

UNIT 1

Audio 1.01

- 1 What time do you get up in the mornings?
- 2 How do you get to work?
- 3 When do you get home in the evenings?
- 4 Do you often go out at night?
- 5 What do you do at the weekends?
- 6 Who do you spend the most time with?

Audio 1.02

We all have busy lives – work, family, friends. So, what keeps us positive and helps us to relax during difficult times? What – or who – do we think is most important to us? We spoke to some people to find out ...

Audio 1.03

Presenter: Right, we have our first caller. Hello, caller one.

Caller 1: Oh, hi. I sit at a computer all day so as soon as the day ends, I get out into the fresh air and relax. I'm lucky because I'm surrounded by fields and trees. In winter, I go out at lunchtime, because it's dark at the end of the day and I don't feel like going out then.

Presenter: Great, thanks. And now caller number two.

Caller 2: Yes, hi. Something that keeps me positive in difficult times is singing. My friends will tell you that I sing any type of music, any place – even if I don't know the words. They tell me to be quiet and they never sing along with me, but I think they like my singing really. I might join a singing group next year. It'd be nice to sing with other people for a change.

Presenter: OK, thank you. Hello to caller three.

Caller 3: Hello. Even when I'm busy, I find time to go online and play a game – whatever my friends are playing at the time. I can relax and keep in touch with people. My friends are all really funny, and they almost always make me feel better the moment we start talking. But we all do what we can to win, too.

Presenter: Ah, good luck. Caller four, are you there?

Caller 4: Yes, thanks. The most important people to me are my children. They take after their father with their dark hair and big brown eyes, but they're both a bit crazy! They're two and four, so looking after them means that my partner and I don't get enough sleep. But seeing them grow up happy and healthy is the best thing in my life and helps me to feel relaxed and happy, too.

Presenter: Great! And finally, caller five.

Caller 5: Yes, hello! I get up every morning and go for a run around the city, even when it's cold and wet. It helps me to relax, feel good and get ready for whatever happens next. Sometimes, I also go for a run in the evenings if I feel stressed.

Audio 1.04

- 1 I'm lucky because I'm surrounded by fields and trees.
- 2 I might join a singing group next year.
- 3 I can relax and keep in touch with people.
- 4 The most important people to me are my children.

Audio 1.05, 1.06 and 1.08

- 1 **A:** Excuse me, do you mind if I sit here?
B: No, not at all.
A: Are you here for the conference?
B: Yes, I'm here with some colleagues.
A: Is it your first time here?
B: No, I've been many times. What about you?
A: It's my first time. I've just started my own company, so it's a good way to find and meet new customers.
B: Could I just check your programme?
A: Help yourself.
B: Thanks. Ah, I'm sorry, but I've got to go. The talk I really want to see starts in five minutes.
A: No problem. Nice to meet you.
B: And you!
- 2 **A:** How was your weekend?
B: Good, thanks. Yours?
A: Not bad. The coffee machine in the staff room isn't working. Do you know where I can get a cup of coffee?
B: Yes, there's a small kitchen at the end of the hall for students.
A: Great! Shall I make us both one?
B: Be my guest! Oh, there's John. We need to talk about one of our students. I'd better go. Don't worry about the coffee.
A: No problem. I'll make you one next time.
B: Thanks!
- 3 **A:** Excuse me, is anyone sitting here?
B: No, go ahead.
A: It's a lovely morning, isn't it?
B: Beautiful!
A: Are you here for the interview?
B: Yes. How about you?
A: I'm here for the interview, too. What time's yours?
B: Ten thirty. I'm early. What about yours?
A: Mine's at eleven. I'm Matt, by the way.

B: I'm Carrie. Nice to meet you.

A: Oh ... the person on reception just called your name.

B: Oh yes, thanks. I've got to go.

A: Good luck!

Audio 1.07

- 1 See you later.
- 2 Go ahead.
- 3 Enjoy your weekend.
- 4 Be my guest.
- 5 I've got to go.
- 6 No problem.

Audio 1.10

A 'tiny house' is the name for a very small home that is becoming popular these days. These homes are probably not much larger than one room in your home, but they usually include a living room, kitchen, bathroom and bedroom. One reason that people choose to live in such homes is because they're cheap to buy. Often, they're on wheels, so you can move them from one position to another easily. This means that you can easily park them next to a house, or at the end of a garden if you don't own any land.

Audio 1.11

Presenter: Today we're talking about alternative lifestyles. With me is Adele Winters, who doesn't live in a flat or house like most people. She lives in a very small home on wheels. Adele, why did you decide to buy this type of home?

Adele: Well, there are lots of reasons why a tiny house is a good idea. For some people, it's about living a simple life without a lot of things around them. For others, it's because they cost less. I bought a tiny home because I wanted to be a homeowner and I didn't have enough money for anything else.

Presenter: Tiny homes can be good for the environment too, can't they?

Adele: Yes, they use less energy, and owners buy less stuff because they have no space. I can't believe I only own three pairs of shoes these days!

Presenter: Who built your home?

Adele: I wanted to build it myself because I love doing things with my hands, but I have a really busy job and I didn't have enough time. So, I got a company to build it for me. It was a bit different from what I wanted, but I loved it from the start.

Presenter: What do you love the most about your home?

Adele: My home is small, but it has everything I need so it's quite comfortable to live there. I've got a bath in my bathroom which is unusual for a tiny house. It's a small bath, but it's there! And because everything is smaller, it makes it so much easier to clean. That's my favourite thing.

Presenter: I can imagine! Are there things you don't like about your tiny house?

Adele: My home's in the back garden of my friend's parents' house. It's a huge garden, but I worry that they'll ask me to leave in the future and I won't have anywhere to go. I know that some people want more space, but that's not a problem for me. There's a lot of space outside to enjoy.

Presenter: Your partner recently moved in with you. What happens if you need some time away from each other?!

Adele: My friends ask me the same thing! Our living room is also our bedroom, so we don't have another room to go to except for the bathroom! So, one of us usually goes out for a walk.

UNIT 2

Audio 2.01

- 1 Everyone had eaten before we arrived.
- 2 We were waiting for a bus for ages.
- 3 He'd heard the song many times before.
- 4 I was looking forward to going out.
- 5 We were expecting it to rain.
- 6 She'd slept a lot, so she wasn't tired.

Audio 2.02

You all know what an internet meme is, don't you? For example, someone takes a photo and they add words to it to make it funny, and then share it online. Everyone shares it and it goes around the internet. Well, this happened to a photo of me. A few years ago, I was working in a restaurant. One day, I took an order from a big family and I went off to get their drinks. I took a large tray and put about ten different drinks on it. While I was walking to the table with the drinks, another waiter pushed into me. One glass fell over and it pushed another glass over, which pushed another over, and suddenly all the glasses were falling on the floor. The noise was awful. Everyone went quiet, turned and looked at me. I looked down and saw the glass everywhere and felt so silly. A couple of hours later, my manager showed me a photo he'd taken on his phone. I had a really silly look on my face, but it was funny. My boss decided to make a meme from this photo. He added the words 'If you think you're having a bad day, look at this guy!' to the photo and put it on the restaurant's social media pages. He'd asked me if it was OK and I'd said yes. In just a few hours, 20,000 people had shared the image and then the number went up and up. I couldn't believe people liked it so much.

The next day, people came into the restaurant to get a photo with me which made it hard for me to do my job. My manager thought they'd all buy food. When they didn't buy anything, he wasn't happy. The next day, I was walking down the street when a guy shouted, 'If you think you're having a bad day, look at this guy!' That happened quite a lot for a few weeks. It was funny at first, but I hated it in the end. I didn't like people looking at me. But soon another meme became popular and people forgot about me. When I think about this experience now, I think it was fun. I felt like a film star for a short time.

Audio 2.03

- 1 A few years ago, I was working in a restaurant.
- 2 While I was walking to the table with the drinks, another waiter pushed into me.
- 3 One glass fell over and it pushed another glass over ... and suddenly all the glasses were falling on the floor.
- 4 A couple of hours later, my manager showed me a photo he'd taken on his phone.
- 5 In just a few hours, 20,000 people had shared the image.
- 6 The next day, people came into the restaurant to get a photo with me.

Audio 2.04

- 1 I've just watched a funny film.
- 2 Have you ever tried to write a story?
- 3 We haven't seen any of these films.

Audio 2.05

- 1 **Manager:** Ah, Arin, you're here. Finally.
- Arin:** Hi Mary. I apologise. My train was delayed.
- Mary:** That's fine.
- Arin:** I think I'll get the bus tomorrow.
- Mary:** OK, if you think it's best.
- Arin:** What did you want to talk to me about?
- Mary:** I got a call from Mr Hill this morning to say that he received 200 boxes of paper, not twenty.
- Arin:** Oh dear, I'm really sorry. I think that was my fault. I probably read 200 on the order form and not twenty.
- Mary:** Well, it's a bit of a problem, and one that I'm not very pleased about.
- Arin:** Yes, I'll call Mr Hill and say sorry, and then I'll arrange for the boxes to come back to us later today.
- Mary:** Yes, please do. And be more careful next time.

2 **Arin:** Hello, can I speak to Mr Hill, please? It's Arin from New Office Products.

Receptionist: Yes, just a moment.

Mr Hill: Hello, Arin?

Arin: Yes.

Mr Hill: Sorry to keep you waiting. I was in a meeting with some of the staff.

Arin: No problem. I heard about the boxes of paper and wanted to discuss them with you.

Mr Hill: Yes, we definitely ordered twenty and not 200.

Arin: I know, I checked. I made a mistake when I put the information into the computer. Sorry about that.

Mr Hill: Never mind. These things happen.

Arin: I'll get someone to pick up 180 of the boxes today and I'll make sure we don't charge you for them.

Mr Hill: Good, thanks. While you're on the phone, the office chairs we ordered two months ago arrived this morning.

Arin: Ah, right, well there was a delay with the order. I did let you know.

Mr Hill: Yes, that's not the problem. We were happy to wait for them. The problem is that we ordered six but got sixteen. We don't have anywhere to put them.

Arin: Oh no! Let me check to see what happened. I'll call you back.

Audio 2.06

- 1 Sorry to keep you waiting.
- 2 I'm really sorry. I got lost.
- 3 Sorry I'm late. My train got cancelled.
- 4 It was my fault. Sorry about that.

Audio 2.07

Professor: Hello, is that Alex?

Student: Yes, it is.

Professor: It's Professor Brown. You're late to our meeting.

Student: Yes, sorry about that. The traffic's terrible this morning and the bus isn't moving.

Professor: OK, no problem. We can talk on the phone. You haven't sent your project to me.

Student: I apologise. It's my fault. I got the wrong date. I thought we had to send it by the 15th, not the 5th.

Professor: Well, never mind. You can have a few more days.

Student: That would be great thank you.

Professor: Come to my office when you get here and we can agree on the date.

Student: I'll be there as soon as possible.

Professor: Great. See you soon.

UNIT 3

Audio 3.01

- 1 Do you speak many languages?
- 2 Where do you take your lessons?
- 3 Does she drive you to work?
- 4 How can I help you to feel better?
- 5 What do you remember about our trip to Rome?
- 6 Do you have any money I can borrow?

Audio 3.02

- A:** Let's organise the online quiz we talked about.
- B:** OK, when shall we do it? Next Saturday. The first?
- A:** We could, but it might be too soon. People might have plans.
- B:** It's Ania's birthday on Sunday the 9th. We could have a quiz for her birthday party.
- A:** Good idea! Ania would like that. But let's do it the day before. It's better on a Saturday.
- B:** OK, the 8th then. That reminds me, I'm meeting up with my old school friend Ryan next week.
- A:** Oh, nice! Say hello to him for me.
- B:** I will. OK, so moving on to the next decision. What time shall we start and how long should we go on for?
- A:** Hmm, I'd say start at seven and go on for two hours. Or is that too long?
- B:** We could give everyone a break, but maybe ninety minutes is enough. Sixty minutes seems too short.
- A:** I think you're right. Let's start at eight instead. It'll give everyone time to have dinner.
- B:** I agree.
- A:** How many people shall we have in a team? Rick and Olga have four kids, but I think six people in a team is too many. They could divide into two teams, though.
- B:** OK. I think we should say no more than three.
- A:** I think four is a better number.
- B:** OK, fine. What kinds of things should we ask questions about?
- A:** Do you want the quiz to be serious or fun?
- B:** We don't want it to be too hard. Let's start with ten questions about all kinds of things, including history and geography, science and nature. Then we can have ten questions about music, ten questions about sport and so on.
- A:** Sounds good. By the way, did you watch the match last night? Terrible game.
- B:** I stopped watching halfway through, it was so bad.
- A:** So, what shall we do about the questions? Do you want to write them? Or shall I? You're better at this than me. You should do them.

- B:** Let's divide them. You do half and I'll do the other half. That seems fairer to me!
- A:** All right, if we have to. This is completely off topic, but I read yesterday that the department store in town is closing. Did you know that?
- B:** No, really? That's terrible. I get some of my clothes from there.

Audio 3.03

- 1 That reminds me, I'm meeting up with my old school friend Ryan next week.
- 2 OK, so moving on to the next decision. What time shall we start and how long should we go on for?
- 3 By the way, did you watch the match last night?
- 4 This is completely off topic, but I read yesterday that the department store in town is closing.

Audio 3.04

- 1 Are you going to cook tonight?
- 2 What are you doing later?
- 3 When are you seeing the doctor?
- 4 What are you going to watch?

Audio 3.05

- Guide:** So, I think you've seen everything now. I'll leave you here at the library so you can go inside and take a look around.
- Student 1:** Do you know if we can borrow e-books?
- Guide:** I think so, but you'll need to speak to someone there. Do you have any other questions before I go?
- Student 2:** I've heard there's a gym on campus. Is that right?
- Guide:** Not on campus, but there's one just a few minutes from here.
- Student 2:** Great! Can you tell me what time it opens?
- Guide:** I'm not sure, but if you ask at reception, someone will be able to help you. I know another student asked them about dance classes yesterday and the staff on reception were really helpful.
- Student 3:** Oh, they do classes? I'd like to know if they do pilates classes there.
- Guide:** They do.
- Student 3:** Fantastic!
- Student 1:** Er, I think I'm going to get some food before I look around the library. Can you tell me where the best place for lunch is?
- Guide:** Yes, do you remember the café I showed you in that building over there?
- Student 1:** Yes.
- Guide:** That's probably the place you want. It does hot and cold meals, or snacks if you prefer.
- Student 1:** Do you know if they sell vegetarian food?

Guide: I think so.

Student 1: Great.

Student 3: One last thing ... Can you tell us how we get to the campus shop from here? I've forgotten already!

Guide: Yes, it's in that building over there. On the right of the halls of residence.

Student 3: Thanks!

Audio 3.06

- 1 Can you tell me if we can borrow e-books?
- 2 Can you tell me what time it opens?
- 3 I'd like to know if they do pilates there.
- 4 Can you tell me where the best place for lunch is?
- 5 Do you know if they sell vegetarian food?
- 6 Can you tell us how we get to the campus shop from here?

Audio 3.07

Receptionist: Hello.

Student: Hi! I'd like to ask some questions about the gym.

Receptionist: Sure. Go ahead.

Student: Could you tell me what time it opens?

Receptionist: Yes. It opens at 7 a.m. and closes at 9 p.m.

Student: Great! Do you know if there are any running machines?

Receptionist: I do. There are three running machines and three cycle machines. It's not a huge gym, but it's quite modern.

Student: Thanks. Also, I'd like to know how much it is.

Receptionist: £100 for the year, or £4 each time you use it.

Student: Fantastic! Can you tell me if there are any dance classes?

Receptionist: Yes, there are. The times are on our website.

Student: Can I ask if they are included in the yearly fee?

Receptionist: No, they cost extra. £3 each time.

Student: OK, great. Thanks!

Audio 3.09

Presenter: With me today is life coach, Gavin James. He's here to tell us what he thinks are the five most important things in life. Gavin, what are they?

Gavin: Well, I can tell you that it's not having lots of money! The first one is having a reason to get up every day and work hard. When you work hard, you can be successful. And this makes you feel great.

Presenter: What kinds of reasons are there to get up?

Gavin: Everyone has different reasons. For me, it's helping my patients and being a good dad.

Presenter: That's great. What's the second most important thing?

Gavin: Education. It gives us the knowledge and skills we need to find work, but it also gives us the knowledge and skills we need to make good decisions in life, and to solve problems.

Presenter: Are you talking about school?

Gavin: School is a big part of our education, but we need education when we're adults, too. We learn throughout our whole lives. It can be learning on a course, but also learning from watching TV, reading books and so on. We don't always need a teacher. We can teach ourselves.

Presenter: So, we should never stop learning?

Gavin: Never!

Presenter: What's the third most important thing?

Gavin: Friends. And I don't mean lots of friends. I mean one or two good friends. Studies tell us that friends keep us healthy.

Presenter: How?

Gavin: They help us to relax when we feel stressed, and that helps our body and our mind, because stress can be bad for both of those things.

Presenter: Can family help us in the same way?

Gavin: Yes. Families listen to us and love us. They often help us to make decisions, too.

Presenter: So, what are your final two important things?

Gavin: The first is health. We can't always control our health, but we can do our best to be healthy by eating well and doing exercise in our free time. A short walk every day will help. We don't have to run ten kilometres!

Presenter: OK. And the final one?

Gavin: Sleep.

Presenter: Sleep?

Gavin: Yes. Without good sleep, we feel really tired all the time. We can't focus on our work or home life. We get more stressed and we get angry a lot more, and this stops us from getting on well with other people. A good night's sleep is really important in life.

Audio 3.10

- 1 When you work hard, you can be successful.
- 2 Studies tell us that friends keep us healthy.
- 3 Without good sleep, we feel really tired all the time.
- 4 A good night's sleep is really important in life.

UNIT 4

Audio 4.01

- 1 You should study hard.
- 2 You shouldn't give up.
- 3 You mustn't do that again.

Audio 4.02

Hello. I'm Raj and in last week's podcast, Anya and I talked about how we can plan success carefully. In this week's podcast, we're going to talk about success that happens by accident.

Audio 4.03

Raj: Anya, last week we said that we can plan for success, and I do believe that, but it's not always true, is it?

Anya: No, Raj. Sometimes success comes when you don't have a plan at all, for example when scientist Percy LeBaron Spencer invented the microwave oven by accident. He was doing an experiment with technology used on planes and boats, when he saw that the chocolate in his pocket got really hot. He tried using the technology to cook other things, and the microwave was born!

Raj: And I'm happy it was. I couldn't live without my microwave!

Anya: Really? I never use mine. Anyway, success can also be the result of a mistake.

Raj: Yes, scientist Édouard Bénédictus dropped some glass equipment onto the floor, but it didn't break into a thousand pieces as usual. He realised that the glass had a chemical from an experiment on it, and the chemical had kept all the pieces together. That's how safety glass was invented.

Anya: What was the chemical?

Raj: No idea! I've always been terrible at science.

Anya: Yes, I find it impossible, too!

Raj: Sometimes success comes when people explain things badly. Tea seller Thomas Sullivan sent customers small amounts of tea in little bags to taste. He wanted them to take the tea out of the bags first, but they didn't understand this. They put the whole bag in hot water, and so, the tea bag was made.

Anya: That's my favourite story of all.

Raj: I think it's the best one, too.

Anya: Success can also happen when something is necessary. When Ruth Wakefield didn't have enough chocolate to make chocolate biscuits, she had to cut up the small amount of chocolate she had into really small pieces. The result was not chocolate biscuits, but chocolate chip cookies – one of the most popular biscuits today.

Raj: I love chocolate chip cookies! It's good that she carried on and didn't just decide to give up and go and do something else instead. We need these cookies in our lives!

Anya: I prefer my biscuits without any chocolate, but lots of people like them, so it was a good thing they were invented.

Audio 4.04

- 1 What's the problem?
- 2 The orange juice is over there.
- 3 The aeroplane's just taken off.
- 4 The children have arrived.
- 5 What's the time?
- 6 I've never seen the ocean.

Audio 4.05

One of my favourite games is one that my family created. We call it 'Draw the phrase'. It's not serious, just a bit of fun, but I love it. There are two teams with at least two players in each team, but you can have more if you like. To start with, each player writes six phrases on a piece of paper, like *make a phone call* or *make up your mind*. Then they give their phrases to one of the players in the other team. Each team needs paper, something they can draw with, like a pencil, because they're going to draw pictures. They also need a clock. One player in Team A starts. The player has to draw a picture that shows every phrase on their piece of paper, so for example, for *make a phone call*, they draw a picture of someone making a phone call. They have three minutes for this. Their team has to guess the phrase. If you're drawing, you can't speak. If you're guessing, you have to say your guesses out loud. You score by guessing each phrase correctly and getting points. You get one point for each correct phrase. After that, the other players take their turn to draw pictures of the phrases on their piece of paper. The goal is to get the most points. So when everyone has finished, add up all the points and see who wins. The game doesn't last long. It depends how many players there are. It's usually around forty minutes or less.

Audio 4.06

- 1 You can play alone.
- 2 Anyone can call out an answer.
- 3 Players can't win before the time ends.
- 4 The other team can guess and get a point.
- 5 You can't have more than six players.
- 6 The first player can't have a second go.

Audio 4.07

A: So, how do you play volleyball?

B: Well, there are two teams of six people. It's played on a court.

- A:** And what do you need to do?
B: You have to hit the ball over the net into the other side of the net, but you can only use your hands or arms.
A: How many times can each team hit the ball?
B: Three times to get it to the other side of the court.
A: And how do you get a point?
B: You score by getting the ball over the net so the other team can't return it.
A: How do you win a match?
B: The aim of the game is to score points, and the team with the most wins.
A: How long does it go on for?
B: It lasts between sixty and ninety minutes.

UNIT 5

Audio 5.01

- 1 I'd like to know where Jack is.
- 2 Maria is the one whose sister works in the bank.
- 3 I don't know which biscuits to have.
- 4 I think Pete is the person who owns this café.
- 5 I don't remember when your birthday is.

Audio 5.02

campaign	plumber
charity	pollution
environment	mechanic
knowledge	transport

Audio 5.03

Presenter: City life can be fun and exciting, but it can also be busy, tiring and expensive. This week's podcast is about how we can make city life better for us all. I'm joined by three people to tell us their stories. Peter, tell us how you've made city life better.

Peter: There aren't many green spaces where I live. So, my neighbours and I made our own. Getting the government's help takes time, but it's not too difficult to put plants in our windows, or on the top of buildings or in car parks for people who love nature to enjoy together. It's a great community activity, and there's lots of online help.

Presenter: That's great, Peter! Thanks. Now, Teresa, you wanted more books in your area.

Teresa: Yes. I've loved books since I was a child. We used to have a library bus that came near here with books we could borrow, but it suddenly stopped coming. Wages are low in this area so people can't buy many books. When I heard about book cupboards, I was excited.

Presenter: What are book cupboards, Teresa?

Teresa: They're cupboards people put at the end of their gardens, or in parks, full of books for adults and children. Anyone can take a book without paying anything, but when they do, they have to put one in that they don't want anymore. I put a book cupboard in my garden next to the street. I love seeing people's faces when they find a book in the box they want to read.

Presenter: That sounds wonderful. Michael, your project involved art.

Michael: Yes. Art galleries can be expensive and full of tourists. And not everyone has time to join a local art club. I made my own gallery. I started by putting up my own art in my window so people could look at it when they walked past. Then one Saturday, I invited everyone in the local area to bring some art they had made to the park. Each person left their art on a table and chose another person's piece of art to take home with them.

Presenter: That's a great idea, Michael!

Michael: Well, I knew we'd get art from people young and old, but I thought they'd all bring paintings. Actually, there were also photographs, metal work, and things made of glass, which surprised me.

Presenter: OK, so now that you've explained your projects, let's talk more ...

Audio 5.04

- 1 There aren't many green spaces where I live.
- 2 I've loved books since I was a child.
- 3 When I heard about book cupboards, I was excited.
- 4 Art galleries can be expensive and full of tourists.

Audio 5.05

- 1 That is good news!
- 2 I'm sorry to hear that.
- 3 That's wonderful news.
- 4 Wow, that's awesome.
- 5 Congratulations!
- 6 What a shame!

Audio 5.06

A: I've got some amazing news to tell you. My sister's had her baby.

B: That is good news!

A: Yes, it is. Unfortunately, the baby was born a bit early, so he has to stay in hospital for a little while.

B: I'm sorry to hear that. I hope he's OK.

A: He's fine. The doctors just want to check him.

B: Oh, that's wonderful news.

A: I've got some more news. I'm getting married.

B: Wow, that's awesome. Congratulations!

A: Thanks! But bad news, I'm afraid. We don't have enough money to get married now. We have to wait for another two years.

B: Oh, what a shame! I've just bought a new suit!

Audio 5.08

A seven-year-old boy in Florida saved his father and little sister when strong river water took them away from their boat. The boy swam for about an hour before he got to land and then ran to a house to call for help. The local Fire and Rescue Service were able to find the father and four-year-old sister still in the river and bring them back to safety.

A woman who recently got engaged and then dropped her ring into a lake has got it back. The woman was getting on a boat the day after getting engaged, when the ring fell off her finger and into the water. It took a local man just twenty minutes to swim to the bottom and find it. The woman and her partner described the diver as 'brilliant'.

People often rent rooms in other people's homes. A new app lets them rent other people's gardens. The aim of the app is to help those people who want gardens, and others who have gardens but can't look after them. The app's creator wants to bring people together and make communities stronger.

A dog that has been in an animal centre for ten years has finally found a family to love her. Bess arrived at the centre needing medical care. For a long time, this female dog was very nervous around people and other dogs, but after a social media campaign, Bess has finally found a family to love and take care of her.

Parents buying things for their new babies in California yesterday were surprised to find money in the products. A couple had put a total of \$1,000 into lots of different products in different shops as secret surprises. They said they knew how hard it was to be new mums and dads and they wanted to make some new parents' lives a little easier.

And finally, a cleaner who lost her job got a big surprise yesterday when she received a new home. The woman, who had cleaned a block of flats for twenty years, moved into her sister's home when she lost her job with the building management company. But the people who live in the flats love the woman so

much that they got together and paid two years' rent on an empty flat in the building for her and her family.

Audio 5.09

- 1 The woman was getting on a boat the day after getting engaged, when the ring fell off her finger and into the water.
- 2 The aim of the app is to help those people who want gardens, and others who have gardens but can't look after them.
- 3 The app's creator wants to bring people together and make communities stronger.
- 4 For a long time, this female dog was very nervous around people and other dogs ...
- 5 Parents buying things for their new babies in California yesterday were surprised to find money in the products.
- 6 And finally, a cleaner who lost her job got a big surprise yesterday ...

UNIT 6

Audio 6.01

- 1 We used to live in Italy.
- 2 I never used to like art very much.
- 3 I used to do a lot of sport at school.
- 4 She never used to speak to me.
- 5 They used to visit us often.
- 6 He used to love spending time outside.

Audio 6.02

- 1 The first syllable is stressed: artist, photograph, talent, talented
- 2 The second syllable is stressed: artistic, creative, imagine, imaginative
- 3 The third syllable is stressed: creativity, photographic

Audio 6.03

Most of us would love to be more creative than we already are. But what makes us creative? Are we born creative? Or do we learn to be creative? In today's podcast, scientist Alicia Falstaff is going to tell us what research says about the brain and how creativity works.

Audio 6.04 and 6.05

Presenter: So, Alicia, how do our brains make us more creative?

Alicia: Well, we've learnt a lot about the brain over the last twenty years because of new technology, but it's quite a new science and what we learn changes all the time. We know that creativity doesn't happen in just one part of our brains. It happens in many parts.

Presenter: Right, so lots of parts work together.

Alicia: Exactly, and it depends on what you're doing too. We use different parts of the brain for different creative activities.

Presenter: Right.

Alicia: We know that when different parts of the brain talk to each other, we're more creative. So, connections in the brain are important.

Presenter: Interesting. So, does this mean that we're born creative?

Alicia: We're all creative, but the brain we're born with can make us more creative. However, our brains don't stay the same throughout our lives. Our experiences can change their shape, so our experiences can make us more creative, too.

Presenter: Well, that's great news then. So, we can learn to be more creative.

Alicia: Yes. Think about some of the most creative people you know – artists, musicians, etc. Maybe they were creative from a young age, but they became more creative during their lives because of their experiences. They became better at it.

Presenter: So, there's hope for me yet!

Alicia: There are certain activities that we know can help to make children more creative. When they watch other people being creative for example, and when they play of course. And also, when they watch certain films – imaginative films about worlds that aren't real.

Presenter: Can adults become creative while doing the same things?

Alicia: That isn't clear. We know that adults are more creative when they go outside and have some fresh air, and when they get a good night's sleep. And also, when they move their phones away from them. We're creative when we empty our minds and let new ideas enter. That doesn't usually happen when we're using technology.

Audio 6.06

- 1 In my view, the venue was too small.
- 2 What did you think of the concert music?
- 3 What makes you say that you didn't like it?
- 4 I guess it's good we're not all the same.
- 5 The reason is the singing was really horrible.

Audio 6.07 and 6.09

A: What was the last film you saw?

B: It was that action film that came out on Friday. I saw it at the weekend.

A: Oh yes? What did you think of it?

B: I thought it was terrible.

A: Why did you think that?

B: Because the story was impossible to understand.

A: Oh dear, that's not good. How was the acting?

B: In my view, the acting was good, but there was very little speaking. It was all action. For me, that doesn't make a good film.

A: Really? I like a lot of action in my films!

B: Do you? I suppose we're all different.

Audio 6.08

- 1 I thought it was terrible.
- 2 In my view, the acting was good.
- 3 For me, that doesn't make a good film.

UNIT 7

Audio 7.01

- 1 If I knew which hotel to choose, I'd tell you.
- 2 When I go down to the pool, I'll ask about the closing time.
- 3 If you carry the bags, I'll take the suitcase.
- 4 I'd love to go to Thailand if I could.
- 5 She'd be a tour guide if she had the chance.
- 6 I'll see you when you get back from your holiday.

Audio 7.02

- 1 **A:** Were there are a lot of cars on the road this morning?
B: No, it was surprising. There were only a few.
- 2 **A:** Were there enough people to help you finish the job today?
B: There were too many people! There wasn't enough for them all to do.
- 3 **A:** Did you get plenty of food at the party?
B: No, it was mostly gone when I got there. I had hardly any.
- 4 **A:** Did you make a lot of friends on your travels?
B: I made a few. We had fun.
- 5 **A:** Were there a lot of different meals on the menu at the hotel restaurant?
B: Actually, there were too many. It was hard to choose.
- 6 **A:** How much sleep did you get on the plane?
B: Not enough. I wanted lots of sleep, but I just couldn't relax.

Audio 7.03

Monterrey is a city in the north east of Mexico with a population of just above one million. Although it doesn't get the same large number of tourists as some

other Mexican cities, there is plenty to see and do here. In the city centre is a square – one of the biggest in the world. It's a space full of interesting buildings, old and new, and pretty gardens. One high point of a visit to Monterrey is a boat ride along a manmade river to Fundidora Park, which is amazing.

Audio 7.04

Nico: How was your work trip to Mexico, Anna?

Anna: It was great! You know, I usually read about a city I am going to visit, but I was so busy before I went that I didn't have time to even think about Monterrey. The size surprised me. I guess I'd imagined it to be smaller. I liked it, though.

Nico: What were the people like?

Anna: Lovely! I mean, most of the colleagues I spent time with had travelled there from other Mexican cities, so only one person was from Monterrey itself, but they didn't seem very different from each other.

Nico: Did you have any free time?

Anna: I did, I had a free day and a couple of free evenings, so I managed to explore a few places while I was there.

Nico: Where did you go?

Anna: Well, I went to the square in the middle of the city. That was interesting. Then I took a boat ride from there along the Santa Lucía river. It's not a real river, it's manmade, but it was the best part of the trip for me. I love being on water. I ended up at Fundidora Park which was huge!

Nico: Sounds great.

Anna: It was! Oh, I was invited to eat out at a restaurant next to the river one evening, but I didn't feel very well and didn't go. That was a shame.

Nico: Oh no, did you eat something bad?

Anna: No, I was just really tired that day from all the travelling. I needed some sleep. I actually loved the food. Too much!

Nico: You ate a lot of it then?

Anna: I did! I mean, I've eaten Mexican food myself at home but not as good as the real thing. I particularly enjoyed breakfast. It was so different to my normal cereal! Some of the food was a bit hotter than I usually prefer, but I didn't mind.

Nico: Did anything surprise you while you were there?

Anna: Not really. I mean, the weather was warm but not hot, which I'd expected in October, and I knew the people would be nice because I'd met them online before. I guess one thing was the city buildings.

I imagined them to be a lot older, but they were actually quite new.

Nico: Sounds like a fun city to visit.

Anna: It was. I hope I get to go again, but not for a while. It was a long trip and I need a week off at the local beach before then!

Audio 7.05

Mika: I'm hoping to go to Tokyo next year.

Ed: Are you? I've been there. You should definitely go.

Mika: Oh, really. What would you recommend I do there?

Ed: Well, there are a few things you absolutely have to see.

Mika: OK.

Ed: Firstly, you must visit popular shopping areas like Shibuya.

Mika: Great, thanks.

Ed: And, of course, you should definitely visit some of the traditional buildings too, like Senso-ji. You can buy traditional souvenirs from there, too.

Mika: That's a good idea.

Ed: Don't leave without visiting the fish market. You have to get up really early in the morning but you can see all the fresh fish for sale and you can eat the freshest sushi possible there, too.

Mika: Oh, wow, how amazing.

Ed: Make sure you visit the National Garden in Shinjuku. It's a traditional Japanese garden, but it has plants and trees from other countries, too.

Mika: That sounds interesting.

Ed: It's a lovely place to walk. You should take a train to Hakone if you can, to see Mount Fuji – the famous mountain in Japan – and also try out the natural hot baths there. They're amazing.

Mika: That sounds great.

Ed: You really have to go out and see the nightlife in Tokyo, too. It's really good. Karaoke is one of the most fun things to do in the city.

Mika: But I can't sing!

Ed: It doesn't matter. You can rent a room with just you and the people you're with, so no one else will hear you!

Audio 7.06

- 1 Oh wow! How exciting!
- 2 That sounds interesting.
- 3 That sounds good.
- 4 OK, that's a good idea.
- 5 Great, thanks.

Audio 7.07 and 7.08

A: I've heard you're going to New York next week. Do you want some recommendations?

B: Yes, please!

A: You absolutely have to visit the Empire State Building. The view's amazing.

B: Great, thanks.

A: And you should definitely take a boat and go and see the Statue of Liberty. You get a good view of the city from the water, too.

B: That sounds good.

A: You must go to a baseball game, to get the real New York experience.

B: That sounds interesting.

A: I think it's one of the best things you can do. And don't leave the city without visiting Central Park. You can rent a bicycle and cycle round the park, or you can rent a boat on the lake.

B: Oh wow! How exciting!

Audio 7.09

One of the main reasons why people don't travel is money, so on today's podcast, I'd like to share five tips on how to travel without spending a lot. You won't stay in a five-star hotel with room service and huge breakfasts, but you'll be comfortable and safe, which is all you need to have a great trip. Tip 1 is to find a job. If you work while you're travelling, you'll have enough money to buy food and your accommodation might be free too, although not always. You can live with a family and look after their children. Or you can work on a farm and pick fruit. You'll be busy and you won't have time to go sightseeing every day, but you'll have some time off to enjoy the local area.

Tip 2 is to look for accommodation that doesn't cost very much. There are websites where you can find a room in someone's home, at a much cheaper price than a hotel. Be careful when you decide where to stay. Do research to check that people who stayed in those rooms before were happy with their experience and felt safe and comfortable.

Tip 3 is about food. Food can cost a lot when you have to eat in a café or restaurant three times a day, so don't eat in those places. Cook your own meals. You'll still be able to try some of the local food if you shop at a supermarket, and you'll spend much less money, which is what you want. You should still do this even if you don't have a kitchen in your accommodation. Just make cold meals.

Tip 4 is about transport. Try not to take transport if you can. Walk. It's free! If you do have to take transport, try to use the bus to travel around. Look for tickets that let you travel anywhere in the town or city for a few days or a week. They're often much cheaper.

Finally, tip 5. Go online and connect with other people. You might not know anyone in the place you want to visit, but maybe one of your friends has a friend who lives there. You can ask that person if they know anywhere cheap to stay. Maybe they'll offer you a room in their home and then you've got your cheap accommodation, too.

Audio 7.10

- 1 You can live with a family and look after their children.
- 2 Be careful when you decide where to stay.
- 3 Try not to take transport if you can.
- 4 Go online and connect with other people.

UNIT 8

Audio 8.01

- 1 **A:** Could you swim when you were a child?
B: No, I couldn't, but I can swim well now.
- 2 **A:** Are you able to help me for a minute?
B: Sorry, I can't. I can help you tonight.
- 3 **A:** Were you able to see the dentist yesterday?
B: Yes, I was.

Audio 8.02

The Wood Workshop is not a video channel I ever thought I'd love, but I do. The presenter shows us how to create different things from wood. We never see the person's face, or hear their voice, we only see their hands, the wood and some tools. The videos last for over fifteen minutes which is longer than other similar videos, but because I don't want to miss seeing the final result, I watch to the very end.

Audio 8.03

- Ed:** Today, we're talking about watching online videos of people making things. I love these kinds of videos and I know you do too, Jo.
- Jo:** Yes, that's right Ed, I watch a lot of videos online of people making things – making meals, making animals out of paper ... I watched someone making a metal ball the other day for some kind of machine! It looked so smooth when it was finished. I wanted to touch it!
- Ed:** Why do we enjoy these videos so much?
- Jo:** Good question! I think it's because we learn how people do things that we can't do. I don't want to make a metal ball myself, but I enjoy seeing the process of how other people do it. And they're so skilful!
- Ed:** But there are plenty of videos where people show amazing skills

that I DON'T watch and I have no interest in, like sports. What's different?

- Jo:** Hmm ... I think it's because there's a final product we can see with our eyes, and usually it's really beautiful. Like the metal ball.
- Ed:** That's a good point.
- Jo:** And also, what we see is perfect, when most things in our lives aren't perfect.
- Ed:** What do you mean, Jo?
- Jo:** If I make cake at home, everything's a mess. When we watch someone make cake in a video, everything looks perfect. Everything is in order. I read that our brains like this kind of order, and it makes us feel that everything is OK in the world.
- Ed:** Interesting! I do feel very calm when I watch these videos. They relax me, that's for sure. If I've had an awful day at work, I just put one of those videos on and I start to feel better.
- Jo:** Maybe we should take a course and learn to do something new ourselves. Maybe that would relax us more.
- Ed:** Good idea, what would you choose to do?
- Jo:** Well, Ed, I should probably say something with food, because I eat a lot! But I'd love to be able to make something from wood. What about you?
- Ed:** You know those delicious cakes you see people making?
- Jo:** Yes.
- Ed:** I want YOU to make one so I can eat it!
- Jo:** Ha!
- Ed:** I'd like to make things with paper like they do in Japan.
- Jo:** You mean origami? OK, then let's learn!

Audio 8.04

- 1 This cat video has been watched by lots of people.
- 2 Marie has just shown me a really sad video.
- 3 Some of us make our own videos.
- 4 This video was only made this morning.

Audio 8.05

- 1 **A:** My phone isn't working.
B: What's wrong with it now? Have you dropped it in the bath again?!
- A:** No! I'm trying to use this app. Every time I open it, it crashes. It's really annoying.
- B:** Have you tried switching your phone off, then on again.
- A:** Yes, I did that but it didn't help.
- B:** Maybe you need to delete the app and try downloading it

again. It sometimes helps if you do that.

- A:** Yes, I'll try that. Thanks.
- 2 **A:** There's a problem with my phone. It keeps running out of charge much faster than it did in the past.
B: That's not right.
A: No.
B: Have you checked which apps use a lot of power?
A: Yes, none of them use more than the others.
B: Maybe you need to close all your open apps.
A: How do I do that?
B: Press here twice, now you can see them all. Wow, you've got a lot of apps open! Close them all. I think it'll help.
B: Yes, I'll do that now. Thanks.
 - 3 **A:** I've just dropped my phone in the bath.
B: Was the bath full of water?
A: Unfortunately, yes. I think it's broken.
B: Oh dear! Quick. Put it in a bowl of rice. It sometimes works if you do that. The rice helps with the water.
A: OK, I'll try that now.

Audio 8.06

- 1 The screen on my mobile phone isn't working.
- 2 Have you checked the apps you have open?
- 3 Try switching off your phone and restarting it.
- 4 It sometimes works if you delete the app.

Audio 8.07

- 1 No, I didn't take a photo, I took a video.
- 2 No, I closed my apps. I didn't delete them.
- 3 My laptop's working. It's not broken.
- 4 I didn't download the video, I shared it.

Audio 8.08

- A:** There's a problem with my phone.
B: What is it?
A: I can't use any apps. They take a long time to open and then crash.
B: Have you tried switching it off and on again?
A: Yes, but it didn't solve the problem.
B: Have you deleted any apps you don't need it? It sometimes works if you do that.
A: I've tried, but the problem is still there.
B: Maybe you need to save everything to your computer, delete everything from your phone and start again.
A: Yes, I'll try that. Thanks.