

TRANSCRIPT

The transcript below is an exact representation of what each speaker on the *Listening* CD says. No corrections or adaptations have been made.

Unit 1 Family life

Track 01

Example: I've got two younger sisters.

- 1 I have two brothers and one sister; and they're all younger than me.
- 2 I've got two sisters. I'm the youngest.
- 3 I have a twin sister, and an older brother and sister who are also twins.
- 4 I have one brother and one sister, and there's quite a big age gap. My brother's fourteen years older than me and my sister's ten years older than me.
- 5 Um, I've got one sister— younger sister. Um, yes— so just one, there's— there's just two of us, me and my sister.

Track 02

My family are quite spread out as we're all grown up and left home now. Um, but I live quite close to my brother— he lives in London as well. And my older sister, she lives in Salisbury so the three of us are quite close but my twin sister lives in Durham so she's several hours away on the train so I don't see her very much at the moment um ... but uh ... yeah, we try and meet up when we can, especially Christmas and Easter. So ... um ... holiday times, really. And ... um ... we— we still like to play sport together occasionally. When we meet up we'll play tennis or— or squash and ... um ... hockey in particular, really. This— this summer the— the four of us are meeting up for a hockey tournament in Boscombe. Um, yeah, we try and make excuses to to meet up still.

Track 03

My mum lives in the north of England ... um ... and I live in London now, so ... um ... I don't see her very often. Um, my dad ... he lives the furthest away. He lives in India. Um, and I see him once a year. Um, I've got— Yeah, I said I have two sisters. Um, so my older sister ... she lives in the north as well. She lives quite near my mum. Um, and ... uh ... she has two children. Um, she's quite funny. She makes me laugh— and she's— she's really clever and she works very hard.

Um, we get on really well. She's training to be a teacher at the moment. Um, she's going to be a ... religious education teacher. Um, she— she works at a school quite close to her house. Um, I suppose in terms of personality we're quite similar because ... um ... we both like teaching and ... um ... I used to be a teacher. She— Also, she's quite talkative, like me. Um, I think I talk the most, though. Um ... and she's ... um ... very interested in languages. I— I studied Spanish at university and she speaks Italian.

Unit 2 Daily life

Track 04

- 1 I usually get up at about eight o'clock.
- 2 I get up in the morning at 6.30.

- 3 I normally get up at six forty-five in the morning.
- 4 I usually wake up about seven fifteen and get up about seven thirty.
- 5 Sometimes I have to work at night, and when I get up at night, I get up at about five o'clock in the evening.

Track 05

Usually the first thing I would do is put the kettle on to make a cup of coffee. And then I would jump in the shower, have a shave, uh ... sometimes I eat breakfast. But if I'm running late, which is usually the case, I would skip breakfast ... and then just head out toward the train station.

It takes about forty-five minutes to get to work. And then ... uh ... I check my email and get started for the day.

Track 06

I normally get up at six forty-five in the morning. I then have my breakfast and get dressed and leave for work. I catch the train. And I normally get to work at about eight thirty, where I work in a clinic and also in a hospital. I come home from work at about four thirty and I get back and I cook my dinner, and maybe go out for a walk or watch some TV. And I go to bed at about eleven.

Track 07

I'm a journalist on a morning TV programme, so sometimes I have to work at night. And when I get up at night, I get up at about five o'clock in the evening. And I make my dinner. And then I watch some TV and I have a shower and I go to work. And I work until nine o'clock the next morning, so I work all through the night. And then I come home, I have a bit of breakfast, and I go back to bed.

Unit 3 My childhood**Track 08**

- 1 I was brought up in the countryside ... um ... so we had a— a really big garden and one summer my brothers and sisters and I built a fantastic tree house.
- 2 When I was five years old I learned to ride a bike and my dad, every weekend, would take me round the block on it.
- 3 One of the things I remember from my childhood was ... um ... when— was when we had our pocket money and then myself and my brother would go to the sweet shop and we would spend our 50 pence each and we would be able to get bags and bags of sweets.
- 4 The house I grew up in was on the same street as the library so after school and at the weekends I used to spend all my time reading in the library.
- 5 Uh, during my childhood I spent every weekend at the beach because my grandparents lived there.

Track 09

I grew up in the countryside ... um ... in the— kind of the middle of North Carolina which is on the east coast of the United States. Um, and yeah, it was— it was a great life actually, growing up in the countryside. Um, when I was a kid, I spent most of my time outside ... uh ... in the woods, camping, hiking, hunting, various things, fishing. Um, I think I had my first— you know, I had my own fishing gear and my own, kind of, pellet gun, and all my own camping gear probably by the age of ten. Um, and we were— it was our escape ... uh ... as— as children to get away from our parents for the weekend, we would go camping in the woods all weekend, and everyone was perfectly OK with that. That's normal where I come from and I think your parents are quite happy to see you off for the weekend and as— as a— as a child it's— it's brilliant to have your independence, even if it is in the— the middle of the woods. Um ... but yeah, we ... uh ... we— we had a lot of interesting wildlife there. Um,

so I spent most of my childhood trying to catch snakes and ... uh ... crayfish and various creatures that live in the woods. Uh, so it was— it was a colourful childhood. Quite a contrast I think to people who live in the city. Um, for me it's— even today it's interesting when I think of people who put so much effort into making a camping trip for the weekend or something. And I know that just as a— as a twelve-year-old boy I could pack a backpack and— and survive all weekend in the woods on very little. Um, so yeah, so, it was a very different kind of life than I think most people are used to, but ... uh ... it was a healthy lifestyle and ... uh ... yeah, I hope that if I have kids one day that they'll have the same opportunity.

Track 10

I grew up in Hong Kong. Um, it's a big city, Hong Kong, and I've always liked cities. Um, we lived in a little house – a bungalow – so it had no upstairs and just a downstairs. And it was on the edge of the city and had a little garden which is quite unusual for Hong Kong because most of Hong Kong is lots of big flats. Um, I really loved it. The weather was just beautiful so because it was warm you were outside most of the year, just playing in the garden and things.

Um, we had lots of friends there, and ... um ... I'm from a big family – I'm one of six children – so there was always— there were always children to play with and we were always outside swinging on swings or playing in the garden. Um, I liked going into the city too. Hong Kong's got so many wonderful markets and that's where we used to do all our shopping for food or clothes – just to walk around the markets and look at all the vegetables and choose the different fish and things for dinner. It was a lovely life. I really enjoyed it.

Unit 4 Life changes

Track 11

- 1 I got my first job in London about five years ago and that was probably the biggest life-changing job so far.
- 2 My life changed greatly when I had— Uh, so I have now one son who is eight years old and ... uh ... one daughter who is four years— years old.
- 3 At the moment I'm single but my life is going to change very soon because I'm getting married in the next few months.
- 4 I recently moved out of my parents' house ... uh ... to the city so it was a big change, ... um ... but it's made me much more independent.
- 5 I used to live in New York but two years ago I moved to England, to London, so that was a major life change – but for the better.

Track 12

Well, before I had children ... um ... my work was everything to me. I loved what I did and ... um ... threw every spare moment I had into my work, really. When I had the children, although my work was still very important to me and I was travelling a lot and ... um ... still was furthering my career, I think my priorities changed and I started to see things in a different way. And ... um ... as they've grown up it's been difficult to juggle and balance out work and home life. Um, and where I used to be perhaps more concerned with ... um ... the hours that I was spending in the office and all that kind of thing, I think now I try to put things in balance and ... um ... not take things too seriously, and not to let things ... uh ... get out of perspective.

Track 13

About ... um ... five or six years ago, I was a lawyer. Um, I found the job a lot of hard work and it was very stressful and it took up a lot of my time over the weekends as well as late evening hours during the week, and I wanted to make a change. So ... um ... I did a course in painting and I did a course in writing. And I started to enjoy it and I started to write books part time while I was working in law, so I'd find some time on a Saturday or

something. Um, and then I found I enjoyed it more and more and in the end I decided to leave law. And ... um ... I went back to university and started an art degree and started writing more and more. And now I write books for children and I'm really pleased that I made the change. I enjoy the work a lot more. It's a lot more creative. Um, I'm my own boss ... and I work in the way that I like working— so for me it's been a really successful change.

Unit 5 Your friends

Track 14

- Genevieve Yeah, friends are very important to me. Um, I've had different friends as I've grown up. So I started off with my primary school and secondary school friends that I don't see as often now as I do ... um ... my current friends from uni. Um, they're— yeah— so important to me. Um, it just it'd be a very lonely— lonely world if you didn't have someone outside of your family to ... um ... communicate with.
- Fliss Um, I have one sort of best— best friend that I've had since I was in primary school, actually. Um ... we went through a stage— we were really close growing up, we went to secondary school together, and then we went to uni, we didn't talk very much at all. And I think it was about four years that we were still— we were still close and we'd talk now and then, but it was difficult because we were sort of located in opposite ends of the country, so that was quite a hard time. When you go to uni you meet a lot of people. And people kind of come and go in your lives, but there are always certain people that stay.
- Jeremy So, I'm an expatriate here so I've got a huge network of friends all over the world. Um, I have friends from America, from California, who are my great friends and I'll always keep in touch with them but I just talk to them really online nowadays. Then I have my friends who live in London and they're really— they're guys I see on the weekend really so ... Um, but I also have friends who I live with— who are my housemates— who— I didn't know them before I moved in with them, but they're all international as well, so from France and Spain and Poland. Um, well, without friends I think I'd go crazy. I just wouldn't know to do with myself or my time. So it's good to have people you can relate to and catch up with and express your views and ...
- Catherine My friends are very important to me but some of my friends live quite far away from me now – even in different countries – so I don't see them very often. But when we do see each other, it's like no time has passed.
- Laura I feel very lucky to have such a wonderful group of girlfriends. You know, on the weekends we enjoy hanging out at the beach and getting together for barbecues.
- Chris I try to spend time with friends ... um ... because I think it's important to keep in contact ... but I'm often busy at work so I use social media like Facebook and Twitter. Modern technology's really good for that, I think. Um Skype and Tweet a lot, really— I actually have an old best friend who ... um ... lives a long way away but I Skype him at least twice a week.

Track 15

The weirdest thing about moving to— to London was leaving my friends behind. Um, so I— I try and keep in— try and keep up— try and keep in touch with them as much as possible. Um, even to the fact that ... uh ... they— they visit quite a lot. Uh, sorry, they visit quite a lot. They— they come and use my couch and I use their couch – whenever. Um, I text them once in a while. Um, it's— well— it's not too expensive to— to call them, but ... uh ... I— I think it's nicer, whenever I land in Dublin, ... um ... I— I basically just drop into my friends ... um ... to surprise them. Maybe nine o'clock in the morning— maybe seven o'clock in the morning.

Um, but it's just nice to catch up with people without Facebook sometimes. 'Cause with Facebook you kinda know everything about them, but not ... um ... you don't know anything. Um ... so I— I— I spend a lot of time with them ... um ... and normally ... uh ... just go to some— some— some gigs. Um ... just eat a lot of food, hang out, that's it.

Yeah, since I've moved to London, ... um ... I've— I've got— I've found a lot of international friends as well. Um ... so I'm— I'm friends with ... uh ... a lot of Spanish people. Uh, French, Spanish, Italian, American ... Uh, like, less Irish people than I've ever been surrounded with before, and ... um ... I mean, to be honest ... uh ... with— with— with modern technology ... uh ... you spend a lot of time with your iPhone and Whatsapp and ... uh ... Twitter and Facebook and emails, and ... uh ... basically it's— it's a lot easier to— to keep in contact with people.

Track 16

- Hannah OK so, Hol, what do you think, like, the ingredients for a really good friendship, like, are?
- Holly Um, I think honesty is really important. What do you think?
- Hannah Yeah, I think that's true because ... I'm just thinking, there's a lot of times, before I leave the house, where I'll go up to your room, just to get your opinion on what I'm wearing. Because I know, especially if it's a special occasion, then you'll definitely be honest with me, [yeah] even if— even if I don't want to hear it.
- Holly Yeah, but I wouldn't want you to go out of the house in something that I didn't think you'd be comfortable in, and—
- Hannah Yeah exactly, no, and that's what's really good about having such a close friend – is because you can be honest with me and I won't begrudge you for it.
- Holly Yeah, so I'm the same as well. I know that I can trust you and I can trust your opinion, and I think that's really important.
- Hannah Yeah, and I think that's often why I'll listen to your advice as well – because you know me really well ...
- Hannah ... and therefore it's sort of more difficult to trust them because they don't know me as well. So I think that's something that really comes with time.
- Holly Yeah, I— I agree. And I think being able to give advice and— and listen as well at the same time is important.
- Hannah That's true, yeah, you're a really good listener.
- Holly I think I— I go to you for advice a lot because I know I can trust you and— and hopefully I can give you useful advice as well.
- Hannah Yeah, you do.
- Holly So, I think that's really important ...
- Holly ... Um, what else?
- Hannah Um, well I think something that's particular to us is, because we live together, it's sort of important we— we make time for each other but we also make time for ourselves because it's— it can be very, I suppose, like, tempting to always go and, like, knock on your door as soon as I get in. But sometimes I know that you'll just want time just to read a book or to speak to someone on the phone and I think because we've lived together now for quite a long time, then we're very good at judging when you might want your own space and when you might want to spend time with friends. And so I think that's something that we're pretty good at now.
- Holly Yeah, I agree, I think that's true. I think it's easy to try and do everything together and if I'm seeing another friend, I would love to invite you along, but I know it is important not to be on top of each other all the time.
- Hannah Yeah. Not to always be a pair.
- Holly Yeah ... um ... I think that's— I think that's a really good— a good point.

Unit 6 Your house

Track 17

- 1 I live in an apartment with my husband. It's just us, no pets, no other family, just us.
- 2 Uh, I live with my wife and our two children, and our three chickens.
- 3 So there's three people in my flat. There's me, my husband and my three-year-old son.
- 4 I live in a house with my partner and my two children.
- 5 I share a house with three other people. My flatmates are two French girls and a girl from England.

Track 18

I live in a really nice terraced house with two other girls. I find the biggest challenge in shared living would probably be the distribution of chores. Cleaning up the kitchen, doing the cleaning generally, the washing machine, hanging the washing out—I think when you're living with people you don't know or you've just met—you have different backgrounds, different cultures—I think the best way to deal with that is communication. The best points about living with other people would be making new friends. Um, just having people around when you just want to hang out, have a chat, someone to come home to. And ... uh ... yeah, I think the friendship aspect of it – they have friends, you have friends – it kind of brings two big circles together.

Track 19

I do the cooking, and he does the washing-up afterwards, but when it comes to cleaning we disagree on how to clean the house. When we were living together for two years, I realised that he'd only cleaned the bathroom once, and I said it wasn't acceptable, so I made us get a cleaner, and now we don't argue about the cleaning anymore.

Unit 7 Life in the city

Track 20

I like living in Manchester because it's a small city and you can walk everywhere. There's lots of stuff to do. And there are lots of art exhibitions and lots of things on at the cinema. The worst thing about living in Manchester is there's very little green space. There aren't very many parks near where I live. And if I want to go and sit in the sunshine, I have to get on the train.

Track 21

Yeah, London is just incredible. I mean, the weather's not that great ... um ... uh ... the weather's awful! But the people are fantastic and there's always something happening.

Track 22

I think that what I like most about living in town— living in the city is the ability to explore things very easily. I like going to new coffee shops and new restaurants. And it's easy to meet my friends and to meet new people. I think one of the things I dislike most about living in town is the noise. And I don't like the cost of life in the city ... and also, it's very busy.

Track 23

Living in a big city, there's lots to do on any one day. So maybe on a typical day off I would get up and I would go to the corner shop to buy my breakfast, because I don't need to plan ahead. And then I would— Um, when I've

had my breakfast I could go to my local part of town and go to the market there, which is a really vibrant market with lots of clothes and ... uh ... kitchenware and ... uh ... fresh fish, and everything there: mobile phones; anything you could want. I could wander round there. Then in the afternoon I might ... um ... meet some friends for lunch and then I might go to a museum. Or I might have a wander in one of the beautiful parks that London has. That's a real positive of London – it has some beautiful parks.

Unit 8 Life in the countryside

Track 24

- 1 When I think of the countryside I think of animals: sheep and cows.
- 2 When I think of the countryside I think of beautiful rivers and peace and quiet.
- 3 When I think of the countryside I think of— there's no cars ... um ... no pollution.
- 4 I think about horses in a field because that's what I saw from my window when I was growing up.
- 5 I think of long country lanes with flowers and wildlife.

Track 25

I'm from the country originally and often go back to my home town in the New Forest. I think what I like about it is that it's quieter and the air's really clean. There are beautiful views and I live near the coast. So I really like being able to go to the sea and see a horizon. The people are friendly ... Um, there's less to do in the evenings but more to do during the day. I like outdoor activities like hiking and horse-riding so it's the ideal place to go, and going home feels like going on holiday sometimes.

Track 26

I'm from a seaside town called Teignmouth in Devon. I was born in Teignmouth, I went to school— um ... grew up there— lived there for eighteen years. Um, Teignmouth is a typically English seaside town ... um ... so you have the beach, you have a river, you have the countryside. Um, it's maybe 20,000 people. Um ... and it's a great place to grow up. But when you grow up you want to leave! So it's— it's got a slow rhythm and it comes alive in summer a bit more because you get people that come on holiday. They stay in hotels and guest houses, and the fair comes to town and there's the— there's the fiesta in the harbour. But most of the time you know what life is like in Teignmouth, but ... uh ... It's very pretty and I think when you go back to visit now and when you're older you appreciate just how pretty it is, and what a nice town.

Track 27

I think when you live in a city you really miss the— you miss nature. When I was a child you— you know, I took it for granted that when I woke up every morning you'd see the sea, and you'd see trees and you'd see birds, or you'd hear birds. Um, but you don't see that every day when you live in London – when you live in the city – but it makes you appreciate it more. I mean, yes, there are parks. Yes, there are lots of trees in London. But when you live in— when you grow up in the countryside or on the coast you're surrounded by it more. So yeah, I think that's what I miss.

Unit 9 Living in another country

Track 28

- 1 I lived in Japan for a year as part of my university degree.
- 2 I was born in London ... um ... but when I was ... uh ... six years old my parents moved to Hong Kong. And so from the age of six to sixteen – so for ten years – I lived in Hong Kong.

- 3 I lived and worked in Argentina for six months just before I went to university.
- 4 I moved to Germany when I was about two years old with my family ... um ... and I lived there until I was about seven ... uh ... when I was sent to boarding school in the UK.
- 5 I was born in Sydney and then moved to London about five years ago now.

Track 29

When I was seventeen years old ... um ... I left New Zealand and went to Austria which is ... um ... about a 36-hour flight away. And I lived there with a family for one year ... uh ... and I went to school there and this has changed my life completely. Um ... because I learned to speak another language ... um ... and I got to know another culture and I think this has changed ... um ... what has happened in my life and it— my life would be very different if I didn't ... uh ... go away to Austria when I was seventeen. I lived with ... um ... a family— with a mum and a dad and I had a host brother and sister who were eight and ten years old when I was there. And I lived in a very small village with only 620 people. Uh, so it was very different to what I was used to in Wellington. Um, and the people in the village were very friendly and welcoming. There were lots of festivals on all the time, and I didn't get very homesick because everybody was so warm and friendly.

Track 30

A lot of British students between finishing what they call their A levels and moving to university do ... um ... something called a gap year where they often work to ... um ... earn enough money and then sometimes they go travelling. So for my gap year ... uh ... I went to Japan and I stayed with a Japanese family who were friends of friends. Um, and I lived with them and I knew that when I was out there I would be able to teach English and so I'd be able to earn enough money to survive. So, before I went out I worked at a company to earn enough money to pay for the flight. And then when— once I was out there I was able to ... um ... earn money teaching English. Um, it— For me it was ... um ... the first time I'd been away from my family for a long period of time. So I was eighteen and I was away for a whole year and I was living with a Japanese family who were very different from my family and it really ... um ... opened my eyes ... um ... to the differences between Japanese culture – and also made me look at English culture and ...

Track 31

It allowed me to look in depth in— into Japanese culture and also English culture. And made me think about who I am and my identity and why I do things. And it ... um ... really also made me appreciate my family because I found the family that I lived with quite— a little bit difficult. Um, they were very, very strict and they didn't allow their ... um ... children – they had two children of their own, a boy and a girl – and they didn't allow them much freedom or independence whereas my parents ... um ... allowed my sister and I much more independence and I think ... um ... overall I think that's a good thing. And so it made me appreciate my family and family life a lot more.

Unit 10 Getting around

Track 32

- 1 Excuse me, is the Apollo theatre ... uh ... around here?
- 2 Excuse me, where is the closest movie theatre here? / Oh, you mean the cinema?
- 3 Hey, excuse me ... um ... do you know where the hospital is?
- 4 Excuse me, I'm meeting a friend at the hotel. Uh, which way is it from here?
- 5 Excuse me ... uh ... I'm trying to get to the sports grounds. How do I get there?

Track 33

- 1 walk for about five minutes
- 2 take the first right
- 3 over the bridge
- 4 past the park
- 5 on the left hand corner
- 6 go straight down this road
- 7 T-junction
- 8 carry on north

Track 34

- 1 Excuse me, is the Apollo Theatre, ... uh ... around here?

Uh yeah, it is. It's— if you carry on north up this road about seven hundred metres and then it's on the left hand corner when you reach the T-junction.

OK, great, thank you very much.

Any time.

- 2 Excuse me, where is the closest movie theatre here?

Oh, you mean the cinema?

Uh, yes— yes.

Right, you go up this road here, [uh huh] past the park, [uh huh] take the first left, [OK] then your ri— take the first right and it's on the left. And it's called Riverside Studios.

Perfect, thank you very much.

You're welcome.

- 3 Hey, excuse me ... um ... do you know where the hospital is?

Oh, yeah, sure, you just go straight down this road for— walk for about five minutes, and then it's on the right. It's a really big grey building – you can't miss it.

OK, great, thank you very much.

You're welcome.

- 4 Excuse me, I'm meeting a friend at the hotel. Uh, which way is it from here?

OK, if you ... um ... walk to the end of the road [uh huh] and take a right, [yep] and it's— it'll be on your left. [OK] You need to find a road called Shortlands.

OK, perfect. Thank you very much.

No problem.

- 5 Excuse me ... uh ... I'm trying to get to the sports grounds. How do I get there?

OK, you're quite a bit— distance— You're gonna, ... um ... have to head back to the bus station [OK] and possibly get a bus directly from there. It's over the bridge, [OK] so be— then it'll be on your right-hand side.

Track 35

[phone rings]

Lorna Hello?

Shawn Hey, how you doing?

Lorna Shawn, hi! Have you arrived?

Shawn I have— I have. I just ... uh ... I got through customs, ... uh ... and passport control. I'm, ... uh ... just, ... uh ... standing here in the middle of the airport. Just ... uh ... I just need some directions to your house.

Lorna Fantastic, fantastic. Oh, it's really easy to get to my place. Um, so, if you come out of customs ... uh ... and you've got your bag and everything— the tube— uh ... if you head for the tube stop, ... um ... you'll see signs for the underground and it'll take you down to Heathrow tube stop ... uh ... down to the Piccadilly line. [OK] Um, can— can— can you see them? Just now, at the side ...

- Shawn Yeah, I— I— I see the tube. Uh ... I— I— I see the tube stops right in front of me. So I'm gonna— I'm gonna take that down right now. Then— and then, once I'm down there, where do I go?
- Lorna Um, so there's only one line, because Heathrow is the— the last stop. So if you take the Piccadilly line, it's the dark blue line ... uh ... [OK] eastbound, that— that'll take you, ... um ... towards— towards me. Uh, you don't have to change. [OK] It's just— it's just, you just sit on the train for about half an hour and it'll take you to Hammersmith – that's my stop. [OK] Um, and then when you get to Hammersmith, the tube station is in a shopping centre, so if you take the exit marked for the bus station, you— [OK] you won't actually have to— you— I don't know— Do you have a lot of luggage with you?
- Shawn No, no, I just have ... uh ... two backpacks, so I'm gonna— I'd rather walk.
- Lorna OK, that, that's fine ... um ... but take the— the exit for the bus station anyway because that's the right exit. And then [OK] you'll come out into the shopping centre. [OK] Uh, if you pass the supermarket, it should be on your left, ... um ... and that'll take you out the right exit of the shopping centre. [OK] Um, when— when you get out of the shopping centre, ... uh ... you come to Fulham Palace Road. [Yep] Um, and that's the main road in— in my area of Hammersmith. You just walk straight down that road. [OK] Um, so, ... uh ... it's about, ... uh ... I think maybe a ten minute walk. You probably walk quite quickly, so it'll be ten minutes at the most.
- Shawn Yeah, it shouldn't be a problem.
- Lorna Um, OK, great. Uh, you'll pass a park on your right, [uh huh] and then ... um ... after about five minutes you'll see a huge, big concrete building – that's the hospital – it's called Charing Cross Hospital – on your left. [OK] Um, then my— my house is about— about two or three minutes' walk from there. Uh, it's called Ellaline Road. It's, [OK] I think it's about four streets after the hospital and it's on the right-hand side. [OK] And my— my house is— it's the second one from the end. It's got a— a blue door. Um, [OK] but if you— if you want, you can just call me when— when you get there.
- Shawn Yeah, definitely. So, just to confirm, [OK] ... um ... I'm gonna take the Piccadilly line all the way to— to ... uh ... Hammersmith, get off at Hammersmith, ... um ... go through the mall, take the bus exit, ... uh ... don't get on the bus – obviously, 'cause I wanna walk – walk all the way down for about ten minutes ... um ... four streets after the hospital make a right ... um ... on the ... uh ... on the road— on the— on the street, and yours is second from the end, ... um ... with, on the left, you said, with a blue door? On the— or on the right?
- Lorna It's on the left.
- Shawn On the left, so second house [yep] from the end on the left with a blue door. And ... um ..., [yep] I'll give you a call when I'm outside.
- Lorna OK, great, fantastic. I can't wait to see you, uh ...
- Shawn Perfect, me neither.
- Lorna Have a safe— safe trip, OK? Bye.
- Shawn Thanks, I'll see you soon. [bye] OK, bye. [Bye]

Unit 11 Studying and learning

Track 36

- 1 I studied music at university.
- 2 I ... um ... I did a degree – a double major – in English and Biology.
- 3 Um, I studied English, ... um ... at university and I really enjoyed it.
- 4 Uh, I went to Argentina for a year, to study at the university in Buenos Aires.
- 5 I studied at the University of Exeter. Um, I did two degrees there – my— my first was a BA in Theology.

Track 37

I recently completed my MBA, which stands for Masters of Business Administration. When I was doing my MBA, I attended full time for about one year at the University of Oxford, in England. You could do an MBA, ... um ... I think pretty much anywhere in the world. Uh, most universities offer the MBA as a two-year course, ... um ... although the one I did was twelve months. I think the work is extremely demanding, especially if you do a shorter one-year course. Um, then the amount of work is very stressful and it is graded very harshly. However, it is also, for some, a— sort of a break from work and a— a chance to learn something new and sort of progress, and a break out of the routine that we all are in. And oftentimes the friendships you form when working so hard can be the most rewarding part, and I am still in touch with my six best friends from business school.

Track 38

I've been playing the guitar for about ten years now, and if someone was wanting to learn, I would recommend just taking some time to learn the chord structures, and then trying to learn some of the— the chords to the music that you like so you can play along with that. I wouldn't really recommend lessons unless you want to get into the more technical side of things, or play really complicated things. I think it's more fun initially to just learn the basics and try to play along with what you like. And you could even get together with some of your friends playing different instruments and— and try to cover some of your favourite music. You should learn probably about six or seven chords, and that's probably enough for most popular songs. Uh, and then you can combine those in a variety of different ways and— and come up with— with lots of different sounds.

Unit 12 Starting work

Track 39

1

- 1 What was your first job?
- 2 How old were you?
- 3 How much were you paid?
- 4 How long did you spend there?
- 5 Did you enjoy it?

Track 40

- 1 So my first job was— I worked in a factory and I had to pack smoked salmon. I worked there for— I think I only lasted one day, because I really didn't like it. And I did this work when I was about 16. I was still a student and this was a holiday job to earn some extra money. And the money I got was, I think, three pounds fifty an hour – which was minimum wage at the time.
- 2 My first job I got in High School and I had that job for two years and I worked in a toy store across the street from my High School. It was a very good experience because the people who owned the shop lived down the street from my parents' house and they used to have us round for really big Christmas parties. I think I was paid five dollars and eighty-five cents an hour when I first started.
- 3 My first job ... um ... was a job I got at the age of seventeen ... um ... I believe I worked in a photographic kiosk— let's say in Durban in South Africa. I was paid ... uh ... cash on a weekly basis ... uh ... every Saturday – it was a— a weekend job ... um ... which I was ... uh ... I was doing to earn some pocket money, really. But it was very interesting. Um, I would process ... um ... uh ... camera film for customers who would come in with their cameras and I would process their film ... um ... and print their photos for them. It was a fun job, and I did enjoy it.
- 4 My first ever job was when I was sixteen and I worked at a fast food restaurant. Uh, I worked there for the whole summer holidays, ... uh ... which was about ... uh ... 8 weeks and ... uh ... I got to work in all the areas ... uh ... within the restaurant from serving customers, to making chips, to cleaning up the floors. I was paid, I think, three pounds fifty per hour, and I hated the whole job.

- 5 My first job was when I was sixteen years old and it was as a waitress in an expensive restaurant in the local town. It wasn't a great job because the manager was horrible – he was just so— he shouted all the time and he was always angry. The pay was pretty bad – I think I got about five pounds an hour. But we got tips as well, which was good. And I worked there for I think about a year and half in total.

Track 41

- 1 What experience do you have that is relevant for this role?
- 2 What qualifications do you have?
- 3 Have you worked in a similar job before?
- 4 And can you tell me what you know about the company already?
- 5 Are you able to work in the evenings or the weekends?
- 6 Do you have a valid driving licence?

Track 42

So I'm recruiting at the moment. It's a junior position ... uh ... within a sales team. And so, I'm looking for somebody who is a good communicator and somebody who gets on with people, and also is willing to learn. So, what I look for in my candidate is somebody who's thought about the company that they're going to work for, so they've done some research. Um, that they are open in their communication and that they can express themselves clearly, ... um ... that they can demonstrate a willingness to learn. Experience is important when you're employing somebody, but if they're a young graduate, it's not always essential. It's more that they can demonstrate they can learn. When a candidate turns up, first impressions do count, so it's important to think about how you're dressed. Dressing smartly gives a good impression, to smile, ... um ... a good handshake – a handshake is very important, 'cause it gives a positive impression.

Track 43

Um, looking for a job at the moment is quite difficult ... um ... because there is a lot of unemployment in this country. Um, I am lucky because I have seven years of work experience which means that I don't need to look for very long in order to get a job. Um, I also have worked in the same sector for a long time which means that I— I have a lot of experience. Um, so if a job comes up in that sector I have a good chance of getting it. Um, and I do all the usual things – I've got ... um ... an updated CV which I ... um ... I tailor depending on which job I'm applying for. Um, I have gone to many different agencies ... um ... and that's the way I've got actually all of my jobs in this sector – through agencies. Um, but there's also a very good website called 'Charityjob' which— basically any job that comes up in a charity that is advertised you'll find on that website. Um, looking for a job can be quite hard ... um ... it's ... um ... it's hard to motivate yourself when you don't have structure to your days. Um, so you have to be very disciplined with yourself. You have to make sure that you don't just sleep in and ... um ... watch daytime TV – you actually make sure that you're applying every single day.

Unit 13 Working from home**Track 44**

- 1 I look after kids after school. Um, they come to my house and I help them with their homework and make them an afternoon snack.
- 2 I translate technical documents from English into German.
- 3 I prepare the menus and the food for events and parties. Generally, I work at home but sometimes I have to go out to meet clients.
- 4 I work at home or— or really I work in a shed in the garden ... um ... which is where I keep the tools and all the different types of wood that I work with. I make chairs and cupboards and cabinet and things like that.

Track 45

Um, I've been working at— from home for a few years now, and it suits me very well because I've small children, so I have to take them to school. Um, and working from home means I'm nearer to their school and I don't have so much of a long commute into the city. Um, I'm a writer so it's quite easy for me to work from home – I have my computer and I have my study, and I'm set up there. Um, it can be a little bit lonely sometimes. I have to make sure that I make time to have a little walk or maybe just go to the shop and buy something small just to get out of the house sometimes. Um, 'cause you sort of— you feel a bit stuck at your desk otherwise, and you haven't had any fresh air and you haven't said 'hello' to anyone. But often the day goes very quickly because I'm racing through the work to try and get time to pick up the children after school. Um, I find I'm quite productive at home – you have to be quite self-disciplined in that you're the one who makes yourself work. Um, there's no one there telling you what to do, ... um ... which would be easier sometimes! But I enjoy working at home – I like it.

Track 46

I work in an office Monday to Thursday, and on Fridays I work from home ... uh ... because I live quite far from my office. It's about an hour's drive, ... um ... so my company provides remote access so I can connect into the— the network and access all the same files and programs from home that I would be able to if I was in the office which makes it pretty easy to— to keep up with things. It's— It's good 'cause it's a lot more relaxed and ... uh ... gives you time to go out and do errands and other jobs around the house which you don't always have time for. Although I do miss being able to just go up to someone and ask a question, because you kind of rely on email and phone calls which aren't always as good as just getting someone face to face at their desk and asking them what you need to know.

It can be hard to stay motivated, just because there's a lot more distractions around the house than there would be in the office, so I don't know if I could work from home all the time. I don't think I'd get as much done.

Track 47

Yeah, I think it's quite common for people to work from home now because with the internet it's— it's possible for people to— to work just as effectively when they're not in the office. So I think people are happier to let you work from home, if they know you can access everything you need to. And so much communication is done by email now anyway that quite often, even when I'm in the office I don't always talk to people or interact with people. I'd probably send them an email first. So I think it's ... uh ... yeah, it's definitely gonna become more common.

Unit 14 Your career

Track 48

I work for a supermarket, and I work in the finance department. So, I've worked there for four years. And, um, I decided to work there because I wanted to work in finance. Um, I work quite a lot of hours. The days are quite long. Um, I've got a team of six people that I look after, so there's quite a lot of stuff that I have to kind of help them with. Um, so it is quite demanding but it's— I quite like it and it's busy all the time, so that's good. So, at some point in the future, I would like to have children, and I think I will continue to do my job, although I might not do it as much as I do at the moment.

Track 49

I used to be ... uh ... a ma— the manager of a youth hostel, ... uh ... which is a backpackers hostel. Uh, it was quite a challenging job, in that ... um ... I had to deal with customers face to face on a daily basis, ... um ... which sometimes is very pleasant and sometimes is very stressful. Uh, dealing with customers could be quite stressful, because, ... uh ... a lot of my job as a manager was to deal with their complaints. Um, so I didn't have the pleasure of dealing with the people who were happy all the time, but just the people who requested to speak with the manager ... uh ... so that they could complain about ... uh ... whatever issue ... uh ... was troubling them.

Track 50

Um, I'm not far off retirement now. In fact, I could take a pension now – I'm entitled to— ... uh ... entitled to one. Um, there— there may not even be any work come September because universities are cutting down on the staff, so it might be a— a forced retirement! But I don't mind really 'cause I think it'll be nice just to have a less hurried life ... and to do a few— a little bit more of the things you want rather than the things that you feel you have to do.

Unit 15 Your future**Track 51**

Right now, I work ... uh ... as an IT professional, which means that I fix computers when they don't work ... uh ... and I go out and— and talk to a lot of people about what they need to do with their computers. Ideally, I would like to move away from London, where I live now. It's a big city with a lot of people, ... um ... but there's not a lot of nature. What I would like about living in the countryside is probably the clean air ... um ... and the easy access to nature. Um, I would like to work as a blacksmith, which means that you take ... um ... metal and make it into tools and different things that you can use. Um, I think it would be very nice to work as a blacksmith because I like creating things with my hands. And when you work on a computer, ... um ... you can't create anything. You don't get anything that you can touch or feel after you are done with your work. Currently it's— it's very easy to sit by a computer and not do a lot. Um, but if you are creating things out of metal, it would be very physical and I would probably be exhausted at the end of the day. I think I would feel much better if— if I were a blacksmith, because of the general exercise you get, because of how you get a sense of accomplishment when you've created something very beautiful.

Track 52

Right now, I live in Los Angeles and I work in real estate selling residential homes. If I could pick anything to do, I'd love to get paid to travel and basically become a professional travel blogger. I would love to create my own website and be able to share and upload photos and— and share my experiences with other people, and places to go, places to eat. You know, sometimes as a tourist, you get caught up in the hype of, you know, things you've read maybe from one travel book or another, but when you're on travel blogging sites you're hearing from so many different people and their different experiences. Maybe you relate to one person more than another and you go, 'wow, you know what? If she liked it, I know I'm gonna like it.' You know, next summer, I'm already planning a trip with my girlfriends to the Croatian Islands and when I get back from there, I— I just can't wait to post all the photos about the places I've been, the places I ate, you know, the nightlife, the beaches. There are so many things ... um ... I would love to talk about. And if I could get paid to do that, I can't think of a better job on the planet.

Unit 16 Food**Track 53**

- 1 Favourite food? Uh ... would be pasta. I do enjoy pasta. Um, I like pasta and meatballs. Spaghetti and meatballs.
- 2 My favourite meal is roast chicken because I really enjoy meat, and I enjoy the vegetables and the Yorkshire puddings that come with it.
- 3 I think my favourite food is fruit ... um ... because it's really healthy, and ... um ... my favourite fruit is strawberries.
- 4 My favourite food is Thai food and particularly curry— red curry from Thailand is my— is my favourite food.

Track 54

On ... um ... Saturday mornings I make pancake mixture for my children. Um, I make it partly because it reminds me of my own childhood – my mother used to make pancakes for us when we were small and ... um ... my children love having them. It's quite an easy recipe to— to follow. Um, you just need around 225 grams of plain flour ... uh ... you need a tablespoon or so of baking powder, a bit of sugar, maybe about a teaspoon. 2 eggs. Um, you have to melt some butter, about 30 grams or so of butter is fine. And 300 ml of milk. And you mix them alltogether until it makes a smooth white mixture. And then ... um ... you heat a pan, you put a little bit of butter in and you pour maybe two or three tablespoons of mixture in. And then you wait for bubbles to form on the top of the mixture and then you flip the pancake over. Um, my children really love it ... um ... and they cover their pancakes with maple syrup, or honey, or chocolate spread, or sometimes ... um ... lemon and sugar. And they— they— they always look forward to Saturdays and they can't wait till I make the pancakes.

Track 55

My favourite food, hands down, is Mexican food and it's so difficult to find it where I live now, the trade-off being that you get amazing Indian food. But, absolutely, Mexican food, when I go back to the U.S. I just gorge on it. I think Mexican food is so good because— people have made the assumption that it's just hot, and it's not. There's a real depth of flavour there. It's usually— It has to be very fresh ingredients, a lot of bright tastes. Um, there are spices there but it's not about fire – it's about depth. Um, oftentimes people think that it's just layers and layers of beans and meat but it's not – it's very veggie-heavy. Um, I like the fact that it's very mobile food and that it kind of goes with a little bit of everything.

Unit 17 Games and sports

Track 56

- 1 The sport I most enjoy is running. I do quite a few triathlons, but running is my favourite aspect.
- 2 Well, sports is huge for girls in America. Um, so we grow up from the young age of four and five playing soccer, so that's my favourite sport.
- 3 Golf is my first love, really. I have enjoyed it for some time, and I try and play ... um ... twice a week if I can.
- 4 Squash has become a huge favourite. So, love playing squash, and it's a great way to socialize as well, with friends.
- 5 Uh, I really love football ... uh ... and my favourite player is Zinedine Zidane.
- 6 I think my favourite thing about sports, which is not playing them, but watching them ... um ... is watching baseball – because traditionally in America girls don't play baseball, but every family has its own allegiance to their, you know, local team. And for me it was the Yankees, and I love rooting for them.

Track 57

At the moment, I play hockey in a hockey team. Um, it tends to be just over the winter because that's when the hockey season, ... um ... is. But I really enjoy that and I like playing in a team. Um, so I like playing team sports because ... um ... it's nice to interact with a team and kind of feel like you're all working towards the same— same goal. Um, I did used to be a member of a gym but I found it quite difficult to motivate myself to go. And ... um ... I kind of prefer being in a team sport because you're kind of exercising without really realising it – you're just sort of having fun in a team sport, so that's why I like playing hockey.

Track 58

Uh, rugby is my favourite sport. And ... uh ... I think that's because ... um ... it's a sport which ... uh ... generates great team spirit. Um, uh ... there's ... uh ... there's a place in rugby for ... um ... every kind of player. Uh, tall, thin players; small, fat players; fast players; strong players. And, um ... uh ... it means that you get ...

- Nikki My boyfriend's really into jazz and everything so ...
- Graham Well, jazz— for me— does it— what era does he like? Do you know?
- Nikki Um, he likes ...
- Graham Has it got a tune?
- Nikki He— oh— he likes all the kind of ... um ... Ella Fitzgerald and all that kind of stuff.
- Graham Brilliant, yeah that's the good stuff, 'cause after the Second World War when 'bop' came, it just gets— it loses the dance floor. Uh, the— Ella Fitzgerald is just absolutely wonderful.
- Nikki Yeah, he's really into it. There's a— there's a jazz night that we go to in London Bridge every month that he just adores, and just loses himself in it every night. I like some of it but not the really hardcore stuff that you almost can't feel the rhythm in anymore because it's so all over the place.
- Graham Well there— I mean, that's a great ... uh ... style of music to play, but not to listen to.

Unit 19 Travel and tourism

Track 62

- 1 Recently, ... um ... I went to visit my friend who lives in Mozambique. He lives in the capital, Maputo, ... um ... not far from the sea.
- 2 I went to Tunisia about two months ago. Um, we had a really nice camel ride out in the Sahara Desert.
- 3 My favourite vacation that I took recently was a trip to the Greek Islands. We were there for about ten days and we visited three islands— um, Santorini, Paros and Mykonos.
- 4 I used to work in export sales, so I travelled a lot to ... uh ... Thailand, Taiwan, Hong Kong, Japan, and other Asian countries.
- 5 I recently went to the east coast of America with a friend and had the most amazing time. Uh, my friend and I travelled from Boston, to Washington DC, to New York.
- 6 Um, I recently went to Budapest with my mother. So we got to walk along the river and go to some bathhouses, and ... um ... see a castle.

Track 63

In Argentina there's lots of really beautiful landscape. So there's mountains in the south, and ... um ... really beautiful places to visit. Um, but because it's such a big country, you have to travel quite long distances. You can fly, but it can sometimes be quite expensive. So most people travel by bus ... um ... because there aren't any trains. Um, so, some of the bus journeys are sixteen or twenty hours long.

Track 64

I like to relax when I'm on holiday, I think because I spend so much of my working day in quite stressful situations, so I do like to just get on a beach and lie on a beach. Um, but I also quite like having weekends away to interesting places, so— you know, European cities or even places in the UK that I've never been to before. I quite like just having a couple of days of city or sightseeing or— or doing different activities, but— no, when I— if I have a week off work, I like to sit on a beach, read a book, get a tan ...

Unit 20 Shopping

Track 65

- 1 I don't have time to go the supermarket, so I buy all my groceries online.
- 2 I never buy CDs any more. Um, I buy all my music online.

- 3 I love buying my holidays online – buying the flights and booking the hotels ...
- 4 Um, so I shop for clothes a lot online ... um ... because when I go into stores I struggle to find ... um ... clothes in my size.
- 5 I find it easier to buy books online. I think you can get them delivered very conveniently.

Track 66

One of my favourite things to do is to go shopping for clothes. Um, I like to look round department stores. I often go back several times to look at the same thing. The great thing about department stores is that they have everything in one place, so it's not too exhausting looking round and seeing what you'd like to buy. Um, I probably go shopping once a month. I might not buy something every month but I do like to go and have a look around. I'm really fussy and very careful about what I buy. I tend to go back to the same places, because I really like it when the store is really nicely laid out and it's more of an experience to go shopping. I really hate ... um ... crowded shops, or where they haven't displayed the things properly. Um, I do like some brands and I'll often buy ... um ... from the same companies, but I don't like it to be obv— too obvious. I don't like clothes which have got big logos on them or things like that.

Track 67

- Genevieve So, do you prefer high street shopping or online shopping?
- Fliss I like online shopping more. I— don't get me wrong – I do like shopping, in the high street, in Oxford Street, that kind of thing. But I do like online shopping, just because it's easier and I haven't got time to shop all the time. There are certain really good online shops as well, that have free delivery.
- Genevieve I love high street shopping. [*Oh, OK*] I— I think it's more person— uh, personal. Um, you get the customer service and you can try on your clothes before you bring it back.
- Fliss But good customer service, do you get?
- Genevieve Yeah, occasionally bad, but the majority I've experienced is good. [*It's OK*] And I think it's more— it's more personal and you— you get a feel for the clothes and that— I think that whenever I have bought things online, I end up bringing it— bringing it back [*Yeah*] because it doesn't fit or it's not quite right and it doesn't quite look like the picture.
- Fliss But then— but then I just think you get the safety— And you can try it on in your own home and you don't have to be in a squashed, hot changing room, where it's horrible lighting, and—
- Genevieve But that's the fun of it! [*Oh*] I love the busy— the busyness of it. It's fun. I think it's really fun. It's— Yeah, you get that kind of personal experience, and it's— it's just a nice experience.