customers. More than 300 e-waste recycling bins are also located in town centers and shopping malls to make it easier for people to recycle.

Singapore generates about 60,000 tonnes of e-waste a year—about 70 mobile phones per person!

The new e-waste management system is believed to increase the recycling rate and reduce the amount of e-waste.

## Unit 6

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### LESSON A EXERCISE A

#### The Rise in Cybercrime

A cybercrime is a crime carried out using computers or the internet. In 2021, cybercrime cost the global economy about six trillion USD, and the number is expected to increase in the future. What's causing this? First, the number of internet users is growing, which means there are more opportunities for criminals. Second, technology is evolving—and so are criminals. They use software programs to send email attachments containing computer viruses or spread harmful links through social media. They also target social media accounts to steal users' personal information and identities. So it's important to be alert when doing anything online—one careless move could lead to a cyberattack!

### LESSON B EXERCISE A

It's important to protect your personal information. By personal information, I mean things that other people can use to identify you. It could be your name, address, or phone number. With this information, people can recognize you or find out who you are.

Some kinds of personal information can be dangerous if used by people who aren't supposed to have it. These include your national identity number, credit card number, and bank account number. All these numbers are valuable because other people can use them to steal your money or commit other crimes. So you should never share any private information like this with anyone unless you trust them.

### LESSON C EXERCISE C

1. "Or, say, they get your birthday, national identity number, and driver's license number."
2. "Two of the most common forms of online fraud are phishing and pharming."
3. "Here, criminals create a website that looks almost exactly like a real one—for example, an online store, your bank, or a government office."
4. "They use Wi-Fi that is not secure, in places like coffee shops and airports."

5. “If you need to share personal information, such as a credit card number, make sure you are on a secure website.”

### LESSON C EXERCISES D AND E

Cybercrime can take various forms, from computer viruses to hacking a company’s IT system. But in recent years, one type of online fraud—social engineering scams—is becoming more common. According to an FBI report, cybercriminals stole 6.9 billion dollars in 2021, with the majority of victims targeted through social engineering.

Unlike cyberattacks like hacking, social engineering scams make use of people’s trust in order to steal information. Criminals often pretend to be someone else, such as a police officer, a bank employee, or even a friend or relative. As this kind of cybercrime doesn’t require technical knowledge, it’s easier to carry out.

Phishing emails are the most common example of social engineering scams. Scammers often pretend to be from well-known brands, such as Google, Amazon, or WhatsApp, to trick people into clicking on a link or downloading an attachment.

Another method that you might have experienced is scareware. Have you ever seen a pop-up warning saying that you have a virus? Scammers try to scare users, for example, by making them believe that their computer is being attacked. If users click on the link to install what they believe is anti-virus software, their device will be attacked by a virus instead. And scammers will be able to steal important information from their computers.

To protect yourself from social engineering scams, take the time to reconsider any suspicious or unexpected messages or emails. If you receive an email from a friend or co-worker asking for money or personal information, call or text that person to ask if the email was real. As an old saying goes, “Look before you leap.” It’s always worth thinking twice to avoid becoming a victim of cybercrime.

### LESSON D EXERCISE A

1. Melvin gets an email saying that he has won a prize from a lucky draw. He clicks on the link that takes him to a bank’s website. Melvin’s action is risky.
2. Cheryl uses her friend’s computer to check her bank account. Cheryl’s action is risky.
3. Lee is at a café and uses the free Wi-Fi to pay his electricity bill. Lee’s action is risky.

4. Helen receives an urgent email from her boss asking her to send him a list of customers’ contact information. She calls him to ask about his request. Helen’s action is safe.
5. Mrs. Cho receives a message from someone who says he’s a family member. He asks for money because he has lost his phone. She sends the person some money. Mrs. Cho’s action is risky.
6. Rina receives a text from the post office saying that her package can’t be delivered until she pays a fee. She doesn’t respond because she didn’t buy anything. Rina’s action is safe.
7. Bryan receives an email from his cell phone company saying there’s a problem with his account statement. He downloads the attachment to see what the issue is. Bryan’s action is risky.
8. Simon gets a text message from the national department of health. It states that more information (full name, address, etc.) is needed to keep his identification number active. He deletes the text. Simon’s action is safe.

### LESSON E EXERCISE A

#### Our Digital Footprint

When you meet people for the first time, you can control the way you look and what you say. But what about something you have said or done online? Do you know that many employers review job applicants’ social media posts in their hiring process? The trail of data you leave when using the internet—for example, the websites you visit and the emails you send—is your digital footprint. You might not be aware of how your digital footprint affects real life, but in fact, it can really matter. James Gunn, an American filmmaker and actor, was fired from his project because people found some of his old social media posts offensive. Similarly, Yoshiro Mori, president of the Tokyo Olympic organizing committee, had to leave his position after some comments he had made during an online meeting were thought to be sexist. While it’s clear that famous people have to be careful with what they say or do online, it’s also important for every internet user to pay attention to their digital footprint.

### LESSON F EXERCISE G

1. “Anthropologists study human relationships. Cyborg anthropologists study humans and technology and how technology affects culture.”

2. “Just as a hammer is an extension of your fist and a knife is an extension of your teeth, a computer could be considered an extension of your mind.”

### LESSON F EXERCISE H

1. Is this your phone, or is it that one?
2. The first item is selling at regular price, but the second one gets 50 percent off.
3. I thought this was my notebook, but later realized it was my classmate's.
4. **A:** Did you see Jenny's post from yesterday?  
**B:** I saw the one on Friday.
5. **A:** Professor Gomez's lecture is starting at nine.  
**B:** Actually that's Professor Miller's class.
6. **A:** Online shopping is the best—it's so convenient!  
**B:** I think it's risky. There are so many online scams these days!

### LESSON G EXERCISE C

Our digital footprint is made up of all our activities online. When we share photos online, post information about a place we went to, or comment on a social media post, we leave data about ourselves online. This information is a direct result of our actions and is known as an active digital footprint. Did you know, however, that there's also something called a passive digital footprint?

A passive digital footprint includes information that we may not even know we're leaving behind. This is often in the form of data collected by websites, such as how often we visit a website, our physical location, or the things we bought online. As websites don't ask for permission to collect this data, many people don't realize the amount of information businesses have about them.

To manage our active digital footprint, we can avoid sharing personal information such as home addresses. Or we can update our profiles to look professional when searching for a job. But what about our passive digital footprint? Here are some ways to help manage it.

The first is to check your internet browser for cookies. Cookies are small pieces of information that websites collect about you when you visit them. While these are useful for helping websites remember your preferences, you should check and delete cookies from websites that you haven't visited.

Secondly, consider using a VPN tool. A VPN is a private network that can prevent websites from collecting information such as your search history and IP address.

Lastly, keep your anti-virus software up to date. This makes it more difficult for hackers to access your personal information.

## Unit 7

### LESSON A EXERCISE A

#### Less Choice Is More

Most people like the idea of individual choice. Being able to choose gives us a sense of freedom and happiness: a restaurant that only has one item on the menu is not likely to have many customers. But evidence from studies has shown that adding options only makes us more satisfied to a point. Beyond a certain number of choices, we may no longer experience an increase in happiness. Think, for example, about browsing thousands of movies, TV shows, and songs available online now. With so much choice, making decisions has become a lot harder.

### LESSON B EXERCISE B

How often do you clean your bedroom? Did you know that one of the secrets to happiness is a clean and tidy bedroom? Studies have found that people have higher levels of happiness if they spend just one additional hour a week cleaning their rooms. They also show that keeping your home clean and organized is linked to better sleep, focus, and increased productivity.

So, are you ready to tidy up? The KonMari Method—a “less is more” approach created by Japanese tidying expert Marie Kondo—might be a good way to help you start. Let's look at the six key rules of her method.

First of all, you have to be serious about tidying up. Secondly, think about your ideal lifestyle and the kind of house you want to live in. Then, look through all the things you have and let go of anything that doesn't bring you happiness in some way. Next, before you throw each item away, reflect on what it meant to you and be grateful. The fifth rule—and this is really important—is to tidy your items not room by room, but by category—clothes, books, and so on. Finally, you should do this in the right order. Do the easy things like clothes first, and objects like photos last.

## LESSON C EXERCISE B

1. "Today, we're going to discuss the idea that the number of choices people have—for example, when shopping in a store or online—impacts their happiness."
2. "Well, that is a great example related to the research on how choice impacts individuals."
3. "Now we'll look at two types of personalities that Schwartz talks about in his book—Maximizers and Satisficers."
4. "Let's start with maximizers."
5. "First, just be aware of it. Sometimes, just being aware of your personality type can make life easier."
6. "Lastly, do something to reduce your stress level: exercise, meditate, or just do something you enjoy."

## LESSON C EXERCISES C AND D

Do you have a hard time making decisions when shopping because you think something better might come along? If yes, you might have a case of FOMO, also known as the fear of missing out. Businesses make use of FOMO to create marketing strategies. Basically, businesses make their potential customers worry about missing an opportunity if they don't take action right away. Have you ever been told that something is exclusive or has a limited stock? Did that make you want to buy it immediately? Well, that's an example of FOMO marketing. To keep ourselves from unnecessary spending, we should consider moving from FOMO to JOMO, the joy of missing out.

Unlike FOMO, JOMO is a way of focusing only on the things we really want to have or do. But how can we do that? First, disconnect yourself from tech. A large amount of information is provided online every day, especially on social media. Reduce the amount of time you spend online and keep yourself away from the information you don't really need. Go for a walk or read a book instead.

Next, reflect on what you really need. Developing a JOMO mindset includes slowing down and being more aware of the moment you're in, rather than reliving past moments or worrying about the future. So, learn to be more mindful. Ask yourself if something is really what you need now.

Finally, practice saying "no." Sounds easy, right? In fact, it is difficult for many people. Choose only what is necessary or brings you joy. If you can do these

things, with a little luck, you'll have turned that "fear" into "joy."

## LESSON D EXERCISE A

1. I would rather eat at a restaurant with a wider range of dishes to choose from.
2. I often find it difficult to shop for a gift for a friend.
3. When shopping, I like to browse a wide range of products to compare them against one another.
4. I'm always struggling to choose the best movie or TV show to watch or the best song to listen to on a streaming service.
5. I'm a big fan of lists that rank things, such as the best movies, singers, or novels.
6. I find that writing is very difficult, because it's so hard to word things just right. Even if it's just writing an email to a friend, I often do several drafts before sending it.
7. I go for the best option and nothing else.
8. I would rather delay making a decision than make the wrong choice.
9. I often think about living in ways that are quite different from my actual life.
10. I set the highest standards for myself in everything I do.

## LESSON E EXERCISE A

### Downsizing Our Lives

The phrase "less is more" first appeared in a poem written by Robert Browning in 1855 and was made famous by the 20th century architect Ludwig Mies van der Rohe. Mies's approach focused on the concept of simplicity. The majority of his buildings feature simple lines and a large amount of glass; his idea was to make the line between the inside and outside of the building disappear.

The idea of "less is more" now influences many people's lifestyles. They realize that living a simpler life brings them more ease. Instead of having so many things, more and more people are deciding to get rid of stuff they rarely use, either by throwing it away or by digitizing it. People who do this often say they feel less stressed as a result. The 2020 global pandemic also caused people to change their lifestyles. Many people spent less time shopping and spending and began to rethink what they really needed.



## LESSON F EXERCISE G

1. "Is that really going to make me happier?"
2. "Could I do with a little life editing?"
3. "Would that give me a little more freedom?"

## LESSON F EXERCISE H

1. Would you like coffee?
2. Are you happier with more choices?
3. Would you like coffee or tea?
4. Is she going on vacation today?
5. Do you want to see a movie, play video games, or read a book?

## LESSON G EXERCISE B

- Man:** I just came back from Costa Rica. It's a beautiful country that is worth visiting.
- Woman:** You know what, I was just looking at a list of the world's happiest countries from the World Happiness Report. Costa Rica is in the top 25.
- Man:** Have you heard about the Happy Planet Index? Costa Rica tops the list. The ranking makes sense to me. The people I met there were really friendly. They all seemed to enjoy their lives. Maybe they aren't as rich as people in countries with strong economies like the U.S., but they have plenty of other things.
- Woman:** Like what?
- Man:** For one, a great environment. It's one of the greenest countries in the world.
- Woman:** Yeah, I heard it has a very small carbon footprint.
- Man:** That's right. They really look after their beaches. They're doing a lot of reforestation, too.
- Woman:** All good.
- Man:** Education is another thing. They spend a lot on that.
- Woman:** Hmm. Well, that's sensible.
- Man:** Yeah. And they have something else that's essential for happiness: friends and strong social bonds.

**Woman:** I guess they have all the ingredients for happiness then.

**Man:** Absolutely. There is more to life than money, you know!

## Unit 8

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### LESSON A EXERCISE A

#### Creativity and Age

Research on the relationship between creativity and age shows that we start out creative, but our level of creativity declines slowly as we age. This is less to do with the performance of the brain, and much more because of our behavior. As children, we are naturally curious about everything, and we learn through observation. We search for and discover new experiences, and our minds are open to new ideas. As we get older, we don't often attempt new things and tend to stick to familiar solutions to challenges. This may not be a choice: the considerable responsibilities we have as adults mean we are usually asked to be productive at the cost of being creative.

### LESSON B EXERCISE A

The Cornell note-taking template is a way of taking notes. The template is made up of three main areas. First, start with the "Notes" section, which is the area on the right. This is where you take notes while studying or listening to a lecture. As with regular note-taking, you don't have to write down every word. Note key ideas in point form and use abbreviations and symbols to help you write quickly. The "Questions" section is on the left of your notes. This is where you can write any questions that you want to ask about the information. You can do this as you're taking notes or after you've taken notes. Finally, the "Summary" section is at the bottom of the template. It's where you summarize what you have learned from the lesson. Use this section when you are reviewing your notes after the lesson.

### LESSON B EXERCISE B

A simple but very useful model of creativity was created in the 1980s by the psychologist Teresa Amabile. Amabile's model describes three main elements needed for creativity. The first is expertise, which refers to technical knowledge of the topic. To be able to come up with new ideas, we first need to know a lot about the subject we're interested in. The second

is creative thinking skills. These are the skills that a person needs to generate new ideas, and include the ability to solve problems, to look at issues in a different way, and to ask questions. The third component is motivation. Being creative takes time, and without motivation to keep going, most people are likely to give up. People who have all three of these components have the best chance of being creative and successful.

### LESSON C EXERCISE B

1. "There is considerable evidence that being regularly involved in creative activities helps to reduce stress, results in greater satisfaction, and contributes to healthy aging. To put it simply, creativity helps us lead longer, happier, and more productive lives."
2. "Experiment—that is, attempt new things and change your normal routine."
3. "So, to sum up, creativity is vital—for our personal lives, our careers, and for our well-being and health."

### LESSON C EXERCISE E

"To infinity and beyond!" You may be familiar with this phrase from a famous Pixar film series, *Toy Story*. Since the release of the first *Toy Story* movie in 1995, Pixar has created many other animated films that have been popular with audiences around the world. What makes this company so successful in being creative? Ed Catmull, the co-founder of Pixar, believes that the secret to the company's creative success is not luck, but a strong set of principles and practices.

One of these is people development. In Catmull's opinion, the people working on an idea are the ones who bring it to life. In other words, just having a good idea is not enough. It's important to give people the right environment to come up with ideas freely and solve problems effectively. At Pixar, when someone needs help with something, they can get help from people outside of their team or department directly. In other words, there's no need to ask for permission from a manager or go through a formal process. This open communication allows people to work together to find solutions quickly.

Another principle is the importance of feedback. Every day, Pixar employees share their unfinished work with the whole team. People at all levels on the team have a chance to give feedback and talk about what they like or don't like. This way, people can exchange ideas in a positive way and become more creative through the discussion process.

### LESSON D EXERCISES A AND B

**A:** For me, creativity is an important part of my job—I'm an editorial cartoonist for weekly magazines, and I have to come up with new ideas every week. So, for me, creativity basically means problem-solving—every week, I face a challenge: first working out the best topics to use and then how to create cartoons that illustrate the ideas in humorous or unique ways. It's not always easy to come up with good ideas as quickly as I want—but that's part of being creative. But when I finally finish a cartoon, it's really satisfying.

**B:** I'm a video game designer—I create the landscapes and environments in a game. It's definitely a creative job—and I love it. But it takes a lot of time to create just one scene—there are so many tiny things you need to build in—reflections, shadows, and so on. So, creativity for me means building lots of little things and putting them together, step by step. I think it's a bit like the quote from Van Gogh: "Great things are done by a series of small things brought together."

**C:** I was hired to help make the company more innovative—it was failing to keep up and starting to lose out to the competition. To build creativity into the company culture, we have had to get rid of rules, fixed ways of doing things, and rigid attitudes. It's been a real challenge, but now we're beginning to see the birth of a new more creative corporate culture. So, I see creativity as basically destructive—at least at the beginning. Picasso put it well: "Every act of creation is first of all an act of destruction."

### LESSON E EXERCISE A

#### Creative Moods

How do our emotions affect our creativity? It's common to think of it in terms of positive and negative feelings, but psychologist Eddie Harmon-Jones suggests we should focus on how strong or weak these emotions are instead. Based on his team's research, weaker emotions, such as feeling relaxed or sad, can help us broaden our imagination. On the other hand, stronger emotions such as gratitude or anger can make us focus on achieving a goal. So depending on whether we want to explore new possibilities or develop an idea in detail, it may be more useful to get into a particular mood.

In reality, we're also usually not just happy or sad—we often feel a mix of emotions. And according to a study by Carnegie Mellon University, experiencing an unusual combination of emotions may help us think of unique ideas. This is probably why some companies like Disney and Google make their office spaces interesting—with gaming spaces and meeting rooms, employees aren't trapped at a regular office desk all the time. The unusual environments increase the chances of people experiencing different emotions at the same time, which leads to creative ideas!

So the next time you're looking for inspiration, try doing something entirely different from your usual activities or going somewhere you've never been.

### LESSON F EXERCISE G

1. "A few years ago, after finishing my Ph.D. in London, I moved to Boston."
2. "I just remember a feeling of surprise; surprise at finding a street with no cars."
3. "Based on that idea, we built a crowdsourcing platform, a web game."
4. "In tests, participants found the happy, the beautiful, the quiet path far more enjoyable than the shortest one."

### LESSON F EXERCISE H

1. A lot of people went to the party last week.
2. There's an art gallery at the top floor of the building.
3. I think there's a high chance of snow tonight.
4. She bought a cake for her classmate's birthday.
5. My closest friend is from the Philippines.
6. What kind of music do you like?

### LESSON G EXERCISE C

There is a saying, "great minds think alike." Looking at the daily routines and habits of famous creative people, it seems that is not necessarily true—their routines vary considerably, both in what they spend their time doing, and when. There is clearly more than one route to creativity. In fact, there are many different exercises that we can incorporate into our daily lives to improve our creative skills. Author Ayse Birsal provides a few simple, daily suggestions for getting that creativity boost. These range from drawing some everyday objects, like fruit or a pet or a cup, to writing a short

poem about your day. Other ideas include cooking something you know using new ingredients and taking a different route home.

Something else that can change your routine and inspire your creativity is a microadventure. Most of us may not have the time or resources to go on long, ambitious journeys. But that doesn't mean we can't enjoy an adventure! British adventurer Alastair Humphreys first came up with the idea of microadventures—small, simple adventures that you can do close to home. So what are some examples of this? Perhaps simplest of all is just changing your commute to work—rather than use public transportation, cycle or walk if you can. Just make sure you're outside. Or how about a short camping trip? It doesn't have to be on the weekend. Grab a friend or two and head outside for a night under the stars. You could even just sleep in your yard. Or find a nearby place on a map that you've never been to—and walk or cycle there. It doesn't matter if it's not anywhere special—it's the journey that counts.

Are you ready to change your routine or get out and have a microadventure? If so, you'll probably find that doing something different and connecting more with nature won't just be fun—it'll get those creative juices flowing too!