

## Module 1

### Speaking, page 15, Exercises 6b and 6c

Both of these celebrations are obviously very proud family occasions and they both seem to be for one of the younger people in the family; in this one it's this girl's birthday – perhaps it's a special one – it could be her eighteenth – and this one clearly shows the girl's graduation ceremony.

The main difference between the birthday and the graduation is that this one is very informal – everybody's wearing casual clothes and laughing – whereas the graduation ceremony is a much more formal celebration.

The celebrations are important for different reasons.

Although the graduation ceremony is very formal, I think it is an opportunity for the family to share in the girl's success at college. On the other hand, the birthday party is more relaxed and probably more fun than the graduation ceremony – and it's a good excuse for friends to get together.

### Listening, page 16, Exercises 2 and 3

1

**A:** I first came out here to stay with friends for a few months after I left university, and I haven't been back home much! I was astonished to realise that you can eat outdoors for much of the year, which is great and also means you save on heating bills. It's very easy to get to know people as well. The only problem is that it's such a long way away from anywhere and I feel out of touch with what's going on at home. Strangely, the thing I miss most is the seasons – the leaves falling in autumn and the first daffodils in spring.

2

**B:** I went there to teach English and immediately fell in love with the lifestyle, so ended up staying for several years. Life is very different over there; for example, people regard it as important to take a break at lunchtime and eat homemade food all together with the family, whereas in the USA we just grab something on the move – people are always in a rush. Also, because of the climate, people tend to have a nap or relax in the afternoon and work late. I preferred this. Unfortunately, I ended up spending too much time with other Americans and so I didn't really become as fluent as I would have liked, which is a shame.

3

**C:** I originally came over here to learn English and then met my husband and got married, so I have been here ever since. Of course I miss my family and the problem is that after all these years here it feels odd to be back in Russia again and yet I don't feel totally British either! The people here are as I'd expected in some ways – they're polite and law-abiding in the way they queue for buses and so on, unlike where I come from. But I'd been told they were unfriendly, which couldn't be further from the truth. They may come across like that at first but once they get to know you, they're really warm and would do anything to help you.

## Module 2

### Speaking, page 28, Exercise 2b

continuous assessment  
curriculum  
degree  
exams  
head teacher  
higher education  
homework  
lecturer  
playground  
playgroup  
strict discipline  
tutorial  
undergraduate  
uniform

### Speaking, page 29, Exercise 6a

Now, I'd like you to talk about something together for about two minutes.

I'd like you to imagine that a school is considering making some improvements so that it's a better place for students to study. Here are some ideas they are thinking about and a question for you to discuss. First you have some time to look at the task.

Now, talk to each other about how these changes would benefit the students.

### Speaking, page 29, Exercises 6b and 6c

**A:** OK, shall I start? Well, personally, I think they would benefit a great deal from having more teachers so classes could be smaller.

**B:** I couldn't agree more. But that means they would need extra classrooms. What about more up-to-date equipment so that students could work on their own more?

**A:** Yes, I suppose so. Mmm ... actually, I think smaller classes would probably be a bigger benefit.

**B:** Do you think so? I'm not so sure. Students these days work very well on computers.

**A:** I know what you mean, but many students are not as fit as they should be and I think extra sports facilities would be even more important.

**B:** That's true. Many schools have too few.

**A:** How about more space for play and relaxation?

**B:** No, I don't think that matters so much. For me, it would be the least important change in a day school. Obviously, it would be important in a residential college.

**A:** That must be true for food too. Good food would be much more important in a residential college.

**B:** Yes, I agree up to a point, but even in a day school, you need a good lunch if you are working in the afternoons!

## Listening, page 30, Exercise 2

(P = Presenter; L = Leanne)

- P:** Today we've invited into the studio a university student in her final year, Leanne Wilson, to give tips on surviving those first few weeks. Were you nervous about going off to university, Leanne?
- L:** In a way. I'd been really looking forward to it but my main worry was that I didn't know anyone.
- P:** But you made friends fairly quickly?
- L:** Oh, absolutely. Many of my friends initially were on my course but you've got to be careful you don't stick with just them all the time – you really miss out if you do. And try and be open-minded. Just because people don't speak to you doesn't mean they're unfriendly. They could just be shy. The main thing is to get involved with anything and everything. Even if you can't play tennis to save your life, have a go. Join the Scrabble® club, drama society, whatever – just so you meet a wide variety of people.
- P:** Which clubs did you join?
- L:** Well, that's the silly thing. I didn't! And I really wish I'd taken more advantage of the social life in that first week and enjoyed myself more. I think I was a bit scared of getting left behind in my work – when, really, that shouldn't be a priority at first. I didn't have a lot of cash to splash around either. But the thing is, you have to remember that it won't be such a social whirl for the whole term – things do calm down and you won't be spending money like this all the time. The first week you need to get out and enjoy yourself and not worry about it.
- P:** While we're on the subject of money, how did you manage on your student budget?
- L:** Well, some people choose to save on food and accommodation by living at home. I live quite near York, so that was an option but I felt it was important to stand on my own two feet, so I was in a hall of residence for my first year. My parents didn't put any pressure on me either way but it was tough at first because our family is quite close. It was the right thing to do for me to leave, though.
- P:** So did you have to get an evening job in York?
- L:** The thing is, with my subject, the workload is very high, so a job would mean very little time for a social life. So I just cut costs by sharing books with friends, shopping in charity shops, eating cheaply, that kind of thing. Although I do get a job in the holidays at home, so I can save up.
- P:** And is going to lectures very different from being at school?
- L:** It is, really. Where I went wrong at first was trying to write down every word the lecturer was saying and not really listening. In fact, you can normally get the notes online later anyway, so it's really not worth it – unless it helps you concentrate. Some of my friends don't bother going much at all, actually, but personally, I think that – even though you only get a basic overview in an hour – it makes you aware of the main areas that you need to read around.
- P:** Is it difficult to get used to structuring your day?

- L:** I found it's very easy to waste time unless you're disciplined. It's not that you aren't interested in the subject but life has a habit of getting in the way and it's tempting to stay in bed late and have a coffee with friends instead of getting stuck into what you have to do.
- P:** I can imagine! And the worst aspect of university life?
- L:** Mmm ... I thought it would be the cooking and washing and so on but that's not been too bad – although I do appreciate my mum more in the holidays! Probably, it's getting totally stressed as the work piles up. To be fair, that's only at certain times of year – exam times – but terms are short, so it feels as if it happens more.
- P:** Well, thanks very much, Leanne, and good luck in your final exams.

## Module 3

### Speaking, page 43, Exercise 8a

In this part of the test, I'm going to give each of you two photographs. I'd like you to talk about your photographs on your own for about a minute, and also to answer a question about your partner's photographs.

Emil, it's your turn first. Here are your photographs. They show people working with animals. I'd like you to compare the photographs and say why you think the jobs might be difficult.

### Speaking, page 43, Exercises 8b, 8c and 8d

(E = Emil; I = Interlocutor)

- E:** In the photo on the left the man – he's a farmer, probably – is in the country with the sheep, whereas in the other one there's a woman in a white coat – she's a ... a kind of doctor who looks after animals. People bring in ... er ... small animals who live in the home, when they are ill or when they hurt themselves. She has to make them better. Sometimes there are emergencies when animals are injured in car accidents. This must be very ... upset ... it must upset her a lot. Personally, I think both jobs must be very hard work. A doctor for animals has to study for a long time to learn about the different animals and she has a lot of patients in a day. A farmer has to get up very early in the morning and go out in the fields in summer and winter. He has to work a lot – it must be very tiring and not very nice when it's raining hard and very cold and windy.
- I:** Thank you. Now, Tania, can you imagine doing either of these jobs?

### Listening, page 44, Exercise 2b

Thanks, Paul, for the introduction, and hello, everybody.

Well, when I first went out to the Brazilian rainforest, I certainly never intended to stay there for any length of time. It was meant to be a quick visit to research and write a piece about tropical birds for the nature magazine I worked for. While I was there though, I also became fascinated by many of the other inhabitants, such as the huge variety of monkeys and snakes. However, the reason I stayed on was my love affair with the jaguar.

I must admit, at the beginning I found the rainforest environment quite hard to deal with. OK, I knew the forest was going to feel a bit claustrophobic. What I hadn't quite realised was how little daylight actually gets through the trees, which means you spend much of your time in semi-darkness – that took some getting used to. The other challenge was the insects. You get bitten by them all the time! They're massive noisy creatures – a bit like flying motorbikes!

Anyway, the first time I saw a jaguar was very early in the morning, and it was totally unexpected. This awesome animal just emerged from the forest and started walking towards me. It must have been about sixty metres away. Time seemed to stand still and I couldn't breathe. Not because I was terrified but I just felt emotional – she was so beautiful it brought tears to my eyes. She had a drink from a nearby river and disappeared into the forest again, so I didn't get a photograph that time, but I went on to have five more encounters over the next four years.

This may not seem much to you, but remember the jaguar is a threatened species, so it lives mainly in the most remote areas. The Amazon forest extends for thousands of kilometres and the territory of a typical male jaguar is something like 170 kilometres – in exceptional cases as much as 300 or more. It's rare to see one because they are such solitary, shy creatures and move incredibly quietly.

To have a better chance of seeing another jaguar, I went inland into a less populated area, where I met some of the local forest people. By that time, I'd tried all sorts of the local food: monkey's brains, alligators – you name it – but it's the spider I was given as an honoured guest that stands out in my mind on that first visit. It was the size of a small rat, had eight eyes and looked and tasted revolting. But it would have been very rude to refuse to eat what for them is a special food.

The forest people themselves don't see jaguars very often because until recently, the animals have tended to avoid places where humans make their homes. They are rarely a danger to human life and it is interesting that forest people tend to respect rather than fear these powerful animals, regarding them as fellow hunters rather than potential prey.

Unfortunately, in recent years, more and more of the forest has been destroyed, meaning that cattle are being bred in the open spaces which are left behind. This is seen as a source of food for jaguars and as a result, landowners have no hesitation in killing them if they see one near their farms.

Even if they escape being shot, there are many reported cases of jaguars picking up diseases – not so much from sheep or cows but from dogs and other domestic pets. In the interests of survival, therefore, it is much better if jaguars avoid areas of human habitation completely but this is easier said than done these days, if their own habitats are no longer available to them.

Since being back from Brazil, I have replaced journalism with lecture tours as I think they are a more effective way of educating people about the dangers that these magnificent creatures face unless we act now. Jaguars are an endangered species and if we allow the rainforests to disappear completely, we risk losing them altogether.

## Module 4

### Speaking, page 57, Exercise 4a

Now, I'd like you to talk about something together for about two minutes.

I'd like you to imagine that a college wants to persuade students to take up more sports. Here are some sports they are thinking of encouraging and a question for you to discuss. First you have some time to look at the task.

Now, talk to each other about the advantages of doing these sports.

### Speaking, page 57, Exercises 4b and 4c

(C1 = Candidate 1; C2 = Candidate 2; I = Interlocutor)

**C1:** OK, let's begin with swimming, shall we? I think it's a good sport to do because it exercises the whole body and if the college has an indoor pool, you can swim all year round.

**C2:** Yes, I agree. I love going swimming but it can be a bit boring just going up and down – although I enjoy swimming in the sea. I think a lot of students would like something a bit more exciting, like judo. It builds up your strength and self-confidence and ...

**C1:** Yes, and as well as that, it is a great discipline. But I don't quite agree with you about swimming. Swimming is good for everyone, male or female, young or old. And it ... what do you say ... it's very ... er, ah, doesn't hurt the body ... hurt the muscles so much as some other sports. Like judo, perhaps – I don't know.

**C2:** Yes, as long as you can swim. So what would you say about horse-riding?

**C1:** I think it's a bit like judo in some ways. It would appeal to some but not others – probably more to girls, to be honest.

**C2:** You're probably right but it must be wonderful to learn to look after horses.

**C1:** I agree to a certain extent but think of the ... um ... er, ah, it must be very expensive.

**C2:** It's very good exercise, though. It builds up your muscles and it's a skill you'll have for life.

**C1:** That's true. All the same, it's really not for everyone. What do you think about basketball? That seems very popular these days and you don't need much equipment – just a net, a board with a ring and a ball, really. You see it played a lot in poor areas, in lots of different countries.

**C2:** Yes, it's good for making friends. And all that running and jumping is good exercise. It feels like a more relaxed sport than some.

**C1:** I'm not sure about that. Not if you play to win! But it's certainly more relaxed than running. Don't you agree?

**C2:** Yes, but you don't have to compete when you run. You can do it on your own, for fun. The great advantage of running is that it's cheap and, of course, brilliant exercise.

**C1:** You're right! And after a hard day's studying, it gets rid of your stress. Which is just what you need.

**I:** Thank you.

## Speaking, page 57, Exercise 4d

(C1 = Candidate 1; C2 = Candidate 2; I = Interlocutor)

- I:** Now you have about a minute to decide which sport would be best to encourage.
- C1:** Well, I think we are agreed that horse-riding and judo are great sports but they wouldn't appeal to everyone.
- C2:** So does that mean we have to choose the most popular sport, which is probably running – or, at least, jogging?
- C1:** No, I don't think it has to be jogging. Everyone knows about jogging. It has great health benefits. But it's hard work and a lot of people find it boring.
- C2:** But it has lots of other advantages. You don't need equipment, you don't need to wait for other people to join you. You can put on your shoes, get into your shorts and just go. I do think people need to be encouraged. Perhaps by having events like fun-runs which include everyone? Don't you agree with that?
- C1:** I suppose so. And the problem with basketball is you do need other people to make it fun. It's a team game, after all. But we haven't considered swimming. That is a sport for everyone. Well, at least those that can swim, as you said. And those that can't swim should be encouraged to learn. It's a skill for life, like horse-riding.
- C2:** That's a good point. So, really, what we are saying is that it's between running and swimming. So which one shall we choose? I think I know what your answer will be!
- C1:** Yes, I think swimming. It's just as good for exercise as running – if not better – because you get fewer injuries and you exercise more muscles.
- C2:** OK, let's decide on swimming, shall we?
- C1:** Yes, swimming it is.

## Listening, page 58, Exercise 2c

- 1** My first parachute jump was the scariest thing I'd ever done. Nothing prepares you for falling out of a plane at 180 kilometres an hour. After all, you can't turn back if you change your mind, can you? When it came to actually jumping, I got very nervous. I had no choice but to do it though, because the whole point was to get people to give donations to a medical research organisation. If I hadn't jumped, I wouldn't have got any money for them. Once back on the ground, I realised I'd loved it and that was the beginning of my big hobby, much to the amazement of my friends and family.
- 2** I grew up surrounded by water – you could see the Atlantic from my bedroom window – and yet I'd never learnt to swim. See, I, I just never fancied it, even though my parents and brother swam like fish. I finally signed up for a five-week beginners' course at the age of thirty-five, I mean, not because I'd changed my mind about wanting to swim but just so that I could see the expressions of amazement on my kids' faces. It was worth suffering those awful lessons just for that! But I must admit that, even now, I'd much rather relax at the poolside and watch them splashing about.
- 3** I took up skiing while I was living abroad. I absolutely loved it from the word 'go' – the scenery of course, the sense of speed and complete focus on the task. It's

fantastic exercise too. I hadn't expected to enjoy it though; in fact, I had to be talked into doing it by my friends. They'd all skied since they were very small and kept on at me until I agreed to give it a go. I'm much older now and, obviously, not as fit as I used to be but if I could find the money, I'd like to take the kids and see if I can still do it.

- 4** I'm not really into risky sports but I enjoyed snorkelling and quite fancied getting a closer look at exotic fish. My main motive for taking up scuba diving though, to be honest, is because my boyfriend, Tony, said I wouldn't be able to do it. I tend to panic, you see, and in scuba diving you have to remain totally calm or things can get very dangerous. It took me ages to gain the confidence to do it but I was determined to show Tony that he was wrong. So I persevered and I've now passed all my exams and we're off on a diving holiday together soon.
- 5** I've always been into football – all my friends were, and it was something we could all share. But apart from a few kickabouts in the garden, it tended to be very much a spectator sport. We'd watch *Match of the Day* on the TV, play computer games like *FIFA* and go to Liverpool home matches when we could afford it. Funnily enough, it was only quite recently that I started playing it on a regular basis and that was because I wanted something to help me unwind after a stressful day at work. It's brilliant because it means I have to think about something other than my job.

## Module 5

### Speaking, page 71, Exercise 4b

(C1 = Candidate 1; I = Interlocutor)

- I:** Now, I'd like you to talk about something together for about two minutes. I'd like you to imagine that a radio station is planning a programme on useful technology. Here are some ideas they are thinking about and a question for you to discuss. First you have some time to look at the task. Now, talk to each other about what the benefits of these items might be.
- C1:** So, we have to discuss why each of these items might be useful?
- I:** That's right.

### Speaking, page 71, Exercise 4c

(C1 = Candidate 1; C2 = Candidate 2)

- C1:** OK, well, straightaway, I'm looking at the portable gaming devices. I think they're fantastic. They're much cheaper than other systems and they take up less space.
- C2:** I completely agree with you. And, of course, you can take them with you wherever you go. But, really, driverless cars would have a lot more benefits.
- C1:** I'm not so sure. People say they will cut down on car accidents, yet I wonder if that's true. They depend on satellite technology – and what if that breaks down?



- C2:** Good point. Still, I wonder, isn't that the case with all technology? That there are dangers? If a driver is tired though, surely, there are more dangers. And you wouldn't be able to go over the speed limit.
- C1:** I suppose so. And it would be wonderful to be able to do other things like read instead of looking at the boring road.
- C2:** What about some of the other things like robots?
- C1:** Robots! I imagine they're fantastic in factories because they don't make mistakes and they can do dangerous jobs.
- C2:** And they don't need to take breaks or holidays! Still, I'm not sure about in the home. Would you want a robot doing the housework?
- C1:** Oh, I don't know – it sounds like a good idea.
- C2:** Yes, but ...
- C1:** No, no, I'm kidding! However, they must be incredibly useful – for example, in car production. They never get tired!
- C2:** Mmm ... Right, let's move on to 3D TV.
- C1:** OK, what do you think?
- C2:** Well, the picture is obviously fantastic – it feels like real life. Most people don't like having to wear special glasses though.
- C1:** But aren't we getting more used to them these days?
- C2:** A little. Even so, they're still a nuisance.
- C1:** But if you've ever seen a football match in 3D, you'll never want to go back to an ordinary flat screen TV!
- C2:** Yes, I can see the advantage for special events but not for all the time.
- C1:** Of course. And, anyway, you don't have to watch in 3D unless you choose to. So you just use it when you want to.
- C2:** That's true. Well, lastly, then, ebook readers.
- C1:** I think they're great for travelling and you can put a whole library on a very small tablet.
- C2:** Yes, but I think it will take a long time for people to feel comfortable with them. Books are still very attractive.

### Speaking, page 71, Exercise 4e

(C1 = Candidate 1; C2 = Candidate 2; I = Interlocutor)

- I:** Now you have about a minute to decide which item might have the most benefits.
- C1:** Right, so now we have to make up our minds about which item has the most benefits.
- C2:** Yes. I think we could find benefits in all of them and, of course, it would depend on the situation. But for general everyday use, I would say that robots have fewer benefits, don't you agree?
- C1:** Yes, I guess so. And, really, I don't think you are as enthusiastic as I am about the idea of ebook readers.
- C2:** Yes, you're right. They have advantages but a lot of people still prefer books.
- C1:** So we won't agree on that one. What about 3D TV?
- C2:** Yes, possibly. But I think it's more of a luxury item, not really a necessity.

- C1:** But neither are portable gaming devices. Nice, but not absolutely necessary.
- C2:** And if you've got a video games console at home and you've got games on your smartphone, they're not necessary at all.
- C1:** So that leaves the driverless cars.
- C2:** Yes, you weren't as enthusiastic as me at the beginning but I think you changed your mind.
- C1:** Yes, I did, when I thought about it. I can see them having a big effect. They would be good for older or disabled people or, really, anyone who doesn't like driving.
- C2:** And most importantly, they will reduce the number of car accidents dramatically.
- C1:** OK, so we both think that driverless cars would have the most benefits. Many more than the others.
- I:** Thank you.

### Speaking, page 71, Exercise 4f

(C1 = Candidate 1; C2 = Candidate 2; I = Interlocutor)

- C1:** OK, well, straightaway, I'm looking at the portable gaming devices. I think they're fantastic. They're much cheaper than other systems and they take up less space.
- C2:** I completely agree with you. And, of course, you can take them with you wherever you go. But, really, driverless cars would have a lot more benefits.
- C1:** I'm not so sure. People say they will cut down on car accidents, yet I wonder if that's true. They depend on satellite technology – and what if that breaks down?
- C2:** Good point. Still, I wonder, isn't that the case with all technology? That there are dangers? If a driver is tired though, surely, there are more dangers. And you wouldn't be able to go over the speed limit.
- C1:** I suppose so. And it would be wonderful to be able to do other things like read instead of looking at the boring road.
- C2:** What about some of the other things like robots?
- C1:** Robots! I imagine they're fantastic in factories because they don't make mistakes and they can do dangerous jobs.
- C2:** And they don't need to take breaks or holidays! Still, I'm not sure about in the home. Would you want a robot doing the housework?
- C1:** Oh, I don't know – it sounds like a good idea.
- C2:** Yes, but ...
- C1:** No, no, I'm kidding! However, they must be incredibly useful – for example, in car production. They never get tired!
- C2:** Mmm ... Right, let's move on to 3D TV.
- C1:** OK, what do you think?
- C2:** Well, the picture is obviously fantastic – it feels like real life. Most people don't like having to wear special glasses though.
- C1:** But aren't we getting more used to them these days?
- C2:** A little. Even so, they're still a nuisance.
- C1:** But if you've ever seen a football match in 3D, you'll never want to go back to an ordinary flat screen TV!

- C2:** Yes, I can see the advantage for special events but not for all the time.
- C1:** Of course. And, anyway, you don't have to watch in 3D unless you choose to. So you just use it when you want to.
- C2:** That's true. Well, lastly, then, ebook readers.
- C1:** I think they're great for travelling and you can put a whole library on a very small tablet.
- C2:** Yes, but I think it will take a long time for people to feel comfortable with them. Books are still very attractive.
- I:** Now you have about a minute to decide which item might have the most benefits.
- C1:** Right, so now we have to make up our minds about which item has the most benefits.
- C2:** Yes. I think we could find benefits in all of them and, of course, it would depend on the situation. But for general everyday use, I would say that robots have fewer benefits, don't you agree?
- C1:** Yes, I guess so. And, really, I don't think you are as enthusiastic as I am about the idea of ebook readers.
- C2:** Yes, you're right. They have advantages but a lot of people still prefer books.
- C1:** So we won't agree on that one. What about 3D TV?
- C2:** Yes, possibly. But I think it's more of a luxury item, not really a necessity.
- C1:** But neither are portable gaming devices. Nice, but not absolutely necessary.
- C2:** And if you've got a video games console at home and you've got games on your smartphone, they're not necessary at all.
- C1:** So that leaves the driverless cars.
- C2:** Yes, you weren't as enthusiastic as me at the beginning but I think you changed your mind.
- C1:** Yes, I did, when I thought about it. I can see them having a big effect. They would be good for older or disabled people or, really, anyone who doesn't like driving.
- C2:** And most importantly, they will reduce the number of car accidents dramatically.
- C1:** OK, so we both think that driverless cars would have the most benefits. Many more than the others.
- I:** Thank you.

## Speaking, page 71, Exercise 5b

(C1 = Candidate 1; C2 = Candidate 2; I = Interlocutor)

- I:** Can you imagine life without smartphones?
- C1:** Oh, it would be impossible. We've got so used to them.
- C2:** I don't know. Not everyone's got a smartphone. Some people just use ordinary mobiles without all those apps.
- C1:** True. Well, we certainly couldn't do without those.
- I:** Do you agree, Maria?
- C2:** Sometimes I think we use those too much too. It's amazing how silly a lot of conversations are. And they're often so public, which is irritating.
- C1:** But that's always true when people chat to each other.
- C2:** Yes, but you see people holding onto them all the time as though they're frightened to put them down.

- I:** Do you think we are too dependent on electronic technology? If so, why?

- C1:** I get a bit worried about how dependent we are on satellite technology. So many of us now rely on it for finding our way when we drive. It would be a shame if we forgot how to read maps.
- C2:** Yes, I agree. It would be a pity if we lost the skill to read a map.
- C1:** And sometimes we lose a satellite connection and find ourselves lost! It's amazing how many things now depend on this technology.

## Listening, page 72, Exercise 2

Like all mothers who have full-time jobs, of course I value dishwashers, washing machines and so on but to be honest, people of my generation pretty much take household appliances for granted now, so much so that it's a catastrophe when one of them breaks down. Online shopping is relatively new though and I've really appreciated being able to do my food shopping online above all because that's something I really can't stand doing. Actually, I'm beginning to do more and more shopping online – books, music, household stuff, even clothes, although I still prefer to try stuff on first, particularly shoes – there's no way I'd consider ever buying those online. I have a laptop and a smartphone, so I can have a quick look at the news headlines whenever I want, rather than wading through the newspaper. To be honest, if it weren't for the crossword, I wouldn't bother buying one at all but I like doing it on the train on my way to work.

I don't use all the facilities on my phone, really, although I do save time by catching up on emails while I'm commuting and it's great for researching and booking holidays. For working people, online banking is also a huge help. I seem to have more money left in my account now I can organise my finances regularly and check that my bills are paid on time.

As for my daughter Lizzie, like all kids, she is never without her mobile phone. She sends text messages to her friends the whole time, even when she's been with them all day. I just don't know what she finds to say to them. I'm totally fascinated by how fast and accurately she texts – the speed is amazing, even when she's doing it under the table at mealtimes! Young people all seem to be able to do this.

And when she's not doing that, she's on Facebook or Twitter or whatever, on her tablet. My son isn't so bothered about the social media but he's permanently plugged into his MP3 player, which means there is loud music belting out the whole time. It's not so much the effect on his hearing – although I do worry about that – it's crossing busy roads that makes me lose sleep because he just doesn't concentrate. Apparently, sixteen to twenty-one-year-olds are the most vulnerable to road accidents because of this.

I enjoy my MP3 player too, mind you; I listen to podcasts when I'm walking the dog and it's great to have all your music in one place instead of on all those CDs we used to have. What I particularly appreciate is being able to pick and choose and download just a few tracks from an album rather than having to buy the whole lot. It has also given me so much more space in the house. All our CDs used to pile up, gathering dust. I'm thrilled to get rid of them!

The kids use the computer at school and to do their homework. Thank goodness for Spellcheck so they can get on with it themselves! I used to spend ages checking their homework when they were younger.

Mind you, there are things I worry about in the computer age: the obvious things, such as safety online, of course, but also, now the school asks them to do more and more research into their subjects, I sometimes wonder whether they just copy down what they read in essays without thinking it through for themselves.

As for my husband, he's probably the one that resists technology the most, perhaps surprisingly. But he's become obsessed with YouTube recently now he's discovered he can watch all the 1980s rock bands that he's so keen on. You'd have thought he'd have lost interest now he's in his fifties, wouldn't you?

In general, I'd say technology is great as long as it doesn't take over your lives, though I do get frustrated with people who can't be parted from their phones or tablets.

## Module 6

### Speaking, page 85, Exercise 6a

In this part of the test, I'm going to give each of you two photographs. I'd like you to talk about your photographs on your own for about a minute, and also to answer a question about your partner's photographs.

Here are your two photographs. They show different kinds of art. I'd like you to compare the photographs and say why these types of art might be interesting to people.

### Speaking, page 85, Exercise 6b

(C1 = Candidate 1; C2 = Candidate 2; I = Interlocutor)

**C1:** Both pictures show art – they're completely different kinds of art. In one picture we can see classical art, and the other picture is definitely a modern sculpture. In the first one there are not many people but they are all looking at the pictures on the wall, while in the second picture there is just one person, a woman, looking at what appears to be ... er ... a thing used for rubbish. She seems to be interested but looks a little puzzled. I get the impression that she's not quite sure what it is. Is it art or isn't it?

Why might people be interested? Mmm ... well, I think classical art is easier to understand than some modern art. In the first photo, my guess is that the people know what the painters wanted to say but if you want, you can easily learn something about why they were painted. In my opinion, the people who like modern art like it because it's strange or funny. If you look at the second object, what is it? It could be something found in the garden so why is it there? I think a lot of people won't know the answer.

**I:** Anna, do you think that young people are more interested in classical art or modern art?

**C2:** Modern art, definitely. Classical art is more interesting for older people, I think. There's no doubt that young people like modern art because the artists are younger and more fashionable. Also, the art galleries for modern art are livelier, whereas the older galleries for classical art feel very old-fashioned.

### Speaking, page 85, Exercises 6c and 6d

Both pictures show art – they're completely different kinds of art. In one picture we can see classical art, and the other picture is definitely a modern sculpture. In the first one there are not many people but they are all looking at the pictures on the wall, while in the second picture there is just one person, a woman, looking at what appears to be ... er ... a thing used for rubbish. She seems to be interested but looks a little puzzled. I get the impression that she's not quite sure what it is. Is it art or isn't it?

Why might people be interested? Mmm ... well, I think classical art is easier to understand than some modern art. In the first photo, my guess is that the people know what the painters wanted to say but if you want, you can easily learn something about why they were painted. In my opinion, the people who like modern art like it because it's strange or funny. If you look at the second object, what is it? It could be something found in the garden so why is it there? I think a lot of people won't know the answer.

### Speaking, page 85, Exercise 7

(I = Interlocutor; C = Candidate)

**I:** Anna, do you think that young people are more interested in classical art or modern art?

**C:** Modern art, definitely. Classical art is more interesting for older people, I think. There's no doubt that young people like modern art because the artists are younger and more fashionable. Also, the art galleries for modern art are livelier, whereas the older galleries for classical art feel very old-fashioned.

### Listening, page 86, Exercises 2 and 3

**1**

Hi, Rachel. Thanks for phoning back. Listen, you're going to see the New York City Ballet, aren't you? ... Have you still got the brochure there? ... Great. So do they give the exact dates? ... Oh, really? I didn't realise it was so soon. Thank goodness I phoned you because I'd hate to miss it. I'd better give them a ring. ... You're going next Friday, you say? Shall I see if they've got any for then because that would be nice, wouldn't it?

**2**

To start with, I must admit that I had my doubts. I didn't think Alex Casey would be able to leave the film-script style behind. But even though the characters are a bit predictable, they are so colourful that you can't help but engage with them. And they're portrayed with a good deal of sensitivity, so you really care what happens to them. Then there's the very unusual plot, which keeps you gripped until the very last page. In fact, it would probably transfer very well to either stage or screen and because it's Casey, you immediately think of that. But actually, it works well enough as it is.

**3**

**A:** Can I help?

**B:** Yes, I'd like to move to the back, so I'm not disturbed so much by the noise of the traffic.

**A:** Well, it is the holiday period, Madam, so we're fully booked and ...

**B:** I appreciate that. But if I'd known how much noise there'd be, I would've gone elsewhere. I might as well put my bed on the motorway.

**A:** I'll see what can be done. Would you like to take a seat in the bar over there while I have a word with the manager?

**B:** I'm just on my way to the dining room, actually.

**A:** Very well, Madam.

4

**A:** So what did you think of it?

**B:** It was all right but, you know, it ... it didn't really live up to the hype, did it?

**A:** Oh I thought visually it was really good.

**B:** Well, the special effects were OK, I suppose, but I hadn't really expected all that in this sort of film. If you ask me, though, they'd have done a lot better to stick to the plot of the original a bit more closely. Much as I liked Julia Roberts, it just didn't hold my attention, I'm afraid.

**A:** Well, I haven't read the book so I don't know but I think she was just brilliant.

5

**A:** I lent him that CD ages ago. I keep dropping hints whenever I see him in the canteen but either he's forgotten or just doesn't want to give it back to me.

**B:** Some people are very thoughtless, aren't they?

**A:** Well, I wouldn't mind, except it was a birthday present and I haven't really listened to it myself yet. My son bought it for me. If I knew him better, I'd ask for it straight out but I don't want to fall out with someone new like that.

**B:** It's difficult to know what to do, isn't it?

6

Don't get me wrong. It's mostly worthwhile stuff they've got there. It's just the way it's been put together that I don't like. I mean, it would be much better if all the works were grouped in some kind of logical way – you know, according to period, theme or whatever. You can't argue with the amount of background information available, which is very thorough, but if all you want to do is see a particularly brilliant painting or watercolour or whatever, you've got to go past all this other stuff to get to it. Some people will be exhausted by the time they're half way round, if you ask me.

7

**A:** I was a bit surprised, really. I was expecting something more – I don't know – progressive, I suppose, this time.

**B:** What, you mean like their last album? That went in a very different direction to the first one.

**A:** Yes, it was more a mix of genres, wasn't it? It was brilliant and groundbreaking in many ways but this has a completely different feel. The lyrics are really interesting – it has more in common with their original one around ten years ago.

**B:** That's what I thought – kind of more confident and relaxed. It's no bad thing, though.

**A:** Absolutely. It could be their best one yet.

8

**A:** I love going to the cinema but the popular films get booked up so fast – it's totally ridiculous! I mean, if you phone, it's just engaged all the time and by the time you get through, there are no decent seats. You have more chance for afternoon performances and they're cheaper but not everyone can go then, can they?

**B:** Wouldn't it be quicker to book online?

**A:** I suppose so but not everyone of our age is that good with computers. And that's if they've got one in the first place.

**B:** That's true. They should really make sure they have more people manning the phones.

**A:** Or hold back a certain amount of seats for retired people who can then just turn up on the night.

## Module 7

### Speaking, page 99, Exercise 7a

(C1 = Candidate 1; C2 = Candidate 2; I = Interlocutor)

**I:** Here are your photographs. They show people wearing different types of clothes in interview situations. I'd like you to compare the photographs and say why the people are dressed in this way.

**C1:** I see. You mean you want me to say how the photos are similar and why the people are wearing these kinds of clothes in an interview?

#### Candidate 1

**I:** Yes, that's right – but different as well as similar.

**C1:** Well, in both of these pictures there is someone having an interview. One interview is very formal, even though they are all smiling. The men are both wearing suits and ties, and the woman is wearing a smart white suit with trousers – a trouser suit. One of the men is wearing a light-coloured tie but his suit is very dark. They all look a little stiff and very polite. Er ... in the other picture, the interviewers and the ... er ... person having the interview are more casual but they're not scruffy. None of them is wearing a tie. They have open-neck shirts and quite bright clothes.

Why are they dressed like that? Well, I think in the first picture it is probably a big, traditional company and the person being interviewed wants to make a good impression. It's important when you get a job that you fit in – is that what you say? It would be a disaster if you went for an interview in that company and you turned up in jeans and an open-n ... er ... a shirt without a tie. The other company could be a modern technology company with creative young people – they don't want to appear formal.

**I:** Thank you. Which kind of clothes do you feel most comfortable wearing ...

#### Candidate 2

**C2:** Well, they're both interview situations. This one is kind of funny because it looks very serious. They're all wearing smart clothes. The other one, I like better. It looks like it's a nice place to work. The person having the interview is very relaxed. He's wearing a nice shirt – I've got one a bit like that. I don't know. Let's see ... in the first picture there are three people behind a desk and one person having an interview. Oh, they're all wearing suits, even the woman but hers is white. The men look very conservative. I don't think the woman's wearing jewellery, is she? But she does have some make-up on.

**I:** Thank you. Which kind of clothes do you feel most comfortable wearing ...



## Speaking, page 99, Exercise 7b

(I = Interlocutor; C = Candidate;)

- I:** Here are your photographs. They show people wearing different types of clothes in interview situations. I'd like you to compare the photographs and say why the people are dressed in this way.
- C:** I see. You mean you want me to say how the photos are similar and why the people are wearing these kinds of clothes in an interview?
- I:** Yes, that's right – but different as well as similar.

## Listening, page 100, Exercises 2 and 3

- 1** During the week, when I'm at work, I tend to wear fitted jackets, high heels, straight skirts – you know, quite stylish clothes. The first impression my clients get of me is fairly crucial, so I spend time looking for clothes that are businesslike. I can't afford to spend too much on them, though – I don't buy expensive clothes. It's got to the point where I don't feel right in casual clothes, so even at the weekends I'll still wear the same kind of thing but perhaps swap the jacket and heels for a sweater and flat shoes, um, pumps.
- 2** I always wear the same things when I'm not at school – tracksuit bottoms, a fleece or a T-shirt and designer trainers. Nearly all my friends do. I've also got three different football kits – Man United, England and Barcelona. In the summer, I sometimes wear shorts instead of tracksuit bottoms but it's always sports stuff. There's no point in dressing up in smart clothes, anyway – they just get dirty. What matters is feeling relaxed and not having to worry about what you look like.
- 3** Well, I've always had a fairly clear idea of how I want to look. I want to be a designer when I leave school and I'm always flicking through magazines to pick up ideas. At the moment either very short or very long skirts are cool, worn with trainers or wedges – nothing in between. And low-waisted trousers. Strong patterns and crop tops in bright colours – even colours that clash, like lime green and pink – are popular too. I wouldn't dream of wearing anything sort of frumpy or like my mum wears. I even try to adapt my school uniform a bit to personalise it – so I might wear patterned or striped tights with it.
- 4** I don't think about clothes very much. I suppose I wear what I've always worn – a shirt and tie with trousers and maybe a sweater. I don't spend much money on clothes, so most of them are a few years old. I sometimes go into charity shops and my son gives me things he's fed up with. I'll wear anything as long as it's warm and not too scruffy. I'm certainly not trying to impress anyone!
- 5** I like clothes but I'm not a fashion victim and I don't dress up. Now I've got kids, my clothes have to be practical, so no high heels and tight skirts these days. Having said that, I don't want to end up living in tracksuits or jeans and baggy jumpers all the time like some mums. I go for casual but well-cut clothes in natural fabrics, like silk or cotton. I do tend to spend quite a lot on my clothes but then I can wear them over and over again and they don't drop to pieces. It's an investment.

## Module 8

### Speaking, page 113, Exercises 6a and 6b

(C1 = Candidate 1; C2 = Candidate 2; I = Interlocutor)

- I:** Good morning. My name is Katie and this is my colleague, Mark. And your names are?
- C1:** I'm Anna.
- C2:** And I'm Giorgio.
- I:** And where are you from, Anna?
- C1:** I'm from Zurich, in Switzerland.
- C2:** And I'm from Milan, in Italy.
- I:** First we'd like to know something about you. Anna, how do you like to spend your evenings? What do you do?
- C1:** Um ... let me think. It depends on the season. In the winter I like to sit in front of a warm fire and read a book. I love thrillers. But in the summer I like to get out in the evenings after a hard day at work and go for a walk in the mountains with my husband. Or sometimes we go round to dinner with a work ... eh ... it's another person who works with me.
- I:** Giorgio, do you normally celebrate special occasions with friends or family?
- C2:** Usually with my family because I'm still living at home. You know, in Italy, families are very important, so we always get together for birthdays, but not always at home – there's a lovely fish restaurant by the sea near our house. We go there a lot – we are eh ... how do say ... customers ... mmm ... we go there often and the owner likes to cook us a special dish if we tell him we're coming. Of course, my three brothers can't always get there because they live in different parts of Italy. It's different at Christmas – we celebrate at home and everybody comes.
- I:** OK, Anna, tell us about a TV programme you've seen recently.
- C1:** Well, as I said, I like thrillers and I'm fascinated by a French crime series called *Spiral* in English.
- I:** Why?
- C1:** Well, you get very involved with the characters. Nobody is completely good, even the police, and there are some very unpleasant people in it. The plots are very complicated but they keep you watching. But I have to admit, it's rather violent.
- I:** Giorgio, how about you?
- C2:** Oh, I don't like crime stories very much. I love game shows and reality shows – shows with real people.
- I:** Thank you.

### Listening, page 114, Exercises 1 and 2

(I = Interviewer; S = Simon)

- I:** Most of us have an interest of one kind or another, whether it's keeping an unusual pet, collecting stamps or gardening. Simon is interested in learning about other people's hobbies – both ordinary people's and those of celebrities. Why is this, Simon?

- S:** Well, the thing is, if you tell me that the bloke sitting opposite me in the train is a teacher or engineer or whatever, I might be able to guess what sort of things he can do – what he's good at – but really I haven't the faintest idea what he's really like, you know, what makes him tick, whereas if you tell me he's a stamp collector or a leading light of the local drama society, you've pretty much drawn a map of his personality for me.
- I:** You think people reveal their souls through their hobbies?
- S:** Absolutely. One of the things you can see straightaway, for example, is whether people are happier in company or whether they prefer solitude. So if they enjoy, let's say, being in a choir, it's often as much the belonging to a group with shared goals as about the singing.
- I:** And is the same true for people who like curling up with a good book or knitting jumpers? It's not so much the activity itself but the fact they want to get away ...
- S:** Escape from the world for a bit, yes – be on their own, usually in the fresh air, actually. Look at Jarvis Cocker from the band Pulp – he likes nothing more than being out bird-watching. Or Brian May – he used to be with the band Queen but he spends hours looking at the night sky through his telescope, being on his own. Other famous people fly kites or model aeroplanes – I suppose it's a release from the tension of being in the public eye all the time.
- I:** And what about actors? I suppose they need activities to occupy them while they're filming.
- S:** There's a lot of hanging around, yes. You get to see some very glamorous film stars doing crosswords or Sudoku, or knitting quietly by themselves to pass the time. What seems to be the most popular at the moment though is to bring along board games and play them together. They all seem to take it very seriously and are all determined to win – maybe it takes their minds off the acting and makes them less nervous.
- I:** What else do people's hobbies tell you?
- S:** Well, whether you are intellectual or creative, or practical. For example, the Dalai Lama will spend ages, you know, repairing an old film projector which has no instructions, or with his head under a car bonnet, or taking clocks to bits and putting them back together. He is completely in his element.
- I:** You wouldn't really expect that of a Nobel peace prize winner, would you?
- S:** Not really, and rock star Bill Wyman, of the Rolling Stones, is also interesting. He goes around with his metal detector – so far he's found about 300 old coins and even a couple of Roman necklaces. But it's not the actual treasure itself that motivates him – I don't think he even keeps it – he's just fascinated by the process of archaeology. I've heard that a friend is trying to get him to photograph the things he finds so he can publish a book about his findings one day.
- I:** Let's hope he does!

- S:** But perhaps the most interesting thing is the hobbies of leaders and presidents and so on. The ex-Japanese prime minister, Koizumi, is fanatical about Elvis Presley. No, really – he has released a CD with his favourite Elvis tunes on and used to sing Elvis songs at karaoke, even when he was on official visits, to the discomfort of his advisers, one imagines. The late North Korean leader Kim Jong-il collected movies and was so mad about them he even kidnapped an actress once so that she would make movies for him! These interests completely take over their lives!

**I:** What does that tell us about our leaders?

- S:** Probably that they have very addictive personalities. Still, it's better than doing nothing, I suppose, although we are difficult to live with. I say 'we' because I'm as bad – I follow a rather indifferent football club around the country and it drives my wife mad. The thing is, you'd be surprised how many otherwise normal people have a really weird compulsion – buying rare books, bungee jumping – you name it, somebody will do it!

## Module 9

### Speaking, page 127, Exercises 6b and 6c

(C1 = Candidate 1; C2 = Candidate 2)

- C1:** I think some people like to go shopping just for the fun of it. It's very relaxing.
- C2:** Oh no, I don't think so. It's very stressful. Not only that, I can never find what I'm looking for.
- C1:** That's probably because you only go shopping when you want to buy something. A lot of people go just to see what there is. They like wandering around and dreaming of what they would buy if they had the money.
- C2:** That's not for me. Actually, I hate the crowds. I don't understand people who go shopping for fun. I'm sure they buy things they don't need and then get into debt.
- C1:** Yes, that's true sometimes.

### Listening, page 128, Exercise 2

**I**

How's your general knowledge? Reckon you can outwit the competitors on the TV quiz shows? Well, *Quiztime* gives you the chance to show what you can do. Beat the clock to answer questions on a variety of topics, ranging from football to soap operas, natural history to music, fashion to computers. Throw the dice and race round the board, collecting points as you go. Based on the hit TV programme of the same name, *Quiztime* comes in both adult and junior versions and is guaranteed to keep the whole family entertained for hours.

**2**

- A:** All I can do is either give you a jacket in another size or issue a credit note. I can't give you a cash refund unless the product is faulty in some way, I'm afraid, because you paid by credit card.
- B:** But supposing there isn't a blue one in the longer fitting?
- A:** Well, I expect there will be if you look – or we can order one in for you. A credit note would be valid for up to six months.
- B:** But that's no good to me, it's a 100-mile round trip from where I live.
- A:** I apologise, sir, but those are the rules.

3

The thing is, last month I had a service done and the work alone cost me well over £100. And that's without the parts. What worries me is whether you can trust them or not. I mean, I don't know a thing about what goes on under the bonnet. How do I know they're not just ripping me off and saying they've put new bits in when they haven't? I suppose you'll say I should go to an evening class or something to find out how the engine works but quite honestly, I haven't got either time or interest. I just wondered if you had any ideas on what I could do.

4

**A:** Right. Here we are ... I'm not so sure that this is a good idea, Miriam. They did say on the phone that there wasn't one. Why don't we go to a shop and buy a map of the area and then get someone to mark the bus routes on it for us?

**B:** Oh honestly, Tom, why should we spend money needlessly? These places always have maps, it stands to reason. I'm going to go up to that uniformed man over there and ask him to lend me one, then we'll take it next door to the library and photocopy it.

**A:** OK, but don't say I didn't warn you.

5

Look, I'm sorry. I accept it was a genuine mistake – these things happen but surely, I'm entitled to some kind of compensation. Had I known there was a midday flight, I'd certainly have chosen it. But when I spoke to your employee on the phone, she said there was only one flight a day and, as you know, with these cheap flights, once you've booked, you can't change them. So we ended up having to get up really early in the morning in time to catch the flight she'd booked us on, then had to wait ages at the other end because we were too early – the rooms were still being cleaned.

6

We're on the train and we'll be arriving around six o'clock but what I want to know is whether we've got time for a round of golf before dinner, or whether we're down to eat at a specific time. Yes, I know that you didn't make the booking yourself but I think I read something about the rest of the conference delegates arriving tomorrow morning, so I'm not sure what arrangements have been made for tonight. I seem to have mislaid all the paperwork somewhere, it's probably on my desk somewhere – can you have a look? Or perhaps you could check with the organisers and then get back to me, please? I'm on the mobile number. Thanks.

7

It's the latest idea to hit London. A company called Q4U has launched a new service that takes the tedium out of waiting around – be it for prescriptions at the chemist's, picking up dry cleaning or queuing for theatre tickets. Anything that people waste their time standing in a queue for. Customers pay the company £20 an hour and one of their professional queuers does the boring bit on their behalf. The idea has caught on fastest when there's something to be picked up, especially holiday documents. The company says that, given mobile phone technology, the idea can actually be applied to any time-wasting task. Who knows? Maybe even the dentist's waiting room!

8

For both customers and e-commerce businesses, not to mention the mail-order industry in general, the question of delivery has long been an issue. The problem is simply this: that the people most likely to spend serious money having a purchase delivered are the least likely to be in when it arrives. After all, they are the ones most liable to possess a job and a busy life. It makes you think that if e-commerce had been around first, then the invention of the walk-in shop would have been welcomed as a brilliant new idea. But, fortunately, it looks like a solution is at hand. Tanya Wilde went to investigate ...

## Module 10

### Module 10B page 142, Listening, Exercise 2

**1** About four years ago, during a tube strike, I was in a taxi. I was running late for a meeting because, as usual, at rush hour all the roads were jammed. Suddenly I saw this scooter in the window of a showroom and that's when I had my flash of inspiration. I jumped out of the cab, did all the paperwork in 15 minutes and still got to my meeting on time.

The bike can't go above 50 kilometres an hour but it doesn't seem that slow because you can overtake lines of cars. I must admit it sometimes doesn't start, which is a pain, but when it does go it has shrunk London for me and means I can fit in more business meetings than I used to before.

**2** I love my bike – it's quite comfortable, with lots of gears. I bought it second hand from a colleague, so it was quite cheap as well. I started cycling to work around the time of the terrorist attacks on the underground. Like lots of other people I suddenly got very scared and anyway I'd always hated being squashed in with all these other people during the rush hour. It's so much nicer being outside in the fresh air, apart from when it's freezing, of course, and motorists are quite considerate to cyclists these days, although I wear a yellow jacket to be on the safe side. The only problem is all the pollution from the traffic – perhaps I should wear a mask.

**3** If I drove a car, people would probably try to contact me on my mobile – riding a bike gives me a breathing space to think about things without being interrupted for once, which is great when you have a demanding job like mine. I find I arrive at places in a much better mood.

I've got a Kawasaki motorbike and I'm a passionate enthusiast. It all began 20 years ago when I was a student and I was looking for something cheaper to run than a car. Now I use it every day, for the same reason. When it's windy or pouring down with rain, it's not very pleasant but I still go out on it, although my family never thought I would stick with it.

**4** I'm aware that many colleagues and clients think that lawyers should drive flash cars rather than have a bike. But the great thing about a bike is there's always somewhere to leave it and you don't have to worry about getting a parking ticket. Mind you, I've had a couple of bikes stolen in the last few years, despite having chained them up.

People do often look really astonished when I turn up to important meetings on my scooter, which is great – it's good to challenge people's expectations. Some probably look down on this method of transport but I don't care – the opinions of others don't matter to me in the least.

- 5** I began cycling again because I wanted to get fit but jogging bores me and I don't like going to the gym. I'm wary of the major roads just from lack of experience – cars seem to go so fast and you feel very vulnerable on a bike – but I think this will pass eventually and I've not had an accident yet, thank goodness.

I'm really glad I took it up again, because it's so convenient – you always know how long the journey's going to take, whereas you can't depend on public transport, and also hopping on a bus or tube is so expensive these days.

## Module 11

### Listening, page 155, Exercise 6

Thanks for that lovely introduction, Helen. You are doubtless aware that obesity – being grossly overweight – is one of the greatest challenges of the twenty-first century. The instances of this have tripled since the eighties and continue to rise at an alarming rate, affecting around one in four citizens in Europe and the USA. As well as causing physical and psychological problems, excess weight drastically increases a person's chances of developing serious illnesses. Which is why ministers from the European Union convened a meeting this week, specifically to address the issue of healthcare and how long governments will be able to afford to fund this, given the mounting cost of obesity-related diseases.

It's actually not so much overweight adults that's the issue for me; it's the young people who are growing up eating so much junk food. In my view, it's the advertisements for all this stuff that are partly to blame because they target kids. They should be banned!

Obese twelve-year-olds are eighty-two percent more likely to be obese adults. Which is why the quality of school dinners must also be addressed. Most of you will be shocked when I tell you that this government spends four times more per head on prisoners' meals than on those for kids in school – that's how much of a priority they've been! Thank goodness something is finally being done to improve this situation. Although this does involve spending more, it will save us money in the long run.

In order for obesity to be reduced, it is clear that supermarkets also need to take more responsibility for the contents of the products they sell. True, there is much more availability of low-fat food on the shelves these days. Now the World Health Organization has issued new guidelines suggesting that we cut the amount of sugar we consume daily by as much as a half to bring it to a recommended limit of 25 grams per day. Which is less than the amount you will get in just one can of some fizzy drinks or ready-prepared meals.

People often ask me how come the French manage to remain relatively slim despite their love of high-fat cheeses and meat. I'm inclined to think that the key is their approach to food. Because they still tend to have proper sit-down meals, they seem to be less tempted by the high-calorie snacks that are the downfall of many other cultures.

Also, in my view, the fact that lunchtime tends to be the main meal in France, rather than dinner, is also a contributory fact. The earlier in the day calories are consumed, the more opportunity there is to convert them into energy, so we should follow their example and try not to have a heavy meal in the evenings.

Moving on to other parts of the world, why is it that in Japan, for example, life expectancy is much higher than anywhere else in the world? One of the reasons could be that their diet is built around rice and fish and plentiful fruit and vegetables. There is little meat, animal fat or sweets and two thirds of their calorie intake comes from carbohydrates, as opposed to the UK or the USA, where fat accounts for much more than the recommended quarter of our daily calories.

You would think the Inuit in Greenland had very little in common with the Japanese, wouldn't you? And unlike the Japanese, sixty percent of the calories eaten in Greenland do come from fat – even more than we consume – and they eat surprisingly little fruit and vegetables. However, as in Japan, heart disease there is not that common. The difference is that the fat they eat is from oily fish such as salmon and mackerel. This type of unsaturated fat, called omega 3, we already know has huge benefits for the bones. What has only recently been discovered and is therefore less well known is that it is also said to improve mental health.

And for those of us who are worried about forgetting things, scientists are also suggesting that turmeric, a key ingredient of curries, may be a major factor as to why elderly Indian people are less likely to lose their memory than someone in the western world. So perhaps we can learn ...

## Module 12

### Listening, page 170, Exercise 2

(I = Interviewer; M = Mike)

- I:** My guest today, Mike Morgan, has been a leading journalist on a national newspaper for more than 40 years. Mike, what made you decide to take it up in the first place?
- M:** I kind of drifted into it. I was always good at English and liked writing stories and so on at school, but I was initially quite keen on a career in business and, in fact, I'd accepted a place to study that at college. It was my father who talked me into doing journalism. He just thought I'd be better at it than I would at going into business.
- I:** What training did you get?
- M:** In those days, you were taken on by the newspaper straight from school as a kind of message boy. Rather than doing a diploma in journalism as you would now, you had to pick up the skills you needed actually on the job. You had to follow a senior reporter around and if he went to court, you'd go too and then write up the same story. He would look at it afterwards and give you feedback. It was some time before anything of mine actually appeared in the newspaper.
- I:** What was your first real reporting job?



- M:** I was a crime reporter, which meant I had to spend a lot of time with the police. In those days, you just hung around them to find out what was going on. They were terribly suspicious of us at first, I remember, but we were given an enormous expense account to buy them drinks, which helped! And after a bit, they felt sure enough of me to let me go out on jobs with them. Unfortunately, I wasn't always allowed to report the things I heard and saw!
- I:** Are there rules about what you can and can't report, then?
- M:** There are legal issues, obviously, with privacy and national security and so on. But there are also unwritten rules. I remember when Prince Charles was at university, he had four bodyguards looking after him but he sometimes used to try and lose them so he could meet a girlfriend. So he might go to the toilet in a pub or restaurant and then get out through the window. We always knew what he was up to, but we never printed it – all the journalists sympathised with his situation and didn't want to spoil things for him. It was an unspoken agreement amongst us.
- I:** So, what makes a good journalist?
- M:** Well, obviously you need to be confident and articulate and able to get on with all kinds of people. Being able to write well also helps. However good you are though, this is not as important as having bags of energy and commitment. When a big story breaks, you have to drop everything you're doing and work all hours if need be, often under tremendous pressure.
- I:** And do you still enjoy it?
- M:** I do, although I won't be sorry to retire. In my day, it was all going out and meeting people to get stories. Now it's much more office based. We have to be computer literate and we do a lot of stuff that printers used to do. In the satellite age, everything has to be instantaneous. It's still just as exciting, but quite honestly it's not what I set out to do.
- I:** Would you encourage young people to go in for it?
- M:** Let's face it. Even working on a best-selling tabloid paper, you're never going to make your fortune but you can earn a decent living. No two days are the same and it's great to be one of the first to know what's going on. In some ways, it's competitive, like all jobs, but actually, that's not such a problem as people might think because there's also a great team spirit when you're working on a story. So, as long as your family commitments aren't going to be a problem, given the long and unpredictable hours – which is something that has to be borne in mind – then, yes, I'd say, go for it!
- I:** Mike, thanks for joining us today.
- M:** My pleasure.









