

# WORKBOOK LISTENINGS

## Module 1, page 12 (CD 5, Track 01)

- Interviewer:** Today's guest is Simon Parsons, owner of a company called *Run the World*. Simon is going to tell us about a new type of tourism – running tourism. Firstly, Simon, can you tell us what running tourism is?
- Simon:** It's sightseeing together with running. We started the company five years ago and we were one of the first in the world to offer this.
- Interviewer:** Can you tell us more about what you do?
- Simon:** We do almost everything... except pack your bag! We plan your route, arrange your accommodation and organise local runners to lead groups.
- Interviewer:** What are your most popular destinations?
- Simon:** We've got two types of tours: adventure and urban. Our adventure tours are to remote places. For example, we've taken runners to Greenland and the Amazon. Runners spend six days travelling along trails in the mountains or jungle. Every day, we stop at a beautiful location and spend the night outdoors there. Our urban tours are in cities like Copenhagen, Dublin or Buenos Aires. Runners run around these cities visiting the local sights.
- Interviewer:** Do you need to be athletic to participate in these tours?
- Simon:** It depends. Our urban tours require you to run 10 kilometres a day. However, on our adventure tours, you must run 25 or 30 kilometres a day. You can't quit because you're in the middle of a jungle or up a mountain.
- Interviewer:** Is running in the jungle dangerous?
- Simon:** It can be. There are poisonous snakes and other dangerous animals. I remember one occasion. We were putting up our tents when we noticed a giant spider. One of the runners was afraid to sleep in his tent, but we helped him overcome his fear.
- Interviewer:** Thanks, Simon. It sounds like quite a challenge – but I don't think it's for me!

## Module 1, page 19 (CD 5, Track 03)

- William:** Hi, Jane. How was your holiday in Brazil?
- Jane:** Oh, hi William. It was fantastic. I had the time of my life.
- William:** What did you do while you were there?
- Jane:** Oh, lots of things! I've always dreamed of sitting on one of the beaches, so I made sure my accommodation was close to the Ipanema beach.
- William:** Did you go to the beach every day?
- Jane:** I went most days, but some days I went sightseeing around the city.

- William:** What things did you see?
- Jane:** We saw the Museum of Tomorrow. It's a science museum, but it's different from most museums. It doesn't really have many things from the past. It presents what the future will be like and what technology we will use.
- William:** Did you visit that big statue on a mountain above the city?
- Jane:** Do you mean Christ the Redeemer? Yes, I did. Did you know it took nine years to build?
- William:** No, I didn't!
- Jane:** And it's 38 metres tall. The views of the city and the ocean are wonderful. But the thing I enjoyed the most was a trip to the Pantanal, a huge area of wetlands.
- William:** What's special about it?
- Jane:** You can see different species of exotic animals there. You can't believe what happened to us! We were touring the area in a boat when we noticed a jaguar! It was looking at the caimans in the water. It was an amazing sight!
- William:** Wow! That's quite an experience.

## Module 2, page 24 (CD 5, Track 04)

Good evening. This is Jeff Wallace for *Night Talk Radio*, reporting today on three robberies in the city. Earlier today a young man with brown hair and glasses approached two young women on the Tube. He started to make friendly conversation. Before they realised anything was wrong, he had grabbed one of their purses and had run off the train. There was another report a few hours later from outside the Royal Opera House. A young woman with long, blonde hair approached Alfred Smith without making a noise. She stole his wallet while he was waiting in line to enter the theatre. By the time Smith noticed, the thief had already disappeared. Finally, there was another report just one hour ago. Kelly Matthews was walking across the Westminster Bridge when two women asked her for directions. They were wearing baseball caps and looked like tourists. Before she knew it, they had taken her watch and mobile phone. Matthews was so frightened that she fainted.

Police think the thieves are working together. There have been similar attacks recently throughout the city. Police officer Carl Donaldson said, "We need to find out who the thieves are and if there is a connection between them. Until we do, no one will feel safe. Everyone must be careful. Avoid talking to strangers and pay attention to what is happening around you."

## Module 2, page 31 (CD 5, Track 06)

- Lisa:** Hey, Dan! How was your weekend?
- Dan:** Great! How was yours, Lisa?
- Lisa:** Well actually, I saw two men break into my neighbour's house on Saturday.
- Dan:** Really? What happened?
- Lisa:** I had just come home from football practice when I saw a strange car drive up to my neighbour's house. Mrs Johnson wasn't home and she doesn't usually have visitors, so I was worried.
- Dan:** Wow! Did they get out of the car?
- Lisa:** Yes. Two men wearing hats and sunglasses got out, looked around, and then entered the house.
- Dan:** I can't believe it! What did you do?
- Lisa:** I was too nervous to go into the house myself, so I called the police.
- Dan:** Did the police come quickly?
- Lisa:** Yes! The police had arrived before I could even call Mrs Johnson to tell her what was happening. One police officer stood outside the door in case the thieves tried to escape. Then, two other police officers went inside to search the house.
- Dan:** Did they capture the thieves?
- Lisa:** Yes. They found them in Mrs Johnson's bedroom stealing her jewellery.
- Dan:** Wow! I can't believe they just walked into her house. Had Mrs Johnson locked her doors before she left?
- Lisa:** No. She's getting older and it seems that she forgot. They probably knew the door would be unlocked.
- Dan:** It sounds like Mrs Johnson needs some extra help.
- Lisa:** I agree. I volunteered to check on her once a day, but I don't think she should live alone any more.
- Dan:** That's nice of you! What an interesting weekend!
- Lisa:** Yes, it was, but I felt awful for Mrs Johnson. I hope nothing like this happens again.

## Module 3, page 36 (CD 5, Track 07)

- Mum:** Jamie! It's really hard to book a flight with you. You're always on your phone. Do you actually want to go to Istanbul?
- Jamie:** Actually, I'm looking for flights, Mum, but on a different website. And I've found a cheaper flight – £85 instead of £110 like you found.
- Mum:** Oh, great! What's the name of the website?
- Jamie:** *soon2fly.com*
- Mum:** How do you spell that?
- Jamie:** *s-o-o-n*, then the number 2, then *f-l-y.com*
- Mum:** OK, great. Let me see – London to Istanbul. Oh, it's coming up here as £130. I wonder why.
- Jamie:** That's strange. Oh, look! You put the month as April. We want to go in August, during the school holiday.
- Mum:** Oh, yes, silly me ... got it. Look, we can get a really cheap flight, only £69, but we have to travel on the 22nd August. That's the best price.

- Jamie:** I can't go on that date. My computer course starts that evening and I don't want to miss my first lesson.
- Mum:** Well, the flight is in the morning – the arrival time is 13.00. I'm sure we'll get to the hotel before it starts and you can do the lesson there.
- Jamie:** I'm not sure. The hotel probably won't have a good Wi-Fi connection.
- Mum:** Hmm, I'm sure it will. When we book a room, we can check. There's also a cheap flight on 28th August – only £79, but then we won't have time to see all the attractions of Istanbul. We have to be home by 1st September because school starts on 2nd September.
- Jamie:** Oh, well, I guess we should take the first option and hopefully the hotel will have a good Wi-Fi connection.

## Module 3, page 43 (CD 5, Track 09)

- Jack:** Hi everyone, I'm Jack Chan, and today in *Chat with a Local*, we're in Taipei City, Taiwan, in an amazing artist village called Treasure Hill. I've just met Chia-Wei. She's here with her boyfriend for a visit, right Chia?
- Chia-Wei:** Hi Jack – yeah, actually, we come to Treasure Hill pretty much every weekend to look at the art and have a coffee.
- Jack:** I've heard this place has got an interesting history.
- Chia-Wei:** It does. So, the houses in this village were built by homeless military families in the 1960s and it became a community. They actually built the houses illegally and the residents produced everything themselves. I think there was even an urban farm here.
- Jack:** But now it's very different, right?
- Chia-Wei:** Ah yes, it's different. So, the government wanted to destroy Treasure Hill because the houses were built without permission, but in the end, they gave in. Instead, to make it more attractive, some of the houses were rebuilt and it was made into an artist village. Lots of artists moved in to use the rooms as studios and galleries. There are some modern cafés too and I think they'll be opening a youth hostel soon. Taipei City is really crowded and full of traffic jams, so this is a calm place to come and relax.
- Jack:** I see you've got your bikes. Where are you going to cycle next?
- Chia-Wei:** We're going to have coffee here at the Tadpole Point Café. Then, we'll leave Treasure Hill and probably continue along the Xindian River bike trail.
- Jack:** Sounds fun – thanks for being on *Chat with a Local*, Chia. Have a great day.

## Module 4 page 48 (CD 5, Track 10)

- Nurse:** How can I help you today, Kelly?
- Kelly:** It seems that everyone around me has got a cold or flu. Can you give me some tips to stay healthy?
- Nurse:** Definitely! The most important thing is to wash your hands. People often get bacteria and viruses when they touch something and then touch their faces. If people washed their hands more often and more carefully, they wouldn't be ill as much.
- Kelly:** How can I be more careful?
- Nurse:** Wash your hands with soap and warm water for twenty seconds or more many times a day.
- Kelly:** That's helpful, thanks.
- Nurse:** No problem. Have you got any other questions?
- Kelly:** Yes. When I'm ill, how can I protect the people around me?
- Nurse:** One thing you can do is pay attention to how you sneeze.
- Kelly:** Interesting! What do you mean?
- Nurse:** Well, sneezes can travel up to 50 kilometres per hour! For that reason, it's important to cover your mouth when you sneeze. But not with your hand! It's better to cough or sneeze into your elbow. If you follow this simple rule, you will protect others from your illness.
- Kelly:** Well of course! I learned proper sneezing etiquette at a young age!
- Nurse:** Many people don't. 13.4% of people think it's OK to sneeze into their hands.
- Kelly:** I can't believe it! If I were you, I would tell as many patients as possible about this. It would definitely help keep more people healthy.
- Nurse:** I agree!

## Module 4 page 55 (CD 5, Track 12)

Hello everyone! This is Jackson Brown speaking. Welcome to my podcast *Staying Healthy*. Today, I want to talk about ways to keep your brain healthy. You probably know that keeping your brain active is important. This is because your brain is like a muscle: if you don't use it, you'll lose it. To keep your brain active, consider doing puzzles or sudoku, reading, or learning a new language. Socialising is also great for your brain. That's right – being with family and friends can help to prevent dementia. Here's another idea. Do you know that sport is good for your brain, not only your body? Your brain needs oxygen, and when you exercise, your heart sends more oxygen to your brain. Eating well is also good for your brain. Eat fruit, vegetables, wholegrains, fish, and healthy fats. These foods will help your brain to think and learn. Avoid eating foods with too much fat or sugar such as fried foods or fizzy drinks. These foods make it harder for your brain to do its job. Finally, sleep is important. Try to get seven to eight consecutive hours of sleep per night. For this reason, I would turn off my phone at night if I were you! Too many people get up in the middle of the night to check their phones. Do you think you can try any of these ideas?

## Module 5 page 60 (CD 5, Track 13)

- Dean:** What are you doing, Alice?
- Alice:** I'm looking for a Christmas present. Felix Brown, the most popular boy in our class, has organised a Secret Santa.
- Dean:** What's a Secret Santa?
- Alice:** It works like this. Everyone puts their name in a hat. Then, you close your eyes and take a name. That's the person who you buy a present for. We're exchanging Christmas gifts on 20th December, the last day of term. Today's the 14th, so I've only got six days to find a gift.
- Dean:** Relax! It's for someone you know, so you'll think of something easily.
- Alice:** Well, I usually buy gifts for my close friends. But for this Secret Santa, I have to buy a present for Pam Lane. She's just moved to our school. I don't know her as well as I know everyone else.
- Dean:** How about earrings? There's a sale on at *Jule's Accessories* right now – half off everything.
- Alice:** I don't think she wears earrings.
- Dean:** OK, I've got an idea. Take a look at Pam's Instagram photos. Give me your phone ... Pam Lane. It seems she cooks frequently and she's a vegan. Hey, what about a cookbook from that vegan café and gift shop on Reed Street? They've got a website. Here, use my credit card and pay me back.
- Alice:** Can you drive me there? It'll be faster than waiting for a delivery.
- Dean:** OK, I'll borrow Mum's car.
- Alice:** Thanks, Dean. You're the best.

## Module 5 page 67 (CD 5, Track 15)

### Conversation 1

- Mark:** Sophie, our new desk is arriving tomorrow. What should we do with our old one?
- Sophie:** We could give it away, Mark, like we did with the table.
- Mark:** We shouldn't do that. The wood is really good quality, and there are lots of people in our area who would happily buy second-hand furniture.
- Sophie:** OK, but where should I put the advert?
- Mark:** I'll put it on Facebook Marketplace. We'll sell it quickly there, I'm sure.

### Conversation 2

- Jan:** I love that top, Elaine. Where's it from?
- Elaine:** Thanks, Jan. It's from Etsy, you know the online market where independent shops sell handmade and vintage products.
- Jan:** Yeah, I know Etsy. So you probably paid a lot for it, right?
- Elaine:** Actually, it was quite inexpensive, and it's good value because it's organic cotton and beautifully made. Better than fast fashion, that's for sure!



### Conversation 3

- Danny:** Hi, Ian, how was your first day as a salesperson for a designer label clothes shop?
- Ian:** I worked a lot harder than I thought I would, Danny! I didn't think many people could afford to buy expensive clothes, but I suppose I was wrong.
- Danny:** Did you get any difficult customers?
- Ian:** Yes. There was one lady who spoke to me very rudely. She asked me to bring her about four different sizes in a pair of leather trousers. But I couldn't find them as fast as she wanted, and she got very upset.
- Danny:** Sorry to hear that. Maybe tomorrow will be an easier day.

### Module 6 page 72 (CD 5, Track 16)

- Host:** Good morning, this is Laura Evans on *Morning Talk Radio*. Today, Cameron Williams is here to talk about the new fitness centre, Manchester Fitness. Welcome, Cameron!
- Cameron:** Thanks for having me, Laura.
- Host:** We are all excited about the fitness centre. Last week, we received many calls from listeners who wanted to know when it would open.
- Cameron:** Hopefully, at the end of next month.
- Host:** Very exciting! Can you tell us more about what the fitness centre will include?
- Cameron:** Sure. Manchester Fitness has got excellent exercise equipment for those who want to work out on their own. It will also offer group classes, such as spinning, yoga and Pilates. We've got a basketball court and a swimming pool inside and a tennis court and football pitch outside.
- Host:** Wow! Sounds impressive!
- Cameron:** Yes. We hope this will be a place where people of all ages come to exercise and do sport. We also hope it will become an important part of the community.
- Host:** What do you mean?
- Cameron:** Well, we asked people what they wanted from a fitness centre. Of course, they told us that they wanted excellent exercise equipment. But they also said that they wanted a place where they could meet new people and spend time with friends and family.
- Host:** Interesting. How will you do this?
- Cameron:** We've got many sitting areas at the fitness centre. Indoors, there are sofas and a café. Outdoors, there is a garden with picnic tables. We also offer a lot of different classes for adults and programmes for children.
- Host:** This sounds like a place my family would love! Thanks for this helpful information!

### Module 6 page 79 (CD 5, Track 18)

- John:** Did you watch *Britain's Got Talent* last night, Claire?
- Claire:** No John, I didn't. Were there any good performances?
- John:** There were many, but one was really special.
- Claire:** What made it special?
- John:** Well, this young man named Maxwell Thorpe walked onto the stage. He looked like an ordinary guy. He was even wearing a baseball cap. A judge asked Maxwell what his job was. Maxwell said that he was a street performer. Then the judge asked how people responded to his performances. Maxwell said that sometimes he sang and people didn't listen.
- Claire:** That's probably hard for him. How was the performance?
- John:** Incredible! He sang an Italian song called *Caruso*. I hadn't heard of it before, but later I read that it was written by Lucio Dalla in 1986. Famous opera singers like Andrea Bocelli have performed the song.
- Claire:** I guess people hadn't expected him to sing opera.
- John:** They hadn't. The people in the audience were extremely surprised.
- Claire:** What did the judges say after the performance?
- John:** Simon Cowell said that he was amazed. Maxwell was shy and quiet, and then he had given an incredible performance. Cowell said that it had been brilliant.
- Claire:** Anyone else?
- John:** Amanda Holden said that she hoped the audience's reaction had made Maxwell feel more confident in himself.
- Claire:** I guess Maxwell was really happy.
- John:** He was. He showed the audience and viewers that you can find brilliant music in unexpected places!