

Track 01

Exercises 4 + 5

Announcer: Listen to Stefan talking about his sport.

Countdown: Five, four, three, two, one, ...

Stefan: Hey, I'm Stefan and I'm a teenage swimming champion. So, erm, how did I get into swimming? Well, my parents first taught me to swim when I was a baby. Apparently, I've loved being in the water ever since! (*laughs*) I've been on the school swimming team for as long as I can remember, and then I joined my town swimming club when I was thirteen. Being a member of this club means putting in a lot of hard work, and I'm still a student, obviously, so that means I can only go to the local pool either first thing in the morning or when my classes finish. I make sure I'm down there by six-thirty a.m. and then I get to school for eight. My coach is Erika, and she usually joins me. She's great and we get on really well. I started working with her around four years ago, and we've made good progress. I remember swimming in my first race *so* well. I honestly never expected to come top, and I was so surprised when I did! Swimming's been great for me in so many ways. Erm, it's great for keeping fit obviously – exercise has a positive effect on people's mental health – and, er, I've met a lot of great guys my own age too. We often meet up and hang out now.

Next month I've got a really big race coming up. I'm going to be competing against swimmers from all over the country, so who knows what'll happen? There'll be a lot of really good swimmers there, so I'm not sure I'll be able to get a medal this time. Oh, well, we'll see, I suppose. The main thing is to be ready for the race and get a good night's sleep the night before. I always do that anyway. So, er, the thing I would really like to ...

Track 02

Exercise 6

Announcer: You are going to listen to four young people talking about their leisure activities.

First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the speakers with their statements (A to J). There are two extra statements that you should not use. Write your answers in the boxes provided. The first one (zero) has been done for you.

After the second listening, you will have 45 seconds to check your answers.

Speaker 1 – Olivia.

Olivia: These days I don't have a lot of time for leisure activities, to be honest, because I'm doing a Master's degree and that involves a LOT of studying. But when I do have a bit of time on my hands each week, I enjoy doing a bit of pottery. I've been into pottery for a while now and I'm not bad at it ... even if I do say so myself! (*laughs*) But, of course, when I first started, I was hopeless. I used to end up making a complete mess everywhere. It was my cousin who got me into it. She's been teaching pottery for years and I learned the basics from her. She's got a small studio, so I go round there and we get our hands dirty together. It's a great way to be creative and spend a bit of quality time with my cousin. I don't have a lot of money at the moment, but I try to contribute towards the cost of the materials.

Announcer: Speaker 2 – Magda.

Magda: I took up playing the guitar a few months ago. I go to a class at a local music school every Wednesday evening and Saturday morning. The weird thing is that when I was a kid, my parents gave me SO many opportunities to learn a musical instrument, but I just wasn't interested. They're both into music in a big way. Mum plays the flute and Dad plays the saxophone. So I thought they were trying to force me into playing something too. They weren't! Anyway well, I can't say I'm a brilliant player. Not just yet, but my teacher says I'm getting better, so that gives me a sense of achievement! And when I'm a bit further down the line with my music, Dad says he'll get me a new guitar. I haven't got an expensive one now because I want to see how I get on with my lessons first. I love playing, though ... it makes me feel really chilled and calm.

Announcer: Speaker 3 – Paul.

Paul: I live near Cambridge, which is famous for punting. I've known about punting since I was really young because it's a popular activity with visitors here. My best mate got a job as a punter with one of the local punting companies and he suggested that I do the same, but I just want to do it as a leisure activity. It's not overly challenging. I guess the worst that can happen is you can crash into another boat, or if you have problems with the pole, you can fall into the water, and that could be a bit embarrassing obviously! (*giggles*) What actually happened to me once was the pole got stuck in the mud at the bottom of the river and I really hurt my wrist trying to manoeuvre it out. It was probably because I lost focus for a second or two. Punting isn't the most economical of activities – it costs me loads to hire the boat, and that's why I only do it once a month.

Announcer: Speaker 4 – Brandon.

Brandon: Well, my go-to thing's music. I listen to it all the time, though not when I'm in class or asleep obviously! Mom says that when I was about one and a half, I used to beg her to turn on the music channels on TV and then get really mad when she turned them off! (*laughs*), so I guess that's how it all started. The cool thing about being into music's that it doesn't need to cost a fortune ... you don't have to pay for a streaming service if you don't want to. There's such a wide range of awesome radio stations out there that you can find whatever sort of music you're into. All you have to do is put on your headphones, and whether you listen in your room like me, or when you're out for a run, music can transport you into another world, which is kinda nice!

Track 03

Exercises 4 + 5

Announcer: Listen to Ahmed talking about rules at his new school.

Ahmed: Hi, I'm Ahmed and I joined Santa Barbara High last month 'cos we moved here for my mom's job. It's a pretty cool school and I love it here, but they have some annoying rules, man! (*laughs*) Like when you wanna say something during a lesson, you gotta put your hand up first. That's the only way! But, yeah, I guess the teacher's the boss! (*laughs*) I think all schools have their rules. And the one I really hate is that I gotta be here well before my first class ... like fifteen minutes at least ... no matter what! I just don't get it! What's wrong with turning up just beforehand as long as I'm not late, right? Anyway ... we can have our cell phones with us, but have to switch them off during lessons, which is kinda fair enough, I guess. The teachers want us to learn something and not just play games all day, so I can go along with that! (*laughs*) We can pretty much wear what we want, and that's cool they're not that strict about clothes in lots of schools in California, and that's awesome. Most of us just wear casual stuff or, er, sports stuff. Hey ... imagine having to wear a shirt and tie every day! That's so outdated, right? So, er, I gotta go I have double math now.

Track 04

Exercises 6 + 7

Announcer: Listen to Lucy talking about extracurricular activities at her school.

Lucy: Hi, my name's Lucy, and this year I decided to do lots of extracurricular activities. I've just joined the debating club and I love it 'cos our teacher gives us really interesting stuff to discuss ... like racism and politics and stuff about governments. I've never been afraid to say what I think, so I love getting the opportunity to talk about all these topics that people often have strong opinions about. I also joined the science club and the journalism club. I got my mates to sign up for the journalism club, too, 'cos they're good at English and writing articles. We're publishing a monthly online school paper. It's fun doing a club with my mates. I'm still doing my violin classes on Mondays straight after school, so my schedule's really packed this year. It's good for me, though, 'cos I've had to learn to manage my time better and organise myself. I've always been absolutely hopeless at that ... well, according to my dad anyway!

My teacher says that students being involved with loads of clubs looks really good when we're applying to universities 'cos it shows we've got a wide range of interests. I don't need to worry about any of that yet, though, 'cos I'm only fifteen. I know what I want to do ... it'll be one of the STEM subjects, that's Science, Technology, Engineering and Maths ... probably either chemistry or mechanical engineering. And I'm prepared to do whatever it takes to get the grades and achieve my goal.

Track 05

Exercise 9

Announcer: You are going to listen to a podcast by a man called Harry, who is talking about homeschooling his son, Bobby – teaching him at home. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, choose the correct answer (A, B, C or D) for each question (1 to 6). Put a cross in the correct box. The first one (zero) has been done for you. After the second listening, you will have 45 seconds to check your answers.

Harry: Last year we decided to homeschool our eight-year-old son, Bobby. Homeschooling's basically when you're responsible for educating your child at home instead of sending them to a regular school. We'd just moved because of my wife's work. And although the primary school in our new town's excellent apparently, Bobby had some problems at his last school. Other kids used to bully him, and we didn't want him to experience this again. The closest I'd ever come to teaching was helping my sister prepare for her French exam years ago, but I'm proud of what I've achieved so far.

Homeschooling has its difficulties, though! Bobby's smart and eager to learn, so I don't need to encourage him all the time. I discussed with him the importance of following the schedule, and luckily, we agreed on that. We start early, the way school does, and we manage to have time for everything. The only thing that's a problem sometimes is leaving Bobby on his own to log on to various websites and change between different windows. He's not capable of doing that by himself just yet, so I need to be beside him.

A few things help us with homeschooling. One is to start the day doing some physical exercise or just a game that involves running around. I let Bobby have a say about the exercise we do. We usually try to do it outside in the garden, apart from when the weather's bad. And then we stick to the same routine.

Our day's divided into core lessons, with a short break when needed, and thirty minutes for lunch.

I love homeschooling my son. He's hardworking and he's doing well at most subjects. He's made an enormous improvement in reading, for instance. I spent quite a long time designing the educational programme for the year, and I'm glad I did. Our science and nature lessons are great fun. We're lucky enough to have

access to a beautiful forest, so we spend time there learning about plants and animals. And we'd both far rather be there than at the table with our laptops. The one thing that does get a bit tiring is Bobby always wanting to know "why" – about everything! He's a curious child.

If you ask Bobby his opinion about being homeschooled, he'll definitely say I'm too bossy! He knows we need rules, but he just doesn't get why he needs to finish tasks within a certain time. He thinks he should get all afternoon to do a task! He's OK about doing extra work once our lessons finish, and, in fact, he often wants to carry on working if it's art, which is his favourite lesson. I'm strict about being punctual, though. I like to start and finish on time.

For parents thinking about homeschooling, I have some advice. There's no need to talk to experts in children's education, but as a starting point, you can read lots of information on the government website. And I'd definitely talk to your son or daughter to get their ideas on being homeschooled. They might not be prepared to go along with the plan, and if so, they'll just end up being moody and feeling frustrated. I was lucky in that I knew a couple of parents who'd been homeschooling for years, and chatting to them helped.

It's important for kids who are homeschooled to have the same experiences as kids at regular schools. They need to have PE lessons, and they shouldn't miss out on the opportunity to go on visits to museums or on field trips. They also ought to have time each day to chat to their friends, whether that's through online video chats or face-to-face. One parent I know recommended that Bobby actually go into school one morning a week to do certain subjects, but we don't need that because I have it all covered.

Track 06

Exercise 3

Announcer: Listen to Natalia talking about her life at university.

Interviewer: So ... this week we're catching up with freshers, or first-year students, here at the freshers' mid-term party to see how they're adjusting to life at university ... So let's chat to a few people. Hey, have you got a few minutes?

Natalia: Sure. Er, what's it about?

Interviewer: I just want to find out a little bit about you and how you've been getting on since coming here to uni in London. Anything at all that you wanna share with me ...? Not too personal, though!

Natalia: OK, well, er, I'm Natalia from Poland and er, I'm doing IT. So far, so good ... Erm, when I learned I'd got a place here at UCL, I was over the moon obviously, but also a bit worried about leaving home for the first time and moving to another country. My mum and dad both studied in the UK, too, actually, so they were able to give me lots of advice about life here, the main thing being that I should really watch what I eat and not get into bad habits, er, erm, like eating takeaways all the time. I do my best to stay away from processed foods. I've started going to the gym too. Not because I need to lose some kilos – I'm lucky because I don't put on weight easily – but more because I'd like to gain some muscle mass and get stronger. It's hard work, but I'm enjoying it. My best mate Petra comes with me. She's a vegan and she's been going on so much about how amazing vegan food is that I thought I'd try that diet for a few weeks. I, erm, don't think I'll stick to it, though, because I miss having eggs and cheese.

I cook for myself every day, but I don't do that thing that so many people here do – go shopping at the supermarket once a week! I like to pick up fruit and veggies each evening on my way back home. I often go to shops that sell ethnic foods because I think the quality of the fresh food is often really good and the prices tend to be lower too. So, I'd suggest doing that if you want to save a bit of money. Apparently, a new supermarket specialising in Polish food is gonna open soon near my uni, so that'll be awesome. I'll be able to get loads of stuff from back home. There's gonna be a bakery too, so I can't wait to try some Polish cakes from there. Not that I plan to eat them every day of course! (*laughing*)

I don't go out to pubs and clubs much, and as I'm trying so hard to stay healthy, I

recently decided to take it easy on alcohol and maybe just have a beer or two once a week. So, yeah, erm, I'm doing alright, I guess (*laughs*). I've convinced my parents that I'm maintaining a healthy lifestyle! And I love my course ... great lecturers!

Interviewer: Cheers, Natalia ... sounds like you're rocking it!

Track 07

Exercise 6

Announcer: Listen to the expert talking about TV adverts.

Expert: Well, I'm sure that by now most of us have seen loads of food adverts on TV, though I should point out that in the UK, the advertising of certain unhealthy food products such as fizzy drinks is banned. Unfortunately, lots of large companies sponsor TV programmes, so during the commercial breaks we see products, like pizza for example, being advertised. And, of course, we see the same thing on YouTube. Nothing wrong with that, you might think, but I really believe viewers should know about what they're eating. Of course, that takeaway pizza in the box looks delicious with all that melted cheese – after all, who doesn't love a savoury treat? But what the ad doesn't tell us is how bad the ingredients in that pizza are for us. Just half a pepperoni pizza has a mind-blowing number of calories, and processed meat is particularly hard for the body to digest. These adverts go out when many families are sitting down in front of the TV on a Saturday evening, and it's so easy to just go online and order a 'meal deal' that's full of fat, but not the good kind or unsaturated fat ... the bad stuff, the saturated fat. Many of the UK supermarkets advertise on TV too, particularly just before Christmas and New Year. And it'd be hard not to be impressed by the products on offer because everything looks amazing – beautifully presented, bright colours and a description that just makes your mouth water! Obviously, the supermarkets need to sell their products, so we can't blame them for coming up with adverts that make us want to rush out to buy the chocolate cake or the low-fat frozen dessert. The thing we need to remember, though, is to read the labels when we're doing our shopping to learn how much protein, sugar, salt and so on is in the product. That information's unlikely to be on your TV screens anytime soon!

Track 08

Exercise 7

Announcer: You are going to listen to a radio interview with Dr Hardeep Singh, who is explaining how university students can look after themselves. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, choose the correct answer (A, B, C or D) for each question (1 to 6). Put a cross in the correct box. The first one (zero) has been done for you.

After the second listening, you will have 45 seconds to check your answers.

Interviewer: Welcome back! As the start of a new university year approaches here in the UK, we've asked Dr Hardeep Singh in to have a chat about how students who've left home for the first time can stay healthy. Welcome, Dr Singh!

Dr Singh: Hi! And thanks for having me!

Interviewer: Our pleasure, Dr Singh. So, where do we start?

Dr Singh: Well, many students go to other cities to study. As soon as they arrive and settle into their accommodation, I'd recommend contacting the health centre in the area they live in to put their name down as a new patient. They need to have a doctor. Most students will need a dentist, too, but that doesn't need to be done first thing. They'll also have to learn about transport in the new city, the shops etc., so a busy time.

Interviewer: Exactly.

Dr Singh: And it goes without saying that your diet affects your health. Take breakfast ... many students skip it because they're in a rush to get to lectures. They grab a quick bite on the way, which is unlikely to provide proper nutrition. A breakfast of coffee and sweet pastries, though delicious, won't help you as you won't be at your best! But a breakfast of, say eggs, which are high in protein, and dairy products will keep hunger away until lunchtime.

Interviewer: What about fast food?

Dr Singh: (*laughs*) Well, students certainly spend a lot on it! But thanks to government health campaigns, we know the effect too much junk food can have – weight gain, not being able to remember stuff, and so on. A moderate amount, limiting yourself to takeaways a couple of times a week maximum, won't do any harm. The main thing is to avoid eating processed foods like burgers and kebabs every day. Get

into the habit of preparing dishes with fresh ingredients ... salads, grains, lean meat, or even give vegan options a try.

Interviewer: Many students tend to drink too much when they go to uni ...

Dr Singh: Well, I can't comment on university students everywhere in the world, but that certainly used to be the case for students here anyway. Recent research shows that things have changed, though, when it comes to alcohol ... they seem to have cut down on it and don't drink as much as people think they do. Mind you, it's probably hard to convince parents of that. Most of them believe their kids spend too much time partying while they're at university.

Interviewer: And talking of late nights partying ...

Dr Singh: ... yes, sleep is important, and I mean a good night's sleep! Many people think it's OK to stay up late most nights and then try to catch up on their sleep by sleeping in on Saturdays or Sundays. It doesn't work like that, though. The odd late night's fine, but really students ought to be having early nights most of the week rather than just once or twice. Everyone needs different amounts of sleep ... some people do well on seven hours, others need more than eight.

Interviewer: True. What about sports?

Dr Singh: Well, actually there's no need for a gym membership in order to keep fit. If students walk or travel by bike whenever possible, that can definitely keep them in great physical condition. Some students will, of course, get involved with the various clubs that universities have, and others might prefer to just go for a run with their housemates. There's no hard and fast rule, really.

Interviewer: So, finally, any general recommendations?

Dr Singh: Well, by the time young people go to university, they'll have had a few stomach aches and colds, so they'll know the symptoms, which medicine works best and the importance of rest. They should also know how to act in an emergency. What many may not know about, though, is issues regarding their psychological well-being.

Students should learn to recognise the signs of stress and anxiety that can happen when people become obsessed with getting good grades or weight loss, which can lead to people developing anorexia. Very serious indeed!

Interviewer: Thanks, Dr Singh. Well, after the break we'll be ...

Track 09

Exercises 4 + 5

Announcer: Listen to Sophia talking about her boyfriend.

Sophia: I met my boyfriend Cameron last year at an office party when I was, erm, quite new in the company. I'd just moved to Chicago with my family and I found a temporary job there. I didn't have many friends at the time, so when Cameron asked me out for drinks and dinner, I didn't think twice! (*laughs*) He's pretty cute-looking and he's dead smart, too, but the best thing about him is that he's so thoughtful! He, er, really goes out of his way to do little things for me. Like the other day when he came to my desk with a big chocolate-chip cookie when he knew my manager had been making my life a misery. At first, I was slightly wary of getting into a relationship with him, to be honest. I'd had a pretty awful breakup with my last boyfriend, you know, and I was finding it kinda hard to trust guys again. But I know now that he's one hundred percent loyal and the best boyfriend I could ever ask for. He always seems to put my needs before his own. Er, we mostly hang out on Saturdays or Sundays 'cos we have hardly any free time during the week. I'm doing an accountancy course at night school and he goes to the gym to work out four evenings a week. We videocall every night, though. It's not the same as chatting face-to-face obviously, but I guess it's better than nothing. I know most couples are really into texting each other, but neither of us like it. It's kinda impersonal, isn't it? He's met my family now, and he really impressed them with his knowledge of Indian cooking! Food's, um, kind of a big deal in our house! (*laughs*) So, it's starting to feel like we really belong together. Let's see what happens!

Track 10

Exercise 7

Announcer: You are going to listen to four young people talking about friendship. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the speakers with their statements (A to J). There are two extra statements that you should not use. Write your answers in the boxes provided. The first one (0) has been done for you.

After the second listening, you will have 45 seconds to check your answers.

Speaker 1 – Angus.

Angus: Chris – er, that’s my best friend – and I, we’ve actually only known each other since last year when we met doing our university work placement. We were in the same company. But anyone’d think we’ve known each other our whole lives! In no time at all, we discovered that we’re really similar. We both love sci-fi, and we’re both into hip-hop music and cars in a big way. And, um, his dad’s an electronic engineer too. Chris’s a really chilled, cheerful kind of guy, and he doesn’t get too anxious about stuff. He’s been having a few issues with his girlfriend recently, though, and, er, huge arguments apparently. He’s discussed it with me, so I guess that kinda shows he trusts me and values my opinion. He asked me to keep it to myself, though, and, of course, I agreed. I know how to keep a promise and I’d never repeat what he tells me to anyone! I hope they sort it out soon, though, ’cos he’s been seeing her every weekend recently and I miss hanging out with him.

Announcer: **Speaker 2 – Ewa.**

Ewa: Irena, my bestie, and me were born in the same hospital. And after that, our mums used to meet up with each other in the local park, where we’d play together. That was nineteen years ago! We attended the same schools and have been best friends, erm, ever since. After school we went our separate ways. Irena headed off to study Law in Warsaw and I stayed in Krakow to do Medicine, but we’ve maintained a strong relationship. And you know what’s incredible? We haven’t ever disagreed about anything! We came close to it once when we had different ideas about which books to use for a school project. But ultimately, we decided we valued our friendship too much to fall out, er, over something so trivial anyway. I love it when we catch up with each other because we always have loads

to chat about. Irena's an open book – so comfortable talking about her emotions – and she regularly tells me how grateful she is for our friendship, and what a great friend I am.

Announcer: Speaker 3 – Lorenzo.

Lorenzo: My best mate, Pablo, lived next door to me in Ávila for years. He's the nicest guy ever and I'd do absolutely anything for him. Nothing'd be too much trouble. Er, I say 'lived' because a few years back, he moved to the States when his mum took a new job in California. We try to catch up with each other through texting whenever we can but, um, the time difference makes it really tricky to have a long chat that way. The other day he told me that he's flying to Madrid for a family gathering, and, as it happens, I'll be there too. I'm so looking forward to seeing him in real life. Nothing beats that! Pablo's always been super-supportive and he's never let me down. Once, when I was about to have a massive argument with my brother, he managed to calm me down and talk me out of it before I said something I'd regret. Pablo always says, "Take a deep breath and count to ten!" (*laughs*) In return, I stand by him. When he was feeling really down 'cos he thought he didn't fit in with the students in California, I told him to leave it to time and everything would improve. And it did!

Announcer: Speaker 4 – Sarah.

Sarah: My best mate Sam's hilarious! But he's so clumsy and, erm, often ends up making a complete fool of himself. Like the other day when he tripped over a chair in the canteen! He gets upset when people laugh at him, though, and that really knocks his self-esteem. I get so annoyed when people do that 'cos they never take the other person's feelings into account or realise the damage they're doing. Anyway, to boost his confidence, I tell him all the time what an amazing, smart guy he is and that he needs to surround himself with people who make him feel positive about himself – not the opposite. We hang out together after school most days at his place or mine. We love a good gossip about our classmates and teachers even though I know we shouldn't! (*giggles*) Sam's a really reliable and loyal guy, and I'm proud to call him my best friend. I know I can tell him stuff that I'd never tell someone who's, um, just an acquaintance, and he'll never tell anyone else.

Track 11

Exercises 1 + 2

Announcer: Listen to part of a podcast about rules and regulations.

Jason: Well, as far as I'm concerned, governments seem to have become obsessed with introducing new rules and regulations for citizens to obey. A recent study has shown that the number of new laws has doubled in the last twenty years or so. But we all get the need for rules and regulations for certain things. Take recycling, for instance ... I have no doubt that some people would argue that recycling's a pointless exercise and make up excuses not to do it even though they know it's for the good of our planet. However, I recently read a post on social media about a local council who refused to collect a family's recycling because they hadn't separated the items properly, into paper, plastics, metal, and so on. Surely that's a step too far? And to make matters worse, the family was apparently then asked by the council to pay a fine for not following the rules. They issued the fine along with photographic evidence that the items had been put in the wrong place. But the family didn't pay and claimed that there was a lack of clear instructions on the part of the council about how to separate their rubbish in readiness for collection, and what's allowed and what's not allowed. It's great that people who live in small towns and villages can put their recycling out in front of their homes for collection – it saves them a lot of time and trouble if they don't have to take their rubbish to a recycling depot. But it's just not right to punish them if it's not clear what they are supposed to do with these items in the first place. I'd like to stress that councils and governments need to work with people, not against them. After all, I'm sure the majority of us want to, and do, make a positive contribution to society and don't knowingly break the rules!

Track 12

Exercise 7

Announcer: You are going to listen to two students discussing rules and regulations. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the beginnings of the sentences (1 to 7) with the sentence endings (A to J). There are two extra sentence endings that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you.

After the second listening, you will have 45 seconds to check your answers.

Christos: Hey, Amy, come in ... What's up? ... You look a little stressed!

Amy: (*sounding furious*) Well, I wasn't watching where I was going and I've just stepped in something disgusting on the sidewalk! Yuck! Really I can't believe it, Christos. I wish people would pick up after their dogs when they're out walking them. Not too much to ask, is it?

Christos: Oh no ... and I bet I know which dog's responsible too. It's that Labrador from down the road ... But, you know, they brought in a new regulation about dog mess a while back. Dog owners, by law, now have to clear up their animals' mess.

Amy: I know! And even though people have to pay a fine in such cases, that doesn't seem to stop them being so lazy. People are obviously not being caught.

Christos: Right. Anyway, let me get you a soda, and then we can start studying for our math exam.

Amy: Cool. By the way, have you heard about Shannon?

Christos: What do you mean?

Amy: Well, she's in big trouble with Mr Tanner, the history teacher, for copying and pasting chunks of her essay from the internet.

Christos: What? You're kidding!

Amy: Yep, apparently, she plagiarised pages and pages of it, and the teacher wasn't having it, obviously!

Christos: (*laughs*) No way! Whoa, Shannon must be stupid to think she could get away with that. They're really strict now about plagiarism. You know, you can put a chunk of text into a special programme and trace its origin.

- Amy: But wait ... she made things *even* worse by denying the whole thing and insisting that it was all her own work. (*laughs*)
- Christos: Phew, that's the wrong attitude (*laughs*). Mr Tanner must have been so mad.
- Amy: Yeah, he really told Shannon off. Big time! We could hear him yelling from next door!
- Christos: So, what happened in the end?
- Amy: Well, he's gonna punish Shannon, obviously ... Maybe she's gonna be suspended from school for a day or two ... I don't know. And she's also gonna fail her history assignment.
- Christos: Oh, wow ... that's bad! But yeah, they have a zero-tolerance policy on plagiarism. They're absolutely not gonna have any of it. I have no doubt that she'll get suspended. They'll do this to teach the rest of us a lesson.
- Amy: Fair enough, but you know what? I'm sick of all the rules we have in that school. Some of them are so dumb ...
- Christos: I know ... Like the no-phones-in-class rule. I couldn't believe it when they banned phones! We need them for stuff. I mean, it's not like we're sitting there texting our friends all the time. We've got our exams coming up soon, so obviously we wanna learn.
- Amy: Seriously! I mean, what's the point of having to keep our phones in our lockers at all times? There's a lack of trust on their part.
- Christos: Yep.
- Amy: Hmm ... well, I, er, actually had my phone with me in chemistry the other day 'cos I was waiting on a message from Mom. And it was kind of important. Anyway, Mrs Sanchez saw it, but, to give her credit, she didn't say anything. I was expecting to get in big trouble! (*laughs*)
- Christos: (*laughs*) ... The thing is ... we're seventeen ... not kids any more, so they need to stop treating us like we are!
- Amy: Exactly ... we'll be able to vote in an election next year, so that counts for something, doesn't it? We're practically adults. Of course, the downside of being eighteen'll be that we can also go to jail if we break the law! (*laughs*)
- Christos: (*laughs*) Well, I guess we can't have it all our own way! ... We'll just have to be model citizens ... make a positive contribution to society and not do anything we're not permitted to do by law.

Amy: And for that to happen, we need to graduate from high school in the first place ...

Christos: (*laughs*) ... so we need to get on with our math. Okey-dokey ... come on, let's focus!

Track 13

Exercises 4 + 5

Announcer: Listen to part of a discussion about transport problems in London.

Journalist: ... So, Mr Patel, you're an employee from the Department of Transport and here today to represent the department. I'd like to ask you ... isn't it *your* responsibility to introduce change for the better when it comes to facilitating travel in London?

Politician: Well, er, yes, Jane, erm, of course, it is and that's precisely what we're doing ... making life easier, cleaner and greener ... for the inhabitants of this wonderful city of ours. There's no denying it: The air in London, under this government, is cleaner than it's ever been. We've just run a highly successful ad campaign promoting the health benefits of cycling and the savings that can be made through not having to use car parks and pay for on-street parking. You yourself can't have failed to notice the huge numbers of cyclists on our streets nowadays, and that's largely down to us. Last year, we also increased the carbon emission charge in an effort to keep cars out of the city centre, thereby making our roads safer for the increasing number of cyclists. And I have to say that this has most definitely had the desired outcome. Vehicle numbers are down considerably! And as for our Tube and train network—

Journalist: —Mr Patel, if I could just bring you back to—

Politician: —Let me finish, Jane, please ... I was just saying that as for our train and Tube network, well, statistics show that passenger numbers have actually never been higher, up by 23 percent on this time twelve months ago. And that's largely down to the hugely attractive deals we've introduced for rail cards, which obviously make travelling by train and Tube the best option for so many Londoners. It suits their pockets, and saves them time too. And we've just this week decided to commission a fleet of electric buses, the likes of which will rival those on the streets of cities in any highly developed nation. Our expectation is that these 'green' buses will be on our streets within a year and we will, of course, be making further announcements about this very soon. We're moving with the times, Jane, and driving this great city of ours forward in terms of transport, and this is exactly what the Great British people deserve. No less! We're constantly planning ahead ...

Track 14

Exercise 6

Announcer: You are going to listen to a student talking about a year he spent at a university in another country. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the beginnings of the sentences (1 to 7) with the sentence endings (A to J). There are two extra sentence endings that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you.

After the second listening, you will have 45 seconds to check your answers.

Lukas: Hey, everyone, I'm Lukas. Well, my talk today's about my year in Turkey. I went there as part of an exchange programme between an Austrian university and a Turkish university. I spent the vast majority of my time in Istanbul because I was a student at the Bosphorus University there.

I hadn't been to Istanbul before, and it's fair to say that I initially experienced a bit of culture shock. For a start, it's a huge city. I think the population's just over 16 million. Imagine that when you come from a small town in the Austrian countryside! Anyway, it didn't take me long to settle in and make friends. It's amazing to be able to experience everyday life in another place for so many months rather than just having a holiday there.

Istanbul's unique in that it's built on two continents – Europe and Asia, separated by the Bosphorus strait. My flat was on the European side, not too far from where part of the James Bond film *Skyfall* is set. That's in the area where the huge covered market, the Grand Bazaar, is. It's got over 4,000 shops apparently, and it's like a maze – you can easily get lost in it. The cool thing about shopping there is that the vendors often give you a little something extra when you buy something, like a keyring, for instance. What's not to like about that?

There are advantages and disadvantages to living in a city as huge as Istanbul. On the plus side, there are many ancient palaces and museums to visit, or you can go on a cruise up the Bosphorus and out into the Black Sea. There are even floating fish restaurants where you can have a delicious meal of fresh fish for practically nothing. And there are tonnes of restaurants, too, as Turkish culture's very much a food culture. I got to try so many unfamiliar dishes.

What I did when I first arrived in Istanbul was plan ahead by compiling a list of all the must-see places, and I'd worked my way through that in no time at all. Hands down the biggest downside of life in Istanbul's the traffic. It's dreadful! It takes hours to get from one place to another by car! Public transport's not that

bad, though. I used to use the ferry to travel over to the Asian side. It's quick, and it's nice to be on the water. There's a metro and a cute old tram in the Taksim area too. There are also interesting things called dolmushes ... basically little minibuses that go from one place to another. People just get in and sit down, and when there are enough passengers, the driver sets off. They're very cheap and I travelled in them all the time. The funny thing is that people pass their fare up through the rows of passengers to the driver, and he passes their change back the same way. I'd never seen anything like that before, but the inhabitants of Istanbul are used to it.

During public holidays and university holidays I used to hit the road and head down south or southwest, where a lot of the more well-known holiday resorts are. I'd choose a different region each time, sometimes travelling with a bunch of students and sometimes alone. I'd always travel by coach because I couldn't afford flights. Accommodation near the seaside tends to be more expensive, so I'd often stay a bit further inland. And as it turned out, that was a great way to meet local people and improve my language skills.

Turkish people are very spontaneous, and I can't tell you the number of times I wound up having a drink with Turks who were visiting from other cities or even going back to someone's home for a bite to eat. Totally random, unexpected things! I could tell you some hilarious stories about the messes I got myself into by using the wrong Turkish words in the wrong place at the wrong time (*laughing*). But that's another story!