New Frontiers SB 6

<Track 00-00>

[SFX: Short intro song]

Narrator: New Frontiers, Book Six. B2, Pre-Advanced, Student Book. Copyright 2020, Compass Publishing. All rights reserved.

<Track 00-01>

Narrator:

Number 1: speak, speak

Number 2: close your books, close your books

Number 3: repeat, repeat

Number 4: talk with a partner, talk with a partner

Number 5: write, write

Number 6: answer, answer

Number 7: listen, listen

Number 8: look at the board, look at the board

Number 9: role-play, role-play

Number 10: read, read

Number 11: research, research

Number 12: talk with a group, talk with a group

Number 13: watch, watch

Number 14: open your books, open your books

<Unit 1>

<Track 1-01>

Narrator: Number 1

M1: Hi. I'm here for an interview with Mr. Kimble.

W1 I'm sorry. Mr. Kimble is not here today. I'll be doing the interview on his **behalf**.

Narrator: Number 2
W1: Are you sure you can fix this?
M1: I have programming experience, so I'm quite **capable** of getting this done.

Narrator: Number 3
W1: Why is Edward so happy?
M1: He won an **award** for being the best student in his year.

Narrator: Number 4
M1: Tell me about one of your **weaknesses**.
W1: Well, some people say I work too hard.

Narrator: Number 5
M1: Why do you want to study at our **institution**?
W1: I heard this is the best place for pre-med students.

Narrator: Number 6
W1: Is it hard to get into this program?
M1: It's pretty **competitive**. Only a few students are accepted each year.

Narrator: Number 7
M1: Tell me about your **strengths**.
W1: I'm good at following instructions and meeting deadlines.

Narrator: Number 8
M1: Does this university have a lot of student **associations**?
W1: Yeah, there are many clubs and student groups.

<Track 1-02>

Narrator: Number 1
M2: Hello, Ms. Benitez. Please sit down.

W2: Thank you, Dr. Venkman. And thank you for giving me the opportunity to interview at your **institution**.
M2: Don't mention it. We are happy to have you. Please tell me about yourself.
W2: Well, I was born in San Pedro, but I have lived in Boston most of my life. I graduated from East Boston High School, where I won many academic awards and was named the class valedictorian.
M2: Interesting. So, when did your family move to Boston?
W2: We moved when I was four years old.
M2: Why are you interested in attending MIT?
W2: I want to major in robotic engineering, and I want to study at the best institution for that field. I know that MIT is the perfect place for that.
M2: Why do you want to major in robotic engineering?
W2: I've been interested in robotics since I was in high school. I was even a member of the Junior Robotics **Association**. We won a few international competitions.
M2: That's pretty impressive. You know, though, MIT is a very **competitive** place. What makes you think you would be a good fit for our institution?
W2: I think my grades and other achievements show that I am **capable** of succeeding here. Plus, once I set a goal, I always achieve it. I'm a very determined person.
M2: OK, so along with determination, what are your other **strengths**?
W2: I am hard-working, understanding, and always on time.
M2: Can you give me an example of a time when you were understanding?
W2: One time my club members and I had to design a new robot for a competition. I thought I had the best idea and even started to design it on my own. I put in a lot of effort! But, after listening to my team members, I understood that their ideas were better. I needed to put my ego aside and get the job done. In the end, we were able to design a robot that won the competition. In fact, we have been trying to upgrade that robot ever since we won that competition.
M2: That's a great story. Now, can you please describe your weaknesses?
W2: My main weakness is that I have always been too determined. Once I set a goal, I do everything I can to reach it. Sometimes, this makes me a bit narrow-minded, but I try to stop myself from letting it get out of hand.
M2: Well, I wouldn't say determination is a weakness, but I see what you mean. Anyway, you'll be meeting with many others today, so I won't take any more of your time. If you're curious about your results, you can check our website in about two months' time to see if your application has been accepted. In the meantime, please email me if you have any questions.
W2: Thank you, Dr. Venkman. I enjoyed meeting you.
<Track 1-03>

Narrator: Number 1
M1: How much is a taxi from here? I only have about $20.

W1: That should be **sufficient**.

Narrator: Number 2
W1: Can you **commit** to the meeting time?
M1: Let me check my schedule first.

Narrator: Number 3
M1: What do you think this email from the teacher means?
M2: I **assume** she's trying to tell you to come in for extra lessons.

Narrator: Number 4
W1: Do you know this email address? I've never seen it before.
M1: Stop! Don't **respond** to it. It's probably a virus or something.

Narrator: Number 5
M1: I don't really understand your **intention** here. What does this part mean?
W1: Sorry. I was up really late and wrote my paper half-asleep.

Narrator: Number 6
W1: We have two book reports to write and three exams to study for.
M1: Under these **circumstances**, I don't think I can finish everything on time.

Narrator: Number 7
M1: I heard Mr. Aziz's exams are **tough**.
W1: They are pretty hard, but you will be fine if you study.

Narrator: Number 8
W1: How did you **cope** with all the stress from school?
M1: I just made sure to always take breaks and think about my long-term goals.

<Track 1-04>
W2: So, Mr. Hernandez, how long have **you been planning** on going to our university?
M2: **Let me think about that**... I guess I've been planning to go here since I was a kid.
W2: Oh, really?
M2: Yeah. It **has always been my intention** to go here because it's the same university my parents and older sister attended.
W2: I see. And why do you think you would be a good fit for this university?
M2: **That's an excellent question**, but a little **tough**. I'm not quite sure how to respond.

W2: Take your time.
M2: Well, I've always been interested in technology. In fact, **I've been attending robotic** engineering classes at the community college since last summer. So, I think I'd be a good fit because my interests match this university's specialties.
W2: I see. So, then, how do you plan to contribute to this university if you are accepted?
M2: **To answer your question,** I plan to **commit** my free time to the Robotics Association. And if I have a **sufficient** amount of time left over, I have been planning to try out for the rugby team.
W2: Oh, you play rugby?
M2: Yes, I've been playing since I was in elementary school. I'm pretty good at it.
W2: That's great. Next question: what do you plan on doing after university?
M2: **I've been thinking of working** in the robotics field for a couple of years and then going to graduate school if the **circumstances** are right.
W2: OK, then where do you see yourself in 10 years?
M2: **No one has ever asked me that before...** in 10 years, I see myself working for a research institution.
W2: Finally, what makes you unique?
M2: **I've never thought about that before.** I'm as unique as everyone else, I guess. I do have a talent for coming up with interesting ideas on how to use technology, and I **cope with stress and deadlines** quite well. Besides that, I don't think I'm especially unique. I'm just hard-working, and I have a passion to learn.

<Track 1-05>
Narrator: Number 1
W1: I had a strange **encounter** at the coffee shop today. Some guy was staring at me oddly.
M1: That sounds kind of scary. You should avoid strangers.

Narrator: Number 2
W1: Marcos told all of my secrets to Rachel. I can't believe he did that.
M1: Wow. How could he **betray** you like that?

Narrator: Number 3
W1: What happened to the bridge?
M1: It **collapsed** suddenly this weekend.

Narrator: Number 4
W1: Did something interesting **occur** over the weekend?

M1: Actually, I found some stray cats and took them home.

Narrator: Number 5

W1: My brother and I got into an argument at the park, and he just left me there!

M1: Wow, he **abandoned** you? How did you get home?

Narrator: Number 6

M1: Have you ever eaten at Ming's China House?

W1: Not yet. I heard they have a great **reputation,** though.

Narrator: Number 7

W1: Wow, this pizza is great!

M1: Yeah, this **combination** of toppings is fantastic.

Narrator: Number 8

M1: I'm kind of **suspicious** that Diane has a new friend she's not telling me about.

W1: Yeah, I know. She's always chatting with someone on the phone.

<Track 1-06>

Narrator: Interview Horror Stories

M2: Hi. My name is Marcus, and my first college interview, which took place at Arizona State University's College of Engineering, was a complete failure. The interviewer, who was also a professor at the university, asked me normal interview questions. I answered all of his questions truthfully. Everything was going fine. Then he asked, "So, how have you been preparing for an education in engineering?" I had no idea how to answer his question. I got really nervous and started sweating like crazy. Finally, I lied and told him, "Oh, I've been working part-time at a company that makes electric cars near my house." I could tell that he was suspicious because he kept asking follow-up questions that I couldn't answer. The interview quickly collapsed. The interviewer was furious with me for lying. He even told me that he could never admit someone who did what I had done into his university. I'll never forget that encounter!

W2: I'm Clarice, and I had a really awkward college interview. The interview was conducted by a man and a woman at the University of Georgia. Because of a combination of reasons, the interview went downhill. First, I had an upset stomach and had to go to the bathroom a lot. I must have eaten something that didn't agree with me at lunch. In total, I went to the bathroom six times. By the sixth time I went to the bathroom, the interviewers seemed pretty worried and

annoyed. When I came back after the last bathroom trip, the male professor got a phone call and started talking on the phone. After he hung up, the woman scolded him for answering the phone in the middle of the interview. This started a long argument between the two professors. I felt so uncomfortable. I was so happy when the interview was over.

M1: My name is Antonio, and my friend Ricardo, whom I have known my whole life, attended the same college interview as me. Our group interview was at the University of Canberra. The interviewer asked us to give him a copy of our application essays. Unfortunately, I forgot to bring mine with me. I explained to the dean that I had emailed it to the university with my application. Suddenly, Ricardo said, "I can't believe you didn't bring your essay. That's so unprofessional!" He then handed the dean his essay. I couldn't believe what had just occurred! Why would my friend betray me like that? My confidence started slipping away, but I didn't abandon hope. Luckily, the interviewer had my essay in his email. After the interview, I asked Ricardo why he did what he did. He said that he wanted to improve his chances of getting accepted. The whole situation totally ruined our friendship. A few months later, I found out that I was accepted to the university, but Ricardo wasn't.

<Track 1-07>
Narrator: Number 1
W2: I'm **truly** sorry about forgetting our appointment.
M2: Thank you for apologizing, but I need some time to think about it.

Narrator: Number 2
M2: When will the interview results be ready?
W2: The committee will **deliberate** this afternoon and let us know by the end of the week.

Narrator: Number 3
W2: How was the movie?
M2: It started out slow, but it was good **overall**.

Narrator: Number 4
M2: What's your **ideal** job?
W2: Hmm, my **ideal** job would definitely involve teaching.

Narrator: Number 5
W2: Hector, how was your meeting?
M2: **Initially**, no one was interested in my idea, but by the end everyone was on board.
Narrator: Number 6
M2: Liz, I got accepted to the University of Arizona.

W2: That's **outstanding** news, Franco!

Narrator: Number 7
M2: Did you finish your report?
W2: Yeah. It's such a **relief** to finally finish it.

Narrator: Number 8
M2: When will the new team **selection** be over?
W2: It's done, actually. The list is posted online.

<Track 1-08>
M1: To: Professor Ahmed Okhur
Subject: Thank You for the Interview

Dear Professor Okhur,

This note is to thank you for the interview that we had last week at Lewis and Clark College. It was an outstanding experience, and I truly appreciate you taking the time to interview me. I hope I successfully answered all of the questions that you asked me. To tell you the truth, I was initially a little nervous, but after we started talking, I became more relaxed.

I also really like the campus, which I toured after our interview. Overall, everyone I talked to was nice and helpful, especially the person who helped me find your office. I have been thinking about it all week, and Lewis and Clark is definitely the ideal college for me.

Anyway, I know that you will be deliberating on which applicants to select over the course of the next week. I hope that you can keep me in mind during the final selection. In the meantime, if you have any additional questions, please feel free to email them to me or call me directly. My phone number is in the application that I left with you.

Thank you for your time.

Best Regards,
Octavio Salamanca
<Unit 2>

<Track 2-01>

Narrator: Number 1

W1: I can't believe I've finally graduated!

M1: Your mom and I are so **proud** of you!

Narrator: Number 2

M1: What do you plan to study in university?

W1: I not **quite** certain, but I think I want get into medicine.

Narrator: Number 3

W1: I really love the bright lights and noise of the city.

M1: Me too! But my sister has such a different **perspective**. She'd much prefer to live in the countryside.

Narrator: Number 4

M1: Where are you going for your summer vacation?

W1: Australia! It was the most **attractive** option for me.

Narrator: Number 5

W1: **Aside from** Korea, where else have you been?

M1: I've been to five different countries in the past three years.

Narrator: Number 6

M1: Have you ever seen the sunset in Bora Bora?

W1: Yes, it's absolutely **stunning**.

Narrator: Number 7

W1: Do you know any decent places to travel?

M1: Yes, I've done **extensive** research on the subject, actually.

Narrator: Number 8

W1: How do you like Malaysia so far?

M1: I love it! I knew the **instant** I got off the plane that I'd really enjoy my time here.

<Track 2-02>

W2: You said you went to Madagascar after you graduated from university, didn't you, Finn?
M2: I did. I've **been there** a few times over the years. Why do you ask?
W2: Because I'm trying to figure out what I'm going to do after graduating. I had planned to work with my brother, but that plan doesn't seem like it'll work out. So I've been trying to think about where I'd like to go, and Madagascar seems interesting.
M2: Well, I'm not sure what they **offer in terms** of education.
W2: Oh, no. I'm not planning to go there to study. I'm taking a gap year!
M2: A gap year?
W2: You know… Instead of going **straight to university**, I'm taking some time off. My grandmother has always told me I should travel. She started to travel the instant she turned 21, and I grew up listening to all her amazing stories.
M2: Ah, I see. Well, I know you're interested in studying history and culture. May I suggest spending some time at the Royal Hill of Ambohimanga? [AM-BO-Hi-**MAN**-GA]
W2: What is that?
M2: It's an ancient city that's **been preserved** for hundreds of years. It's in this magnificent rainforest. Going there will give you a real perspective of what life was like back in the 18th century. **Aside from** learning about the kings **who've ruled** Royal Hill, you'll also learn about the city's extensive history. For example, the city's site was carefully chosen for its position—it's much higher than other areas, offering a stunning view of the surrounding rainforest—but more importantly, the location was chosen because it would be easy to defend in the event of a war.
W2: Wow, Finn. You've certainly made Madagascar sound like an attractive place to visit.

<Track 2-03>
Narrator: Number 1
W1: Have you ever seen a **pirate**?
M1: Um… I've only seen them on TV.

Narrator: Number 2
M1: Did you hear about the **shipwreck** they found off the coast of South Africa?
W1: Yes, I heard it was full of ancient pottery.

Narrator: Number 3
[SFX – phone call]
W1: Hi, Dad! I'm calling to tell you that we've reached our **destination**!
M1: That's great, honey. Enjoy your trip!

Narrator: Number 4

M1: What did you think of the building?

W1: I thought the bell tower was a really cool **feature**.

Narrator: Number 5

W1: What sort of bird is that?

M1: I don't know, but it certainly looks **exotic**.

Narrator: Number 6

W1: And this is a picture of a giraffe that came right up to the car during the safari!

M1: Wow! What a **remarkable** photo!

Narrator: Number 7

W1: Ugh, this soup is **dreadful**!

M1: I agree. There's far too much pepper in it.

Narrator: Number 8

M1: Did you enjoy your cruise?

W1: The trip wasn't the greatest. **Nonetheless**, we'll go again next year because the deal was good.

<Track 2-04>

Narrator: Number 1

W2: I want to take swimming lessons before I go on vacation.

M2: Good idea. I almost **drowned** when I was vacationing in Hawaii.

Narrator: Number 2

M2: Look at the statue!

W2: Wow! It's **tremendous**!

Narrator: Number 3

W2: Have you found anything yet?

M2: Not yet. I need a bit more time to **determine** what's in the sample.

Narrator: Number 4

W2: Can you please **confirm** your street address?

M2: Sure, it's 435 Forest Lane.

Narrator: Number 5

W2: How can I help you today?

M2: I was told by my doctor to **seek** a second opinion.

Narrator: Number 6

M2: What's taking you so long?

W2: I have to make sure my essay is perfect. It's worth a **significant** part of my grade.

Narrator: Number 7

W2: I'm glad that they were able to **capture** the thief!

M2: Yeah, I was really scared to go out at night.

Narrator: Number 8

M2: Do you know how this works?

W2: Let me see.... No, it looks a bit too **sophisticated** for me!

<Track 2-05>

Narrator: Ahoy, Matey! (Hello There, Friend!)

M1: In 1716, a pirate named Samuel "Black Sam" Bellamy captured a trading ship called the *Whydah* and began raiding the east coast of North America. A year later, the dreaded vessel was caught in a tremendous storm and sank off the coast of Cape Cod. The storm was one of the worst of the century, and so, the ship's final resting place was lost. That is, it was lost until 1985, more than two hundred years later, when Barry Clifford fulfilled his childhood dream of finding the legendary shipwreck.

Barry had been searching for years when he finally located the *Whydah*. The first step in his discovery was finding a map created by a man who'd actually seen the ship sink back in 1717. On the map were the words: "Place where the pirate ship *Whydah* wrecked, Bellame Command, where I buried 102 men, drowned." Of the pirates that were on board when the storm hit, only eight survived.

Having determined an approximate location, Barry used sophisticated equipment to pinpoint the exact whereabouts of the ship. Finally, he believed he had found the *Whydah*. But he ran into a problem. When he ordered a scuba diver to investigate the location, the diver reported that he'd

seen nothing but sand where the ship should be. Barry was discouraged, but he didn't give up. He was certain that he had the right location. He built machines to blow the sand aside. Approximately 30 feet below the sand, they discovered a coin from the year 1684. His intuition was correct. This was the right location!

The discovery of the *Whydah* has great historical significance because it was the first confirmed pirate ship ever discovered. The confirmation was made when Barry pulled an iron bell from the shipwreck. After analyzing the bell, scientists determined that the words written on its side read "The Whydah Gally." Barry's discovery has since taught us a lot about pirate culture. For example, it is known that pirates were fair—sharing their responsibilities, as well as any treasure they took, equally. They also had diverse crews, meaning their ship contained teams of people from many different cultures. Nonetheless, it's important to remember that pirates were thieves who were sought after, arrested, and punished for their crimes.

<Track 2-06>

Narrator: Number 1

M2: Do you have any travel plans?

W2: Yes, I plan to **sail** to Europe.

Narrator: Number 2

W2: Let's try and sell these old books. You never read them.

M2: I can't do that. My grandfather gave them to me. They're **priceless**.

Narrator: Number 3

M2: What about this receipt for sunglasses?

W2: I don't think we can report that. We can't really **classify** sunglasses as safety equipment.

Narrator: Number 4

W2: Are we there yet?

M2: Almost. I can see the **port**.

Narrator: Number 5

M2: The **voyage** is over; we've reached our final destination!

W2: Thank goodness, this trip was way too long! Next time, let's go by plane.

Narrator: Number 6

W2: Venice is such an **astonishing** city!

M2: Yes, it's one of the most beautiful places I've ever seen.

Narrator: Number 7

M2: Why are you leaving so early?

W2: Because I have to be on time. **Furthermore**, I think it's rude to keep people waiting.

Narrator: Number 8

M2: Why didn't you go on the school trip this year?

W2: My parents needed me to help around the store. **Therefore**, I had to skip the trip.

<Review 1-2>

<Track R1-01>

W1: OK, James. Welcome to Stellar Line Cruises' head office. I'm Wendy Devora, Head of Recruitment. It says here on your résumé that you've recently been working as a tour guide. You're still doing that now, right?

M1: Yes, that's right. I've been working at London Tours for the last eight months. And before I first came to London, I'd been working as a guide for cruise ship company for a few months.

W1: Great. So, you're someone who has experience working at sea?

M1: I have experience working with cruise-ship passengers, but not at sea. I was working at a port in Denmark. Every time a cruise ship made a stop, my job was to give the passengers a short tour of the local area.

W1: OK, interesting. What skills did you bring to that role?

M1: Well, I speak German, and most of the passengers were German, so that was the most valuable skill I had.

W1: So you speak English, Spanish, *and* German?

M1: Yeah. I was born in Mexico, so grew up speaking English and Spanish. I learned German six years ago, when I was studying in Hamburg.

W1: I see. OK, next question: Why do you think you're the ideal candidate for this job?

M1: I think a great tour guide is someone who has a combination of language skills and people skills. That's me. Also, as I mentioned, I have tons of experience in this field.

W1: OK, great. Well, James, thanks you very much for coming in today. We'll contact you within three days and let you know our decision.

<Track R1-02>

M1: And now over to Jenny, who has a guest with a remarkable story.

W2: Thanks, Adam. And, welcome to the show, Ryan Bergman. Ryan you were the leader of the

team who recently came back from an amazing voyage to the South Atlantic. From what I hear, it sounds like a great adventure. Please tell us about it.

M2: That's right, Jenny. I work as a maritime archeologist, and with my team I go underwater to find old structures and shipwrecks, things like that. Recently, we've been working on a project off the coast of Brazil, involving a 380-year-old Spanish galleon. This galleon, which is a large type of sailboat, sank when it was on its way back to Spain. Ever since then, it has been 600 meters underwater. People used to think that it was sunk by pirates, but we now know that it sank due to a violent storm.

W2: Wow, an ancient shipwreck! What else did you learn from this discovery?

M2: We used an underwater autonomous vehicle with several cameras installed to get a closer look at the shipwreck, and what we discovered inside was astonishing. Inside the ship was gold. A lot of gold. In total, we estimate there are around five million gold and silver coins. If this number is accurate, the total value of the treasure is about eight billion dollars.

W2: That's a lot. So you must be very rich now?

M2: [laughs] I wish I was. Actually, the gold is still underwater. It's very difficult to get it all out of the shipwreck because of its weight. Aside from that, it's not clear who the gold actually belongs to. Right now, the Brazilian and the Spanish governments are involved in a legal dispute over who owns the shipwreck. Even if one of them wins the case, they can't go in and take all the gold because shipwrecks like this are protected by UNESCO. So for the moment, it's about research only.

W2: Nonetheless, you must have been tempted to grab a few gold coins for yourself, right?

M2: [laughs] Maybe a little.

W2: Thanks for your time, Ryan. To our viewers who are interested in learning more: a new three-part documentary will be broadcast tonight on channel 4. It's called "Gold from the Abyss." You can also check out Ryan's team website, if you search for "Intrepid Atlantic Project."

<Unit 3>

<Track 3-01>

Narrator: Number 1

M1: Do you like having a personal trainer?

W1: Yeah. It's great. He helps me with my workouts and **monitors** my progress.

Narrator: Number 2

W1: How can I improve my diet?

M1: You need to **balance** your meals better. You eat way too much meat.

Narrator: Number 3

M1: My workouts are getting easier and easier.
M2: I think it's time to **adjust** your routine to make it more difficult.

Narrator: Number 4
M1: How can I get in better shape?
W1: Keep exercising and eating healthily, and **eventually** you'll lose weight.

Narrator: Number 5
W1: Will I be able to work with my hand like this?
M1: This brace will **enable** you to work like normal. Don't worry.

Narrator: Number 6
M1: What's the most important thing to do when working out?
W1: It's **crucial** that you don't push yourself too hard.

Narrator: Number 7
W1: What are you doing on the 17th?
M1: My **current** plan is to go on a hike with my friends. How about you?

Narrator: Number 8
M1: How do you **maintain** your energy on long bike rides?
W1: I eat well and sleep a lot the day before.

<Track 3-02>
Narrator: Number 1
M2: Hey, Grace. I'll be doing some grocery shopping this afternoon. Do you want me to get you anything?
W2: Yeah, that would be great.
M2: What do you need?
W2: Could you get me some mushrooms, spinach, blueberries, and carrots?
M2: Yeah, sure. But don't you want any meat or sweets?
W2: No, I gave up eating sweets. And, I adjusted my diet recently. I'm on a vegetarian diet to lose weight. Eventually, I hope to lose like five kilos.
M2: Wow, that's a huge commitment. I hope you succeed.

Narrator: Number 2

M1: Hey, Sarah!

W1: What's up, Marco?

M1: You always seem to be in good shape. Could you give me some tips on how to lose weight?

W1: Of course. To start, I don't think that the most crucial thing is exercise.

M1: What's the most important thing, then?

W1: It's essential to start with a healthy diet.

M1: Well, my current diet isn't that bad, but I'll cut out the afternoon donuts.

W1: You also have to do a lot of cardio exercises.

M1: You mean like lifting weights?

W1: No, cardio exercises include jogging, swimming, and cycling, anything that gets your heart rate up.

M1: Oh, I see. Hmm… I have a bicycle at home. Maybe I'll start cycling.

Narrator: Number 3

W2: Eddie, what are you wearing?

M2: Oh, these are my cycling clothes. I'm going to go on a long bike ride in a little bit.

W2: How long are you going to ride for?

M2: I'm thinking of going for around fifty kilometers.

W2: Fifty kilometers? Are you crazy?

M2: What? That's like a normal ride for me. Actually, this weekend I'll be riding down to Springfield and back.

W2: That's a hundred kilometers each way! How do you ride for so long? I can barely ride ten kilometers.

M2: Well, I train a lot. And when I train, I have a good balance of slow, easy riding, and fast, hard riding. Over time, that enables me to maintain my stamina so that I can ride longer and farther.

W2: That's amazing. Well, enjoy your ride! Talk to you later.

Narrator: Number 4

M1: Hey, Maria. Are you going to the weight room, too?

W1: Yeah, I am.

M1: How long have you been weight training?

W1: Not long. Actually, I just started because I wanted to try a new hobby. What about you?

M1: I've been doing it all summer. I started because I'm planning to join the wrestling team next spring.

W1: Oh, so you need to put on more muscle.

M1: Yeah. Actually, I've been monitoring my progress, and I've already put on about five kilograms of muscle.

W1: Whoa, that's a great improvement, Adrian.

M1: Thanks. I'm really hoping I make the team.

<Track 3-03>

W2: Hi. You must be Mr. Caradine. I'm Samantha. So, what brings you here this morning?

M2: Hey, Samantha. My name's Bruce. Anyway, I just signed up for a gym membership, and I'm going to start working out soon. But, before I do that, I want to set up an exercise routine.

W2: OK. Well, what's your current routine like?

M2: I don't have one.

W2: I see. Then what's your fitness goal?

M2: Actually, I've signed up to run in the marathon downtown in a couple months. I signed up for it with my friend. He thought it would be a fun thing to do together. Anyway, my problem is that I've never tried running long distances before.

W2: I see. So, you need basic marathon training. How long until the marathon?

M2: I think I have about three months to prepare. Is that enough time?

W2: We'll have you prepared by then, I think. As long as you're willing to work hard.

M2: Oh, another thing: I also want to lose some weight, but at the same time put on a little muscle. Eventually, I'd like to be able to run a full marathon without stopping.

W2: OK. Then I will put you on an exercise plan with a good balance of cardio and weight training.

<Track 3-04>

M1: What kind of cardio did you have in mind?

W1: I'll start you out with some light jogging, and I'll adjust the distance a little every few days.

M1: Is that it?

W1: Nope, I'll give you way more cardio than that. See, the crucial thing for a marathon is stamina. So, after jogging, we're going to do about an hour of swimming.

M1: Ah, that way I'll get resistance training and cardio at the same time.

W1: Exactly! All that cardio will enable you to run farther and harder than ever before. You will also be able to maintain a constant speed better.

M1: What about weight training?

W1: Well, you don't want too much muscle. It'll slow you down. So I'm thinking about having you lift light weights. That will help you lose weight and help you to shape up your muscles. By the day of the big event, you'll be in peak condition to succeed.

M1: Are we going to weight train before or after cardio?

W1: We are probably going to do it after cardio.

M1: Won't I be too tired?

W1: You'll probably be a little tired at first, but don't worry about it. I'll monitor you to make sure you don't injure yourself.

M1: So, when can we start?

W1: We are going to start training tomorrow at 7 a.m.

M1: 7 a.m.?

W1: [stern] That's right. Is there a problem?

M1: [taken back] No, no.

W1: [stern] And don't be late, or else I'll make you do double the cardio.

M1: [enthusiastic] Don't worry, I'll be on time. I can't wait to get started!

<Track 3-05>

Narrator: Number 1

M2: Ah, I can't run anymore! I have to stop!

W2: You can do it. Have more **faith** in yourself!

Narrator: Number 2

M2: To **restore** your back strength, you need to stretch regularly and exercise.

W2: OK. I'll start doing Pilates with my sister, then.

Narrator: Number 3

M2: Megan, what's the matter?

W2: Oh, nothing. I have a little bit of **anxiety** because of work.

Narrator: Number 4

W2: Why do you always bike to work?

M2: It's a **practical** way to get to work, and it's good exercise.

Narrator: Number 5

W2: I don't think not eating at all is a good idea for weight loss.

M2: Yeah, you're right. I should try something more **conventional**, like going to the gym.

Narrator: Number 6

M2: Wow, Sarah. You look great! When did you lose so much weight?

W2: Thanks for saying so. It didn't happen overnight. It was a **gradual** process over the last year.

Narrator: Number 7

W2: I don't think all this pollution is good for us.

M2: I agree. It's definitely going to negatively **affect** our health.

Narrator: Number 8

M2: What is Paula **suffering** from?

W2: I heard she's got a bad cold.

<Track 3-06>

M1: Hi, Sue. What are you eating?

W1: This? This is a sweet potato. **I'm going to the beach** next month, so I am trying to lose some weight. This diet I'm on says I can only eat one sweet potato at every meal.

M1: Hmm, a one-food diet? Is it working?

W1: No, not really. It's actually giving me **a lot of anxiety**.

M1: **You're going to have to** try a more **conventional** diet. Why don't you try cutting the amount of food you eat by a third? That's what Ramone did. He said after his stomach **adapted** to less food, it was easy to lose weight. He lost about 10 kilograms.

W1: Maybe I'll give it a try.

M1: Hey, look. There's Ramone now. Hey, Ramone! Sit over here.

M2: Oh. Hey guys. I didn't notice you there. How's it going?

W1: We're good. But, Ramone, you look exhausted. What happened?

M2: I got back from vacation yesterday morning. I have a little jet lag, so **it's been affecting** my sleep. I got up at 3 o'clock this morning.

M1: Whoa, you've been up since 3:00 a.m.?

M2: Yeah. I need a few more days to **restore** my energy and get on a regular sleep schedule.

W1: **You should try drinking** some chamomile tea before bed.

M2: Hmm, chamomile tea... That sounds **practical** enough. Oh, Maria's coming over.

W1: Hey, Maria.

W2: Hi, everyone.

M1: Whoa, Maria. Did you break your arm again?

W2: Yeah, it happened yesterday at soccer practice.

W1: That's the second time this year you've **suffered** an injury!

W2: I know. The doctor said I have weak bones. I don't know what to do. I don't want to quit playing soccer, but I also don't want to keep getting injured.
M2: Hmm… You're **going to have to get more** calcium and omega 3 in your diet.
M1: Yeah, eat more fish and cheese. It'll be a **gradual** process, but if you keep it up, your bones will get stronger.
W2: I'll give that a try. Anyway, we'd better finish lunch fast. Otherwise, we are going to be late for Mr. Harris's class again.

<Track 3-07>
Narrator: Number 1
M1: What's wrong with your eye?
W1: I don't know. It's really itchy. I think I have some kind of **infection**.

Narrator: Number 2
M1: What kind of **treatment** do you recommend for a sprained ankle?
W1: Wrap it up tightly and put ice on it.

Narrator: Number 3
M1: Are you going to get a flu shot?
W1: Yeah, but I'm a little nervous because I hate **needles**.

Narrator: Number 4
W1: Oh, wow. Check out the **massive** line.
M1: Wow. It'll be ages before we get in.

Narrator: Number 5
M1: How did Steve become so unhealthy?
W1: Well, there are a few different **factors,** but the big ones are his poor diet and lack of exercise.

Narrator: Number 6
W1: How can I **ensure** that I won't get sick?
M1: There are no guarantees, but you need to wash your hands frequently, cover your mouth when you cough or sneeze, and stay away from crowded and dirty places.

Narrator: Number 7
M1: Is Dr. Aziz a **medical** doctor?
W1: Yeah, he's a heart doctor.

Narrator: Number 8

W1: What do you think of this year's graduating class?
M1: They're a great bunch of kids. They all have a lot of **potential**.

<Track 3-08>
Narrator: Emerging Medical Breakthroughs
W2: Virtual Reality (VR) is quickly becoming a massive part of the medical industry. It is currently being used to aid in education and physical therapy. For example, a company called Ghost Productions offers 3-D animated content that medical professionals can access via VR headsets. Users claim that the company's technology is far more helpful and detailed than what textbooks and videos offer. This technology is going to allow medical professionals to gain more knowledge and be better trained, thus helping them deal with real-life patients.

Another example of VR technology in the medical industry comes from a company called VR Health Group. This company is currently using VR to aid in physical therapy. Anyone who has ever broken a bone knows that time must be spent strengthening the part of the body that was affected. People typically visit physical therapists for this. At such offices, patients get treatment where they have to do repetitive exercises and stretches to regain strength. Many patients get anxiety over this due to factors like boring exercises and difficulty in maintaining the proper positions. However, the VR Health Group has taken the anxiety out of physical therapy. The company's VR programs allow patients to play fun games which ensure patients properly perform exercises and stretches. Doctors hope that with this kind of treatment, the stress related to physical therapy will be taken away.

Drug companies will also be making groundbreaking advances in the medical industry soon. For example, the Japanese company Shionogi & Co. recently created a pill that gets rid of the flu within 24 hours. Up until now, the only real treatments for the flu were preventive flu shots and drugs that just lessened the effects of flu symptoms. In the near future, though, no one is ever going to have to deal with scary needles, flu shots, or ineffective medicine ever again. We will all be taking a flu pill to get better faster.

Another potential breakthrough in the drug industry is probably going to come from a company called Decibel Therapeutics. This company will soon be developing a pill that treats hearing loss. Currently, people with hearing problems—old and young alike—have to wear uncomfortable devices in their ears. Even worse, those devices often suffer from malfunctions and battery loss. If they succeed, Decibel Therapeutics will have changed the entire industry. The door will be opened for other drug companies to start developing pills that cure conditions from poor eyesight to memory loss. We aren't going to be taking pills just for headaches and infections in the future. The possibilities are endless.

<Track 3-09>

Narrator: Number 1

W2: Look! I found some mushrooms.

M2: Don't touch those! They're **poisonous**.

Narrator: Number 2

W2: I think the group should be graded as a team and individually. That way people will participate.

M2: You have a **valid** point. I'll consider it.

Narrator: Number 3

M2: Did you know that eating processed bread can be really bad for you?

W2: Oh, really. I wasn't **aware** of that.

Narrator: Number 4

M2: Why did you buy that jacket?

W2: I don't know. The color really **appealed** to me, I guess.

Narrator: Number 5

M2: I don't eat junk food because there are too many **artificial** ingredients.

W2: In that case, let's have some fruit instead.

Narrator: Number 6

W2: How can I get better sleep at night?

M2: You should **alter** your habits. Drink less caffeine throughout the day.

Narrator: Number 7

W2: What's your **expectation** from this class?

M2: I hope to improve my programming skills.

Narrator: Number 8

W2: Barry, your physical **state** has improved greatly since you started dieting and exercising. Keep up the good work!

M2: Dr. Wilson, that's great news!

<Track 3-10>

W1: Obesity is a problem that affects people all over the world. Since 1980, the condition has

been increasing gradually every year. In the U.S., the state of people's health in general is shocking, as roughly 80 million people are diagnosed as obese. What's even worse is that many of these people suffer from other serious health conditions which are caused by obesity. The problem of obesity, though, is something that can be fought with the proper action.

Overeating and unhealthy food choices are the major causes of obesity. In the U.S., the typical diet is full of things like junk food, processed food, and sugary foods. These foods are packed with unhealthy, artificial ingredients that are borderline poisonous to the human body. A common reason that Americans eat this food is that processed foods are cheaper than healthy foods. Thus, they appeal more to the average person. On top of this, many people eat oversized portions. By the time people realize their eating habits are hurting them, they will have been eating poorly for most of their lives.

One valid method to combat obesity is to educate children about healthy eating habits from a young age. It is the government's responsibility to teach young people how to live healthy lives. In America, many children simply aren't aware of what makes up a healthy diet. If one were to walk into a typical public school during lunchtime, they would see children eating greasy french fries and other unhealthy foods. The good news, though, is that some U.S. schools have started offering food education and healthier lunches.

When we look at other prosperous nations, we might have similar expectations regarding the obesity crisis. However, in a lot of cases this is simply not true. In many European countries, children will have learned what a healthy diet is by the time they are in elementary school. This is because they are served plenty of healthy foods and taught the importance of a healthy diet early on. Obesity rates in these countries reflect this. Italy and Germany, for example, have obesity rates of 10.3 and 14.7 percent, respectively. The U.S., on the other hand, stands at 35.9 percent. Americans clearly need to alter their eating habits.

Proper education on how to fight obesity should start at an early age. To do this, we need to properly educate our youth about obesity. If we fail to do so, then many people will continue to suffer.

<Unit 4>

<Track 4-01>

Narrator: Number 1

W1: Excuse me, how much do you **charge** for your services?

M1: Women's haircuts start at $30.

Narrator: Number 2

M1: What do you think of my new outfit, Sally?

W1: I think it makes you look very **mature**.

Narrator: Number 3

W1: So everyone here dresses the same?

M1: Yes, it's **typical** for a private school to have uniforms.

Narrator: Number 4

M1: Hey, Shirley. What's that?

W1: This? I use it to **keep track** of my homework assignments.

Narrator: Number 5

W1: If I don't feel well in the morning, I think I'll stay home.

M1: That's a **wise** choice.

Narrator: Number 6

M1: That is a pretty **substantial** amount of money you've got there.

W1: Yes, I got a present from my grandparents.

Narrator: Number 7

W1: What **percentage** of your paycheck do you save?

M1: I try to save at least 20 percent.

Narrator: Number 8

M1: Do you think it was **foolish** of me to invest in this outfit?

W1: Maybe.

<Track 4-02>

M2: Willow, did you go on a shopping spree? I'm seeing some substantial charges on my credit card bill this month. This type of foolish spending is really unacceptable.

W2: Don't worry, Dad, I **kept track** of what I spent. I'll pay you back when I get paid next month.

M2: If you don't pay the bill before next week, I'll end up being **charged** a huge fee.

W2: Oh, I didn't know there was a fee.

M2: Yes. Credit cards **charge** interest. If you don't pay back the money right away, you'll end up

paying more than you originally spent.
W2: I'm sorry, Dad. I didn't know about the interest. Are interest fees a lot?
M2: It will be a **percentage** of what you've spent. The amount depends on the credit card's interest rate. This card's interest rate is 10%. For every hundred dollars you've spent, you'll pay the credit card company back $110. You can avoid paying interest, though, if you pay off the total amount you owe immediately.
W2: That sounds complicated. Now I feel stupid for spending so much.
M2: It's OK, Willow, you didn't know. This is a typical arrangement when you borrow money. I hope you remember this when you borrow money in the future.
W2: Yes, Dad, I'll be more **mature** when it comes to spending money in the future. If it's not on sale, I won't buy it.
M2: That's a good plan, but from now on I think you really ought to consider buying what you need instead of what you want. If you need something, you should buy it. If it's a **substantial** purchase, you should make a plan to save for it long-term. You also need to be thinking about how much money you actually have when you go shopping. If you **keep track** of your spending, you'll know how much money you could potentially be saving.
W2: OK. Thanks, Dad.

<Track 4-03>
Narrator: Number 1
W1: What's that graph for?
M1: It shows the **rate** each of our products sells at.

Narrator: Number 2
M1: This is a meeting to **assess** your academic performance over the past three months.
W1: OK.

Narrator: Number 3
W1: For every dollar I charge on my credit card, I earn a **point.** Once I've earned enough points, I can trade them for a free gift.
M1: That's great.

Narrator: Number 4
M1: I don't understand how my bill is so high. I know I didn't spend that much.
W1: Sir, it's because of the **interest** charges.

Narrator: Number 5

W1: Why are you so **upset**?

M1: I just found out I failed my economics exam.

Narrator: Number 6

M1: Are you out of money?

W1: Yeah. I need to practice better financial **management**.

Narrator: Number 7

W1: I totally forgot there was an economics test today.

M1: Don't **panic**, I'll teach you the basics right now.

Narrator: Number 8

M1: After three weeks and countless sleepless nights, I finally found the bug in the program.

W1: Wow, it's great to hear how **dedicated** you were to finding the issue.

<Track 4-04>

Narrator: Number 1

W2: Nice watch! Was it really expensive?

M2: No. The price was quite **moderate** really.

Narrator: Number 2

M2: Today's **consumer** is really into eating healthy.

W2: Yes, that's why fast casual is becoming so popular.

Narrator: Number 3

W2: What did you write when you reviewed that restaurant?

M2: I said that they've always had an excellent **standard** of service.

Narrator: Number 4

M2: We need to **evaluate** your spending habits.

W2: OK. Here's a list of my purchases.

Narrator: Number 5

W2: I don't understand why my company is failing.

M2: It's likely because of the **recession**.

Narrator: Number 6
M2: Did you get a good **deal** on your car?
W2: I thought it was a reasonable price, yes.

Narrator: Number 7
W2: What kind of **impact** do you think this hole will have on the value of my house?
M2: Not a good one.

Narrator: Number 8
M2: Where did you get those shoes?
W2: Oh, they're from an **exclusive** online shop.

<Track 4-05>
Narrator: Who's in a Hurry?
M1: If eating out isn't in the budget, why not try fast casual? Fast casual dining isn't as fancy as a traditional, sit-down restaurant, but it offers a higher standard of dining than fast-food restaurants do. So you get to dine out without the high impact on your wallet. The idea originated in the early 1990s, but it didn't become all that popular until the 2000s. It's a growing trend, even in places that have suffered a recession. That's likely because it fulfills all the basic needs of today's consumer: the food is reasonably healthy, the cost is moderate, and it's trendy. So trendy, that even if everyone had tons of money, they'd probably still eat fast-casual once in a while.

Fast fashion is yet another trend impacting the way people choose to spend. Like fast-casual, fast fashion appeals to consumers' needs—it's marketed toward people who love fashionable clothing but don't want to pay ridiculously high prices. High fashion brands are trendsetters that are unique and exclusive. Fast fashion uses these brands' exclusive styles but offers the clothing at a much lower price.

You may think fast fashion clothing is a great deal, but it's really not—not when you factor in something called the "cost-per-wear." Cost-per-wear tells us the value of something beyond the price tag. For example, if you buy a pair of shoes for $30 and only wear them once, that's a cost of $30 per wear. If you buy a pair of shoes for $150 and wear them every day for a year, that's a

cost of less than $1 per wear.

Cost-per-wear on fast fashion items is high. Because the clothes are made of cheap material, they're easily ruined. If you're replacing your clothing frequently due to wear-and-tear, you won't be saving any money. Another reason is that the low price point causes many people to make one-off purchases, meaning they're buying things to wear only to special events. If you only wear something once, you're not getting good cost-per-wear. If you're looking to become a smarter shopper, cost-per-wear is a great way to evaluate how economical your purchases are.

Shopping for the latest trends or eating at a popular restaurant is fun, but it shouldn't break the bank. If you were a movie star, you could buy whatever you wanted. But until you find a golden ticket or figure out how to grow money on trees, if you want to save money, you'll have to pay attention to how you're spending it!

<Track 4-06>
Narrator: Number 1
M1: How much do you get for an **allowance**?
W1: It depends on how many chores I do.

Narrator: Number 2
W1: How do I **transfer** you the money?
M1: You have to type in my account number. Here, I'll show you.

Narrator: Number 3
M1: You have a lot of toy cars.
W1: It's a bit of an **obsession**, yes.

Narrator: Number 4
W1: Will you be paying with cash, credit, or debit?
M1: I'll use my **debit card**.

Narrator: Number 5
M1: Wow, it's really busy.
W1: Yes, there's a high **level** of foot traffic today.

Narrator: Number 6

W1: What are you going to do with your extra money?

M1: I'm hoping to get some **guidance** from my financial planner.

Narrator: Number 7

M1: I'm worried I have an **addiction** to online shopping.

W1: You certainly have a lot of credit card debt.

Narrator: Number 8

W1: How can I help you today?

M1: I need to **withdraw** 400 dollars, please.

<Review 3-4>

<Track R2-01>

W2: Hey, Stan. Long time no see. You're looking great.

M2: Thanks, Kayla. Yeah, I lost some weight, actually.

W2: It certainly shows. How did you manage?

M2: I started doing yoga. My best friend, Anya, got me into it. She's a part-time yoga instructor. It's been so great, I've been going to classes three times a week for the past six months.

W2: Oh, nice. I've always wanted to try it, but I have a stiff back so I might not be good at all the stretching and stuff.

M2: Are you kidding? If you have a stiff back, you *need* to do yoga. I had the same problem, but now it's completely gone. Yoga is the best treatment.

W2: Oh, yeah? Maybe. I heard it can be quite tough, though. I'm not sure if I would have enough energy to do it three times a week. Besides, I'm having trouble sleeping, so getting up early to attend classes would be difficult.

M2: If you don't have enough energy, that's another good reason for taking up yoga. I was the same before I started, but now I feel much more energetic. And by the way, the classes I go to are in the evening.

W2: OK, but it must be pretty expensive, right? I've heard yoga teachers charge a lot.

M2: There are yoga classes at the community center several times a week. Because my friend works there, I can probably get you in for free.

W2: Really? Wow, I guess I have no more excuses.

M2: That's right. The next class is Tuesday at 6:30 p.m. See you there.

<Track R2-02>

M1: Joining me today is Layla Hurst, a journalist who writes about the healthcare industry. Her new book, *The Future of Health*, has just been published. It focuses on two issues: the future of healthcare and the financial implications of that future. Welcome, Layla. So, tell our listeners, what does the future look like?

W1: That's a big question, actually. From a health perspective, it's good news overall—very good news. Most of the diseases that have historically been serious problems for humanity, such as polio and measles, have been almost completely eradicated. This has led to a massive increase in life expectancy. Most scientists expect this trend to continue. We're also expecting to see further advances in the treatment of cancer and other serious diseases.

M1: So people in their thirties, like me, we're all going to live to a hundred?

W1: Well, I don't know about that, but if you don't smoke, exercise regularly, and, eat and drink in a moderate way, you can quite reasonably expect to live a long, healthy life.

M1: Great. So there's hope for me. And what about the economic side of this?

W1: What people don't realize is how much this will change society. For the last few generations, in western countries, people have been retiring around age 60 to 65. Many are then able to collect government pension payments until they die. This whole system was based on the idea that retirement would last just a few years before death. However, if a lot of people are living 30, or even 40 years past retirement age, there won't be enough money left for the government to pay everyone's pensions. Also, due to the declining birth rates in most of these countries, there won't be enough young people working and generating money for the economy.

M1: That sounds like it has the potential to be a massive problem. What can be done?

W1: For starters, the age at which you can retire and begin collecting a pension needs to be revised. I think we should be increasing it to age 75 or 80, something like that. Secondly, on an individual level, people need to plan their finances better in the future. People in their twenties or thirties should invest early in order to continue to have an income later in life. In particular, I recommend investing in some of the new bio-tech companies. These companies have great growth potential. They're revolutionizing healthcare.

M1: Interesting idea. Which companies would you recommend, in particular?

W1: It's all in my new book, *The Future of Health*.

<Unit 5>

<Track 5-01>

Narrator: Number 1

W1: What do you think of the new student?

M1: She seems pretty **reserved**.

Narrator: Number 2

M1: Why do you dress like that?

W1: It's part of my cultural **identity**.

Narrator: Number 3

W1: Is there an **aspect** of your life you wish you could change?

M1: Yes, I wish I had more friends.

Narrator: Number 4

M1: What do you think about Americans?

W1: I've heard they're extremely **outgoing.**

Narrator: Number 5

W1: So, what did she say?

M1: Well, there was a long **pause**, and then she told me she's moving away.

Narrator: Number 6

M1: Do you know much about Canadian culture?

W1: Not a lot. I have heard it's one of the most **diverse** countries in the world, though.

Narrator: Number 7

W1: There are a lot of trees around the main building.

M1: Wow, your school's **campus** sounds lovely.

Narrator: Number 8

M1: College is crazy. There are so many different people here.

W1: Don't let it **overwhelm** you. You've always been good at meeting new people.

<Track 5-02>

W2: Narrator: From My Culture to Yours

When I first arrived in America, I was pretty reserved. I couldn't help but wonder if I'd fit in. One

thing I noticed as soon as I stepped off the plane was the sea of diverse faces! Such diversity makes America a fascinating place because I get to see and experience different lifestyles.

Aside from being far more outgoing, Americans are also into a lot of different activities. It seems like there's a club for everything here! One day, our school hosted a huge club fair. I could hardly believe how many booths there were, and the campus was packed. By far, the coolest club I saw was the robotics club. I wondered if club members got to build actual robots, that walked and talked and stuff.

I was about to register, but then I paused for a second. I felt dizzy. I started considering everything I didn't know about robots. I felt so overwhelmed. I didn't know whether I should join or not. Plus, there were so many clubs to choose from. What if one of them was even more fun? That was when a girl did something really cool: she shook my hand, and then she said, *konnichiwa*!—hello! It reminded me of home; I couldn't help but smile.

It turns out my newfound friend Lila, who is the current president of the robotics club, had spent some time living in Japan! She told me she knew all about the overwhelming feelings that can come with culture shock.

We went to a restaurant for lunch, which was the first time I'd gone to a sit-down restaurant in America. Instead of just getting takeout or grabbing a coffee to go, Lila and I talked for hours. It turns out that she has some Japanese heritage, though she's spent most of her life in America. We discussed different aspects of the two cultures. Lila spoke about how complicated it can be when you don't know all the local customs, and she told me some funny stories from her time in Japan. We also talked about how diversity enriches us as individuals and adds immeasurably to our identities.

<Track 5-03>
Narrator: Number 1
W1: This coffee is **exceptional.**
W2: I agree, it's much better than the coffee I make at home.

Narrator: Number 2

M1: You have to **obey** your mother.

W1: OK, Dad. I'm sorry.

Narrator: Number 3

W1: What do you think of my business idea?

M1: Honestly? I think the whole **concept** is ridiculous.

Narrator: Number 4

M1: Why do I have to take my hat off inside?

W1: It's just good **manners**.

Narrator: Number 5

W1: How do you like your hotel room?

M1: It feels very **familiar**, like home.

Narrator: Number 6

M1: What do you think of his idea: "hats for cats"?

W1: I think that it's pretty **peculiar.** Cats don't wear hats.

Narrator: Number 7

W1: What's a polite way to say thank you?

M1: Customs **vary** from country to country.

Narrator: Number 8

W1: Did you get Mr. T for a teacher this year?

M1: Yes. He looks **strict**.

<Track 5-04>

M2: Hi, my name is Matt, and I've just gotten back from Tokyo, Japan, where I was an exchange student for my senior year of high school. When I say Japan, you might think of robots, bullet trains, anime, and Godzilla. However, I'd like to talk to you about my day-to-day life in Japan. Japan is well-known for its advanced technology, and this impacts even everyday things. It's even apparent first thing in the morning, when you go to the washroom. Japanese toilets are kind of peculiar because many are heated. I think it's a fascinating addition. At first, I wondered, why

would you want or need a heated toilet seat? However, I quickly realized that in the winter months it's a brilliant idea.

Here's another great thing about Japan. Since I often sleep in, I'm always running a bit behind. However, even though I seldom have time to pack a lunch, it's no problem in Japan thanks to the multitude of vending machines available. When you first arrive in the country, you'll be surprised to see vending machines located on almost every corner and street. It's very convenient.

The machines are filled with a surprising variety of items, many more than you'll find in American vending machines. In America, you'll mainly find: hot drinks, cold drinks, and small snack foods. In Japan, you can buy all these and so much more—toys, subway tickets, even lucky bugs. The list is nearly endless. By the way, here's an interesting fact about Japanese culture: It's much more difficult to be caught in the rain without an umbrella in Japan than it is in America. That's because there are even umbrella vending machines in subway stations.

One last thing you should know about Japan is that there is a lot less space for people. Homes and apartments are tinier. Restaurants, subways, and sidewalks are busier and much more crowded. That's a big reason why Japanese people have such superb manners. They have stricter rules and people are very good about obeying them. If they didn't obey the rules, with the number of people trying to get from place to place, life would be much more difficult. So, while the rules may seem strict, there is a good reason for them.

While unfamiliar things may seem weird or even frightening at first, the more I travel, the more comfortable I've become. Some things will always vary—customs, traditions, how we dress, how we talk—but we all have the same basic needs. We all just want to get along and live happy lives.

So, if you've ever wondered whether or not you'd like to visit Japan, I hope this presentation today has helped you to decide.

Arigato gozaimashita. Thank you very much.

<Track 5-05>
Narrator: Number 1
W1: That was a very rude thing to say.

M1: I'm sorry, I didn't mean to **insult** you.

Narrator: Number 2
W1: I failed my cultural studies exam again.
M1: Oh, dear. That sounds terribly **frustrating**.

Narrator: Number 3
W1: Your costume isn't very good.
M1: That's a **harsh** thing to say.

Narrator: Number 4
M1: Why do they sound so different from everyone else?
W1: Because their **native** language isn't English.

Narrator: Number 5
W1: These instructions aren't very **straightforward**, are they?
M1: No, they don't make much sense to me either.

Narrator: Number 6
W1: Japan is so crowded.
M1: Yeah, there are **major** congestion issues during rush hour.

Narrator: Number 7
W1: Excuse me, where is the train station? (note: if voice actor could do this with any sort of heavy accent, that'd be great)
M1: I'm sorry, I can't understand your **accent.**

Narrator: Number 8
M1: Let me finish talking before you **criticize** my idea.
W1: I can't. It sounds terrible already.

<Track 5-06>
Narrator: Number 1
W2: This is a lovely tea ceremony.
M2: And Lee is a wonderful **host**.

Narrator: Number 2
M2: How do you feel about littering?

W2: I strongly **disapprove** of it.

Narrator: Number 3
W2: What does that **gesture** mean?
M2: It means I'm going to call you.

Narrator: Number 4
M2: Did you have a **specific** restaurant in mind?
W2: Yes, let's go to the German Eatery.

Narrator: Number 5
W2: What are they doing?
M2: They're having a parade to **honor** their cultural roots.

Narrator: Number 6
M2: How many times did you **knock**?
W2: Just once. I'll try one more time.

Narrator: Number 7
W2: Why did you cross your utensils?
M2: To **indicate** that I'm finished eating.

Narrator: Number 8
M2: Do you always sit with your hands in your **lap**?
W2: Usually, yes.

<Unit 6>
<Track 6-01>
Narrator: Number 1
M1: I'm interested in all kinds of **visual** art.
W1: Me, too. But I like photography best.

Narrator: Number 2
W1: His new book was very **controversial**.
M1: Yeah, I heard about it. Some people loved it, but others hated it.

Narrator: Number 3

M1: What kind of music do you listen to?
W1: I mostly listen to **classic** rock, like the Rolling Stones.

Narrator: Number 4

W1: What did you like most about the museum?
M1: There was a **striking** sculpture in the lobby. I'll never forget it.

Narrator: Number 5

M1: I wonder what happened to our classmate Henry.
W1: He's really famous now. He's all over the **media**!

Narrator: Number 6
W1: Greg is doing a **portrait** of me tomorrow.
M1: Really? Wow. I hope it turns out nicely.

Narrator: Number 7
M1: What are you doing?
W1: Just finishing up this review. I'm a film **critic** for the local newspaper.

Narrator: Number 8

W1: What do you think of the music **scene** here?
M1: It's amazing. There are so many undiscovered artists.

<Track 6-02>
Narrator: Creative Destruction
M2: Some have called it great performance art, some have called it a protest against the art world itself, and some have even called it a hoax. [A] Whatever your view, there is no doubt that Banksy is once again the most talked about and controversial artist of our times. His painting *Girl with Balloon* was sold to an unnamed buyer at auction last week for $1.4 million. However, as soon as it was sold, the painting began to destroy itself: a small paper shredder (operated by remote control) had been secretly installed in the lower part of the frame. A video of the incident shows the shocked faces of those in the room. Fortunately for the new owner, the painting was not completely destroyed. The shredder stopped halfway through. Even more fortunately, the half-destroyed work, now renamed *Love is in the Bin*, is said to have actually increased in value! It is currently being displayed at a gallery in Stuttgart, Germany. [B]

While this painting has already become famous, whether or not it is great art is another question. Many critics, such as Paulo Aldous, have argued that Banksy's work is too simplistic and obvious. "I think some of his earlier work was interesting and striking, but now his paintings always carry a very direct message which doesn't challenge the viewer. And this is just his latest stunt, or perhaps a hoax, which he's done in order to get attention." Other critics, such as Marion Weber, are more positive. "I've always loved Banksy's work, right back to his early days as part of the underground graffiti scene in Bristol. [C] This new work, in particular, is fascinating. I think it can be viewed as a continuation or update of an older tradition, known as the 'Auto-Destructive Art' movement. This movement was started in the 1960s by Gustav Metzger, and often involved performances in which he violently destroyed the art which he had created. For him, the destruction was an integral part of the creative process. Clearly, Banksy has been inspired by Metzger here."

So, visual art masterpiece or media stunt? People will disagree on this. But most will probably agree that, while he's certainly controversial, no other visual artist can get the media's attention in the way Banksy can. Because of him, a lot of young people are talking about art again. [D] For that, at the very least, he ought to be admired.

<Track 6-03>

Narrator: Number 1

W1: What happened to that artist? His style totally changed.

M1: He needed to make money, so he started creating more **commercial** art.

Narrator: Number 2

M1: I love Picasso's **abstract** paintings.

W1: Really? I'm not a huge fan of that art style.

Narrator: Number 3

W1: That actor spent a long time learning the **script.**

M1: Yes. He's very committed to his work.

Narrator: Number 4

M1: That drama was way too **violent.**

W1: Yeah. I don't think there needed to be so much fighting.

Narrator: Number 5

W1: I love writing stories, so my dream is to be a **novelist**.

M1: That's cool, but I've heard it's hard to make any money that way.

Narrator: Number 6

W1: What did you do last night?

M1: I went to a film **release** party at the theater.

Narrator: Number 7

M1: What did you think of the play?

W1: The **dialogue** was terrible – the characters sounded so robotic.

Narrator: Number 8

M1: You think my art needs more color?

W1: I don't think it would hurt, but that's just my own **observation**.

<Track 6-04>

W1: Welcome to "The Big Question." I'm your host, Joel Zalinksi. Joining me today is novelist and critic Asma Safar. She is only 32, and she has already written three best sellers on pop culture. I think that's pretty incredible.

The question up for discussion today is a difficult one. What makes great art? Asma, what are your thoughts on this?

W2: That's a complicated question, and I think the answer will vary a lot from person to person. Part of what makes it tricky to answer is that there are many kinds of art: classical music, poetry, abstract painting, dance, and so on. Overall, though, what makes a piece of work great is that it tells us something about the human condition.

W1: What do you mean by that?

W2: Great art has purpose: it tells us something about what it means to be a human being. Subtle observations about life or death or love can be presented in interesting and original ways. Artists that manage to do this ought to be recognized for their artistry.

W1: Let's go back to what you said before; not everyone agrees on whether or not a particular

piece of art is any good.

W2: Yes, for example, *The Weeping Woman*, painted by Pablo Picasso in 1937. This painting was certainly not loved by everyone when it was first shown in Paris. Many people were shocked by its dramatic style and hard lines. But today, the painting is seen by most experts as one of the finest and most striking works of the 20th century.

W1: Do you think that art made for commercial reasons, or art that is commercially successful, can be great?

W2: Some of the greatest artists throughout history, not just painters but also musicians like the Beatles, and Mozart, were very commercially successful. The two things don't always go hand in hand, but it is possible, yes.

W1: I see what you're saying, but I think art which is made strictly for commercial reasons will never turn out great. The examples you mentioned were very successful, but they didn't create their art with a monetary goal in mind.

W2: That's a fair point. Definitely, artists should be creating art for deeper reasons than just making money. But if they also happen to make some money, that's not a bad thing, right?

W1: Right.

<Track 6-05>
Narrator: Number 1
W2: That seems like a rather **unfashionable** choice.
M2: Oh… I thought it was trendy.

Narrator: Number 2
M2: I love going to the opera.
W2: I do too. It gives me such strong **feelings** when I hear them sing.

Narrator: Number 3
W2: He was wearing different colored socks – it was **bizarre.**
M2: Maybe it's just his style.

Narrator: Number 4

M2: I don't like ancient paintings and sculptures. I prefer **contemporary** art.

W2: Me, too.

Narrator: Number 5

W2: That's a strange song you're listening to.

M2: His words seem strange taken out of **context**, but if you listen to the whole song, they make sense.

Narrator: Number 6

M2: I love the **tone** of his voice.

W2: Me, too. It's really deep.

Narrator: Number 7

W2: How did you like my performance?

M2: Yeah. You have a natural sense of **rhythm** when you play.

Narrator: Number 8

M2: I love this song; the **lyrics** are so beautiful.

W2: I like the words, but not the music.

<Track 6-06>

{sound of a weird song just coming to an end}

W1: So, did you like my recording?

M1: To be honest, I thought it was **bizarre**. The **rhythm** was odd, and the **lyrics** didn't make any sense.

W1: That kind of hurts my **feelings**, Dan. It's **contemporary** music; it's supposed to be unique.

M1: Sorry, I didn't mean to be rude. That sort of music isn't really something I know much about.

W1: No, I think you might be right. Maybe the song could use some work.

M1: If it helps, I thought your **tone** was pretty good. And maybe I just didn't understand the **context** of the story the song was trying to tell.

<Track 6-07>

Narrator: Number 1

W2: You missed dinner.

M2: Sorry, I was really **absorbed** in this book.

Narrator: Number 2

W2: Did she just **glance** our way?

M2: I think I saw her look back, yes.

Narrator: Number 3

W2: I'm really nervous. This is my first **solo** performance.

M2: Don't be nervous. Just think of it like another day at practice.

Narrator: Number 4

W2: What's with the small car?

M2: I didn't have a lot of money so I had to **compromise**.

Narrator: Number 5

M2: Wow, you're all so **colorful**.

W2: We just ran in a color run. It was so much fun.

Narrator: Number 6

M2: What did you read to the kids at story time?

W2: I read them a fairy **tale**.

Narrator: Number 7

W2: Those woods look **terrifying** at dusk.

M2: Yes. I don't like going out there after dark.

Narrator: Number 8

M2 Marcy is really the heart and **soul** of the band.

W2: I agree. She brings us all together.

<Track 6-08>

Deray Adamson stands on the stage. Thousands of fans scream his name. He seems not to notice, completely absorbed in the sounds coming from his guitar. This scene looks as though it has

been taken from the 1960s, the golden age of rock 'n' roll. But actually, it was last Thursday, at the Hope and Anchor—a top-billing music venue.

The performance is part of Adamson's first solo tour. He's promoting his new album, *Human Conditions*. The 32-year-old is an experienced rock star and has sold millions of records with his former band. But this tour is the first time his fans get to see him alone on stage.

As for his solo skills, there is no doubt Adamson is extremely charismatic and energetic. He sings his songs with real passion, and there is a certain honesty to his performance that the fans adore.

Perhaps the biggest weakness for Adamson is his lyrics. While he did sing with lots of feeling, most of the words to his songs were simplistic, predictable, and boring. The lack of depth was by far the most disappointing aspect of his work.

Overall, this was a strong performance from an artist who has just started doing solo work. If he can strengthen his lyrics, there's a good chance he could become as successful as he was with his former band.

<Review 5-6>
<Track R3-01>

M1: Thank you so much, Professor, for reading the manuscript of my novel.

M2: No problem, Tom.

M1: So, what did you think?

M2: OK. First, a lot of the dialogue is excellent. You have a good ear for catching common phrases and slang that young American people use. It sounds really authentic. But one area that could be improved upon is the internal monologues. When I was reading what your characters are thinking to themselves, I thought the language you chose to use made them sound like they were scientists or professors, but they are just teenagers. I think if you can rewrite some of those parts, it would improve your book a lot.

M1: Anything else?

M2: When you're describing locations—setting the scene—some of your writing could be more colorful and interesting. Try to use more engaging or interesting phrases where you can. For example, I've marked this one: "The garden was windy and cold, and there was some snow on the

grass." Perhaps you could describe this more poetically? Maybe describe some more striking imagery, it would make for a much better read. With stronger language, I could visualize the setting better as I read.

Oh…also, maybe you are planning on proofreading it later, but I noticed quite a few spelling mistakes. I've underlined them in red. Overall, if you could make the book a bit shorter, make some adjustments to the monologues and descriptive writing, it'll be great.

<Track R3-02>

M1: It's been one month since we came to Canada, so I thought I'd check in with everybody. Ramon, how's your homestay?

M2: Honestly, Jay, I miss my parents. The woman who runs my homestay, Mrs. Jacobi, is much stricter than what I'm used to back home. There are so many rules: "Be home by 8. Don't leave your clothes on the floor. Be on time for breakfast." It was quite surprising and overwhelming at first. And I get the feeling she doesn't approve of my lifestyle, so me and her… not a great match.

M1: Marie? How's yours?

W1: Not so great, Jay. My host family has three young boys. They're all really noisy, and they never listen to their parents. Also, it's quite messy; no one ever tidies anything. To be honest, Ramon, I think a few rules and a bit of discipline wouldn't hurt. At least you know where you stand, and where you stand is NOT in a huge pile of dirty laundry. Also, I don't eat meat, but the mother here is always cooking some kind of meat dish, so the smell is really strong. I think the concept of vegetarianism is very peculiar to them. They always seem offended when I decline to eat with them.

M1: Wow, it sounds like everyone's having a hard time. Actually, mine is also not going so well either. I mean, the nice thing is it's close to campus, so I can walk to school. But—this is going to sound ungrateful—I think the family I'm staying with is *too* friendly. The homestay parents expect me to come home for dinner every day, and they constantly want me to hang out with them and play games in the living room. I'm a quiet, independent person; I value my alone time. But they're always knocking on my bedroom door, trying to start a conversation with me. It's pretty frustrating. Maybe it's a cultural difference, but I really wish they'd leave me alone more often.

M2: Well, it's only two weeks until the semester ends; maybe we should think about changing our

homestay families next semester? Or perhaps we can get an apartment together.

W1: I don't know, Ramon. I think we are quite different people. Us all living together might be tricky since we come from such different cultures. But, yeah, changing homestay families might not be such a bad idea.

<Unit 7>

<Track 7-01>

Narrator: Number 1

M1: What do you think of this painting?

W1: I like it—the colors are so **vivid**.

Narrator: Number 2

M1: Are you looking forward to seeing your friends this weekend?

W1: Yeah. It's the only time I have to **socialize**.

Narrator: Number 3

M1: Does Francisco speak English?

W1: Actually, he's **fluent** in many languages.

Narrator: Number 4

M1: Are you trying to catch the bus, too?

W1: No, but I'll **keep you company** while you wait.

Narrator: Number 5

M1: I notice that Diane isn't afraid to disagree with her co-workers.

W1: Yeah. She prides herself on her **independence**.

Narrator: Number 6

M1: Are you ready for your interview?

W1: No. I'm so nervous. My hands are **trembling**!

Narrator: Number 7

M1: Is Erica feeling better now?

W1: Yeah, it just took some time for her to **get over** that surgery.

Narrator: Number 8

M1: Kelly seems like a very kind person.

W1: Yeah. She always offers her **sympathy** to anyone who's feeling down.

<Track 7-02>

W1: So, Petra, how's your senior year going so far?

W2: Honestly, not very well. I've been feeling pretty stressed out because of my speech and debate class. I've never had much **confidence** speaking in front of a group. My heart beats fast and my voice **trembles**. It's so embarrassing! I wish I **hadn't** signed up for that class. If only I could drop it and take a different one—but it's too late now.

W1: I've got plenty of **sympathy** for you. Public speaking is hard. Maybe you could practice your speech with me before Friday. Is anything else bothering you?

W2: Well, I'm also stressed because of all the time I spend on schoolwork. I wish I had more time to **socialize** with friends.

W1: Why don't you join a study group? At least you'll have people to keep you company while you're working.

<Track 7-03>

M1: Sasha, look at that group of new freshmen heading into the cafeteria. They look so young and scared, like little kids!

W1: I know. It's hard to believe that was us just three years ago, and now we're seniors.

M1: I have a lot of sympathy for them because I remember how terrifying the first day of high school was for me. I was practically trembling with fear.

W1: Oh, me too.

M1: Wait, you were? Are you sure? Because I have a vivid memory of the first time I saw you, and you seemed completely relaxed and cool.

W1: Are you talking about our first day in world history class?

M1: Yeah, you kept raising your hand and making jokes, and you seemed like you were full of confidence.

W1: No, not at all. That's how I handled the fear—I pretended I wasn't scared until I wasn't anymore.

M1: If only I had been able to do that. I was so shy back then. I hardly spoke to anyone, and I sat by myself at lunch for the first week.

W1: Really? I wish I had noticed that—I would've come over and kept you company. Anyway, you've changed a lot in the last three years. I mean, you were fantastic in the school musical last

semester.
M1: Thanks. Being in the drama club has definitely helped me get over my shyness, and built up my self-confidence and independence. It's all thanks to Mrs. Simons for giving me so much encouragement last year.
W1: Mrs. Simons runs the drama club, right?
M1: Yeah, and she's the first person who ever told me that I had a good voice and a talent for acting. I just wish I had joined the club sooner, and not waited until junior year. What about you—is there anything you wish you'd done differently up until now?
W1: Hmm. Honestly, I wish I had socialized more the first two years instead of studying all the time. I worried about my grades and assignments more than I needed to, and I didn't have enough fun.
M1: All your hard work has paid off, though. You've won all those academic awards, and you're almost fluent in French now. You'll be able to study abroad next year like you wanted. I, on the other hand, have a lot of work to do this semester if I'm going to get into college at all. I didn't work nearly hard enough during 9th and 10th grade.
W1: Do you ever wish you could go back in time and start high school over again?
M1: No way—I'm glad it's almost over!

<Track 7-04>

Number 1.
M1: Hey, where did you get all that cash?
W1: These are all my **earnings** from babysitting last month.
Number 2.
M1: Did your sister repair her bike herself?
W1: Yeah, she's really **skilled** at things like that.
Number 3.
M1: I can't believe how many mistakes I made on the test.
W1: Don't worry. We all **mess up** sometimes.
Number 4.
M1: What's Rachel so upset about?
W1: Her group always **blames** her for every mistake.
Number 5.
M1: Are you sure I should throw away the pizza?
W1: Yes. I'm on a diet, and I want to avoid the **temptation.**
Number 6.
M1: That meeting looks serious.
W1: Yeah, they're trying to **deal with** a major crisis.
Number 7.
M1: Sunny never seems to relax.

W1: No, she's **constantly** worried about something or other.
Number 8.
M1: Why does he always wear those headphones?
W1: So that nothing can **distract** him while he's thinking.

<Track 7-05>

Narrator: Number 1
M1: I'd like to visit Iceland someday.
W1: Me, too. I hear the scenery is absolutely **lovely**.

Narrator: Number 2
M1: There are no trees like that where we live.
W1: Right, they only grow in **tropical** climates.

Narrator: Number 3
M1: Why do you want to be a doctor?
W1: It's a very rewarding **profession**.

Narrator: Number 4
M1: Does your dad have an important job at the company?
W1: Yes. He has a lot of **responsibility**.

Narrator: Number 5
M1: Have you ever gone rock climbing?
W1: No. I'm not that **adventurous**.

Narrator: Number 6
M1: Tommy hurt his leg and can't play today.
W1: Oh, it's too bad he has to **miss out** on the game.

Narrator: Number 7
M1: What's that scientist doing at the river?
W1: She's doing an **ecological** study of the area.

Narrator: Number 8
M1: Were you afraid to go on the roller coaster?

W1: No. I was more **thrilled** than scared.

<Track 7-06>

Narrator: Q: What was your most memorable summer vacation and why?

M2: This question is an easy one for me to answer. My most memorable vacation was two years ago, when I spent the summer volunteering at a wildlife hospital three days a week. It was not my idea. My older sister, who was studying to be a veterinarian, talked me into it. If she hadn't convinced me, I would have just done nothing all summer, and I would've missed out on an amazing experience. The hospital treats sick and hurt wild animals and helps them return to their natural habitats. It deals with deer, rabbits, squirrels, various kinds of birds, and a lot more. As a new volunteer, I had to go through two weeks of training before I was even allowed to touch any of the animals. The work involved identifying species, recognizing different injuries and illnesses, feeding the animals, and tons of other stuff. Whenever we released one of our patients back into the wild, I felt like crying—I wished I could take them all home with me! But it felt really good, too. I want to study ecology in college so I can do more for animals.

W2:
Last year was my best and most memorable summer ever because I was able to work at my dream job. I've always enjoyed writing. I knew early on that I wanted it to be my profession. Last year, I won a writing contest for students interested in being reporters. The prize was a two-month paid internship at a local newspaper. The hours were long and the pay wasn't great, but I didn't care about any of that. [C] As an intern, I mainly did little jobs for the actual reporters—some of whom were fairly famous. I also got to learn about how a newspaper comes together every day—it's an enormous amount of work. As the summer went on, I was given more and more responsibilities. At the end of the summer, one of the reporters even let me co-write a story with him, so I was able to see my name in print! My only regret is that I wish I'd taken more photos to remember the experience.

W1: The summer after tenth grade, a new friend and classmate of mine named Tara invited me to Hawaii with her and her family for a week. Of course, I was thrilled, since I'd never been overseas before. I imagined tropical breezes, beautiful scenery, and days of relaxing at the beach. Well, it didn't exactly turn out that way. If only I'd gotten to know Tara and her family better first! Hawaii

is just as lovely as I expected, but Tara and her family are very athletic people who don't sit still for a minute. The schedule they made was tough: we left the rental house at about 7 a.m. every day, and we usually didn't get back until dark. [D] We hiked rainforest trails, climbed a volcano called Diamond Head in the afternoon heat, and went snorkeling at a place called Shark's Cove. I think I'm pretty adventurous, but I usually try to avoid places with "shark" in the name. I'm grateful they invited me, but if I'd known what the trip would be like, I probably wouldn't have gone!

<Track 7-07>

Narrator: Number 1
M1: What do you like about the people in this town?
W1: I appreciate everyone's **friendliness**.

Narrator: Number 2
M1: Was Vicky angry when you gave her the bad news?
W1: She was **furious**.

Narrator: Number 3
M1: Why is Tim hiding his face with his hand?
W1: Well, usually, doing that is a sign of **embarrassment**.

Narrator: Number 4
M1: I don't really like this band, do you?
W1: No. I don't understand their **popularity**.

Narrator: Number 5
W2: Did you hear that the boss is quitting?
W1: Yes, but it's just a **rumor**.

Narrator: Number 6
W1: If you don't study more, you'll be in **severe** trouble, mister.
M1: Sorry, Mrs. Harris. I'll study more.

Narrator: Number 7

M1: Did you discuss anything important at the meeting?

W1: No. It was all about **trivial** stuff.

Narrator: Number 8

M1: Why are you hiding over there? Are you scared of the spider?

W1: Yes. I'm a bit of a **coward** when it comes to spiders.

<Track 7-08>

Narrator: What If We Hadn't Moved?

W2:

One year can make a huge difference. That's how long it's been since my parents and I moved to a new city, and I began my junior year at a new high school. At first, I was furious with my parents for moving, but now I'm grateful for their decision. If I hadn't changed schools, I wouldn't be as happy as I am today.

For one thing, if I were still attending my old school, my health would probably be much worse. At my old high school, the teachers were strict and gave severe punishments for poor grades. They made students compete too much and criticized us about everything. I was often sick from all the stress. The teachers at my new school are completely different. They're supportive rather than overly critical. Because of them, my stress is gone and my health is getting better every day.

Also, if I hadn't changed schools, I wouldn't have met my new best friend, Rosa. She has helped me become a better person. At my old school, I was obsessed with my reputation. I thought appearance was more important than kindness. I used to enjoy gossiping, and I would sometimes spread rumors about other students. I wasn't doing it to be mean, but I realize it was. I thought it was just a little trivial thing that most high school students did, but Rosa showed me that I was wrong.

Finally, if we hadn't moved, I wouldn't have met my favorite teacher, Mr. Marino. He teaches art and leads the art club at my new school. Because of Mr. Marino's encouragement, I've become more serious about painting. I've always loved painting, but was afraid to tell people. Mr. Marino has helped me to get over my embarrassment and to stop being a coward. It's thanks to him that I've been accepted into a prestigious art school.

In short, I'm really happy to have moved here. The move has improved my health, my social life, and my education.

<Unit 8>
<Track 8-01>

Narrator: Number 1

W1: I'm so tired this morning.
M1: Me, too. I didn't get an **adequate** amount of sleep.

Narrator: Number 2

M1: Hey! Do you even have the **authority** to give me a parking ticket?
W1: I sure do. I'm the parking enforcement officer for this area.

Narrator: Number 3

W1: Why do we have a **justice** system?
M1: To make sure that people who are accused of wrongdoing are given a fair trial and to make sure that justice is served.

Narrator: Number 4

M1: What do you **devote** your time to these days?
W1: I'm studying for college entrance exams.

Narrator: Number 5

W1: I don't know how you **resist** eating things like hamburgers and pizza.
M1: It's hard, but I try to stick to a strict diet.

Narrator: Number 6

W1: You and Carlos are so **loyal** to each other.
M1: Yeah, he's been my best friend since we were kids.

Narrator: Number 7

W1: Look what Samir posted online.
M1: What? That's **nonsense**! Why would he post something like that?

Narrator: Number 8

W1: Oh, no! You're making that face again. What kind of **scheme** are you two thinking up now?
M1: Who, us? We're not making any plans.

<Track 8-02>

Narrator: The Hatton Garden Robbery
M2:
In April of 2015, the largest robbery in English legal history took place. Robbers broke into a bank vault and stole over 18 million dollars' worth of valuables. The most surprising thing about the whole scheme, however, was the fact that the robbers were all old men.

It all started on April 1, when a fire broke out in Kingsway in central London. The fire burned for two days. During that time, over a thousand people were evacuated from the area. Then on April 2, the Hatton Garden Safe Deposit Company closed for the Easter weekend. The police said that it was around this time that the robbers, John "Kenny" Collins, Daniel Jones, Terry Perkins, Carl Wood, William Lincoln, Hugh Doyle, Michael Seed, and Brian Reader, began drilling their way into the vault from a building next door.

Since the area was empty, the robbers had an adequate setting so that they could work without worrying about their drills being heard. Over the next few days, police said that the robbers drilled into the vault and carried out stolen items. Finally, on April 5, the robbers finished their robbery and drove away.

On April 7, police publicly announced that the safe deposit facility had been robbed. Then, on April 10, a local newspaper released CCTV footage of the elderly robbers. At the time, the whole thing sounded like nonsense. People asked how old men could be responsible for such a crime. Nevertheless, the police worked hard to solve the case. Finally, on April 19, they stated that they had arrested all of the thieves.

In the end, the robbers were caught. None of them resisted arrest. The police asked them where the stolen items were, and the old men gave up their treasure. This gave courts the authority to send them to jail. Justice was served, or was it.

The strange thing about the robbery is that not all of the stolen items were recovered. Police say that there is still nearly 7.5 million dollars' worth of items out there. People asked themselves what the robbers had done with the rest of the stolen items. Perhaps the robbers stole less than police thought, or maybe they hid some of it for when they get out of jail.

<Track 8-03>

Narrator: Number 1

M1: How did you get that door open?

W1: It was stuck at first, but then I **forced** it open.

Narrator: Number 2

W1: Steve and Ted are telling **contrasting** stories! I don't know who to believe.

M1: Yes, one of them must be lying.

Narrator: Number 3

W1: What happened to Frank's car?

M1: He said he crashed it into the safety **barrier** by accident.

Narrator: Number 4

M1: Look at that fire!

W1: There must have been an **explosion**.

Narrator: Number 5

W1: Is that your house?

M1: Yeah, it's just **beyond** the lake.

Narrator: Number 6

M1: What happened to Juan?

W1: He had a little **incident** on his biking trip. He's OK, though.

Narrator: Number 7

W1: I can't believe you caught that baseball. You were so quick to **react**.

M1: Thanks. I saw that baseball coming, and I just reached for it without thinking.

Narrator: Number 8

W1: Kim saw the whole thing from her window?

M1: Yeah. I think she's the best **witness** we have right now.

<Track 8-04>

W1: Hi, Mr. McClure. I'm Detective Brittany Simpson. It's nice to meet you.

M1: Hi, Detective Simpson. Please call me Troy.
W1: OK, Troy. So, what brings you down here today?
M1: I know it happened a few weeks ago, but I have some information about the incident in Hatton Garden.
W1: You know, we've already heard a lot of contrasting stories from other witnesses, but what can you tell me about the bank robbery?
M1: Well, it's about my neighbor, Brian Reader.
W1: What about him?
M1: About a week before the incident, he told me that he would be visiting some relatives in the countryside for Easter.
W1: What's so special about that?
M1: Well, do you remember the underground explosion and fire in Kingsway?
W1: Yeah, we actually think the robbers started that fire.
M1: Anyway, during the fire, I was out for a walk. I was near the barrier that the police had put up. I could see the fire just beyond.
W1: Yeah, the force of the explosion was so strong, so we had to close off a large area. Please, continue.
M1: So, as I got closer to the barrier, I saw Brian on a nearby side street. He was getting into a van.
W1: How can you be sure it was him?
M1: I've lived next to Brian for over twenty years. It was definitely him. The weird thing is that when I asked him about it a week later, he said that it couldn't have been him because he was away all Easter weekend.
W1: Go on.
M1: Anyway, when I got home that night, I took a look in his garage. Do you know what I saw?
W1: No, what?
M1: It was the van. The same one I saw him get into.
W1: Did you ask him about it?
M1: A few days later, when he said that he would be back, I went over to his house to tell him that I thought I had seen him, and asked him about the van."
W1: So, what did he tell you?
M1: Brian said that I must have seen some other old person on the street that day. Then he explained that the van belonged to a friend of his.
W1: This is huge news. Why didn't you come and talk to us sooner?
M1: I would have, but I'm a little slow to react these days. I couldn't put two and two together. I guess I'm just getting older.
W1: It's OK. So, is the van still there?
M1: Unfortunately, no.
W1: Where did it go?

M1: Brian said that his friend had come to pick it up the night before. I didn't see anyone drive it away, but Brian told me that his friend had driven off with the van at around midnight.
W1: Is there anything else you can tell me, Troy?
M1: No, that's it.
W1: Well, if you remember anything else, please contact me immediately. Here's my card.
M1: Thanks, Detective Simpson. Have a good day.

<Track 8-05>

Narrator: Number 1

W2: Do you remember where you were last Friday at 7 p.m.?

M2: No, I can't **recall** where I was at that time.

Narrator: Number 2

W2: I can't believe Steve **cheated** on the exam.

M2: I know! He's smart, so I didn't think he would do that.

Narrator: Number 3

M2: I'm not sure if I should buy these sneakers.

W2: Stop **hesitating**. Just buy them!

Narrator: Number 4

W2: Why did everyone **accuse** Marco of taking Jim's wallet?

M2: We accused him because James saw him do it.

Narrator: Number 5

M2: If you don't do what I say, you're going to be in trouble.
W2: Oh, come on! Don't **threaten** me like that.

Narrator: Number 6

W2: That guy just took that lady's wallet!

M2: That's so **immoral**! Let's report him.

Narrator: Number 7

W2: Promise me you'll be on time.

M2: I **assure** you that I'll be on time. Stop worrying.

Narrator: Number 8

M2: What was the **conflict** between Sunny and Eddie about?

W2: Nothing important. It's just an argument between brother and sister.

<Track 8-06>

W1: Hey, Tyrone! Did you see Jess today? I tried calling, but she didn't answer.

M1: Hey, Eun Sun. Jess called me last night. She seemed pretty stressed, so I asked her if everything was all right.

W1: What did she say?

M1: She said that she just saw her brother shoplift a green phone case at the mall. She said that he was pretty far away, but it was definitely him.

W1: Jonah? Shoplifting? I can't believe he'd do something immoral like that.

M1: Really? Didn't he get in trouble for cheating on his final exam last year.

W1: Oh, I forgot about that. Anyway… So what else did Jess say?

M1: I asked her what she was going to do about it, and she told me that she had already accused Jonah of doing it.

W1: I bet he denied it.

M1: Yeah, Jess said Jonah assured her that he was at Rico's house all night and that Jess must have seen a similar-looking person. I guess they got into a bit of a conflict about it. Jess even threatened to tell their parents.

W1: Hmm… Do you think it could have been Marcos? He kind of looks like Jonah, and he did invite me to the mall last night.

M1: I thought about that, too. So, I asked Jess if it could have been Marcos that she saw. She hesitated for a few seconds, then said that she wasn't sure anymore.

W1: Interesting… Maybe we should help her figure it out. I could talk to Rico or call his parents to ask if Jonah was there last night.

M1: We could also talk to Marcos. If he's got a new green phone case, then he's definitely guilty.

<Track 8-07>

W1: OK, so I just asked Rico's mom if Jonah was at their house last night.

M1: What did she say?

W1: She told me that Rico was there for a little while, but he left at about 6 p.m.

M1: Hmm… Jess called me at 9, so that means we don't know where Jonah was for three whole hours.

W1: Do you think he could have gone to the mall and come home in that time?

M1: It's possible, but I don't want to accuse him just yet. We still need to talk to Marcos.

W1: Speaking of, there he is now. Hey, Marcos!

M2: Hey guys, what's up?

M1: Hey, Marcos. We were just wondering if you heard about Jonah.

M2: You know, I saw him this morning and he looked upset. I asked him what was wrong, and he said his sister accused him of shoplifting. – [phone ringing] Oh, hold on, I'm getting a call. I'm at school right now. I'll call you back. – Sorry about that. You were saying…?

M1: (Suspiciously) Oh, nothing.

W1: That's a nice phone case you got there.

M2: You like it? I picked it up a few days ago.

W1: Hey, Marcos. Where were you yesterday? I thought you wanted to go to the mall together.

M2: Oh, yeah. Sorry about that. I didn't end up going. I went to Rico's place around 7 to play games.

<Track 8-08>

Narrator: Number 1

W2: What are you doing?

M2: I'm **investigating** a crime.

Narrator: Number 2

W2: Any special plans for the weekend?

M2: Not really. But, I kind of **suspect** my sister is planning something.

Narrator: Number 3

M2: Hey, I don't think this plan is going to work.

W2: This is so stressful… OK, well we need to find something more **relevant**.

Narrator: Number 4

W2: Why does Ben get angry so often?

M2: It's just his personality. He's pretty **bad-tempered**.

Narrator: Number 5

W2: Did you notice anything strange while you were watching him?

M2: Well, I **observed** him for a while, but nothing seemed strange.

Narrator: Number 6

W2: Is that a new social media site?

M2: Yeah, it just **launched** this week.

Narrator: Number 7

W2: Tony, did you eat my lunch again?

M2: No, it wasn't me. I **swear** I didn't do it this time.

Narrator: Number 8

W2: My dad and brother both told me different stories about what happened.

M2: I know. I'm not sure whose **version** to believe.

<Track 8-09>

W1: OK, Skyler. I've heard a few versions of what happened. So, why don't you tell me the truth already!

M1: Look, Mrs. Phillips, I swear that I was in the bathroom when Sunny's purse went missing this morning.

W1: Aha! How do you know that that's when the crime took place?

M1: Because when I got back to class, Sunny was asking people if they had seen her purse. She asked me if I knew where Eddie had gone. So I told her he had gone home early because of a doctor's appointment.

W1: Did you notice anything strange about Eddie at basketball practice that night?

M1: I'm not sure if this is relevant, but he was wearing a new pair of basketball shoes. I asked him where he got them, and he said at the mall.

W1: Why is that strange?

M1: Well, he seemed kind of bad-tempered about it. It's like my question got him angry. Plus, a week ago, Eddie told me he couldn't afford them.

W1: So then where did he get the money to buy them?

M1: I don't know. Maybe his parents?

W1: Nope, I already asked them if they had bought him the shoes, and they said they hadn't.

M1: Huh? You already knew about the shoes?

W1: Yup, Coach Carter tipped me off about them after he heard about Sunny's purse. That's what led me to launch my investigation into Eddie.

M1: No way… Do you suspect Eddie stole Sunny's purse?

W1: Well, maybe. I just wanted to get your point of view before talking to Eddie, though.

<Review 7-8>

<Track R4-01>

M2: Do I have any regrets? Yeah, of course. I would say there are three big things I really regret. But even this week there is one recent thing that I regret…I wish I had charged my phone last night.

W2: Oh yeah? Why's that, Ritchie?

M2: I was supposed to get up at 7 a.m. today… because I had a job interview. I set my alarm before I went to bed, but in the morning I didn't hear anything… because the battery had died. I suddenly woke up thirty minutes late!

W2: Ah right, so if you had charged your phone, you would have gotten up on time?

M2: Exactly, and then I wouldn't have missed the bus. And then I would have got to the interview on time.

W2: So you did get there eventually?

M2: Yes, but at 9:15, and I was supposed to be there at 9 a.m. The manager who interviewed me seemed to be in a bad mood, because of me, I think. If I had arrived on time I'm sure he would have been friendlier. And if he had been more friendly, I probably would have been less nervous!

W2: So the interview didn't go well?

M2: It wasn't exactly a disaster, but it didn't go great either. Anyway, I guess I'll have to wait and see, but I'm not very hopeful. I'll find out next Monday if I get the job or not.

<Track R4-02>

M1: And finally, breaking news just coming in: We're getting reports of a bank robbery at Chase Bank on main street. A witness who was standing outside the bank said that a man walked out of the building holding a handgun and a large bag of cash at 1:27 p.m. and drove away in a small grey car. The manager said the man had short to medium length brown hair, was around 30–35 in age, and had a medium to heavy-set build. He also said that he had a brown beard, which might have been fake. Police have told the public not to approach this man in the street as he is armed and dangerous. Any sightings of the suspect should be reported immediately to the police. Detective Adams said they have reason to believe this latest robbery is linked to the previous four robberies that have taken place so far this month. "It's a shame we didn't catch him earlier. Fortunately, we have clear CCTV footage of his face this time, so we have been able to identify the suspect as local resident Mitch Allanson. If we hadn't gotten that footage, it's likely he would still remain unidentified. I believe we will find him at some point in the next couple of days. It's time for him to face justice."

<Unit 9>

<Track 9-01>

Narrator: Number 1

W1: Do you think she'll become a chef when she grows up?
M1: I do! In fact, I think it's her **destiny**!

Narrator: Number 2

M1: I'm so excited to be here today!
W1: Your **enthusiasm** is wonderful!

Narrator: Number 3

W1: Which **loaf** would you like?
M1: I don't know; they all look so yummy!

Narrator: Number 4

M1: It's time for me to **reveal** my dishes. Are you ready?
W1: Yes! Show us what you've got!

Narrator: Number 5

W1: Gustav, why do you always look so happy at work?
M1: It's because cooking is my **passion**.

Narrator: Number 6

M1: Can you **remind** me which dish I had last time?
W1: I think you had the Fancy Chicken.

Narrator: Number 7

W1: Who did Kerry make that card for?
M1: Her uncle, she has a lot of **affection** for him.

Narrator: Number 8

M1: I've done it! I've made the **ultimate** dessert.
W1: Hey, it's pretty good!

<Track 9-02>

Narrator: Why I Serve: A Chef's Journey

M2: a. My name is Gordo Rammy, and I'm known as the Holistic Chef. I earned this nickname because when I'm cooking, I treat each recipe as a whole experience. Dishes may be made from many separate ingredients, but for me, cooking has always been about more than just throwing

things together and heating them up. Food preparation is my passion, and I want to inspire others with my recipes, I want my customers to feel the same joy I have cooking while they're eating. To make someone have a delightful experience through eating—that is my ultimate goal.

My affection for all things cooking was born in my grandmother's kitchen. For as long as I can remember, I've considered preparing food to be my destiny. My parents were both very busy trying to build their careers, so I spent a lot of time at my grandmother's house. This isn't a complaint; I feel very fortunate that I got to grow up in her kitchen, surrounded by the sights, smells, and tastes of incredible, homemade dishes.

The kitchen was the place where my family's happiest memories were made. No matter what kind of day it had been, we always managed to gather around the dinner table. Grandma always let me help her prepare the meals, and I would chop, slice, and stir with enthusiasm. I also insisted that I be the one to plate the food. I wanted to do my part to contribute to the warmth and feeling of family that we all experienced at dinner time. I still remember how excited I was to see the looks on my parents' faces as I revealed each plate of food.

If we have time later, I'd like to share with you a favorite recipe of mine called Grandma's Loaf. Even though I'm older now, this simple recipe always reminds me of Grandma's kitchen. I love making it because it makes me feel as if I were right back there with her. This classic loaf is a tasty crowd-pleaser; not only does it leave you with a warm, full feeling in your stomach but it also fills your heart with warmth.

Being a chef has been more than just a job to me—it's been a dream come true. I'm so grateful. Every day, I get to wake up and go to a job that is all about bringing other people joy. I ask that you take a moment before you begin your next cooking adventure to think about what you're thankful for in your everyday life.

<Track 9-03>
Narrator: Number 1
M1: Is it lunchtime yet?
W1: I hope so, because I'm **starving**!

Narrator: Number 2

M1: Oh, no! I don't have any sour cream for my recipe!
W1: Don't worry, you can **substitute** plain yogurt for it.

Narrator: Number 3

W1: What did you think of the **pancakes**?
M1: I thought they were amazing!

Narrator: Number 4

M1: What do you think of my pound cake?
W1: It's way too **rich**!

Narrator: Number 5

W1: Smells always bring back memories for me.
M1: Me too; cinnamon is a **spice** that always reminds me of the holidays.

Narrator: Number 6

M1: Those potatoes certainly have an interesting **texture**.
W1: They're homemade!

Narrator: Number 7

W1: What's that fresh taste in my drink?
M1: That's **mint**.

Narrator: Number 8

M1: What are you doing?
W1: I'm gathering up all of the **dairy** products I have.

<Track 9-04>

M2: I'm Gordo Rammy, also known as the Holistic Chef! Welcome to my podcast. Today we're talking about one of my favorites—a loaf that is near and dear to my heart—Grandma's Loaf. If I were you, I'd sit back, relax, and let the sound of my voice transport you to another time and place. Today's food journey is taking us back to when I was just a small child—that's right, we're traveling back in time to that famous place where my cooking days began—my grandmother's kitchen.

As many of you already know, cooking, to me, is about more than just eating; it's about feeling. So, let's try and capture what it means to be in Grandma's kitchen. But, before we begin, we must all take a moment to be thankful for something good that happened to us today. [pause for a second] Now, I want you to take that good feeling and work it into our recipe as we go.

Step one: Get out two mixing bowls. Next, take one bowl and add two cups of warm water and one tablespoon of yeast, and just a little bit of white sugar. Give it a stir and set it aside for about an hour in a nice, warm place; we'll come back to that later.
Now, you'll want to take your other bowl and add four cups of flour, a pinch of salt, and half a cup of sugar. Mix thoroughly. Take that mixture over to your other bowl. Does the yeast and water mixture look creamy? If it does, perfect! If it doesn't, simply wait a little longer. Once it's good to go, then, mix in a quarter cup of butter—however, if you're allergic to dairy, I suggest oil be substituted in instead—combine this into the yeast and water mixture. Finally, start adding the flour, mixing and kneading until a solid dough forms.
This is the part that I like best. You get to relax and enjoy the texture of the bread as the ingredients come together. Bread is one of those versatile recipes that can be adjusted and made in many different ways. It can contain almost anything, from mint flavoring to garlic and onions, and of course, all sorts of different spices.
So, now that it's mixed, heat the oven to 180 degrees and pop it in there for about 30 to 40 minutes. And don't forget, the only limit to the potential flavors is your own imagination!
If you want to learn more, I suggest you listen up next week when we talk about Grandma's Ultimate Loaf, a richer, more savory take on today's recipe. Now, if you'll excuse me, I'm starving! This is Gordo Rammy signing off, saying, "Stay grateful and have a delicious day!"

<Track 9-05>
Narrator: Number 1
W1: This is an amazing **feast** you've prepared, Gordo!
M1: Thanks, Karen! I've been cooking all day!

Narrator: Number 2
M1: That's a large variety of smoothies.
W1: Yes, they're great because you can **combine** so many different ingredients.

Narrator: Number 3
W1: That's a lovely new **pan** you've got there.
M1: Thanks! I'm going to use it to make a stir-fry.

Narrator: Number 4
M1: What's the difference between margarine and butter?
W1: They're **roughly** the same. Margarine is made from oil and butter from milk.

Narrator: Number 5
W1: What I love about **pudding** is that it comes in so many different flavors.
M1: I like chocolate the best.

Narrator: Number 6
W1: What feeling does this loaf of bread **evoke**?
M1: It's shaped like a heart, so I would say "love."

Narrator: Number 7
W1: What do you think of my plating?
M1: It's total **chaos**! It looks like you just threw the food on there.

Narrator: Number 8
M1: How's your salad?
W1: I love it. It's **superb**!

<Track 9-06>

M1: Hey, Gerry. How's it going? We just finished **celebrating** *Chuseok* last week. It's one of my favorite times of the year.
M2: Oh, nice. It's nearly Thanksgiving over here in the US. The holiday season here always **evokes** so many emotions.
M1: Yeah. For me, traditional foods evoke a lot of feelings and memories. I always think about my grandfather's funny stories whenever I have homemade rice **pudding**. It was our favorite snack to eat together on *Chuseok*.
M2: I know what you mean. Thanksgiving is always a time to relax, so **smelling** turkey roasting in the oven makes me feel **at ease**. Like I don't have a care in the world!

<Track 9-07>

Narrator: Number 1
W2: What kind of dessert is that?
M2: It's a homemade cinnamon **bun**!

Narrator: Number 2
M2: Would you like dessert? I made black forest cake.
W2: No, thanks. I'm **full**.

Narrator: Number 3
W2: He has a **promising** career in the culinary arts.
M2: Yes, he's a great cook!

Narrator: Number 4

M2: What do you think of my lunch?
W2: Now that's a **well-balanced** meal!

Narrator: Number 5

W2: How's that chili pepper, Garret?
M2: It's a little **hot**, Jen!

Narrator: Number 6

M2: How's your tomato soup?
W2: It's good. The flavor is **mild**, but it's still quite pleasing.

Narrator: Number 7

W2: How do you know how much pasta to make?
M2: This spoon measures one **portion**, see?

Narrator: Number 8

M2: I love that café; they have a different **theme** every month!
W2: This month's seems to be rabbits.

<Unit 10>
<Track 10-01>
Narrator: Number 1

M1: Our goal is make it simpler.
W1: You should say "simpler" more loudly for **emphasis**.

Narrator: Number 2

M1: Jane, you look busy.
W1: Yes, I need to **grade** all the students' test papers and give them back by Friday.

Narrator: Number 3

M1: Which is harder: history class or English class?
W1: English class is easy for me**, whereas** history has always been quite difficult for me.

Narrator: Number 4

M1: What will you do after you graduate?
W1: I want to get a **well-paid** job in the city. Something in finance.

Narrator: Number 5

M1: Dan has a lot of work this month. Will he be OK?
W1: Yes, don't worry. He works well even under **pressure**.

Narrator: Number 6

M1: What's the education system in Scandinavian countries like?
W1: Those countries tend to have a more **progressive** approach to education.

Narrator: Number 7

M1: Wow, your grades have really improved!
W1: Thanks. I have a lesson every week with a really good **tutor**.

Narrator: Number 8

M1: The teacher usually speaks to us about our homework.
W1: Oh, really? I prefer written **feedback**.

<Track 10-02>
W1: Analysis:
Never has education been more important than in the current era. So in the third of our articles exploring education styles around the world, Myra Kaplinski reports on two very interesting examples: Singapore and Finland. These two countries are geographically far away from each other and have very different societies and cultures. Nevertheless, they do have a few surprising similarities. Not only do they have roughly the same size populations (around five million), but they are also both highly advanced countries with very successful economies. Another similarity is that their education systems are internationally famous for their excellent outcomes. Both are rated very highly in PISA [the Program for International Student Assessment]. The methods by which each of these countries achieves these excellent educational outcomes are, however, very different.

The key to understanding education in Singapore is the concept of "*kiasu*," a Hokkien word which means "afraid to lose." The system is extremely competitive, with parents hiring expensive private tutors in an effort to improve their child's scores on the many standardized tests they have to take from the age of 12 onwards. To do well in school in Singapore, students have to be very motivated; they are in school for long hours, have short breaks, and are made to work very hard.

Singapore has many standardized tests, but Finnish students only have one big exam to worry about: the national matriculation examination, which is taken at the end of high school (around

age 19). Finnish children start school at a much later age than those in Singapore, and the school day is far shorter. The role of the teacher is also different. In Singapore, the teacher is there to provide authority and motivation, whereas in Finland, the teacher is more of a mentor figure. They work to inspire the students and to form close bonds with them over a long period of time.

Students in Singapore and Finland are very academically successful based on the global average. But, which group is generally happier? Unsurprisingly the answer is Finnish students. And interestingly, not only is this true for young students, but also for Finnish adults who have finished their education. According to the UN's 2016 World Happiness Report, Finland was ranked the 6th happiest country in the world, whereas Singapore was ranked 26th. So, should all countries adopt the Finnish education model? A few education experts think so, but many others (including many experts in Singapore) disagree. However, that is a debate for another time.

<Track 10-03>

Narrator: Number 1

W2: Professor, can I sign up for your class?

M2: Sorry, Casey. This class is only for students who **major in** biology.

Narrator: Number 2

M1: Why are you so out of breath, Thompson?

M2: I woke up late and **barely** got on the train in time.

Narrator: Number 3

W2: Whoa, what's this?

M2: Don't touch that! It's extremely **valuable**.

Narrator: Number 4

W1: Here's your homework, Jenny. A good effort.

W2: Thanks, Miss Roberts. Can you **point out** the errors I've made?

Narrator: Number 5

M2: Who will you miss most when you go for your year abroad?

W2: Definitely Laura. I've always been able to **rely on** her when I need her.

Narrator: Number 6

M2: Who would you say **inspires** you the most?

W2: I'd have to say my grandfather.

Narrator: Number 7

M2: I was talking to that new student, but I called her by the wrong name.

W2: [laughs] That must've been pretty **awkward**.

Narrator: Number 8

M2: I know the meaning of the word rhythm, but the spelling is a little **tricky**.

W2: You'll get it eventually.

<Track 10-04>

W1: Wow, Shen. **Barely** three weeks you've been here in Canada, and you've already made a lot of new friends! Anyway, is school going well so far?

M1: Yeah it's great, and so different from school back home in Singapore.

W1: Really? How so?

M1: At my school in Singapore the teacher **makes** us just sit and memorize a lot of things to prepare for the upcoming test. Here, it's so much more relaxed. My teacher even **lets** students call him by his first name! Under no circumstances could I do that in my school in Singapore.

W1: Yes, Blackwater College is quite a progressive school. So how are you finding your classes?

M1: The math and science classes here are really easy. I think for STEM subjects, the standards in Singapore are generally much higher. But the debate class is a bit **tricky**. Bryan made me stand up and make a speech for our opening debate. Never have I felt so **awkward**.

<Track 10-05>

W2: Rani? Is that you in the picture? Nice uniform!

M2: Haha. Yeah, it's me. You're kidding, right?

W2: Where is that? I forgot to ask you about where you lived before you came to this university...

M2: Well, my dad was an engineer who traveled a lot for work, and my parents were living in various countries when I was growing up. So they made me go to a boarding school in England.

W2: Oh, yeah?

M2: Yep, from age 11 all the way through to 18.

W2: Wow, that's a long time. How was it?

M2: It was OK. At first, it was a big shock leaving India and living in the West. When I first arrived there, I felt and looked different from all the other boys. Never have I felt so alone! The education system was a shock, too. In my school there was an emphasis on discipline and sports. Every morning, the teacher made us get up at 6 a.m. and go for a thirty-minute run, followed by a cold

shower.

W2: Oh! That's sounds tough.

M2: Yes, it was. But after a while I got used to it. And I made a few really good friends and got into sports. In some ways, I even started to enjoy it. I think, overall, it was a valuable experience. It made me a stronger person. And you know what? I still take cold showers sometimes!

W2: Wow! Yeah, I heard that it's good for your health to do that.

M2: How about you, Ella? Were you at school in England, too?

W2: Well, believe it or not, I didn't go to school!

M2: You didn't go to school?!

W2: No, I was homeschooled. I was taught by my mother, and also a couple of tutors that my parents hired.

M2: That's pretty unique. How was it?

W2: I can't compare it to a normal school because I never experienced that, but it was interesting. My mom would make me do a lot of homework on the weekend. Then she would mark each piece of homework one by one. If there were any mistakes, she would point them out and make me correct them myself. It was a very thorough system. And because I was the only student, we could focus on the things I was interested in, such as language and math. Also, I'm not really a morning person. So, if I was feeling a bit tired, she would let me start class later. I think I was lucky to do school this way. There was a downside though: the social aspect. I was at home a lot of the time, so I wasn't able to make friends easily.

M2: Right. So how did you deal with that?

W2: By joining a lot of clubs and going to group activities in the evenings. I joined a taekwondo club, a drama group, and I also did volunteer work on weekends. I made some really good friends through those things.

M2: Sounds great. If I ever have kids, maybe I'll think about homeschooling them.

W2: Well, I think it's better just to find a good school. Home schooling might be OK for the child if it's done right. But for the parents, homeschooling can be a lot of work.

<Track 10-06>

Narrator: Number 1

M1: Oh, there's a recycling bin. We can **get rid of** our trash.

W1: Nice!

Narrator: Number 2

M1: Shall we go hiking tomorrow?

W1: Let's not. **According to** the weather forecaster, it's going to rain.

Narrator: Number 3

M1: What do you want to major in?

W1: I'm not sure. Just something that **stimulates** my mind.

Narrator: Number 4

M1: When will you visit Grandma?

W1: Hmmm. I'm too busy to visit right now. Maybe after I **graduate**.

Narrator: Number 5

M1: Where should I sit?

W1: Over here, please. This way, I can **supervise** you from my desk.

Narrator: Number 6

M1: Look at John's new haircut! [laughs]

W1: Shhh. He's embarrassed about it, so don't **bring it up**.

Narrator: Number 7

M1: Why should we have to study this? I don't need it for my future.

W1: You don't know that. Try and be more **open-minded**.

Narrator: Number 8

M1: When is our next vacation?

W1: Soon. The **semester** finishes on June 23rd.

<Track 10-07>

Narrator: Mr. Richardson's Class

M1: Travers! Be quiet. Under no circumstances are you allowed to gossip with your friend like that in my class! Understand?! Anyway, first question. Who knows the main reason for Britain's economic growth in the 18th century? Smith, how about you? Speak up!

M2: Umm... was it the British Empire, sir? Or was it because they had a strong navy?

M1: No. It was the Industrial Revolution of course. Write that down 10 times. OK, next question. In what year did George III become King? Johnson... Answer the question.

W1: Umm... I think it was 1789, sir.
M1: No... Never in my life have I come across such an unprepared group of students. Well, that's the end of class—for some of you, anyway. Smith and Johnson stay behind for some extra studies before next week's test. If you don't pass, I'll make you stay behind after class every day.

Narrator: Miss Bennet's Class
W2: OK, everyone. In a moment, I'll have you all look at two pictures I'm putting up on the screen. There. Now, I want you to take a look at them with an open mind, and we'll discuss how they are similar and how they are different. Any thoughts?
M2: They're both pictures of clothes.
W2: Yes, well spotted. Anything else?
M2: The clothes in the first picture look expensive, and the clothes in the second look cheap.
W2: OK, thank you... That's interesting. Does everyone agree with that? Stacy, you're shaking your head.
W1: Yes, I have a different idea. I think the first clothes are for a poor person in the 1980s, whereas the second clothes are for a rich person in the 1780s.
W2: Well done, Stacy. Not only have you made a very good observation but you've also brought up an interesting talking point. What do you think these images are trying to tell us?

W1: Something about progress, I guess.
W2: Good, anything else?

<Track 10-08>
Narrator: Number 1
W2: Would you say you are lazy?
M2: No way! I'm a **hard-working** person. I work 10 hours a day.

Narrator: Number 2
W2: I'm quite **independent**. I don't mind being alone.
M2: Me too. Always being with other people can be stressful.

Narrator: Number 3
W2: Jake is not here today, sir. He's sick.
M2: Really? That's his third **absence** this month!

Narrator: Number 4
W2: What do you need to be a good CEO?
M2: You need **ambition** and energy.

Narrator: Number 5
M2: What do you usually do with your friend Judy?
W2: We usually just sit in a nice café and **gossip**.

Narrator: Number 6
M2: How can I differentiate myself from the other candidates?
W2: To really **stand out,** you need to be creative.

Narrator: Number 7
M2: I'm right here! You don't have to **yell**.
W2: Sorry. I've been calling for you for a few minutes.

Narrator: Number 8
W2: How was your first day back in the office?
M2: Great. We had a really **productive** meeting today.

<Review 9-10>
<Track R5-01>

[two women in their 20s chatting]
W1: So, Dani. You've been at the cooking academy for six weeks now. How is it going?
W2: Overall it's pretty good. But, the instructors are very strict. They put us under a lot of pressure. In the last class, the instructor had me make a soufflé, which is a really tricky thing to make. I worked really hard on it. But when I'd finished, all he did was point out how the texture was wrong. I had to throw it away and start again.
W1: Well, I guess working in a real restaurant would be a high-pressure environment, so maybe they are preparing you for that.
W2: Yeah, that's probably true. I just wish they were a little more supportive. Anyway, Jo, how is university? You've been there for three years now, right?
W1: It's kind of the opposite of your academy, I think. There isn't really any discipline. The professor just assigns one assignment every week, and we work on that. They don't even care if we miss class, as long as we get the assignments finished every week.
W2: Wow, that sounds great. If I were studying in that kind of stress-free environment, I think I'd be doing a lot better.
W1: Yeah, it's good but… I don't know. Sometimes, I feel like I need my professor to be more of a mentor figure. You know what I mean? To give me general advice about school, life, and my future career. But at my college, I rarely even get a chance to speak to him. The main

communication we have is through the written feedback I get after I submit my assignments. Anyway, I suppose it's too late to worry about that now, I've only got two assignments left, and then I'm done.
W2: Wow. So what's next?
c I'll try and get a job, of course! Or maybe we should open a restaurant: you can cook the food, and I'll deal with the business side of things.

<Track R5-02>
Narrator: Number 1: Ashton
W2: Excuse me, can I ask you a few questions? I'm doing a survey about food and eating habits. It will only take a minute.
M2: Yeah sure, go ahead.
W2: Great, thanks. OK, how often do you cook at home?
M2: Ermm… almost never.
W2: Ah, so you can't cook well?
M2: Quite the opposite, actually. I work as a chef. I usually just grab a cereal bar for breakfast. When I get home in the evening, after a hard day at work, I just want to relax and not even think about cooking. So, usually, I just eat pizza or something. Takeout is my go-to when I'm off on the weekends.
W2: OK, I see. Next question, if you were to die tomorrow, what would you have for your last meal?
M2: Wow, that's kind of a dark question. I think I would choose…. I know! I would go to my favorite Indian restaurant, it's called Trishna, and I would order one of every item on their menu! I love that place so much, especially their vegetarian dishes. It's strange; I love that kind of food, but I don't really know how to cook it. The place where I work is a traditional French restaurant. Maybe I'll try to learn how to cook it some day!

Narrator: Number 2: Stefan
W1: First, how often do you cook at home?
M1: Hmmm… I would say almost every night, five or six times a week. My wife is a doctor, so she often works late. I always make sure dinner is ready when she gets home. My family is originally from Sweden, so I usually cook Swedish dishes—that means of course a lot of meatballs, potatoes, pickled fish, and other seafood. Most of it is fairly healthy.
W1: What would you choose for your last meal?
M1: You expect me to say something with meatballs, right? Because I'm Swedish. Actually, I would choose any dish containing chanterelles. That is a kind mushroom which is really prized in Sweden. The flavor and the texture are so subtle and distinctive. Some people say it tastes almost spicy. So yeah, three different dishes all made with chanterelles would be my choice. My hobby back in Sweden was picking mushrooms but I haven't done it in this country yet.

Narrator: Number 3: Juliet

M2: How often do you cook at home?

W2: I cook at home once a week on Fridays or Saturdays. Usually, my mom cooks, but I like to do it at the end of the week, so she can relax. At the moment, I'm really into Korean food. So this Friday, I think I'm going to try making *bibimbap*. It's a really fresh and healthy dish with various sliced vegetables mixed with rice and an egg.

M2: What would you choose for your final meal?

W2: Well, there is nothing better than my mom's roast chicken. The way she makes it: it's so juicy, and the flavors are so well-balanced. I think the reason hers is so good is that she puts a lot of garlic inside the chicken, and she uses really high-quality French butter. She usually only makes it on special occasions, like holidays. But, I think she'd make an exception for my final meal. [laughs]