

## Track 15

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### Exercise 1b

Announcer: Listen to an extract from an interview with a famous sculptor.

Journalist: ... and we're delighted to have the award-winning sculptor Hideki Kusumoto with us in the studio today. Hideki's going to give us a little insight into the life of a sculptor. Hideki, it's fair to say that sculpture's one of the lesser-known art forms, right? And how did you get into sculpture?

Hideki: Totally!!! Many people know a little about painting and, of course, tonnes of people know a lot about music or even poetry, but sculpture's in a bit of a different realm. Yeah, for me it all goes back to my high school days. My art teacher was passionate about all the contemporary arts and really got me using my imagination. I guess you could say I started to get into the fine arts back then. And I come from a pretty artistic family too. Several of my cousins have made careers in the performing arts. My mom was a portrait artist, and even Dad used to try his hand at painting landscapes, with varying degrees of success, I might add. *(laughs)* It was my uncle who took me to see a huge sculpture of a horse one weekend, and I was blown away by it. It really made an impression on me, and I started researching how I could learn this skill. The rest, as they say, is history. Nowadays I love to meet up with people from right across the world of the arts ... there's just something about being around creative people that makes me tick ... they inspire me in different ways. And as it turns out, the majority of the sculptures I'm commissioned to make are of celebrities in the music industry. In fact, I've only ever produced sculptures of people in that line of work ... never of people in the film industry or from the world of politics. I'm currently working on a piece that's involved a lot of travel as the person in question is ...

## Track 16

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### Exercise 4

**Announcer:** You are going to listen to a podcast by Alana Brady, a professional Irish dancer. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, answer the questions (1 to 8) using a maximum of four words. Write your answers in the spaces provided. The first one (zero) has been done for you.

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

**Alana Brady:** Hello, everyone! My name is Alana Brady; I'm from County Down in Northern Ireland and I'm a member of the Riverdance 25<sup>th</sup> anniversary show dance troupe – the new Riverdance.

Riverdance's origins go back to the Eurovision Song Contest in 1994, when the contest was being held in Dublin, the Irish capital. During the interval, a seven-minute traditional dance was performed, and apparently about 300 million people globally watched it. The studio audience were on their feet clapping for four minutes after it ended! Just think about that! The producers realised then that the dance could be turned into a successful show to give the whole world an insight into Irish culture. I suppose Riverdance can best be described as a theatrical performance, the majority of which is Irish music and dance.

I wasn't even born when the original Riverdance took the whole world by storm in the mid-late 1990s, but I grew up watching and *re*-watching the video of the early production. I took my first steps into the world of Irish dancing by accidentally running into my brother's Irish dance lesson in the local community centre when I wasn't even two years old. I tended to follow him around wherever he went. (*laughing*)

Back then it was the dancers' heavy shoes moving to the rhythm and seeing their feet move so fast to the beat that excited me about Irish dancing. I was *so* into it. I pestered my parents to enrol me in a famous Irish dance school in Belfast, and eventually they gave in. Mum used to take me there twice a week, and it was a huge sacrifice for her as it's a long way. All that hard work and perseverance paid off, though, because I was crowned World Irish Dancing Champion when I was 11, and my family was so proud.

Years later – I'd just got the results of my university-entrance exams – when I received a phone call from the management of Riverdance saying they wanted

me to join the cast. I wasn't sure for what role exactly. Then the Riverdance director told me they wanted me to be a support dancer.

As a dance troupe, we all went through a lot of mental and physical preparation in the leadup to the first show in Dublin in February. It was pretty full-on. A 25<sup>th</sup> anniversary performance is a big deal! There were 7,000 people there that night, and as if that pressure wasn't enough, the original Riverdance cast were all there to watch us too. It was such a historic occasion, and literally a dream come true. I got to meet Jean Butler, the original female lead dancer, right after the show. Her dancing in the original Riverdance was so inspiring. I'm a huge fan!

I try hard to convey the joy of dance to every audience member. As dancers, we have to be able to capture the audience with our eyes as well as our movements round the stage. I think I'm good at expressing myself through dance and portraying how happy dance makes me feel.

After our first performance in Dublin in February 2019, we left to go on tour, but then the coronavirus pandemic changed all that, and I ended up having to go into quarantine back home in Ireland with my family. Ireland was in lockdown and we weren't allowed to go anywhere, so I decided to put my time to good use by setting up a YouTube channel to inspire other dancers. I've also been keeping fit so I'll be ready to go back on the road.

My future now lies in the performing arts, travelling the world doing what I love most – dancing. Well, for the next few years anyway. The bottom line is that I won't be able to do this forever, so I need to make sure I have a Plan B. I'm thinking of setting up a dance school at some point so that I can, amongst other things, pass on my love of dance and fuel kids' imagination.

## Track 17

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### Exercises 1–3

Announcer: Listen to a young woman giving a talk about New Year customs in Scotland.

Woman: Well, the Scots know how to enjoy themselves and they go for it at New Year! New Year is known as Hogmanay in Scotland, and the celebrations in Edinburgh, Scotland's capital, attract visitors from all over the world. On New Year's Eve, there's always a huge street party for close to 100,000 people, with fire eaters, dancers, fireworks, acrobats ... you name it really, and it's happening there. At the same time, all over the country, there'll be ceilidhs taking place. These are parties where people enjoy doing traditional dancing to Gaelic music. People in Scotland are also still keen on the first-footing tradition. Basically, to ensure good luck and prosperity for the year ahead, the first person to set foot in your house after midnight should be a dark-haired man. Fair-haired first footers were not particularly welcome after the Viking invasion of ancient times. People shouldn't show up empty-handed, though. Traditional gifts to take to someone's house include a lump of coal to place on their fire, a type of traditional biscuit called shortbread or some whiskey, the national alcoholic drink of Scotland. Another tradition is redding the house. Rather than a big spring clean, the Scots make sure their homes are spotless to welcome in the New Year. Starting the year with a dirty or messy home is considered bad luck. And cleaning your home also extends to clearing your debt. People don't want to go into the New Year with debts hanging over them. And, last but not least, perhaps the most famous Scottish New Year tradition of all is singing Auld Lang Syne at the stroke of midnight. The song is known across the entire globe now and instantly recognisable. It's actually really heart-warming to see people from all cultures crossing hands to sing it to welcome in a new year, knowing that it comes from this small country in western Europe.

**Track 18**

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**Exercise 5**

Announcer: You are going to listen to a radio discussion with a cultural anthropologist about customs and traditions in different countries. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, complete the sentences (1 to 8) using a maximum of four words. Write your answers in the spaces provided. The first one (zero) has been done for you. After the second listening, you will have 45 seconds to check your answers.

Radio host: Welcome back to the Big Wide World show. With me now is cultural anthropologist Professor Connie Moon, who's made it her life's work to examine cultural practices from across the globe. Hello, Connie! Delighted to have you here today!

Connie: Hi! Good to be here, thanks.

Radio host: So, I want to talk about interesting and meaningful traditions around the world, but where do we start with this topic?

Connie: Well, I'll start, if I may, with the African continent, which is *so* rich in culture. The people of Africa really do preserve their traditions.

Radio host: Surely you could say that about most places?

Connie: Well, actually some Europeans have strayed from tradition when it comes to certain life rituals ... weddings, for instance. But back to Africa ... music and dance are a huge part of the culture in many African countries, and people love to express themselves via this medium. Having said that, they also communicate meaning by using other art forms.

Radio host: Like paintings and sculpture?

Connie: Exactly. So, in a lot of African countries, couples are usually freestanding figures of similar size, representing the idea of 'two as one'. Whereas in most western cultures, this image would stand to mean love and intimacy, in African cultures it usually means strength and respect because it's rather uncommon for African couples to kiss or cuddle in public.

Radio host: Right. ... Totally the opposite of most Western cultures then.

Connie: Yes, and the Zulu people have some beautiful traditions. When it comes to love, for instance, many of us associate a beautifully written message with romance.

The Zulu people have beads – small round pieces of plastic – for that. The colour of each bead carries a specific meaning, and bracelets made of beads of different colours are exchanged between couples in place of love letters to show how they feel about each other.

Radio host: Lovely! ... How about the Middle East? Are there are a lot of meaningful traditions there?

Connie: Absolutely. I've just been researching Iran and comparing customs there with those in Turkey and Afghanistan. Water features quite heavily in traditions in these countries.

Radio host: Water? Go on ...

Connie: So, in Iran, when someone's setting off on a long journey, it's customary to follow them out to the street and throw some water after them .... could be, say, from a jug or a glass. The whole point of this symbolic gesture is to guarantee their safe return and keep evil away.

Radio host: How nice, eh?

Connie: Yes. And there's another interesting Iranian custom concerning water. In Iran, if you ask for a glass of water, Iranians will put the glass on a plate before giving it to you. ... While I was in Tehran, I saw some non-Iranians handing Iranians a glass of water, just as you or I might do, and it was obvious they'd committed a massive faux pas, as they say!

Radio host: (*laughs*) So are there any water-related customs in other countries, I wonder?

Connie: Oh yes! In China, for example, people avoid drinking cold water. The belief is that it's not good for you and that water at a higher temperature can do all sorts of wonders, such as get rid of illnesses and also ensure that people don't get diseases.

Radio host: Hm, yes, I can understand the reasoning behind that. Have you done much research into Chinese customs and traditions? I imagine there are lots.

Connie: I have, but to be honest, I can probably speak with greater authority on Japanese customs and traditions. Respect is very important to the Japanese, particularly for the elderly.

Radio host: Yes, I spent several months there when I was at university, on an exchange programme.

Connie: So perhaps you know that if you're invited to a Japanese home for dinner, you must show your host that you're grateful for the invitation. And you do this by giving them a gift.

Radio host: That's right. And a beautifully-wrapped gift too!

Connie: Correct. And if you're invited out, let's say to a work event because the company you work for is hosting that event, it's not customary to tip the waiters at such gatherings.

Radio host: Oh? Why's that?

Connie: Well, it can imply that the business is poor ...

Radio host: ... which would be an insult? Of course! That makes sense.

Connie: Another popular Japanese practice is public napping ... putting your head down on your desk at work and snoozing for fifteen minutes.

Radio host: (*laughs*) No way! That's acceptable, is it?

Connie: It's actually respected as a sign of a person who's working hard to contribute to the company's success. This concept's known as 'inemuri', which basically means 'sleep while being present'.

Radio host: Well, Connie, I could chat about this all day, but unfortunately, we have to go to another commercial break now. Thanks so much ...

## Track 19

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### Exercises 2 + 3

Announcer: Listen to an extract from a student presentation about rainforests.

Student: ... Rainforests are found in the tropics, the region between the Tropic of Cancer and the Tropic of Capricorn, just above and below the Equator. There are two types of rainforest – tropical rainforests and temperate rainforests.

Rainforests tend to have high annual rainfall, a high average temperature and poor soil quality, meaning that only certain types of plants grow there. They also tend to be rich in biodiversity, and tropical rainforests are richer in biodiversity than temperate rainforests. A rainforest ecosystem is composed of tall, evergreen trees – trees that don't lose their leaves in winter –, and it plays an essential role in the environment of the Earth as it has a wide variety of flora and fauna, or plants and animals.

What you may not know is that although rainforest ecosystems cover only 2 percent of the Earth's surface, they actually provide a habitat for almost *half* of the flora and fauna of the entire Earth! Isn't that incredible? Those habitats are under threat, of course, because of deforestation.

The rainforest has a unique four-layer canopy structure. A canopy is basically a layer of leaves, branches or tree stems that covers the ground. The four layers are known as the emergent, or highest layer, the canopy layer, which has tall trees and where scientists estimate that 60 to 90% of life in the rainforest exists, the understory, which has shrubs and shorter trees, and then there's the forest floor, which is dark and in the shade, and where plants rarely grow. You have to know that ...

**Track 20**

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**Exercise 4**

Announcer: You are going to listen to a radio phone interview with a scientist called Dr Judy Harris, who is talking about the biggest environmental problems facing the world today. 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 (0) has been done for you.

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

Radio host: Good evening! On today's programme, with me on the phone, I'm delighted to say that we have the eminent scientist Dr Judy Harris. Judy and I are going to have a brief chat about the biggest environmental issues facing the world today. Welcome, Judy! You there?

Judy: Yes, hello there.

Radio host: Well, Judy, anything to do with the environment's certainly a hot topic at the moment. We're constantly hearing about climate change, but I'm guessing this isn't the only problem we need to address, right?

Judy: Yes, indeed. Obviously, we're well aware that global warming due to CO<sub>2</sub> emissions is accelerating climate change. This is threatening the survival of millions of people, plants and animals by causing meteorological events like droughts, fires and floods. There's a definite pattern as these are becoming increasingly frequent and more extreme, so we really should take more immediate action to reduce their effects and adapt to their consequences.

Radio host: Without a doubt, yes! Extreme meteorological phenomena like the ones you've just mentioned are scarily common now, aren't they?

Judy: Yes. Global warming is increasing the *intensity* of droughts, hurricanes and heatwaves. That's the problem. And many places just aren't equipped to deal with these extreme weather events. Governments need to make much more of an effort not only to minimise the number of these catastrophes, but also to teach humankind how we can better defend ourselves from them – and respond to them more successfully once they do occur.

Radio host: Absolutely! And what about our oceans? We're in a bit of a mess there, aren't we?

Judy: Well, our oceans have become a giant dumping ground for plastic, and that's putting the survival of animals that live in our oceans at risk as they get tangled up in it. As well as that, there are other serious environmental problems related to oceans, such as the dumping of things that cause pollution, wastewater and fuel spills. The United Nations wants protected areas to be better managed. They also want to introduce more controls on the overfishing of our oceans.

Radio host: Right. Erm, you mentioned pollution in our oceans. But what about pollution in the atmosphere?

Judy: Yes, that's a huge problem. The World Health Organization, or WHO, estimates that 90% of humanity breathes polluted air. It's calling for a reduction in air pollution to reduce the numbers of illnesses that cause people problems with their breathing. That would prevent seven million deaths a year. Just imagine! Contaminated water also causes major health problems and millions of deaths a year too. The WHO encourages more treating of wastewater so that it becomes fit for use.

Radio host: Makes sense. What else needs to be done, Judy?

Judy: We need to step up our efforts in protecting biodiversity. I mean, recently published statistics show that we've already lost an estimated 8% of known animal species, and a shocking 22% of species are now at risk of dying out, mainly due to the destruction of their habitats ... orangutans in Borneo, for instance. Threats to these habitats, like deforestation, need to be eliminated so that biodiversity can do well once again.

Radio host: Hmm. I read an interesting article the other day about sustainable urban development.

Judy: That's another issue! The growth of cities, which will need to accommodate around 5 billion people by 2030, is another of this decade's big environmental challenges. The cities of the future will need to be compact, safe, inclusive, ecological and energy-efficient, with more green spaces and more environmentally friendly buildings ... both commercial buildings like shopping centres and domestic dwellings. And more sustainable methods of transport that put the needs of pedestrians above those of traffic.

Radio host: Very interesting, and 2030 isn't too far away either.

Judy: Indeed. Finally, and following on from this, there's the problem of overpopulation. Obviously, where you have people, you have waste. The United

Nations expects the population of the world to exceed 8.5 billion by 2030, so that means we're being forced to drastically reduce the amount of waste we generate ... not least because we seem to be doing more shopping than ever before, resulting in more containers and wrapping. And we need to do this through prevention, reuse, and recycling. We often refer to this as the circular economy, and the aim of it is to minimise our impact on health and the environment. For instance, electrical devices can be designed in such a way that they're easier to repair, and plastic's recycled into pellets for making new plastic products.

Radio host: I like the idea of the circular economy, actually. Well, it's been enlightening talking to you, Judy. Thanks so much for joining us!

## Track 21

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### Exercise 1b

Announcer: Listen to the beginning of a talk about the origins of the Hollywood name.

Female speaker: The Hollywood name, high on the side of a hill, is one of the most famous images in the world, but it's not clear how the name came about. Many people have made suggestions as to how the name of the famous American film industry was decided on. Of these ideas, not surprisingly, one of the most common involves trees.

## Track 22

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### Exercise 2

Announcer: Listen to the rest of the talk.

Female speaker: One story concerns a man called H.J. Whitley. Whitley arranged to buy 500 acres of the town we now know as Hollywood. He was already a prominent landowner, having started a number of towns in the west of the US, and today he's often known as the Father of Hollywood. A common rumour is that he chose the name to reflect the presence of a beautiful holly-like bush throughout the city. The plant was what's known today as Christmas holly, and it grew rampantly throughout the Santa Monica mountains and the surrounding areas. Legend has it that Whitley himself was inspired by the holly and proposed naming the town 'Hollywood' after it.

**Track 23**

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**Exercise 5**

**Announcer:** You are going to listen to a talk by an expert from the film industry about some recent developments that have taken place in the film business. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, complete the sentences (1 to 7) using a maximum of four words. Write your answers in the spaces provided. The first one (zero) has been done for you. After the second listening, you will have 45 seconds to check your answers.

**Expert:** When we hear the name Hollywood, what comes to mind for most of us? Large film studios working with glamorous actors and actresses in leading roles in blockbuster films? And these films launching in cinemas with lots of pomp and ceremony is a must, isn't it? Well, yes, and that's how it always has been, right? It's fair to say that the film business has always been quite resistant to change – until 2020, that is. Up until then, a studio's newest blockbuster had to play in cinemas for 90 days before it was launched for home entertainment. The logic for this was that people wouldn't pay the hefty price that a night out in the cinema costs when they could wait a few weeks to watch it on-demand at home. But then the Covid pandemic happened and the world, including cinemas, literally shut down, leaving them without an income for months and months. Studios tore up their schedules and postponed films until the following year and beyond, and cinemas everywhere had to accept that new films would be available online much sooner than usual. Some film studios chose to launch their films on streaming services like Netflix or digital rental platforms. Developments that had seemed impossible in the past suddenly began to occur at incredible rates. Covid forced us to try things that would've been harder to do under ordinary circumstances, and in a few short months, film producers like Universal Studios went from being the enemy of the cinemas to the saviour of the business.

Industry experts, myself included, agree that many of the new ways of doing things that we've seen during Covid are, not surprisingly, going to last beyond the pandemic. When we look back at 2020, we'll see that it gave us the opportunity to completely rebuild the model, though it remains to be seen just how things will progress. Will the existing aspects of film distribution that we've become used to become fixed? My prediction is that a lot of the innovation we've seen is going to

continue. Studios and cinema owners accept that we're probably not going to have the 90-day cinema window ever again. Chances are that rather than a one-size-fits-all model, many believe things could operate on a studio-by-studio or even film-by-film basis. That means that films from a series like *Fast and Furious* might play longer in cinemas than, say, a new drama starring a legendary actor such as Tom Hanks, even though both are made by Universal Pictures. The conversation's very open at this point, and producers and cinema owners alike are stating their point of view across in a genuinely convincing way.

Universal Studios has already begun to test one of these suggested business models. It's made a deal with the Cineplex chain of cinemas to allow the studio to put new movies on a streaming service within weeks of it first appearing in cinemas. Universal is expected to make a similar deal with other leading cinema chains soon. In return for this, the cinemas are getting a share of the profits the film makes from being digitally streamed. Universal argues that its business model will be successful in the long run due to the fact that the model works equally well for both sides. There's one major concern, however. And that is the fact that quite a few of these cinema chains are having huge financial problems and are about to go bankrupt.

Despite the convenience and comfort of accessing films at home, Hollywood studios aren't prepared to accept the end of the cinema just yet. I've talked to several film executives, and they've assured me that people are more than eager to return to normal life. Exciting times ahead then for the Hollywood film industry!

**Track 24**

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**Exercise 3**

Announcer: Listen to the extracts from a news programme.

A.

Female newsreader: ... and when a small fire broke out at Pinewood Film Studios this afternoon, staff were thankfully able to bring the blaze under control without the need for calling the fire brigade.

Announcer: B.

Female newsreader: Today at London's most famous court, the Old Bailey, due to a lack of evidence, Mr Smith was found not guilty and walked free.

Announcer: C.

Female newsreader: According to a recent report, only slightly more than half of the population trust the government.

Announcer: D.

Female newsreader: ...and everyone expected that the man would be in tears on hearing the news that he would go to prison for his crime.

**Track 25**

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**Exercise 5**

**Announcer:** You are going to listen to four newsreaders reporting on stories on their local news channel. 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 – Natasha.

**Natasha:** ... and we end tonight's local news bulletin with news of an unfortunate burglar in Sydney. When Jonathan Dunbar returned home after doing a nightshift at Royal Prince Alfred Hospital, where he works as a nurse, he was stunned to see a burglar coming down a ladder from his bedroom window clutching a large bag full of his possessions. When Mr Dunbar startled the burglar, the man jumped from the ladder and ran off down the street. Mr Dunbar, however, was determined that he wasn't going to let the burglar get away with the robbery and chased him. The burglar then jumped into a waiting car, which immediately sped off. It all came to a sticky end, though, when the escape car collided with a van that was making deliveries of honey to local shops. Thankfully Mr Dunbar was able to get all of his possessions back, and the burglar and his accomplice were arrested. It's what we might call a satisfying end. ... And that's the end of the news for today! We'll be with you again first thing in the morning for breakfast news. Have a good night.

**Announcer:** Speaker 2 – Louis.

**Louis:** ... and finally, reports are just coming in of an incident on one of the main routes out of Chicago. A truck from Barnes and Noble, one of the US's largest chains of bookstores, has shed its load, meaning that books have been left all over the right-hand carriage of the freeway. Details are sketchy at the moment, but it appears that the truck was on its way to downtown Chicago to make a delivery when the incident took place. It's still unclear whether the incident was due to a mistake on the part of the driver or a mechanical fault with the truck. Eyewitnesses are reporting that several people have stopped their vehicles and are helping themselves to paperbacks lying in the road. A lucky find for bookworms on their

way to Chicago perhaps, but not so lucky for the bookstore! Police and the fire brigade are at the scene, though hopefully the fire brigade's services won't be needed.

Announcer: Speaker 3 – Rajesh.

Rajesh: A market trader in Kerala is being sued in a court of law for breaking trading standards regulations by selling faulty children's swimming aids. Ravi Patel was reported to the trading standards office by several parents after they purchased sets of armbands to help their children learn to swim at the local pool. However, once the armbands were blown up and put on the children's arms, they fell apart when they came into contact with the chlorine in the water of the swimming pool, putting several young children at risk of drowning. Miraculously, no children did drown as a result of the poor-quality armbands. Three quarters of all parents who are suing Mr Patel say their children have been left traumatised after their experience and now live with hydrophobia, a fear of water. Mr Patel, when approached by our reporter, refused to comment. The court hearing continues and Mr Patel, if found guilty, could go to jail.

Announcer: Speaker 4 – Abina.

Abina: Good afternoon and welcome to the lunch time news for Eastern Ghana. We start today's news with an update on the local government elections. Reports are coming in of attempts at fraud at a number of polling stations across the region. Polling stations opened at 6 a.m. and voting started immediately. However, by 8 a.m. reports were coming in that several attempts at impersonation – that's when a person pretends to be someone else – had been stopped and police were informed. The Prime Minister, Kwame Boateng, has in the last 30 minutes released a statement. Mr Boateng said that fraud in elections will not, under any circumstances, be tolerated, and anyone attempting to influence the election result will be dealt with appropriately. He also added that the elections would continue as planned. We'll have more on that story in the special election broadcast starting here on Channel 2 at 5 p.m. On to other news now. Local businessman Asebi Chinoor has ...

## Track 26

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### Exercise 2

Announcer: Listen to five short monologues by people who need some medical help.

Speaker 1: I'm here at A and E at the moment because I had a bit of an accident at work a short while ago. I was up on a ladder trying to get something from a high shelf in the warehouse and I fell off it. Anyway, I tried to save myself as I was falling, but when I landed on the ground, I landed on something sharp, and I've got a small open wound on my arm. I'm confident that it's not too serious, though, and getting a few stitches should be enough to sort it out. Hopefully, I won't need to be here for too long as I can't stand hospitals!

Speaker 2: I was admitted to hospital a few days ago as I'd picked up some sort of infection. Luckily, it's not sepsis, the fatal blood infection. The doctors have been able to establish that much so far, but they're still doing further tests to diagnose exactly what's wrong with me. It's hard for them to treat me as I'm allergic to quite a few of the most common drugs.

Speaker 3: I developed some breathing difficulties about an hour ago, and my housemate called the emergency services because he really thought I needed medical treatment. I have a condition called asthma, and I have to use an inhaler to help me breathe. When I was brought into A and E, they put me on oxygen, and they also did a full examination of my lungs to make sure everything's OK there. It is apparently, so they just want to keep an eye on me for another hour or so and then I'll be released.

Speaker 4: I went running in the park this morning and took a bit of a tumble. Initially, when I got to my feet again, my ankle was a bit sore, but when I put more pressure on it, when I started running again, I felt this excruciating pain. I've quite simply never felt anything like it! I managed to limp home, where I immediately took several painkillers, put a cold compress on it and a tight bandage. Several hours later, and here I am. I had to come because I couldn't stand it anymore. I'm fairly certain it's sprained.

Speaker 5: I've got Type 1 diabetes and I have to have insulin injections every day. But my diabetes is nothing to do with my having an unhealthy lifestyle. I'm not overweight, according to my CT scans I don't have much visceral fat – that's internal fat around my organs, like my liver, for example –, and I have a reasonably healthy lifestyle. In my case it seems to be hereditary as many of my relatives have this condition. It's a condition that has to be monitored very carefully.

**Track 27**

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**Exercise 3**

Announcer: Listen to the fifth speaker again.

Speaker 5: I've got Type 1 diabetes and I have to have insulin injections every day. But my diabetes is nothing to do with my having an unhealthy lifestyle. I'm not overweight, according to my CT scans I don't have much visceral fat – that's internal fat around my organs, like my liver, for example, and I have a reasonably healthy lifestyle. In my case it seems to be hereditary as many of my relatives have this condition. It's a condition that has to be monitored very carefully.

## Track 28

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### Exercise 4

Announcer: You are going to listen to a doctor talking about the most common health problems she sees in her patients. 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 (zero) has been done for you.

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

Dr Munroe: I'm Dr Zainab Munroe and I'm a GP, or General Practitioner, at a doctor's surgery in central Manchester in England. I work for the National Health Service, the NHS for short. I've been a GP for 20 years, and in that time, I've seen all sorts, I can tell you!

On a day-to-day basis, I deal with a multitude of health problems as that's the nature of the field of general medicine. And as I deal with all ages, I need to have up-to-date knowledge of all the typical illnesses that the different age groups tend to suffer from. So, for instance, with kids, you find that the most common complaints tend to be fevers, runny noses, sore throats, and so on. Kids have weaker immune systems and fewer antibodies than adults, so can pick up things easily at school. Adults have lots of different complaints – anything from aching limbs or torn ligaments due to a sports injury or overdoing things at work, to certain conditions linked to how they live ... like heart disease due to having a poor diet and being overweight ... to being allergic to pollen once the hay fever season starts. The elderly are different again. They may have difficulty keeping their blood pressure under control, and it's vital that they have medication prescribed regularly to keep things right. Or, as our appetites decrease with age, the elderly often need to be reminded to eat healthily and drink plenty of water so that they don't become dehydrated. If that happens, it can have serious consequences for the kidneys, and kidney disorders are hard to recover from. Organ disease is a problem for that age group in general, and there's always a risk of stroke as well.

The most distressing part of my job by far is when parents come to me with unwell babies. Although I'm not a paediatrician, that's a doctor who specialises in children's illnesses, based on what the parents describe and with my medical knowledge and experience, I can usually see and understand when a baby is very

ill. And obviously a baby can't tell me what the problem is or where it hurts, so it can be heart-breaking to see them crying in pain or discomfort. And that's not to mention how concerned their parents are. It's a very stressful time for families when a baby or child is ill, and even though medical professionals are trained to deal with the emotional side of things, it doesn't make it any easier. After all, we're dealing with human beings, not machines, and humans experience a very complex range of emotions.

No two days are ever the same at the surgery, and we go from appointment to appointment doing the best we can to give or facilitate the best medical treatments possible for the citizens of Manchester. It's exhausting, but at the same time fulfilling. The feel-good factor comes from being able to identify what's wrong with a patient, tell them that it's just something simple and being able to send them on their way with a prescription for some antibiotics to clear up the problem. I meet so many lovely, though poorly, people, and they're always so grateful for answers and advice. That's what makes my job worthwhile. And I work with a great team of GPs at the surgery – we're always there for each other to discuss individual cases and get a second opinion. It's really important to do that when you've got people's lives in your hands. We take it in turns to go on refresher courses, or do new courses, so that we're up to speed with the latest medical developments – whether it's new viruses, new ways of treating certain illnesses or new drugs that have come to the market. ... So that's a snapshot of my life as a GP. It's challenging, but quite frankly, I can't imagine doing any other job!