<Student book 5>

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M: Track 2 <1 second pause>
M: Everyone has a different personality. Some people are lively and social while others are shy and quiet. Scientists describe people who love being in groups as extroverted. They describe people who prefer to be alone as introverted.

Extroverts like being the centre of attention and do well in most social situations. They are comfortable at parties and become bored when they are alone. Extroverts communicate well and appear to be friendly, charming, and approachable. These qualities make extroverts excellent salespeople, event planners, financial advisers, and even hairdressers.

Often described as loners, introverts prefer spending time engaged in their own interests. Some people believe introverts lack confidence, but that is not true. Many introverts are more comfortable listening than speaking. Introverts have many other good qualities. They are often more creative than extroverts, and they appear to be calmer and more thoughtful. Suitable careers for introverted people include scientific researchers, artists, photographers, programmers, and accountants.

Not everyone's character can be clearly defined as introverted or extroverted. Most people can be one or the other, depending on the situation. For this reason, many scientists argue for a third personality type: ambiverts. Ambiverts are people who can change between introversion and extroversion. They don't hate attention, but they also don't seek it out.

M: Track 3 <1 second pause>
W: Thank you all for coming. I'm just going to give you a few words of advice on choosing a career path, and then I'll take your questions.

My first piece of advice is pretty obvious:
Take an honest look at both your interests and your talents. As a kid, my dream was to be a famous singer. Over time, I learned that while I'm an okay singer, I'm not good enough to make a living at it. Now singing is my hobby, and my profession is counselling university students. It's a much more suitable job for me, and I love it.

Now, I'm not saying you shouldn't have big dreams and ambitions—you should. But you also need to ask yourself, "Am I being realistic? What's my plan B?" That brings me to my second piece of advice: Don't be afraid to explore various career paths. These days the job market is changing fast, and most of you will do several different jobs in the future.

Here's an example. A friend of mine named Joy is the daughter of two lawyers, and she always wanted to follow in their footsteps, so she did. Joy was a good lawyer, and the salary was great. But she hated the long hours and was always feeling stressed. Then her law firm laid her off. Instead of looking for another law job, Joy went back to college to study web

design. Now she owns her own business, and she's having the time of her life. Leaving her dream job is the best decision she ever made!

M: Track 4 <1 second pause>
M: I'm going on a business trip to Seoul with a few colleagues. We're looking for fun, affordable things to do in our free time. Any suggestions? (One of my colleagues is asking about golf, especially.) Thanks.
W: I don't know much about golf, but I have other suggestions. First, visit Namsan (a mountain near the city centre). Go strolling around Namsan Park, and then climb to Seoul Tower at the top. The tower has an amazing view of the whole city. There are several international restaurants there, as well as traditional Korean restaurants. It's a well-known date spot, but it's great for all sightseers. I also recommend going to a *noraebang* ("singing room"). In most areas, you can easily find a karaoke singing room. Each group gets a separate room, so only your friends hear you sing!
M2: Playing golf is pretty expensive in Korea, but you can try "screen golf." Screen golf is like a video game. You hit a real ball with a real golf club, but you hit it indoors, at a screen. A computer measures your ball's speed, location, etc. It's amazing—try it!

M: Track 5 <1 second pause>
M: Hi, everyone. My name is Jared, and I'm a little nervous about talking in front of a group, but I'll do my best. Well, I think that I'm an introvert, and that's my best quality and my worst quality. It's the best because I'm thoughtful and a good listener. And it's the worst because it's hard for me to meet new people.

I'm lucky to have a roommate who's very outgoing, and he's also my best friend. We're both interested in music, so we go to a lot of concerts. We also play music—I've been playing the guitar since I was a kid, and my roommate plays the piano. I'm also interested in technology, and that's my future job. I'm studying computer engineering and graphic design. My dream is to make a living designing computer games.

W: Hello! I'm Marisol, and I'm different from Jared because I'm not shy at all. I like to talk and to be the centre of attention. I'm just being honest! And those are probably my best qualities. I'm confident, and I'm always honest. I guess my worst quality is that I'm not very organised. I live with two of my friends from high school, and they say I'm messy. The three of us have a lot of fun together, though. I love good food—both eating it and making it. I think I'm a pretty good cook! My speciality is Mexican food.

In my free time, I also love biking, swimming, and hiking in the forest. I've always loved being outdoors. I'm studying political science, but I don't know what I'm going to do for a career yet. I might go to law school, but I'm not sure.

M: Track 6 <1 second pause>
W: Do you know what nostalgia is? Nostalgia is that feeling of both happiness and sadness you get when thinking about something in your past. Just about anything can cause this feeling: a smell, a sound, or an image. The other day, I was looking through an old

yearbook and felt very nostalgic. That made me stop and think about what I miss most about my childhood.

Every generation grows up with different celebrities and musicians. When I was a teenager, pop music consisted of boy bands like Westlife, idol singers like Britney Spears, and hip-hop stars like Jay Z. Of course, there were also many other different types of music. But these artists dominated the charts and radio. Even now, when I hear the start of the song "Still D.R.E," I can't help but dance.

Food trends don't change as often as celebrity trends. But there are a lot of foods from my childhood that I miss. For example, I had a sweet, chocolate-flavoured cereal every morning while I was watching cartoons. The company stopped making that cereal years ago. Maybe that's because it wasn't very healthy. It probably died out because people became more conscious of what they and their kids eat. Whatever the reason, I feel a little sad when I realise I can never have my favourite cereal again.

Another thing I miss about my youth is the clothes. Fashion trends always seem to come and go quickly. For example, when I was a teenager, people were spiking their hair, wearing popped collars on polo shirts, and buying bomber jackets. Those things stopped being fashionable a while ago, but I smile when I see them in old photos. I'm still holding onto the hope that one day my bomber jacket will come back into style.

M: Track 7 <1 second pause>
M1: Speaker 1: Jeremy
M1: When I was twelve, my family went to Hawaii. We went to Oahu and Maui. I had a lot of fun overall, but I had one unpleasant experience. My family went snorkelling at Molokini Crater. At first, it was marvellous! I loved the breeze and sunshine. But, the boat that we were on started rocking. It was then that I learned that I get seasickness. I spent the whole trip feeling sick, while my brother swam with dolphins and sea turtles.
[pause]
M2: Speaker 2: Robert
M2: My most memorable vacation was when I went to Kyoto, Japan, after high school. I was always interested in Japanese culture, so my parents sent me there as a graduation present. I expected it to be different, but I was still shocked when I got there. The city was beautiful! I saw many famous temples and even some geishas. I also met other visitors who spoke English. We became friends during our trip, and we still keep in touch.
[pause]
W: Speaker 3: Alexa
W: The vacation that I remember most was my trip to Paris. Unfortunately, it wasn't a pleasant trip. I went with my boyfriend, who didn't enjoy himself. He hated the food and the accommodation. I was hoping we'd have a romantic getaway. But instead, he complained the whole time. The worst was when we went to the Louvre. We were late for the tour because we got lost on the metro. Then my boyfriend got angry and walked off, so I had to go on the tour alone. I was quite upset by the end of the trip.

M: Track 8 <1 second pause>

M1: What was your favourite childhood film, and do you still like it?
M2: When I was 10, instead of a traditional birthday party, I asked my parents to take me and my friends to see *Iron Man*. I had recently gotten into comic books, and *Iron Man* was one of my favourite series. The hero, a rich businessman, makes an iron suit that gives him incredible strength and allows him to fly as he fights bad guys. Everything about the film is terrific: the cast, the plot, the special effects. As I grew up, I slowly gave up comic books. But I still love *Iron Man*. I've seen a million films that were based on comic books, but this one's the best. In fact, I streamed it again a couple of days ago!
[pause]
W: This is an easy question—*Toy Story 3*! This film came out in 2010, when I was 9. I loved it then, and I still love it now. Even though it's a "children's film," it has an excellent, smart script. So it's entertaining for adults, too. It's the third film in a series about a boy's toys that are alive and can talk. (All three films are classics, actually.) I won't give away the ending since some of you may not have seen it yet. But you should! And if you do, prepare to get emotional. I watched it again recently, and I cried like a baby at the end.

M: Track 9 <1 second pause>
M1: My favourite book as a kid was *Charlie and the Chocolate Factory*. I got it as a gift for my 11th birthday. I hadn't read many novels before then because they bored me. But this book was so good, I managed to read the whole thing in one day. The hero, Charlie, is a poor boy who wins a trip to a very unusual sweet factory. It's a classic, and it taught me that reading can be fun.
[pause]
W: The trip that I remember best was an unpleasant experience. I had been studying abroad in Switzerland during university, and it was time to go home. But I decided to stay an extra week and learn to ski. Well, during my first lesson, I fell and broke my leg. I spent two weeks in the hospital, and I was both embarrassed and disappointed. The Swiss doctors and nurses were very kind. But overall, it was a miserable time. To this day, I hate skiing!
[pause]
M2: One very memorable day from my childhood was when my sister was born. I was six years old. I hadn't been excited about meeting her. In fact, I had been complaining to my mum and dad about it. I felt jealous because I enjoyed being the only kid in the family. But then my mum and sister came home, and I saw Lucy for the first time. She was so cute, I couldn't help but smile. We're still very close, and I'm grateful to have a little sister.

M: Track 10 <1 second pause>
M1: Climate change is happening, but it's natural. Temperatures may be rising now, but they will fall again. Some scientists say that greenhouse gases from cars and factories are causing climate change. But the fact is that we've had several cold periods throughout history. Between 1650 and 1850, there were several periods when temperatures dropped and caused "little ice ages." I think if we wait, temperatures will drop again. If you want more proof, you can look at Antarctic ice levels. If the earth is warming to a dangerous level, then ice should be melting. However, a 2015 NASA study found that the amount of ice on the Antarctic Ice Sheet has increased, not decreased.
[pause]

W: Let's not kid ourselves. Around 97 percent of experts believe that human activity is causing climate change. The rise in greenhouse gases will continue to increase land and ocean temperatures. If we do not change our attitude toward climate change, then we will damage our planet in ways that we can never fix. In fact, scientists believe that we will reach the tipping point for extreme climate change within the next fifty years. If this happens, ocean levels will rise, and droughts, floods, and other dangerous weather events will increase. Many people, animals, and plants will die if we do not change our habits now.

M: Track 11 <1 second pause>
M1: Good afternoon, everyone. I'm Frederick Thornberry, and I'm a wildlife biologist. Next month, I will have been working for the World Wildlife Organisation for ten years. I'm here to talk to you about wildlife [emphasize] *conservation*. Can anyone here tell me what that means?
W: It's protecting animals and plants.
M1: Right! But not just specific animals and plants. We also work to protect entire natural habitats, the places where plants and animals live. Why is this important?
W: So that people in the future will have tigers and whales. So that our children can enjoy the same beautiful, diverse world as we do.
M1: Definitely. We want to keep our favourite animals alive. We want to share and enjoy nature with our kids. What's another reason to protect diverse species and habitats?
M2: I think, because… different species play different roles in nature—in keeping the environment in balance. For example, we need trees to make oxygen so we can breathe.
M1: Exactly right. We need trees and plants for oxygen. We also need bees and other insects to pollinate flowers so that plants will keep growing. And there are many other examples. [pause] But right now, 20 percent of all species are in danger of becoming extinct or dying out. By the year 2100, that number will have grown to 50 percent. That is, unless we make changes. So we protect animals, plants, and habitats to keep the entire natural world healthy, including ourselves.

M: Track 12 <1 second pause>
W: Gillian and Peter Robinson live in a special kind of house called a "green home." It's not only high-tech, but also friendly to the environment.

Natural Heating and Air Conditioning
For one thing, the Robinsons don't have a typical air conditioner or heating system. Instead, water is moved through pipes under the house. The underground temperature is lower than the air temperature in the summer, and higher than the air temperature in the winter. So the system either gives heat to the earth or takes heat from it. The Robinsons stay comfortable in every season.

Solar Energy
The top of the house is covered with solar panels. These panels take energy from the sun and store it to be used in the house throughout the day. The panels also provide electricity for the barbecue grill in the back garden.

Recycled Water

The Robinsons are aware that water shouldn't be wasted, so they have installed a high-tech watering system that measures their water use. It also allows them to control their water when they're not home. For example, they can use an app on their mobiles to turn off their sprinklers if it starts raining. Even better, rain that falls on the house is collected, cleaned, and recycled for drinking. Do you think green homes like this one are the future?
Give us your opinion in the comments below.

M: Track 13 <1 second pause>
W: In the last hundred years, the planet has been changing faster than ever. In this class, we'll be studying the causes and effects of changes to our environment. In the first part of the course, we'll look at climate change and whether air and ocean temperatures are increasing dangerously worldwide. We'll study how much of the rise in temperatures is natural and how much is caused by human beings. Specifically, we'll be looking at the role of greenhouse gases in climate change.

In the second part of the course, we'll be discussing wildlife biology. I'll talk about our use of resources and how people are affecting various species and their habitats.

Finally, in the last part, we'll be studying some possible answers for these problems. What should governments do to protect the environment? What eco-friendly policies could help reduce the damage? And what is your responsibility? What everyday habits must we change to decrease waste?

Now, throughout the term, I'll expect you to take part in class discussions. You'll also be working on a group research project, and everyone will present their projects in the final week. By the end of this course, you will have become much more aware of environmental problems.

M: Track 14 <1 second pause>
M: Many companies are working on Connected and Autonomous Vehicles, or CAVs. These cars are likely to be on the road by 2020. CAVs are autonomous because, of course, they don't need a human driver. They're connected because their computers communicate with other cars on the road, as well as with traffic lights and mobile phones. This technology can "see" other vehicles and pedestrians. Ninety percent of car accidents are caused by drivers' mistakes. So, if most cars on the road are CAVs, we'll be much safer. CAVs have several other advantages. Self-driving taxis will be cheap and efficient, so fewer people will need to own cars. If there are fewer cars, there will be less traffic and less pollution. And since most cars are parked almost all the time, fewer cars will also mean more space in towns and cities. We'll be able to turn some car parks into parks. That's something to celebrate.
[pause]
W: Everyone seems excited about self-driving cars, but I'm a little worried. Many people are not aware of the disadvantages. I do understand the possible safety benefits. But new technology always has problems. The first CAVs will likely have mistakes in their programming. Problems with new mobiles or computers are annoying, but problems with self-driving cars could cause terrible accidents. Secondly, these cars are connected to other

devices. That means it's possible to hack into them. If someone hacked into your car while you were driving, you wouldn't be able to control it! I'm scared just thinking about that.

M: Track 15 <1 second pause>
W: The sun sends an amazing amount of energy to the earth. To illustrate this, imagine how much energy is used in the whole United States in one year. Now multiply that by 40,000. That's how much solar energy reaches our planet every year. And, as everyone knows, solar power is a renewable energy source. It's much more environmentally friendly than oil, coal, or other fossil fuels. Yet the use of solar energy is still pretty rare. Worldwide, only about one percent of the electricity used by people comes from the sun. Why? Well, solar might [emphasis] *seem* like the perfect energy source, but it's got a couple of problems.

One is obvious: geography. Some places just don't get much sunshine, so solar power isn't as practical in those places. But more importantly, solar panels cost a lot to manufacture. They use expensive rare metals, like indium, for instance. Not only that, but mining for these metals causes pollution. Also, most solar panels only last for about 25 years before they have to be thrown away. Currently, there aren't many places where you can recycle them. And since making new panels is expensive, most people can't afford them. Installing them on your home can cost around 30,000 US dollars.

There is good news, though. Solar panels may be pricey, but they're getting cheaper as the technology keeps improving. In fact, since 2007, prices have dropped more than 60 percent. So, it's easy to imagine a future with solar power installed as standard equipment on an ordinary home—at least in sunny places.

M: Track 16 <1 second pause>
W1: What if you had to give up your mobile phones (and all other mobile devices) for a year? Could you do it?
[pause]
M1: That would be impossible. I need to stay in touch with my parents and sisters, who live far away. We text all the time. Also, without my mobile, I couldn't do my job. (I'm in sales and am on the road a lot.) Sometimes I wish people weren't able to contact me so easily. But constant availability is important. Otherwise, I'd lose sales.
[pause]
W2: I've actually done it! Last year, I decided to sell my mobile. I'd just read about a survey in the UK. Fifty-eight percent of British people said they feel unhappy or stressed without their mobile phones. I thought, "That's ridiculous." And then I realised it was true about me, too! Social media was my obsession. I had zero patience and a short attention span. I was addicted, and I needed to kick the habit. Without a mobile, I read more and spend more time talking to people. I'm much happier now.
[pause]
M2: I'd never give my mobile devices up. They're essential. They help me stay informed about current events, discover new music, and do my shopping. I use my tablet for learning Spanish, too. Since I work and study, I wouldn't have time for those things otherwise. The solution is to be sensible about it. I leave my mobile at home sometimes, so that I don't get addicted to it.

M: Track 17 <1 second pause>
W: Hey, I wish you wouldn't use your mobile while you're driving. Don't you care about safety?
M: I just need to check the map. I'll put it away when the lights change.
W: But you do it all the time. What if you were looking at your phone, and a pedestrian stepped in front of the car? You could cause an accident and really hurt someone.
M: Don't worry, that won't happen.
W: If you keep looking at your mobile, it's very likely. And not only that—there's a law against using your mobile while driving. It's a crime.
M: OK, that's a good point. Here, you look up the directions.

M: Track 18 <1 second pause>
W: Does falling from the sky with a parachute or flying over a giant wall on a skateboard sound like fun? If your answer is yes, you might be a thrill-seeker. This is someone who wants excitement and enjoys the feeling of danger. Thrill-seekers may seem crazy sometimes. But to them, life without danger is boring.

Skydivers love the feeling of falling through the air. But an Austrian named Felix Baumgartner took this love to a new level. In 2012, he jumped from a helium balloon 39 kilometres above the ground! This was a new world record. During his fall, Baumgartner reached a speed of 1,357 kilometres per hour (km/h). He's the first person to travel faster than the speed of sound (1235 km/h) without a vehicle. Since this stunt, people have been calling him "Fearless Felix."

Skateboarding is another popular sport among thrill-seekers. There are hundreds of professional skateboarders around the world. Yet only one can say that he's jumped over the Great Wall of China. Danny Way performed this stunt on his skateboard in 2005. He broke several records that day, and he did so with a broken ankle! His jump impressed Chinese officials, who put his name on the Great Wall.

Not all thrill-seekers get their excitement by jumping off or over things. Herbert Nitsch is known as "the deepest man on earth." Using a special device, Nitsch dived 214 metres below the surface of the sea. No one in freediving has ever gone deeper. Later, he tried to beat his own record. Unfortunately, he did not succeed, and in fact, he almost lost his life while trying. But he still loves the water. Nitsch is now teaching others about the joy of freediving. Are you a thrill-seeker? What's the most thrilling thing you've ever done?

M: Track 19 <1 second pause>
M: One
M1: *Día de Muertos*, or the Day of the Dead, is a Mexican holiday in which people remember their loved ones who are gone. It lasts from the 31st of October to the 2nd of November. During this time, the spirits of the dead are invited to come and visit. To welcome the spirits, people gather food, flowers, candles, and other gifts. These are used to decorate their loved ones' graves. Some dress up in colourful costumes, which are skeletons. It's not a sad

time—it's a celebration. Families eat, drink, and sing, and share happy memories of the dead.
M: Two
W1: Every autumn in Korea, people celebrate a major holiday called *Chuseok*. Koreans believe that their ancestors watch over them after death. So on *Chuseok*, families visit their hometowns, have a feast, and show respect for their ancestors. In the morning, they visit their graves, offering food and bowing to give thanks. The big *Chuseok* feast includes traditional Korean foods such as rice cakes and *bulgogi*, or grilled beef. It's an important holiday, so Koreans are given three days off from work or school to celebrate it. This holiday time is also often used to travel and relax.
M: Three
M2: A festival called *Bon* has been celebrated in Japan for over 500 years. *Bon* lasts for three days. Like many other traditions, its purpose is to show respect for one's ancestors. The Japanese celebration, though, includes a special dance. The dance was first performed by a Buddhist monk a long time ago. His mother had died, and he knew her spirit was not at peace. She was unhappy. So the monk asked Buddha for help. Later, when his mother's spirit was finally given peace, the monk danced with joy. Today, this dance is still performed by the Japanese to pray for the spirits of the dead.

M: Track 20 <1 second pause>
M: The most adventurous thing I've ever done was going skydiving. My sister wanted the whole family to go. My mum, who's afraid of heights, ran away every time we talked about it. My dad and I agreed to it—despite our doubts. We're not daredevils like my sister. On the big day, we arrived at the airfield at 9 a.m. First, we had to sign a document saying that we accepted the risks. Then we waited... for at least three hours.

My mind was running around in circles. When I was about to run out of courage, it was our turn. Jerry, the instructor who was jumping with me, ran through what to expect. He showed me the hand signs we would use while falling. (The wind makes talking impossible.) Before I could have second thoughts, we were on the plane and in the air.

At 10,500 feet, the doors opened. When we jumped, fear flooded my whole body. It was impossible to think. A few seconds later, though, I felt weightless and free. It was like flying, and the view was gorgeous. Sixty seconds later, Jerry opened the parachute. We floated to the ground. What an adrenaline rush! My family all landed safely, and even my dad said he loved the experience. With any luck, we can convince my mum to come with us next time.

M: Track 21 <1 second pause>
M: Companies such as Netflix have changed the entertainment industry. Broadcast networks have more competition now than ever before. Convenient streaming services allow users to enjoy their favourite programmes on several devices. In the past, streaming services worked with major networks and studios. These services showed content that people had already seen on TV or at the cinema. But many companies are starting to change this. Netflix and Amazon are two streaming services that are developing their own programmes and films. They are able to draw talented and well-known celebrities. For example, the

award-winning actor John Arthur Lithgow plays a supporting role in the Netflix series *The Crown*.
W: There's a huge problem in Hollywood right now: a lack of creativity. Every year, there are more and more sequels. Original films seem to be dying out. Take superhero films, for example. They've dominated the film industry since *Iron Man* in 2008. But the quality of these films started to decline after the surprise summer hit *The Avengers* in 2012. Since then, the same stories are being told over and over, and it's getting boring. The same criticism applies to other film series such as *the Fast and the Furious*, *Transformers*, and *Star Wars*. Hollywood keeps re-making past films and TV shows. Many characters and plots that we see at the cinema are already familiar. Why can't film studios come up with fresh stories?

M: Track 22 <1 second pause>
M: Escape, Break into, Trial, Attack, Police officer, Prison, Punish, Steal

M: Track 23 <1 second pause>
W: On Saturday night, two men were arrested after being pulled over by the police. Police officers stopped a vehicle on Whitworth Road for going much faster than the speed limit. The driver began to answer the officers' questions. But he then attacked one of the officers. Both men tried to escape by running away on foot. But the officers were quicker and caught the suspects after a fifteen-minute chase. Police later found £50,000 in cash inside the vehicle.

The two suspects were arrested, and police worked to find out how they came by the money. Video was found from a security camera at a nearby bank. It seems to show the men breaking into a cash machine to steal the money. That is by far the biggest theft from a cash machine in local history. Both suspects are being kept in the town's jail while they await trial. This crime can be punished by a maximum of ten years in prison, although the punishment may be less serious if it is the criminal's first crime. We will continue to report on this story as it develops.

M: Track 24 <1 second pause>
M: Hey, Valentina. What are you doing?
W: Just reading people's comments on Facebook about last night's episode of Cat and Mouse. Did you catch it?
M: No, I didn't. I'm going to watch it tonight. Was it good? Ah, but no spoilers, please.
W: It was amazing! I'm starting to like the actress who plays Isla. What about you?
M: Felicity Simmons? Yeah, she's great. She's not actually British, is she?
W: No, she's from America—Boston, I think. But her British accent is perfect.
M: So, did the detectives figure out who stole the painting?
W: I thought you didn't want any spoilers.
M: Oh, don't tell me who committed the murder. I just want to know if they solved the painting mystery.
W: Yeah, they caught the thief, but not the murderer. And PC MacDowell got into another dangerous situation.
M: Again? I think that character is probably going to die this season. Don't you?

W: I'll stop watching if they do that! I love him. I almost quit watching when they arrested Alice last season. I liked her, too.
M: Really? I didn't. She was always lying and tricking people. And then in the next scene, she'd do something good. You never knew if she was a friend or an enemy.
W: That's why I enjoyed watching her—she was unpredictable. I like surprises. Anyway, hurry up and watch the new episode! There's so much to talk about.
M: Yeah. I can't wait.

M: Track 25 <1 second pause>
M: There are few interesting films out at the moment. So this week, instead of reviewing a new film, I'm recommending a couple of old ones. It was hard to pick just two, but these are definitely must-see films from the past. If you missed them when they first came out, now's a good time to catch them on your favourite streaming service.
[pause]
M: The Dark Knight (2008)
M: In my opinion, this is the best superhero film of all time. Christopher Nolan directed Christian Bale as Batman and Heath Ledger as his enemy, the Joker. The Joker has been played by many different actors. But it's often said that Heath Ledger's performance is by far the best. Besides a great cast and spectacular special effects, this thriller has an excellent plot and script. *The Dark Knight* makes you think about good and evil. It asks the question: Is it better to live a comforting lie than reveal the awful truth?
[pause]
M: The Lion King (1994)
M: Disney's classic animated musical is another of my all-time favourites. I saw *The Lion King* when I was a child, and to this day, I can still find something new to love each time I watch it. The songs are wonderful, and there are sad and scary scenes along with plenty of comic ones. Although it's a children's film, it's entertaining for audiences of any age. In fact, its plot is thought to be based on Shakespeare's *Hamlet*. As the main character, Simba, grows up, he deals with serious issues related to family, responsibility, and duty.

M: Track 26 <1 second pause>
M: Hey, I was hoping to catch the news. What are you watching?
W: It's the Classic Film Channel. This is *The Fugitive*. It started about 20 minutes ago.
M: I haven't seen it, but those two actors look familiar. That's Harrison Ford, isn't it?
W: Yes, and the other guy is Tommy Lee Jones. I think that this is one of the best films from the 90s.
M: I've heard of it, but I don't know the details. What's it about?
W: It's a thriller and a murder mystery. Harrison Ford was arrested for a murder he didn't commit. He escaped, and now he's trying to find the real killer.
M: And the police are chasing him?
W: Right. It's actually based on a true story. It's fun to watch because the performances are great and the plot is really unpredictable. In the last scene, the main character finds out the truth. He reveals that the murderer is—wait, you don't want me to tell you the ending, do you?
M: No, no spoilers! I'll watch it with you. I can watch the news later.

M: Track 27 <1 second pause>
M: Interest, Account, Balance, Application, Due date, Transaction, Monthly, Payment

M: Track 28 <1 second pause>
M: What makes people happy? Which is more valuable, material things or free time? There are ways to use money to buy leisure. You can buy services. For example, if you don't like making your own meals, you can eat at a restaurant instead. It's more expensive, but it's also faster. You don't have to do the shopping and the cooking. And that means you have more time to do things you really value. There was an interesting study recently on this topic. Researchers asked 6,000 people in four countries about how they spend their money and about their level of happiness. The results were fascinating.

People who invested more money in saving time said that they were happier and more satisfied with life. This was true for both wealthy people and people with low incomes. Another study had similar results. In this study, researchers gave people £40 each. They divided these people into two groups. They told one group to spend the money on goods. They instructed the other group to spend it on saving time by purchasing services.
The second group—the people who spent their money on saving time—reported that they felt happier and had less stress. So, what should you spend your money on? Keep this in mind: when it comes to happiness, sometimes free time is worth more than material things.

M: Track 29 <1 second pause>
W1: If you won the lottery and became really rich, what would you do with the money?
M1: I think I'd enjoy lots of luxury items for a little while—expensive cars, clothes, and trips around the world. I'd also like to meet some celebrities. However, after a while that would probably get boring. A person's life has to have a purpose, and you can't just be selfish all the time. So, well… I plan to study medicine when I start university. If I had lots of money, I'd found a clinic in a poor country to provide free healthcare.
W2: I'd try to be generous. I'd donate a lot of money to charity. I want to fight poverty and help homeless people to find homes and get back on their feet. In addition, I'd like to open a restaurant where homeless people could work. This would give them a chance to learn new skills and earn their own money.
M2: First of all, I'd pay off my parents' debts if I became wealthy. They owe a lot of money for their farm, and I'd pay that off so they could retire. Secondly, I've always dreamed of going into space. And I think it's important to explore other worlds. Therefore, I'd use my money to buy a trip to the moon or to Mars.

M: Track 30 <1 second pause>
W: Are you ready to pay?
M: Yeah. And look—I filled out an application for a department store credit card. That means I'll get £25 off my purchase today.
W: Oh, are you really sure you want to do that?
M: Sure, why not?
W: Well… you already have a couple of credit cards. And you do owe a lot of money on them.
M: Yeah, but I'm paying it off each month.

W: Look, I'm only saying this because I'm your friend and you've asked me for financial advice before: If you spend a huge amount now, you might regret it later. I know because I've had similar experiences myself.
M: I won't regret it. I really need a new TV, and look, it's on sale.
W: Maybe you do need that. But if you have the department store credit card, it'll be easier to buy more in the future. Not only things you need, but things you want—luxury items. You're a student with a part-time job; that's not a big income. And you do sometimes have a problem with impulse buying.
M: I know, but I'll get £25 off today and also five percent off every future purchase. That's a pretty good bargain, especially since I shop here a lot.

M: Track 31 <1 second pause>
W: First, when you make your budget every month, separate your wants from your needs. And then avoid spending too much on wants. For instance, do you really [emphasis] *need* a car, or could you use public transport? Fuel and parking can be very expensive. Another example is eating out. A lot of students spend too much money at restaurants when they could be eating at home or in the cafeteria. To limit your spending on wants, you can budget a certain amount of money every month—say, £100, for wants. When that money runs out, you will have to wait until the next month to buy luxuries.

Second, purchase used goods. One of the biggest expenses for any student is textbooks, and there are usually used textbooks available at much lower prices. And not just textbooks—you can find second-hand furniture, electronics, and even clothing at reasonable prices. Look online for bargains. Next, when it comes to leisure activities, try to stay on campus. Your university probably provides all kinds of fun activities that are either free of charge or very cheap: films, museum tours, sports events, and so on. Why spend money at a cinema when you can see a film for free? Of course, sometimes you'll have to go off campus to have fun. When you do, remember to ask about student discounts.

And finally, one more very simple tip: Pay your monthly bills by the due date every month. It's surprising how many students pay their bills late and therefore have to pay extra fees. Don't make this mistake. This is especially important for credit card bills, since they charge interest as well as late fees. Try to pay off your balance every month. But if you can't, then at least make the minimum payment on time.

M: Track 32 <1 second pause>
M: Most people experience a sleepless night every now and then. But what if it keeps happening again and again? Insomnia can mean trouble falling asleep or trouble staying asleep long enough. It's by far the most common sleep problem. In fact, about 30 percent of adults suffer from insomnia. Not getting enough sleep can make you feel tired and miserable. Moreover, it can prevent you from concentrating on your studies or your job.

Sleep is particularly important for young people. The bodies and brains of people in their teens and early 20s are still developing. Consequently, they need more sleep than older adults do—about nine hours on average. In contrast, older adults need seven to eight hours.

And studies prove that most young adults don't get enough sleep. Sometimes it's because of their busy schedules, but often it's due to insomnia.

There are different causes of insomnia in young adults. One is physical. When people become teenagers, their natural sleep cycle changes. They start to feel sleepy later. So, for instance, even if they go to bed at 10 p.m., they don't fall asleep until midnight. But they still have to get up at 7 a.m. for school. The result is a lot of tired teens. Another common cause of insomnia in young people is stress, which is often related to school or to their social lives. Trouble with sleeping is serious—and not only because it's unpleasant. Several studies have found that over time, insomnia increases the risk of depression.

If you're a young adult who's suffering from insomnia, there are some techniques you can try. First of all, go to bed and get up at the same time every day— yes, including weekends. Secondly, take time to relax before bed. This means avoiding TV, video games, and other electronics. These can keep you awake. Avoid caffeine and sugar, too. And try not to eat less than four hours before going to bed. In addition, you should exercise regularly. Do these things for at least one month. If there's no improvement in your sleep, then you should talk to a doctor.

M: Track 33 <1 second pause>
M: You have to admit it: We all dislike going to the doctor. It's always a little scary. As a nurse, I can understand. It's completely normal to be nervous about pain, the sight of blood, or getting bad news about your health. And many people—about ten percent of the population—have a phobia of needles. So some people postpone getting a check-up until they get sick. Not only do many people fear doctors, but a lot of them won't admit it. Instead, they make excuses. They say either that they don't have time or that they're completely healthy. Another common excuse is that doctors don't really help people; they just want to make money. Obviously, none of these are good reasons to avoid check-ups.

Seeing a doctor at least once a year is vital for both preventing and treating serious health problems. But overcoming a fear of doctors is challenging. Fortunately, there are some methods that really work. One way to reduce your fear is to bring a friend or a loved one with you. I've suggested this to many of my patients, and all of them said that it helped them feel calmer.

Secondly, tell your doctor about your fears and ask questions. When you know what to expect, you feel less scared. If he or she won't answer your questions or isn't helpful, find a new doctor. And if these methods don't work, try talking to a counsellor or a psychologist. They can teach you techniques like deep breathing, which will help you relax.

M: Track 34 <1 second pause>
M1: Many readers ask how beginners can make tasty, healthy meals. Three celebrity chefs gave us their favourite basic cooking tips.
W1: The healthiest diets are based not on animal products but on plants and whole foods, not processed foods. So I recommend going to farmers' markets and buying lots of lovely, fresh local vegetables. They add nutrients and variety to your diet. As soon as you get home,

wash them, chop them, and store them in the fridge. With all these great vegetables ready, you'll be more likely to cook healthy meals.
M2: In my experience, it's important to plan your meals ahead of time. People eat badly when they're in a hurry. So try to make a complete meal plan each week right before you do your shopping. Also, always keep a good supply of fresh herbs and spices. They make the simplest dishes taste so much better. Keep in mind that your cooking equipment matters, too. Invest in some high-quality knives, pots, and pans. This makes preparing good meals a lot easier.
W2: Don't try to remove fat from your cooking. Fat is a necessary nutrient. Plus, it adds flavour and makes you feel more satisfied. But choose your fats wisely. Cook with healthy fats like olive oil and yogurt—and my personal favourite: delicious French butter.
It's different from other types of butter because it has more fat and thus more taste.
Another big factor is reasonable portion sizes. Don't make huge amounts of food for yourself. And buy small plates!

M: Track 35 <1 second pause>
W: We constantly hear that diet and exercise are the keys to losing weight. However, not enough people realise that diet is far more important than exercise. The main reason is this: It's much easier to eat less than to burn more energy by doing physical activity.

For example, a burger and French fries contain around a thousand calories. To burn all that energy, you'd have to spend hours and hours at the gym. Few people have the time for that. Moreover, exercise can actually increase hunger! So you might just eat more. Wouldn't it be so much easier to have a light, healthy meal instead? Studies confirm this. One recent study was about people who exercised for 30 minutes a day.

These people actually [emphasis] *gained* more weight than people who exercised less.
Now, I'm not saying you shouldn't bother to exercise. It feels good, and it improves your appearance. Exercise also reduces your risk of heart disease and other serious illnesses.
It's got a lot of benefits. But the effect on your weight is small. So if weight loss is your main goal, make sure you don't rely on exercise. Concentrate on a well-balanced diet.

M: Track 36 <1 second pause>
M: You're leaving for your trip to England tomorrow, aren't you? How long will you be there?
W: Two weeks. I have a reservation at this cute, little, old hotel in the country.
M: Sounds great.
W: Yeah. I'm really looking forward to it. On the other hand, I'm worried about jet lag. I had a particularly bad case of it on my last trip.
M: Really? Did you feel sleepy the whole time?
W: Yes, and it prevented me from really enjoying myself. You said that you travel a lot—do you ever suffer from jet lag?
M: I do, but I've read about some techniques for overcoming it. They work pretty well for me. For one thing, you should try to stay awake until night-time on the first day of the trip. And make sure to spend some time in the sun during the day. That way, you'll get back to your normal sleep cycle faster.

W: I've tried both of those things, but neither helped at all. Maybe I should just ask a doctor for some sleeping pills.
M: Well, maybe. But my doctor says it's a bad idea to rely on them. In fact, she says they could actually make things worse.