<Student book 6>

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M: Track 2 <1 second pause>
W: Social Media Managers: FAQ
M: I'm a social media manager for a chain of clothing stores. Since this job is a fairly new one, people often ask me about it. Here are answers to some of the most frequently asked questions.
W: What do social media managers do?
M: I manage my company's online communications. I'm responsible for our Facebook page, Twitter and Instagram accounts, and our other social media sites. Every day, I post messages, photos, and videos to create a positive impression of our brand. In addition, I analyse data about which content is most popular. I also monitor and respond to customers' comments, and I research our competitors' social media accounts. Social media managers are important because one study found that almost 75 percent of consumers are more likely to buy from a company that is active on social media.
W: What are the qualifications?
M: You must have lots of experience with social media and be willing to work outside of the usual business hours. The internet doesn't close at 5 p.m. every day! You're on call twenty-four hours a day, seven days a week. You must also have strong writing skills. Another qualification is to know your audience. For example, my company specialises in clothes for people in their teens and twenties. To do my job well, I need to understand the tastes and attitudes of young people, and keep up with the latest trends. There's one more qualification I should mention: a thick skin! As everyone knows, people aren't always very nice online. You must be able to respond to complaints and even insults calmly.
W: Is it hard to get a job as a social media manager?
M: Yes, it's a very competitive field. To get a job as a social media manager, you must show companies that you are passionate about things using your own personal social media activity. And you should start now! Be active on several different sites, and create a blog. Make sure your posts are unique, intelligent, and funny. And don't forget to be polite. If you have an unpleasant personality online, potential employers will find out, and it'll hurt your chances of getting a good job.

M: Track 3 <1 second pause>
W: Full-time Medical Assistant – Hope Valley Hospital.
At Hope Valley Hospital, we pride ourselves on providing outstanding medical care to our community. We are seeking a responsible, flexible, and quick learner to join our staff. The position starts on the 10th of November. You will be working in eight-hour shifts, five days a week. Candidates must have a Medical Assistant certificate. Strong technical and communication skills are required, as medical assistants frequently interact with patients. Regular duties include greeting and checking out patients, handling paperwork, and helping doctors and nurses with medical procedures. Every so often, we will also ask you to answer the phone and schedule appointments. We are

offering a competitive salary, opportunities to work overtime for bonus pay, chances for promotion, a generous retirement plan, and other benefits. To apply, send a CV and cover letter to humanresources@hopevalley.org.

**M: Track 4 <1 second pause>**
**M:** What are the most dangerous jobs in the UK? The answer depends on how you define "dangerous."

One way to define a dangerous job is one at which you're more likely to have an injury while you're working. By that definition, the most dangerous job might surprise you. Many people think it's either police work or firefighting. But actually, it's being a farmer. Farmers and farm workers suffer more injuries than workers in any other field—about 3,600 per 100,000 workers, according to the latest government statistics. There are many types of injuries that people suffer on farms. The two most common are being injured by an animal and being injured by powerful farm machinery. Now, the field that has the second-highest rate of injuries is even more surprising. It's working at residential care facilities, or nursing homes for the very sick or elderly. Every year, about 1,800 nursing home workers per 100,000 get hurt while on duty. Many of these incidents are back injuries that result from lifting patients.

However, there's another definition of "most dangerous." And that is, which job has the highest risk of causing death? Forestry and fishing are perhaps the most dangerous industries in this sense. Like farmers, forestry workers and fishermen use dangerous equipment and work in remote areas far from hospitals. Construction also has a higher death rate than most other industries. Recent figures show that the most common cause of death at work was falling from a height. This accounted for 40 deaths in one year and many of these were builders. The second most common cause of death at work was being struck by a moving vehicle, this is another common risk on building sites. However, it is important to note that health and safety laws have made people at work much safer. In the mid-1980's there were nearly 3 deaths per 100,000 workers each year. Today, that number has fallen to just 0.5 deaths per 100,000 workers.

**M: Track 5 <1 second pause>**
**M:** How do I look?
**W:** You look great! Who are you meeting with at the company?
**M:** It's a hiring committee—the head of the division and three other people.
**W:** Oh, four against one! If you'd like, we could do a mock interview right now.
**M:** I've been reading about the company all morning. I think I'm ready.
**W:** Good, but a little practise wouldn't hurt. It's awful to be caught off guard by a question that you can't answer.
**M:** All right, ask me some tough questions.
**W:** Here's one: What are you passionate about?
**M:** Well, my last job was in tech support, so I was passionate about providing help to customers...
**W:** Wait, wait. Sorry, but that doesn't sound sincere. Talk about something that you really care about. Something that differentiates you from others. It doesn't have to be about work.

**M:** Okay, then... I'm passionate about fitness. I jog almost every morning, and I run a marathon every year.
**W:** That's better. Prospective employers like people who are enthusiastic about their hobbies, as long as they don't interfere with work. Also, it shows that you're hard-working. Next question: Where do you see yourself in five years?
**M:** Well, even though this job is entry-level, I'll be working with very talented engineers. So, it's a chance to expand my skills. My objective is to become a senior engineer here in the next five years.
**W:** Good. That shows you're ambitious and have goals. Now, what's the biggest mistake you've made, and what did you learn from it?
**M:** Umm… Wow, I'm not sure. I'll need to think about that.
**W:** Yeah, you definitely should. I've done more interviews than you have, and that's been a pretty common question. See? It's a good thing we practised.

**M: Track 6 <1 second pause>**
**W:** It's nice to meet you, William. To start, why don't you tell me why you're interested in this job?
**M:** Sure. Well, I love spending time outdoors and studying the environment. And I enjoy teaching others about it. Also, I've been visiting this park frequently since I moved to Australia. I love it, and I know it well.
**W:** Have you worked as a tour guide before?
**M:** Yes, for three years I was a guide in London, which is my home town. I took groups on tours of the city and major sights in the area.
**W:** Good. Do you have a professional certificate?
**M:** Not yet, but I've applied for an Eco-guiding certificate, and I expect to have it by May.

**M: Track 7 <1 second pause>**
**M:** Fashion changes between seasons, between years, and between generations. Some generations can even be identified by their fashion. For example, most people have an idea of what the "hippie," "disco," and "grunge" generations wore. Fashion trends have many influences. Celebrities and subcultures have a huge effect on fashion trends. In addition, our individual attitudes and values can influence our fashion taste.

Celebrities are a major influence on fashion. For example, the model and actress Audrey Hepburn became a fashion icon in the 1960s. She helped popularise the "little black dress" in her film *Breakfast at Tiffany's*. Although the dress itself was created in the 1920s by designer Coco Chanel, Hepburn's film convinced many women to add it to their wardrobes. Besides actors, other celebrities have entered the fashion industry and achieved success. Musicians, such as Kanye West and Beyoncé Knowles, and athletes, such as David Beckham and Cristiano Ronaldo, have all created their own successful fashion brands.

Subcultures can also create fashion trends. Hip-hop artists frequently wore athletic brands such as Adidas and Nike in the 1980s. As a result, millions of hip-hop fans worldwide began wearing them, too. The skateboarding subculture went even further. They created their own fashion brands such as Thrasher, Vans and Supreme. While these lines were made specifically for skateboarders at first, they caught on with the general public in the 2010s.

Now, these brands are worn by many urban youths, and have become a part of a larger fashion style known as “streetwear”.

A person’s fashion choices are more than just what’s trendy. A person's clothing represents his or her attitudes and values. Since different cultures have different attitudes and values, different brands became popular in different parts of the world. Although marketing influences shoppers’ decision making, cultural considerations play a huge part as well. For example, the standard of beauty in East Asia is sometimes described as “softer” or “cuter” than that of Western countries. This makes certain brands and fashion styles less popular in certain areas, while boosting the popularity of others.

M: Track 8 <1 second pause>
W: As the world gets smaller, people are becoming more familiar with food from other countries. You’ve all probably noticed that some parts of the world have spicier food than others. For example, Indian food is much spicier, in general, than British or Norwegian food.

This is especially true of meat dishes. An American researcher named Paul Sherman developed a theory to explain this, and it involves evolution. Sherman’s theory is this: Cultures in warmer, southern climates have spicier cuisine than cultures in cooler, northern climates. This is because spices like onions, garlic, and black pepper are natural medicines. All spices come from plants. Through evolution, plants developed these substances as natural protection against disease. These substances slow down the growth of bacteria and other germs—the same germs that are found in meat and make people sick. And here’s the really important part: germs grow faster in warm climates.

Over time, most people in warm climates became aware of this fact. They noticed that they were getting sick from meat that didn’t have spices. And that meat with spices didn’t make them sick as often. So, they started using more spices to stay healthy. At the same time, people in cold climates weren’t having as many problems with harmful germs in meat because cold temperatures naturally kill germs. Therefore, they developed milder cuisines.

Sherman wanted to test his theory, so he studied thousands of recipes from around the world. And in fact, he found that the number of spices increased as the local temperature increased. For example, Norway has an average temperature of 3 degrees Celsius, and most Norwegian recipes had only one or two spices. In contrast, India has an average temperature of about 27 degrees Celsius. The average Indian recipe included at least nine spices. If it’s true, Sherman’s theory is an interesting example of people creating customs to adapt to their natural surroundings.

M: Track 9 <1 second pause>
W: In Japan, idols and idol groups are young people who are chosen by talent agencies to become pop stars. These agencies pick idols mainly for their appearance and personality: the cuter and sweeter they are, the better. Idols are “manufactured” stars who don’t have to be especially talented. Their job is to appear in various media, to be charming,

and to be good role models.

Since the mid-2000s, the idol girl group AKB48 has been one of the most popular musical acts in Japan. By early 2017, AKB48 had sold more than six million albums and 50 million total records. This might be because the group has a unique approach. Most idol groups have a set number of singers—from three to about twenty. AKB48 started bigger, with three teams of sixteen each. The teams would perform in shifts at their own theatre in Akihabara, Tokyo. This way, the group could constantly give concerts without wearing out its members. While one team was performing, the other teams could travel, meet fans, and make appearances at events or on TV shows.

As AKB48 grew more and more popular, it also grew bigger and bigger. The group now has over 130 members! It even holds the world record for being the largest pop group. New members (trainees) enter constantly, with older members ”graduating,” retiring, or starting a solo career. Members can join when they're as young as 13 years old, and most retire in their early 20s.

Being a member of AKB48 brings fame and fortune, but it's also hard work. The group's contract with its producers states that members have to follow certain rules. They must train daily and carefully maintain a perfect public image. They are even forbidden from having romantic relationships! Although the group is extremely popular, its producers have been criticized for these rules, which many people think are too strict.

M: Track 10 <1 second pause>
M: Are you familiar with the term “Bollywood”? It comes from combining “Bombay,” the old name for India's capital, Mumbai, with “Hollywood.” And it refers to India's film industry, which is the biggest in the world: It makes up to 800 films per year.

Bollywood films were first popularised outside India in the 1940s and 1950s. That's because at that time, many Indians were moving to the UK and bringing their culture with them. This is called the “Golden Age” of Indian cinema. Critics praised Indian films of that period because they showed the problems of urban life in a sophisticated way. Since then, Bollywood films have grown more and more popular in the UK and around the world. But they have changed in style. Now most blockbuster Bollywood films are musical romantic comedies. Fans love the unique aesthetic qualities of Bollywood's music, dances, and costumes, which make them completely different from Hollywood films. Today, some Bollywood stars, such as Priyanka Chopra and Aamir Khan, are world-famous.

M: Track 11 <1 second pause>
W: I see you have an impressive list of references. Your current job is at a great company that pays well. Why do you want to leave?
M: The main factor is my wish to learn more and move up. It's a good company, but I think I've learned all I can there. I want to expand my skills and advance in my field.
W: That makes sense. At this company, you'll have plenty of opportunities for promotion.
M: Glad to hear that.
W: Now, your job will be to represent our company and help maintain our positive public

image. Lots of skills are important for this position. The biggest ones are writing, making and editing digital videos, and responding to customers. Which of those skills are you the best at?
**M:** Writing is probably my strongest skill, and I have tonnes of experience interacting with customers. I haven't done much video editing, but I'm a fast learner.
**W:** I see. We can give you training with our editing software if you're not familiar with it.

**M: Track 12 <1 second pause>**
**W:**
As regular readers of this site know, I'll be attending university in Scotland next year. So I decided to learn more about the country and its relationship with the rest of the UK! This week I've been studying the British system of government. Although Scotland, England, Wales and Northern Ireland all make up the UK, they don't govern themselves in quite the same way.

First, I'll list some similarities. All four countries are represented by Members of Parliament (MPs) at the House of Commons at Westminster in London. This is the centre of British government. The prime minister of the UK also represents all four countries. The UK does not have a president, but the Queen is the official head of state and monarch of all the countries in the United Kingdom.

However, there are also some major differences to the way the four countries are run. In the past, the parliament in London ruled the whole of the UK. Since the 1990's though, Scotland, Wales, and Northern Ireland have also had their own Parliaments in their own capitals. Scotland's is at Holyrood in Edinburgh. Members of this parliament are called MSPs. Like Northern Ireland and Wales, Scotland also has its own leader known as the first minister. Citizens vote in two separate elections to replace these smaller governments and the larger British government. England does not have a separate parliament as it has historically been the most powerful of the countries in the UK anyway.

Technically, the British government still has power over the other parliaments. However, in practice it allows them to decide many things for themselves. Sometimes there are disagreements about the level of power they have. In these circumstances, MPs settle these differences in Westminster.

That's all for now. If you post questions, I'll answer them as soon as I can!

**M: Track 13 <1 second pause>**
**W:** For me, the most important work that countries can do together is on climate change. In 2015, almost every country in the world signed the Paris Climate Accord on reducing greenhouse gases. If we don't all reduce our use of fossil fuels, by the year 2100, the climate will have warmed by 3 degrees Celsius, or possibly even more. This could mean a rise in sea levels and the melting of ice at the poles. That would be a disaster! The Paris agreement is an attempt to prevent all that. It also says that rich countries should send lots

of money to poor countries because switching to clean energy is expensive. I don't know if this agreement will work, but at least it's a start.
**M1:** It would be great if countries cooperated more on space exploration. The ISS—the International Space Station—is a joint project between five different governments. It involves the US, Russia, the EU, Japan, and Canada. So, it's very complex politically, but it's been a huge success. The ISS has been going since 1998. It's taught us a lot about our solar system and about how humans can survive in space. We should be able to do even bigger things if we keep working together. Maybe by the 2020s, we'll have built a station on the moon—or even on Mars.
**M2:** Countries must cooperate more to end hunger. In the last twenty years, thanks to economic growth, there's been a dramatic reduction in extreme poverty. This is fantastic news, but there's still more work to do. Worldwide, one in every nine people still goes to bed hungry. If we worked harder, we could make even more progress. We could promote free and fair trade, which would lead to economic growth. We could also develop new types of food crops that could survive disease and insects. Cooperation among countries is very important for this effort.

**M: Track 14 <1 second pause>**
**W:** "I agree. We should replace national governments with a single world government. If we do this, there will be no more wars; instead of fighting, countries will cooperate with one another. Also, we will be able to take action against global threats like climate change. Currently, every country has different environmental regulations, and there is a lot of disagreement about what ought to be done. A single world government will be able to pass effective measures to stop global warming. People have to have one world government if we are going to survive much longer. In fact, I predict that by 2050, we will be electing a World President."
**M:** "I disagree. The arguments in favour of world government don't make sense. The United Nations is our best attempt at world government so far, and it is not effective at all. There is still plenty of disagreement and fighting. That's because there are simply too many different cultures, beliefs, and languages in the world. We're never going to understand each other completely, so a world government would never be acceptable to the majority of people. For example, the problems in developed countries are not the same as problems in developing countries. Joint action on problems like climate change is fine. But different nations must be governed by people who know them and share their language and culture."

**M: Track 15 <1 second pause>**
**W:** Why Do We Love Science Fiction?
People enjoy science fiction. Of the all-time top three box-office films worldwide, at least two can be put into that category: Avatar (number one) and Star Wars Episode VII: The Force Awakens (number three).

Science fiction is popular because it focuses on fascinating topics such as science, and relates to many people's greatest hopes and fears. Human beings love to learn about how the world works. Good science fiction not only entertains us, but also teaches us about scientific concepts.

Jules Verne, the 19th-century French novelist, has been called "the father of science fiction." In 1870, he wrote *20,000 Leagues Under the Sea*, a novel about exploring the ocean in a submarine. At that time, submarines were a new invention. His book was praised by critics and interested the public in sea exploration. It even inspired the development of new, improved submarines.

We also love science fiction because it allows us to imagine all the exciting things that could happen someday. In the Star Wars series, space travel has progressed to an incredible level. Humans easily fly from planet to planet, and they socialise with aliens as if it were no big deal. What little kid hasn't dreamed about that?

In these adventure stories, people use science to influence the future of mankind—in a good way. But science can be really frightening, too. At some point, most of us worry about nuclear weapons, aliens who take over Earth, or robots that rebel against the humans who invented them. In the classic film *Terminator*, for instance, technology gets out of control. A computer system begins to think for itself, and it threatens to destroy mankind with nuclear bombs. But a couple of heroes manage to save us all. Stories like this are terrifying and comforting at the same time. They help us to face our biggest fears and imagine how to defeat them.

M: Track 16 <1 second pause>
**W:** As you know, the oceans cover more than 70 percent of the earth's surface. The oceans have a huge influence on the climate and on all life on earth. Also, the ocean floor has the same characteristics as the rest of earth's surface: mountains, volcanoes, and so on. And of course, the ocean is incredibly complex ecologically. Can anyone guess how much of the ocean has been explored directly by people?
**M1:** Maybe—50 percent?
**W:** That's not a bad guess. But the real answer is only about five percent. Weird, right? Why? Well, to explore the sea is not an easy task. In fact, these days we study it mostly from a distance. For example, satellites orbiting the earth send sound waves through the ocean, and we gather useful data that way. We also send robots down to the ocean floor. What do you think are the advantages of using robots?
**M2:** Going deep underwater is dangerous. It's easier for robots to stay down there for a long time. That's how the ship Titanic was discovered—by an underwater robot.
**W:** Exactly. The RMS Titanic was found at the bottom of the Atlantic by a robot in 1985, more than 70 years after it sank. So, using machines to explore the sea can be very useful. Does anyone see any problems with it, though?
**M1:** Yeah, the same problem as with unmanned space travel. You can't expect robots to be as smart as humans. People are better at scientific observation than robots.
**W:** Right. Machines aren't perfect substitutes for human beings. That's why researchers are still working on vehicles for people. In fact, three people have gone to the deepest part of the ocean floor—the Mariana Trench, in the western Pacific. It's almost 11 kilometres below the surface! One of those three people, by the way, was James Cameron, the director of the film *Titanic*.

**M: Track 17 <1 second pause>**
**M:** The Crystal Egg
Mr Cave was an old man who owned a little antique shop. The various items in his shop included old furniture, lamps, books, and toys. But he had a favourite item: It was a piece of bright crystal in the shape of an egg. Occasionally, someone offered to buy the lovely crystal egg, but Mr Cave always raised the price until the customer gave up. That's because he felt strangely fascinated by the egg. This annoyed his wife, and he didn't understand it himself. He just didn't want to sell the egg.

Late one night, Mr. Cave couldn't sleep. Feeling bored, he was wandering around his shop, looking at the items on the shelves in the moonlight coming through the windows. He was quiet and careful so that he wouldn't disturb his sleeping wife upstairs. Then Mr Cave noticed a soft ray of light across the room. It was coming from the crystal egg on the shelf, and a mysterious force seemed to be pulling him toward it. With great curiosity, he walked over, picked it up, and looked carefully at it. His eyes opened wide in amazement. He couldn't believe the sight that he saw inside the glowing egg.

**M: Track 18 <1 second pause>**
**W:** Scientific Mysteries
Even the world's smartest scientists don't know everything. Here are a handful of scientific observations that experts can't explain yet.

A Hole in Mars
Observations by robot spacecraft have found a mysterious, giant hole in Mars. The planet's entire surface is covered with holes of different sizes. Many of these are caused by volcanoes or by large objects striking the planet. But this hole, near the south pole, is unusually wide and deep, and scientists are curious about its origin.

Whale "Supergroups"
Humpback whales have been coming together into mysterious groups, and no one knows why. Groups of up to 200 whales have recently been found off the southern African coast. This is strange because this species usually prefers to be alone, and groups larger than twenty are rarely seen. It might be due to changes in food supply, or to recent increases in the species' population. But biologists are still gathering data to solve this mystery.

Planet Nine
Could there be an unknown planet in our outer solar system? Some scientists believe so. They were watching some icy objects orbiting the sun at the edge of our solar system, further away than Neptune. The objects were moving strangely. So according to the researchers, there must be a planet nearby whose force of gravity is affecting the objects. Named Planet Nine, the planet is thought to be two to four times bigger than Earth. But this explanation hasn't been confirmed yet.

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

**M:** Welcome back, listeners. Today, we are going to be talking about a story that will inspire us all, that of the footballer Bert Trautmann.

Trautmann is a true legend of the game. He was one of the bravest and most athletic goalkeepers of the twentieth century. He was born Bernhard Carl Trautmann in Bremen, Germany in 1923. He fought as a paratrooper in the Second World War. Of Trautmann's unit, 910 out of 1000 men were killed, but he defied the odds and survived. He was captured by the British army and held in a prisoner of war camp.

When the war ended, Trautmann decided he would stay in England. He started playing for a small football team in his local area. Soon, it was obvious he was capable of playing at a much higher level. Representatives of Manchester City came to watch him play. In 1949, they signed him and he became a professional footballer. However, the war had only recently ended, and many fans were suspicious of this new German player. He had to work hard to convince them. Soon though, spectators realised just how special he was and gave Bernhard the English name "Bert". He played for Manchester City over 500 times.

Perhaps his greatest performance came in the 1956 FA Cup Final. During the match, he bravely dived into an opposition player to take the ball. He was hurt, but refused to be substituted. He pulled off several even more incredible saves to help his team to a 3-1 win. After the match, Bert's teammates could see his head was at a strange angle. But Bert went out to celebrate the team's win. When he finally went to hospital, doctors were astonished to find he had broken his neck. He recovered from this injury and went on to become a successful coach. Truly, Bert Trautmann was in a league of his own!

**M: Track 20 <1 second pause>**
**M:** The Life of Pi is a film about love, loss, and courage. It opens with a man named Pi Patel, telling a journalist his incredible childhood story of survival. It starts in India, where Pi's father owns a zoo of exotic animals. When Pi is sixteen, his father decides to move the family to Canada, where they will sell the animals and start a new life.

During their voyage across the ocean, disaster strikes: A storm sinks their boat, and Pi barely manages to survive on a lifeboat. A zebra, an orangutan, and a hyena also manage to escape on the lifeboat with Pi. In a state of exhaustion and deep sadness from the tragedy of losing his family, Pi falls asleep that night with the animals.

Within a couple of days, the hyena kills the orangutan and zebra, and then tries to kill Pi. Before it can attack him, however, a Bengal tiger appears from beneath a tarp in the lifeboat and kills the hyena. Instead of attacking Pi, the tiger goes back under the tarp.

Pi ties some life jackets to the end of the boat, where he will be safe from the tiger. A few days later, Pi watches the tiger fishing in the ocean. When the tiger can't get back into the boat, the boy considers letting it drown, but instead he saves it.

Determined to survive, Pi must gain the tiger's trust. The film continues to follow the pair as they gain respect for each other, and Pi becomes devoted to the tiger. At this point in Pi's story, both the journalist and the audience start to wonder whether he is being honest. The

whole story might have been invented. Or there could be another side of the tale that Pi does not want to share. As he finishes his story, we learn that things may not be what they seem, and there may be an entirely different version of events. Watch it to decide which version you believe!

M: Track 21 <1 second pause>
W: Five Tips for Good Mobile Phone Manners
Having problems with technology etiquette? Do you have a reputation for always being on your phone? Follow these five tips, and your friends and family will never have a reason to complain about your phone politeness again.
1. Turn off your ringer when you're in a place where it might cause an interruption. A group conversation, a quiet library, a presentation—all of these are situations in which a mobile phone ringing could be very rude. No one wants to be that person!
2. Don't answer your phone when you're having a conversation with someone. Unless the call is an emergency, it is not appropriate to interrupt a conversation to take a call. It tells the person you're with, "I'm not interested in what you have to say."
3. Be aware of the volume of your voice when you have someone on the line. Talking loudly can be annoying to those around you, as they are unlikely to have any interest in your phone conversation.
4. Don't check your phone in a cinema. Even if you are just curious to see if you have any notifications, in the darkness of the cinema, the light from your screen can distract other people and ruin their enjoyment of the film. You might be eager to find out if you have any messages, but be patient. Wait until the film is over before checking your phone.
5. Avoid constantly checking your messages. Unless you're by yourself, keeping your eyes continuously on your phone is bad manners. It's understandable to check your messages occasionally, but doing it frequently suggests to people that you're not interested in them.

M: Track 22 <1 second pause>
W: Bethany Hamilton was born to two surfer parents, so it's no wonder that she grew into an athletic young woman who loved the water. She became a professional surfer as a teenager. Her career could have been cut short in 2003, when she lost an arm in a shark attack. However, Bethany was determined not to let this disaster stop her. She adjusted to surfing with one arm and re-entered pro competitions the following year.

If you have ever wondered whether a person with one leg is capable of being a successful dancer, Sudha Chandra is living proof. She was a young dancer from Mumbai, just beginning to perform in public, when she lost her right leg in a bus crash in 1981. She was unable to perform for three years, but she slowly learned to dance with an artificial leg—and became a Bollywood star! Instead of ending in tragedy, Chandra's story has inspired millions. She is a symbol of courage worldwide.

As a young man Stephen Hawking studied physics at Oxford, where he began to show symptoms of ALS. This is a rare nerve disease that prevents the muscles from working properly and typically gets worse over time. The disease never stopped Hawking from

tackling difficult questions about our universe. Using a special device to communicate, Hawking wrote, taught, did research, and travelled the world giving talks. Until his death in 2018, he was the world's best-known living scientist.

M: Track 23 <1 second pause>
M: The Worst Corporate Crimes
Theft, murder, drug dealing: these are all examples of what people think of when they hear the words "criminal activity." However, some of the most terrible crimes have been committed by large corporations. Here's our countdown of the three worst corporate crimes of recent times.
Number Three: The Volkswagen Emissions Cover-up. Volkswagen wanted consumers to think their cars were eco-friendly. In order to cheat emissions tests, the company ordered its engineers to change the cars' computers so that they would not reveal how much pollution the cars were creating. This dishonesty caused further pollution of our air, and harmed people's trust in the company.
Number Two: Enron's Finance Lies. The energy company Enron lied about their profits to their investors. Eventually, though, this dishonest scheme was discovered. Then the company's investors went into a state of panic over their loss of profit, and took away their funds. The company went out of business. Thousands of employees lost their pensions.
Number One: WorldCom's Theft. This was an act of accounting fraud even bigger than Enron's! The huge telecommunications company wasn't doing well and owed large amounts of money. To hide the problem, it told investors and the public that everything was fine. In fact, WorldCom made its growing debt completely vanish from the books. The corporation stole $3.8 billion from its investors. This disaster damaged the lives of thousands of innocent workers. Our viewers often ask me what the biggest accounting scandal in history was—well, this is it!

M: Track 24 <1 second pause>
W: Today's episode is on the topic of International Law. We will be talking to John Schmidt, a professor of International Law at the Hanover School of Law. John is here to help us understand this complicated topic a little better. Thank you for joining us, John. Can you give us a little background on the institution of international law?
M: Well it's quite a vast field. I mean it does cover the whole world, after all! But seriously speaking, it's a way of achieving justice at an international level. There are many different international courts, and they are run by different groups of nations. One of the strongest groups is the United Nations, and they run many different courts. Two of the most important are in The Hague, Netherlands. These are the International Criminal Court and the International Court of Justice.
W: I've heard of the ICC. They prosecute war crimes.
M: Right, they prosecute individuals for genocide, crimes against humanity, and war crimes. It cannot give out the death penalty as a punishment, while it can use imprisonment as a punishment. Prisoners are held and guarded in a special prison in The Hague. The ICC can only prosecute someone when that person's government is unable or unwilling to prosecute them. This has led to issues. Some say that the ICC doesn't always demonstrate enough evidence to prove that a government is incapable

of trying a crime. This is what happened with Omar Al-Bashir, the president of Sudan. Even though the ICC found him guilty of genocide, crimes against humanity, and war crimes, he hasn't been imprisoned. Many countries don't agree with the ICC's ruling, so they refuse to arrest Al-Bashir.
**W:** That was for the genocide in Darfur?
**M:** Correct. The ICC underwent an intensive investigation and trial, but Al-Bashir still hasn't been arrested. It's hard for any international court to make positive changes if countries don't agree with its rulings. Sometimes countries may choose to prosecute certain crimes themselves, and won't release people to the ICC. This means that war criminals still often go free. At the same time, the ICC and other international criminal courts have made a large impact on global politics. After the Second World War, a tribunal was set up so that the people responsible for the Holocaust could be prosecuted. These were called the Nuremberg Trials. Without these sorts of courts, we wouldn't be able to prosecute the sorts of terrible crimes that nobody can forgive.
**W:** Ok, thank you John. Let's take a short break, and when we come back perhaps you can tell us about the International Court of Justice.
**M:** I'd love to. Thanks.

**M: Track 25 <1 second pause>**
**M:** As you've probably heard, there's a bill going through parliament today that would, if passed, change the way votes are counted in this country. What do you think of this bill, Layla?
**W:** It's certainly different! At the moment, voters who support losing candidates don't really have representation. This bill would change that.
**M:** For those of you who are unaware, the first draft of this bill suggested adding all the votes in the country together. It didn't pass. A committee revised it, and now they have proposed a second version of this bill which would allow voters to make a first, second, and third choice of candidates.
**W:** That seems much more reasonable. But we actually talked about the bill on last week's episode. Today, we're talking about a speech given by Geoff Mullins, MP for Bristol Central, on why the bill is important.
**M:** That's right. Now, Geoff Mullins is the leader of the committee behind the bill, and I have great respect for him.
**W:** Same here. It's brave to introduce a policy like this, one that risks your own job security, but I couldn't agree more with the points that he made.
**M:** If we have proportional representation, or PR, things would probably be a bit fairer. I don't think the law will pass, but I think it should.

**M: Track 26 <1 second pause>**
**M:** Did you read the paper today? That accountant is going to prison for ten years, just because of a financial crime. That's crazy.
**W:** What do you mean? We have prisons so that criminals can be punished. That guy committed fraud and stole a lot of peoples' money. If you don't obey the law, you should go to prison.
**M:** I disagree. I think the main purpose of imprisonment is to keep innocent people safe. Our policy should be to lock people up for violent crimes only.

**W:** But what about corporate criminals? Should we just forgive them because they're not violent, even though they ruin people's lives?
**M:** No, not at all. They should have to pay the money back, pay fines, and do community service. Imprisonment uses a lot of resources, and taxpayers have to pay the costs.
**W:** Okay, that's a fair point. Prisons are expensive, and our government is barely getting by on its budget already.
**M:** Exactly—we can't afford to put people in prison for dishonesty! Plus, imprisonment seems to have a negative impact on a lot of people. They spend time with other criminals, so when they're released, they're worse than before.
**W:** That may be true, and we should improve conditions in our prisons. But, while protecting innocent people from violence is one reason for prisons, another one is punishment. If you commit a serious crime, even a non-violent crime, you should lose your freedom for a while. Maybe then people will avoid breaking the law in the future.

**M: Track 27 <1 second pause>**
**W:** Ames Declared Innocent, Released
One of the most famous local criminal cases of the decade is over. This morning, a jury declared Alexander Ames not guilty of murdering his former business partner, Jay Morales.

Mr Morales, a wealthy businessman, vanished from his home over one year ago and has not been seen since. Some evidence collected from the house suggested that he was the victim of a violent attack. Further, several witnesses stated that Mr Ames had planned to kill his partner and friend so that he could collect the life insurance. Therefore, police decided to prosecute Mr Ames even though no body has been found.

Mr Ames, on the other hand, insisted that his partner was still alive, and that he had faked his own death to escape paying off his debts. He claimed that Mr Morales had committed fraud and did not want to face the scandal. "He stole from our investors, and then he took off to get out of the punishment," Mr Ames said.

After being released, Mr Ames told reporters, "I'm innocent. Justice has been done." He also said that Mr Morales was guilty of a terrible crime in running away from his debts. "I am offering a £25,000 reward for information that helps us find and capture Jay Morales," Mr Ames said.

**M: Track 28 <1 second pause>**
**W:** MY YEAR WITH ANOREXIA by MacKenzie Norman
I have something to admit. Last year, I struggled with an eating disorder called anorexia. The first thing I want to say is that anorexic people are not just teenagers who are too weak to ignore media and advertising. Anorexia is a mental health problem that you can't just "get over." And that's why I'm writing this article; if I had seen an article like this when I was sick, I might have gotten help sooner.

Most people know that people with anorexia avoid eating. But it's not like how your mum avoids bread when she's on a diet. It's a behaviour that takes over your brain. My therapist

says that anorexia is a great liar because it convinces you that you're ugly and worthless. My anorexia came up with the best excuses. If I ate less, then people would love me more.

Nobody questioned my absence at the lunch table or the small portions I ate at family dinners. Even if someone had questioned my behaviour, the anorexia would have explained it away. If I had been asked, I would have said that I wasn't hungry or that I was feeling sick. Even though I felt fat, I knew I had to hide my unhealthy skin and bones in baggy jumpers. Isn't that absurd? That's another example of the disease taking over my actions.

Luckily, I saw a doctor who helped me start therapy. At first, I saw my therapist three times a week. I learned how to beat the tricks my anorexia tried to play on me. I also learned how to eat large enough portions, and over the summer I gradually returned to a healthy weight. I still go to therapy once a week to work on coping positively with my situation. I'm proud to say that my life is much better now. I no longer hear the voice saying, "If you wanted to be pretty, then you would starve yourself." I can even eat junk food sometimes! That's quite a victory for a girl who used to think grapes had too many calories. Most importantly, I feel optimistic about the future.

M: Track 29 <1 second pause>

M1: Speaker 1: Daniel

I have been using alternative and holistic medicine my entire life. My mother is a herbalist, so naturally, I am in favour of plant-based medicine. That's not to say that drugs are bad, though; but sometimes doctors care more about treating a disease than treating the patient as a whole. The holistic approach always looks at the whole person. This allows the practitioner to develop the perfect treatment. The process of examining your entire lifestyle and finding the right natural medicine is also a great way to understand your overall health.

M2: Speaker 2: Cam

I am concerned about how much blind faith people put in alternative medicine. Only a small minority of people rely on it, and for good reason: it doesn't work! These herbs and supplements are a scam. There is no organisation to test them for safety and effectiveness in the same way that we test real medicine. I feel bad for people who buy into alternative medicine because it seems healthier or more natural. There is a difference between taking a daily vitamin and believing that a plant pill can cure your disease. I'll stick with tried-and-tested science, thanks.

F: Speaker 3: Emily

I've been aware of the alternative versus traditional medicine debate for a while. I used to prefer hospitals and what I referred to as "real" doctors. Why shouldn't I trust hundreds of years of combined knowledge? Well, a couple of years ago, I had a serious condition that stumped every doctor I visited. Finally, when I was at my wits' end, my friend recommended I meet with a holistic practitioner. He seemed exceptionally smart, not to mention very thoughtful and caring. He was able to put my mind at rest and convinced me to try an alternative treatment. Believe it or not, it worked! I still trust conventional doctors, of course, but now I will use both conventional and alternative medicine.

M: Track 30 <1 second pause>

**W:** Good afternoon. What can I help you with today?
**M:** I have an ache in my back and shoulders that won't go away. I've had this pain for months.
**W:** Is it a dull ache or a sharp ache?
**M:** Mostly dull, but I do feel a tearing sensation if I move too fast. It feels like the left side of my back might actually be injured.
**W:** How often does this sensation occur? Once an hour, once a day?
**M:** About once a day. It happens if I either twist my body around or bend over to pick something up off the ground.
**W:** That does sound like an injury. Do you recall an incident that might have caused you to hurt your back?
**M:** No. I'm not very physically active. I sit at a desk all day. I don't know what I could have done.
**W:** What kind of work do you do?
**M:** I'm a computer systems administrator. I love my job, but it can be challenging. Right now, we are upgrading software across the entire company, so my stress level is through the roof!
**W:** Aha! My assessment is that your pain is due to a combination of both work stress and a lack of movement. Being hunched over a computer keyboard all day is very unhealthy.
**M:** So, what can I do?
**W:** Take frequent breaks. If you don't have time to take a walk, just standing for 30 seconds every 20 minutes will keep your muscles from locking up. I also recommend you adopt a stretching routine to keep your blood flowing. If you look at this pamphlet, my preferred stretches are as follows: neck and shoulder rolls, arm stretches, toe touches, and lunges. Those will provide you with some relief.
**M:** Thanks, doc! I'll try this out when I go back to work.
**W:** I hope this helps. Next time, don't wait until you're desperate before you come see me. Early treatment is the best way to prevent more serious ailments.

**M: Track 31 <1 second pause>**
**W:** Universal basic income (UBI) is a hotly debated issue. It is a system in which the government gives every citizen a certain amount of money, to allow them to meet their basic needs. The idea has existed since Thomas Paine wrote *Agrarian Justice* in 1795. Some argue that a UBI is a handout, while others do truly believe that it is needed to boost the economy and prevent recessions. But where would this substantial amount of money come from?

There are several different ways to acquire the money needed to provide a universal basic income. The most common is taxation, or money collected by the government from people and businesses. Profits earned by publicly owned businesses are another possible source of funds. Lastly, printing more currency can also create funds for a UBI, although this option does often lead to inflation.

Those in the tech industry believe that it is in the public's best interest to have a UBI. Computers and robots have replaced many minimum-wage jobs, and with advances in technology we are likely to see more jobs lost to AI in the near future. That's why tech

experts like Elon Musk say that we do need a UBI to prevent mass poverty. With self-checkout registers here and automated cars on the horizon, we need a plan to replace that lost income.

Opponents of UBI warn that it should only be used as a backup to other means of income. They believe that because there aren't many starving people in wealthy countries, implementing a universal salary would be excessive. Opponents also claim that a basic income could harm the job market. They believe that if some people are given a free income, they might choose not to take jobs that are less popular but necessary.

**M: Track 32 <1 second pause>**
**M:** Company Memo - April 6th, 2017
To all employees,
You may have noticed that some members of our team have been coming in later and leaving earlier. They're not bunking off. They're testing a six-hour workday! This experiment was proposed by the Health & Wellness Committee. The committee members cited research that claims most workers can complete their daily tasks in four hours. They argued that the eight-hour day is an outdated model. According to the research, mental clarity declines while physical and emotional tension increases throughout the day. We wanted to see if a shorter workday would be adequate, both for keeping employees healthy and meeting our bottom line.

Employees in the short-term pilot programme spent three months working for six hours a day. Then they completed a survey similar to our yearly Employee Satisfaction Survey. After analysing their responses, the main lesson we learned is that all necessary work was completed and employees in the pilot programme were happier. This means that a six-hour day can make a big difference. Similar programmes have been tested nationwide with equally positive results. Effective as of 1st May, 2017, all employees will be transitioned to a six-hour daily schedule.

In order to take into account hourly pay, shift workers will receive a 25 percent raise. A six-hour workday will pay as much as the old eight-hour workday. The Health and Wellness Committee invites you to attend their next meeting, where they'll answer questions such as: What's the best structure for a short workday? How can I find time to schedule all my meetings? How will this change affect our relationship with clients?

The meeting is at 5.00 p.m. on 8th April in Conference Room B. Otherwise, you're welcome to schedule a meeting with Rob or Laurie. Management appreciates any feedback regarding this programme.

Warmly,
Cliff Anderson, CEO

**M: Track 33 <1 second pause>**
**M:** Where to Work?

I've been working as an architect for about eight years now, and I spent two of those years working remotely from home. At first, I was very excited. Working from home meant that I could choose my hours and schedule, and I didn't have to waste time commuting to work. It started out great! I had more free time and could do my hobbies to take breaks while getting work done.

However, as time went on, it became difficult for me to focus on just my work, and soon I was trapped in a situation I hated. Being in an office might seem draining. But in my experience, it's a much more effective way to work. To begin with, when you're in an office, you are surrounded by a productive environment. Your colleagues are all doing their own jobs, and you feel motivated by the energy of productivity around you. Your boss is also present, and as a figure of authority, he or she can inspire you to push forward and get your work finished.

At first, your home might not seem like a negative work environment. However, as time goes, it becomes easier and easier to dedicate less time to your work. Motivating yourself can be difficult, especially when there's no one around to answer to. After some time, I began to miss deadlines, and required multiple extensions just to get work in. This became very stressful, so I would try and justify the lateness. Eventually it got to the point where I was considering resigning from my position!

Instead, I switched back to working at the office, and now I'm even more productive than I was before. Some people may find working from home works best for them, but I need structure in order to succeed.

**M: Track 34 <1 second pause>**
**M:** A
**M1:** Our computers are old and outdated, so they should be replaced. New computers do cost a lot, but I think the expense is justified. Very rarely do companies regret investing in the best equipment for the job. This short-term expense will bring long-term gains by making us more productive. It's important that we keep up with technological advances.
**M:** B
**M2:** Too many employees come to work looking like they're on holiday. We need to implement stricter rules, like no jeans or shorts. I think that the way you dress does make a difference in how you feel. Dressing more professionally would make everyone feel more motivated and productive.
**M:** C
**F:** We all need to take a break every once in a while during the workday. It helps us relieve tension and focus better on our work. But we don't have an adequate place to go or anything to do on our breaks. Let's turn one of the conference rooms into a break room, with comfortable furniture, a TV, and maybe some games. I think this would make a tremendous difference to employee happiness.