

# Listening

1 14))

My first impression of Alexander was that he was much older than me. In fact he was 32, but I thought he was older. But when we started talking I really liked him. He was extrovert and funny and he had a very good sense of humour. He works for a TV company and he told me a lot of good stories about his work. He was also interested in the same things as me – art and music, and we talked a lot about that. Physically he wasn't really my type. It's difficult to say why. He was tall and dark and quite good-looking and he had a nice smile but there just wasn't any chemistry between us. I could imagine going to a concert or theatre with him, but as a friend. Sorry Mum, but no.

1 15))

When I first saw Oliver I thought he looked warm and friendly, and more attractive than Alexander. He was quite tall with short blond hair and he had lovely blue eyes, a bit like the actor Jude Law. He was a bit shy and quiet at first but when we started chatting he relaxed and we found we had a lot of things in common – we both like books, and the cinema. He was generous too – he wanted to pay for everything. I really enjoyed the evening. When it was time to go he asked for my phone number and said he wanted to meet again. We walked out of the restaurant and went to look for a taxi. And then something happened, and I knew that it was impossible for me to go out with him. He said 'At last!' and took out a packet of cigarettes. That was it, I'm afraid. I could never have a boyfriend who was a smoker. I think perhaps for my next date I'm going to choose the man myself. I don't think another person can really choose a partner for you.

1 24))

*Mr and Mrs Clark and Percy* is by the British artist David Hockney, and it's considered to be one of the greatest British paintings of the 20th century. It was painted in 1971 and it's a portrait of two of his friends, Ozzie Clark and his wife Celia, and their cat Percy. Ozzie Clark and Celia were fashion designers and they had a very successful clothes shop in London. In the 1960s they dressed a lot of the famous pop stars of the time, including The Rolling Stones and Eric Clapton. Hockney painted Ozzie and Celia a few months after they got married in their flat at Notting Hill in London. He painted them in their bedroom, because he liked the light there, and on the wall on the left of the window you can see one of his own paintings.

*Mr and Mrs Clark and Percy* is a very big painting, approximately 3 metres wide and 2 metres high. The couple are wearing typical clothes of the late 1960s. Celia is wearing a long dress, and in fact she was expecting a baby at that time. Her husband isn't wearing any shoes, and he's putting his feet into the carpet. This was because Hockney had a lot of problems painting his feet. He just couldn't get them right.

Hockney said that his aim with this painting was to paint the relationship between the two people. Traditionally, when a painter paints a married couple the woman is sitting down and the man is standing up. In this painting the man is sitting and the woman is standing. Usually in a painting the married couple are close together, but in this painting they are separated by a big open window which symbolizes the distance between them. The white cat, sitting on Mr Clark, is a symbol of

infidelity. It seems that Hockney didn't think that their marriage was going to be very happy, and in fact the couple got divorced four years later.

Celia often posed as a model for Hockney, but she says that this painting, his most famous picture of her, is not her favourite. She said 'It's a wonderful painting, but it makes me look too heavy.' In 1996, twenty five years after this picture was painted, Ozzie Clark died. He was murdered by his lover in his Kensington flat.

1 26))

My name's Jenny Zielinski. I live and work in New York. I'm the assistant editor of a magazine called *New York 24seven*. A few months ago, I visited our office in London to learn more about the company. I met the manager, Daniel O'Connor. I had lots of meetings with him, of course. And a working dinner on my birthday... But I spent more time with Rob Walker. He's one of the writers on the London magazine. We had coffees together. We went sightseeing. I even helped Rob buy a shirt! He was fun to be with. I liked him a lot. I think he liked me too. Rob isn't the most punctual person in the world, but he is a great writer. We invited him to work for the New York magazine for a month... and he agreed! So now Rob's coming to New York. I know he's really excited about it. It's going to be great to see him again.

1 29))

Jenny So, here you are in New York at last.

Rob Yeah, it's great to be here. It's really exciting.

Jenny And how's your hotel?

Rob It's fine. My room is really... nice.

Jenny Do you have a good view from your room?

Rob I can see lots of other buildings.

Jenny Tomorrow I'm going to show you around the office and introduce you to the team. Barbara's looking forward to meeting you. You remember, Barbara, my boss?

Rob Oh... yeah, sorry.

Jenny And then you can start thinking about your blog and the column. Have you got any ideas yet, Rob? ... Rob?

Rob What? Sorry, Jenny.

Jenny You must be really tired.

Rob Yes, I am a bit. What time is it now?

Jenny It's nine o'clock.

Rob Nine o'clock? That's two o'clock in the morning for me.

Jenny Let's finish our drinks. You need to go to bed.

Rob I guess you're right.

Jenny So, I'll see you in the office at eleven in the morning.

Rob At eleven?

Jenny Is that OK?

Rob It's perfect. Thanks, Jenny.

Jenny There's just one thing.

Rob What's that?

Jenny Don't be late.

Rob By the way. It's great to see you again.

Jenny Yeah. It's great to see you, too.

1 34))

Mia It was a really terrible holiday. It was my fault, I mean I wanted to go to Thailand, but I knew before I went that I didn't really want to have a serious relationship with Joe. And the holiday just showed how different we are. He irritated me all the time. He wanted to stay in some really cheap hostels, because he thought the hotels were too

expensive. I didn't want 5-star luxury, but when I go on holiday I want to be comfortable. The places where Joe wanted to stay were very basic and had very small rooms. There's nothing worse than being in a very small room with someone when you're not getting on very well. Another thing I didn't like was that Joe got very jealous. When you're travelling, part of the fun is talking to other travellers, but he hated it if I talked to other people, especially other men. And then he kept taking photos! Hundreds of them. Every time we saw a monument he said 'Go and stand over there so I can take a photo.' I hate being in photos. I just wanted to enjoy the sights. The holiday was all a big mistake. Never go on holiday with a boyfriend if you're not sure about the relationship. It's sure to be a disaster!

1 35))

Linda Oh, it was a wonderful holiday. I loved every moment! Venice is just a paradise. We did everything – we went on a gondola, we saw all the museums, and we had some fantastic meals. And you know, everyone says that Venice is expensive, but I didn't think it was – it wasn't an expensive holiday at all. I thought it was quite reasonable. We all got on very well. I think I'm going to suggest to Isabelle and Laura that we go on holiday together again next year...

1 44))

In May 1968, I came back to Paris. It was a very exciting time. There were a lot of demonstrations, and fighting between students and the police. I wasn't really interested in politics – I wasn't a communist or an anarchist. But I loved the atmosphere. All the students were fighting for freedom, for revolution, and the French police were everywhere. On May the 15th I was with thousands of other young people. We were walking towards the Place de la Bastille. I was tired, so a friend picked me up and I sat on his shoulders. Another boy who was walking next to us was carrying a Vietnamese flag (it was the time of the Vietnam war) and he said to me 'Hey, could you carry the flag for me?' and I said OK. There was so much happening that I didn't notice all the photographers. The next day the photo was on the cover of magazines all over the world. When my grandfather saw it, he immediately ordered me to come to his house. He was furious – really really angry. He said 'That's it! You're a communist! I'm not going to leave you anything. Not a penny!' I walked out of the room and I never saw him again. Six months later he died, and I didn't get any money from him. Nothing.

1 50))

Happy ending

Narrator Suddenly, a man ran across the road. He was wearing a dark coat so Hannah didn't see him at first. Quickly she put her foot on the brake. She stopped just in time. She got out of her car and shouted at the man.

Hannah Don't you usually look before you cross the road? I nearly hit you. I didn't see you until the last moment.

Jamie Sorry! Hey, Hannah it's me. It's Jamie.

Hannah Jamie! What are you doing here? I nearly killed you!

Jamie I was buying something. I was in a hurry and I crossed the road without looking.

Hannah Come on. Get in!

Narrator Hannah and Jamie drove to the coffee bar. They sat down in their usual seats and ordered two cups of coffee.



**Waiter** Here you are. Two cappuccinos.  
**Hannah / Jamie** Thanks.  
**Hannah** What an evening! I nearly killed you.  
**Jamie** Well, you didn't kill me, so what's the problem?  
**Hannah** But what were you doing in the high street?  
 I thought you were here, in the café, waiting for me.  
**Jamie** I went to the theatre to buy these tickets for the Scouting For Girls concert. I know you wanted to go. And it's on the 15th of October – next Saturday. Our anniversary.  
**Hannah** Our anniversary?  
**Jamie** Yes. Three months since we first met. We met on Saturday the 15th of July. Remember?  
**Hannah** Gosh, Jamie. I can't believe you remember the exact day! What a romantic! It's lucky I didn't hit you in the street...

## 1 51 )))

### Sad ending

**Narrator** Suddenly, a man ran across the road. He was wearing a dark coat so Hannah didn't see him at first. Quickly she put her foot on the brake. Although Hannah tried to stop she couldn't. She hit the man. Hannah panicked. She drove away as fast as she could. When she arrived at the coffee bar Jamie wasn't there. She called him but his mobile phone was turned off. She waited for ten minutes and then she went home. Two hours later a car arrived at Hannah's house. A policewoman knocked at the door.

**Policewoman** Good evening, Madam. Are you Hannah Davis?

**Hannah** Yes, I am.

**Policewoman** I'd like to speak to you. Can I come in?

**Narrator** The policewoman came in and sat down on the sofa.

**Policewoman** Are you a friend of Jamie Dixon?

**Hannah** Yes.

**Narrator** said Hannah.

**Policewoman** Well, I'm afraid I have some bad news for you.

**Hannah** What? What's happened?

**Policewoman** Jamie had an accident this evening.

**Hannah** Oh no! What kind of accident?

**Policewoman** He was crossing the road and a car hit him.

**Hannah** When...When did this happen? And where?

**Policewoman** This evening at 5.25. He was crossing the road in the high street by the theatre.

**Hannah** Oh no! How is he?

**Policewoman** He's in hospital. He's got a bad injury to his head and two broken legs.

**Hannah** But is he going to be OK?

**Policewoman** We don't know. He's in intensive care.

**Hannah** Oh no. And the driver of the car?

**Policewoman** She didn't stop.

**Hannah** She?

**Policewoman** Yes, it was a woman in a white car. Somebody saw the number of the car. You have a white car outside don't you, Madam? Is your number plate XYZ 348S?

**Hannah** Yes...yes, it is.

**Policewoman** Can you tell me where you were at 5.25 this evening?

## 1 55 )))

**Olivia**

**Interviewer** Excuse me, do you have a moment?

**Olivia** Yes, sure.

**Interviewer** Where are you going?

**Olivia** To Nicaragua.

**Interviewer** For a holiday?

**Olivia** No, I'm going to do voluntary work. I'm going to teach English to young children.

**Interviewer** Where exactly in Nicaragua are you going?

**Olivia** To a town called Esteli. It's about 150 kilometres from Managua.

**Interviewer** How long are you going to be there for?

**Olivia** I'm going to be in Esteli for six weeks and after that I'm going to travel round Nicaragua for a month.

**Interviewer** That sounds amazing.

**Olivia** Yes, I'm really looking forward to it.

**Interviewer** Are you feeling nervous at all?

**Olivia** A bit, because I don't speak much Spanish. But they're going to give us a 40-hour language course when we arrive, so I hope that's enough to start with.

**Interviewer** Well, good luck and have a great time.

**Olivia** Thanks. I'm sure it's going to be a fantastic experience.

**Matthew**

**Interviewer** Excuse me, do you have a moment?

**Matthew** Yeah, OK.

**Interviewer** Where are you going?

**Matthew** To Australia.

**Interviewer** That's a long flight. Are you going to stop on the way?

**Matthew** No, I'm going direct to Melbourne.

**Interviewer** Why Melbourne?

**Matthew** I'm going to work there. I'm a model and we're going to do a photo shoot for a magazine.

**Interviewer** That sounds exciting. What kind of clothes are you going to model?

**Matthew** Winter clothes, for next season. It's winter in Australia now so it's going to be quite cold. That's why we're going there.

**Interviewer** Of course, it's their winter. How cold do you think it's going to be?

**Matthew** I'm not quite sure. About eight or nine degrees during the day and colder at night, I suppose.

**Interviewer** Well, have a good trip, and I hope the photos are fabulous!

**Matthew** Thanks.

**Lily**

**Interviewer** Excuse me, do you have a moment?

**Lily** OK, sure.

**Interviewer** Where are you going?

**Lily** To Budapest.

**Interviewer** Why are you going there?

**Lily** I'm going to a conference.

**Interviewer** So it's a work trip.

**Lily** Yes. But I'm also going to see an old friend there. Actually, an old boyfriend. Someone I went out with a long time ago.

**Interviewer** When did you decide to meet up again?

**Lily** Well, I knew he was working at Budapest University, so when the conference came up about a month ago I got in touch with him on Facebook.

**Interviewer** Is he going to meet you at the airport?

**Lily** I don't think so! But who knows?

**Interviewer** How do you feel about it?

**Lily** Quite excited. It's going to be strange meeting again after all these years.

**Interviewer** Well, good luck. I'm sure you're going to have a great time. And enjoy the conference, too.

**Lily** Thanks very much.

## 1 62 )))

**Ben** Hi. This is Ben West. Sorry I can't take your call. Please leave a message.

**Lily** Hi Ben. It's me, Lily. Hope you're OK. I've booked my flight and hotel. I'm coming on Sunday the 2nd of May – I couldn't get a flight on the first. I'm flying from Gatwick with Easyjet and I'm arriving at Budapest airport at 14.40. I'm going back on Saturday the 8th leaving at 16.35. I'm staying at a lovely old hotel, quite a famous one I think. It's called the Hotel Gellert or Jellert – I'm not sure how you pronounce it, but it's G-E-double L-E-R-T. I'm sure you know it. I'll call you on Sunday night when I get there. See you soon – I'm really looking forward to seeing you again.

## 2 2 )))

**Presenter** Good evening, ladies and gentlemen and welcome to *What's the word?* And our first contestants tonight are Martin and Lola. Hello to you both. Are you nervous?

**Lola** Just a bit.

**Presenter** Well, just try and relax and play *What's*

*the word?* with us. If you're watching the show for the first time, here's how we play the game. As you can see Martin has a TV screen in front of him and six words are going to appear on the screen. Martin has two minutes to describe the words to Lola so that she can guess what they are. But he can't use any part of the words on the screen. So, for example, if the word is taxi driver, he can't use the word taxi or driver or drive.

**Presenter** Martin, Lola, are you ready?

## 2 3 )))

**Presenter** Martin, Lola, are you ready?

**Martin/Lola** Yes.

**Presenter** OK, Martin you have two minutes to describe your six words starting now!

**Martin** OK, word number 1. It's a person. It's somebody who works in a hospital.

**Lola** A doctor.

**Martin** No, no, no it's the person who helps the doctor and looks after the patients.

**Lola** Oh, a [bleep].

**Martin** That's right. Word number 2. It's a place. It's somewhere where people go when they want to buy things.

**Lola** A shop.

**Martin** Not exactly. It's bigger and you can buy all kinds of different things there, especially food.

**Lola** A [bleep]?

**Martin** Yes, well done. OK, word number 3. It's a thing. It's something which we use for everything nowadays. For the internet, for talking to people, for taking photos... It's a kind of gadget. Everyone has one.

**Lola** A [bleep]?

**Martin** That's it! Word number 4. It's an adjective. It's the opposite of dark.

**Lola** Light?

**Martin** It's like light, but you only use it to describe hair.

**Lola** [bleep]?

**Martin** Yes! Word number 5. It's an adjective again. Er... You use it to describe a person who's ... er, who's quick at learning things.

**Lola** Intelligent?

**Martin** No, but it's similar to intelligent. It's the opposite of stupid.

**Lola** [bleep]!

**Martin** Yes, brilliant. And word number six, the last one. OK. It's a verb. For example, you do this to the TV.

**Lola** Watch?

**Martin** No... It's what you do when you finish watching TV at night.

**Lola** Er... go to bed?

**Martin** No! Come on! You do it to the TV before you go to bed.

**Lola** Oh, [bleep]?

**Martin** Yes!

## 2 8 )))

**Jenny** Well, I think that's everything. What do you think of the office?

**Rob** It's brilliant. And much bigger than our place in London.

**Jenny** Oh, here's Barbara. Rob, this is Barbara, the editor of the magazine.

**Barbara** It's good to finally meet you, Rob.

**Rob** It's great to be here.

**Barbara** Is this your first time in New York?

**Rob** No, I came here when I was eighteen. But only for a few days.

**Barbara** Well, I hope you get to know New York much better this time!

**Jenny** Barbara, I'm going to take Rob out for lunch. Would you like to come with us?

**Barbara** I'd love to, but unfortunately I have a meeting at one. So, I'll see you later. We're meeting at three, I think.

**Jenny** That's right.

**Barbara** Have a nice lunch.

**Holly** Hey, are you Rob Walker?

**Rob** Yes.



**Holly** Hi, I'm Holly. Holly Tyler.

**Rob** Hello, Holly.

**Holly** We're going to be working together.

**Jenny** Really?

**Holly** Didn't Barbara tell you? I'm going to be Rob's photographer!

**Jenny** Oh, well... We're just going for lunch.

**Holly** Cool! I can come with you. I mean, I had a sandwich earlier, so I don't need to eat. But Rob and I can talk. Is that OK?

**Jenny** Sure.

**Holly** So let's go.

## 2 11))

**Holly** So tell me, Rob. What are you going to write about?

**Rob** Well, to start with, my first impressions of New York. You know, the nightlife, the music, things like that.

**Holly** Are you planning to do any interviews?

**Rob** I'd like to. Do you have any suggestions?

**Holly** Well, I know some great musicians.

**Rob** Musicians?

**Holly** You know, guys in bands. And I also have some contacts in the theatre and dance.

**Rob** That would be great.

**Holly** Maybe we could go to a show, and after you could talk to the actors.

**Rob** I really like that idea.

**Waitress** Can I bring you anything else?

**Jenny** Could we have the check, please?

**Waitress** Yes, ma'am. Here's your check.

**Jenny** Thanks. Excuse me. I think there's a mistake. We had two bottles of water, not three.

**Waitress** You're right. I'm really sorry. It's not my day today! I'll get you a new check.

**Jenny** Thank you.

**Holly** We're going to have a fun month, Rob.

**Rob** Yeah, I think it's going to be fantastic.

**Jenny** OK, time to go. You have your meeting with Barbara at three.

**Rob** Oh yeah, right.

## 2 22))

**Presenter** Teenagers today have a bad reputation. People say that they are lazy and untidy and that they do very little to help their parents in the house. But there are some teenagers for whom this description is just not true at all.

It is estimated that there are more than 200,000 teenagers in the UK who have to look after a member of their family, their mother or father or brother or sister. In many cases these young helpers, or 'carers' as they are called, have to do between 25 and 50 hours work helping in their house, as well as doing their school work.

## 2 23))

**Presenter** I'd like to welcome to the programme two of these teenagers, Alice and Daniel, who are 17 years old, and who both look after members of their family. Hello, Alice, hello Daniel.

**Alice / Daniel** Hi.

**Presenter** Who do you look after?

**Alice** I look after my mum. She has ME – it's an illness which means that she feels tired all the time and she can't walk very well. And I also look after my younger brother and sister. He's six and she's four.

**Daniel** I look after my mum too. She had a bad car accident seven years ago and she can't walk. I also look after my little sister.

**Presenter** You both do a lot of housework. What exactly do you do?

**Alice** On a normal day I get up early and I clean the house and I do the ironing. After school I sometimes take my mum to the shops in her wheelchair. In the evening my dad makes the dinner – I'm not very good at cooking! But I make sure my brother and sister eat their dinner and then I put them to bed.

**Daniel** My day's quite similar. I clean the house and iron but I also do the cooking and the shopping. My dad left home four years ago so we're on our own. I take my sister to school and make sure that my mum is OK. I need to give her massages every evening.

**Presenter** How do you feel about the way you live?

**Alice** I don't really mind looking after my mum. She's ill and she needs my help. But sometimes I feel a bit sad when I can't go out because there are things to do in the house. And I sometimes get angry with my school friends. They don't really understand the problems I have at home. All they think about are clothes, boys, and going out.

**Daniel** I enjoy what I do because I'm helping my mum and I'm helping my sister at the same time. Of course it's true that I can't go out much, because I need to spend most of my time at home. I sometimes go out with my friends but I don't like leaving my mum on her own. I always make sure that I have my mobile. If my mum needs anything, she calls me and I go back home. It's not a problem for me. It's just part of my life.

**Presenter** You're both doing a great job, thanks very much for coming on the programme.

## 2 26))

1 **Interviewer** Have you ever bought something that you've never worn?

**A** Yes – hasn't everyone? I remember some trousers I bought that I never wore.

**Interviewer** What was the problem with them?

**A** They were very tight, black leather trousers that I bought from a second-hand shop near Portobello Road, when I was about 20 years old. I remember when I was in the changing room I thought they looked fantastic. I thought I looked like Jim Morrison from the Doors. But when I got home, in the cold light of day, I realised that I looked more like one of the women from Abba! That's why I never wore them.

2 **Interviewer** Have you ever bought something that you've never worn?

**A** Yes, a karate suit. I decided that I wanted to do karate, and I signed up for a course and bought the suit and the orange belt but then I changed my mind and decided not to do the course.

**Interviewer** Why not?

**A** I was worried that someone would knock my teeth out.

**Interviewer** Do you still have the suit?

**A** No, I sold it on eBay.

3 **Interviewer** Have you ever bought something that you've never worn?

**A** Sadly it happens to me quite often, because I hate clothes shopping, and I never try things on. For example, I have a shirt in my wardrobe now that I've never worn.

**Interviewer** Why not?

**A** Well, I bought it in a hurry a few months ago and then I put it away in my wardrobe. A few weeks later I took it out and looked at it and I thought 'Why did I buy this?' It's horrible – pink and purple stripes. And of course I didn't have the receipt, so I couldn't take it back.

4 **Interviewer** Have you ever bought something that you've never worn?

**A** Lots of things, I'm afraid. The last one was a brown leather coat.

**Interviewer** What was wrong with it?

**A** Well, I bought it online, from a website that has cheap offers, but when it arrived it looked completely different from what it looked like on screen and I decided I didn't like it. So it's in my wardrobe. I'm sure I'll never going to wear it, but perhaps I'll give it to someone as a present.

## 2 32))

**Presenter** Last Friday Sven, a lawyer from Stockholm, was looking forward to a relaxing two days in the mountains. He and his wife had

a reservation in a luxury hotel at a skiing resort, so they could spend the weekend skiing. But the weekend didn't work out exactly as they were expecting. Sven worked until late on Friday evening. His office was on the 12th floor. When he finished, at 8 o'clock, he locked his office and got into the lift ... and he didn't get out again until Monday morning!

**Sven** I pressed the button for the ground floor and the lift started going down but then it stopped. I pressed the button again but nothing happened. I pressed the alarm and shouted but nobody heard me. Most people had already gone home. I tried to phone my wife but my mobile didn't work in the lift. I couldn't do anything. I just sat on the floor and hoped maybe somebody would realize what had happened. But on Saturday and Sunday I knew nobody would be there. I slept most of the time to forget how hungry I was.

**Presenter** Meanwhile Sven's wife, Silvia, was waiting for her husband to come home.

**Silvia** I was very worried when he didn't come home on Friday evening and I couldn't understand why his mobile wasn't working. I phoned the police and they looked for him but they couldn't find him anywhere. I thought maybe he was with another woman.

**Presenter** So Sven was in the lift the whole weekend from Friday evening until Monday morning. At eight o'clock, when the office workers arrived, they phoned the emergency number and somebody came and repaired the lift.

**Sven** I was very happy to get out. I hadn't eaten since Friday afternoon and I was very hungry. It's lucky that I am not claustrophobic because the lift was very small. The first thing I did was to phone my wife to say that I was OK.

**Presenter** Sven will soon be the fittest man in his office – from now on he's going to take the stairs every day – even though it's 12 floors.

## 2 42))

**Interviewer** Today we talk to Laurel Reece, who's writing a book about how to live more slowly. She's going to give us five useful tips.

**Laurel** My first tip is something which is very simple to say, but more difficult to do in practice. Whatever you're doing, just try to slow down and enjoy it. If you're walking somewhere, try to walk more slowly; if you are driving, make yourself drive more slowly. It doesn't matter what you are doing, cooking, having a shower, exercising in the gym, just slow down and really enjoy the moment. We all try to do too many things that we just don't have time for. So my second tip is make a list of the three things which are most important for you, your priorities in life. Then when you've made your list make sure that you spend time doing those things. Imagine for example that your three things are your family, reading, and playing sports. Then make sure that you spend enough time with your family, that you have space in your life for reading, and that you have time to do sports. And forget about trying to do other things that you haven't got time for.

Tip number three is don't try to do two things at the same time. The worst thing you can do is to multitask. So for example, don't read your emails while you are talking to a friend on the phone. If you do that, you aren't really focusing on your emails or your friend and you aren't going to feel very relaxed either.

Tip number four is very simple: once a day, every day, sit down and do nothing for half an hour. For example, go to a café and sit outside, or go to a park and sit on a bench. Turn off your phone so that nobody can contact you, and then just sit and watch the world go by. This will really help you to slow down.

OK. My fifth and final tip. One of the most relaxing things you can do is to be near water or even better, to be on water. So if you live near a lake or river, go and sit by the river, or go boating.



If you live near the sea, go and sit on the beach. Relax and listen to the sound of the wind and the water. You will feel your body and mind slowing down as the minutes go past.

## 2 45))

First I did the photo test. I was near Charing Cross station. I stopped a man who was walking quite slowly down the road and I said, 'Excuse me, could you take my photo?' The man said, 'No, no, no time for that,' and just continued walking. Then I asked a businessman in a grey suit who was walking towards the station. He took one photo, but when I asked him to take another one he walked away quickly.

Next, it was the shopping test. I went to a tourist shop in Oxford Street and I bought a key ring and a red bus. The red bus was very expensive. The total price was forty pounds. I gave the man a hundred pounds. He gave me sixty pounds back.

Finally, it was time for the accident test. For this test I went down into the Tube – the London Underground. As I went down the stairs I fell over and sat on the floor. A man immediately stopped and looked down at me. I thought he was going to help me but he didn't – he just said 'Why don't you look where you're going?'

## 2 51))

**Presenter** Next in our list of things which you thought were bad for you is chocolate. Jane, our food expert, is going to tell us why actually it can be good for us.

**Jane** Well, there have been a lot of studies recently about chocolate. Remember, chocolate is something that we've been eating for hundreds of years, it's not a modern invention. And the studies show that chocolate, like red wine, contains antioxidants. In fact chocolate has more antioxidants than wine. These antioxidants can protect us against illnesses like heart disease.

**Presenter** Really?

**Jane** Yes, but, and this is very important, all the good antioxidants are only in dark chocolate. So don't eat milk chocolate or white chocolate – they aren't healthy at all. And of course you also need to remember that although dark chocolate is good for you, it contains quite a lot of calories, so if you're worried about your weight, don't eat too much. One or two pieces a day is enough.

**Presenter** Great news for me because I love chocolate! And now to Tony, our TV journalist. Tony, newspaper articles are always telling us about studies which say that we watch too much TV, that we spend too much time sitting in front of the TV and that as a result we don't do enough exercise. They also say that watching TV makes us stupid. Is this all true Tony?

**Tony** Well, it's almost certainly true that we watch too much television, but it probably isn't true that watching TV makes us stupid. I've just finished reading a book by a science writer, Steven Johnson, called *Everything bad is good for you*. One thing he says in his book is that modern TV series like *The Sopranos* or *House* or *Mad Men* are more intellectually stimulating than TV series were 20 years ago. He says that these shows are complicated and very clever and that they help to make us more intelligent.

**Presenter** Well, I can believe that, but what about reality shows that are so popular on TV. I can't believe that these are good for us.

**Tony** Well, Steven Johnson says that we can even learn something from reality shows – he says this kind of programme can teach us about group psychology, about how people behave when they're in a group.

**Presenter** Well, thank you, Tony and Jane. So now you know what to do this evening. You can sit down in front of the TV with a box of dark chocolates...

## 2 55))

**Holly** Hey, Rob, come on. Keep up.

**Rob** Sorry. I'm a bit tired this morning.

**Holly** You aren't exactly in good shape, are you?

**Rob** I know, I know. I think I'm eating too much.

**Holly** Then eat less!

**Rob** It isn't easy. I eat out all the time. And the portions in American restaurants are enormous.

**Holly** You don't do enough exercise.

**Rob** I walk a lot.

**Holly** Walking isn't enough, Rob. Do you do anything to keep fit?

**Rob** I cycle when I'm in London...

**Holly** So why don't you get a bike here?

**Rob** I'm only here for another three weeks.

Anyway, my hotel's near the office. I don't need a bike.

**Holly** You know, Jennifer goes running all the time. Before and after work. But I just think that running is just so boring. I mean, where's the fun?

**Rob** Yeah, I'm not very keen on running.

**Holly** So why don't you play basketball with me and my friends?

**Rob** OK. That's a great idea! But I don't have any trainers.

**Holly** Trainers? Sneakers! You can buy some.

**Rob** Is there a sports shop near here?

**Holly** Sure, there's one across the street.

## 2 59))

**Rob** Hi Jenny.

**Jenny** Oh, hi.

**Rob** Have you had a good day?

**Jenny** Oh, you know. Meetings! What about you?

**Rob** It was great. I went to Brooklyn and met some really interesting people.

**Jenny** And you had time to go shopping, too.

**Rob** What? Oh yeah. I've just bought these.

**Jenny** What are they?

**Rob** A pair of trainers – er, sneakers.

**Jenny** Nice. Why did you buy sneakers?

**Rob** I think I need to get a bit fitter.

**Jenny** Oh, I'm impressed. You know, I go running every morning in Central Park.

**Rob** Do you?

**Jenny** It's so beautiful early in the morning. Why don't you come with me?

**Rob** Er... sure. Why not?

**Jenny** Great! I'll come by your hotel tomorrow morning.

**Rob** OK. What time?

**Jenny** Six forty-five?

**Rob** Six...?

**Jenny** Forty-five.

**Rob** Can we make it a bit later? Say, seven forty-five?

**Jenny** That's too late, Rob. Let's make it seven fifteen.

**Rob** OK.

**Jenny** Excellent. See you later.

**Rob** Great.

**Holly** Basketball and running. Rob. You must have a lot of energy.

**Rob** Er... yeah.

## 3 8))

**Presenter** Today's topic is 'positive thinking'. We all know that people who are positive enjoy life more than people who are negative and pessimistic. But scientific studies show that positive people are also healthier. They get better more quickly when they are ill, and they live longer. A recent study has shown that people who are optimistic and think positively live, on average, nine years longer than pessimistic people. So, let's hear what you the listeners think. Do you have any ideas to help us be more positive in our lives?

## 3 9))

**Presenter** Our first caller this evening is Andy. Hi Andy. What's your tip for being positive?

**Andy** Hello. Well, I think it's very important to live in the present and not in the past. Don't think

about mistakes you made in the past. You can't change the past. The important thing is to think about how you can do things better now and in the future.

**Presenter** Thank you, Andy. And now we have another caller. What's your name, please?

**Julie** Hi, My name's Julie. My tip is think positive thoughts, not negative ones. We all have negative thoughts sometimes, but when we start having them we need to stop and try to change them into positive ones. Like, if you have an exam tomorrow and you start thinking 'I'm sure I'll fail', then you'll fail the exam. So you need to change that negative thought to a positive thought. Just think to yourself 'I'll pass'. I do this and it usually works.

**Presenter** Thank you, Julie. And our next caller is Martin. Hi Martin.

**Martin** Hi. My tip is don't spend a lot of time reading the papers or watching the news on TV. It's always bad news and it just makes you feel depressed. Read a book or listen to your favourite music instead.

**Presenter** Thanks, Martin. And our next caller is Miriam. Miriam?

**Miriam** Hi.

**Presenter** Hi Miriam. What's your tip?

**Miriam** My tip is every week make a list of all the good things that happened to you. Then keep the list with you, in your bag or in a pocket, and if you're feeling a bit sad or depressed, just take it out and read it. It'll make you feel better.

**Presenter** Thanks, Miriam. And our last call is from Michael. Hi Michael. We're listening.

**Michael** Hi. My tip is to try to use positive language when you speak to other people. You know, if your friend has a problem, don't say 'I'm sorry' or 'Oh, poor you', say something positive like 'Don't worry! Everything will be OK'. That way you'll make the other person think more positively about their problem.

**Presenter** Thank you, Michael. Well, that's all we've got time for. A big thank you to all our callers. Until next week then, goodbye.

## 3 13))

**Presenter** Earlier this year, ten years after Steve sent the letter, some builders were renovating the living room in Carmen's mother's house. When they took out the fireplace they found Steve's letter, and gave it to Carmen's sister, and she sent the letter to Carmen in Paris. Carmen was now 42, and she was still single.

**Carmen** When I got the letter I didn't call Steve straight away because I was so nervous. I kept picking up the phone and putting it down again. I nearly didn't phone him at all. But I knew that I had to make the call.

**Presenter** Carmen finally made the call and Steve answered the phone. He was also now 42 and also single.

**Steve** I couldn't believe it when she phoned. I've just moved house, but luckily I kept my old phone number.

**Presenter** Steve and Carmen arranged to meet in Paris a few days later.

**Steve** When we met it was like a film. We ran across the airport and into each other's arms. Within 30 seconds of seeing each other again we were kissing. We fell in love all over again.

**Presenter** Last week the couple got married, 17 years after they first met.

**Carmen** I never got married in all those years, but now I have married the man I always loved.

**Presenter** So Steve and Carmen are together at last. But will they keep their promises?

## 3 17))

**Patient** So what does it mean, doctor?

**Dr** Well, first the party. A party is a group of people. This means that you're going to meet a lot of people. I think you're going to be very busy.

**Patient** At work?

**Dr** Yes, at work... you work in an office, I think?



**Patient** Yes, that's right.  
**Dr** I think the party means you are going to have a lot of meetings.  
**Patient** What about the champagne?  
**Dr** Let me look at my notes again. Ah yes, you were drinking champagne. Champagne means a celebration. It's a symbol of success. So we have a meeting or meetings and then a celebration. Maybe in the future you'll have a meeting with your boss, about a possible promotion?  
**Patient** Well, it's possible. I hope so. What about the garden and the flowers? Do they mean anything?  
**Dr** Yes, yes. Flowers are a positive symbol. So the flowers mean that you are feeling positive about the future. So perhaps you already knew about this possible promotion?  
**Patient** No, I didn't. But it's true, I am very happy at work and I feel very positive about my future. That's not where my problems are. My problems are with my love life. Does my dream tell you anything about that?  
**Dr** Mm, yes it does. You're single, aren't you?  
**Patient** Yes, well, divorced.  
**Dr** Because the violin music tells me you want some romance in your life – you're looking for a partner perhaps?  
**Patient** Yes, yes, I am. In fact I met a woman last month – I really like her... I think I'm in love with her. I'm meeting her tonight.  
**Dr** In your dream you saw an owl in a tree.  
**Patient** Yes, an owl... a big owl.  
**Dr** The owl represents an older person. I think you'll need to ask this older person for help. Maybe this 'older person' is me? Maybe you need my help?  
**Patient** Well, yes, what I really want to know is does this person, this woman... love me?

### 3 18)))

**Patient** Well, yes, what I really want to know is does this person, this woman... love me?  
**Dr** You remember the end of your dream? You were feeling cold?  
**Patient** Yes, my feet were very cold.  
**Dr** Well, I think perhaps you already know the answer to your question.  
**Patient** You mean she doesn't love me.  
**Dr** No, I don't think so. I think you will need to find another woman. I'm sorry. Perhaps you can find someone on the internet? I have heard of a very good website...

### 3 23)))

**Nigel** Hi Suze. Sorry I'm a bit late. I was watching the match.  
**Suzy** Come on in then. Mum, this is Nigel. Nigel this is my mum.  
**Nigel** Oh... hello.  
**Mum** Nice to meet you, Nigel.  
**Suzy** And this is my Dad.  
**Dad** Hello, Nigel.  
**Nigel** Hello.  
**Dad** Come on into the living room.  
---  
**Dad** Would you like a drink, Nigel? Orange juice, beer?  
**Nigel** Oh thanks, John. I'll have a beer, please.  
---  
**Mum** You're a vegetarian, aren't you, Nigel?  
**Nigel** Yes, I am. Personally I think eating animals is totally wrong.  
**Mum** Ahem, well, this is vegetable lasagne. I hope you like it. Suzy's Dad made it.  
---  
**Dad** Any more lasagne, Nigel?  
**Nigel** Oh, er, no thanks. I'm not very hungry.  
**Girl** The lasagne is delicious, Dad.  
**Mum** Yes, it is.  
**Dad** Thank you.  
---  
**Suzy** I'll do the washing up, Mum.  
**Dad** No, I'll do it.

**Nigel** Er, where's the bathroom?  
---  
**Nigel** Did you watch the match this evening, John? Chelsea and Arsenal. It was fantastic!  
**Dad** No, I didn't watch it. I don't like football at all. In fact I hate it.  
**Nigel** Oh.  
---  
**Mum** So... what are you going to do when you finish university, Nigel?  
**Nigel** Er, I don't know.  
**Dad** What are you studying at university?  
**Nigel** Sociology.  
**Dad** Why did you choose sociology?  
**Nigel** Because I thought it was easy.  
**Mum** Is it interesting?  
**Nigel** It's OK. Er... What was Suzy like as a little girl, Marion? Do you have any photos of her?  
**Mum** Photos of Suzy? Yes, we have thousands of photos. She was a lovely little girl, wasn't she John?  
**Dad** Yes, she was. A beautiful little girl.  
**Nigel** Can I see some?  
**Suzy** Oh no, please.  
**Mum** John, can you bring the photo albums?  
---  
**Mum** Look, and this is one when she was three years old.  
**Dad** And this is when we went to Disneyland. That's Suzy with Micky and Minnie Mouse.  
**Nigel** Ah! She was so sweet.  
**Dad** Would you like another beer, Nigel?  
**Nigel** Yes, please, John.

### 3 32)))

**Interviewer** Good morning and welcome. In today's programme we're going to talk about singing. In the studio we have Martin, the director of a singing school in London, and Gemma, a student at Martin's school. Good morning to both of you.  
**Martin / Gemma** Good morning.  
**Interviewer** First, Martin, can you tell us, why is it a good idea for people to learn to sing?  
**Martin** First, because singing makes you feel good. And secondly, because singing is very good for your health.  
**Interviewer** Really? In what way?  
**Martin** Well, when you learn to sing you need to learn to breathe correctly. That's very important. And you also learn to stand and sit correctly. As a result, people who sing are often fitter and healthier than people who don't.  
**Interviewer** Are your courses only for professional singers?  
**Martin** No, not at all. They're for everybody. You don't need to have any experience of singing. And you don't need to be able to read music.  
**Interviewer** So how do your students learn to sing?  
**Martin** They learn by listening and repeating. Singing well is really 95% listening.  
**Interviewer** OK. Gemma, tell us about the course. How long did it last?  
**Gemma** Only one day. From ten in the morning to six in the evening.  
**Martin** Could you already sing well before you started?  
**Gemma** No, not well. I've always liked singing. But I can't read music and I never thought I sang very well.  
**Interviewer** So what happened on the course?  
**Gemma** Well, first we did a lot of listening and breathing exercises, and we learnt some other interesting techniques.  
**Interviewer** What sort of things?  
**Gemma** Well, for example we learnt that it's easier to sing high notes if you sing with a surprised look on your face!  
**Interviewer** Oh really? Could you show us?  
**Gemma** Well, I'll try.  
**Interviewer** For those of you at home, I can promise you that Gemma looked very surprised. Were you happy with your progress?

**Gemma** Absolutely. At the end of the day we were singing in almost perfect harmony. It was amazing. In just one day we really were much better.  
**Interviewer** Could you two give us a little demonstration?  
**Martin / Gemma** Oh, OK...  
**3 38)))**  
**Journalist** I arrived at Madrid airport where I met Paula. *Hola Soy Max.*  
**Paula** *Encantada. Soy Paula.*  
**Journalist** Paula took me to my hotel and that evening we went to the centre of Madrid and it was time for my first test. I had to order a sandwich and a drink in a bar then ask for the bill. I sat down at the bar and I tried to order a beer and a ham sandwich. *Por favor, una cerveza y un bocadillo de jamón.*  
**Waiter** *En seguida.*  
**Journalist** Fantastic! The waiter understood me first time. My pronunciation wasn't perfect but I got my beer and my sandwich. I really enjoyed it. But then the more difficult bit. Asking for the bill... *¿Cuánto es?*  
**Waiter** *Seis noventa.*  
**Journalist** *¿Cómo?*  
**Waiter** *Seis noventa.*  
**Journalist** Six ninety. I understood! Paula gave me eight points for the test. I was very happy with that. Next we went out into the street. Test number two was asking for directions and (very important!) understanding them. We were in a narrow street and I had to stop someone and ask them for the nearest chemist, *Una farmacia.* I stopped a woman. At first I didn't understand anything she said!  
**Passer-by** *Siga todo recto y tome la segunda por la derecha. Hay una farmacia en esa calle.*  
**Journalist** I asked the woman to speak more slowly.  
**Passer-by** *Todo recto y tome la segunda calle por la derecha DERECHA.*  
**Journalist** I got it this time, I think. The second street on the right. I followed the directions and guess what? There was a chemist there! Seven points from Paula.  
Test number three. I wasn't looking forward to this one. I had to get a taxi to a famous place in Madrid. Paula wrote down the name of the place on a piece of paper. It was the name of the football stadium where Real Madrid play. We stopped a taxi.  
**Journalist** *El Bernabéu, por favor.*  
**Taxi driver** *¿Qué? ¿Adónde?*  
**Journalist** He didn't understand me. I tried again but he still didn't understand. I was desperate so I said *Real Madrid, Stadium, football.*  
**Taxi driver** *¡Ah! El Santiago Bernabéu.*  
**Journalist** Finally! Paula only gave me five because I ended up using English. Still, at least I made the taxi driver understand where I wanted to go. And so to the final test. I had to leave a message in Spanish on somebody's voicemail. I had to give my name, spell it, and ask the person to call me back. Paula gave me the number (it was one of her friends called Lola) and I dialled. I was feeling a bit nervous at this point, because speaking on the phone in a foreign language is never easy.  
**Lola** *Deje su mensaje después de la señal.*  
**Journalist** *Eh, Buenas noches. Soy Max. Max. M-A-X. Eh... Por favour... llamarme esta noche... Oh yes... a las 8.30, eh Gracias.* Well, my grammar wasn't right, but I left the message. Half an hour later, at half past eight Lola phoned me. Success! Paula gave me eight points. That was the end of my four tests. Paula was pleased with me. My final score was seven. I was quite happy with that. So how much can you learn in a month? Well, of course you can't learn Spanish in a month, but you can learn enough to survive if you are on holiday or on a trip. Now I want to go back to England and try and learn some more. *¡Adiós!*



### 3 39))

**Jenny** Are you okay?  
**Rob** Me? Never better.  
**Jenny** It's beautiful here, isn't it? I think this is my favourite place in New York.  
**Rob** Yeah, it's great.  
**Jenny** So how's it all going? Are you happy you came?  
**Rob** To Central Park? At seven fifteen in the morning?  
**Jenny** To New York, Rob.  
**Rob** Yeah. Of course I'm happy. It's fantastic.  
**Jenny** Really? You aren't just saying that.  
**Rob** No, I mean it.  
**Jenny** You need to get in shape, Rob.  
**Rob** I know. I am a bit tired of eating out all the time. It isn't good for my figure.  
**Jenny** It's the restaurants you go to! Why don't you come over to my place after work? I could make you something a little healthier.  
**Rob** I'd really like that. Thanks.  
**Jenny** So, how do you feel now? Are you ready to go again?  
**Rob** Oh yes! I'm ready for anything.  
**Jenny** Are you sure you're okay?  
**Rob** Absolutely.  
**Jenny** Okay. We'll only go around two more times.  
**Rob** Two? Excellent!

### 3 43))

**Rob** That was a lovely meal. Thanks, Jenny.  
**Jenny** That's OK.  
**Rob** It's been great being in New York. You know, your offer to work here came at a very good time for me.  
**Jenny** Really?  
**Rob** Yeah, I was looking for something new. Something different. You see, I broke up with my girlfriend a few months before I met you.  
**Jenny** Oh... right.  
**Rob** What about you?  
**Jenny** What about me?  
**Rob** You know... relationships?  
**Jenny** Oh, I've been too busy recently to think about relationships. Getting this job at the magazine was a really big thing for me. I guess that's taken up all my time and energy.  
**Rob** But that isn't very good for you. Only thinking about work, I mean.  
**Jenny** Why didn't you tell me you weren't feeling well this morning? We didn't have to go for a run.  
**Rob** I wanted to go. It was nice.  
**Jenny** Well, I'm glad you're feeling better. Would you like another coffee?  
**Rob** No, thanks. I think I should get back to the hotel now, I've got a really busy day tomorrow. Do you have a telephone number for a taxi?  
**Jenny** Yeah...but it's much easier to get a cab on the street.  
**Rob** Oh, OK, then.  
**Jenny** I'll see you in the morning, if you're feeling OK.  
**Rob** Oh, I'm sure I'll be fine. Thanks again for a great evening.  
**Jenny** Any time.  
**Rob** Goodnight.  
**Jenny** Night, Rob.

### 3 51))

**Presenter** Welcome to this morning's edition of *What's the problem?* Today we're talking about friends, so if you have a problem with one of your friends, and you'd like our psychologist Catherine to give you some advice, just phone us on 800 700 550. Our first caller today is Kevin from Birmingham. Hello, Kevin.  
**Kevin** Hi.  
**Presenter** What's the problem?  
**Kevin** Yes. My problem is with my best friend, Alan. Well, the thing is, he's always flirting with my girlfriend.  
**Presenter** Your best friend flirts with your girlfriend?

**Kevin** Yes, when the three of us are together he always says things to my girlfriend like, 'Wow! You look fantastic today' or 'I love your dress, Suzanna', things like that. And when we're at a party he often asks her to dance.  
**Presenter** Do you think he's in love with your girlfriend?  
**Kevin** I don't know, but I'm getting really stressed about it. What can I do?

### 3 52))

**Presenter** Well, let's see if our expert can help.  
**Catherine** Hello, Kevin. Have you talked to your girlfriend about this?  
**Kevin** No, I haven't. I don't want Suzanna to think I'm jealous.  
**Catherine** Well, first I think you should talk to her, ask her how she feels and what she thinks of Alan's behaviour. Perhaps she thinks it's fine, and they are just good friends. That it's just his personality. If that's what she thinks, then I think you should accept it and relax.  
**Kevin** What should I do if she also finds it er, difficult, er, uncomfortable?  
**Catherine** Then I think you should talk to Alan. Tell him that he's a good friend, but that you and Suzanna have problems with the way he behaves. I'm sure he'll stop doing it. He's probably never thought it was a problem.  
**Kevin** Thanks very much for that. I'll talk to Suzanna tonight.

### 3 53))

**Presenter** And our next caller is Miranda from Brighton. Hi Miranda.  
**Miranda** Hi.  
**Presenter** And what's your problem?  
**Miranda** My problem is with my husband's ex-wife. They divorced five years ago, before I met him. But she still phones him at least once a week to chat, and if she has a problem in her flat or with her car, she always calls him and asks him to come and help her.  
**Presenter** Does your husband have children with his ex-wife?  
**Miranda** No, they don't have any children. That's why I think she should stay out of our lives.  
**Presenter** Catherine, over to you. What do you think Miranda should do?

### 3 54))

**Catherine** Hi Miranda. Well, the first thing is have you spoken to your husband about this?  
**Miranda** Yes, I have. He thinks I'm being difficult. He feels sorry for his ex – she's on her own, she doesn't have a partner.  
**Catherine** OK. Miranda, do you have any male friends, men who are just good friends?  
**Miranda** Yes, I have a friend called Bill. We've been friends since I was a teenager.  
**Catherine** That's perfect. My advice is this: when your husband's ex-wife phones and asks him to go and see her, phone Bill and arrange to meet and have a drink or go to the cinema. Every time your husband meets his ex or has a long phone call, then you meet Bill or have a long phone call. He'll soon see what's happening, and he'll stop seeing his ex.  
**Miranda** I think that's a great idea. Thank you, Catherine.  
**Presenter** And the next caller is...

### 4 6))

**Presenter** And to finish our programme today, the incredible story of a Swedish couple who went on holiday and survived no fewer than seven natural disasters! Stefan and Erika Svanström started their four-month trip last December. They were travelling with their young baby daughter. First they flew from Stockholm to Munich. But when they arrived in Munich they couldn't get their

connecting flight to Thailand because there was a terrible blizzard in South Germany – the worst snowstorm for a hundred years! They had to wait at the airport for 24 hours. Mrs Svanström said: 'We just thought things will get better.'

**Presenter** When they finally got to Thailand, they had a relaxing few weeks. But that was the last time they could really relax. From Thailand they flew to the island of Bali in Indonesia, a popular holiday destination. When they arrived in Bali they were expecting blue skies and sun, but what they got were terrible monsoon rains – the worst monsoons for many years. Mrs Svanström said: 'Now we were thinking, what will happen next?'

**Presenter** They decided not to stay in Bali, but to go to Australia. They flew to Perth in Western Australia, but hours after they arrived Perth suffered terrible forest fires, and the streets were full of smoke. They travelled north to Cairns, and arrived just in time for Cyclone Yasi – one of the worst cyclones ever to hit the city. They had to leave their hotel and spend 24 hours in a shopping centre with 2,500 other people. Could things get any worse? Yes, they could. The Svanström family left Cairns and travelled south to Brisbane to visit friends, but the city was suffering from the worst floods in its history. So they left Brisbane and booked to fly to Christchurch in New Zealand. But just before their plane left Brisbane some friends phoned them to say that Christchurch had been hit by an earthquake and a large part of the city was destroyed. Their plane landed in another city, Auckland. They travelled around New Zealand for a while, and then they flew to Japan. On March 11th they were having lunch in a restaurant in Tokyo when suddenly everything began to shake. It was an earthquake: nine on the Richter scale and one of the worst that ever hit Japan. And after the earthquake came a devastating tsunami. Fortunately, Mr and Mrs Svanström and their child were not hurt. They travelled from Japan to China for the last part of their holiday. Luckily, they didn't have any more natural disasters, and they arrived safely home in Stockholm on 29th March. Mr Svanström said: 'We have learnt that in life you should always expect the worst, but hope for the best. Also, you need to be prepared for anything.'

### 4 10))

#### Part 3

**Hartley** "Héloise will go,"  
**Reader** said Hartley angrily.  
**Hartley** "I haven't had one day without problems since I met her. You are right, Vivienne. Héloise must go before I can take you home. But she will go. I have decided..."  
**Vivienne** "Then,"  
**Reader** said Vivienne,  
**Vivienne** "my answer is yes. I will be yours."  
**Reader** She looked into his eyes and Hartley could hardly believe his luck.  
**Hartley** "Promise me,"  
**Reader** he said.  
**Vivienne** "I promise,"  
**Reader** repeated Vivienne, softly. At the door he turned and looked at her happily.  
**Hartley** "I will come for you tomorrow,"  
**Reader** he said.  
**Vivienne** "Tomorrow,"  
**Reader** she repeated with a smile. An hour and forty minutes later Hartley stepped off the train when it stopped in the suburbs, and walked to his house. As he walked towards the door a woman ran to him. She had black hair and was wearing a long white dress. They kissed, and walked into the house.



#### 4.11))

##### Part 4

**Hartley's wife** "My mother is here,"

**Reader** the woman said.

**Hartley's wife** "But she's leaving in half an hour. She came to have dinner, but there's nothing to eat."

**Hartley** "I have something to tell you,"

**Reader** said Hartley. He whispered something in her ear. His wife screamed. Her mother came running into the hall. The woman screamed again, but it was a happy scream – the sound of a woman whose husband loved her.

**Hartley's wife** "Oh, mother!"

**Reader** she cried,

**Hartley's wife** "What do you think? Vivienne is coming to be our cook! She is the cook that was with the Montgomery's. She's going to be ours! And now, dear,"

**Reader** she told her husband,

**Hartley's wife** "you must go to the kitchen and tell Héloïse to leave. She has been drunk again all day."

#### 4.20))

1 **Interviewer** Do you have any phobias?

**A** Yes, I'm terrified of bats.

**Interviewer** Really? How long have you had the phobia?

**A** I've had it for about forty years! Since I was 12 years old. At my school we had a swimming pool, and the changing rooms were in an old building near the pool. On the first day at school our teacher told us that there were bats in there and that we shouldn't move around too much as they might start flying around and get into our hair. She also said we mustn't turn the lights on because this would wake up the bats. We had to change as quickly and quietly as possible.

**Interviewer** Did a bat ever fly into your hair?

**A** No, nothing ever happened, but I was terrified just at the thought of it.

**Interviewer** Does it affect your life at all?

**A** Yes, I often feel very nervous or start to panic if I'm outside when it's beginning to get dark, which is when bats appear. If I'm sitting in my garden in the evening, I always have a tennis racket, so if a bat flies near me, I can protect myself. And I can't watch a TV documentary about bats, or even look at them in photos.

2 **Interviewer** Do you have any phobias?

**B** Yes, I get very bad claustrophobia.

**Interviewer** How long have you had the phobia?

**B** It just started one morning about ten years ago. I was going to work on the train and it was very crowded. I started thinking that if there were an accident, I'd never get out. I had a panic attack and I sort of felt my heart beating very quickly. I had to get off the train.

**Interviewer** How does your phobia affect your life?

**B** Well, I can't travel on crowded trains. I never ever travel on the underground because my worst nightmare would be if the train stopped in the tunnel. I also try to avoid lifts. What else? Oh yes, if I'm flying, I must have an aisle seat. I can't sit by the window.

3 **Interviewer** Do you have any phobias?

**C** Yes, I have a pretty unusual phobia. I'm scared of clowns.

**Interviewer** Clowns, really? How long have you had it?

**C** I've had it for a long time. Since I was a child.

**Interviewer** How did it start?

**C** Well, I remember I went on a school trip to the circus when I was six or seven years old and there were clowns. I thought they were sort of stupid but I wasn't really afraid of them. Then I went to a birthday party and there were clowns and they were showing us how to paint our faces, and I found I didn't like being near them.

At first I just didn't like them, but over the years my feelings have changed to fear.

**Interviewer** Does your phobia affect your life at all?

**C** Not really because luckily I don't see clowns very often!

#### 4.29))

Good evening and welcome to *Top Sounds*, our weekly music programme, and tonight the focus is on the Latin music star Enrique Iglesias. As I'm sure you all know, Enrique Iglesias is the son of the Spanish singer Julio Iglesias, who is one of the most successful singing artists of all time.

Enrique was born in Madrid, Spain in 1975. His mother is Isabel Preysler, a journalist and TV host from the Philippines. When he was three years old his parents got divorced and later he moved to Miami to live with his father. He started studying Business at Miami University, but he left after a year because he wanted to become a musician. He didn't want his father to know about his music career and he didn't want to use his famous surname to be successful. So when he sent some of his songs to several record companies he used the name Enrique Martinez and he eventually got a contract with a Mexican record company.

He made his first album, called *Enrique Iglesias* in 1995, which won him a Grammy. He then made two more albums and he had many hits in the Latin music charts. At first Enrique sang mainly in Spanish but later he began to sing more and more in English too.

His fourth album, *Escape* in 2001, was his biggest commercial success and included the singles *Escape* and *Hero*, sung in English, which became hits all over the world and made Enrique an international star. Since then he has made five other albums and has also had a few acting parts in films and TV programmes. Also in 2001, he began dating the Russian tennis player, Ana Kournikova, but they kept their relationship very private. Today Enrique Iglesias is recognized as one of the most popular artists in Latin America. He has sold 100 million albums, which makes him one of the best selling artists of all time.

#### 4.31))

**Holly** That was a good day's work, Rob. You did a great interview.

**Rob** You took some great photos, too. They're really nice.

**Holly** Thanks. Hey, let's have another coffee.

**Rob** I don't know. I have to get to Manhattan.

**Holly** You don't have to go right now.

**Rob** I'm not sure. I don't want to be late.

**Holly** Why do you have to go to Manhattan?

**Rob** I've got a...erm...

**Holly** A date? You have a date?

**Rob** Mm hm.

**Holly** Is it with anybody I know?

**Rob** No, it isn't. Anyway, excuse me a minute. I need to go to 'the rest room'.

**Holly** That's very American. I'll order more coffees.

**Rob** OK.

**Jenny** Rob?

**Holly** Is that you, Jennifer?

**Jenny** Oh, hi Holly. Erm... is Rob there?

**Holly** Yeah, one second. Rob! Not anybody I know, huh?

**Rob** Hi, Jenny.

**Jenny** Rob? Are you still in Brooklyn?

**Rob** Yeah.

**Jenny** You know the reservation at the restaurant's for eight, right?

**Rob** Don't worry. I'll be there! Oh, how do I get to Greenwich Village on the subway?

#### 4.35))

**Rob** Jenny! I'm here.

**Jenny** Hi.

**Rob** I'm so sorry. There was a problem on the underground.

**Jenny** We call it the subway here.

**Rob** Right. Anyway, the train stopped for about twenty minutes. I tried to call but there was no signal.

**Jenny** I've been here since seven forty-five.

**Rob** I know. I ran from the underground... subway station... I'm so sorry.

**Jenny** You're always late. It's funny, isn't it?

**Rob** I said I'm sorry. Look, why don't we go back inside the restaurant?

**Jenny** I waited for an hour for you. I don't want to stay here anymore.

**Rob** Maybe we could... we could go for a walk. We could find another restaurant.

**Jenny** I don't feel like a walk. It's been a long day.

**Rob** OK.

**Jenny** But the night is still young. Maybe you have time to meet up with Holly again.

**Rob** Holly?

**Jenny** I'm sorry. I didn't mean to say that.

**Rob** I don't care about Holly.

**Jenny** Forget it, Rob. Now if you don't mind, I'd like to go home.

**Rob** Listen to me, Jenny. Holly is just a colleague.

**Jenny** I said forget it. It's OK.

**Rob** No, it isn't OK. Look. I know I'm always late. And I know the underground is the subway. But that's not the point! I'm not interested in Holly. I came to New York because of you. The only person I'm interested in is you!

#### 4.37))

**Presenter** Good afternoon, and welcome to another edition of *Science Today*. In today's programme we are going to hear about women inventors. When we think of famous inventors we usually think of men, people like Alexander Graham Bell, Guglielmo Marconi, Thomas Edison. But, as Sally will tell us, many of the things which make our lives easier today were invented by women.

**Sally** That's absolutely right. Let's take the dishwasher for example. This was invented by a woman called Josephine Cochrane in 1886. She was a rich American who gave a lot of dinner parties. But she was annoyed that her servants used to break plates and glasses when they were washing up after a party. So, Josephine decided to try and invent a machine which could wash a lot of plates and glasses safely. Apparently she said: 'If nobody else is going to invent a dishwasher, then I will!' She designed the machine and then she found a company to make it. At first only hotels and restaurants bought Josephine's new machine but today the dishwasher is used by millions of people all over the world. The car was invented by a man, but it was a woman, Mary Anderson, who in 1903 solved one of the biggest problems of driving. Until her invention it was impossible for drivers to see where they were going when it was raining or snowing. They had to open their window. The name of Mary's invention? Windscreen wipers. An invention that definitely improved the lives of millions of people was disposable nappies. They were invented by a woman called Marion Donovan. Her father and uncle were inventors, and when she had young children she sat down and invented a nappy that you could use and then throw away. Anybody who has a small baby will know what a big difference disposable nappies make to our lives. But although she invented it in 1950, it wasn't until 1961 that an American company bought Marion's idea. Today millions of disposable nappies are used every day and Marion's invention has been made more eco-friendly. Now you can buy biodegradable nappies! And now to our next inventor. In 1956, Bette Nesmith Graham was working as a secretary. Like all secretaries at that time she used to get very frustrated and angry when she made typing mistakes. In those days if you made a mistake, you had to get a new sheet of paper and start again from the beginning. Then she had a brilliant



idea, which was to use a white liquid to paint over mistakes. Her invention is called Tipp-Ex today. Mrs Graham was a divorced mother and her invention made her a very rich woman. Her son, Mike Nesmith, became a famous pop star – he was a member of the American group, The Monkees.

And finally... policemen, soldiers, and politicians all over the world are protected by something which was invented by a woman. In 1966 Stephanie Kwolek invented kevlar, a special material which was very light but incredibly strong, much stronger than metal. This material is used to make bullet-proof vests. Stephanie's invention has probably saved thousands of lives.

**Presenter** Thanks very much, Sally. So, if you thought that everything was invented by men, think again.

#### 4 46))

1 **Presenter** Did you like school?

**A** No, definitely not.

**Presenter** Why?

**A** I didn't like most of the lessons – I was always bored, and I hated exams. And the worst thing of all was PE. Where I went to school we used to play rugby. Ugh – it was torture.

2 **Presenter** Did you like school?

**B** I loved primary school, but I didn't really like secondary school.

**Presenter** Why not?

**B** Well the school was very big and it was sort of cold and impersonal. It took me a very long time before I felt at home there. And I'm not really very academic, but the school was. We used to get loads of homework which I hated.

3 **Presenter** Did you like school?

**C** Er, yes, I did.

**Presenter** Why?

**C** I was very curious about everything when I was little, so I liked school because I learned about new things. And of course I used to see my friends every day. The other thing I loved was the library – my school had a fantastic library – I even used to stay on there after class just to read. Oh dear, I sound very goody-goody, but it's true!

4 **Presenter** Did you like school?

**D** Not especially.

**Presenter** Why?

**D** It was a boys' school and I got a bit fed up with just being with boys all the time.

5 **Presenter** Did you like school?

**E** It was all right – some bits were better than others, of course. The lessons I liked depended very much on the teacher – so for example physics and English were great, but chemistry and history were terrible. I generally liked sport, except in the winter. I made some good friends at school, and I'm still in touch with a few of them 30 years later, so I suppose that's positive!

6 **Presenter** Did you like school?

**F** Actually, I used to really love school. Lessons were fine, and I always did well without having to work too hard. But the real reason I loved school was because I had a very good social life. I had lots of friends and we used to play football in the playground at lunchtime. I was one of the gang. I felt that I belonged there. I've never really felt like that since then.

#### 5 11))

And our last story on today's *News Hour* is about an incredible coincidence. Have you ever put your name into Google or Facebook to see what comes up? One evening last April, an American woman, Kelly Hildebrandt, did just that. She was feeling bored, so she put her name into Facebook. She has quite an unusual name, so she was amazed to discover that there was another person on Facebook with exactly the same name and surname as her – but with one big difference. The other Kelly Hildebrandt was a man, and he lived in Texas. Kelly sent him a message and they began to email each other. Later they started to phone each other every day, and finally

they met in person. They discovered that they had more in common than just their name – they both love the beach, and they both really enjoy cooking. Soon they realised that they were in love. At first they were worried that they might be related, but they found out that there was no family connection at all, and in October Kelly asked Kelly to marry him. The two Kellys call each other 'Kelly girl' and 'Kelly boy', and they say that having the same name often causes confusion – once when Kelly boy booked travel tickets for them the travel agent almost cancelled one ticket because he thought that booking two tickets with the same name was a mistake. But there is one thing that the two Kellys are very clear about – if they have children they definitely won't call them Kelly!

#### 5 12))

**Jenny** I can't believe it. Your month here is nearly over. It's gone so fast.

**Rob** I know. I've had a great time, Jenny.

**Jenny** Me too. It's been really special. But...

**Rob** But what?

**Jenny** It won't be the same when you're in London and I'm here.

**Rob** But we'll still be in touch. You can visit me in London and I can come back here to see you.

**Jenny** It still won't be the same.

**Rob** No. No, it won't.

**Jenny** Maybe... I could come back to London with you?

**Rob** You can't do that Jenny. You've just got this job.

**Jenny** That's true.

**Rob** Well, we still have some time together. We're going out for dinner tonight!

**Jenny** Yes, and I'm going to take you somewhere really nice.

**Rob** Look at the time. I have to go now; it's my last interview in New York. I don't want to be late.

**Jenny** OK. See you later then.

**Rob** Bye.

**Barbara** Jenny, is Rob here?

**Jenny** Oh, you just missed him, Barbara.

**Barbara** I really need to talk to him. I'll try him on his cell phone. Hello, Rob? It's Barbara. Can you give me a call? There's something I'd like to talk about.

#### 5 15))

**Rob** Jenny!

**Jenny** Rob! I have something to tell you.

**Rob** I have something to tell you too. You go first.

**Jenny** Well, I thought again about moving to London...

**Rob** But you don't need to move to London.

**Jenny** What?

**Rob** Barbara called me earlier.

**Jenny** What about?

**Rob** She offered me a job. Here, in New York!

**Jenny** What?! Oh, that's great news.

**Rob** You don't seem very pleased.

**Jenny** I am, I mean, it's great! It's just that...

**Rob** What?

**Jenny** I sent Barbara an email this morning.

**Rob** And?

**Jenny** I told her I was quitting, and moving to London.

**Rob** Don't worry. Maybe she hasn't read your email yet.

**Jenny** I'll call her.

**Barbara** Hello, Barbara Keaton.

**Jenny** Barbara? It's Jenny.

**Barbara** Oh, hi Jenny.

**Jenny** Um, have you read your emails recently?

**Barbara** There's one from me.

**Barbara** Oh yes. I can see it. I haven't opened it yet.

**Jenny** Don't open it! Delete it! Please just delete it.

**Barbara** I'll explain later.

**Barbara** OK. It's gone. Is everything alright, Jenny?

**Jenny** Yes, thanks. Never better.

#### 5 19))

And finally on *News Today* here's a funny story to cheer you up on a Monday morning.

On Saturday night Katie Parfitt, a nurse from Manchester, came home from work. As soon as she opened the door, she realised that her cat, Joey, was behaving rather strangely. Instead of being pleased to see her, he started attacking her, and then, when she sat down to have something to eat, Joey jumped onto the table and sat on her plate. Then he jumped down onto the floor and immediately went to sleep. He slept all night, snoring very loudly. Katie couldn't understand what the matter was with Joey – he had never behaved like this before. However, when she met her neighbour the next morning, the mystery was solved.

#### 5 20))

My neighbour told me that he was having a drink in our local pub on Saturday. Suddenly he saw my cat Joey walk in though the door – it was open because it was a hot day. And then one of the people spilled his glass of beer on the floor and Joey starting drinking it – he was probably thirsty. So of course when Joey got home he was completely drunk! I took him to the vet the next day, but luckily he's fine now.

#### 5 21))

**Iris** Hello Rosemary. How are you this morning?

**Rosemary** Hello Iris. I'm fine thanks, but you'll never guess what's happened. Jack and Emma have broken up!

**Iris** No! Jack and Emma from number 36? That can't be true. I saw them last week and they looked really happy.

**Rosemary** No, it's definitely true. I heard them shouting. They were having a terrible argument.

**Iris** No! When?

**Rosemary** Last night. After he came home from work.

**Iris** What did they say?

**Rosemary** Well, I wasn't really listening...

**Iris** Of course not.

**Rosemary** But I couldn't help hearing. She was talking so loudly and of course the walls are very thin.

**Iris** So what did they say?

**Rosemary** Well, she said she that was going to stay with her mum! She told him that she wouldn't come back.

**Iris** Ooh, how awful. What about the children?

**Rosemary** She said she'd taken them to her sister. I suppose she'll take them with her in the end. And anyway, then five minutes later I saw her leaving the house with a suitcase!

**Iris** No! Why do you think she's leaving him? Is he seeing another woman?

**Rosemary** I don't know. Ooh, here's my bus.

**Iris** I must go and tell Mrs Jones at number 14. She always thought there was something... something strange about him...

#### 5 22))

**Jack** Hi Emma. I'm back. Where are you?

**Emma** I'm upstairs in the bedroom. I'm packing.

**Jack** Why? Where are you going?

**Emma** I'm going to stay with my mum.

**Jack** What happened to her?

**Emma** She's had an accident. She fell over in the street yesterday and she's broken her leg.

**Jack** How awful. Poor thing. Shall I go and make you a cup of tea?

**Emma** That'd be lovely. Thanks darling.

**Jack** How long do you think you'll have to stay?

**Emma** I won't come back until the weekend I don't think. I'll have to make sure she's OK. I've taken the children to my sister's for the night and she'll take them school tomorrow morning. Can you pick them up after school?

**Jack** Of course I can darling. Now don't worry about anything. We'll be absolutely fine. Drink your tea and I'll go and get your suitcase.

**Emma** Thanks, darling. The taxi'll be here in five minutes.