

< Workbook 5 >

**M: Track 1 <1 second pause>**

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**M: Track 2 <1 second pause>**

W: Next week, my best friend and I are starting our first year at university. We're roommates. In fact, we're moving into our new flat this weekend. We have known each other since we were eight years old, and we've always had very different personalities. Shelly is an introvert. She loves to read and have deep, thoughtful conversations. She hates small talk, and she doesn't like to be the centre of attention. She wants to be a writer, so she is studying literature.

I'm different. I'm outgoing and—well, a little loud. I love meeting new people, and I'd rather go out and see my friends than stay home with a book. I like working with and helping others, so I'm studying physical therapy.

Shelly and I are different, but we understand each other. Maybe we get along well because opposites attract!

**M: Track 3 <1 second pause>**

W: Hey, Pablo! What are you doing out so early in the morning?

M: Well, actually, I played computer games all night at a friend's place. Why are you up at this hour?

W: I usually get up early and take a ride on my bike.

M: That's right, I'd forgotten you did that.

W: Yeah, I've always loved my early-morning rides around campus.

M: Yeah, you look really healthy nowadays. I've always liked cycling, but I've never owned a bike. Cycling seems like a great way to keep fit.

W: It is! So, are you heading home now?

M: Yeah, I need to get some rest before my lecture. See you!

**M: Track 4 <1 second pause>**

M: Do you remember my cousin Gary?

W: From Canada? Yes, I met him last summer. Nice guy. Why?

M: Well, he's coming to visit this weekend, so I want to plan some good things for the three of us to do on Saturday. Any suggestions?

W: Hmm. You're playing football that afternoon, right? Can't he join you?

M: No, he doesn't play sports. I already told the team I'm not coming this Saturday. I have to think of something else.

W: We could go biking to our favourite spot by the lake. Does Gary like the outdoors?

M: Nah, he's more of an indoors kind of guy.

W: Oh. Well, why don't we take him to that new shopping centre in our old area? We can do some shopping and have dinner there.

M: Okay, he might like that. What about after dinner? I know Gary likes going dancing at clubs, but...

W: [laughs] Yes, I know—you don't dance. Hey, I'll ask my friend Sofia to take him to a club. She's a total extrovert, and she loves dancing.

M: That's a good idea! Gary's an extrovert, too. They'll probably get along great.

**M: Track 5 <1 second pause>**

M: Wendy, I'm thinking about joining an online dating site. You've done that before, haven't you?

W: Yes, I have. Do you want some tips on writing your profile?

M: Yeah, if you don't mind.

W: Okay. First of all, describe yourself. You can say that you've recently graduated and you work at a bank. Add on that you're intelligent and fun.

M: Really? Well, thanks. What else should I say about myself?

W: You should list some of your pastimes. I know you read a lot. What else are you interested in?

M: Besides books? Hmm. Spending time with my brothers. And I'd like to meet a woman who has a passion for good films, like I do—especially classic and foreign films.

W: Then mention films in your profile. What else are you looking for?

M: Kindness and a sense of humour, for sure. And someone who's positive. Liking travel is a plus.

W: All right. The last thing is, what about the future? Do you want marriage, children...?

M: Yes, I'd like to be married and have kids someday. And I'd like to live abroad. Should I include that?

W: I think so. It's important for people to agree on future plans.

**M: Track 6 <1 second pause>**

W: Hey, how was your weekend, Dave?

M: Relaxing—I just stayed home. What about you? You went camping, didn't you?

W: Yeah, with my sister and her friends for two nights. We just got back an hour ago.

M: So, how was it? Where did you go, exactly?

W: To a campsite near Carsington Lake. Not many people go there, so it's nice and quiet. That area has incredible scenery, too.

M: Sounds perfect. But... it was pretty cold last night.

W: [laughs] Yes, it sure was. So, we spent a lot of time talking and telling stories around the fire. It was fun, but I was glad to come home and get warm.

M: How many people were there?

W: Three girls and three guys. They're nice people. In fact, I have a date with one of the guys this Friday.

M: Really? Great!

W: Yeah, his name is Peter. My sister's been talking about him for months. She's been wanting to introduce us because we have a lot in common. We're both extroverts, outgoing, and really social. We went to the same university. We're both in creative professions...

M: Oh, is Peter a graphic designer, too?

W: No, he's an art teacher. He also paints, and he has sold some of his artworks to galleries. I've seen them on his blog, and he is an amazing artist.

M: Cool. So, do you know what you're doing on Friday?

W: Maybe we'll go to a museum and have dinner, or maybe see a film. It'll be something indoors—I've had enough of the outdoors for a while.

**M: Track 7 <1 second pause>**

M: My fondest childhood memory is from my fifth birthday. My family was not very rich when I was young, so going out was a luxury. My parents told me I could invite two friends to my birthday party. Of course, I already knew who to invite: my friends Allen and Anthony. They were friends who lived in my area. My parents took us to Pizza Garden. It was a family entertainment centre and restaurant. They served pizza and other foods, buffet style. But, the best part was the arcade games and amusement rides. My parents gave me and my friends ten pounds to spend on games together. We played all afternoon until I was too full and tired to play anymore. When I got home, my parents brought me my birthday gift. A pair of Nike trainers! I was so happy that I didn't wear them for a week! I didn't want to get them dirty. My mum eventually had to force me to wear them.

**M: Track 8 <1 second pause>**

M: They had (/hæd/) an interesting experience last summer.

[pause]

M: Miguel and I had (/hæd/) a wonderful time at the party.

[pause]

W: Everyone had (/həd/) been curious about the new teacher.

[pause]

W: I had (/əd/) already heard the story.

[pause]

W: I'd already heard the story.

**M: Track 9 <1 second pause>**

W: 1. Carla had (/həd/) never been to a foreign country before.

2. My roommates and I usually had (/hæd/) dinner at around 7 o'clock.

3. Kevin said he had (/əd/) been trying to call you.

4. I'd been waiting for him for two hours before he arrived.

**M: Track 10 <1 second pause>**

M: My Driving Test

I remember the day of my first driving test very well. I was 16, and I had been practising for months with my older brother. He was a very good, confident driver, and he had helped and encouraged me a lot. Nevertheless, on that day, I did not feel brave.

First, I took the written test. I had studied for that, so it was easy. I got a perfect score. Next came the hard part: the road test. The examiner was a very nice man, but I had never been so nervous before in my life! I drove very carefully and followed all the traffic rules. When it was over, the examiner said that I had done very well. The only problem, he said, was that I had driven a little too slowly. I was embarrassed. But he smiled and told me that I had passed. I felt so relieved.

Now I have been driving for three years, and I think I have become an even better driver than my brother!

**M: Track 11 <1 second pause>**

W: Last summer was so much fun! My family went on a trip to Mexico. It was a really memorable trip. But we did have a few unpleasant experiences. It started in Cozumel. My parents were quite upset when they saw our hotel accommodations. The discount hotel was in terrible condition. Then a tropical storm came! We were stuck on the island, and we

couldn't go out. But my trip wasn't bad overall. I did have lots of fun learning about Mexican culture. Also, even though my trip to Cozumel was bad this time, I thought it was a beautiful island. I hope I can visit again! It seems like a romantic place to spend your honeymoon.

M: **Track 12 <1 second pause>**

[ring tone]

M: Hey, Monique.

W: Hi, Josh, are you busy?

M: No, I've just been trying to decide what to make for dinner.

W: Don't make anything. Let's eat out and see a film. They show classics every Tuesday night at the cinema near my place.

M: Oh, yeah? What's playing tonight?

W: *Die Hard*. My favourite action film from the 80s.

M: [laughs] In the 80s, we hadn't even been born yet.

W: Yeah, but I'm into old films. So, how about it?

M: I don't know. I've never seen it.

W: Seriously?

M: Yeah. I read the novel that it's based on, though.

W: Oh, me too. Didn't you enjoy it?

M: It was okay, but the plot wasn't realistic at all.

W: Well, the film isn't very realistic either, but it's totally entertaining. It has a great cast—Bruce Willis and Alan Rickman play the main characters. And I've only seen it on TV. I want to see it on the big screen.

M: All right then, fine with me. What time is it showing?

W: Um...7.15? Or maybe 7.45. Actually, I forget. I'll look it up again and call you back in a minute.

M: **Track 13 <1 second pause>**

W: A

[pause]

W: My favourite holiday was the trip that I took to Hawaii when I was 16. I went there with my parents, my brother, and two cousins. It's the most beautiful place I've ever seen. I liked the beaches and the friendly people. It was also fun shopping for souvenirs. But most of all, I was interested in learning about Hawaiian culture: the language, traditional Hawaiian music, dances—all that stuff. I also wanted to try Hawaiian food. So, on our last evening there, I made reservations for us to attend a traditional feast. It's called a luau. There was so much food—meat, fish, and vegetables. It was incredible. And everything was delicious. Well, almost everything. One thing that I didn't like was poi. Poi is a dish made from a vegetable, and to be honest, I didn't enjoy it at all. It has a colour and taste that I disliked. But it was the only thing that I didn't love about Hawaii.

M: B

[pause]

M: I had a memorable moment two years ago. My girlfriend and I were eating out at a nice restaurant. During dinner, a group of people walked in and sat down. I looked, and one of them was a very famous actor who is the hero of some classic films. I won't say his name, but he's one of my favourites. So, I was really excited. I pointed him out to my girlfriend. She told me to go and say hello. I was extremely nervous, but I finally decided to be brave. I stood up and walked over to the actor's table. I [emphasis] *wanted* to say, "It's nice to see

you. I love your films." But I couldn't talk. I stood there for a minute, looking at him. Finally, I managed to speak. I said, "I love you!" Can you believe that? I didn't wait for an answer. I just ran back to my table and sat down. [laughs] I think it's funny now. But at the time, I felt so stupid. I was miserable for the rest of the night.

M: **Track 14 <1 second pause>**

M: A

M: You've done a great job decorating this place. It's so comfortable and cheerful.

W: Thanks! You know, I actually did all the artwork myself.

M: Wow! I didn't know you were so creative.

M: B

W: Where should we go for dinner?

M: I have a suggestion—what about The Pacific Café? I think it's in this area.

W: Oh, I've heard of that. It's pretty well-known, isn't it?

M: Yeah, and their speciality is seafood.

M: C

W: So, what did you think?

M: It was pretty entertaining—the hero was an interesting guy. And I was shocked by the ending.

W: Did you know that it's based on a true story?

M: No, is it really?

M: D

W: I'm interested in photography, but I'm not sure I can make a living out of it.

M: Well, it's good to have ambition, but you have to be realistic, too. What else are you interested in?

W: I think I'd enjoy being a nurse. I guess that's my second choice.

M: **Track 15 <1 second pause>**

M: Question 1.

W1: I'm not worried about climate change. It might get a little colder in winter or warmer in summer, but I don't think we can stop that.

M: Question 2

M: Oh, I'm worried about climate change. I live in Texas and every year the hurricanes and droughts get worse. Just this last year, my house was destroyed by a hurricane. I think things will get worse if people don't make some serious changes.

M: Question 3

W2: I don't know anyone who doesn't believe that we're causing climate change. We have more than enough proof. Now I think we need to find a way to fix things. My family has already started to change their habits. We will get solar panels installed on our house, too.

M: Question 4

M2: I believe that people are partly causing climate change, but I don't think we can do anything about it. Other countries are continuing to pollute the earth. If we stop everything we're doing to be environmentally-friendly, other countries will just have an advantage.

**M: Track 16 <1 second pause>**

M: This is Jack Harvey with Coast FM reporting on this week's weather. If you have plans to visit the beach tomorrow, you're going to have to make new plans. A storm system will hit us tonight around 11 p.m. We can expect heavy rain for the next two to three days. This storm will end the heat wave this summer, as we expect temperatures to cool over the next few weeks. Officials have also warned that there will be heavy traffic tomorrow morning, so make sure to set your alarms a few minutes earlier than usual.

**M: Track 17 <1 second pause>**

W: An endangered species is an animal that is close to becoming extinct. There are several causes for animal extinction. Some of the biggest include hunting, climate change, and habitat destruction. This is a huge problem because plant, animal, and insect diversity is essential for life. This is why organizations like the World Wildlife Fund are doing their best to protect animals' lives. In fact, the WWF have been successful in helping some species come back from extinction, such as the giant panda.

**M: Track 18 <1 second pause>**

M: Hey, Carol. How was your weekend?

W: Hi, Marcus. It was really busy!

M: Yeah? What happened?

W: Well, my husband wanted to install some solar panels on our house, so we had no power all day Saturday while builders installed the panels.

M: Oh, that's interesting. I've heard solar power is getting more popular these days.

W: Yeah, it really is. Almost everyone in my area is upgrading to green technologies. My next-door neighbour is having an underground heating system put in this summer.

M: Is solar power going to be enough by itself, though?

W: I think so. We had extra batteries installed to store more energy. Are you interested in putting solar panels on your house?

M: Hmm. I don't think my wife will like it. She's still not convinced. We're not even that good at recycling.

W: What? You have to recycle at least!

**M: Track 19 <1 second pause>**

W: In the United States, the average person creates over four pounds of rubbish every day! That's about 1.5 tons of solid waste every year. The Environmental Protection Agency believes that 75 percent of American waste is recyclable, but people only recycle about 30 percent of it. Other countries have policies that ensure people reduce the amount of waste they produce. In South Korea, households are all expected to separate cardboard, plastic, glass, metal, and food when throwing away their rubbish. That's because it's everyone's responsibility to make the planet a healthy place to live!

**Track 20 <1 second pause>**

M: 1

[pause]

M: Wow, it's hot out there! When is this heat wave going to end?

W: I read in the paper that it's going to be dangerously hot for three more days.

M: Well, I'm glad we installed that new air conditioning system last year. We'll be needing it.

W: True. These temperatures aren't natural, are they?

M: No, I'm pretty sure the climate's changing. Every summer, there's a new record high.

M: 2

[pause]

M: Well, do you have any more questions about the flat?

W: Yes. Does this building have a recycling policy?

M: Yes, all residents of the building have to separate their glass, plastic, and cardboard rubbish and put it in the recycling bins. If you throw those things in the rubbish, you'll get a fine.

W: I see. I'm glad to hear it's an eco-friendly building.

M: 3

[pause]

W: You're aware that a hurricane is coming, right?

M: Yeah, they're expecting it to arrive here the day after tomorrow.

W: What are you doing to prepare? Will you have to leave your house and go somewhere safe?

M: No, my house is on a hill, so floods won't be a problem.

W: Yeah, but there will probably be a power cut. And there could be a shortage of clean water to drink after the storm.

M: Oh, I know. Don't worry, though. I always keep a supply of bottled water and tinned food for natural disasters like this.

**M: Track 21 <1 second pause>**

M: Electric vehicles (EVs) have engines that run entirely on electric power. Instead of fuel tanks, they have rechargeable batteries that store energy to power the motor. These special batteries can be plugged in to recharge in people's garages or at EV charging stations in some car parks and petrol stations. Electric vehicles are sometimes referred to as "plug-in" vehicles for this reason. Purely electric vehicles run on electricity alone. There are also hybrid vehicles, which have both petrol and electric motors. Hybrid and electric vehicles have some of the most energy-efficient engines available. These vehicles are helping to create a cleaner environment for the future.

**M: Track 22 <1 second pause>**

W: Hey, Sam. Did you get to ride in your aunt's electric car this weekend?

M: I did! It was unlike any car I've ever been in.

W: What was different about it?

M: Well, you push a button to turn the car on. And then the engine is almost completely silent while it's on.

W: Wow. Did you get to recharge it at a station?

M: We did! The café we went to for lunch had a charging station in the car park. We plugged the car in, and the engine battery recharged while we were eating!

W: Cool. Do you think you'll ever get an electric car?

M: Yes. I think they are better for our environment than petrol-powered cars. And they are cool to drive!

**M: Track 23 <1 second pause>**

W: Uber is a popular ride-sharing company. Unlike taxi drivers, Uber drivers drive their personal vehicles and work when and where they want. They also get paid instantly after driving. People looking for rides can request them from almost anywhere using a computer or phone app. After their trip, riders pay for rides right from their phones. Drivers don't need to purchase any special machines for payment. Over five billion Uber rides have been taken since the company began in 2009.

**M: Track 24 <1 second pause>**

W: What if you weren't allowed to text for an entire weekend? How would your life be different? My teacher at school challenged the whole class with these questions. We discussed it as a group, but actually doing the challenge was optional. I decided to try it. Here's what happened.

The first day of not texting, I kept picking up my mobile out of habit. Then I would put it down and ask myself, "What if I didn't send this text?" Or in other words, "Is this a necessary text?" Usually, the answer was no. The second day, I realised that I needed to make plans with my friend Abby. Instead of texting, I called her. It was nice to hear her voice. The third day, I kept my phone in another room instead of having it in my pocket. I didn't check to see if my friends texted me. By the end of the night, I wondered, "What if they all decided not to be friends with me anymore?" But I also realised that I had a nice quiet day to myself, and I enjoyed spending my time reading magazines and drawing. Overall, the weekend of no texting was okay, but I discovered there are both pros and cons to texting. I'm going to pay more attention to how I use my mobile from now on.

**M: Track 25 <1 second pause>**

M: Louise, what are you typing?

W: Oh, I am trying to finish my Spanish homework. I'm using this computer translation program to help me read this article.

M: What's computer translation?

W: It's a computer program that can translate for you. I put in the Spanish, and it gives me the English.

M: That sounds like cheating! Is the translation even good?

W: I'm just using it to check my comprehension. I would never use it for a writing assignment, but the translation is surprisingly good!

M: Okay. I still think it sounds like cheating though. I'm going to check with Señor Gomez about this!

**M: Track 26 <1 second pause>**

M: I'm getting hungry, how about you?

W: Yeah, I haven't eaten since lunch. Why don't we order a couple of pizzas? I can use my new toy—here, look.

M: Oh, that's one of those artificial intelligence devices, right? You control it by talking to it, don't you?

W: Exactly. It's the latest version. I can buy things, make phone calls, find out about the weather, and all that stuff—just by talking. You don't have to be a tech expert to use it. It's really user-friendly.

M: Hmm. If I talked to a metal box, I'd feel a little ridiculous.

W: [laughs] I did feel silly at first, but I got used to it.

M: When you ask it questions, do you get good answers?

W: Well, not [emphasis] *always*. It does take patience sometimes. For instance, I might have to repeat a question once or twice. But it's able to learn, so its answers get more accurate over time.

M: Do you use it a lot?

W: I've only had it about two weeks, but yeah, I'm starting to see it as essential. The big advantage is that it keeps my hands free. So, for instance, if I'm busy cooking, I can change the music while standing at the stove. I just have to say, "Play the Rolling Stones," or something.

M: I don't know. Are you sure it's safe? What if someone hacked into it? They would know a lot about you—your shopping habits, your taste in music...

W: Well, I don't think that's very likely. At least, I [emphasis] *hope* it isn't. Anyway, what would you like on your pizza?

**M: Track 27 <1 second pause>**

M: A

[pause]

M: What's your presentation going to be about?

W: I'm going to be talking about electric cars and their advantages and disadvantages.

M: Interesting. I wish I could afford one. I thought they didn't have any disadvantages.

W: Well, they do create less pollution. But you can't go as far as you can with other vehicles. You have to stop often in order to charge them.

M: B

[pause]

W: Hey, Colin, I've been reading the news about the flood in your home town. Are your parents okay?

M: Yeah, thanks. Their house was damaged a little, but they're fine. They have no power, but luckily, they have enough supplies.

W: Good, I'm glad. I guess they knew what to expect.

M: Yes, bad storms are just part of the climate there.

M: C

[pause]

W: Uh-oh. I can't connect to the internet. Can you?

M: No, there's a problem with the network. No one in the office can get online.

W: Oh, no! When will it be fixed?

M: I'm not sure. The tech guys are working on it now. They're usually really efficient, so it probably won't be long.

W: I hope so. If we had to go all day with no internet, that would be a disaster.

**M: Track 28 <1 second pause>**

M: I have always loved adventure and extreme sports. When I was at school, I loved BMX racing. And by the time I was 15, I was totally addicted to parkour. It was challenging, but it also taught me a lot about myself and my abilities. I was never really afraid of getting hurt. I just wanted the excitement and thrill of living life on the edge. When I was in university, I tried even more extreme sports. While travelling in South America, I got to bungee jump and hang glide. It was beautiful. Also, while I was studying abroad in Australia, I went parachuting several times. My parents thought I was crazy. They worried that my

thrill-seeking would stop me from getting a job. But I managed to find one that's perfect for me. I'm a Hollywood stunt double! At first, it was difficult to get into the career, but I loved the job so much that I kept with it. Now I'm one of the top stunt doubles in the industry. I still do stunts, but most of my job is supervising action scenes now.

**M: Track 29 <1 second pause>**

M: Hello, Sarah? It's Phil. We met at the library last weekend.

W: Oh. Hi, Phil. Yeah, I remember. How are you doing?

M: I'm doing alright. I was wondering if you had plans this Friday?

W: Umm. Well, my roommate asked me to help cook dinner on Friday. But besides that, I'm free. Why?

M: Hmm. Actually, I got tickets to a little event at the Court Marion Hotel from my uncle. They're hosting a cheese tasting event... I wanted to know if you were interested in going with me. I remember you telling me you liked cheese...

W: That sounds like fun. When does it start?

M: At 6.30. I hope that doesn't ruin your plans with your roommate.

W: No. I'm sure she'll understand. Do I need to prepare anything for the evening?

M: It's a pretty elegant hotel—suit and tie for guys. So you'll need to wear something formal. The cheese will be free—and so will the drinks. I think the menu said there will also be fresh fruit and nuts. But if you're really hungry we can order dinner from the kitchen.

W: Okay, that sounds good. Let's decide on Friday if we will eat there or not. Anything else?

M: Oh! I almost forgot. We can make reservations for our seats. We can sit by the windows, by the band, or by the bar. Do you have a preference?

W: I bet the view is beautiful, but sitting closer to the band also sounds fun. What do you think?

M: I think it'll be nicer by the window. That way we can move around without feeling bad.

W: Yeah. That makes sense. Okay, then let's see each other on Friday!

M: Yep! Great!

**M: Track 30 <1 second pause>**

W: One of my life goals is to climb a mountain. Not just any mountain. I want to climb Mount Everest. Many people have climbed Mount Everest now, but it's still something I want to do. I have my doubts, of course. Mount Everest isn't the easiest climb. Since the 1920s, almost 300 people have died trying to climb it. I know I will have to be in top physical shape, and I know it will be risky. But, I feel like it's something I have the courage to do. It's something I want to do to prove to myself that I can do anything I set my mind to. I'm not sure when I will do it, but I'm already working toward this goal. I spend my summers climbing other mountains around the world. Last summer, I climbed Pike's Peak. And next summer, I plan to climb Pico de Orizaba in Mexico.

**M: Track 31 <1 second pause>**

W: Good morning, Frank. Going for a run?

M: Morning, Alice. Yeah! I'm training for the New York Marathon.

W: Really? That's great! You know, I've thought about running a marathon myself, but I know I don't have the strength to do it. I'm always impressed to see the runners finish every year. How long have you been training?

M: I've been running every day for the past month. I only have two more months to go.

W: What made you decide to run in the marathon?

M: It's just one of those things I've always wanted to do. Don't you have anything like that?

W: Hmm. Well, nothing physical like a marathon, but I do have a few things on my bucket list.

M: Like what?

W: I've always wanted to volunteer for a charity. And I've always wanted to be published.

M: Those are great goals! Why haven't you tried yet? I think you can do both.

W: Yeah, but I just don't know where to start.

M: Don't over think it. Just start! That's the hard part. Why don't you look online for a charity that you're interested in and send them an email? You can also start outlining your novel, or autobiography, or whatever you're going to write.

W: You make it sound so easy. Okay, I'll think about it.

**M: Track 32 <1 second pause>**

W: Nick, come here and look at this guy on TV. He's skydiving—and he's 75 years old!

M: Wow, that's so cool. Skydiving has always been on my bucket list.

W: Really? I didn't know you were so adventurous. And don't you have a fear of heights?

M: Yes, I do. That's why I want to try skydiving someday—so I can beat my fear. Don't you have a bucket list? Aren't there things you want to do, or achieve, before you die?

W: I've never really thought about it much. Doing extreme sports is definitely not a high priority for me.

M: Well, that's only one item on my list. I also want to travel to every continent. And I want to spend a whole year working for a charity.

W: Those are good goals. Maybe I should be more adventurous, too. Actually, I'd like to... well, this might sound weird.

M: No, go ahead. What is it?

W: I'd like to be a professional writer. I want to write a film script. But I'm afraid to try.

M: That doesn't sound weird. You have to take risks sometimes.

W: You're right. You've inspired me. I think I'll make my own bucket list.

**M: Track 33 <1 second pause>**

W: Hey, Jake. What did you think of last night's episode of *Blazing Stars*?

M: I stopped watching that show. The writing for it has really started to decline, don't you think?

W: Hmm. Yeah. But the last few episodes have been really good! They started a new major storyline and added some big actors to star in it.

M: They keep doing that over and over again just to keep people watching. None of their ideas feel original anymore.

W: You think? I think the creativity is still there. Aren't you being too harsh with your criticisms?

M: I don't think so. When the show started, it felt so fresh. But, now it's so familiar. It's all predictable. I heard the studio is even thinking of doing sequel shows or a prequel show once this story is over.

W: Well, I've spent too much time watching it already. I have to see how it will end.

**M: Track 34**

**<1 second pause>**

W: Breaking news. Two criminals escaped from Dulwich Prison this morning. Police officers believe the pair stole a white 2003 Ford Transit van parked nearby and have left the area.

The prisoners were serving a 10-year sentence for a string of break-ins. They also attacked a homeowner who caught the pair during one of their break-ins. Police are asking for any

information regarding their whereabouts. The criminals' pictures are on the Dulwich council website along with information on how to contact police with any information. Officers would like to stress that these criminals are extremely dangerous. If you have any information, please call 999 immediately and do not attempt to stop the criminals yourself.

**M: Track 35 <1 second pause>**

M: *The Lord of the Rings* trilogy is an epic story which follows Frodo Baggins on his journey to Mount Doom to destroy the ring—an object of great power and evil. The trilogy was directed by Peter Jackson, and the films won many awards when they were released. Thanks to the amazing special effects, *The Lord of the Rings* films won several awards, including the Academy Award for best visual effects. The trilogy is not only known for its special effects, though. The actors in the films also put on amazing performances. For instance, Ian McKellen, the actor who played the wizard Gandalf, was given an Academy Award for Best Supporting Actor. The films also deal with many different issues and themes, such as power, life and death, as well as fate. There are truly tense moments that make you feel like you're watching a thriller, as well as heart-warming and comic ones. There's something for everyone.

**M: Track 37 <1 second pause>**

W: Hey, Jessie. How was your weekend? Did you do anything fun?

M: Not really. I just stayed in and played video games all weekend. I got that new online role-playing game *War Bringer*. I think I played it for almost 20 hours.

W: Oh, I got that game, too. I haven't played it much though. I want to upgrade my graphics card before playing too much. What did you think of it?

M: The story is kind of dull because it's the typical fantasy stuff. But the combat is intense! I'm totally satisfied with my purchase.

W: Oh, that's too bad. I was hoping it'd have a decent story.

M: Well, it might get better. Most online games get better when you get towards the end of the content.

W: What character do you play as? I tried playing as a soldier, but I'm thinking of trying something else. The soldier moves so slowly. I'm not very good with it.

M: I chose to play as a scout. The scouts have some good weapons. And they're really fast! It makes things a lot more interesting.

W: Oh, I was thinking about playing as that, too. What server are you on? Maybe we can play together this week!

M: I'm on Kali. Yeah! I'll help you get started. When will you get your graphics card?

W: I get paid on Wednesday, so I'll get it after school then. How's that sound?

M: Sounds great!

**M: Track 37 <1 second pause>**

M: Conversation 1

W: What's that? Are you playing a video game? You said you never play games.

M: Uh, no, I'm watching other people play. It's live-streamed on this website. You can also hear the voices of other people making comments on the game.

W: Isn't that boring?

M: No, it's fascinating once you understand it. Look at those graphics—they're incredible, aren't they?

W: Yeah, I admit that the game looks cool. But I don't know what's going on.

M: Well, do you see those guys in black? They're soldiers who live in the future.

W: And who are they fighting?

M: They're fighting soldiers who came here from another planet.

M: Conversation 2

M: So, you saw it, didn't you?

W: Saw what?

M: *King's Hospital!* Last night was the last episode of the series. Everyone's talking about it.

W: Oh, I forgot. I used to watch that show, but I stopped a few weeks ago.

M: Really, why?

W: I got too busy with work.

M: You're going to start watching it again, aren't you?

W: Yeah, I am, so no spoilers please.

M: Okay. What happened in the last episode you watched?

W: Hmm. Let me see if I remember. Oh, yeah—Dr Barrett was arrested and went to jail.

M: Oh, that was a long time ago. You have a lot of surprises to look forward to.

**M: Track 38 <1 second pause>**

M1: What are the top two items on your bucket list?

W: My bucket list is less exciting than some people's. My strongest quality is my creativity, so I'm writing a novel. When it's finished, I hope to have it published. Also, I want to learn another language. I know that these goals seem more modest than most people's. But I'm a pretty calm, quiet person, and my work, friends, and family give me enough joy. I don't need a lot of excitement to be happy.

M2: I recently tried skydiving for the first time despite my fear of flying. Now I love the adrenaline rush. So one major item on my bucket list is to go skydiving on every continent. Second, someday I want to perform stunts in films, professionally. To achieve that, I'm taking classes in rock climbing and karate. People say that you should do what you love, and I love taking risks. Life should be full of surprises, and never dull.

**M: Track 39 <1 second pause>**

M: People often complain that they wish they had been taught about money in school.

Managing your money is a very important life skill. But too many people grow up without knowing the basics of personal finances. They don't understand how to look for bargains or how to use credit cards properly. Many people can't even figure out how much income tax to pay, or that you can get into big trouble if you don't pay it. A lack of financial knowledge leads to bad behaviour, such as impulse buying and failing to save for the future. In fact, the government release an annual report on the public's money situation. Last year's report said that almost 35 percent of people had no savings at all!

I was lucky because my parents taught me about money. But I think that schools have a responsibility to teach money skills, too. Every child should have the opportunity to learn these skills at a young age. Let's ask our officials to add money management classes to the school schedule.

**M: Track 40 <1 second pause>**

M: What are you up to? Are you still flat-hunting?

W: Yeah. I'm trying to choose between two places. One is an hour's drive away from work, but it's bigger and nicer. The other one is a short walk from my job. But it's smaller, and I don't like it as much.

M: Which one is more expensive?

W: They're similar in cost. What would you do?

M: Well, that depends. I like having more time by living closer to work. Which do you value more, lots of space at home or more free time?

W: Hmm. I think free time is more valuable.

M: Okay. If I were you, I'd take the flat close to work. You won't have to spend two hours a day in your car. That's a lot of extra leisure time.

W: True. I don't enjoy driving, so having an extra room probably isn't worth two hours in the car every day.

M: Exactly—you'd hate it. Overall, I think it's better to invest in time than in things.

M: **Track 41 <1 second pause>**

M: Everyone dreams about a life of luxury sometimes. Maybe that's why lotteries are so popular. They can be a fun way to spend a little bit of money without risking too much. If you win, you become extremely wealthy. The chances of winning are certainly small. However, if you do lose, you don't lose very much.

Moreover, by playing the lottery, you actually invest in something positive. Lotteries are usually run by governments. They give most of the money to the winners. But the rest of it is used for good purposes, like education. As a result, it can be argued that playing the lottery isn't selfish. You can even say that it's generous. Right?

However, the lottery isn't always a good thing. Some people spend too much money on lottery tickets because they believe they'll win. They might even become addicted to buying tickets. Furthermore, many lotteries don't provide much money to schools or help people. Instead, they spend a lot on advertising the lottery. Therefore, before you buy tickets, you should do some research. Find out how much of the money goes to good purposes. If it's less than 10 percent, playing the lottery might not be a good idea.

M: **Track 42 <1 second pause>**

[read naturally but make sure to stress the bolded syllables]

M: **advise**

**accountant**

**financial**

**emergency**

**regret**

**unpleasant**

**illness**

**matter**

M: **Track 43 <1 second pause>**

W: Congratulations on getting into college!

M: Thanks! I'm excited, but I'm a little worried about the financial part. My parents don't have a lot of savings to help me pay my tuition fees.

W: Oh, neither did mine. But I talked to a financial aid adviser at the university.

M: And did it help?

W: Yes, she helped me a lot, actually. First of all, she advised me on how much money to borrow. Will you be taking out a student loan?

M: Yes, I'll need to borrow money for sure. But I'm worried about going too deep into debt. What if I can't pay it off?

W: Okay, then you should definitely make an appointment with an adviser. They can help you make good decisions. A lot of students borrow more than they need and then spend too much. My older sister did that, actually. But she regretted it later. Ten years after graduation, she's still paying off her debts.

M: Yeah, that's what scares me. I'm not an expert on financial matters, at all.

W: You'll be fine. Just talk to an adviser, and then make a plan and stick to it. I can help you make a monthly budget too, if you want.

M: I'd really appreciate that. Thanks.

**M: Track 44 <1 second pause>**

M1: Conversation 1

M1: Uh, sorry, but I have some bad news. I forgot to pay the electric bill by the due date, so we owe a £50 late fee.

M2: Again? Every month you forget to pay one of the bills!

M1: Hey, when we decided to be roommates, I told you that I'm not good with money. Maybe you should be in charge of paying the monthly bills.

M2: Yeah... You're probably right.

[pause]

M: Conversation 2

W: So, we need to make a final decision about whether to buy this sofa or not. I think we should. It's a pretty good bargain.

M: I'm not so sure. I like it too, but we could buy a similar sofa online for a lot less. There are lots of good deals on used furniture.

W: Yeah, but I don't want a used sofa. We should invest in a new one. We don't spend much money on luxuries, and this is an important item.

M: Well, OK. If you really think it's worth it, let's go for it.

[pause]

M: Conversation 3

W: Hello, sir. I understand that you'd like to open a savings account today. Do you have any questions before you fill out the application?

M: Yes—I'll earn interest on my balance, won't I?

W: Right. You'll receive 1.5% interest on your balance every month.

M: Hmm. That doesn't seem like very much.

W: No, but it's above average for savings accounts.

M: All right. Do I need a minimum amount to open the account?

W: Yes, but it's only £25.

**M: Track 45 <1 second pause>**

W: So, Martin, it's been a while since your last appointment. What seems to be the problem? Are you still suffering from headaches?

M: No, actually. I haven't had one in a while. But lately I've had insomnia.

W: Oh, I see. You can't fall asleep at night?

M: Actually, I can. I usually get sleepy at around ten, and I fall asleep easily. But then I wake up every morning at around 3 a.m., and I can't get back to sleep.

W: Does this happen every night?

M: Almost every night for a month now. I'm tired all the time. It's preventing me from concentrating on studying. I'm worried I'm going to fail my classes.

W: Do you have any idea why this is happening?

M: No, I don't know why it started. Of course, now I feel stressed out due to my marks, and that makes it even harder to sleep.

W: I see. Are you getting any exercise?

M: No, not lately. I'm too tired.

W: Well, I'm going to prescribe you some sleeping pills—just for a couple of nights, so you can get some rest. But I also recommend that you start some techniques that my patients usually find helpful. First, take a 45-minute walk every day. Also, no TV, computer, or phone for an hour before bed. And don't eat or drink anything three hours before bed. Have you got all that?

M: Yes, I think so.

W: And one more thing—even if you're really sleepy, don't sleep during the day. That might prevent your sleep cycle from going back to normal.

M: All right. That makes sense.

W: Okay. Do those things for two weeks. If there's no improvement, come and see me again.

**M: Track 46 <1 second pause>**

M: Ugh. I just remembered that I have to go to the doctor tomorrow.

W: I hope it's nothing serious.

M: No, it's just a check-up. But I hate going to the doctor for any reason.

W: Oh, why is that? Are you afraid of the sight of blood or something?

M: No, I'm not scared of either blood or needles. I just don't like being in the hospital. I think it's due to an experience I had when I was a kid.

W: What happened to you?

M: When I was six years old, I broke my arm playing cricket. It was the first time I had to be treated in a hospital. And the doctor wasn't very nice to me.

W: Oh, no! What did he do?

M: Well, I have to admit he didn't actually do anything wrong. But I was scared, and he didn't make me feel better. So, I've disliked all doctors ever since. Hmm. Maybe I should just cancel my appointment tomorrow. I mean, I feel fine...

W: No, you're not doing that. I'll go with you, so you have no excuse to postpone it.

M: [sigh] Okay, you're probably right. Thanks.

**M: Track 47 <1 second pause>**

M: If you want to get in shape, you should join a gym. The first reason is that it's hard to work out regularly at home. Your home has a TV, a fridge, and a comfortable sofa. Therefore, you often won't bother to exercise. In contrast, gyms have equipment that is designed to get you in shape. In addition, gyms have trainers whom you can rely on for help in using that equipment. Secondly, the other people working out at the gym can motivate you. Some of these people are in great shape, and their appearance will inspire you. The other people are just like you and are also trying to achieve their fitness targets. Thus, you can support and encourage each other.

**M: Track 48 <1 second pause>**

M: Hi, Lindsey. Is this your first time meeting with a personal trainer?

W: Yes, it is. I've been postponing this for a long time because I don't really like exercise. But I decided recently that I can't put it off any longer.

M: Why is that?

W: Well, I've gained a little weight since I started university, and I don't have much energy. I feel sleepy a lot of the time, and I have trouble concentrating. I get enough sleep, so I think it's due to a lack of exercise. Actually, neither my exercise habits nor my eating habits are very good.

M: I see. What are your goals? Do you have a target weight?

W: No, not particularly. I'm hoping for some improvement in my health and in how I feel.

M: And are you interested in using the machines and the weights here at the gym?

W: Yes, but I'll need some help. I don't know the right techniques.

M: No problem. That's what I'm here for. Now, what about food? You said that you don't eat very well.

W: Uh, not really. I'm usually busy, so I don't bother cooking much. I admit that I eat a lot of processed foods and not many fruits and vegetables.

M: Yeah, that's quite common, actually. A lot of my clients are students, and they say the same things. Okay, let's start by working on a diet plan, and after that we'll burn some calories.