

Listening

1.2

All four journalists Excuse me..., Excuse me..., Cindy..., Cindy...

Journalist 1 Just a few questions...

Actress OK, OK, but you have just one minute.

Journalist 1 What brings you to Toronto?

Actress I'm here to accept an award and do some interviews.

Journalist 2 How long are you going to be in Toronto for?

Actress Just 48 hours, then I'm flying back to the States.

Journalist 3 That's a very short stay. Don't you like Toronto?

Actress I love Toronto, but unfortunately my new movie starts shooting on Monday.

Journalist 4 There've been rumors that you and your husband are having relationship problems. Can you tell us if there's any truth in that?

Actress No, no, no, no. No comment. No more questions.

1.9

1 Dominic

Interviewer Have you ever been asked a strange question in an interview?

Dominic Yes, it was my first interview when I was applying to Sarah Lawrence University in New York – where I'm studying now.

Interviewer What was the question?

Dominic The question was, if you could have dinner with three people from the past, who would you choose and why?

Interviewer And what did you answer?

Dominic It was one of the first questions I was asked, and I said, "I can't answer this right now. Can I answer this at the end?" because I couldn't think of anyone. So they said, "OK," and then they asked me the question again later, and I said something ridiculous like John Lennon, um, Picasso, and, uh, I can't even remember who the third person was, it was another sort of artist or musician I think.

Interviewer Do you think it was a good question?

Dominic Yes, because it made me think, I mean, it wasn't something I was expecting at all, and all the other ones were more yes / no, direct questions, so this one made me think a little more.

Interviewer And you got in?

Dominic Yes, I did.

2 Heidi

Interviewer Have you ever been asked a strange question in an interview?

Heidi Yes, I have, that was many years ago, it was one of my first job interviews, in London, actually, after I moved to London from Germany. It was for a financial department, and the manager who interviewed me, I can't remember, but I believe he was German, he asked me, "Do you have a boyfriend?", and "Are you planning to get pregnant?"

Interviewer That's illegal now, isn't it?

Heidi Yes, I know, and I believe that was illegal then.

Interviewer And what did you answer?

Heidi I said no, I didn't have a boyfriend, and I had no plans to get pregnant any time soon, but at that point, it was clear to me that I didn't want to work for that company.

3 Sean

Interviewer Have you ever been asked a strange question in an interview?

Sean Yes. I was being interviewed for a job with an advertising agency and the interviewer kept checking information on my résumé and then asking me about it, and he saw that I'd studied philosophy in college, and he said, "Oh, I see that you studied philosophy in college. Do you still practice philosophy?"

Interviewer What did you answer?

Sean I said the first thing that came into my head, I said, "Well, I still think a lot."

Interviewer Was the interviewer impressed?

Sean Well, he obviously liked the answer because I got the job.

4 Alice

Interviewer Have you ever been asked a strange question in an interview?

Alice There's one I can think of, which was when I was being interviewed for a job with a company in Canada.

Interviewer What was it?

Alice Well, the interviewer asked me, "What animal would you like to be reincarnated as?"

Interviewer Weird question!

Alice Totally.

Interviewer What did you say?

Alice So I said a cat, because it was the first thing I thought of and because cats have a good life – well, at least in the US they do. And then the interviewer immediately looked embarrassed and said that he'd been told to ask me that question to see how I would react, but that he thought it was a stupid question.

Interviewer What happened in the end?

Alice I didn't get the job, so maybe the interviewer wasn't very fond of cats!

1.10

On December 4th, 1872, a ship called the *Mary Celeste* was found floating in the Atlantic. There was no one on board. The ship wasn't damaged, and everything was in order, although the lifeboat was missing. None of the crew or passengers were ever seen again.

On March 4th, 1918, a huge ship called the *USS Cyclops* left Barbados with 300 people on board, and sailed into what we now call the Bermuda Triangle. Then it disappeared without a trace. No distress call was made and no bad weather was reported in the region. A huge search for the *Cyclops* was launched – boats and planes scoured the area for wreckage or survivors – but nothing of the enormous ship was ever seen again.

On July 2nd, 1937, Amelia Earhart, the famous American aviator, took off with her navigator from New Guinea, in a small plane, on the last stage of their around-the-world flight. It was the last time they were seen alive. \$4 million dollars were spent on the search, but no trace of Amelia or the navigator was ever found.

1.12

An Edinburgh police officer, Robert Muirhead, was sent to the island to solve the mystery. Muirhead was a hard-working, practical investigator, and not at all superstitious. Among other clues, he found equipment lying all over the island, and also a huge rock, much too heavy for any men to carry, lying on the steps leading up to

the lighthouse. In the end, the only explanation he could think of was that the men had been carried off by an enormous wave.

Muirhead's explanation was immediately rejected. But more than 100 years later, in 1995, the ship *Queen Elizabeth II* was hit by a 100-foot wave that according to her captain, "came out of the darkness" and "looked like the White Cliffs of Dover."

Then a paper published in a scientific journal recently proved that the "monster wave," which for centuries had been considered a sailors' myth, is a mathematical reality: many smaller waves can suddenly combine in mid-ocean and create a huge wave of devastating force. Most marine scientists now agree that it is a naturally occurring (though rare) event.

So finally, the only explanation that fits the facts is that the three lighthouse men had rushed out to attend to some emergency and had then been swept away by an enormous wave. Inspector Muirhead, it now appears, was almost certainly right. He solved the case back in 1901, but he had to wait another century for the proof.

However, science still cannot answer all the questions surrounding the Flannan Islands mystery. Why did one man leave his rain jacket behind? Why were the bodies of the men never found? Maybe these are things we will never know.

1.16

A walk in the forest

I'm going to describe a situation and ask you some questions. Answer quickly without thinking about it too much, the first thing that comes into your head. Are you ready?

Imagine that you're walking through a beautiful forest. The sun is out, there's a light breeze. It's a really beautiful day. You're walking with one other person.

Question 1 Who are you walking with?

As you walk through the forest, you come across an animal.

Question 2 What kind of animal is it? A big animal or a small one? How do you interact with the animal?

Now you're walking deeper into the forest, and you come to a clearing, where there are no trees. There's a house in the middle of the clearing.

Question 3 How big is the house? Does it have a fence around it or not?

You walk up to the door of the house and it's open. You go in, and you see a table.

Question 4 What is there on the table? Are there any people sitting around it?

You finish looking around the house and you leave out of the back door. There's a huge yard behind the house. You go into the yard, and in the middle you find a cup.

Question 5 What is the cup made of? Is it a ceramic cup? Metal? Plastic? Paper?

As you walk to the end of the yard, you come to some water. You must cross this water in order to get home.

Question 6 What kind of water is it? A lake? A river? A small pond? How do you cross it? How wet do you get?

1.17

What you have just done is a psychological test that analyzes how you interact with other people. Now I'm going to tell you what your answers mean.

The person you were walking with is an important person in your life.

The animal represents problems in your life. The bigger the animal, the more problems you have.

How you interact with the animal represents how you deal with your problems. If you were aggressive or decisive, that means you confront your problems, try to solve them. If the interaction was peaceful, then you're a more passive person and often wait for problems to go away.

The house represents your ambitions. The bigger the house, the more ambitious you are. If there was no fence around the house, it means you're very open-minded, and welcome new ideas. If it had a fence, then you're more convinced that you're right, and tend to surround yourself by people who agree with you.

The table represents how you're feeling right now. If there was food or there were flowers on the table, and people sitting around it, this suggests that you're feeling happy in your relationships. No food, flowers, or people suggests that someone in your family or a friend is making you unhappy. The cup represents how strong your relationship is with the person you're walking with, and how long the relationship will last. The harder and more resistant the material of the cup is, the stronger your relationship is.

The water represents your friends. If you saw a large river or lake, you have a big social circle and like to be surrounded by people. If you got very wet when you crossed it, your friends are very important for you. If you hardly got wet at all, it means that you depend less on your friends and are more self-sufficient.

2.8

Bettina So, my husband and I were out shopping in our local town, and I saw a man lying on the ground. He was just a stranger, not someone I knew, and his wife was there, standing by him. And I used to be a nurse in the ER, so I went straight up to him to see if I could help. He was a little blue, I felt his pulse and he didn't have a pulse, so I thought he was probably having a heart attack. I felt calm because I knew what to do – um, I started doing cardiac massage, you know, putting your hand on the chest and pressing down fast and at regular intervals, and my husband talked to the man's wife, he took her to one side to calm her down, because obviously she was in shock. I kept going until the ambulance turned up and the man was still alive then, and they took him to the hospital. I was really happy that I could do something.

Umesh So, I was riding my bike to work one morning, and just as I was coming around the corner, an old lady stepped off the sidewalk in front of me and she tripped and fell onto the street. I just managed not to ride my bike into her, and I dropped my bike and I went over to see if she was OK, and it was busy on the street because the stores were just opening and lots of people were around. She'd fallen pretty hard, but she was still conscious and she told us she was sure she'd broken her arm. Somebody stopped the traffic, and I helped move her to the sidewalk, somebody else went and got a chair from one of the stores, and someone else called an ambulance, and we stayed with her until it came. It was obviously an effort for her to sit up, it was very painful, so I let her lean against me. I remember I was kind of worried because I'd left my backpack on the bike with all my things in it and I was worried someone was going to steal it, but I couldn't move because I was holding the woman up.

Later, I went to visit her in the hospital and she'd actually broken her shoulder in two places and had to have an operation. I think though, if I'd just been walking past, I wouldn't necessarily have gone to help, but because it had happened right in front of me, I felt I had to do something, and now I'm, I'm glad I was able to do something – I felt pretty good about it afterwards.

Alison So, I was waiting for the bus at the end of my street to go into work. A very big man, very tall man walked past the bus stop and I noticed him particularly because he was wearing very dirty clothes and he was walking in kind of a strange way, and to be honest, I thought he might be dangerous. Then all of a sudden, he stopped walking and fell backwards, and hit the back of his head on the sidewalk. He fell so hard on the back of his head that it made a really loud noise. And then he just lay still. Some teenagers in line called an ambulance and I stood by the man. I felt completely helpless. He was breathing, but I didn't really know what to do. The ambulance arrived pretty quickly, and the paramedic took the man's hand and talked to him, and then they put him on a stretcher and took him away. Afterwards, I thought I should've done more, I should've maybe turned him on his side, or put a coat under his head – at least, I should have held his hand to show someone was there. I felt kind of ashamed because I think the reason why I didn't help him more was because he was dirty and scruffy, and I was scared of him.

2.9

Doctor Hello again, Mr. Payne. What's the problem this time?

Mr. Payne Doctor, I haven't been feeling well for a few days. I've been coughing a lot, and I keep getting headaches. I have a temperature today.

Doctor What have you been taking for the headaches?

Mr. Payne Acetaminophen. But I read on the internet that headaches can be the first symptom of a brain tumor.

Doctor How many tablets have you taken today?

Mr. Payne I took two before breakfast.

Doctor And have you taken your temperature this morning?

Mr. Payne Yes. I've taken it five or six times already. It's high.

Doctor Let me see. Mmm...well, your temperature seems to be perfectly normal now.

Mr. Payne I think I need a blood test. I haven't had one for two months.

Doctor Well Mr. Payne, you know, I think we should wait for a few days and see how your symptoms...um...develop. Take two more acetaminophen and go to bed early tonight.

Mr. Payne But...

Doctor Goodbye, Mr. Payne. Goodbye.

2.10

Receptionist Your next patient is Mrs. Morris – here is her file...

Doctor How many times has Mr. Payne been to the Health Center this month?

Receptionist Uh, six times, I think...

Doctor That Mr. Payne! He's a complete pain in the neck...

2.23

Host Welcome to today's program. The topic is age and fashion, and the question is, do people these days dress their age, and should they? Our guests are both fashion journalists with well-known magazines. Hello, Liza and Adrian.

Liza, Adrian Hello. Hi!

Host Hi. Let's start with you, Liza.

Liza Well, the first thing I'd like to say to all the young people out there is, next time you give your grandma a warm cardigan and some fur slippers for her birthday, don't be surprised if she asks for the receipt, because she'll probably want to go out and change them for something more exciting.

Host So you think these days older women dress much younger than they used to?

Liza Oh, absolutely. Think of women like Meryl Streep, Catherine Deneuve, Helen Mirren, Jane Fonda... When Jane Fonda was in her seventies, she appeared on a talk show wearing a leather miniskirt – she looked fabulous! But, of course...

Adrian I have to say, I saw that show and I thought Jane Fonda looked awful...

Host Adrian, can you let Liza finish?

Adrian Sorry. Sorry, go ahead.

Liza Well, what I was going to say was that it isn't just famous women who are dressing younger; some recent research says that nine out of ten women say that they try to dress younger than their years.

Adrian What about younger women?

Liza Well, yes, of course it depends on your age. A lot of teenage girls try to dress older than they are, maybe to get into clubs. But I would still say that from 30 onwards, most women try to dress younger than they are.

Host And do you think there's anything wrong with that?

Liza Nothing at all, it's a question of wearing what suits you. And that could be anything, from current trends to classics. I mean, OK, there are a very few things that can look a bit ridiculous on an older woman, like, let's see, very short shorts...but not many.

Adrian I think very short shorts look ridiculous at any age, well, on anyone over 15 or so.

Host Adrian, what about men? Do you think they also try to look younger than their age?

Adrian Well, interestingly, in the research Liza mentioned, only 12% of the men who were questioned said that they had ever thought about dressing to look younger. But actually, I think a lot of them weren't telling the truth. Look at all those middle-aged men you see wearing jeans which are too tight and T-shirts with slogans. I think they look terrible, as if they're trying to pretend they're still in their twenties.

Liza Sorry, but I don't agree. I think Mick Jagger looks great in tight jeans and T-shirts. They suit him!

Adrian True, but Mick Jagger is one in a million. Most men of his age can't carry it off. Personally, I do think that men should take their age into account when they're buying clothes.

Host Let's go back to the idea of dressing older than your age. Do you think that men do that too?

Adrian Yes, definitely, some do. Some men in their twenties look as if they were 20 years older by wearing blazers and chinos, or wearing a suit and a tie to work when these days most men don't dress like that.

Liza Maybe they've just started work and they want their bosses to take them more seriously?

Adrian Well, maybe.

Host I think we're running out of time. So, to sum up, Liza, Adrian, what would your fashion rules be?...



2.24

Host So, to sum up, Liza, Adrian, what would your fashion rules be? Liza?

Liza Wear whatever you think suits you and makes you feel good.

Host And Adrian?

Adrian Dress for the age you are, not for the age you wish you were.

Host Liza, Adrian, thank you very much.

3.1

A Good afternoon. This is your captain speaking. I'd like to welcome you all aboard JetBlue Flight 23 to Los Angeles. We are currently cruising at an altitude of 33,000 feet at an airspeed of 400 miles per hour. The weather along the way looks good and we are expecting to land in Los Angeles approximately 15 minutes ahead of schedule. So, sit back, relax, and enjoy the rest of the flight.

B Attention passengers. This is a track change. The 9:04 New Haven Line train from Grand Central Terminal with service to Waterbury will now depart from track 103. Passengers traveling on the 9:04 New Haven Line train to Waterbury, please go to track 103. The train is boarding.

C Attention please. Hudson Line service from Croton-Harmon to Grand Central Terminal may experience delays of 10 to 15 minutes because of track work. We apologize for any inconvenience.

D Ladies and gentlemen, we ask for your attention for the following safety instructions. Please review the safety information card located in the seat pocket in front of you. There are six emergency exits on this aircraft, all marked with exit signs. Take a minute to locate the exit closest to you. Note that the nearest exit may be behind you.

E This is the final boarding call for passengers Alice and Christopher Carter for Delta Flight 2116 to Las Vegas. Please proceed to Gate three immediately. I repeat. This is the final boarding call for Alice and Christopher Carter. Thank you.

F Ladies and gentlemen, welcome aboard United Flight 78 to San Francisco. We are currently third in line for take-off and are expected to be in the air in approximately seven minutes time. We ask that you please fasten your seatbelts at this time and place all carry-on luggage securely underneath the seat in front of you or in the overhead compartments. We also ask that you make sure your seat backs and tray tables are in their full upright and locked positions for take-off. Please turn off all personal electronic devices at this time.

G The next train arriving on track 3 will be the 10:25 AmTrak Texas Eagle with service to Chicago, making stops at Lincoln, Bloomington-Normal, Pontiac, and Joliet. Please board using all doors. Full meal service is offered in the dining car, which is located at the back of the train.

H This is a Brooklyn-bound F train. The next stop is Delancey Street. Change here for the J, M, and Z trains.

I This is the pre-boarding announcement for AeroMexico Flight 5279 to Mexico City. We're now inviting those passengers with small children, and any passengers requiring special assistance, to begin boarding at this time. Please have your boarding pass and identification ready. Regular boarding will begin in approximately ten minutes time. Thank you.

J We have now landed in London Gatwick. Please disembark by either the front or rear exits. Make sure you have all your personal belongings with you.

3.9

Interviewer With me in the studio today I have Richard, who's a pilot, and he's going to answer some of the most frequently asked questions about flying and air travel. Hello, Richard.

Richard Hello.

Interviewer So, Richard, the first question is, what weather conditions are the most dangerous when flying a plane?

Richard Probably the most dangerous weather conditions are when the wind changes direction very suddenly. Uh... this tends to happen during thunderstorms and tropical storms and it's especially dangerous during take-off and landing. But it's very unusual – I've been flying for 25 years now and I've only experienced this three or four times.

Interviewer What about turbulence? Is that dangerous?

Richard It can be very bumpy and very uncomfortable but it isn't dangerous. Even strong turbulence won't damage the plane. Pilots always try to avoid turbulence, but it can sometimes occur without any warning, which is why we always advise passengers to wear their seat belt all the time during the flight.

Interviewer Which is more dangerous, take-off or landing?

Richard Both take-off and landing can be dangerous. They are the most dangerous moments of a flight. Pilots talk about the "critical eight minutes" – the three minutes after take-off and the five minutes before landing. Most accidents happen in this period. But I would say that take-off is probably slightly more dangerous than landing. There is a critical moment just before take-off when the plane is accelerating, but it hasn't yet reached the speed to be able to fly. If the pilot has a problem with the plane at this point, he has very little time – maybe only a second – to abort the take-off.

Interviewer Why are passengers asked to turn off their electronic devices during take-off and landing?

Richard It's mainly because they don't want passengers to be distracted, in case there's an emergency. It has nothing to do with the devices interfering with aircraft controls, I mean, aircraft control systems are so sophisticated now, that they wouldn't cause any interference. Incidentally, that's also the reason why people have to put their tray tables up. If we had to abandon take-off or have an emergency evacuation a tray table could cause a passenger injury or prevent other passengers from getting out easily.

Interviewer Is it really worth listening to safety demonstrations?

Richard Definitely. I can tell you for a fact that when pilots are passengers during a flight they always identify the nearest emergency exit and count how many rows in front or behind it is.

Interviewer Do you ever get scared?

Richard I've been asked this many times and the answer is no – honest to goodness. I've been flying since I was 16 and there's never been a single occasion where I've felt scared in the air. Bear in mind you've been asking me about dangerous situations, but these are incredibly rare.

Interviewer Thank you very much, Richard.

3.21

Part 2

The day of the party arrived. Mathilde was a success. She was the prettiest of them all, elegant, smiling, and mad with joy. All the men stared at her, asked her name, and asked to be introduced. She danced all night in a cloud of happiness.

They left at about four in the morning. It was a cold night, and her husband could not find a cab. They walked towards the Seine, shivering and finally found one. When they got home, Mathilde took off

her cloak, but as she glanced at the mirror to see herself one last time, she suddenly gave a cry. Her husband, half undressed already, asked – "What is the matter with you?"

She turned to him, in terror.

"The necklace. I have lost Madame Forestier's diamond necklace!"

He jumped up, frightened –

"What? How? It is not possible!"

They searched everywhere, but they did not find it. They had no way of contacting the cab driver. Her husband rushed out, and retraced their steps from the Ministry to where they had caught the cab. He came back at about seven o'clock in the morning. He had found nothing. He went to the police, to the newspapers, and to the cab companies to offer a reward, hoping against hope that it would be found.

"You must write to your friend," he said, "that you have broken the clasp of her necklace and that you are having it repaired. That will give us time to decide what to do."

By the end of the week they had lost all hope. The next day they went from jeweler's to jeweler's, looking for a necklace like the one Mathilde had borrowed.

In a shop in the Palais Royal, they found a diamond necklace that seemed to them absolutely identical. The price was thirty-six thousand francs.

Monsieur Loisel had eighteen thousand francs which he had inherited from his father. He borrowed the rest, asking a thousand francs from one friend, five hundred from another, doing business with money lenders, and signing promises to pay which he was not sure he would be able to keep. Finally, he was able to raise the eighteen thousand more that they needed.

When Mathilde took the necklace back to Madame Forestier, she said, coldly, "You should have brought it back sooner. I might have needed it."

4.7

Host And moving on to our next guest... We all know that one of our favorite topics of conversation here in the US is the weather, especially after this summer's scorching temperatures in the Southwest, along with the unusual below-average temperatures in the Northeast. Now, we have with us in the studio meteorologist Matt Wallace, and earlier in the show we asked listeners to tweet us any questions they had about the weather, and now Matt's going to answer some of them for us. Welcome to the show, Matt.

Matt Thanks, Jennie.

Host So, the first question for you from our listeners is: What's the difference between a meteorologist and a TV weatherman?

Matt Well basically, a meteorologist collects all the data, whereas a TV weatherman, well, is given the information and presents it on the radio or on TV or wherever. Keep in mind, a few TV weathermen are also trained meteorologists, but not many.

Host How far ahead can you accurately predict the weather?

Matt I think typically, we can forecast about five to seven days ahead on average. But some weather is more predictable than others. If there's high pressure, with not much changing, we could forecast, maybe, seven to ten days ahead. On other occasions, it can be very uncertain, we don't know even over just a few hours, so for example, if there's a lot of low cloud at airports, it will be very difficult for us to know when the cloud is going to clear enough for aircraft to take off or land.

Host Are long-term forecasts ever accurate?

Matt In terms of forecasting as far ahead as next summer or winter, there's a very new system where we can see how what's happening in one part of the world might affect another weather system somewhere else, so, like, weather in the Arctic, the Gulf of Mexico, the Caribbean, and even the Pacific Ocean all make a difference to the weather in the US. So we can't get real detail that far ahead, but we can get a general trend.

Host What's your favorite kind of weather?

Matt Thunderstorms, especially at night, because they're very exciting. You can see things like the lightning moving around inside the clouds, especially when the lightning really highlights the shape of the clouds. You never quite know what weather might come out of a thunderstorm, it's a kind of "weather factory" really. It can generate large amounts of rain of tremendous intensity, it can bring very strong winds, large hail, snow sometimes... there's just incredible power and majesty in thunderstorms.

Host In what ways have you noticed that the weather has changed in the last ten years?

Matt Well, in fact, over the last ten years, I don't think the weather has changed an awful lot. This year we've had an intense heatwave in Texas with over 30 days of 100-degree temperatures, while in Alaska—typically one of the wettest places in the US—there's been a drought, it's unusual, yes, these are quite extreme for the US, I guess, but it's not unprecedented, both have happened before, and both will happen again. There's evidence to show that maybe extreme weather is happening a little bit more frequently; certainly globally, looking at the science, it tends to have gotten more extreme than it has been in the past, and it's obviously becoming a little warmer as well, so yeah, but I haven't necessarily noticed it myself day to day.

Host Are you optimistic or pessimistic about climate change?

Matt I'm pretty pessimistic about it. I think in the US, it will probably lead to more frequent, more extreme heat waves in the South and in Southern California, potentially colder and longer winters in the Northeast, and some more extreme weather as well, more intense rainfall, and a greater risk of extreme flooding in the Midwest and in the Pacific Northwest.

Host Matt, thank you very much for coming and answering our questions...

4.8

1 Holly

Interviewer Are you a risk-taker?

Holly Generally definitely not, and I think that started early in life when I was little. I hated getting hurt, so I thought, if I don't take any risks, I won't get hurt, and so I think even to this day I'm not really a risk-taker.

Interviewer Can you give me an example of a risk you have taken?

Holly Well, as I said I don't usually take risks, for example, I hate flying. I only fly if there's no alternative, and I drive safely, carefully, because I don't want to put myself or my family in any danger. But once, someone persuaded me to try scuba-diving. I was very worried in the beginning, until I knew what I was doing. My mom was absolutely horrified that I was going to try it, so maybe it's a personality thing. In my family, my children are the same way, but anyway, in the end I was pretty happy I tried scuba-diving, it's one of the best things I've ever done! That's so interesting, isn't it, so even for me, I can see that sometimes taking a risk has a positive outcome.

2 Natalie

Interviewer Are you a risk-taker?

Natalie I'd say that, on the whole, that I am, yes.

Interviewer Can you give me an example of a risk you've taken?

Natalie Well, something I do a lot is buy things on eBay. And there, you're buying something you, you've never seen, you're relying on what the seller says about it, but you're going to calculate the risk based on their description, and how much you're paying, so if it only costs \$10.00, it's not a great risk, however, if it's an expensive item, you might lose some money. But I guess that's something that most people take a risk on now.

3 Tom

Interviewer Are you a risk-taker?

Tom I am in some ways, I mean I've done some things that were physically dangerous – but when it comes to things like money, then I think I'm much more conservative.

Interviewer Can you give me an example of a risk you've taken?

Tom Well, when I finished college, my mom and dad just wanted me to apply for a normal kind of job, like, working for a company, but I decided that I wanted a little more fun while I was that age, so I decided to spend some time working as a restaurant manager, and I worked at lots of different food and drink festivals all over the world. I knew it would affect my résumé, because employers are always asking you questions about why you chose to do that, how was that useful to you, and just saying it seemed like a fun idea isn't a very good answer. After two or three years, I realized that it was going to be pretty hard for me to keep on doing the job past the age of about 30. But now I'm glad I did it, and actually maybe it gave me what they call soft skills, like being flexible and dealing with people, which are really useful in my job now – I work in sales in a computer software company – so yeah, I think the risk was worth it in the end.

4 Jeanie

Interviewer Are you a risk-taker?

Jeanie Um, not really, no, I don't think I am. Though once I took a really big risk.

Interviewer What was it?

Jeanie When I graduated from college I went right into a really well-paid job straightaway, um, and after about two years I was doing really well and enjoying it a lot. And then, through some friends, I met this guy, Marco, and we fell in love immediately, I know people think love at first sight doesn't really happen, but it did. Anyway, um, he was – is – a scientist, a marine biologist, um, and after we'd been going out for maybe two months or so he was offered a job working in Australia and he said, "Come with me." I did think about it for a little bit, but not much, and I left my well-paid job to follow a man I'd known less than three months to the other side of the world. My parents were horrified. I was horrified myself, actually. But I married him and we're still together. So it was definitely worth it, but on the other hand, um, I haven't really had a career as such, and if I hadn't gone with him then, maybe I would've had a different kind of life. Who knows?

4.14

- 1 Skiing was the first extreme sport that I did. I started when I was six and I haven't really stopped since. I take after my dad – we're both sports-crazy. He got me into skiing so he could take me on winter vacations.
- 2 I've done a lot of extreme sports in the mountains, such as mountain biking, and rock climbing, and ice-walking across glaciers. I've also done white-water rafting recently. It's very hard work, but really worth the energy.
- 3 I think it's because I love taking risks, I love the adrenaline rush.
- 4 I don't really think about getting injured or killed. I've never had a bad accident, but I've had some scary moments, where I knew if I made a mistake, I could get seriously hurt. But I've never really thought there was a chance I could die.
- 5 I think more and more people are taking part in extreme sports because they're becoming more accessible, and there's much more exposure than before on TV and on social media. Like I said before, it's the adrenaline rush that people really enjoy – you can't always get that in your everyday life.
- 6 A few years ago, I would have said men were much more associated with extreme sports. However, I think it's becoming a little more equal between men and women. Extreme sportswomen are really appreciated, because they're going against the gender stereotype, but, men do still seem to dominate, maybe because they were more involved when the sports were first recognized.

5.2

Interviewer What was the most difficult or challenging part of your experience?

Ali Well, because you're, um, put on the island with just the clothes on your back and a few basic tools, it means that anything you eat you have to find, catch, and kill, if necessary. So for the first week, we didn't eat anything at all except a few coconuts. Um, so I lost four kilos in just a week. Um, after that most of what we ate was yucca, which is like a potato, grows in the ground. But you have to walk a lot to find it, um, and even then it would only be the equivalent of having a small potato each, um, every day. So we were still hungry. We were able to catch some fish, um, and then we did manage to kill a wild boar. And also because of the lack of food we became really weak, so it was hard you, hard even to go out for a stroll along the beach. That became really difficult. It was also difficult being dirty all the time, because the water we had to wash in, uh, was the ocean. So you're obviously salty and covered in sand and you never really feel clean. Um, when it rained, which was all the time, the ground would become really muddy and everything would just get absolutely filthy. We had a couple of weeks where the weather was really bad, so we were completely soaked, really freezing cold, wet, miserable, and hungry. Um, and the other thing that was really difficult was the tension between the groups and also within our group, because everyone was very stressed and hungry and tired, it didn't take much for arguments to occur. And there's nowhere to escape from on the desert island.

Interviewer What were the highlights?

Ali So at first, even just landing on the island was a highlight, um, because we were so excited and we were meeting all these new people, um, we'd never met before, and we were full of enthusiasm and energy. Um, and we just had lunch, so we weren't hungry. Um, so when Bear Grylls picked us up on his boat and drove us round the island, um, and then he stopped in the middle of the ocean and threw us out



of the boat and told us to swim to the island, um, which was so exciting. Um, and the last week was also a real highlight for me because the two groups came together and we built a communal shelter in the middle of the beach so everyone – for everyone to sleep in and to enjoy, and we had a really good time. The weather at this point, um, had turned really good and so, we had a sports day and we had a talent show, and even a wedding! It was a really fun week. Um, but I think probably leaving the island was the real highlight – best day of my life, even. Um, it was so good to know that we'd survived for 35 days. And seeing Bear pull up on his boat, uh, to come and collect us was just an amazing feeling. I felt both really proud and super relieved.

Interviewer Out of the 16 people that landed on the island, 13, including Ali, managed to last the whole five weeks. Two participants decided to leave before the end, and unfortunately, one had to go to the hospital with an eye injury. By the last week, the participants had all realized that they were much more effective working together as one big team than trying to survive in separate groups. How much money they earned or what their background was turned out to be completely irrelevant. Both teams worked hard, kept their moral high, and survived.

5.8

Yossi and Kevin soon realized that going by river was a big mistake. The river got faster and faster, and soon they were in rapids.

The raft was swept down the river at an incredible speed until it hit a rock. Both men were thrown into the water. Kevin was a strong swimmer and he managed to swim to land, but Yossi was swept away by the rapids.

But Yossi didn't drown. He was carried several miles downriver by the rapids, but he eventually managed to swim to the river bank. He was totally exhausted. By an incredible piece of luck, he found their backpack floating in the river. The backpack contained a little food, insect repellent, a lighter, and most important of all...the map. But the two friends were now separated by a canyon and three or four miles of jungle.

5.9

Kevin was feeling desperate. He didn't know if Yossi was alive or dead, but he started walking downriver to look for him. He felt responsible for what had happened to his friend because he had persuaded him to go with him on the river.

Yossi, however, was feeling very optimistic. He was sure that Kevin would look for him, so he started walking upriver, calling his friend's name. But nobody answered.

At night Yossi tried to sleep, but he felt terrified. The jungle was full of noises. Suddenly, he woke up because he heard a branch breaking. He turned on his flashlight. There was a jaguar staring at him...

Yossi was trembling with fear. But then he remembered something that he had once seen in a movie. He used the cigarette lighter to set fire to the insect repellent spray and he managed to scare the jaguar away.

5.10

After five days alone, Yossi was exhausted and starving. Suddenly, as he was walking, he saw a footprint on the trail – it was a hiking boot. It had to be Kevin's footprint! He followed the trail until he discovered another footprint and then another. But suddenly he realized that the footprints weren't Kevin's footprints. They were his own. He had been walking around in a circle. At that moment Yossi realized that he would never find Kevin. In fact, he felt sure that Kevin must be dead. He felt totally depressed and at the point of giving up.

5.11

But Kevin wasn't dead. He was still looking for Yossi. But after nearly a week, he was also weak and exhausted from lack of food and lack of sleep. He decided that it was time to forget Yossi and try to save himself. He had just enough strength left to hold onto a log and let himself float down the river.

Kevin was incredibly lucky – he was rescued by two Bolivian hunters who were traveling downriver in a canoe. The men only hunted in that part of the rainforest once a year, so if they had passed by a short time earlier or later, they wouldn't have seen Kevin. They took him back to the town of San José, where he spent two days recovering.

5.12

As soon as Kevin felt well enough, he went to a Bolivian army base and asked them to look for Yossi. ("My friend is lost in the jungle. You must look for him.") The army officer he spoke to was sure that Yossi must be dead, but in the end Kevin persuaded them to take him up in a plane and fly over the part of the rainforest where Yossi might be. But the plane had to fly too high over the rainforest and the forest was too dense. They couldn't see anything at all. It was a hopeless search. Kevin felt terribly guilty. He was convinced that it was all his fault that Yossi was going to die in the jungle. Kevin's last hope was to pay a local man with a boat to take him up the river to look for his friend.

5.13

By now, Yossi had been on his own in the jungle for nearly three weeks. He hadn't eaten for days. He was starving, exhausted, and slowly losing his mind. It was evening. He lay down by the side of the river ready for another night alone in the jungle.

Suddenly he heard the sound of a bee buzzing in his ear. He thought a bee had got inside his mosquito net. But when he opened his eyes, he saw that the buzzing noise wasn't a bee...

It was a boat. Yossi was too weak to shout, but Kevin had already seen him. It was a one-in-a-million chance that Kevin would find his friend. But he did. Yossi was saved.

When Yossi had recovered, he and Kevin flew to the city of La Paz and they went directly to the hotel where they had agreed to meet Marcus and Karl.

But Marcus and Karl were not at the hotel. The two men had never arrived back in the town of Apolo. The Bolivian army organized a search of the rainforest, but Marcus and Karl were never seen again.

5.20

1 One thing I really regret is not being brave enough to ask out a girl who I met at a party last summer. I really liked her but I was just too scared to invite her on a date in case she said no. I wish I'd tried. I'm absolutely sure we would have gotten along. Now it's too late – she's engaged to another guy!

2 Um, I wish I'd had more time with my grandmother. She died when I was 12, and since then I've discovered that she must have been a really fascinating person, and there are so many things I'd love to have been able to talk to her about. She was Polish, but she was in Russia, in St. Petersburg, during the Russian Revolution and she knew all sorts of interesting people at the time: painters, writers, people like that. I was only a kid, so I never asked her much about her own life. Now, I'm discovering all about her through reading her old letters and papers, but I wish she'd lived longer so that I could have talked to her about those times face-to-face.

3 When I was in college, I had the chance to earn two degrees at the same time—a four-year degree in aeronautical engineering and a Master's degree in mechanical engineering. My parents were eager for me to study for both degrees because they thought I'd probably get better job offers when I graduated. But I was totally against the idea because my engineering classes were hard, and I spent a lot of my time studying. Plus, I wanted to hang out with my friends every now and then and have some fun. So, I ended up graduating with one degree, and I have a good job. But now I wish I'd listened to my parents because if I want to advance my career at my current job, I have to go back to school and get my Master's degree in ... mechanical engineering.

6.1

1 Carlos

Interviewer Why do you have problems sleeping?

Rafa Well, I'm Mexican, but I moved to New York a few years ago when I married an American woman. I've been living here for three years now. I have a lot of problems falling asleep at night because our bedroom just isn't dark enough. I can't get used to sleeping in a bedroom where there's light coming in from the streetlights outside. In Mexico, I always used to sleep in complete darkness because my bedroom window had blinds and when I went to bed, I used to close the blinds completely. But here in New York, our bedroom window just has curtains and curtains don't block out the light enough. It takes me a long time to fall asleep at night and I always wake up more often than I used to do in Mexico.

Interviewer So why don't you just get thicker curtains?

Carlos Because my wife doesn't like sleeping in a completely dark room. She says that she feels claustrophobic if the room is too dark.

Interviewer Ah, yes, some people do feel like that.

2 Marc

Interviewer Why do you have problems sleeping?

Marc Well, I'm a police officer, so I have to do shift work, which means I work at night every other week, so I start work at 10:00 at night and finish at 6:00 in the morning the following day. The main problem is that my body's used to sleeping at night, not during the day. So it's really hard to get used to being awake all night and trying to work and concentrate when your body is just telling you to go to bed.

Interviewer But isn't it something you eventually get used to?

Marc Actually no, because I work during the day for one week and then the next week I work at night, which means that just when my body has gotten used to being awake at night then I go back to working in the day, and then of course I can't get to sleep at night because my body thinks it's going to have to work all night.

The other problem is that when I get home after working a night shift, everyone else is just starting to wake up, so that means that it can be really noisy. The neighbors play the radio, and bang doors and shout to wake their children up. So even though I'm really tired, it's just really hard to get to sleep.

Interviewer How many hours do you usually sleep?

Marc Before I became a police officer, I used to sleep about eight or nine hours a night, but I think now I probably don't sleep more than six hours.

3 Steph

Interviewer Why do you have problems sleeping?

Steph I have a lot of problems sleeping because of jet lag. I have to travel a lot in my job and I take a lot of long-haul flights. I fly to New York quite often and I arrive maybe at 6:00 in the evening my time, but when it's only 1:00 in the afternoon in New York. So at 5:00 in the afternoon New York time, I'll be feeling tired and ready for bed because it's my bed time. But I can't go to sleep because I'm probably still working or having dinner with my American colleagues. Then when I do finally get to bed at say midnight, I find that I wake up in the middle of the night because my body thinks that it's morning because it's still working on UK time.

Interviewer And can you get back to sleep when you wake up?

Steph No, that's the problem. I can't get back to sleep. And then the next day when I have meetings I feel really sleepy. It's very hard to stay awake all day. And just when I'm finally used to being on New York time, then it's time to fly back to the UK. And flying west to east is even worse.

Interviewer Oh! Why's that?

Steph Because when I get off the plane it's early morning in the UK. But for me, on New York time, it's the middle of the night. It takes me four or five days to recover from one of those trips.

Interviewer Wow! That must be really difficult for you.

Steph Yeah, it is.

6.9

I know a lot about sleep. I've been involved in sleep research for over 36 years. I call myself a sleep expert, and I think that if you are going to give advice about sleep, you should follow your own rules. So here are some things you should know about my sleep habits.

- 1 I sleep in a different bedroom from my partner. Everyone should sleep alone. It's much better, if you can, to have your own room. You can wake refreshed, rather than be angry because your partner snored all night. My partner wasn't offended when I suggested we had separate rooms. In fact, she found she slept much better. Apparently, I make funny noises in my sleep.
- 2 I sleep under natural materials. I wouldn't dream of getting into a bed made with hot, sweaty, manmade fibers. If you're really hot, it's hard to fall asleep or stay asleep. This is why we turn over at night – not just to relieve pressure, but to find a cool spot. To sleep well, we need to lose one degree of body temperature, and cotton is excellent at keeping us cool.
- 3 I'm obsessive about pillows. Pillows are really necessary for good sleep. It's essential that your body is in the right position, and a pillow should fill the gap between your shoulder and neck, to keep the neck and spine aligned when you lie on your side. I have two pillows because I'm tall and that works for me, but if one pillow holds you in the correct position, that's fine too. I wash my pillows every six months and dry them outside.
- 4 I sleep with the window open. Fresh air is good for sleep, and a build-up of carbon dioxide disturbs it. It's the warmth under the comforter that's important, not the warmth of the room. So keep your bedroom door open and open the window at least a centimeter every night, all year round. Even if it's minus 5 degrees, I keep the window open, and curl up with a hot water bottle.
- 5 I don't have dinner late. I prefer to eat before 7:00 p.m. If you have a large meal too close to bedtime, your body will still be working to

digest it, and not resting. Eating your main meal three or four hours before bed is ideal.

- 6 I drink coffee in the evenings. After dinner in a restaurant I will happily order an espresso. Many people are insensitive to caffeine. Unless you know that you're sensitive to caffeine, it's actually the worrying that you've drunk caffeine that keeps you awake, not the caffeine itself.
- 7 I need nine and a half hours of sleep. It's a myth that you need an average of eight hours of sleep. Sleep need is genetic – some people might need four hours, others eleven. The right amount of sleep for you is something you can figure out based on how many hours you need to feel alert during the day. That figure stays the same for you throughout your life. I always wake up at the same time early every morning, so to get the amount of sleep I need, I know I need to be in bed by 9:30 p.m.
- 8 I read a book before going to sleep. Everyone should have a way to relax before going to sleep. I read a non-thrilling book, often short stories, or a book with short chapters. You don't want something where every chapter ends on a cliffhanger, because that makes you want to read on.

6.10

Part 1

I think it's very interesting that human beings are the only animals which listen to music for pleasure. A lot of research has been done to find out why we listen to music, and there seem to be three main reasons. Firstly, we listen to music to make us remember important moments in the past, for example, when we met someone for the first time. Think of Humphrey Bogart in the film *Casablanca*, saying, "Darling, they're playing our song." When we hear a certain piece of music, we remember hearing it for the first time in some very special circumstances. Obviously, this music varies from person to person.

Secondly, we listen to music to help us change activities. If we want to go from one activity to another, we often use music to help us make the change. For example, we might play a certain kind of music to prepare us to go out in the evening, or we might play another kind of music to relax us when we get home from work. That's mainly why people listen to music in cars, and they often listen to one kind of music when they're going to work and another kind when they're coming home. The same is true of people on buses and trains.

The third reason why we listen to music is to intensify the emotion that we're feeling. For example, if we're feeling sad, sometimes we want to get even sadder, so we play sad music. Or we're feeling angry and we want to intensify the anger then we play angry music. Or when we're planning a romantic dinner, we lay the table, we light candles, and then we think, "What music would make this even more romantic?"

6.12

Part 2

Let's take three important human emotions: happiness, sadness, and anger. When people are happy, they speak faster and their voice is higher. When they are sad, they speak more slowly and their voice is lower, and when people are angry, they raise their voices or shout. Babies can tell whether their mother is happy or not simply by the sound of her voice, not by her words. What music does is, it copies this, and it produces the same emotions. So, faster, higher-pitched music will sound happy. Slow music with lots of falling pitches will sound sad. Loud music with irregular rhythms will sound angry. It doesn't matter how good or bad the music is, if it has these characteristics, it will make you experience this emotion. Let me give you some examples. For happy, for

example, the first movement of *Beethoven's Seventh Symphony*. For angry, say, *Mars*, from *The Planets*, by Holst. And for sad, something like *Albinoni's Adagio for Strings*.

Of course, the people who exploit this most are the people who write film soundtracks. They can take a scene which visually has no emotion and they can make the scene either scary or calm or happy, just by the music they write to go with it. Think of the music in the shower scene in Hitchcock's film *Psycho*. All you can see is a woman having a shower, but the music makes it absolutely terrifying.

7.1

F1 = female student 1, M1 = male student 1, F2 = female student 2, F3 = female student 3, M2 = male student 2

F1 Where's my milk? It's not here.

M1 I haven't seen it. You must have finished it.

F1 I definitely didn't finish it. I was keeping some for my cereal this morning. One of you must have used it.

F2 It can't have been me. I only drink my oat milk. Could you have finished it last night and then forgotten? Did you have something before going to bed?

F1 No I didn't. I just drank a glass of water.

M1 Someone might have given it to the cat.

F1 Oh come on. We all know she drinks water, not milk. I'm telling you, last night I know there was some milk in the refrigerator. MY milk.

M1 Well, I don't know what's happened to it. In any case, you should have put your name on it.

F1 I did put my name on it! In capital letters!

F3 And it wasn't me, because I stayed at my Mom's last night, and I had breakfast there before getting back here.

F1 What are you drinking Jack?

M2 Just coffee.

F1 Yes, white coffee. That's where my milk went. You didn't have any milk of your own in the refrigerator.

F2 Ooh, Jack, you bad boy!

F1 Well, you can go to the supermarket and get me some more.

M2 OK, OK, calm down. I'll go and get you some milk...

7.7

In life, we sometimes have disagreements with people. It could be with your partner, with your boss, with your parents, or with a friend. When this happens, the important thing is to try not to let a difference of opinion turn into a heated argument. But, of course, it's easier said than done.

The first thing I would say is that the way you begin the conversation is very important. Imagine you live with your partner, and you're feeling annoyed because you feel that you always do most of the housework. If you say, "Look, you're not doing your share of the housework," you're beginning the conversation in a very negative way, and the discussion will very soon turn into an argument. It's much more constructive to say something like, "I think we should take another look at how we divide up the housework. Maybe there's a better way of doing it."

My second piece of advice is simple. If you're the person who's in the wrong, just admit it! This is the easiest and best way to avoid an argument. Just apologize – say to your roommate, your parents, or your husband, "Sorry, it was my fault," and move on. The other person will have much more respect for you if you do that.

The next tip is, don't exaggerate. Try not to say things like, "You always forget our wedding anniversary," when maybe this has only happened



once before, or, “You never ever remember to turn off the lights.” This will just make the other person get very defensive because what you’re saying about them just isn’t true. If you follow these tips, you may often be able to avoid an argument. But if an argument does start, it’s important to keep things under control and there are ways to do this.

The most important thing is not to raise your voice. Raising your voice will just make the other person lose their temper, too. If you find yourself raising your voice, stop for a minute and take a deep breath. Say, “I didn’t mean to shout. I’d rather not argue with you, but this is very important to me,” and continue calmly. If you can talk calmly and quietly, you’ll find the other person will be more ready to think about what you’re saying.

It’s also very important to stick to the point. Try to keep to the topic you’re talking about. Don’t bring up old arguments, or try to bring in other issues. Just concentrate on solving the one problem you’re having, and leave the other things for another time. So, for example, if you’re arguing about the housework, don’t suddenly say, “And another thing, I was really disappointed with my birthday present – you didn’t make any effort at all.”

And my final tip is that, if necessary, call “Time out” like in a sporting event. If you think that an argument is getting out of control, then you can say to the other person, “Listen, I’d rather talk about this tomorrow when we’ve both calmed down.” You can then continue talking about it the next day when maybe both of you are feeling less tense and angry. That way, there’s a better chance that you’ll be able to reach an agreement. You’ll also probably find that the problem is much easier to solve when you’ve both had a good night of sleep.

But I want to say one last thing that I think is very important. Some people think that arguing is always bad, but that isn’t true. Conflict is a normal part of life, and dealing with conflict is an important part of any relationship, whether it’s three people sharing an apartment, a married couple, or just two good friends. If you don’t learn to argue properly, then when a real problem comes along, you won’t be prepared to face it together. Think of all the smaller arguments as training sessions. Learn how to argue cleanly and fairly. It will help your relationships become stronger and last longer.

7.10

This still is from the movie *Atonement*, a period drama set in the 1930s. It shows Keira Knightley, who plays Cecilia Tallis, the elder daughter of a wealthy family, and James McAvoy who plays Robbie, the son of the family’s housekeeper. Cecilia is studying at Cambridge University, and, unusually, Robbie is too, his studies being paid for by Cecilia’s father. Despite moving in very different circles in school, they have always been close and they are now back at the family home for the holidays. This evening, there’s going to be a dinner party, to which Robbie has been invited. In this shot, he is following her in to dinner. She is feeling anxious and indecisive, because she has just realized that she is in love with him, but she knows that their relationship would be frowned upon given their difference in status. Despite this, soon after they declare their love for each other. The movie was one of Knightley’s first big starring roles. It won several awards and was nominated for several others, including costume design. This green dress is one of the stunning outfits she appears in.

7.12

A Meryl Streep was nominated for an Oscar for her performance as Katherine Graham in *The Post*. The movie is about how Graham, the first female publisher of a major American newspaper—*The Washington Post*—and her staff published classified government documents about the US’s involvement in the Vietnam War. The movie, set in 1971, focuses on Katherine as she tries to balance the deaths of her husband and father with managing the newspaper and a busy social life. Katherine feels nervous about running the newspaper because she has little business or journalistic experience. In this still, Katherine is talking to the paper’s executive editor about possibly getting and publishing US government secrets about the war. Her expression shows a mixture of feelings: concern for publishing the material and risk facing legal action from the US government, perhaps some disappointment that the US government had these secret files, and perhaps some worry as she weighs making the right decision for herself, her paper, and the United States.

B This is a scene from the fantasy movie *Fantastic Beasts and Where to Find Them*, which is a prequel to the Harry Potter movies. Set in 1926, the movie stars Eddie Redmayne as the wizard Newt Scamander, who comes to New York with a suitcase containing several magical creatures. When he’s at the bank, one of the creatures escapes from the suitcase. In this scene, he’s desperately trying to recapture it, and is watching, horrified, as it starts stealing things from people in the bank. J.K. Rowling herself both wrote the script and co-produced the movie, and it was the first movie set in Harry Potter’s wizarding world to win an Oscar.

C Frances McDormand, who won an Oscar for best actress in *Three Billboards Outside Ebbing, Missouri*, is without doubt one of the most versatile actresses of her generation. This still is from the Coen brothers’ black comedy *Burn after Reading*, which also starred George Clooney and Brad Pitt. McDormand plays the role of Linda Litzke, a personal trainer, who, with her co-worker Chad, tries to steal money from a retired CIA worker. Linda is in desperate need of money, mainly because she’s obsessed with expensive cosmetic surgery. In this scene, she’s discussing with the doctor the work she wants done. During the discussion, the doctor has suggested that she have an operation to get rid of her crow’s feet – the lines and wrinkles around the eyes. Linda protests that they’re baby, tiny crow’s feet, and as the doctor explains the procedure, she feels more and more unsure and indecisive about what to do. The genius of McDormand’s acting is that although the character of Linda is self-centered, superficial and not very bright, McDormand manages to portray her as a true American heroine.

D This still shows Daniel Kaluuya in the 2017 horror movie *Get Out*. Daniel plays the role of Chris, a young black photographer, who goes to meet the parents of his white girlfriend Rose, who live in a large house in the country. Although the parents try to make it clear that they’re not at all racist, Chris quickly realizes that there is something very strange about them, and about the black servants they employ. In this scene, Rose’s mother, a psychiatrist who practices hypnotherapy, is hypnotizing him. Although in theory it is to help him to stop smoking, here she gets him to relive the horror and the shock of the evening when he was six years old and his mother was killed in a car accident. Kaluuya was nominated for an Oscar for his performance, and the movie won the Oscar for best screenplay.

7.14

Exercise 2 is called: Stroking an animal.

This exercise is often used in drama classes for beginners, to help them to develop their body language. It should be done in a group. Each person must think of an animal they really like. It can be a wild or tame animal, big or small. Then imagine stroking it. Think about where it is, in your hand, in your arms, standing or sitting next to you. Now, one by one, mime the action for the rest of the group. They have to guess which animal it is.

OK, now exercise 3 is called: What were they wearing?

The exercise is aimed at developing attention. Attention is very important for an actor because you have to be able to observe every detail of other people.

This exercise is done in a group, with one person acting as the host. In a group, sit in a circle and, for three minutes, try to focus on what everyone is wearing. It’s important to remember as many details as you can: clothes, accessories, etc. After three minutes, close your eyes unless you’re the host of the game, and the host asks questions, for example, “Anna, tell me, please, what’s Helen wearing?” “John, what color are Anna’s shoes?” etc. At the end, everyone opens their eyes and checks the answers.

The last exercise we’re going to do today is exercise 4: The “magic” image.

Showing emotions on stage or on camera can be very hard for some beginners. One trick, which this exercise helps with, is to develop a way of recalling the desired emotion.

The exercise can be done individually or in groups. Choose one emotion, for example, “anger,” and then on a piece of paper, write down some situations that make you angry, for example, noisy neighbors, or bad drivers. If you’re doing this in a group, show each other what you’ve written down – you may want to choose some ideas from another person’s list to add to your own list. Choose no more than five situations in total. When you have your final list, think of an image for each situation, for example, for noisy neighbors, it could be a dog, for bad drivers, a car, and so on. Now the important part – you need to create one new image on the sheet of paper that combines your separate anger images, for example, a car with a dog in the back, etc. This is your “magic image” of anger. Recalling this image will help you to show anger when you’re acting. You can do the same thing with other emotions, such as happiness, sorrow, and so on. So now let’s actually do these exercises. We’ll start with number two, stroking an animal. So, if you can get into groups of five or six, we’ll get going.

8.1

Stay safe

Street crime is often unplanned, so making yourself less of a target, moving with purpose, and being aware of your surroundings will go a long way to keeping you safe when you’re out and about. Here are eight important pieces of advice.

- 1 Be prepared. Always plan your route in advance. Carry a fully charged cell phone and some cash, and tell someone where you’re going.
- 2 Be assertive. From the moment you step out onto the street in the morning, you need to look assertive, and act and walk with confidence. This will always make you appear in control and you will seem much less vulnerable.
- 3 Be aware. Using a cell phone, whether you’re calling, messaging, or looking up information, reduces your awareness of your surroundings. So does listening to loud music on headphones, or wearing a hooded jacket or sweatshirt.

- 4 Hide it. Keep your valuables hidden either in a bag or under your clothes. This includes your phone, other devices such as cameras or tablets, and jewelry. Remember – out of sight, out of mind.
- 5 Go against the flow. When you're walking on the sidewalk, always face towards the oncoming traffic. This will make it more difficult for thieves on two-wheels to ride up from behind and snatch your bag. But, don't forget to still be aware of anyone approaching from ahead of you.
- 6 Trust your instincts. At night, try to avoid walking alone in places such as parks and quiet side streets, or in fact, in any area you don't know. If you do have to walk, keep to busy places where there is a lot of activity, good lighting, and security cameras. And if you're on public transportation, it's much better to travel with people you know or stick to routes that other people are using.
- 7 Make a plan. Discuss with friends what to do if something were to go wrong on your night out together, for example, if you were to get separated. Agree on a backup plan and keep an eye on each other during the evening. And stick to what you've agreed.
- 8 Look out for trouble. If a stranger offers you a ride, don't accept it, even if you're tired, or running late for an appointment. Be careful whose car you get into, especially at airports or train stations. Illegal drivers often don't have a valid driver's license and they overcharge passengers. Don't accept a ride from someone you don't know especially when you can call a trustworthy ride-sharing service. Stay safe!

8.7

Newsreader Police in Stockport are looking for a man who is said to be the most polite armed robber. The robber always says please and thank you when he orders store workers to give him money from the cash register. It is believed that he is a tall man in his early forties and that he wears a mask and rubber gloves during the robberies. It is thought that he has robbed at least four stores in Stockport in recent weeks. DI Anderson from Greater Manchester Police has given a warning to the public.

Police Officer He is reported to be polite to his victims, but there's nothing polite about armed robbery. Last week, this man used a knife to threaten store workers and they were terrified. Saying please and thank you doesn't change that.

8.11

Story 1

And now, news from around the country. In Fayetteville, Georgia, a truck filled with instant ramen noodles worth approximately \$98,000 was stolen from a Chevron gas station near Georgia Interstate Highway 85 North. According to a report filed by the victim with local authorities, the truck disappeared sometime last week. The victim persuaded the gas station's owner to give him permission to park the tractor-trailer there. When the truck driver went back to the gas station to get his truck, it was gone, along with all the instant noodles. Lt. Allen Stevens, who works for the Fayette County Sheriff's Office was reported as saying that this is the first "ramen noodle theft that has ever occurred here in Fayette County." What does \$98,000 worth of instant ramen noodles translate into? Well, on average, one package costs about 29 cents. That means that there were more than 300,000 packages of instant ramen in the stolen truck. While most nutritionists probably would not recommend eating instant ramen more than once or twice a month, there is enough for one person to eat three times a day for the next 300 years!

Story 2

And now for our last story today – a zoo in Egypt has denied painting a donkey with black stripes in order to make it look like a zebra. Egyptian student Mahmoud Sarhan, 18, was visiting the zoo in Cairo, when he noticed the animal, which had strange looking black stripes. Mr. Sarhan was suspicious, and took a photo of the animal, which appeared to have strange black marks on its face, and posted it online. He later told the media, "I knew it was a donkey as soon as I saw it. I'm an artist. I know the different shape of a donkey and a zebra, so it was easy to tell the difference." After the image was shared on social media, it went viral. Egyptian news site Extranews.tv approached a local vet, who agreed to examine the photo. He pointed out that zebras usually have a black nose and mouth, whereas the animal in Mr. Sarhan's photo appears to be pale in this area. The vet added that authentic zebra stripes are usually straighter and clearer than those on the animal in Mr. Sarhan's photo. The local radio station contacted the zoo's director, Mohamed Sultan. However, he refused to admit that the animal was a donkey.

9.1

The first point to bear in mind is that nothing, nothing, is ever free. How often have you seen ads saying things like, "Get a free Bluetooth speaker when you subscribe to our magazine for six months"? There's something about the word "free" that immediately attracts us – I want it! It makes us feel clever, as if we're going to get something for nothing. But, of course, that Bluetooth speaker (which, incidentally, will probably break the second time you use it) wasn't free at all. In spite of what the ad said, its price was really included in the magazine subscription. So, don't trust any ad that offers something for free.

A second trick that advertisers use is when they tell us, "There are only a few left! Buy now while supplies last!" What happens to us when we read or hear these words? Even though we don't really need the products, and maybe don't even like them, we immediately want to be among the lucky few who have them. But – let's be clear about this – companies just don't run out of products. Do you really think the manufacturers couldn't produce a few more, if they thought they could sell them? Of course they could.

When it comes to new products, we, the consumers, are like sheep and we follow each other. So, another way advertisers have of getting us to use something is to tell us, "Everybody's using it." And of course, we think everybody can't be wrong, so the product must be fantastic. So as to make us believe it, they use expressions like, "It's a must-have" or "It's the *in* thing," and they combine this with a photograph of a large group of people, so that we can't fail to get the message. But don't be fooled. Even if everybody is using it (and they may not be), everybody can be wrong.

Another favorite message is "You too can look like this," accompanied by a photo of a fabulous-looking man or woman. But the problem is, you can't look like this because actually the woman or man in the photo is a model and also because he or she doesn't really look like that, either. The photo has been airbrushed in order to make the model look even slimmer, with perfect skin, and even more attractive than they are in real life.

Ads also often mention a particular organization that recommends their product – for example things like, "Our dog treats are recommended by the International Association of Dog Nutritionists" – well, that's probably an organization that the company set up themselves. Or, "A recent independent study found that our toothpaste cleans your teeth better than any other brand." What study was it? Who commissioned the study? It was probably produced for the company itself, and paid for by them, too.

Finally, what annoys me the most is, "Trust me, I'm a doctor" or "Trust me, I'm a celebrity." The idea is that if a celebrity is using the product, it must be fantastic, or if a doctor recommends it, it must really work. But be careful. Although the actress is holding the product in the photo, do you really think she colors her hair with it at home? And the doctor in the ad, is he really a doctor or just an actor wearing a white coat?

9.11

1 I think I'd have to say Venice in Italy. In spite of all the tourists, all the clichés, I still think it's the most beautiful city I know. I always remember the first time I went – I arrived by train – and we stepped out of the train station and suddenly it was all there, the canals, the wonderful old buildings. What makes it beautiful for me is the light, the combination of the reflections of the churches and palaces in the water, the wonderful winding streets alongside canals, which are all different but also all similar – it's an incredibly easy city to get lost in. And of course, the fact that there are no cars, no traffic. I fell totally in love with it that first time, and I've been back since then and loved it just as much. It's difficult to think of just one thing to see, I mean, Piazza San Marco is beautiful, the Rialto bridge, but I wouldn't say they were the things I remember the most. I would actually say just wander, without a map or a goal and get lost. Everything is beautiful. The one thing I'd say to do is go on a *vaporetto* – a water bus – down the Grand Canal. I don't think gondolas are worth it – they're ridiculously expensive – and you can enjoy everything just as much on a *vaporetto*.

2 The most beautiful city I've been to recently is probably Curitiba, which is in southern Brazil. I think one of the things I liked about it most was, it's described as the greenest city on earth, and they've really focused on creating a quality public transportation system, there's a huge number of parks in Curitiba, in fact, there's so much grass that the local authority use sheep to cut the grass, not lawnmowers. And I just think that what I like about it is their commitment to trying to make the city, uh, an environmentally-friendly place to live. One place you need to see there is the Wire Opera House which, it's built in the middle of an artificial lake in the middle of a park, and it's built out of steel tubes, it's really extraordinary, and beautiful I think. And if I had to recommend one thing to do I'd say go for a walk in the Bosque Alemão, it's one of the wonderful parks in Curitiba, and visit the free environmental university that is built up in the trees just nearby. Its mission is to educate people about the environment, and I just think that's a wonderful goal to have.

3 The most beautiful city I've ever been to is Banff in Alberta, Canada – well it's not really a city—it's really more like a town, but anyway it's one of my all-time favorite places to visit. What makes it beautiful for me is that it looks like it came out of an old, western movie, it's, uh, there are old, rugged buildings that aren't too tall, and it has a rustic feel, kind of like you might see a cowboy riding a horse along the main street at any given moment, and the whole place is like that. There aren't any modern skyscrapers in Banff, but what does catch your eye is that the town is surrounded by gorgeous, snow-topped mountains. There are lots of things to do – there's a great museum, The Whyte Museum, and there's good shopping, but I think that the town is just amazing to look at and also there are very few cars, so you can just walk around. I'd suggest walking along the Bow River, or if you're more adventurous, you can rent a canoe and paddle in the river. Something everyone who visits



Banff needs to do is take the gondola up Sulphur Mountain, find a comfortable chair on the deck of the visitor's center at the top, order something to eat and drink, and take in the view of the town below nestled in the mountains. It's amazing.

4 I know lots of beautiful cities and, uh, I wouldn't choose one above all the others, but one I always love going back to is Edinburgh in Scotland, and something I really love about Edinburgh is that because it's kind of compact, more or less wherever you are in the city you can see outside the city, so you can see the ocean, you can see the hills around, so you always have a sense of the city and the landscape and I really like that. And one place, one thing I would recommend people to see in Edinburgh is something called the Scotsman's Steps which is a staircase that goes from the wall that joins the old town to the new town and it's actually an art work, it's called work number 1059 by an artist named Martin Creed and it's basically a staircase made of marble steps, each one is a different color marble, so you really have a feel of going somewhere, you're going from one color to the next, and I love that place. And something I would do in Edinburgh would be to walk along the river Leith either way, either from the port of Leith up into the city or the other way, because it's like a secret part of Edinburgh and you see Edinburgh from a different perspective.

5 The most beautiful city I've been to is Kyoto in Japan. It's a really wonderful place because it's a mix of, well, like many Japanese cities, very, very modern buildings and a lot of traditional, uh, temple areas as well and you can walk down any Japanese shopping street and find a big supermarket or a modern office building next to a little temple where you step back in time many centuries. The one place that I would recommend that you see is the Kinkaku-ji temple, that is a very, very famous tourist site, it has a golden pavilion in the middle and it's the most wonderful place. It gets very, very busy but I was lucky enough to visit it when I lived in Japan and I was able to stay with a friend and go there very early in the morning to avoid the crowds. One thing you need to do if you go to Kyoto is to try to stay not in a modern hotel but in a ryokan which is a traditional Japanese guest house where you can sleep on tatami matting and have, uh, Japanese breakfast which is rice, eggs, fish, and seaweed.

10.1

1
Child Why is the sky blue?

Scientist To understand why the sky is blue, we first need to understand a little about light. Although light from the Sun looks white, it's really made up of many different colors, as we see when they are spread out in a rainbow. Light is like a wave of energy, and each color has a different wavelength. Red is the longest, and blue and violet are the shortest. When the Sun's light reaches the Earth's atmosphere, it's scattered by tiny molecules of gas in the air. Shorter wavelengths (violet and blue) are scattered the most widely, and our eyes are much more sensitive to blue than violet, so we see more of the blue light than the other colors. So that's why we see the sky as blue.

2
Child Why is the sea salty?

Scientist Most of our planet's surface is covered in salt water. But where does the salt come from? Well, some of it comes from rocks on the bottom of the ocean, but most of it actually comes from the land around us. Every time it rains, tiny amounts of mineral salts dissolve into rivers, and these eventually get to the ocean. Rivers aren't very salty, because they flow

continually, but the Sun's heat causes the ocean water to evaporate, so the salt in the ocean becomes more concentrated.

3
Child Why can we sometimes see the moon during the day?

Scientist We all know that the Sun produces a lot of strong light. So, when it's in the sky, we can't see the stars, or the other planets. The moon doesn't produce light – it reflects the light of the Sun. The moon is visible for about 12 out of every 24 hours because of the way it rotates around the Earth. This means it's visible for some time during daylight nearly every day.

4
Child Why do we have a leap year?

Scientist A year is the amount of time it takes the Earth to go around the Sun, and we've divided our calendar year into 365 days. However, it actually takes the Earth 365 days, 5 hours, 48 minutes and 45 seconds to go around the Sun. To deal with this difference, we add one day (24 hours) to our calendar every four years. This adjustment is not exactly correct, because it effectively adds 6 hours per year rather than the exact amount of the difference.

5
Child Why do we blink?

Scientist A "blink of an eye" lasts only a tenth of a second. Every time you blink, your eyelids spread fluid across the surface of your eyes, to keep them moist, and also to stop them from getting dirty. Blinking also keeps eyes safe from things that might damage them, such as bright light and sometimes, bigger objects coming into our eyes like a small insect. Blinking stops the activity in your brain that detects changes, so you never notice that you actually stop seeing for a very short time when you blink.

6
Child Why does cutting onions make us cry?

Scientist For a vegetable, onions have very complicated chemistry. When you cut them, a chemical reaction changes molecules in the onion into a gas. When this gas reaches the cornea, the transparent layer that covers and protects the outer part of your eye, the cornea senses it as an irritant. It acts to protect your eyes by making you cry, and the tears clean your eyes.

7
Child What is a cloud?

Scientist We all enjoy looking at clouds and seeing their different shapes, but what's the science behind them? Well, the sky is full of drops of water. But most of the time you can't see them because they are too small; the drops have turned into water vapor. As the water vapor goes higher in the sky, the air gets cooler. The cooler air causes the drops to start to stick to things, like pieces of dust, ice, or sea salt, which make them visible. So that's what we see when we see clouds.

8
Child What is a black hole?

Scientist This is another physics question. A black hole is caused by gravity. There are places in space where gravity pulls so hard that even light cannot get out. The reason that gravity is so strong in a black hole is that a lot of matter – that's physical "stuff" – has been compressed into a tiny space. A lot of matter has a high mass and this creates a strong gravitational pull. Inside a black hole, space is falling faster than light, which is why light can't escape.

10.11

Host When Neil Armstrong became the first man to walk on the Moon on July 20th, 1969, a global audience of 500 million people were watching and listening. As he climbed down

the steps from the spacecraft and stepped onto the moon they heard him say, "That's one small step for man, one giant leap for mankind." It seemed like the perfect quote for such a momentous occasion. But from the moment he said it, people have argued about whether Armstrong got his lines wrong and made a mistake. James, tell us about it.

James Well, Armstrong always said that he wrote those words himself, which became some of the most famous and memorable words in history, during the time between landing on the moon and actually stepping out of the capsule onto the moon. That was almost seven hours.

Host And so what is the controversy about what Armstrong said when he stepped down the ladder onto the moon?

James The question is, did he say, "one small step for man" or "one small step for a man". That's to say did he use the indefinite article or not? It's just a little word, but there's a big difference in meaning. Armstrong always insisted that he wrote "one small step for a man, one giant leap for mankind". Of course, this would have been a meaningful sentence. If you say "a man" then it clearly means that this was one small step for an individual man, i.e. himself, but one giant leap for mankind, that's to say, men and women in general. But what everybody actually heard was, "One small step for man, one giant leap for mankind", with no indefinite article, and that sentence means, "One small step for people in general, one giant leap for people in general." And that doesn't really make sense.

Host So, did he just get the line wrong when he said it?

James Well, Armstrong himself was never sure if he actually said what he wrote. In his biography *First Man*, he told the author James Hansen, "I must admit that it doesn't sound like the word 'a' is there. On the other hand, certainly the 'a' was intended, because that's the only way it makes sense." He always regretted that there'd been so much confusion about it. But, almost four decades later, Armstrong was proved to be right. Peter Shann Ford, an Australian computer expert, used very hi-tech sound techniques to analyze his sentence and he discovered that the "a" was said by Armstrong. It's just that he said it so quickly that you couldn't hear it on the recording that was broadcast to the world on July 20th, 1969.

Host Was Armstrong relieved to hear this?

James Yes, he was. I think it meant a lot to him to know that he hadn't make a mistake.

10.15

Elizabeth I A I know I have the body of a weak and feeble woman, but I have the heart and stomach of a king, and a king of England, too.

Abraham Lincoln B It is rather for us to be here dedicated to the great task remaining before us - that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion - that we here highly resolve that these dead shall not have died in vain - that this nation, under God, shall have a new birth of freedom - and that government of the people, by the people, for the people, shall not perish from the earth.

Emmeline Pankhurst C The title of my speech today is "The laws that men have made." Men politicians are in the habit of talking to women as if there were no laws that affect women. "The fact is," they say, "the home is the place for women. Their interests are the rearing and training of children. These are the things that interest women. Politics have nothing to do with these things, and therefore politics do not

concern women."

Winston Churchill D We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender.

John F. Kennedy E And so, my fellow Americans, ask not what your country can do for you; ask what you can do for your country. My fellow citizens of the world, ask not what America will do for you, but what together we can do for the freedom of man.

Martin Luther King, Jr. F I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today!

Nelson Mandela G I have cherished the ideal of a democratic and free society in which all persons live together in harmony, and with equal opportunities. It is an ideal which I hope to live for and to achieve. But, if needs be, it is an ideal for which I am prepared to die.

Barack Obama H For when we have faced down impossible odds, when we've been told we're not ready, or that we shouldn't try, or that we can't, generations of Americans have responded with a simple creed that sums up the spirit of a people. Yes, we can! Yes, we can! Yes, we can!

10.16

Host Welcome to today's program. Our topic today is public speaking. Public speaking is right up there at the top of what most people say they're most afraid of. There is even a name for it – *glossophobia*. But hopefully after this program you will feel a lot more confident if you do have to make a speech or give a presentation.

First, we have Lynne Parker, an expert in the art of public speaking, who's going to tell us some of her do's and don'ts. Then after that, we're going to talk to Anya Edwards from Chile. Anya was a finalist in last year's English Speaking Union International public speaking competition. Lynne, I believe you have six key tips for us, is that right?

Lynne Yes, that's right. My first tip, and maybe the most important one, is be yourself. This applies both to how you speak, and to what you actually do on the stage, whether that's standing up, sitting down, or moving about. Do what you feel comfortable with. The only don't regarding how you are on stage I'd say is, try not to continually walk up and down, because this tends to distract people from what you're saying.

Host Yes, I find that distracting, actually.

Lynne Second, if you're using PowerPoint, don't just type out your talk. You want people to listen to what you're saying, not to read ahead. Slides are best for illustrating your talk or for drawing attention to a point. Pictures are often better than words, but if you use words, do keep it short. And do remember the 10-20-30 rule. Do you know what that is?

Host Uh, no, do tell us.

Lynne The 10-20-30 rule is that the ideal presentation should have 10 slides, last 20 minutes, and never have a font size on the slides that's less than 30 points.

Host Ah, great, that's an easy one to remember. And tip number 3?

Lynne Maintain eye contact with your audience, whether it's to 500 people in a room or 20 people in a classroom or around a table. Don't spend the whole talk looking at your notes or

slides.

Host How can you maintain eye contact with 500 people?

Lynne Well, you can't with all of them, of course, but a good technique is to scan the audience occasionally from side to side and front to back, to give the impression you're talking to everyone.

Host Number 4?

Lynne Rehearse, rehearse, rehearse. In front of a mirror, or even better – video yourself. It'll make you aware of how you use your hands and body, and even what clothes look right.

Host Number 5?

Lynne Include a couple of good sound bites. Whenever you hear something good, write it down because you might be able to use it later.

Host So sound bites, rather than stories or examples?

Lynne Well, no, not instead of – a good story or example can also help to illustrate a situation or help people to remember the point you were making. Just don't make it too long, and if you're telling a little story, remember, good stories have a beginning, a middle and an end.

Host And your last point?

Lynne Listen to other speakers. There are lots of good resources online, such as TED talks and The Moth, which is a great storytelling website. Also, listen to people talking when you're out and about, for example traveling on public transportation or in line at the supermarket. You never know what witty remarks or good stories you might pick up along the way.

Host Thank you very much, Lynne.

10.17

Host And now we have Anya on the line, from Chile.

Anya Hello.

Host Anya, you took part in the competition last year, is that right?

Anya Yes.

Host Can you tell us a little about it?

Anya Well, it's open to people from any country between the ages of 16 and 18. First, you compete at home, so for me, in Chile, and then the international finals take place in London.

Host What exactly did you have to do there?

Anya So you have to give two speeches. The first one is a prepared speech that is a maximum of five minutes on a subject that they give you – that year for me it was on the role of education. And then after your speech, you have to answer questions for three to four minutes. And then the second speech, and this was definitely the scariest, was the impromptu speech. You are given three subjects to choose from which you've never seen before, and then 15 minutes to choose one and prepare a speech of 3 minutes.

Host What did you choose?

Anya I chose the title "to be grown up is a state of mind."

Host Were you nervous?

Anya I was nervous, very nervous. But then I've never not been nervous before speaking in front of an audience. I've done a lot of drama, of acting, and that's taught me that nerves are good because you can learn to channel them into a better performance.

Host How is public speaking different from acting?

Anya Well in many ways they're similar because you need many of the same qualities: to be able to stand in front of an audience confidently and speak clearly, to be convincing. But I'd say that public speaking is harder because you can't rely on anyone else. If you miss a line, there won't be someone next to you to give you your cue, and you're the main focus

of attention 100% of the time.

Host And what did you learn from the experience?

Anya I think it was one of the most useful skills I've ever learned, and that any person can have, because if you've learned to do it well, and practiced, it means that you'll never ever have to worry about standing up and speaking in front of other people.

Host What tips would you give to someone about writing a speech?

Anya Well for writing a speech, I'd say, to start by talking about the topic out loud and record whatever comes into your head on your phone. Then listen back to it and start by ordering your ideas on paper. And if you think the subject you have to talk about is a little dry, try to come up with some anecdotes to illustrate it. Also, use plain simple language. Vocabulary that's too complicated puts people off.

Host And to deliver it?

Anya I agree entirely with Lynne about being authentic, about being yourself. If you want your speech to be effective, people need to believe what you say, and in order to convince them, you need to be convinced yourself.

