

Task 1.1

- Yesterday was so embarrassing! I saw this man in the street.
- And? What happened?
- You know I love that series about the hospital.
- Yes, and you like that doctor that stars in it too!
- That's just it! I mistook the man in the street for him! He had a beard and he was dark-skinned with brown hair.
- Right, but a lot of people look like that!
- I know. But I was sure it was him. I stopped him and asked for his autograph. He looked very surprised!
- I'm glad he didn't get annoyed!
- Then, we both took off our sunglasses and I realised that I'd made a mistake! We both had a good laugh about it!

Task 1.2

- What do you think I should wear tomorrow to give my presentation?
- Well, it's online, so there are some guidelines you should follow.
- Would a blouse be okay? I have a new striped one that I could wear.
- No. Plain clothes look much better on camera.
- I have another blouse I like, but it's very summery and sleeveless.
- That's no good either. You need sleeves. Either short or long-sleeved is okay.
- Well, I guess I'll have to wear the same as last time – my grey shirt.

Task 1.3

- Frances, I've had a look at another house and I liked it a lot.
- Great! Tell me what you saw.
- Well, it wasn't a bungalow this time. This house has two storeys.
- Right. And does it have shutters?
- Yes. And there's a lovely balcony on the front. It has a flat roof.
- And is it in good condition?
- Yes, very. The house next door was very rundown, but that one's not for sale.

Task 1.4

Wigs are back in fashion. And, like hairstyles, wigs come in all shapes and sizes. Paris Hilton, the celebrity, recently admitted that she has a collection of more than 800 wigs. She uses some of them to avoid being recognised, but others are part of her outfits and depend on how she feels on any particular day. Paris Hilton is not the only famous person to wear a wig. Wearing wigs has become extremely popular because people want to change their hairstyles as often as their clothes as a way to show their own individuality.

Task 1.5

- Do you think we've made the right choice?
- Well, we've spent long enough discussing and examining everything, so I hope so!
- I still wonder about those antique drawers. They were in excellent condition.
- You know I don't like second-hand furniture, though.
- Yes. And I'm tired of dusting everything that's out on shelves.
- That won't happen now. You can hang everything up in that new wardrobe.
- I can't wait till they deliver it tomorrow!

Task 1.6

I've been researching international flip-flop recycling projects, and I've found some amazing ones. One Kenyan company called Ocean Sole is turning old flip-flops into works of art. The company aims to collect and recycle up to 400,000 flip-flops every year from the country's beaches and create recycled art which it will sell all over the world. On average, artists make around eight colourful rubber animals a day in four different sizes.

Task 2

Since last August, when the summer holidays ended and lessons re-started, Noah Tingle has set himself a considerable challenge. Every afternoon, even in the pouring rain, when his younger brother Max arrives home on the bus from school, Noah has been waiting for him to get off. Despite the five-year age difference, the two brothers get along very well and are both keen sports players.

Nowadays, Max looks forward to seeing his brother and wonders what he will be wearing. On the first day, though, Max was rather embarrassed about the situation. Every day, Noah gets dressed up in a different costume. Way before Christmas, it was Santa Claus, another day, it was Batman.

The brothers have a very special relationship, and at seventeen, Noah will be going away to college next year and therefore won't be able to see his brother that often.

Back on that first day, it was their older sister who caught the scene on camera. After that, it was their mother who took to filming the scene, and the videos of them have been posted online and viewed and commented on thousands of times.

At first, Noah's costumes were his own or just something put together from things in his wardrobe, but now, he borrows costumes from friends, and some of their online followers have even donated costumes for Noah to wear. Many of them are very original. Noah had a hilarious time greeting his brother, looking like a slice of bacon, and it was extremely tricky to walk across the grass in front of the house the day he wore an inflatable bear outfit.

To thank their supporters, Noah and Max have recorded a short video, which they have uploaded to their very appropriately named page: "Bus Brother".

Task 3

- We are seriously thinking of selling our apartment and moving to a bigger one. Do you have any advice you could share with us?
- Well, there are some steps you can take before putting your home on the market which should increase your chances of selling. Initially, it is very important to make sure you do your homework on the value of your home. Start by checking online for the current prices of houses and apartments locally, particularly for ones in a similar condition and of a similar size to your property. Look back over the past two years and see if prices seem to be on the rise or remain pretty much unchanged.
- And would you recommend using the services of an estate agent? Can we trust them?
- Definitely. Run a check and make sure the estate agent is registered and look up reviews of them online. Ask them to outline how they plan to sell your property, including how and where they will advertise it. Once you've found the one you like and enlisted their services, it's time to take a good look around your home for faults.
- You mean things that are broken?
- Not necessarily broken. Be objective. Are the rooms too cluttered? A buyer needs to be able to see the space so that they can imagine their furniture in your home. Put stuff you intend to keep away in cupboards, out of sight. Give unwanted belongings to charity and get rid of anything you never use. You'll be glad you did this when it comes to the time to move because it will reduce the number of boxes that you have to pay the removal firm to transport or carry yourself! Another option is to rent somewhere to store things temporarily.
- Any further tips that you can pass on?
- Make sure that the carpets are clean if you have them and perhaps hire a machine to wash them, or even a cleaning company.
- All that is going to cost money, though.
- But it'll be worth it because it'll make a big difference to the selling price. As will newly painted walls if they have any cracks or scratches or damp patches. Naturally, make sure the place doesn't smell of paint the minute you walk through the door. There are some very effective air fresheners that can help you there.
And on the day that a potential buyer visits your place, turn on all the lights. They will want to feel that they've been able to examine every room and corner.
- In that case, I'd better get some more light bulbs! Some of them don't work!
- And once your house is well-lit, clean and tidy, get some high-quality photos of the place. Unless your shots are attractive, people might ignore your home and go and visit another one instead. Borrow a good camera, or even better still, invite over a friend who's a photographer if you have one!
Even though this might seem like a lot to take on, it'll pay off when it comes to getting a good sale.

Task 1.1

- Right, everyone. Let me explain this term's assignment. Now, last time, you prepared and delivered a presentation to the rest of the class. You all did that very well and passed with flying colours. This time, I'd like you to submit an essay on the subject of your choice, which of course, must be related to this term's topic, which is the protection of the environment. Your essay must be around 1,000 words, and the deadline is March 2nd.
- Now, today is debate day, so please move to your side of the room – for or against and we'll begin.

Task 1.2

- Well, how did you find the exam? We've been cramming for it all week.
- I think I managed to match all the elements to their names and identify their properties. I think I'll pass.
- Me too. Did you have time to read that geography article and make notes for the summary? I did it in the lunchbreak.
- I finished it last weekend. So, I'm going home to concentrate on biology.
- Yes, we have to memorise all the parts and processes of the respiratory system for tomorrow!
- Well, it's not all new. We covered it a bit last year, remember.

Task 1.3

- So, Joshua. Which university are you heading to in October?
- Actually, none! I'm taking a gap year before university.
- Have you been saving up for it?
- Well, I've been washing dishes for the past year at a local restaurant, so I've got some money.
- Have you got enough to backpack around the world, then?
- Not really. And actually, that's not what I'm planning to do. I'm off to do some volunteering for a marine project. My diving experience has come in very useful.

Task 1.4

- You're looking annoyed this evening! What's the matter?
- I've just had a very tiring day.
- What, were the students not paying attention again?
- Well, we're in exam season right now, so I wasn't explaining any new content or anything.
- Did they complain about the questions you'd set?
- Well, they moaned a bit when they read them, I guess. No, it was someone at the back of the room. I could tell he was cheating and had the answers hidden somewhere. Then I caught him and sent him to the Principal.
- Will they expel him for that?

Task 1.5

– People generally use dog walkers when they work long hours or have to travel for work or go on holiday, but we can also help on a short-term basis, like when the owner has to go into hospital or has had a baby. Sometimes, we also pet-sit, which means we go into people's homes and look after their dogs and other pets while the owners are away.

Unfortunately, there are still many people who do not see a dog walker as a professional and expect to pay them a tiny salary. That's what happened to me until I built up my reputation.

But in my case nowadays, dog walking is a serious business, and you sign a contract with me and pay for my high-quality services!

Task 1.6

When Trudy Ludwig's daughter was seven, she was bullied by some friends. Trudy wanted to find a way to help her. After spending a long time searching on the Internet and in libraries for children's books on bullying and not finding any, Trudy decided to write one and gave it the title *My Secret Bully*. Since then, Trudy has written several other books for children, focussing on topics like friendship, apologising, and recently, on the bullying story seen from the other side, the view of the person who did the bullying.

Task 2

According to some reports, as many as 85% of jobs that will exist in ten years' time have yet to be created. This may seem like a totally new direction, but, in fact, some jobs that people we know do nowadays are actually relatively new. Of course, most of them are related to the world of technology. Webpage content creators or mobile app developers, for example. Or bloggers and influencers.

Some jobs that perhaps the previous generation held are gone for good, or at least in most countries. Meter readers no longer have to visit people's homes to check how much electricity or gas they've consumed. When we make a phone call, no one needs to pass your call through manually via a switchboard. Both are now automated. No one needs to go and empty the coins from a street phone box either. In fact, in some countries, most people no longer even carry coins in their pockets!

Even if people do remain in the same job as they are currently, they are likely to need to retrain or upskill – that is, get new skills, or do something they already do in a different way.

It is predicted that people will learn the new skills they need by using augmented virtual reality, which used to be extremely expensive and needed expert assistance. Currently, this situation is changing fast, with new user-friendly programmes and apps widely available, allowing firms to create their own content. The ability to acquire and handle new knowledge will be a key advantage in the workplace. This will mean a lifetime of training and retraining. Workers will obtain the necessary knowledge and skills via a Cloud-based learning platform whenever they need them rather than being sent on training courses with other employees.

Task 3

- We are constantly hearing that we should never stop learning. With changes occurring at such a fast pace, what can we do to make sure we keep up with them?
- There are considerable resources available to us. Many of them are free. One way to start, as has always been the case, is by reading articles, both in the press and in research publications to keep up to date with developments. If you're more of a listener, you can tune in to podcasts. Make sure that the people whose thoughts you are reading or hearing know what they are talking about.
- What about video content? What would be your advice regarding those?
- Well, do your research first. Learning from short videos has become extremely popular. There are platforms where the content is all educational. In this case, there is not usually a course to follow or any coursework to do, but they could be the starting point. A place where you can get the basics, then move on to more detailed content.
- And what about those emails we keep getting about online courses? Are they worth signing up for?
- Some, definitely yes. There will be others that might sound fantastic but then end up being a total disappointment. My advice would be to read a good number of reviews and check how long the course has been running. Another thing to look out for is where the course is available. A good online learning platform would not usually offer a course that's below standard. If it's on the company's or individual's own website, then browse around that to see what the content is like and, crucially, how well or badly it's organised and expressed. Those things are a good indication of the quality of the person or organisation behind them.
- And what exactly is a MOOC?
- MOOCs are Massive Open Online Courses. You can tell from the name that they are taken online, open to everyone, and the massive bit means that there could be hundreds or thousands of people on the same course as you. They generally combine video content with coursework to complete within a set time limit. On some MOOCs, participants interact in real time. On other MOOCs, content is uploaded and available to participants on demand.
- And which are the most popular MOOCs?
- Well, right now, Machine Learning from Stanford University. Millions of people have enrolled on the course, learning on a machine about learning on a machine! But the subjects for some of the other popular MOOCs are very different. You can learn to be happier, more grateful on the Science of Well-being, from Yale University. Or to programme, or improve your English and develop your career. Or start learning Chinese. The list is endless!
- And what about something offline? Is there anything we can learn that way?
- Yes. Some universities allow people to sit in on their classes. What this means is that you won't get grades or certificates, but you can still take part in discussions and attend lectures. There are usually also workshops or conferences in most areas, so find out about them and go along. Not only will you learn by listening to the speakers, but you'll also get the chance to network with other people in the audience, who may well have a lot in common with you.
- So, basically, we have no excuse to not continue learning!
- Exactly!

Task 1.1

- Hi Kyle! Did you get everything on the shopping list?
- Yes, Mum. By the way, I got some peas, but I didn't buy a packet of frozen ones this time.
- But you know I'm not keen on peas in cans.
- Yes, but when I was getting the other vegetables, I saw they had freshly picked ones, so I bought a bag of those. I know I made a mistake last time and bought them in a tin, but this time, I think you'll like my choice!

Task 1.2

- So, Alexia. I hear you and Alan have finally tied the knot?
- Yes, although not in the way we originally planned.
- Really? What happened?
- Well, of course, family tradition is for a huge wedding, with over two hundred guests, but that's not our scene. We wanted something more intimate.
- Were your families all right about that?
- Well, yes. But our plan to run off and get married with just a couple of witnesses changed when our parents and siblings insisted on coming along!

Task 1.3

- Michael's the spitting image of his father!
- Yes. He's lucky. He's inherited that beautiful blonde hair that his dad used to have.
- His dad's bald now, of course.
- If Michael had a beard, he'd be just like his dad.
- Well, he's grown a moustache now, although it's not very thick.
- Yes, he hasn't had that for very long.

Task 1.4

David and I met at a university party through mutual friends and started dating. Since then, we've been in a long-distance relationship. It's not always been easy. A five-hour time difference is tough for anyone to handle. There are lots of ways we make our international long-distance relationship work. We have creative long-distance "dates," and we also visit each other every 3-4 months. Right now, we're saving up for a round-the-world trip. We can't wait to live together for good one day. But for the time being, we're taking it one day at a time, and just feel grateful to have each other in our lives.

Task 1.5

The United Nations proclaimed May 21st an International Tea Day. Tea has an extremely long history and is of great economic importance around the world. By recognising the importance of tea, it is hoped that both tea production and consumption will become more sustainable.

One of the joys of being a tea drinker is the wide variety of teas that are available at an accessible price. Tea habits are changing, with consumers choosing more traditional teas in the morning and fruitier, herbal teas in the evening. In a poll, four in ten people said that they drank at least three different kinds of tea every week.

Task 1.6

- Hello, Maria. You're looking smart! Where have you been?
- One of the managers is retiring and our office had a meal at that new restaurant to celebrate. We gave him a watch.
- I was at a celebration on Saturday. It was my grandparents' golden wedding. All the family were there, even my cousins who live in Australia.
- Well, I've got another occasion to dress up for on Sunday. I'm a godparent to my nephew, and the christening ceremony is that day. I have to go shopping now and try and find a present!

Task 2

People have eaten frozen treats for several centuries, but none of them had a stick like a lollipop. In 1905, Frank Epperson, an 11-year-old boy from California, put some fruit-flavoured powder into a glass of water. He stirred it with a wooden stick and took it outside onto the porch. After drinking a tiny bit, he put his glass down and completely forgot about it. Overnight, the weather turned cold, and when Epperson went outside the next morning, he discovered his drink was frozen solid with the stick still in it. He pulled the ice and the stick out of the glass and licked it. It was delicious. Epperson called it an "Epsicle", which was short for "Epperson's icicle".

Epperson then started making Epsicles for his friends and years later, he made them for his children. They were the ones who called them "popsicles".

Epperson then sold the Popsicles for 5 cents at amusement parks and public events and they became extremely popular. In 1923, Epperson applied for and obtained a patent for his invention. A year or so later, Epperson sold the rights to his creation to a company that sold the product all over the country. Popsicle ice pops became one of the most successful treats ever. At first, seven flavours were made, but nowadays, there are more choices available. Millions of frozen ice treats on a stick are sold every year with orange and cherry the bestsellers.

Every summer, big brands fight to invent the most unusual and, of course, successful iced drink. Consumers queue up to try them and share them on social media. Some of the drinks are available for a limited period only. Recent creations include a coconut flavoured iced coffee and the Pink Drink featuring strawberries. The trick is to make an iced drink that fans will want to take a photo of, and perhaps even drink it too.

Task 3

- Good morning, Matt and thank you for agreeing to be on the show this morning. You're here to tell us about planning meals. So, where do you suggest we start?
- Good morning. Well, when planning meals, there are six things to consider to make sure that food is both appealing and nutritious. Imagine eating these foods together: mashed potatoes, cauliflower, white bread, white fish followed by vanilla ice cream. I doubt if you'd really enjoy the look of what's on your plate!
- I see! Those foods are all the same colour.
- Exactly. Some of the most beautiful objects in nature are foods, and on a large farm, you can find almost every colour under the rainbow. Colour combinations can be appetising or just the opposite – make you lose your appetite. If we combine foods that are nearly the same colour, it's probably going to be dull and boring. When putting together our menu, we need to be like artists creating artwork and use the elements and principles of line and design.
- So, that's our first element. What's the second?
- Texture. Foods can be felt with our tongues. A variety of textures is more interesting. Foods can be smooth, rough, lumpy, soft or crisp. Soups and purees are fine if we combine them with something that contrasts with them well, like crispy bread or raw carrots. But if you follow them with steamed fish, then you've got your guests thinking about hospital food!
- I see what you mean! I avoid some dishes unless I really have to eat them because I'm ill! And what about seasons? Should we take the weather into account?
- Definitely. The temperature is a major factor. At any time of the year, meals are more interesting if some hot and some cold foods are used. But in winter, our bodies need food to warm us up and in summer, the opposite, to cool us down. Similarly, food that's in season is generally lower in price, fresher and usually far tastier. By using local produce, we are helping the planet and the local economy too. Another factor is the size and shape of food. If you serve olives as a snack and meatballs with peas for your main course, then you're overdoing the round! The next thing to consider is how heavy or light foods are. We need to balance rich, fatty foods or very sweet ones with lighter foods. Otherwise, we might end up falling asleep after a meal or with indigestion rather than enjoying the after-dinner conversations or dancing.
- And the sixth factor?
- Taste, of course! Oh, and smell too! Every human has between 2,000 and 10,000 smaller or larger tastebuds, and these enable us to taste sweet, bitter, sour, and savoury. Smell also helps us to distinguish between small differences because as we eat, vapours are released, and these travel up to our noses, which pass on the information to our brains. That's why, when you have a cold, everything tastes so bland.
- So, when we're planning a meal, just where do we start?
- My advice is to start with the main dish, then choose your appetisers. Next, add the vegetable sides, any sauces or relishes and then decide on the beverages. Lastly, the desserts, which should complement the rest.

Task 1.1

- Hi. Sorry, I'm late.
- Was there a huge traffic jam again? I got caught in the traffic last night driving home. Of course, that was during rush hour. I was a bit worried I was going to run out of petrol!
- In my case, there was a tiny delay because a lorry had a puncture and was blocking one lane of the motorway, but it wasn't that terrible. No, I had to wait in a queue because the police were doing a spot check for some reason. No idea why.
- Well, you're here safe and sound. That's the important thing.

Task 1.2

- Hi Dad! We just had the most fantastic day!
- I told you you'd love Belfast! Did you manage to see the cathedral?
- Yes, but it was closed for a service, so I didn't get a look inside.
- Ah, well, never mind. You'll get a chance to see it another day. The stained glass windows are amazing.
- Yes, we ran out of time today because we hung out for a long time in St George's Market after the bus dropped us off there. We loved the atmosphere, and there was a great band playing. We had lunch while we listened to them, then headed to Titanic Belfast. It was good, but I think we didn't really appreciate it because by then, we were a bit tired. So those are two places I have to revisit before we leave!

Task 1.3

- Ladies and gentlemen, this is your captain speaking. As you can see, we now have better weather conditions, and the thick fog has finally lifted. Unfortunately, we are still unable to depart as we now need to change the cabin crew for this flight. The good news is that we now have a confirmed slot for take-off in thirty minutes from now.

Task 1.4

Explore beautiful, historic Croatia from north to south. Your journey is a superb off-the-beaten-path mixture of nature and culture – along with haute cuisine and traditional dishes! During the trip, you'll hike through forests, past turquoise lakes, explore UNESCO World Heritage sites and nature reserves. On your itinerary are notable landmarks, including hilltop villages and the famous Blue Grotto, a sea cave you will reach by a small boat. You will stay in boutique hotels, a former palace as well as in Ethno Houses in the country's oldest national park.

Task 1.5

How many times have you popped into the supermarket just to grab a few things, but found yourself at the checkout with a trolley full of goods? Even if we do make a shopping list, we seldom stick to it. Supermarkets know this only too well and do everything they can to encourage us to buy and spend more. The flowers near the entrance are pretty and smell nice. The fruit just past these looks fresh and amazing – if it doesn't, we may well turn around and leave. Essential items like milk and eggs are right at the back, meaning we have to pass all sorts of temptations on the way. And of course, while we're queuing to pay, we may buy some products like chocolates, magazines and socks on impulse. Incredibly, these purchases account for around 20% of a household's grocery bills.

Task 1.6

- I'd like you to teach me about crowdfunding. I thought the procedure was always the same, but apparently, it isn't.
- That's right. There are three types – reward crowdfunding, debt crowdfunding and equity funding.
- And what's the difference?
- With reward crowdfunding, the person who donates money receives a small gift or a product sample in return. If you organise debt crowdfunding, people loan you money and it's usually faster than going through a bank. If you opt for equity crowdfunding, investors receive a portion of your company in exchange.
- Thanks. That's much clearer. Now, to decide which is right for my project...

Task 2

In 2013, Angela Maxwell decided to set off and walk around the world on her own.

Exactly why she chose to do this seems a little difficult to understand. In her early thirties, she had a business and was in a relationship.

She chose to walk rather than use transport not only to lower her carbon footprint but also to be really able to take in her surroundings. Before she left, she found inspiration in reading about other women travellers who had undertaken similar challenges. Their accounts of their challenges, struggles and triumphs helped her to be realistic about her adventure, although they did not prepare her for everything she would encounter.

Once she had taken the decision to go, Angela sold all her belongings and equipped herself with the necessary gear. She packed 50kg of camping equipment, dehydrated food, a water filter and clothes for all four seasons.

Every day, she followed the same routine: wake at sunrise, two cups of coffee and a bowl of cereal, pack up, walk, put up the tent, eat instant noodles before climbing into her sleeping bag for the night. Yet, no day was the same because she discovered that the exciting things happened when she didn't follow a set path.

She faced severe sunburn in Australia, and illness in Vietnam and other setbacks, but the contact with different cultures and the kindness of the people she met made up for everything. One friendship made in Italy has lasted and Maxwell is now godmother to her friend's daughter.

Angela's trip has taught her the importance of listening. She says that everyone has a story to tell. She also picked up some new skills along the way – a collection of Italian recipes, beekeeping in Georgia and camel handling in Mongolia, for example.

Since her return home, six years later, Angela has been a guest speaker at colleges and universities, sharing her experiences to encourage others. She is currently working on a book which she hopes will inspire others to take courage in their daily lives.

Task 3

- Over the years, advertising has certainly changed, and it has an extremely long history. So, just how old is it?
- Well, the first confirmed piece of advertising dates back to Ancient Egypt, 3000 BC to be exact!
- Wow, so it really has been around for quite some time!
- Correct! Then, in 1650, we have a record of what might have been the first English newspaper ad, which was a reward for the return of twelve stolen horses! Newspapers were published weekly at that time, and adverts in them frequently offered rewards. Fifty years later, the newspaper advertisements that appeared in the daily press were usually to promote books or medicines. The growth in popularity of ads in newspapers allowed their owners to lower the price of the newspaper itself.
Later, in the second half of the nineteenth century, a new style of advertising was born. All advertising focused on why a consumer should buy a product or service – a message which still remains at the heart of advertising today. Then, for a while, postcards were the commonest way to reach clients.
- Postcards? I'd never have imagined those as a form of advertising! And what about billboards? I've heard that they've been around for a long time.
- That's right! The first billboard was displayed in Paris in 1889. And there are still millions of them in our cities and on our roadsides today. While a growing percentage of them are now digital, many are still your traditional board mainly used for local advertising. With the exception, that is, of some modern, million-dollar campaigns by multinational companies, aiming to captivate and humour their customers. But right from the start, the approach has always been to use short, quick messages for drivers and passers-by to read.
Then, at the start of the twentieth century, there were considerable developments in the world of advertising. We had the first advertising campaigns, and the first publicity agencies were set up.
- And when did television advertising start?
- Well, first we had radio spots, of course, which started in the 1920s. Some firms even went as far as sponsoring entire radio shows. In 1941, the first TV commercial was shown just before the start of an American baseball game. At first, the novelty of the ads made them just as watchable as the TV shows they were broadcast with, but people began to tire, and from 1975, with video recorders, viewers were able to record programmes and fast-forward through the commercials.
- Something we still tend to do today!
- Indeed! The next big innovation was, of course, computers, followed by the internet and search engines. Technology has provided customers with the power to choose and made it simpler for them to share their experiences about their dealings with a company. Among the top considerations for a company nowadays is customer experience. Adverts are designed to appeal to the customer, to make them want to visit, buy, then revisit and buy again. One thing that hasn't changed since the 19th century, as I mentioned previously.
- And are computers still as important these days?
- No. Millions of people now access the internet via their mobile phones and other portable gadgets. Phones are light, small and easy to carry around. They have also been getting smarter by the day, making them just as fast and effective as desktops and computers.
- So, what does this mean for advertisers?
- Advertising campaigns no longer mean a series of adverts on one medium. Nowadays, businesses need to have a presence on multiple platforms. Their campaigns need to be adaptable for smaller and larger devices. With the average person being exposed to between 6,000 and 10,000 adverts a day, advertisers need to grab our attention.

Task 1.1

- Now chess team, next week is the inter-school chess tournament. Last time, as you know, our opponents gave us a warm welcome at their school, although it was freezing in that huge sports hall! Unfortunately, they beat us at the last minute when it looked like we were going to draw. Never mind, I'm sure we'll do better this time because we'll be on home ground. We can't use the gym on this occasion because the gymnasts are practising for their next competition, so I've booked the dining room for the evening. The cleaners will go in, then we can set things up. Go for it, chess team!

Task 1.2

Sepak Takraw is a game where players touch as well as handle the ball using only their feet, knee, chest and head. The rules and regulations of the game are very similar to volleyball. Teams of three players kick or head the ball over the net, which is lower than the net used in volleyball, and they have a maximum of three touches to do this. To win a set, teams need 21 points.

Task 1.3

- Which new sports will we be seeing at the next Olympic Games?
- There are five in total. Two very popular sports with young people – surfing and skateboarding. Snowboarding, of course, has been in the Winter Olympics for over twenty years. Then we have sport climbing.
- What's that?
- In the Olympics, there will be three disciplines that climbers will have to do, involving speed, height and routes. And baseball is returning to the Games after a twenty-year absence.
- And the fifth?
- Karate will join judo and taekwondo at the Games.

Task 1.4

- So, Martha, tell me, what makes a good opening scene in a movie?
- In psychology, there's something we call the serial position effect. In other words, people tend to remember what comes first and last, but not what happens in the middle. Filmmakers know all about this and how important the beginning of a movie is. We should be introduced to the main character at this point, their goals and obstacles, and also the world where the movie will take place. For example, if it's a space movie, then we need to 'see' space! Neither stunts nor special effects need to be awesome here – they can be used later on to hold viewers' attention. The first scene should also provide some clues about the genre of the movie. If it's a comedy, then it needs to get the audience laughing or a horror movie needs to have some horror!

Task 1.5

- What made you decide to become an author?
- Ever since I was a child, I have written stories. But my handwriting was so messy and my spelling was awful, so I never dreamed I could be an author. I studied science at school and went on to become a vet. It was only after having children of my own and telling them stories that I remembered how much I loved writing.
- What do you write about in your novels?
- Many of my books focus on protecting the environment. I do lots of research for those and I love it when I get letters from readers telling me that my stories have changed the way they live and see the world.

Task 1.6

- Some of our favourite movies in history were box office flops first time around, but have stood the test of time. In 1975, *The Rocky Horror Picture Show* was released and shown in just eight cities. Despite favourable reviews, it was withdrawn early from cinemas due to low ticket sales. Later though, the film became a cult classic through years of midnight screenings, with fans and audiences encouraged to interact through props and sing-alongs.

Task 2

In October 2019, marathon runner Eliud Kipchoge became the first athlete to finish a marathon in under two hours, with twenty seconds to spare. The Olympic champion, whose 2018 official world record for marathons stands at 2:01:39, missed out by just 25 seconds in a previous record attempt in Italy in 2017. To achieve his latest time, Kipchoge was assisted by a team of 42 runners. They took turns to run stages with Kipchoge. After the race, Kipchoge thanked them for their efforts and help.

Kipchoge's coaches provided him with water and energy gels by delivering these by bike. So, Kipchoge didn't have to pick refreshments from the table, as would happen in a normal marathon. A car with green laser lights showed the optimum time of 2:50 per lap throughout the attempt. At one point, for a very short time, Kipchoge's pace dropped worryingly to 2:52, but then picked up again.

Due to the help he received in the attempt, which would not happen in a live race, the athletics world governing body will not recognise this as the official marathon world record.

The location for the run was carefully chosen because of its favourable climate, excellent air quality and almost completely flat terrain. The start time of 7.15 was set after the weather conditions had been carefully studied. This time, unlike the previous attempt in Italy, the course was lined with spectators to cheer him on.

Nearing the finishing line, knowing that Kipchoge was about to make history, the other runners dropped back, leaving him to sprint over the line first, with a large crowd cheering him on. The four-time London marathon winner hugged his wife Grace, grabbing a Kenyan flag before he himself was hugged by his runner companions.

Kipchoge and his coach hope his example will inspire people to stretch their limits.

Task 3

- Here with me today, we have Malcolm Harding, a famous sound technician. Welcome to the programme, Malcolm.
- Thank you. It's great to be here.
- Now, in many blockbuster movies or in those who have received outstanding critical reviews, sound plays just as big a role as the visual elements of a film, such as lighting, camera angles or dialogues. Why is that, Malcolm?
- Sound can immerse the audience in the scene, bring a creature to life, have us sitting on the edge of our seats, biting our nails, and sometimes even steal the show, ending up being more famous than the movie itself.
- Yes, one or two movie songs get stuck in my head sometimes. And what is it that we hear?
- Ambient sound is the main kind of sound you will hear in movies. Directors need to transport us to that time and place and make the characters seem real. If we're on a big ship at sea, then we obviously should hear the waves and the wind, but it's things like the distant sound of sea birds and conversations or people's feet walking along different parts of the ship that emphasise the size of the ship and the number of crew and passengers.
- And what about soundtracks that don't work, or don't obey the rules?
- If the film is set in a specific time, then the music should match that time. Or, if the film tells a story about India, then Indian music should be playing. However, there are some directors who deliberately choose to take risks and break the rules and do so successfully. Punk music would never have been heard in eighteenth-century France, but it is in the *Marie Antoinette* movie! Rock songs from Queen in England in 1372 in *A Knight's Tale*? Neither films were designed to be historically accurate, so the music choice fits in. However, it's also enough to make some people refuse to watch the films!
- Apart from music, what else do we hear?
- Sound effects. They add mood. Heavy breathing or a strong heartbeat to build up suspense just before our leading man has to take action or make a crucial decision helps us understand his dilemma. Horror films have multiple layers of sound effects which, together, build up the atmosphere. Adjusting the volume also has a tremendous effect. Silence, just as much as loudness, is an extremely powerful tool. Then, of course, there are instruments. Different instruments are often used for different characters or atmospheres. Sad music should accompany sad moments in the story, whereas happiness can be emphasised with fast, upbeat tracks.
- And what are diegetic and non-diegetic music and sounds?
- Diegetic sounds are sounds that come from what we can see on the screen from our cinema seat or living room armchair – an alarm clock ringing, a school bell indicating the start of the break, or music from a radio, the TV. These sounds don't cause the same audience reaction as non-diegetic ones because we're experiencing the sounds from the outside, so to speak.
- I suppose that movie soundtracks also emphasise the important moments in a film?
- Yes. Music helps build up to that thrilling moment when a player breaks a record, wins the match, scores a goal. Or the hero rescues the victim from the kidnappers. When the judge convicts the criminal. At this point, we will hear a crash of the drums or the clash of cymbals.
- So, at the end of the day, there are so many things to think about and decide regarding movie sound.
- That's right. Music can be a vital addition or just a background filler. To be a good filmmaker, you need to use it wisely.

Task 1.1

- Good afternoon. I'm here to collect my laptop. You rang to say it was fixed. Was it the charger again?
- No, we replaced that last time, remember. And we've tested the plug, and that seems to be fine.
- But it's working now, right? The screen is lit up.
- Yes, but I'm afraid we had to put in a new battery. The old one was dead.
- It might be time for me to start thinking about replacing my computer and getting a new model ...

Task 1.2

- Hi Alice. How's your brother? I saw him being taken away in an ambulance earlier.
- Yes. He's the hockey team's goalkeeper. He hit his head on the goal post when he was trying to save a goal. He was unconscious for a few seconds and had a bit of blurry vision, but by the time the paramedics arrived, he was feeling better.
- So, why did they take him to hospital?
- For a check-up. There's no concussion, thankfully. Then, they examined him and sent him for a scan and an X-ray.
- So, is his head bandaged now?
- No! He's on crutches! When he fell, he twisted his ankle badly. It's not broken, luckily.

Task 1.3

- Angela, you're a doctor specialising in sports injuries. Can you tell us which one you have to treat most frequently?
- Well, I've just seen yet another patient with tennis elbow, which is very common, obviously among racket sport players. But the people who come to my surgery every day have simply overdone it and strained a muscle, usually in their leg. For that, there's no better cure than rest and perhaps a massage from a physiotherapist.
- Really? I'd read somewhere about ankle sprains being top of the injury list.
- It's certainly near the top, but not in first place.

Task 1.4

Ignaz Semmelweis was born in Hungary, but worked as a doctor in Austria. He noticed that in one hospital where he worked, the death rates were high. He spoke to his fellow doctors and suggested that the number of deaths could be reduced if surgeons simply washed their hands between patients. However, other medical practitioners ignored his advice and accused Semmelweis of calling them dirty. After years of trying, he finally gave up and ended his days in an asylum. It wasn't until around 20 years later that Louis Pasteur's germ theory inclined more people to wash their hands often and, Semmelweis' theory was proved right.

Task 1.5

- Did you see that space documentary last night?
- Yes. Those astronauts sure have to exercise hard!
- I work out at the gym three times a week, but the longest I train for is ninety minutes!
- Yes, running on a treadmill or riding a static bike for two hours must get a bit monotonous, to say the least. But I guess if the astronauts don't do that in space, they might end up in a wheelchair when they come back to Earth.
- Yes, their muscles definitely suffer and take time to recover. For me, the most positive side-effect has to be that you become taller up there – as much as three centimetres!
- Which drops to normal after a few days back home ...
- As do the thermometer readings.

Task 1.6

The Big Bang Competition takes place every year in the UK. Science and engineering are the two categories for the competition, and there are three age groups: junior for those aged between 11 and 13, intermediate for 14 to 15-year-olds and senior for 16 to 17-year-olds. This year, over 200 students took part with a wide variety of projects. One science entry compared different mouthwashes to see which was better at killing bacteria. And the sixteen-year-old engineer of the year won in the senior category with an algorithm for her website to compare different package holidays and choose the ideal package for each traveller.

Task 2

There was a time in the past when employees were able to leave their work behind them once they left the office. Nowadays, for a considerable number of people, work communications and social media posts related to their job arrive when they are at home, supposedly slowing down and switching off. Their companies expect them to stay in touch and deal with these messages and requests, even during their "own time".

For over a year, a team of eleven anthropologists from University College London documented the use of smartphones in nine different countries in Asia, Africa, Europe and South America. In all cases, regardless of the country, it was found that people reported feeling the same way about their devices as they did about their homes.

The researchers referred to smartphone users as "human snails", with their phones turning into tiny "homes" that people carry around in their pockets or handbags. When people are without their phones, they become "homeless".

The analysis of the study is available in a new book, published by an international team of researchers, led by Professor Daniel Miller at University College London. The professor's previous project, called "Why We Post", was downloaded more than a million times when it was made available online.

The research identified chat apps as the "heart of the smartphone". Apparently, for many users, just one single app is the most important thing that they use their smartphone for. In many cases, this key app is the platform that siblings turn to in order to coordinate the care of elderly parents. For migrants on the other side of the world from their families, the app provides a way to continue to be a parent or a grandparent despite the distance between family members.

Unlike previous examinations of smartphone use, this study was restricted to older adults, although none were elderly. This is a real change in direction because previously, young people have been seen as the natural smartphone users. For this reason, researchers claim that the study demonstrates that smartphones belong to "humanity as a whole".

Task 3

- Food allergies can be extremely dangerous – and data shows that they're on the increase around the world. What are the reasons for this rise, and what can we do to prevent them?
- Well, some would say that one of the reasons is simply because we are now more aware of allergies, whilst others would disagree and say that actually, we are still not good at diagnosing them. Three out of every four people who think they have a food allergy, in fact, do not. It's easy to confuse food allergy with food intolerance.
- And what is the distinction between those?
- When your body is allergic to something, your immune system reacts, and various organs in your body are affected, and these reactions can be life-threatening. With a food intolerance, it is mainly the digestive system that is affected, and you feel uncomfortable, but your life is not usually at risk.
- How do you diagnose someone with a food allergy?
- There are various things we can do. We can do a skin test, where we drop tiny amounts of different foods onto the skin to see if any of them produce a reaction. The patient might feel discomfort, but generally, nothing more. Or, we can take a sample of blood and test it with different food. This means we are not actually introducing the food into a patient's body, so it's usually the safest method. And the most accurate but riskiest way is to feed patients tiny amounts of the food that we suspect causes the reaction, obviously in a situation where the patient is closely monitored. Another common approach is to completely eliminate certain foods from your diet for two weeks and then gradually reintroduce them one at a time. But an elimination diet won't tell you whether you have a food intolerance or a food allergy.
- And is it always the same foods that people are allergic to?
- Well, yes and no. The range of foods that cause allergic reactions has widened. Decades ago, nuts, seafood and milk were top of the allergy list. The number of people allergic to these has grown, and so has the figure for allergies to soya, fish, wheat and eggs, although around 70% of children outgrow their egg allergy by the time they turn sixteen.
- And is the rate of allergies the same in all countries?
- No. It is more common in developed countries and if you live in an urban area too. The fact that people are more likely to develop an allergy when they migrate from another country to a western country shows that it's not a genetic factor but more a question of environment and lifestyle.
- And what is the explanation for this development?
- There is no single explanation, although there are some theories. Generally, it's thought that increased hygiene, removing bacteria and therefore lowering the number of infections we are exposed to is to blame. One study in Denmark found that cat and dog owners were less likely to have an allergic disorder because they face more germs. Otherwise, our immune systems don't need to react so frequently, so they start looking at other things to fight and overreact when we eat certain foods.
- And is there any hope for a solution to prevent all these allergies developing?
- There have been some experiments with immunotherapy, which seem to produce encouraging results, where tiny amounts of foods are given to patients over a number of years to train their body not to overreact.

Task 1.1

- I've just been reading about bug hotels and I think we should put one in the garden.
- And what do we need to make one?
- Some old wood. We have lots of that in the garden shed. A couple of bricks and some roof tiles, which we also have. The rest is all natural – some straw, pinecones, moss, tree bark.
- We can walk to the woods and find those among the trees.
- Yes, let's do that. Oh, and I was thinking of putting it on the stone wall, in the corner of the garden, at the opposite end to the vegetable garden – otherwise, they might eat all our crop!

Task 1.2

- So, Brian. How was last night?
- It was great, really different. Originally, we were thinking of having a romantic dinner by candlelight, but we were hungry, so we ate earlier.
- That's a pity!
- But there was a bonus. Because there were no lights on nearby and a cloudless sky yesterday, we put down a blanket, lay on the grass and gazed up at the stars.
- Cool! We were in the garden too. But we put up our tent and ate our soup and sandwiches.

Task 1.3

Two Welsh tourists ended up in court after getting drunk and breaking into an Australian water park. They swam with the dolphins in the pool, let off a fire extinguisher in the shark tank before escaping with a penguin. When they woke up the next morning, they couldn't remember anything about the previous day and were surprised to find the animal in their apartment. They tried to feed him and put him in the shower. Then, they took him to a nearby canal and tried to release him there, but were spotted by locals who called the police. Dirk was rescued and returned to Sea World unharmed.

Task 1.4

Community service can take lots of different forms. One way is to collect things that people no longer use or need and take them to people who can put them to good use. This could be clothes, school supplies, books and even backpacks. Volunteering is another option. Offer to walk an elderly neighbour's dog or to do their shopping. That way, you'll also be visiting somebody who may be lonely. Alternatively, why not teach or coach younger children if you have the talents or skills? Or get together with friends and clean up your local park or beach. There is no excuse for not doing your share to help.

Task 1.5

- So, where do most people live in your country?
- England makes up over eighty per cent of the UK population, followed by Scotland, where around 8% of people live and Wales, 5%. Less than 3% live in Northern Ireland. The majority of the population live in the South East of England.
- Why is that?
- For a start, it's where London, the capital, is, and obviously, the Government is based there. Thanks to good transport links, getting around is easy, as is access to Europe. And, of course, London is the financial heart of the country.
- And why so few in Scotland, for example?
- Most places are very remote, and the mountainous landscape makes it less accessible. Although, of course, it's a great place to settle down, holiday and breathe fresh air!

Task 1.6

Since 2015, when a new law was passed in Wales, everybody who is at risk of homelessness has the right to receive help to keep their home, or if a person is already homeless, to find a home. Our project received funds from the Welsh government and has a high success rate, now successfully preventing homelessness in nearly 70% of cases. We provide education, training and support for the homeless in South Wales, and we believe that everyone has the right to feel valued and safe.

Task 2

When people think of gardening, they tend to picture an elderly man or woman in front of their house. Something retired people do. Yet a recent study among 2,000 young people aged between 18 and 34 has revealed that gardening is becoming increasingly popular among young people. Kev Smith, head of marketing at the company that organised the survey, said that although gardening tends to be viewed as an activity for older people, the results of the study showed that gardening is suitable for everyone, whatever their age. Eight out of ten of the young people interviewed said that they preferred gardening to going to a disco. On average, young adults spend around two hours per week taking care of their plants. Two-thirds of participants also said that they love shopping for gardening items, including plants, seeds and tools to garden with. Money spent on these has increased substantially in the past twelve months. Naturally, the item that is bought most frequently is gardening gloves, probably the item that is most frequently used too. Both household plants and garden plants hold their attraction for this age group. The most popular indoor plants were cacti and orchids, whereas daffodils, roses and lavender came top of the list of outdoor plants to grow. The most popular place to grow plants is on the kitchen windowsill, while living rooms, bathrooms, and balconies are also popular locations. The study also found that 60 per cent wish they had access to more outside space than they do at present. However, 78 per cent believe you do not actually need a big outdoor area to experience the benefits of gardening. Reasons given for liking gardening include the desire to make homes and gardens nicer, to improve mental health, and to create a space to escape to. Gardening is brilliant for mindfulness. It includes concentrating on what you are doing right now, repetitive actions and using all your senses, like touch and smell.

Task 3

- I'm here today at a recycling plant in California, where computers are dismantled and their parts sorted into cardboard bins. In one bin, there is nothing but hard drives, in another – keyboards, and yet another is filled with digital cameras. There is a mountain of printers, old TV sets and monitors lined up against the wall. This is electronic waste, or e-waste, electronic products that are unwanted, not working, or nearing the end of their “useful” life.
So, Eleanor, just how much of a problem is all this stuff that no one wants anymore?
- E-waste is an environmental problem on a global scale. Within five years, the annual figure may reach 65 million tons. To give a clearer picture, imagine recycling trucks parked end to end around three-quarters of the Earth.
- Wow! That's one way of making things clearer!
- Yes. And there is a huge variation in the percentage of e-waste that countries recycle, with the average currently standing at around 40% in Europe. Croatia leads the way, recycling over 80%, whereas in Malta, the figure is around 20%.
- That's certainly a big variation.
- Indeed it is. E-waste is of such concern because it contains lead, mercury and other harmful substances. Those substances are released when e-waste is buried underground, posing a serious threat to the soil, air, water, and, of course, wildlife. This contamination can also occur when e-waste is melted down to recover valuable metals like gold, silver and copper. However, according to a recent report, it is 10% cheaper to extract these metals from e-waste than from mines. So, e-recycling definitely makes economic sense.
- That's a convincing argument in my eyes. What more would you add?
- The problem of e-waste is increasingly worrying because e-waste does not decompose quickly or safely. What is more, while people upgrade their smartphones even when their old phones still function, only one in four is recycled.
- I'll remember that for the next time I change phones! Where does our e-waste end up, Eleanor?
- Unfortunately, the widespread practice of digital dumping – exporting electronic waste to developing countries – has also exposed large numbers of people to poisonous toxins and cancerous substances. According to some reports, up to 80% of discarded technology in the US is exported for recycling. After pressure from environmental activists, the US government is trying to ensure that e-waste is recycled on American soil, where it can be processed more safely. One direct consequence of this is that thousands of jobs will be created.
- Yes, that makes sense and it will possibly reduce waste's carbon footprint if it doesn't have to travel.
- Another fundamental reason for everyone to be careful about how and where their e-waste is recycled is that devices contain a large amount of personal data, including bank details. There are now programmes available to delete all files from a computer or phone, which is better and cleaner than physically destroying hard disks. Of course, make sure you back up your data on a server or upload it to the cloud before you delete it!
- I lost a lot of my data once, but I learned my lesson!
- It almost happened to me too. It's a very common problem.
Since consumers will keep buying new devices, it is important to keep reinforcing the message that we must recycle our older models, not throw them out. Experts in electronic recycling recommend that friends or family should reuse devices that still work, or there is also the possibility of donating them to specialised charities.
- So, Eleanor, do you have any positive examples to share with us at the end of this interview?
- Yes. In a warehouse in California, workers test discarded computers. Devices that still work are sold on the second-hand market. Churches and schools are offered computers at a huge discount. The owner of the business feels pride and satisfaction in the bit that he is doing for the planet and his children's future.