

Audio script

1.01

1

Man They're all right in their own way, I suppose. If they're on, I'll watch them – particularly if there's nothing else on I fancy watching. I know some people get totally hooked on them, but I can take them or leave them. I quite like the gritty realism in some soaps but the majority are too far-fetched and I think they can all be blamed to some extent for reinforcing negative stereotypes in our society. They can set up expectations of people that live and work in the settings depicted in the soaps that are way off the mark.

2

Woman If you say you don't like soaps, people look at you as if there's something wrong with you. But, well, let's face it, soaps are so corny – so sentimental. The acting's usually atrocious and the story-lines are either hackneyed or downright unbelievable. How so many awful things can happen in one place, is simply absurd. They're a right load of rubbish if you ask me. I've certainly got better things to do with my time than watch soaps. If only people put as much time and passion into their real-life communities as they do into their involvement with these fictional characters.

3

Man Look, don't get me wrong, I'm the first to admit that they're a complete waste of time but I watch them anyway if I'm around and they're on. Who knows why? I have a feeling that women enjoy them more than men but quite a few of my male friends watch them, too. Maybe it's an easy way to switch off and relax for a while and forget your own problems – or just an excuse to have a good moan about how appalling they are with their unconvincing, two-dimensional characters and contrived settings.

1.02

- a When Susie first saw the house, she knew that one day she'd live there.
- b She'd happily get up at the crack of dawn to make the kids their breakfast.
- c I wanted Tim to start looking for another job but he wouldn't hear of it.
- d I'd say that this would be a difficult place to settle down in.
- e Would you pop this in the post on your way to work?
- f Typical! You would tell him about the party!

1.03

Examiner Good morning. My name is Susie Green and this is my colleague, Tom Jackson. And your names are ...?

Maria Maria.

Stéphane Stéphane.

Examiner Could I have your mark sheets, please? Thank you. First of all, we'd like to know something about you. Where are you from, Maria?

Maria Switzerland.

Examiner And you, Stéphane?

Stéphane France.

Examiner Stéphane, are you working or studying at the moment?

Stéphane I'm actually working in a restaurant and studying English at the moment.

Examiner And you, Maria?

Maria I'm still at university doing a Masters.

1.04

a

Examiner Maria, you said you're from Switzerland, what do you like about living there?

Maria Well, ... um ... it's very beautiful and there's a lot to do there.

b

Examiner Stéphane, how do you like to spend your leisure time?

Stéphane Well, I must admit that I lead a very busy life and I don't actually have very much leisure time at the moment. But I like to make the most of my free time. I'm very keen on walking and cycling and I'm very interested in the theatre. So I make a real effort do all these things whenever I have the opportunity.

c

Examiner Maria, if you could do any job, what would you choose?

Maria I'm not a very ambitious person so I don't really mind what I do. Actually, I'm quite happy as a student. I like being at university and maybe I'll do another course when I've finished my Masters.

1.05

- a How important are friendships to you?
- b Would you say you were an organized person?
- c How useful do you find the internet?
- d What kind of job do you see yourself doing in the future?

1.06

Examiner You will hear three different extracts. For questions 1–6, choose the answer (A, B, or C) which fits best according to what you hear. There are two questions for each extract.

Extract 1

Woman So how did the trip go?

Man Honestly, it was the most amazing experience. I wouldn't have missed it for the world.

Woman I just can't believe you actually succeeded in getting enough sponsorship for the trip.

Man Well, we really did push the boat out trying to drum up support in our spare time.

Woman Even so, it's amazing that you managed to fill two lorries with food and clothing, isn't it?

Man Oh, yeah – and blankets, too – all sorts of things. But remember that we had to drive them ourselves – one thousand, five hundred miles! The 'Save the Children' charity gave us a lot of practical help, too, though.

Woman And you must have been really proud of yourselves when you got there.

Man Pride didn't really come into it. Just seeing the faces of those children when we gave them some of the toys – the compassion you feel – you really want to load up the lorry with all the kids and bring them back here! But at least they were being cared for at that stage. So we left feeling that we'd done a really worthwhile job and that we could always retrace our steps – once we'd financed another venture, of course.

Woman Hmm ... I might even come with you next time ...

Man Now, there's a thought!

Extract 2

Good evening and welcome. Tonight, I'm appealing to everyone out there watching this! This live Helpline Round-the-clock Special is in aid of the famine-stricken province we've been hearing so much about recently – and seeing on our TV screens night after night. And, believe me: however little you pledge – and we will make sure that it reaches its destination – will make a tremendous difference.

Last year, in between giving concerts to raise money, I myself went out to supervise the deliveries of aid to stricken areas, and I know from my own first-hand experience that whatever we do is a mere drop in the ocean – we can never, ever send enough to help these people. But what we do send will be greatly appreciated, so it all depends on you. Pick up the phone. The number to call will be appearing on your TV screens shortly, and will be announced on radio programmes throughout the evening. You can ring and quote your credit card number or, if you can't get through, just send us a cheque or make an online donation, and you can sleep easily in your bed knowing that you've done your bit for Helpline!

Extract 3

Woman So, I understand that you and your wife sponsor six-year-old Ana from Africa. Why did you decide to take on a sponsorship like this?

Man Basically, we'd been wanting to do something to help people in the poorer regions of the world for some time. When we saw an advertisement in a magazine, we made up our minds to do something positive. 'Opportunity International' seemed like a good scheme, not least because our donation is sent straight to Ana, her family and the village where she lives.

Woman So you know where your donation ends up and who's getting the benefits.

Man Absolutely! But what I found most extraordinary about Opportunity International was the way in which it works with the locals: you see, the people themselves decide how the money can best be spent in the community where the children live.

Woman And how much do you know about Ana?

Man Quite a bit, actually. They've sent regular reports on the community's progress since we started paying, and we've found out quite a lot about the charity's activities elsewhere, too. We donate monthly, and it's not such a lot to find, in all honesty. And it's not as if we can't manage without it, or anything like that, but it's great to see that so much good can be done with the little that we give!

1.07

Student 1 We're assuming that global warming actually does exist but there are people who dispute the claim that humanity's played a major role in bringing this about.

Student 2 Hmm... I agree that public opinion on this issue is somewhat divided. And people argue that there is some evidence to suggest that this could simply be caused by natural changes in the earth's climate. But to suggest that it doesn't exist seems a rather defeatist attitude to take when what we should be doing is taking action now to prevent even worse things happening.

Student 1 But if you accept the fact that the human contribution to global warming is relatively minor, then any policies we may put in place, for example, reducing carbon emissions by cutting down on travelling by air and changing the way we power our factories so we consume fewer sources of energy, or trying to reduce the amount of greenhouse gases, et cetera, et cetera, are misplaced and we could be more profitably occupied with other matters.

Student 2 But you seem to be suggesting that all the pollution caused by road traffic and the burning of fossil fuels, and suchlike is having no effect on what's happening to the world's climate. This seems to be a rather counter-productive viewpoint given the fact that most of the evidence indicates otherwise. Look, the reality is that the earth is getting warmer, so we need to start taking action now to try and find out what's causing it. And if we don't make this action a priority, then the future of our planet hangs in the balance.

Student 1 This all sounds rather over-dramatic and I'm not sure if there is as much concrete evidence of this happening because of human interference as you imagine. The earth's climate's been subject to many changes both recently and in the distant past, and temperature records show no significant trend towards global warming. In fact the earth actually cooled between 1940 and 1975, which rather contradicts what you're saying.

Student 2 What?

Student 1 Well, we've had extreme climate conditions where the very existence of the planet and life on it was threatened and there's no guarantee that this won't

happen again. But these things can't be attributed simply to human intervention.

▶▶ 1.08

Exam narrator You will hear wolf expert Shaun Ellis talking about his experience of living with wolves. For questions 1–9, complete the sentences with a word or short phrase.

Shaun Ellis Like most young children, I grew up with an innate fear of wolves. It wasn't until I was a bit older and saw a wolf in a zoo that I realized how far away this animal was from the mythological creature I'd learned about in books and films.

I grew up in a small village in Norfolk and was always interested in the natural world and wild animals. I knew I wanted to work with them in some way when I was older. In my 20s, I read about an American naturalist, Levi Holt, who ran a wolf research centre in Idaho and I thought, 'That's where I want to go.' I sold everything I had and raised enough money for my plane fare. When I met up with biologists working on the reservation, they took me on as a basic field biologist, teaching me how to track wolves and collect data for them.

But I couldn't help wondering, 'Could a human become part of their family?' If I could, I thought – imagine what information I could share. I found myself wanting to get closer to the wolves to really understand their behaviour, even though the other biologists and scientists thought it would be dangerous.

After a year or two of working for the centre and getting to know the area – a rugged, mountainous landscape covered in forest – I moved to the wild. The first time I got up close to a wolf, within about thirty metres, any fear I had quickly turned to respect. I stayed in a den area, a remote spot where wolves look after their young, and very soon one pack began to trust me. I lived with them day and night, and from the start they accepted me into their group. I ate what they ate, mostly raw deer and elk, which they would often bring back for me, or fruit and berries. I never fell ill and my body adapted quickly to its new diet. It's easy to look back and think, 'What horrible food,' but when you haven't eaten for a week, it looks appetizing.

I couldn't hunt, but I soon became useful looking after the younger ones. I would spend days sitting outside the den, observing their behaviour and trying to make sure they kept out of danger.

I stayed with the same pack for over a year, watching pups grow to adulthood. I never missed human contact during that time.

I felt a tremendous sense of belonging with the wolves. Whenever I began to think about my old life, I would quickly switch my thoughts back; in terms of survival, I had constantly to focus on my new habitat. Although I didn't see anyone, there were people back at the reservation and I had a rendezvous point where I could leave messages if I felt I was in danger. I was only ever truly scared on two occasions: once, when all the wolves were feeding, I ate the wrong piece of meat – there's a strict hierarchy of who eats

what part of an animal – and one of the wolves leapt on me in seconds because of my mistake. He took my entire face in his mouth and started to squeeze hard. I could feel the bones in my jaw begin to bend, and in that split-second I realized how vulnerable I was and how restrained they were most of the time.

The other time, I wanted to get a drink from the stream and one of the wolves stopped me dead in my tracks, growling, snarling and nipping me. I thought, 'This is the end, he's going to finish me off.' An hour or so later, he started to lick my face and we both went to the stream for a drink. There I saw evidence of recent bear tracks and droppings, and I realized this was why he guarded me. I would almost certainly have been killed but, more importantly, my tracks would have led back to their young, so it was for their protection.

Eventually I had to leave; I had lost so much weight and looked gaunt and worn after a year. Life expectancy in that sort of environment was short and I felt it was time to come back to society. Returning to the world was a tremendous culture shock, but I knew I could do a lot with the knowledge I'd acquired. I now run a centre in Devon that helps wild and captive wolves, and offers educational courses. I want to show people that wolves aren't savage and ruthless – they're balanced and trustworthy creatures that place their family above all else.

▶▶ 1.09

Examiner Now in this part of the test you're going to do something together. Here are some pictures showing people in different situations. First, I'd like you to look at pictures A and B and talk together about how common these situations are in your country. You have about a minute for this, so don't worry if I interrupt you.

Student 1 Well, broadly speaking, this sort of pedestrian zone isn't really that common where I live. They're probably more typical in bigger cities – it's not exactly something you'd find in average-sized towns like mine.

Student 2 Yes. I'd say that's very similar to the situation in my country. You don't often come across zones like these which don't allow traffic.

Student 1 Yeah, but I think that cars and vans are pretty much always allowed into these areas to unload, particularly if there's lots of shops and restaurants. But on the whole, I suppose it's more pleasant than shopping on a busy road.

Student 2 Maybe but, generally speaking, I think people in my country would prefer to go shopping in a proper shopping mall where they won't get wet! Except of course, somewhere like this is quite nice in the summer where you can sit outside in cafés and enjoy the sun and the fresh air! Actually, the trees make it look quite pleasant, don't you think?

Student 1 Yes, trees can make such a difference. It's great to see more trees being planted like in this picture. I think this is becoming quite a popular thing to do now in my country – especially in schools.

Student 2 Yes, yes, tree-planting events seem to be happening more and more in my country as well. I think people are becoming more aware of the environment – and children usually enjoy taking part in activities like these. Actually, I quite like the idea, myself, although most trees are probably still planted in our gardens rather than in public spaces.

1.10

Examiner Now look at all the pictures. I'd like you to imagine that your local council is running a campaign to improve the environment where you live. These pictures will be used in a leaflet to promote their ideas. Talk together talk about how effective the ideas in the pictures would be in improving the environment. Then decide which idea might be the most popular. You have about three minutes to talk about this.

1.11

Speaker 1 Gosh ... many moons ago – I'm not sure where or when – I think I read somewhere that culture is anything that you learn from other people. So that would seem to be quite a ... quite a big definition. I come from Northern Ireland and today, for example, there's a there's a celebration known as the 12th of July where people from my community are celebrating a victory in a battle which happened hundreds and hundreds of years ago. You know I learned that from I suppose people like my parents, brothers, sisters, friends at school, you know from the [from the] community that I grew up in in general. And without that community – without those other people - I wouldn't have been celebrating the 12th of July – certainly not as a child anyway – I don't celebrate it these days because I'm a pacifist.

Speaker 2 I think culture is a very difficult concept to define but I think I see it as anything that unites a group of people or a community of people ... em ... so I suppose, anything that sets them apart from other people. So it might be within a type of organization or within a country, or within a continent. I think anything that is universal possibly can't be described as culture because it's just, that's just human experience. I suppose the question is whether you can have a global culture with modes of communication coming together – whether, that is possible to have a culture that everybody shares, or whether culture has to be something that separates people.

Speaker 3 I think it can be many things. If you think about culture, often people associate it with the arts, with literature, with media, with television. Having lived in many different countries and experienced many different cultures, I think it's really the behaviour of particular people in different countries and how the general behaviour in that country has influenced the way that they live. For example, that could be habits such as family traditions, maybe some cultures have a stronger family orientation – maybe it's ingrained within their culture to sit down, have family meals, be very family oriented. Whereas

maybe in western society it's, it can be quite often that we don't have similar cultures and the people you know don't have such family values, people don't eat together...

1.12

Exam narrator You will hear a group of art history students going round an art gallery with their teacher. For questions 1–5, choose the answer (A, B, C, or D) which best fits according to what you hear.

Teacher Now, let's move along to the next gallery ... whose turn is it to tell us about the next painting? Amanda, is it you?

Amanda Yes, this is the one I've prepared.

Teacher Good ... now I've got one or two questions for Amanda to guide us through this painting, so if you could all pay attention, we can get started ... Brian ... thank you. Now, as you can see it's a pre-Raphaelite painting, so we're talking 1880, 1890 ... and what can you tell us about this – and other pre-Raphaelite paintings for that matter – compared to what came before?

Amanda Well, there was very definitely a reaction against some of the earlier concerns – for example the pre-Raphaelites didn't believe in the idea that it was important to be true to nature or realistic ... This is a good example – it's by the painter Burne-Jones, completed in 1884, and it shows a lot about his philosophy of painting ...

Teacher OK. And what was it exactly?

Amanda Well in his own words, ... is it OK if I use my notes?

Teacher Yes of course.

Amanda He said that a painting should be 'a beautiful romantic dream of something that never was, never will be, in a land that no-one can define or remember, only desire.'

Teacher So in other words the very opposite of realism – no practical lessons for modern industrial societies or whatever.

Amanda Yes, exactly, and this painting is in many ways very typical of Burne-Jones – in fact his wife later said it was his most distinctive work, the one that really summed up what he thought.

Teacher OK, tell us about the story it tells.

Amanda It's called *King Cophetua and the Beggar Maid*, and it's based on an old legend from early medieval times about a king who falls in love with a beggar girl, and finds that his love for her is greater than all his wealth and power.

Teacher Was it a well-known story?

Amanda Yes – most people knew it well, but only through reading Tennyson's poetry, in which he wrote about it, rather than from the original story.

Teacher So it's another example of what we were talking about earlier – the link between the romantic movement in literature and the movements in art ... do go on.

Amanda In the painting, the artist imagines the King sitting at the girl's feet, gazing at her in adoration. Burne-Jones said he was determined that the King should look like a king and the beggar should look like a Queen, and he had certain details such as the crown and the maid's

dress specially made for him so that he could capture the detail. The setting has echoes of 15th century Italian art, particularly Mantegna and Crivelli, and it's all elaborately decorated with highly wrought textures and jewel-like colours. If you look at the clothing you can see what I mean. The two characters in the background have got these rich flowing clothes, and there's the same richness in the King's flowing cloak.

Teacher So what is he trying to tell us about here ... what about these anemones ... do they have any particular significance do you think?

Amanda Yes, the maid is holding a bunch of anemones, and if you look closely you can see that some of them have fallen on the steps by the King. The flowers are a symbol of unrequited love, and there's a lot of personal feeling in this painting, as there is in much of his work. At the time he was doing this, Burne-Jones had met and fallen in love with a girl called Frances Graham, but she then married someone else. So it's likely that the King represents Burne-Jones and the Queen represents Frances Graham, and the painting shows his feelings about losing the woman he loved.

Teacher Are there any other themes that the audience in 1884 would have recognized apart from on this personal level?

Amanda Yes, to the general public it would have had a completely different meaning, which they would have recognized quite easily – they would interpret the painting as being about the rejection of worldly wealth and the elevation of love above everything else.

Teacher Yes, absolutely ... and that was a message that was very close to Burne-Jones's heart and was very relevant for late Victorian Britain ... Well thank you Amanda, and now we'll move on to the next artist ...

1.13

Speaker 1 Hi I'm Paula. I am Italian but I grew up in Southern Africa. I was born in Zimbabwe and then my parents moved to South Africa and then subsequently when I was twenty one I moved to Italy and have spent most of my adult life living in Italy and now in the UK. I've got a very strange relationship with my accent because I think that I speak proper English and I sound like an Englishman, but as soon as I open my mouth people immediately ask me the question: 'Where are you from?' which always throws me a bit because I really don't know how to answer that question. Growing up in South Africa I was always referred to as 'the Italian stallion', probably because my parents were Italian and because my name is Italian. As soon as I moved to Italy, when I was twenty one, and they heard me open my mouth and speak Italian with an English accent, they used to call me 'the English girl' because Italians really don't distinguish between English or British English or American English, or English from any other English-speaking world's countries. So I was always 'the English girl'. And then about seven years ago I came to the UK and I thought I'd fit in perfectly because I grew

up in a British colony and I thought I was, you know, had some kind of affinity with England. As soon as I opened my mouth, once again people said to me: 'Where are you from?' and I would say: 'I'm Italian' and they would say: 'Oh! So then why do you speak with a South African accent?' and that really upsets me because my cultural identity, and my upbringing, my heritage is Italian and I feel that because I lived for protracted period of time in Southern Africa that I have somehow got an accent that doesn't fit my personality or who I think I am.

Speaker 2 I didn't really think about my accent until I left Australia and came to England and it was strange, I suppose, probably the reaction it got from people was people assumed that I was very laid-back, a very sort of easy-going-kind-of guy, which was great in terms of meeting friends, you know, people want to sort of go for a drink and thought I'd be a good laugh. In terms of getting jobs and things, it could be a bit of a disadvantage, I suppose, because um people thought that, you know, maybe I wouldn't take it seriously or that ... yeah, maybe a bit too laid-back for their work, I suppose. The honest thing I think though was that the English seem to have an assumption that because I have an Australian accent I must be really good at sport and particularly cricket, which is a very strange thing. There was one guy who actually literally asked me to be in his team purely because of the way that I spoke. Now I am absolutely terrible at cricket. So anyway, I turned up, played the game, was a complete disaster, was out for a duck and um yeah didn't ask me back – so that was that um but er yeah so but it's been good overall, I think. It comes across well, I think.

Speaker 3 I've moved so many times I sort of hardly know what my accent is now. Before I was eighteen I'd moved twelve times. I started out in New England and ended up in the Rocky Mountains and I've spent over half my life here in England. So I never really got a chance to settle into any particular accent. I suppose I'd call my accent now mid-Atlantic. But, what's happened to me is that I've ended up not really being from anywhere, so when I go to the States, they think I'm Irish for some reason. When I'm here obviously they know I'm from America but they sort of don't notice, so I can fit in or not fit in depending on the circumstances. But, I'm somewhere in the middle of the ocean, and I suppose I'm happy to be there, but I have to have to know who I am in myself because people don't really recognize me as being from anywhere.

Speaker 4 Well, I guess when I first arrived in this country many many years ago, people couldn't, simply couldn't understand a word I was saying. It was ... I had a very thick accent at the time and I think I've mellowed over the years. But when I started out, people would look at me very strange; they'd look at me to the side of their eye and with a strange kind of, you know, screwed up mouth and like look at me but they were too embarrassed to say: 'What was that?' They'd just look at you strange. And then I'd have to repeat myself. But, now, these days, it's got much more ... it's fine now. I think people can understand.

There are many people, more people, with my accent. And I remember, sometimes, people, young kids used to, you know, play around with my accent when they heard it in the street and sort of do strange movements and, you know, make fun of me in the street but that was, I just ignored it, and ... carried on.

▶▶ 1.14

- a I have read most of *Dickens'* novels.
- b I have read *most* of Dickens' novels.
- c I *have* read most of Dickens' novels.
- d I have read most of Dickens' *novels*.
- e I have read most of Dickens' novels.
- f I have *read* most of Dickens' novels.

▶▶ 1.15

Student A Well, in terms of technology, there's no doubt that learning a language is much easier than it used to be. As far as today's students are concerned, it's a completely different experience from what it was in our day. If you take for example visual aids, there was nothing like that around years ago. And when it comes to facilities like interactive computer courses – well, they all make the actual learning a far more realistic experience.

Student B Well, let me see. I would say that modern technology has had – I suppose you could say – an enormous effect on how we communicate with each other. I mean it's changed the way we arrange our social lives. We don't even telephone each other now when we want to – well, how can I put it – meet up socially. We just send er ... things like text messages and emails – so things are very different from what they used to be.

▶▶ 1.16

Well, Dunbar's number is the limit on the number of personal relationships you can have – that's to say people you can have a relationship of kind of trust and reciprocity and one that has history – and that number is about 150, give or take a few. The reason we have that limit is that it's a consequence, essentially, of the size of brain we have. If you like to think of it in terms of a juggler juggling balls in the air ... the number of people you can keep going in your mind at any one time is limited really by the size of your brain – and particularly the front part of your brain. In a way, what this raises is the whole question of what a relationship is because obviously people on Facebook claim they have four, five hundred, a thousand friends. The answer is: no, they don't. They all seem to have 150 friends and the rest are acquaintances. And the difference between acquaintances and friends is friends you have these very deeply personalized relationships with. We didn't really know what it is that allows us to have those deep personalized relationships, but it's clearly a very emotional component so in a sense it's the right side of the brain stuff. So if you think of language being mostly on the left side, emotion is being done on the right side, and the two don't always connect up terribly well so we find it difficult to express the nature of emotions and the nature of relationships in language because of that problem; this is

perhaps where the whole issue of poetry, and poets comes back into play because poets seem to have that ability somehow to express those emotional thoughts we have that the rest of us can't express and they can sort of put it into words and we look at it and go: 'Yeah, that's exactly what I meant!'

▶▶ 1.17

Exam narrator You will hear five short extracts in which people are talking about problematic relationships they have had with people at work. Look at Task 1. For questions 1–5, choose from the list A–H what each speaker says caused the problems. Now look at Task 2. For questions 6–10, choose from the list A–H what step each speaker took to solve the problems. While you listen you must complete both tasks.

Speaker 1 You'll probably think me a bit naive, but at the interviews, I was totally convinced that my new boss and I would get along like a house on fire. It was only when I'd been there just over a week that I realized how mistaken I was. She and I were just chalk and cheese, and I knew things would never be any different. I thought it would be a wise move to try and stick it out for a reasonable amount of time – you've got to think about what it looks like on your CV, haven't you? But in the end, I decided not to make a big thing of it – just cut my losses and head off elsewhere.

Speaker 2 The office is great – there's a good atmosphere and all the staff make a real effort to work well as a team – except for this one guy who seems to think he's the greatest thing since sliced bread! To say he's overbearing is putting it mildly. It really got me down after a while and I got to the stage when I used to dread going into work. But then I thought, 'Why should I let him call the shots?' Better to think about something else when he starts giving us the benefit of his opinions and just let him get on with it. And it's worked a treat. When he gets no reaction, he just sort of wanders off.

Speaker 3 I'd only been in the job a short while. It's a really busy office environment and nobody seemed to have much time to show me the ropes, so I suppose making some kind of slip-up was inevitable. But what upset me was the way my line manager dealt with the mistake I'd made. Instead of being supportive, all she did was lash out at me for not having taken the time and trouble to find out exactly what I should have done. I was pretty fed up, I can tell you. So much so that I decided to take it to the powers that be and make my grievances official.

Speaker 4 Everyone said my colleague and I were like two peas in a pod. We agreed on pretty much everything and things were going brilliantly. We had a really successful working relationship. That is until we both decided to apply for the same promotion. I thought we could both handle it, but almost immediately I noticed a change in her attitude – a kind of professional rivalry, you might call it. The atmosphere between us got so bad that I knew I only had one course of action left to me. I decided my mental

well-being was far more important than getting involved in psychological warfare so I withdrew my application.

Speaker 5 I've always enjoyed my work and it takes a lot to upset me. But since this new supervisor's been on the scene I'm just about at the end of my tether. All she does is pile more and more responsibility onto my shoulders. It's not as if we've had any serious fallings-out or anything like that – actually, I quite like her. No, it's almost as if she's floundering a bit herself and she's desperately trying to find a way to cope. I spent a few sleepless nights wondering what to do about it and eventually I decided to get it all off my chest and have it out with her.

▶▶ 1.18

Student 1 Actually, I think life with brothers and sisters is completely different from being an only child. In my opinion, having even one sibling makes you a much more sociable person and easier to get on with. What's more, you get used to being teased – you're not so sensitive. As a result, you integrate better when you go to school and at work, too, I think.

Student 2 Well, I have two brothers and it's great having someone to do things with. Incidentally, we've always been close and we get on very well, and we have similar interests and hobbies.

Student 1 So as far as having siblings is concerned, would you have liked to be an only child?

Student 2 I think my life would have been much less interesting without them, so yes, I was happy to have two brothers.

Student 1 And as regards to your character, do you think it had an influence?

Student 2 Yes – mind you, we used to have a lot of fights as well!

▶▶ 1.19

- How important do you think childhood experience is in our ability to form successful relationships?
- Do you think that in the future, institutions like marriage will disappear?
- Who should have responsibility for the welfare and health of elderly people?
- To what extent has the role of marriage changed?
- At what stage in their lives should children leave home?

▶▶ 1.20

We all carry round baggage – attitudes and beliefs that colour our response to new situations. If you're lucky, these'll be 'can-do' messages, but many of us are programmed for failure. Perhaps every time you stepped out of the door when you were little, your parents cried, 'Be careful!', as if doom and disaster lurked at every turn, or friends say, 'I wouldn't attempt that if I were you!' These negative statements can do more harm than good. If you hear them often enough, you learn to expect the worst. And this can often lead to people developing irrational phobias. So, often the immediate reaction to a new or daunting situation is, 'I can't handle it!'

Most people's confidence is a level or two below their

competency, but you really are better than you believe. Everybody feels fearful in unfamiliar situations. But that doesn't mean we should avoid them. Taking risks, even tiny ones like picking up a telephone to make a complaint, is a necessary part of accepting adult responsibility. The best strategy you can adopt is to understand why you feel so fearful and learn how to deal with it, then, when you succeed in a difficult situation, you'll feel more confident about approaching it next time around.

The people you admire for their apparent confidence and ability to cope with any situation are probably feeling just as daunted as you would be, but they don't let it stand in their way.

▶▶ 1.21

Exam narrator You will hear an interview with Cindy Talbot on the radio programme, *Young hero or heroine of the week*. For questions 1–5, choose the answer (A, B, C or D) which fits best according to what you hear.

Presenter Hello, and welcome to our programme, *Young hero or heroine of the week*. The subject this week is Cindy Talbot, a final-year college student, who was on the third day of her five-day solo-hiking trip through Colorado's National Forest when something really extraordinary happened to her – she was struck by lightning. Apparently, lightning kills nearly a hundred Americans each year, more than hurricanes or tornadoes, and to survive a direct hit is almost a miracle. Luckily, Cindy was rescued and we are fortunate to have her with us in the studio today.

Cindy Hi!

Presenter Tell me, Cindy, what were you actually doing when the lightning struck?

Cindy Well, I'd noticed the thunderclouds gathering and I was, like, resting on a rocky peak people call Eagle Peak, when I heard the thunder rumbling in the distance, and I was sort of unnerved. I gotta say I thought the thunder sounded kinda ominous. So I said to myself, 'Cindy, you'd better get moving'. You see I didn't want to get caught in a storm like that. But, I was too late, I guess. I remember when the downpour started ... and it must have lasted for about an hour, at least an hour. I knew it wasn't going to stop just like that, so I found shelter under some trees.

Presenter I suppose that seemed the best thing to do at the time.

Cindy To tell the truth it's not a very wise thing to do considering it was an electric storm, or so I'm told! But I didn't have much option. Everything happened so quickly and there didn't seem to be anywhere else nearby where I might find shelter. But eventually the sun came out and the rain started to move away, so I came out from under the trees to dry off a little bit. And then, I'd just put my backpack on – it has a metal frame, by the way! – when the whole world exploded, and I felt an electrical charge surging through my body. It was literally 'a bolt out of the blue!' I realized that by some miracle I was still alive and had to get help. But I couldn't move my legs, so I had to crawl. It sure was heavy going, but after about an hour

I reached a wet, muddy kind of track in a clearing in the forest.

Fortunately for me, Rod and Mark, the two guys who came to my rescue, had just happened to be on their way back home in their pick-up. They run a trapping company, and they... they'd been driving around in the forest checking their traps, I think. If they hadn't come along at that moment, I'm not sure I would have survived the ordeal. When they saw me and heard my story, I don't think they thought there was a grain of truth in what I was saying at first! Rod told me later that he thought what I'd told him was a bit far-fetched, to say the least!

They said they'd seen this weird-looking object – seemed to be kind of sprawling across the road ... not moving, but it wasn't a fallen tree – it looked human. I thought, 'Gee, thanks!' Anyway, they'd jumped out of the truck to get a closer look, and they found me. They managed to get me to the nearest hospital in record time, and, well, in a few days, I was on my feet again. Thanks to the guys. But I've still got the scars on my back, on my hips and foot, too. And I'm scared to death of lightning now.

Presenter I suppose lightning's not normally something to be terrified about. But you've just got to know what you're doing, haven't you? So do you feel the experience has had any long-term effect on you?

Cindy Hmm, I think it's made me realize that I'm a lot more resilient than I thought. I'm not really a quitter and I'm determined, really determined to go on hiking.

Presenter But perhaps not in electric storms?

Cindy I can't promise that, I'm afraid!

Presenter Cindy, thanks for talking to us today.

1.22

Speaker 1 It must have been about 2 in the morning when the alarm went off. There was a mad scramble as we realized that it wasn't just a routine test. We grabbed what we could and made our way to the emergency stairs. And it was then that I realized I'd left my passport and all my money in the room. I was just about to dash back and get them when I thought, 'What am I doing?' I'd have been really stupid to put myself at risk for the sake of a few replaceable possessions.

Speaker 2 We were travelling round the Mediterranean at the time. We'd been out for a meal, and when we got back to our hotel, we noticed that the safe was open. We'd been told to use it for our passports and valuables, and money and travellers' cheques. Well, of course, they'd all gone – not a trace of them anywhere. It was all a bit of a disaster. We spent ages at the police station the next morning – and even longer trying to cancel credit cards and sort everything out. In the end, we decided the only thing to do was go to the Embassy and see what they could do to help us.

Speaker 3 It couldn't have been worse. I only had a few more miles to go when it happened and it was almost midnight. Anyway, there was nothing else for it – I had two choices either to spend the night in the car, or abandon it and walk the rest of the way. I chose the latter, although,

on reflection, it might have been wiser to stay where I was.

Speaker 4 It was all very embarrassing. Every time I went through the scanner, there was this horrible bleep and they kept sending me back. The people in the queue behind me weren't best pleased either as we'd been in the queue for ages. I was beginning to feel that I'd never get on the flight but I thought that if I lost my cool, it might make me look even more suspicious. I decided not to panic. Suddenly the man operating the machine noticed that I was wearing a silver bracelet. He asked me to take it off and guess what? I sailed straight through. So much for modern technology!

Speaker 5 As soon as we entered the building, it was obvious that something was wrong. It was chaotic. There were people everywhere – all outgoing and incoming flights seemed to have been cancelled. We couldn't understand why at first, but we soon found out that it had something to do with an ash cloud from a volcano in the north making flying dangerous. Nobody had any idea how long we might have to spend there and the prospect of sleeping on the terminal floor for the night didn't inspire me in the least. We decided to go back home and wait to see what happened the next day.

1.23

- a Do you think that if we didn't take risks, life would be boring?
- b Would you agree that it's easier for the rich to feel safe and secure than it is for the poor?
- c In your opinion, are most accidents caused by people taking unnecessary risks?
- d Some people say that health and safety rules and regulations are sometimes not very effective. What's your opinion?

1.24

If you ask me, people who take exercise are full of their own self-importance. They take it all so seriously. It's a kind of religion. And it's so difficult to talk to 'sporty' people. I don't know if you've ever noticed but they get that far-off look in their eyes, and their feet keep moving on the spot.

But what worries me more than anything else is the fact that exercising makes people think that they can live forever. For them, it seems to put off the awful moment when they realize that they're mere mortals.

My take on it is completely different. In my opinion, coming to terms with yourself and finding out who you really are – well, all that comes from inside you, not from running round a park with 2,000 other people.

Added to which, exercise is downright repetitive and unending. The minute you stop, the flab returns, and the pulse slows down again.

And another thing which a lot of people don't realize is that it's unbelievably expensive. Just take, for example, things like club fees, equipment and all sorts of fancy outfits.

No, for me the best club to join is free. It doesn't have an age limit, it requires no previous experience or special outfits. And it's right there in your front room. All you need to do is

join the Couch Potato league and head off to your rightful place beside the fireplace.

🔊 1.25

Exam narrator You will hear three different extracts. For questions 1–6, choose the answer A, B or C which fits best according to what you hear. There are two questions for each extract.

Extract 1

Man So how did you get into hypnotherapy in the first place?

Woman I was having trouble sleeping, you see. It'd gone on for so long, I'd actually started doing a bit of research into hypnosis and, well, although there seems to be no doubt that it can be incredibly effective. Mind you, I was very apprehensive about going down the same route myself, I can tell you. But I'd been prescribed some mild sleeping pills and ... anyway, I decided to go and see a hypnotherapist because I honestly felt that I was on the verge of becoming addicted to them.

Man Yeah, I see what you mean.

Woman And although I never felt that I really went under, as it were, afterwards, I had the best night's sleep I'd had in years.

Man Well, that just goes to show!

Woman And after the session, the insomnia sort of cleared up. I learned something subconsciously but I'm still a bit sceptical.

Man Funnily enough, I actually had hypnosis for about two years. And after the first session, my mind seemed razor sharp and I had this feeling of great power. It only took a minute or so to put me to sleep.

Woman ... very different from my experience, then.

Man Well, yes, very. In fact, when I woke up, I felt I could fight King Kong! But it also helped me to concentrate on my game and block out the crowd. I must admit I've always had a kind of fascination with the creative possibilities of our subconscious.

Woman Yeah, me, too. Apparently we only use ten per cent of our brain so it's not surprising that it's capable of things we haven't even got a clue about.

Extract 2

In many countries smoking's now very much frowned upon. Smokers are treated like social outcasts and have to retreat outside public places if they want to indulge their habit. But giving it up isn't that easy. Most of us know someone who's tried to give it up at some point or another. Maybe you've even tried yourself, or been egged on by friends and family to do it. The first time – yes – it does seem to work – up until lunchtime, anyway! The second time – well, you don't feel like having a cigarette for twenty-four hours, but the urge slowly comes back. And, you just know you are going to fail. You feel cynical about it – you might tell your friends the timing just wasn't right. The excuses are endless. But there's something completely different that those desperate to kick the habit could try which might just work. And that is hypnosis treatment.

While you're 'under', they repeat a word – freedom – to you, and when you come round, you think of it every time you have a craving. But, by the time you think of the word, you have no desire to light up another cigarette! All you have to do is be absolutely determined that you want to give up.

And it's not only smoking that it works for! Do you ever suffer from stage fright, for example? With the help of hypnosis, you'll find that all your first-night fears are dissolved! All you then need to do is look forward to playing the character, and, while on stage, you should simply become that character!

Try a session under hypnosis and see. You'll be able to talk yourself into a semi-hypnotic state any time you're under stress, for instance, when you're flying. You won't be scared any more – it'll just help you to relax!

Extract 3

Medical emergencies are everyone's biggest nightmare, aren't they? The idea of suddenly falling ill on a long journey, particularly if you happen to find yourself in a critical situation on a plane, can put you off the idea of travelling further afield altogether. If you're lucky, there might be a doctor on board the plane, but if you're unlucky, a first-aid kit may not be enough to deal with your complaint, and even if the plane was able to make an emergency landing, it may be a very long way to the nearest hospital.

One major airline now boasts a next-generation improvement on this situation – a doctor who can monitor a patient's condition from the ground via satellite transmission. The 'telemedicine' link shows vital signs such as blood pressure, temperature and oxygen in the blood. To check on a passenger, flight attendants who've undergone basic medical training first attach sensors to the patient. A monitoring unit then plugs into the plane's satellite-communications system and this allows continuous two-way communication between the plane and the airport.

The doctor on the ground receives the signals through a computer and then decides whether the patient could safely be treated by the crew, or whether an emergency landing is necessary. A comforting thought, isn't it!

🔊 1.26

Now in this part of the test you're going to do something together. Here are some pictures of people in different situations.

First, I'd like you to look at pictures C and D and talk together about what you think the people are doing and why they might be doing these things. You have about a minute for this, so don't worry if I interrupt you.

🔊 1.27

1a I wonder if this would be more appealing?

1b I was wondering if this would be more appealing?

2a It would be much better to have an image of some fruit.

2b Wouldn't it be much better to have an image of some fruit?

3a Would an image of a gym be more striking?

3b An image of a gym would be more striking.

- 4a I think a picture of a grossly overweight person would grab people's attention.
- 4b I was thinking a picture of a grossly overweight person would grab people's attention.
- 5a I think we should go for something else.
- 5b I sort of think we should go for something else, really.
- 6a 'What do you think?' 'Well, yes, it's all right.'
- 6b 'What do you think?' 'It's all right.'
- 7a A picture of an overweight child makes far more of an impact.
- 7b I feel a picture of an overweight child makes far more of an impact.
- 8a What about a picture of some healthy food? No.
- 8b What about a picture of some healthy food? I suppose so.

🔊 1.28

Thank you. Now look at all the pictures. I'd like you to imagine that a nationwide campaign to encourage young people to lead a healthy lifestyle is being organized and these pictures are to be included in a leaflet being distributed to schools. Talk together about how successful the pictures are in conveying the idea of a healthy lifestyle. Then, decide on two other pictures that could be used in the leaflet. You have about three minutes to talk about this.

🔊 2.01

Narrator Inside the building, the room was much as Slartibartfast had described it. In seven and a half million years it had been well looked after and cleaned regularly every century or so. The ultramahogany desk was worn at the edges, the carpet a little faded now, but the large computer terminal sat in sparkling glory on the desk's leather top, as bright as if it had been constructed yesterday. Two severely-dressed men sat respectfully before the terminal and waited.

Loonquawl The time is nearly upon us, Phouchg.

Phouchg Seventy thousand generations ago, our ancestors set this program in motion, and in all that time we will be the first to hear the computer speak.

Loonquawl An awesome prospect, Phouchg.

Phouchg We, Loonquawl, are the ones who will hear the answer to the great question of Life ...!

Loonquawl The Universe ...!

Phouchg And Everything ...!

Loonquawl Ssh, I think Deep Thought is preparing to speak!

Narrator There was a moment's expectant pause whilst panels slowly came to life on the front of the console. Lights flashed on and off experimentally and settled down into a business-like pattern. A soft low hum came from the communication channel.

Deep Thought Good morning.

Loonquawl Er ... Good morning, O Deep Thought, do you have ... er, that is ...

Deep Thought An answer for you? Yes, I have.

Narrator The two men shivered with expectancy. Their waiting had not been in vain.

Phouchg There really is one?

Deep Thought There really is one.

Loonquawl To everything? To the Great Question of Life, the Universe and Everything?

Deep Thought Yes.

Narrator Both of the men had been trained for this moment, their lives had been a preparation for it, they had been selected at birth as those who would witness the answer, but even so they found themselves gasping and squirming like excited children.

Phouchg And you're ready to give it to us?

Deep Thought I am.

Loonquawl Now?

Deep Thought Now.

Narrator They both licked their dry lips.

Deep Thought Though I don't think you're going to like it.

Phouchg It doesn't matter! We must know it! Now!

Deep Thought Now?

Loonquawl Yes! Now ...

Deep Thought Alright.

Narrator The two men fidgeted. The tension was unbearable.

Deep Thought You're really not going to like it.

Phouchg Tell us!

Deep Thought Alright. The answer to the Great Question ...

Loonquawl Yes ...!

Deep Thought Of Life, the Universe and Everything ...

Loonquawl Yes ...!

Deep Thought Is ...

Phouchg Yes ...!

Deep Thought Forty-two.

Narrator It was a long time before anyone spoke. Out of the corner of his eye, Phouchg could see the sea of tense expectant faces down in the square outside.

Phouchg We're going to get lynched, aren't we?

Deep Thought It was a tough assignment.

Phouchg Forty-two! Is that all you've got to show for seven and a half million years' work?

Deep Thought I checked it very thoroughly, and that quite definitely is the answer. I think the problem, to be quite honest with you, is that you've never actually known what the question is.

Phouchg Look, alright, alright, can you just please tell us the question?

Deep Thought The Ultimate Question?

Phouchg Yes!

Deep Thought Of life, the universe, and everything?

Phouchg Yes!

Narrator Deep Thought pondered for a moment.

Deep Thought Tricky.

Phouchg Yeah, but can you do it?

Narrator Deep Thought pondered this for another long moment. Finally...

Deep Thought No.

2.02

Exam narrator You will hear a talk about the first science-fiction book written by Mary Shelley. For questions 1–9, complete the questions with a word or short phrase.

Presenter Although science fiction is often considered to be a fairly modern literary genre, it has a long tradition. By the end of the 19th century, novels involving science and fantasy had already become popular, but as James Renshaw explains, the genre goes back even further...

Renshaw The first novel that is generally recognized as a work of science fiction is *Frankenstein*, written by Mary Shelley in 1817.

Mary Shelley had an unconventional and often tragic life. She was the only child of Mary Wollstonecraft, the famous feminist, and William Godwin, a philosopher and novelist. She never knew her mother who died in childbirth, but her father had the very highest expectations of her.

Her earliest years were imbued with a peculiar sort of Gothicism. On most days she would go for a walk with her father to the St. Pancras churchyard to visit her mother's grave, and Godwin taught her to read and spell her name by getting her to trace her mother's inscription on the gravestone.

From an early age she was surrounded by famous philosophers, writers, and poets. Coleridge made his first visit when Mary was two years old. At the age of sixteen Mary ran away to live with the twenty-one year old poet, Percy Shelley, despite the fact that he was already married at the time. Although she was cast out of society, even by her father, this inspirational liaison produced her masterpiece, *Frankenstein*.

She conceived of the novel when she was just 19, and was spending the summer with Shelley in Switzerland. On the night of June 16th, Mary and Percy Shelley could not return to their home, due to an incredible storm, and spent the night at the Villa Diodati with the poet Lord Byron. The group read aloud a collection of German ghost stories, and this inspired Byron to challenge them all to write a ghost story.

Mary spent a week thinking of a suitable subject for her story, and it came to her when she had what she called a 'waking' nightmare:

Shelley I saw the pale student of unhallowed arts kneeling beside the thing he had put together. I saw the hideous phantasm of a man stretched out, then, on the working of some powerful engine, show signs of life. His success would terrify the artist; he would rush away ... hope that ... this thing ... would subside into dead matter... he opens his eyes; behold the horrid thing stands at his bedside, opening his curtains ...

In her story, the monster is created by a young student, Victor Frankenstein, who assembles the creature from various body parts he collects from graveyards and slaughterhouses. The creature he creates escapes, and flees to the woods. At first, he is innocent and lonely, but he begins to change when he is rejected and attacked by humans because of his horrifying appearance. The creature realizes that the only hope of escaping from total isolation is for Victor Frankenstein to

create a female for him, which he initially agrees to do. However, Victor then changes his mind and this leads the monster to embark on a course of horrifying revenge.

Mary completed the novel in May of 1817 and when it was published the following year, it became a huge success. The same, however, could not be said of her personal life, which was marred by further tragedies.

Mary and Shelley married, but fierce public hostility toward the couple drove them to Italy. Initially, they were happy, but their two young children died there and Mary never fully recovered. When Mary was only twenty-four, her husband drowned leaving her alone with a two-year-old son.

For her remaining twenty-nine years she lived in England which she despised because of the morality and social system. She was shunned by conventional circles and worked as a professional writer to support her father and her son.

Mary became an invalid at the age of forty-eight. She died in 1851 of a brain tumour with poetic timing. The Great Exhibition, which was a showcase of technological progress, was opened. This was the same scientific technology that she had warned against in her most famous book, *Frankenstein*.

2.03

Man Wherever you go these days, you're always being asked for some form of identification.

Woman Yes ... but that's not necessarily a bad thing, is it? It's only a way of making sure that you are who you say you are. It's a kind of protection in a way, especially when it's something fast and reliable like, well, this, for example. It seems to me that's been a very positive step in the right direction.

Man Yes, I suppose it's quick and easy but don't you think it's a bit intrusive?

Woman Hmm ... don't really see why. Do you mean that it's a kind of infringement on our privacy or something?

Man In a way, yes. I think it has a rather negative effect on people – makes them feel a bit like criminals.

Woman Oh, I see where you're coming from. You mean it's like having your fingerprints taken when you're arrested?

Man That's exactly what I mean.

Woman Well, I think that's a little bit over the top. If it's going to make our lives safer, it can't be that bad. I mean it's led to far better security checks, for a start and that can only be a good thing. Even if you don't like the idea of it, you can't deny that it's the way forward.

Man I suppose not, and it's certainly a lot better than having your fingerprints taken.

Woman Well, there you are then!

2.04

a Do you think scientists should be free to research and develop new technological advances without any constraints or restrictions?

b Do you think that life was simpler and more enjoyable without modern-day technology?

- c Do you think technology is changing the way we think?
- d How do you think technology will impact on education in the future?

2.05

How important are human rights? Long before the phrase 'human rights' came into existence, men and women fought and died for basic human freedoms. This struggle has lasted thousands of years and still continues today. Ultimately, human rights are the basis of everything people cherish about their way of life. In their absence, lasting happiness is impossible because there is no personal security, no freedom and no opportunity. All peoples have long recognized their fundamental importance and have sought to articulate and defend them. The grim reality, however, is that in virtually every country on earth, some portion of the population is a victim of human rights abuses.

2.06

Exam narrator You will hear an interview with Dr Lafford, a leading expert in the field of forensic science. For questions 1–5, choose the answer (A, B, C or D) which fits best according to what you hear.

Interviewer Today in the studio, we have Dr Lafford from the Forensic Science Service, who is here to tell us a little more about forensic science ...

Dr Lafford Good morning.

Interviewer Now, I think most people have a fairly good general picture of the kind of work you do – in many ways it's a development of Sherlock Holmes and his magnifying glass, isn't it?

Dr Lafford Yes, you could put it that way, although we've come a long way since then of course, but Holmes was very much a detective of the modern age – of course he was an intelligent man and his medical knowledge often seemed better than that of his companion Dr Watson, and certainly his observations were always very detailed ... but what sets him apart is that Holmes provides us with a good model – a very good model in fact – of the kind of approach – psychological approach – that a forensic scientist should have, and that is that the forensic scientist is absolutely impartial.

Interviewer So, you're not strictly speaking part of the police force ...?

Dr Lafford No, we are quite separate.

Interviewer Could you tell us a little about your work and what it is you do?

Dr Lafford Well, the basic principle behind forensic science is that every contact leaves a trace. Wherever we go, whatever we touch, material is transferred both ways. The shoe that leaves a mark on the ground also picks up traces of dirt, and the hand that makes a fingerprint also carries away particles from the object that was handled ... and things like hair or carpet fibres are easily passed from one person to another.

Interviewer I see, so it's not just that the suspect leaves clues at the scene of the crime, the scene of the crime leaves clues on the suspect ...

Dr Lafford Absolutely, and that is normally the most compelling evidence – not just when you have a fingerprint, for example, but also where you've found traces of, say, the carpet at the scene of a crime on the suspect's clothing, and that, of course, can be very hard to explain away.

Interviewer Is your work fairly straightforward – a question of seeing whether various samples match up?

Dr Lafford No, no, no, not at all ... forensic science is often a very painstaking task – and very time-consuming – much more so than previously, in fact, because the range of tests has mushroomed ... for example, we might be given some pieces of a headlight swept up after a hit-and-run accident and asked to identify the car, so we would fit the thousands of pieces together like a vast jigsaw, and might be able to identify the number embossed on the back of the glass ... that would help us identify the model of the car, the make, the age, and so on, making it easier to search for the suspect ... and then, once the car was located, we could tell whether the lights had been on at the time of the accident by examining the light bulb, because there would be minute pieces of molten glass on the metal filament in the bulb ...

Interviewer So you need some fairly sophisticated equipment as well as patience ...

Dr Lafford Indeed! Now, the electron microscope is invaluable in our line of work – and it basically does two things – it gives us a fantastically detailed image, so, for example, you can tell whether a piece of hair has been broken, or cut with a pair of scissors or a knife. And it can also give you the chemical composition of a sample, so that you can take, perhaps, a tiny flake of paint on a suspect's clothing and match it with paint at the scene of the crime.

Interviewer Are you at the stage then where you could say that the evidence that you provide is foolproof?

Dr Lafford No, not foolproof. There is always room for human error and there's nothing that can be done about that ... forensics is not an absolute science – I mean, let me give you an example. Now, Sherlock Holmes might have found a strand of hair at the scene of crime, perhaps black and two inches long, that would have helped him identify the murderer on the basis that the hair matched the murderer's. Now, we also examine hair ... but in the example I gave you, perhaps one person in twenty has black hair two inches long, so we need to improve on this analysis to narrow down the number of suspects. So, we would analyze the strand of hair ... using the electron microscope, as I was saying earlier ... look at its chemical composition, whether it came from a man or a woman, see how it was cut, whether it showed any traces of particular chemicals and so on, and in that way, instead of saying that one person in twenty had hair like that, it might be one person in 500,000 or a million. That would be just about as far as we could go. Now there's no such thing as certainty ... just a balance of probability, even with the most advanced techniques of genetic fingerprinting. The

evidence we provide is there to be interpreted, and that's very important.

Interviewer Well, Dr Lafford, thank you very much. We'll take a break now, but stay with us and we'll be back ...

2.07

Examiner Now in this part of the test you're going to do something together. Here are some pictures of people in different situations. First I'd like you to look at pictures B and D and talk together about why you think these pictures were taken. You have about a minute for this, so don't worry if I interrupt you.

Male I would say that this is some sort of protest march.

Female Yeah – it certainly looks like it – they might be protesting against something that affects them sort of directly – you know, high prices, job cuts – that kind of thing. Can't quite make out exactly what it is, though. Can you?

Male Not really, but they're carrying banners and it all seems fairly peaceful and orderly. It looks as if the police are keeping things pretty much under control.

Female Yeah, but that's what they should be doing anyway, shouldn't they?

Male Of course, it's their job! Anyway, I'd imagine it might have been taken by a journalist for some news report.

Female Yeah, I think so too. But this one's quite different, isn't it? It looks more like it might have been used for a campaign, something to do with guns or gangs maybe?

Male Hmm ... Perhaps it's focusing on whether individuals have the right to carry weapons.

Female You're probably right - it's quite a controversial issue, don't you think?

Male Absolutely! And it's a very emotive one, too.

2.08

Now look at all the pictures. I'd like you to imagine you are putting together a report on civil liberties for a student magazine. These pictures have been selected to appear in the report. Talk together about how effective the pictures are in illustrating the issues related to civil liberties. Then suggest two other images which could be included in the magazine report. You have about three minutes to talk about this.

2.09

Squares like a stable environment. They are conservative and like things to be regular and orderly. They like formal routines and rituals. Squares are convergent thinkers. They work towards something specific and finite. They need specific instructions and like to be presented with a technique to carry out a task. Squares will work on a job until it is finished, even if it is repetitious, cumbersome and lonely. They are logical and systematic, but might lack personal creativity.

Rectangles like structure and regularity. At work, they like meetings and committees and like protocol to be adhered to, taking all rules and regulations into consideration. If things need to be organized amongst a group of people, then the Rectangle is most likely to make that happen.

Rectangles are convergent thinkers and work towards

something specific and finite. They are logical and systematic but may lack creativity. Rectangles like to see how things are organized and enjoy understanding the principles of a situation. They enjoy the feeling of being in control.

Triangles are goal-oriented and enjoy planning and succeeding. They tend to look at big, long-term issues, but might forget the details. When given a task a triangle will set a goal and work on a plan for it. They make good executives, setting goals and making sure they are met.

Triangles appreciate having a chart of steps to follow and take great pleasure in ticking off each item that gets done. As long as their goals are clear, triangles can be quite flexible in how to get there. Triangles are convergent thinkers and work towards something specific and finite; they are logical and systematic way but they might lack creativity.

Circles are social and above all are good with people. Communication is their first priority, and circles make sure there is harmony. When given a task, circles will talk about it. Circles are fluid and flexible, and dislike rigid plans and systems.

Circles are divergent thinkers. They are creative, extroverted, and intuitive. But they are not particularly systematic or dependable. Circles irritate convergent thinkers (squares, etc.) because they appear to lack self-discipline. Conversely, circles find convergent thinkers cold and narrow-minded.

Squiggles are individual and creative. They feel best facing new challenges and get bored with regularity. Squiggles are divergent thinkers; they are creative, extroverted, and intuitive. They are communicative but not particularly systematic or dependable.

Squiggles are best at doing something new – problem solving, etc. They need novelty to maintain their motivation. They dislike routines, plans and systems. With a squiggle you must be flexible enough to jump around a bit and avoid preconceived ideas about where things will end up.

2.10

Exam narrator You will hear five short extracts in which different people are talking about their listening skills. Look at Task 1. For questions 1–5, choose from the list A–H how each speaker reacts while listening. Now look at Task 2. For questions 6–10, choose from the list A–H what strategy each speaker adopts to process what they are hearing.

Speaker 1 I consider myself a bit of an extrovert so listening isn't exactly my strong point. I tend not to look at people when I'm listening to them – I hate to admit it, but I sometimes imagine I'm asleep when I'm in a lecture. It helps me to take in what's being said and get to the bottom line as soon as possible. I still end up taking masses of notes, though. That way it doesn't look as if I'm bored to tears and not paying attention. But if someone's rambling on in a less formal kind of setting, I have this habit of sort of interrupting them and saying 'And your point is?', which can cause a few problems.

Speaker 2 I've realized that I need to have some sort of

pictorial backup to what people are saying. I need masses of detail to be able to stay focused on what's being said. For me, listening's a very interactive process so if I have no real contact with the person I'm talking to, I'm afraid I just tend to switch off.

And if someone looks away when I'm speaking to them, I just stop talking altogether. What I've found does help me to concentrate is trying to doodle or draw what people are saying to me. It's like creating a sort of picture in my mind. Sounds a bit crazy, doesn't it? But it certainly seems to work for me.

Speaker 3 People are always telling me I'm a sensitive sort of person and that really does have an effect on how I react to what people are saying to me. If somebody says something sarcastic, I probably won't even remember what it was they said, but I'll definitely remember how I felt when they said it. Sometimes I have to ask people to repeat what they say because they speak to me in a loud voice and I can't help it but end up feeling a bit vulnerable and I lose my train of thought. I can only really concentrate when I don't feel threatened, so I have to make sure I know what point the person I'm listening to is trying to make. It's irritating but there it is.

Speaker 4 I try to make use of all my senses when I'm listening to someone. In that way, I pick up much more rapidly what someone is trying to communicate to me. But I do have a tendency to cut in and finish people's sentences because I know – or I think I know – what they're going to say. It's extremely frustrating for me to have to wait for a suitable point in the conversation to be able to voice my own opinion. I know I react more positively when people give me a brief idea of what they're going to say, and then let me give some sort of immediate response. After that, I feel that I can give them my undivided attention.

Speaker 5 I must confess that I'm pretty useless as a listener. I've never been able to take in the information people give in lectures, for example. My mind starts to wander and I find that after listening to the news on the radio, I can't remember a thing about it. I know that I can only really give things my full attention when what someone is saying has a direct impact on me. I need to feel that it's worth listening because I'm hearing information which may be of some significance to me. I suppose for that reason, I've developed a way of trying to link things directly to my own life and circumstances. It's a kind of 'what's in it for me' approach.

2.11

Firstly, I think the role of work's very different from what it used to be used to be many years ago, when it often completely dominated people's lives. Many people used to commute long distances to work but nowadays in many countries that's all changing. More and more people are choosing to work from home these days and this, well, gives them a freedom they never had before. The structure of life's changed so much over the last couple of decades, with the result that it's had a huge effect on people's ways of working

and what's even more important perhaps, their attitudes to work.

I suppose one of the main reasons for this is the development of modern technology, which has ... actually made all this possible. I'm convinced that if it hadn't been for computers and the internet, work patterns wouldn't have changed half as much as they have done and we'd all still be working in the same old-fashioned ways.

In addition, I actually believe this new style of working's resulted in people having a much better lifestyle – people now have far more quality time for themselves and to spend with their families, which can only be a good thing, in my opinion. Maybe, in many ways, people are now leading healthier and possibly even happier lives than they ever did in the past.

2.12

- Do you agree that all education should be free?
- What are the advantages and disadvantages of a national curriculum?
- To what extent are we in danger of letting work dominate our lives?
- Do you think people should receive the same level of reward whatever job they do?

2.13

Examiner Some people say that TV has robbed us of our ability to communicate. How true do you think this is, Jan?

Jan Sorry, could you repeat that please?

Examiner Some people say that TV has robbed us of our ability to communicate. How true do you think this is?

Jan Actually, I'm not sure if I agree with that statement. It may have slightly changed the way we communicate with each other but I wouldn't say that it's robbed us of the ability to communicate.

Examiner Do you agree, Silvia?

Silvia I couldn't agree with Jan more. I would argue that it's stimulated communication because people usually talk about what they've seen on TV – it's a sort of point of contact in a way. So, no, I would say that it's had a beneficial effect rather than a negative ...

Jan Yes, sorry to interrupt but on the other hand, I suppose if you watch too much TV, you end up not really talking to anybody.

Silvia But don't you think that people still communicate effectively with each other in all sorts of other situations? After all, TV's a form of relaxation and ...

Jan Yes, but the point I'm making is that if some people didn't watch so much TV, then they'd talk to each other more.

Silvia Well, personally I think that's highly debatable.

2.14

- In what way can watching violent programmes on TV affect people's behaviour?
- Cable and satellite TV broadcast a wide variety of programmes, some of which are highly unsuitable for some viewers. What can be done about this?

- c How far does TV raise our expectations of life?
- d Does a greater choice of programmes ensure a higher quality of entertainment?
- e How successful do you think TV is as a tool for learning?

2.15

Exam narrator You will hear part of a radio programme presented by author and foodie, Pat Chapman. For questions 1–9, complete the sentences with a word or short phrase.

Presenter In Britain we spend £26 million a week in Indian restaurants and eat 25 million portions of chicken tikka masala a year. Pat Chapman, author of *The Cobra Good Curry Guide* and founder of *The Curry Club*, is the presenter of our food programme today.

Pat Chapman Well, the curry story is certainly an interesting one. When Emperor Napoleon failed to capture the British Isles, he dismissed its inhabitants as a nation of shopkeepers. But if he were around today, he might observe that we're now a nation of curry-house keepers. Curry's become not simply an interesting dish to have as a takeaway from time to time – it's become a national obsession.

Surprisingly enough, it wasn't until the twilight of the Raj that Britain's first Indian restaurant, Veeraswamy, opened in 1926 in London's Piccadilly. Such is the popularity of curry that the restaurant's still there, but this was very nearly not the case.

By 1950, there were just six curry restaurants in the whole of Britain. Curry hadn't really caught on, and it might never have done so had it not been for the chronic labour shortage caused by the nation's new-found, post-war prosperity. It was solved by bringing in immigrant labour from the West Indies and South Asia. The Indians, finding Britain to be a spice desert, soon made arrangements to import their beloved spices and foodstuffs. It wasn't long before enterprising Indians began investing in restaurants to offer Indian food to the indigenous British population.

It was a revelation to a nation who considered garlic a suspicious item. Not only was curry addictive but it was, above all, affordable. In just four decades, Britain became besotted with curry. Today, there's scarcely a town in the country without its 'Indian'. The total in the UK is a staggering 9,000 and they still continue to open and expand.

We still, erroneously, refer to our curry restaurants as 'Indian'. In fact, over 85% are run by people from Bangladesh, with only 8% run by Indians and 8% by Pakistanis.

Interestingly, many of our 'Indian' restaurants still operate to a formula that was pioneered in the late 1940s. A way had to be found to deliver a variety of curries from order to table, without unreasonable delay. Authentic Indian recipes require hours of cooking in individual pots, and there was no guarantee that they would ever be ordered. So, cubed meat, chicken or potatoes and vegetables were lightly curried and chilled, and a large pot of thick curry gravy, a kind of master stock, was brewed to medium

strength. To this day, portion by portion, on demand, these ingredients are reheated by pan-frying them with further flavourings. In this way, one cook can knock up several dishes within minutes. Rice is pre-cooked, breads and tandoori items made to order by a different specialist and, hey presto, your order's ready!

The menu can be very long, and any dish is available with meat, poultry, prawn, king prawn and most vegetables, too.

This is still the formula of the standard British curry house. However, it's clear that, judging by the many new restaurants which seem to appear almost daily, and the selection which appear in *The Good Curry Guide* – curry is a-changing!

2.16

Speaker 1 Well, my attitude to money is that the universe will always provide. Some people say it's a sort of easy come easy go kind of attitude to money but I feel that, you know, if I spend out on other people, it will usually come back. Unfortunately, a lot of time it doesn't come back. And I can get into debt, which ... I have a few problems at the moment, but, you know, I will always want to splash out with money because I really do feel that ultimately it will come around full circle again and money will come back to me. I love money, I really do, I adore it, and ... and when it does come in – I'm a producer so, you know, my lifestyle is very up and down – and when it does come in, I have to, obviously, get it out there as soon as I can for the next project and you never know whether that project will take off. If it does, they say you've got to accumulate to speculate, or vice versa – whatever that is – and if it does, it comes back in, which is great. But, I'm not prepared to rein it in totally – no way!

Speaker 2 There's a saying that people use a lot which is that money is the root of all evil. And I've got to completely disagree: I don't think money is the problem, I think greed is the root of all evil. And it's very interesting there 'cos there was a friend of mine from school who's an incredibly intelligent guy and he was determined he was going to be as rich as he possibly could. And he succeeded, I have to say: works in a merchant bank. He's got to be a millionaire at least. He works, I mean, incredibly hard. And we see each other all the time; he's a great bloke, well, he's a great bloke, he's a fairly greedy bloke, but he is a great guy. But, I'm sure he's not happier than I am. Now don't get me wrong, I'm not poor. I don't want to be poor, but I just want to earn enough to ... to live well. I don't want to spend every hour of every day trying to, you know, get the extra, well, however much it might be. I just want to have enough so that my family's secure, I can live a comfortable life. But other than that I'm perfectly happy just to ... to earn what I can, I suppose.

Speaker 3 I think I'm quite sensible about money. I mean I always as a child used to sort of save me lunch money and kind of, you know, spend it on something kind of sensible. I don't know why. I mean most of me friends are,

they just sort of fritter it away and like, you know, wave it around a bit, I mean. Some friends are quite quite sensible like me, but others, you know, they're always in debt or they haven't got like ... they're always saying you know: 'I haven't got a penny to rub together' and I'm like: 'Well, why? You've got to be saving it.' I mean, you can't, you got to, you know, know about your income and know what you're earning and then you know what to spend. I just don't get it. I mean, I'm an air hostess so I fly around the world and I see a lot of amazing places. ... But I work really hard and and I like to save me money and sort of spend it on proper things, you know.

2.17

a

Woman Well, one thing's certain – I've always had what you might call a head for business.

Man There's nothing like blowing your own trumpet, is there?

b

Woman Why don't we invest some of the surplus money in say, shares – that kind of thing – what do you think?

Man Well, that actually might be quite a good idea in this present economic climate.

c

Woman Hello. Diane speaking

Man Hi, Diane. Um ... I don't er... the ... the thing is ... I would ... I'm just calling um ...

Woman Is that you, John? Could you speak a bit more clearly, please? I can't understand what you're saying.

d

Woman Do you fancy coming to the cinema tonight? My treat!

Man No, I'm not in the mood tonight.

e

Woman Hand on heart, I have never ever told a lie.

Man Well, I'll believe you, although others might not!

f

Man I bet the CEO earns a fair whack.

Woman Sorry, what exactly do you mean by CEO?

Man Oh, Chief Executive Officer.

g

Woman I promise to stand by you whatever happens, Mark. You know you can count on me.

Man I know that, Susie.

h

Woman Just show me your driving licence.

Man Sure, sure – I've got it here somewhere.

i

Woman What on earth are they shouting?

Man I think they want their favourite film star to put in an appearance.

j

Man Hi, Trina. How was your holiday?

Woman It was absolutely wonderful. We had the most fantastic holiday this year. Just a dream come true! I can't remember when I last enjoyed myself so much –

everything was perfect. Bet you've never had a holiday like that!

k

Man I know who won the competition. It was David.

Woman You weren't supposed to tell anyone that!

2.18

Exam narrator You will hear three different speakers. For questions 1–6, choose the answer A, B or C which fits best according to what you hear. There are two questions for each extract.

Extract 1

Woman Let me explain that ten-point plan, which operates on a scale of one hour.

Man A plan for selling, you mean?

Woman Well, it's more than that. It's a complete strategic approach to the whole business really. If you follow all the points in the plan, you can almost guarantee a sale in an hour. The important thing is preparation. First, identify your customer and make sure you prepare all the necessary paperwork. You can't make any kind of successful sale without it. Find out exactly where the customer lives. And before you go, check your appearance.

Man Sort of smart but casual?

Woman Exactly! No way-out, scruffy clothes but not too over the top. Then – the kit – you must take all the equipment you need for the demonstration ... and you must look enthusiastic and smile! Spend the first two minutes greeting the occupants of the house. This greeting stage is crucial. And don't prejudge what kind of people they might be. Of course, you'll hear the usual objections at the door, but just introduce yourself politely and remember to keep smiling.

Extract 2

Until a few seasons ago, trainers were just smelly shoes for sport. But with fashion moving towards formal wear for both men and women, trainers have had to shape up and look luxurious. This season my collection includes a plush, leather trainer to wear with a suit. The leather soles are wafer-thin, and the toes are shaped to a narrow point. Men want an essential style that fits in across the board, from casual to formal. But even the sports trainer isn't what it used to be. This year one well-known sports giant's launching its latest technological revolution. Their new system's discarded the air pocket and replaced it with sprung supports in place of a conventional sole. Still, the influence of trainers on new styles still remains strong. You could say that ready-to-wear designers have had their eyes on them ever since it became cool to wear them to the office. But with so many designers moving into the futuristic footwear market, the top sports brands might just have reason to worry! That's why shoe specialists with the right amount of technical know-how are fighting back!

Extract 3

My latest song's just succeeded in climbing the international charts. The scale of the success is a hundred times greater than anything I could have dreamed of. When I first went

solo, I bought a few items of basic equipment and started my own studio. It was a big gamble, but I knew I had the talent to make a go of it if I worked hard enough. Almost immediately, things started to look up. I was asked to do two songs for the soundtrack of a new film, and the equipment gave a new momentum to my song writing. But only eighteen months ago, being on tour meant seven of us in a van, with me taking my turn driving and helping to lug the gear in and out of halls. Now, I've sold out an entire US tour, and it means several vehicles and a crew of about thirty. It's difficult to get my head around – and that's before the financial rewards start to come through. But don't expect to hear songs about how tough it is to be a rich, multi-million-selling star on my follow-up album. It's not so long since money was really tight for me, and nobody was listening to my music much, so my feet are still very much on the ground.

2.19

Student 1 Actually, I think it's ridiculous to say that advertising should be banned. Sweeping statements like that are simply not sensitive.

Student 2 Well, on the one hand, I certainly think it's true that advertising can persuade people to buy things they don't really need and encourage them to run up debts – on the other hand, I'm not sure that banning advertising would be the best way to stop this. Without advertising some firms would probably just go bankrupt because they wouldn't have a market for their goods. So we do need advertising but maybe it should be controlled in some way.

Student 3 On reflection, I would definitely agree that advertising can have a negative effect on some people's spending habits. But I have to say that I myself find adverts quite entertaining. I think they're quite amusing so I really enjoy watching them on TV. Some of them are a bit well, how can I put it ... childish, I suppose, but others are quite clever and they hold your interest.

2.20

Now look at all the pictures. I'd like you to imagine that you work for a company which sells wrist watches and you are looking for a new advertising image. Talk together about how successful each of the ideas might be in promoting your corporate image. Then decide which image would be the most appealing to customers. You have about three minutes to do this.

2.21

I remember my first glimpse of the place – it was from the window of a train after crossing the straits. I have to admit that I was surprised by the rather mountainous landscape and the cactus plants growing alongside the railway track. Somehow, the place looked completely different from anything I'd ever seen before. I distinctly remember the smell of coffee, real coffee – not the kind you get out of an instant coffee jar. Then there was this sort of thick fog of cigarette smoke as I stepped off the train. I mean, it really hits you.

The contrast between seeing the cactus plants and then

the stunning active volcano, which was covered in snow most of the year, couldn't have been more striking.

And then there was the sound of the people talking – not Italian, which I could just about understand, but the local dialect, which seemed to be a completely different language.

But looking back, the best thing of all, in a way, was the food – delicious fresh fish and mouth-watering sauces.

Everything was as exotic and wonderful then as it is now although it's changed a lot over the years but in those days, it really did seem like a dream come true.

2.22

Examiner Now look at all the pictures. I'd like you to imagine that a magazine is planning an article about the future role of travel in society. Talk together about what role these forms of transport might have in society in the future. Then suggest two other images of travel to include in the magazine article. You have about three minutes to talk about this.

Man Well, let's see ... an interesting one to start with might be this one – travelling by sea. Perhaps the most important thing nowadays, apart from transporting goods, of course, is the cruise ship. Years ago, everybody thought cruises were a thing of the past – you could say they'd been written off. But now they seem to be taking off in a very big way.

Woman You do have a point there but that doesn't necessarily mean they're going to become a more popular form of global transport in the future, does it?

Man To be honest, I think they very well might. In many countries, people are living longer and they've got more leisure time. And on top of that, cruises are a good option for older people who've got not only the time but also the money to take advantage of them.

Woman I see where you're coming from but at the same time, it's a bit of a niche market, don't you think?

Man There is some truth in that, of course, but what about trains, I mean how do you see their role in the future?

Woman I'm convinced that more and more people will travel by train. It's quick and easy and if they can make prices competitive, it's much more environmentally-friendly than, say, travelling by air. For one thing, trains don't pollute the atmosphere whereas planes do.

Man I think you're right there. Then there are cars, of course. They probably do as much damage as planes but we don't seem to be able to live without them.

Woman True ... most families seem to have at least one car nowadays, don't they? Anyhow, what other image do you think could be included in the magazine article?

Man I think I'd go for, maybe, um... bicycles.

Woman Oh yes – that's a good idea. Maybe the bicycle's the way forward – good exercise, no pollution and cheap! And for another image, maybe electric cars?

Man Now that might be a better image. I think they'll definitely play an important role in the future of transport. In any case, petrol supplies might run out and we'll have no alternative – we'll have to fall back on something like

electric cars.

Woman Well, yes, you're probably right there.

2.23

Now look at all the pictures. I'd like you to imagine that a travel company wants to produce a brochure offering customers different kinds of holidays based on more modern forms of these types of transport. Talk together about what types of holidays the company could offer in the brochure that might appeal to customers. Then suggest two other types of holiday involving different forms of transport the company could include in the brochure. You have about three minutes to talk about this.

2.24

Exam narrator You will hear five people talking about travel experiences they have had. Look at Task 1. For questions 1–5 choose from the list A–H each speaker's reason for choosing the travel experience. Now look at Task 2. For questions 6–10, choose from the list A–H how each speaker feels about their travel experience. While you listen, you must complete both tasks.

Speaker 1 I have to admit that an African safari wasn't exactly top of my list in terms of a new and exciting travel experience. But a few years ago we were lucky enough to come into some money, so that widened our horizons quite considerably. Everyone seemed keen on the idea so I set about organizing it. The trouble is I'm not really that fond of animals, so I was still having second thoughts when we arrived at our destination. Still, despite the misgivings, I managed to summon up some enthusiasm for our first game drive. But, to be honest, nothing could have prepared me for my own reactions. The sheer beauty of the place and seeing animals in their natural habitat was absolutely awesome and everyone in our group seemed to share my opinion.

Speaker 2 I'm a bit of a fanatic when it comes to trekking in the mountains and I'd read an article about what a doddle climbing Mount Kilimanjaro was and I decided to give it a go. Everything went swimmingly the first few days, the pace was bearable and the views were stunning. We made quite good progress and I was feeling pretty chuffed with myself – until we attempted the ascent on the summit. What no-one had bothered to explain was the fact that at those altitudes, the thin air can be really problematic. I started to feel really sick and disorientated and I could hardly walk. Don't get me wrong, about half of us did in fact manage to drag ourselves to the top, but there's no way I'd take anything like that on again in a hurry.

Speaker 3 Actually, how I ended up being a crew member on a tall ship I'll never know. I'm not the best of sailors, even on a calm sea, so I think it must have been one of those times when you just throw caution to the wind and do something reckless just to prove to yourself you're capable of it. I can't in truth say that it was the most enjoyable experience I've ever had in my life. And there were one or two pretty scary moments, too, I can tell you, especially when it was stormy and the sea seemed to be

higher than the masts of the ship. So what did I get out of it you might ask? Well, probably the fact that it made me realize that if you really put your mind to something, you do find the hidden energy and determination to cope with it.

Speaker 4 Most people seem to have a pretty romantic idea about the Scottish Highlands and there's no doubt you'll find some of the most beautiful – and remote – places in the UK there. That's why people come from far and wide to visit the place. So, being me, I had to find out if they lived up to their, and my, expectations. Well, I certainly wasn't disappointed by the scenery – anything but. No, the downside was that I went there in July – in other words, the start of the midge season. Up to early June, things are fine – more or less. But come the summer, these little black flies are everywhere and if you're camping – as we were – you can say goodbye to a good night's sleep.

Speaker 5 I'd never really thought of Cuba as a tourist destination until one evening, a friend pointed out that the best time to visit it was now – before it lost its old-world charm and changed forever, so that was that. On reflection, I suppose the beaches we went to there do look pretty much like those anywhere else. But you soon realize that Cuba isn't just a carbon copy of umpteen other places and it certainly hasn't lost its culture. Our guided tour was well, a bit like travelling back in time. There really is something quite unique and irresistible about the place and the easy-going attitude and charm of the people who live there.

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