

## Unit 1

### Track 2 – Exposure – Exercise B

**1**

“Join the team of the Historical Acadian Village and be a character from the 18th Century. Fluency in French is very important.” Well, okay. I can’t say that I’m totally fluent in French, but I can get by well enough. I think I should give this a try.

**2**

Wow, look at this! A ticket ... no, a voucher. Now this is fantastic. I’m so grateful that I have such dear grandparents. I’ve always known that they’re railroad fans. But this is a very generous present. 300 dollars! I wonder if this will cover the whole trip, including the dining car. Anyway, I think I might be a railroad fanatic too after this trip.

**3**

“... has fulfilled the requirements prescribed by the Department of Education...” What on earth does that mean? I guess it just means that I did what I had to do for school, that I passed my exams.

**4**

“I’m pleased to offer you a post as junior shipmate on our ocean-going boats. Your contract starts on 1st September.” Now that’s the kind of letter I really like. I wonder when they’ll send me the contract. I’ll be there on time anyway.

**5**

Now what did I write here? “I’ll miss you, Michelle, but I’ll write often.” That sounds like a promise, and now it’s on the Internet, for everyone to read. I guess I’ll really have to write to her now even if it’s only a postcard.

### Track 3 – Task A – Exercise F

If you’re a high school student who loves science and if you have a minimum of grade 10 in science, we’ve got something for you this summer!

It’s the Deep River Science Academy!

A science summer program for high school students between 15 and 17 years old.

This program is not for the faint-hearted – it's an intensive six weeks of chemistry, physics, biology and maths. You pick your subject area and we'll put you in the laboratory or in the field.

Do you enjoy chemistry? We'll put you in a lab. Do you prefer biology? Then we'll put you in the field, which will mean a swamp or a forest - depending on the research project.

Afraid you won't know the answers to the research? Don't worry - neither do we! This is what makes our program and your experience unique. You become part of a real research team.

You will not be placed in a classroom, with books and a teacher lecturing you.

You will team up with another student under the guidance of a Research Assistant and a professional scientist. You are expected to do most of the work - it's called experiential learning. You learn by doing. And we expect a lot.

What does "a real research team" mean? We get our projects from professional scientists, engineers, biologists and technicians, who spend months and years on a research project.

To encourage you to become a scientist yourself, you get the opportunity to help that scientist on one small part of his or her work. When our scientists finish their projects and publish their results, the students who worked on that project will be mentioned.

So don't hesitate. Check out our website and find out about the enrolment process. But remember, you must be both good at and interested in science!

#### Track 4 – Focus on language – Exercise D

**1**

Look at those big black clouds! Let's run for cover.

**2**

If you want my advice: don't lend anything to Michelle.

**3**

The match is about to end. Kasim has won two sets. John has won only one and now he's behind in the fourth set. Good for Kasim!

**4**

So you're going to travel around Canada this summer? That's great. And you said you love wide open spaces? Good!

**5**

If you include the Rocky Mountains in your travel plans, you should visit Lake Louise and go for a hike along the lake.

## Track 5 – Focus on language – Exercise D

- 1 Look at those big black clouds! Let's run for cover. It's going to rain.
- 2 If you want my advice: don't lend anything to Michelle. She'll lose it.
- 3 The match is about to end. Kasim has won two sets. John has won only one and now he's behind in the fourth set. Good for Kasim! He's going to win.
- 4 So you're going to travel around Canada this summer? That's great. And you said you love wide open spaces. Good! You'll love this country.
- 5 If you include the Rocky Mountains in your travel plans, you should visit Lake Louise and go for a hike along the lake. You won't be disappointed.

## Track 6 – Focus on skills – Exercise C

- 1 We don't have enough time to take the train, so we'd better fly.
- 2 Seeing the scenery would be nice, but I don't want to sit on a bus that long.
- 3 The bus is a lot cheaper, but it isn't nearly as quick and we'd have to pay for two nights in a hotel on the way.
- 4 Flying sounds good, but did you know that the prices have gone up lately?
- 5 The train is not such a good idea, it's full of tourists and senior citizens who keep talking all the way.
- 6 Hitch-hiking? You mean, like, waiting at the side of the street till a car stops and takes you along? No way, that's much too dangerous.

## Track 7 – Focus on skills – Exercise D

Nick Hello.

Employee Hi, what can I do for you?

Nick I'm on a stopover here in Jasper, and I've heard about the hot springs you have somewhere around here. So I was wondering how I could get there and have a hot bath, if I can.

- Employee You mean the Miette Hot Springs? Well, they are really nice, and you can actually swim there. Or just soak and relax. The water is about 40° Celsius. ... No worries, it gets cooler quickly in this cold air. Here's a map.
- Nick Erm, do any buses go there?
- Employee You mean like regular scheduled buses? No, I'm afraid not. There are tour buses, and you can book them with us or at any hotel here in Jasper.
- Nick Well, they're probably expensive.
- Employee They're good value for the money. They normally include other sights, the icefields, Yellowhead Pass, spectacular waterfalls ...
- Nick How far is it exactly? I have my bike with me, you know, I could cycle there.
- Employee Let me see. "From Jasper, proceed east on Highway 16 for 44 km to the Miette Road junction. From there, proceed south on the Miette Road. Miette Hot Springs are at the end of Miette Road, 17 km ahead." So adding up, that would be ..."
- Nick Hm, 61 km. That's not so far, one way, but I'd have to get back. And my train tomorrow is at 2.30 pm.
- Employee Yeah, well, that wouldn't be realistic then. There are some great day hikes, or half-day hikes in your case. There's an excellent animal safari if you manage to get up early in the morning, it starts at 6:30 from right across from the train station.
- Nick I'll see about that. Or maybe I'll just go for a hike or bike ride on my own.
- Employee Good idea. You've got to be careful though, if you hike. There are bears around, and they can be really dangerous. Here's a brochure. Remember to make noise and to carry your bear spray with you.
- Nick Bear spray? Really? I don't think I'd want that. So I think I'll just head down the Icefields Parkway and then turn back.
- Employee That's a great idea. You can ride at the edge of the road it's very wide. Just make sure that you don't forget about the time, with all that scenery.
- Nick Sure. Thank you very much.
- Employee You're welcome.

## Unit 2

### Track 8 – Exposure – Exercise D

Point one. It's hard to say if cosmetics are good or bad. Should we use them or not? Well, cosmetics are important to individuals. They wish to be beautiful. However, this creates a lot of pressure. On the other hand, it's important to feel good about yourself.

Point two. Cosmetics are not always good for animals. Testing on animals can hurt them. However, could we say that it's better to test them on animals than to hurt a person?

Three. Cosmetics are not very often made at home anymore. This means you buy them in shops. *This* means you have to know about the products. Commercials and advertisements inform you about what's available. However, you have to be critical when looking at them.

Four. Are cosmetics mainly for women, or can men use them too? If we think about all of the reasons, I don't think it matters if you're a boy or a girl and you use cosmetics. The principles are the same when you think about your decisions to use cosmetics or not, or which cosmetics to use.

### Track 9 – Focus on language – Exercise D

#### 1

Hockey player 1: Your hands are really smooth. I'm sure you use skin lotion.

Hockey player 2: It's interesting that you've noticed.

#### 2

Cow 1: For heaven's sake, put some make-up on!

Cow 2: Why? I've never had any problems with my farmer.

#### 3

Viking 1: Why are you drinking through a straw?

Viking 2: Well, I've just had my teeth whitened.

#### 4

Piglet: We've been here for an hour. Just choose your deodorant and then we can go.

Rabbit: I'm just checking that it wasn't tested on any of my friends.

## Track 10 – Task B – Exercise A

**1**

When she returned to England, her mother introduced her to Gordon Roddick, a young man from Scotland. Anita and Gordon opened a restaurant together and later a hotel in Littlehampton. They got married in 1970 while Anita was pregnant with their second child. Running a hotel takes a lot of energy and after three years they felt overworked and sold the hotel.

**2**

During her early travels Anita had observed how people from different cultures took care of their bodies and she became interested in body care products. She opened her first store selling cosmetic products in 1976. Her mother knew a lot about recycling and this helped her keep the production costs of her cosmetics as low as possible. Her cosmetics were also environmentally friendly.

**3**

In 2004, Anita Roddick was diagnosed with hepatitis C, caused by a blood transfusion. She died of a major acute brain haemorrhage on September 10, 2007.

**4**

After having finished her studies at a teacher's college she went on a trip around the world. Her self-guided tour took her to Tahiti, Australia, Madagascar, Polynesia, Mauritius and South Africa. While travelling, she learnt a lot about people and their different cultures, customs and rituals.

**5**

Today, the company has over 2,000 stores worldwide and they sell more than 300 different products. Anita Roddick developed a special philosophy for her company. She wanted to make profits but she also followed clear principles. She only bought ingredients that were produced through fair trade. She always looked for sustainable and natural ingredients.

## Track 11 – Focus on skills – Exercise C

Host            America has lost one of its most successful businesswomen. Estée Lauder died on April 24<sup>th</sup> 2004 in New York. She was ninety-seven years old. Bob Doughty looks back at her life and work.

Doughty: “Beauty is an attitude,” Estée Lauder once said. But for her it was also a big business. Estée Lauder spent more than seventy years in the beauty products industry. Today, the business she founded, Estée Lauder Companies, is worth about ten thousand million dollars. Its products are in stores around the world. And, it employs more than twenty-thousand people.

Estée Lauder once said, “I never dreamed about success. I worked for it.” That business drive came early. She was born Josephine Esther Mentzer in Queens, New York. Her parents came from Hungary. They owned a hardware store. They did not have much money. But they did have a beautiful daughter.

Her uncle was a chemist. She worked with him to develop skin care creams. This was in the nineteen-twenties. She was a teenager. But she sold the products in New York City. Often, she stopped women on the streets. She let them try the creams for free. She called her products “jars of hope.”

Soon, she was selling to large stores visited mostly by wealthy women. She would say things like “I have the secrets” and “start the New Year with a new face.”

She also employed many smart sales tricks. For example, she invented the “gift with purchase” marketing idea. If you have ever bought a product and received another for free, thank Estée Lauder.

#### Track 12 – Focus on skills – Exercise D

Hi everyone! This is a video that I've been wanting to make for a long time. It's a tutorial and I'm going to show you how to do the look that Boy George typically wears.

So I'm going to start by using my make-up foundation and applying it all over my face as you can see.

In fact, I look a little bit like Boy George, we have the same double chin. And I'm going to be his look-alike in a minute. Boy George usually makes up his eyebrows really really dark, so I'm going to use black. I'm making mine a little fuller than I normally do because he has much fuller brows than me. I'm using a brush and I'm doing these curvy things way up into my forehead.

Now I'm going to continue with a colour called greystone. I'm using a small brush to just draw in the shape at the top of my eyelids. And I'm gonna bring this shadow all the way underneath. Next, I'm going to blend that lightly. Don't blend it too much because we want to keep a well-defined line. And, last but not least, a tiny bit of eyeliner along the bottom lashes there.

Now for the mascara. Put plenty of this on. And some vanilla highlighter to enhance that arch. On his cheeks, he had quite a bright pink. I'm going to use a colour called nymph, it's my favourite shade of rose. He always had it quite high up on the cheek.

Like me, Boy George doesn't have amazingly massive lips, so what I'm going to do is firstly apply ...

### Track 13 – Focus on skills – Exercise D

Hi everyone! This is a video that I've been wanting to make for a long time. It's a tutorial and I'm going to show you how to do the look that Boy George typically wears.

So I'm going to start by using my make-up foundation and applying it all over my face as you can see.

When Culture Club were massively popular, a lot of people were surprised and shocked by the Boy George thing. First, they weren't sure if he was a girl or a boy. There had never really been anybody that was out there, in that space between like Boy George, you know. He was very brave to walk the streets like that.

In fact, I look a little bit like him, we have the same double chin. And I'm going to be his look-alike in a minute. Boy George usually makes up his eyebrows really really dark, so I'm going to use black. I'm making mine a little fuller than I normally do because he has much fuller brows than me. I'm using a brush and I'm doing these curvy things way up into my forehead. If you haven't read Boy George's book "Take it like a man", you should absolutely get it and read it. It's all about his life as a young lad, growing up in Bexley or somewhere. He left home when he was quite young. As could be expected, he is a total drama queen. Every other chapter is about him breaking down in tears, especially when he has a fight with another band member when they're on tour. He's absolutely brilliant, and funny too.

Now I'm going to continue with a colour called greystone. I'm using a 266 brush to just draw in the shape at the top of my eyelids. And I'm gonna bring this shadow all the way underneath. Next, I'm going to blend that lightly with a 217 brush. Don't blend it too much because we want to keep a well-defined line. And last but not least a tiny bit of eyeliner along the bottom lashes there.

It's interesting, I mean, Boy George and Culture Club had their biggest successes in the eighties, and he launched his solo career in the 90s. But today, he's still very popular and has many fans. There was a musical about him, and he performed in it. Strangely, he didn't play himself but an Australian performance artist. He was also in a documentary film and there he made a remarkable statement, saying that he understands why men fall in love with one another as well as with women.

Now for the mascara, 'glam eyes' mascara it's called. Put plenty of this on. And some vanilla highlighter to enhance that arch. On his cheeks, he had quite a bright pink. I'm going to use a colour called nymph, it's my favourite. He always had it quite high up on the cheek.

Like me, Boy George doesn't have amazingly massive lips, so what I'm going to do is ...

#### Track 14 – Focus on skills – Exercise E

She linked her make-up and perfumes with images of wealth and culture. She sent her products to influential women to try. This was the way she got Princess Grace of Monaco to use them. Estée Lauder also put her products in pretty containers. And, she employed some of the world's most beautiful women as models.

Her business partner was her husband, Joseph Lauder. They got married in 1930. They divorced at one point, but three years later got married again. Mr Lauder died in 1983. Mrs Lauder retired in 1995. Their two sons are both leaders in the company. When Estée Lauder died, her sons said she was as great a mother as she was a businesswoman.

## Unit 3

### Track 15 – Exposure – Exercise C

As most of you may know, Spider-Man is one of the most popular and successful comic heroes. What many people don't know is that he started out as a shy and lonely teenage high school student. Nearly everybody is familiar with his everyday name, Peter Parker. But did you know that the writer Stan Lee was actually looking at a spider crawling up a wall when he first thought of this superhero? I bet you didn't know that.

I'm sure you're all aware of the fact that Peter Parker got his superpowers because he was bitten by a spider when he was on a school trip. But did you also know that he was very good at chemistry and physics when he was a student? You didn't, did you?

Now, you've probably heard of or seen the movie, Spider-Man, with Tobey Maguire in the title role. But you probably have no idea that the story has also been turned into a Broadway musical, Spider-Man: Turn Out the Dark.

### Track 16 – Task A – Exercise B

The Other Mother and Father seem more interesting to Coraline because they care better for her than her real parents. They tell her she can stay in their world forever if Coraline lets them put buttons in the place of her eyes. Coraline is horrified and runs back through the door to go home. Her Other Mother is disappointed.

Back in her flat, Coraline finds that her real parents are missing. They don't return by the next day, and Coraline thinks that they were kidnapped by the Other Mother. She decides to try and find them and bring them back.

The Other Mother becomes angry when Coraline doesn't accept her love, and she locks Coraline up in a small room as punishment. There she meets three children from different times who had to stay in the Other World. These children tell Coraline that the Other Mother sewed buttons in their eyes, but after a while, she became tired of them. She then ate their bodies and put their spirits in the room. The children tell Coraline that the same will happen to her if she doesn't escape.

### Track 17 – Task A – Exercise E

Coraline        I want my parents back.

Other Mother   Whatever would I have done with your old parents? If they have left you, Coraline, it must be because they became bored with you.

Now, I will never become bored with you, and I will never abandon you, you will always be safe here with me.

Coraline They weren't bored with me. You're lying! You stole them!

Other Mother Silly, silly Coraline. They are fine wherever they are. I'll prove it.

Mother That was a fine holiday.

Father How nice it is not to have Coraline anymore.

Mother Now we can do all the things we always wanted to do, like go abroad, but were prevented from doing by having a little daughter.

Father And I take great comfort in knowing that her other mother will take better care of her than we ever could.

Other Mother See?

Coraline No, I don't see. And I don't believe it either.

#### Track 18 – Focus on language – Exercise E

**Example** Sound: a car driving past

- 1 Sound: a door being locked with keys jangling
- 2 Sound: ambulance siren going past
- 3 Sound: a person falling down some stairs
- 4 Sound: glass/china breaking
- 5 Dammi la mano, ecco. Mi metto insieme con lui. Bianca, Bianca fa una foto. Sì, subito. Con il mio telefonino, va bene, ecco.

#### Track 19 – Task B – Exercise E

Interviewer Now, Peter, tell us something about the work of an animator. Here are three still pictures from the stop-motion film Coraline. What did you do between them?

Animator Well, I wasn't alone of course. We were a team of two animators, a props manager and a camera woman. So you can see, at the beginning of this scene which lasts about two seconds, Coraline's father is working on his typewriter. Each movement of his hands, you know, the tapping on the

- keys, is about 12 individual positions. That means, I moved each hand about a dozen times, tiny movements.
- Interviewer And at the same time ...?
- Animator Yeah, at the same time, Sue, my colleague, moved the Coraline puppet, only much more quickly, because she had just opened the door. And to make it funnier, Coraline was sort of hanging on the door handle and going back and forth, because she is so bored in this scene. That meant, Sue had to move her puppet more quickly and she also had to work on Coraline's clothes, for example to make her skirt swing upwards and appear bigger.
- Interviewer I see. And then, what did you have to do?
- Animator Well for the second picture, I had to roll the father's eyes, because he's getting impatient with little Coraline. He's busy and wants to work peacefully. There's a mechanism at the back of the puppet's head, that allows me to move the eyeballs, and make them seem to pop out, you know. But I have to do this very, very carefully so that his body doesn't move out of position.
- Interviewer The last picture is only a second later, you're saying?
- Animator Less than a second. You can see, I've lifted both his arms up quite quickly, five positions only, but I've made sure that the father's hands really are inside his hair, you see, with some strands of hair popping up. At the same time he's opening his mouth for a loud sigh: 'Aaahh, not you again!'
- Interviewer Yes, he's really tearing at his hair. And your colleague, what was she doing?
- Animator She was still working on Coraline to get a feeling of disappointment into her movements and face, because her dad never has time for her.
- Interviewer Yes, he always works very hard. As you animators do, too, no doubt. It's absolutely amazing what work goes into a tiny bit of animated film. Thank you for this information, Peter.

## Unit 4

### Track 20 – Exposure – Exercise B

#### **A**

Well, actually, I speak three languages. Bengali is my mother tongue. I use it with my family and friends. Hindi and English I learnt in school.

#### **B**

Well, for example the main customers of our IT industry and call centres are companies abroad, and so the business language is English, but people do not only speak English in such firms. Among themselves they also use Hindi and Bengali.

#### **C**

Well Jeremy, “Hinglish” is a mixture of Hindi, English and Bengali. I use it with my friends a lot. You have to imagine that one single sentence can include English, Bengali and Hindi words.

#### **D**

Well I really like English very much. You know, when we go on a trip outside of West Bengal, we have to speak in either Hindi or English. But actually in Kolkata, we also use English or Hindi in the shopping malls and around town.

#### **E**

Actually there is a famous quote by Nehru, one of India’s most prominent former politicians. Nehru once said that English was the glue holding India together. You know, people speak so many different languages in India, and English is a great help for them to understand each other.

### Track 21 – Task A – Exercise C

The way my parents met is actually quite funny. My father was working in my uncle’s tea shop in East London, and my mum, Angela, she was a hairdresser in the same neighbourhood. She came into the shop one day and asked if they had green tea, because she had heard that you could make excellent shampoos from green tea. My father said “Not as far as I know, all our teas look black”, but he promised he would ask his brother how to turn it green.

My grandma Rose was actually born in Jamaica, and her mother worked on a sugar plantation. And do you know why they left the island? Well, when Rose was only sixteen, the owner of the plantation wanted to marry her. And her mother knew, this was not really meant to be a proper marriage. He just wanted to use her. So they escaped at night and sailed to England. Rose's husband Edward could only follow them a year later.

I also have something interesting to tell you about my cousin Ryan, although he is only five years old. When he was about three, he climbed on a chair when his mum was cooking a meal, and he managed to reach a big knife. Auntie Sarah screamed when she saw it and let go of a pot with hot water, and some of the water splashed across Ryan's hands. You can still see the scars.

#### Track 22 – Task A – Exercise C

Now Mark, my mother's brother, he's a clever bloke. He runs his own IT company, but it hasn't done so well recently. He had to fire most of his employees. One of them was so angry that he left his office very quickly. And guess what? Mark found a few lottery tickets on this guy's desk, and one of them was a big winner! My uncle phoned the employee and sent him the ticket. I wonder if I would have done the same.

Oh, and there's a really funny thing that happened to grandpa a while ago. He had to go to the hospital for a check-up. He is a bit absent-minded sometimes, and he actually went there in his slippers, without socks. In the corridor, a nurse stopped him and asked him something he didn't understand. He thought she wanted to know his age, so he said '78'. The nurse took his arm and led him to a room in a ward, you know, where the patients lie for days or weeks. And she had almost undressed him and put him to bed when the man whose bed it was came back from the loo. And you know what, that man's name was Teddy, which is also a nickname for Edward!

#### Track 23 – Focus on language – Exercise D

We don't have a car in our family, but that's not a problem at all. You just need a bit of imagination, some courage and a good bike with a trailer.

With my bike-and-trailer I go on my big weekly shopping trip to the local supermarket. I load everything into the trailer: bags full of vegetables, at least four cartons of milk, packets of flour and rice, whatever.

Now, I don't like buying fruit in the big supermarket, I prefer the farmer's fruit stall. He also sells lovely cheese. But I have to make sure that I go there after the big shopping trip.

Because if I left the farmer's goodies in my trailer outside the supermarket, someone might steal some of my fruit or cheese.

You may laugh, but it happened to me once. I'd just bought some meat, I think it was chicken, and left it on my bike in an open basket to post a letter. And when I came back out of the post office, my bike was lying flat on its side, the contents of the basket all over the ground, and the chicken was gone.

No, it didn't walk away on its own, silly, but a cat took the package and dragged it under a bush.

Let me give you some advice. Take that meat inside or buy a car with a lockable trunk. Or become a vegetarian.

## Track 24 – Focus on skills – Exercise C

### **Stray cows**

I think it's really funny when cows wander round in the streets. If some people are slowed down, what does it matter? In India, we have lots of time. So now they put microchips in cows' bellies? I'm sure that hurts. Poor cows!

It's okay if the police know who the cattle belong to. But what will they do if they have found a stray cow? Many farmers don't have telephones. I don't think the police will go to their homes and tell them where to find their cow! So in the end, nothing much will change.

### **Mobile phones for farmers**

Now, I'm not against technology. I own a mobile phone too, handed up to me by my nephew. I think it's great if you can do things with your mobile other than phone only. Okay, now a farmer can switch on and off his pumps. Great idea, and I hope it works. I have my doubts, though, considering how often the network is down, or you don't have reception because you're in a valley somewhere or in a concrete building. But good on the farmers, yes.

## Track 25 – Checkpoint F

### **1**

Goa is quite different from the rest of India, it's more relaxed and you can still feel the old colonial past.

### **2**

Lots of young tourists come here to do basically nothing, to just enjoy the sea and have parties at night.

**3**

When we came here, there had been a festival, but all of the people had left and the streets were full of rubbish.

**4**

We saw a lot of poor people sleeping on the street, right there in the dirt and dust.

**5**

We were hungry and we tried to find a restaurant which looked clean and not too crowded. We found just such a place near the Portuguese church. We had a great big lunch and washed it down with some yoghurt drinks.

**6**

But it only took us an hour to find out that perhaps the food hadn't been all that clean. Both of us got bad stomach troubles, what they call the Delhi belly. We spent the rest of the afternoon in the toilet.

**7**

It turned out that one of the Australian guys at the hostel was a young doctor. He had some medicines with him that helped us a lot. The next day we were perfectly okay again.

## Unit 5

### Track 26 – Exposure – Exercise B

Speaker 1 Mark Vonesch simply must be in the tree planters' hall of fame. Mark started planting trees in the 90's and has since gone on to plant for quite a few companies. Lately, he has been working for Wildwoods in Canada. In 2009, he planted 300,354 trees in only 54 days. That's more than a personal record! In the meantime, he has probably planted more than 2 million trees, and if not, he will soon. Some people say he once planted more than 8,500 trees in one day. He also has an amazing tree planting video on his website.

Speaker 2 I would like to nominate Lisa Cho. She is the queen of quality. No one plants trees which are more consistent and perfect. She's been in the bush for 9 years all over North America and has planted well over a million trees for different companies. On top of her hard work, she's always ready to lend a hand and give a kind word of advice to everyone. She also told me that she thinks there should be more women in the hall of fame. Yes, she's definitely one ideal candidate for the hall of fame.

### Track 27 – Exposure – Exercise E

Speaker 1 I'd like to nominate Mark Vonesch for the tree planters' hall of fame. Mark started with Sundog Forestry in the 90s and has since gone on to plant for quite a few Canadian and American companies. Lately, he has been working for Wildwoods. His statistics show that he planted 300,354 trees in only 54 days in the 2009 season. He may well have surpassed the 2 million tree mark altogether, and if not, he will soon. He is rumoured to have planted 8,500+ trees in mounds in one single day. There's also an amazing tree planting video on his website.

Speaker 2 I would like to nominate Lisa Cho. She is the undeniable quality queen. No one's trees are more consistently perfect. She's been in the bush for 9 years and has planted well over a million trees for dozens of companies. On top of her work ethic, she is the most honest person in the bush. She's always ready to lend a hand and give a kind word of advice. She also told me she thinks

there should be more women in the hall of fame. Yes, she's definitely one ideal candidate for the hall of fame.

### Track 28 – Focus on language – Exercise C

My name is Nadine, I live in Boston and I'm twenty years old. My greatest hobbies are dancing and dog-walking. I was already quite good at dancing, I mean jazz dance, when I was a high-school student. Now I train three times a week and I'm very keen on it. I also coach a group of young beginners, and I'm really proud of their first steps. It's good to be responsible for children, it gives you valuable experience.

Now, dog-walking is actually a nice way of making some extra money. But I don't do it for that reason only, I'm really interested in dogs, the different races etc. At first I had to get used to the creatures, I mean I take three or four of them for walks at the same time. I was really impressed with how strong some of them are. Now I'm quite pleased with myself, but I'm not so keen on meeting other dog-walkers. Some let their dogs run free, and I can get really angry with them.

### Track 29 – Task B – Exercise B

**1**

In Churchill, we have two programmes to track the bears, one set up in 1969 and the other in 1984. And a polar bear holding facility was built in 1982. This is a place where polar bears that threatened people or property, the so-called problem bears, are looked after during the ice-free season.

**2**

Well, we speak of a human - polar bear conflict when a polar bear threatens a person's life or property.

**3**

You'll remember that due to longer ice-free periods the bears can't hunt enough seals. This leads to a deficit in energy. Normally, the first hungry polar bears that come ashore are the younger ones.

**4**

These guys are the losers in the fight for food. And what do they feed on there? Well, they meet the geese. But let me introduce the geese first.

**5**

The aim of the holding facility is to keep the problem bears out of the way during the ice-free season and set them free again in late fall.

### Track 30 – Focus on skills – Exercise B

**1**

Pete Ever since I was a child I've been fascinated by these huge, grey, friendly creatures.

**2**

Pete It's horrible, man, really horrible. I wanted to help.

**3**

Pete Yeah, you're right. Elephants are amazing. They can walk through swamps or climb mountains without any problems.

**4**

Jeff Remember that video about taming wild elephants? That was terrible.

**5**

Pete Yeah, they're great, but these elephants are a lot of work. You really get the idea of how much they eat when you help pile up their food.

**6**

Pete But when you hand feed the first banana to an elephant, you forget about the work. That was the coolest thing ever. That trunk coming towards you taking the food.

**7**

Jeff My absolute highlight was helping to bathe elephants in the nearby river.

**8**

Jeff At first, I felt a bit afraid, standing in the water so close to these huge animals. But they just loved it in the water. Just like kids.

### Track 31 – Focus on skills – Exercise C

Cruise I'm Christopher Cruise.

Lapidus And I'm Faith Lapidus. This week our topic is sharks. We're going to tell you how demand for shark fin soup has led to the killing of millions of these creatures.

- Cruise      A picture in the newspaper shows a person standing next to a huge shark. The body of the shark is hanging with its head down. The words below the picture say the shark was a very big one. Or perhaps, it was one of the biggest ever caught in the area. The person who brought in the shark is smiling. That person won a battle with what has been called one of nature's fiercest creatures.
- Lapidus      Some people, however, do not approve of catching sharks. They do not think all sharks are terrifying enemies. They know that studies show lightning and snakebites hurt more people than shark attacks do. Sharks kill about ten people a year. Yet people kill tens of millions of sharks a year.
- Activists for sharks note that sharks are valuable in the ocean. They eat injured and diseased fish. Their hunting means other fish do not become too great in number. This protects other creatures and plants in the ocean.
- Cruise      Wildlife activists worry that some kinds of sharks are in danger of disappearing. The National Oceanic and Atmospheric Administration estimates fishing operations kill more than one hundred million sharks every year.
- Sharks are harvested for meat and cartilage, liver oil and, especially, for their fins. And many sharks die when fishermen harvesting other kinds of fish pull in sharks by accident. Sharks are vulnerable to over-fishing. Sharks grow and develop slowly and do not produce many young.
- Today, a major threat to sharks comes from shark fin soup. This food has increased in popularity over the years. Fisheries can earn a lot of money for even one kilogram of shark fins.
- "Finning," as it is called, is big business. Fishers cut off the shark's fin while the shark is still alive and throw the animal back into the water. The shark is unable to swim or eat. In hours or days, it bleeds to death on the bottom of the ocean. Wildlife protection groups and many people worldwide have denounced finning as torture. Some areas have banned this activity. But it is hard to enforce the ban in many places.
- Lapidus      Many people want to save sharks and stop finning. One of them is John McCosker. He is the head of the aquatic biology department at the California Academy of Sciences. Professor McCosker has been studying sharks for more than thirty years. He says finning is not only cruel, but bad for the oceans.
- McCosker    We must stop the shark-finning which is resulting in the death of thirty to seventy million sharks each year because that has so upset ocean ecology by the removal of these often apex, top-level predators.

- Lapidus Professor McCosker says demand for shark fin soup is strong in China.
- McCosker It is a cultural tradition, and not all Asian cultures believe in it. But what it now is, is a demonstration really of wealth and status. Shark fin soup is usually served at weddings and at banquets, and it's very expensive.
- Cruise Fishers can make a lot of money by selling shark fins. Professor McCosker believes the best way to stop finning is to educate owners of Chinese restaurants not to sell shark fin soup. He also wants to persuade people not to buy it.

### Track 32 – Focus on skills – Exercise D

- Cruise I'm Christopher Cruise.
- Lapidus And I'm Faith Lapidus. This week, our topic is sharks. We're going to tell you how demand for shark fin soup has led to the killing of millions of these creatures.
- Cruise A picture in the newspaper shows a person standing next to a huge shark. The body of the shark is hanging with its head down. The words below the picture say the shark was a very big one. Or perhaps it was one of the biggest ever caught in the area. The person who brought in the shark is smiling. That person won a battle with what has been called one of nature's fiercest creatures.
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## Track 33 – Checkpoint B

**1**

I'm Charlotte Uhlenbroek and right now I'm observing chimpanzees who have discovered how to crack open nuts using stones. The technique is extremely sophisticated. Cracking open the hard nut requires the correct tool kit. The chimps are very careful about selecting stones. One is used as an anvil, the other as a hammer. Biologists here have numbered the stones to find out which ones the chimps like to use. The anvil must be levelled properly and then the nut placed so that it doesn't roll off. Each blow is done carefully to crack the casing without crushing the nut inside.

**2**

The younger ones, even though they're not actually doing it, seem to be completely absorbed in the activity watching the others.

They only very occasionally actually get to taste a nut. The main reason these young chimps copy the others is that it gives them a sense of identity and belonging. I suppose, it's as if kids were playing at cookery.

**3**

This little chimp, Fanly, is about two and a half years old. And although she obviously doesn't really know what's going on, she knows that these stones have some meaning. It'll be another six or seven years before she really develops the technique, and even then she'll carry on improving it right into adulthood.

**4**

There are several stages to learning how to crack nuts. First, learn to handle one object. Then, try combining two objects. And finally, put all three together, in the right order. The animals' hands which originally developed for climbing trees, can manipulate objects and put them in order, which changes the way the animals' brains work. And the clue to this is that like us, chimps are either right handed or left handed.

For us, a preference for using one hand or the other reflects a very important step in the evolution of our brains. The two halves became specialised and that specialisation allowed us to develop language, imagination and all our creative skills.

## Unit 6

### Track 34 – Exposure – Exercise D

- Ticket agent Odeon Cinema, Chester, hello?
- Customer Hi, I'd like to reserve seats for the Bond film.
- Ticket agent What time would you like to book for?
- Customer Well, the early evening show.
- Ticket agent You mean at 5.45?
- Customer Yes, and I need 5 seats.
- Ticket agent We only have a few seats left. You'll have to spread out.
- Customer Oh, that's too bad. What about the 8 o'clock show?
- Ticket agent All sold out, I'm afraid.
- Customer Never mind, I'll reserve for the earlier time.
- Ticket agent Good, that will be five seats at £6 each. How will you pay for them?
- Customer I have a cinecard.
- Ticket agent Great, your reservation number is 523.
- Customer Thank you, I've noted it down.

### Track 35 – Exposure – Exercise E

I don't go in for violence and fast action. I do think Marc did a great job in Quantum of Solace. This is a multi-million production, just imagine how hard it must be to manage this huge budget and all the actors and technicians. But ... the hero is just a little ridiculous with his macho way of going about things. And the suits he wears while he swings his machine gun. This movie is certainly at the bottom of my list, number 5.

Next, and not such a bad film at all, is the one starring Will Ferrell and Emma Thompson. It's a really weird film and you never quite know what is real and what is just imagined. It must be strange to wake up and notice that you're in some writer's brain and you don't have a life of your own. You don't know what's real and what's fiction. I wouldn't recommend the film to everyone. Book lovers will like it though.

Number 3 is a story of a family, or rather half a family, because the mother has lost her husband. It's quite touching how the main character – now I forget who plays him – how he gets more and more familiar with the boys. It's all above board, I mean it's decent and quite amusing sometimes. Then of course the mother gets ill and there's a turn towards the tragic. Quite moving really and excellent actors.

Next in my ranking, and nearly at the top, is one of Marc's first films, which made his name in Hollywood. It's a gripping, dramatic story, also about a mother and her struggle to save her son. The relationship which is at the centre of the film is unlikely, but the two actors make it seem convincing. And I like it particularly because it's set in the American south, it seems very authentic.

My favourite always was, and still is, the one for which Marc didn't get any big prizes, but a lot of praise. It's set in Afghanistan and there's a war, but it's more about the friendship of two boys and what happens if you're not loyal, if someone betrays that friendship. I read the book after I'd seen the film, and Forster's crew really did a good job at cutting away some of the lengthy story. It's dramatic, thought-provoking and teaches us something about a world we don't know so well.

#### Track 36 – Task A – Exercise C

And to move on ... in fourth place we have *The Breakfast Club*. In this American movie, five students who could not be more different, are forced to come together. In fact, they're locked up at school on a Saturday because they are given detention over the weekend. Once the principal walks out of the room, their personalities start clashing and serious conflicts lead to fights. So that's *The Breakfast Club*.

Then, going down the list, in rank 5 we find *The Dead Poets Society*. This film starring Robin Williams focuses on a teacher who changes the lives of his students and his colleagues by making them think outside the box. Slowly, the students lose their fear of pressure from parents and they free themselves from their conservative views. The teacher encourages his students to raise their voices if they feel that they should be heard. This is what made the movie the classic that it is.

#### Track 37 – Focus on language – Exercise D

**1**

Can you tell me where I can find the King Kong show, you know, the 3D experience?

**2**

How can we get to the Jurassic Park ride?

**3**

What time does the next animal show begin?

**4**

I was wondering if we could actually see live filming going on.

**5**

Please show me on this map where the nearest café is, I'm dying of thirst.

### Track 38 – Task B – Exercise D

#### **Jeannine**

Roll up, roll up for the magical mystery tour! Look at our lovely colourful poster, this is the movie night you've been waiting for. All the wonders of fantasy films, it's going to be loads of fun, a real treat. A little bit of Harry Potter, one Lord of the Rings episode, just to get you started. And we'll also show you an old movie which scared your parents: When Dinosaurs Ruled the Earth. It's from the 80s, it's really scary, and if you don't like it, we'll just stop, I promise you.

And we'll end up long after midnight with Charlie and the Chocolate Factory. The best-ever factory tour for all you lovers of sweets and Johnny Depp fans.

And guess what we'll serve you in the break? Chocolate fondue, all right? And free soft drinks, of course. All you have to bring is fruit and cookies for our marvellous chocolate fondue. This is the film night of a lifetime, fantasy, mysteries, the wonders of the night!

#### **León**

Hey you! Yes, I mean you! Look, you probably won't like to say this openly at your age, but we all love animated films, don't we. Here's your chance to see what you missed when you were a kid because you didn't get enough pocket money to go to the cinema. Come and enjoy our big flatscreen TV.

We'll start with an old Disney favourite, Fantasia, in a new version, with lovely classical music. Then something really funny: Chicken Run, followed by a movie for the boys: Cars 2! It's a silly idea, cars that can act and speak, but it's good fun. Finally, we'll put on a festival within the festival: The audience can choose which of three all-time favourites they want to see. I'll only say, one of them is the Simpsons movie. But to find out more you'll have to come and see for yourselves.

We offer loads of popcorn free, just bring your favourite soft drinks and it'll be a blast.

## Track 39 – Focus on skills – Exercise C

- Mario I was on the junior jury for Tropfest, the Australian short film festival, and I was asked to choose my absolute favourite film. Here it is, it's called Happenstance. And it begins with an answer phone ringing. You can see all sorts of left-over food, a clock ticking, and it turns out that the girl, I mean the main character, has been dumped, that is, her boyfriend has left her. You see her setting up a ladder and preparing a rope, oh horror, she's not going to kill herself? The noise she hears in her head is unbearable, we see her desperate face. The rope is round her neck now. Oh ... someone is knocking at the door. When Grey, our girl, opens the door ... there's a bear. Well, not a real one, of course, someone disguised as a bear, with a bunch of flowers. But listen for yourself.
- Bear-o-gram This is just a ditty, to let you know you're pretty. Alex wants you to know that he indeed loves you so. His beary special wish for you is that you'll say you love him too. Happy Valentines to sweetheart Mel, you wanna be kind and he thinks you're swell.
- Mario Someone has sent a Valentine's Day telegram, a bear-o-gram. But it turns out very quickly that there's been a mistake: the flowers were sent by someone called Alex to someone called Mel.
- Grey No wait, my name isn't Mel! Oh, well. So Grey points the mistake out to the bear. But as he walks down the stairs, she notices that his shorts are slipping down from his hips. He's losing them, which looks really awkward. Now this is the turning point of the short film.
- Grey No, don't go ...
- Mario And from here onward, it's just the nicest romantic comedy that you can have in less than five minutes. Really well made, in a very simple way.

## Track 40 – Focus on skills – Exercise D

Grey            No, don't go. You can wait in here if you want. You wouldn't want anyone to see you.

(Bear-o-gram) Anyone to see me? You should have seen the ride over here.

Grey            Would you like a drink?

Gus             Something cold, please.

Grey            Here you are.

Gus             Cheers! I'm Gus.

Grey            And I'm Grey.

Gus             Augustus, actually, but you know, who's got time? Is that your boyfriend?

Grey            Not anymore.

Gus             I had a girlfriend once. It didn't work out so I burnt everything she ever gave me.

Grey            I wish it were that simple.

Gus             It is. Got a match?

## Unit 7

### Track 41 – Exposure – Exercise D

Good morning everyone. I've come here to revise the most important safety measures with you. As we all know, safety on the sea is crucial even if we don't go far from the shore. Let me just ask you a few questions that might give you food for thought.

When did you last practise rescues in 'real' conditions – not on sunny days in calm bays? 2 months, 6 months or over a year ago?

How long will you last in these cold Scottish waters before hypothermia sets in and you begin to lose strength?

Do you carry any means of raising the alarm on your person?

Do you consider the abilities of all your paddling colleagues before heading out to sea?

Now, I don't want to scare you. There are quite a few things we can do to reduce the level of risk we expose ourselves to and to solve incidents before they get too bad.

We can split the areas we need to consider into three key parts: First, people. Second, equipment. Third, the environment. I'm going to talk about the first two, then we're going to take a tea break, and after that I'll finish up.

What you absolutely need is a routine, that is, a way of doing everything in the right order before you launch your kayak. So it's like a checklist you go through. Have you read or heard the most recent weather forecast? Have you found out about tides? Have you told someone on the shore where you're going? Have you checked your kit and ensured that you've got everything with you?

And what about those in your group? Have you all had enough to eat and drink? Have you all practised rescues? Do you all know how to do the Eskimo roll, even that young person who's a little scared of putting their head under water?

Now, anyhow, in terms of equipment, apart from the kayak and the paddles, you all need life vests ... life jackets at all times. Even if you think you're nearly a professional. Anything else is simply a 'no go'. Other equipment includes two kinds of safety tools, those which you use to raise the alarm, and then those which attract your rescuers' attention. So first, you'll need at least one of the following: a VHF radio, a mobile phone, a flare, which is a bit like a firework that you fire off and that lights up the sky for a short while, a strobe light, a whistle, and finally it helps to have bright clothing with reflective tape sewn on. These are all helpful, but they're not foolproof.

The best and cheapest way to get help when you're in trouble on the sea is the float plan, that is, an accurate drawing or a map of where you're paddling, how far out you're going and

any islands which you intend to go to. And just make sure that your shore contact hasn't gone to the pub for the night, eh!

So that's all I wanted to say about these parts, people and equipment. If there are no questions, let's break for a cuppa.

#### Track 42 – Task A – Exercise D

Cycling to work is one of the best things you can do to keep fit and build up resistance against nasty colds. However, this isn't much of a comfort if you happen to have a bicycle accident in today's busy streets.

There's a small and easy thing you can do to protect yourself from the most serious of injuries, and that is, head injuries. Just put on your bicycle helmet!

Here are some statistics from the city of Seattle. The data was gathered over two and a half years and shows all the accidents involving cyclists who ended up with injuries to their heads. The total number of head injuries was 757. Out of all these cyclists who had accidents, 222 or roughly 30 per cent, were wearing a helmet at the time of the accident.

This means that 535 were not wearing a helmet. So this shows that your chances of injury are more than twice as high if you don't put that protective gear on.

Now, 141 people without a helmet suffered brain injuries, but only 62 with helmets. Well, I'm saying 'only', that's still too many, of course, but let's not forget that Seattle is a city with 3 million inhabitants.

If we look at severe brain injury, we see that the proportion is even better for cyclists with helmets. Only a quarter, or 15 individuals suffered serious injuries to the brain, while 47 riders who weren't wearing any helmets had severe brain damage. And finally, 13 people who hurt their unprotected heads even died.

That's a sad fact, but the good news is, it's worth strapping that helmet under your chin ... to save your life.

#### Track 43 – Focus on language – Exercise D

##### **Hank**

1 I've been coming to Olympic National Park regularly ever since I was a kid. This time my wife and I have camped mainly on the beach.

2 We've been going on day hikes, you know, fairly short walks. We used to go for longer treks. But my wife's been suffering from an injury to her knee for a couple of years now

...

**Louise**

- 3 I came here for the first time for a whole summer, and I worked as a fire lookout. That was lonely work but it was okay as a student. Since then, I've been working too hard to make the long trip from Quebec, where I live.
- 4 But this year, ten years later, I just had to come out again, on the anniversary. I've been going out with a man who is into adventures. So we've come here together and we've been doing sporty things, like backpacking, some rock-climbing. But that's not for me, really. I prefer simple trekking.

**James**

- 5 This place is absolute paradise for a biologist like me! You know, I'm really keen on ferns and mosses, it's my job and my hobby at the same time. I've been travelling around the park in my rented motorhome for two weeks now, and I could stay forever.
- 6 I've been collecting samples of rare plants, especially mosses which hang down from trees in this marvellous rainforest. I get totally absorbed in my work. I don't even mind that it's been raining hard for some hours now. It's a blast, look at my boxes here. I'm sure I've found some mosses that no one has ever described.