

**Progress test 1**

(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.

**Progress test 2**

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 60 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.

### Progress test 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 their 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.

**Progress test 4**

(*P = Presenter; S = Simon*)

- P:** 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.
- P:** 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.
- P:** 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.
- P:** 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.

- P:** 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.
- P:** 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.
- P:** 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!
- P:** 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!

### Progress test 5

1

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 ...

## Progress test 6

Thanks for that lovely introduction, Helen. You are doubtless aware that obesity – being grossly overweight – is one of the greatest challenges of the 21st century. The instances of this have tripled since the 80s 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 12-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, 60 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 three, 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 ...

### Exit test

(*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.