

TRACK 1. Unit 1, page 9, task 9.

Do Anxious Owners Make for Anxious Dogs? Listen to the interview with a psychologist about the personality of dog owners and their pets. Your task is to circle the letter or letters of the correct answer or answers. Please note that in this task both answers may be correct. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– Do anxious owners **make for** anxious dogs? A new study explores whether pets and owners share personalities. We're often amused when dogs and their owners seem to look alike—both have **lanky limbs** or **shaggy locks**, **say**. A recent study has found that dogs resemble their owners in an entirely different way: their personalities actually tend to be similar. William J. Chopik, a social psychologist at Michigan State University studies how human relationships change over time. Intrigued by the **bond** that people share with their pet dogs, he set out to examine those relationships and the dynamics within.

Professor Chopik, could you tell us more about how you carried out your research?

– I had the owners of 1,681 dogs evaluate their own personalities, and their dogs' personalities with the help of a questionnaire. I found that dogs and their owners **share personality traits**. A highly **agreeable** person is **twice as likely to** have a dog who is highly active and **excitable** – and less aggressive – than someone who is less agreeable. The study also found that **conscientious** owners rated their dogs as more responsive to training and neurotic owners rated their dogs as more fearful. By contrast, if someone is **chill**, their dog is chill.

– **American woman:** *But you can't evaluate or describe an animal in the same way as a human being. Can you talk about a generous or an honest dog, for example?*

– Even though you measure things in different ways, you find correlations. That makes similarities harder to **detect**, but we found them anyway.

For example, while "extraversion" isn't a trait that maps cleanly onto an animal's personality, **extraverted** people are typically more outgoing and energetic, so a dog being highly active and excitable is a close parallel.

– *Why do these similarities exist?*

– I have a hypothesis. Part of it is the dog you pick. When adopting a dog, people tend to **gravitate towards** one that will naturally fit into their **daily rhythms**. Do you want a rambunctious dog that needs a lot of interaction, or one that's more chill for a more sedentary lifestyle? We tend to choose dogs that match us.

– *And what is the other part of your hypothesis?*

– The dog ultimately becomes what it is because of you. Whether through conscious training or just day-to-day interactions, we **shape their behaviour**—and they change as we change. Let me give you an example. People who are more agreeable may take their dogs out and about more so that the dog is better socialized and more used to different things. That is how people are shaping their dog's personalities, and this is the most interesting possibility for me, and I'd like to research this further in the future.

– *Professor Chopik, thank you for being with us.*

TRACK 2: Unit 1, page 10, task 11.

***What are the Benefits of Living with Extended Family?* Listen to the recording about extended families and circle the letter of the correct option. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.**

Every couple aspires to live a separate, independent life with their children under one roof. The concept of living with extended family is becoming increasingly blurred each day as most nuclear families now prefer living alone. Living with extended family might seem **daunting** in the beginning, but it has its own benefits. In the past, people used to **rejoice** in living with their extended families under a single roof but now they seem to have changed their lifestyles. When both parents are working **to make ends meet**, they do not find enough time to spend with their children. This way the children, especially teens, who are **on the verge of** developing into adults, **feel neglected and ignored**. Having extended family around provides children with comfort and company so they do not feel alone even if their parents are not with them.

Basically, an extended family **comprises multiple generations** living together under the same roof. This type of family set-up extends beyond a nuclear family which is comprised of a father, a mother, and their children. Some extended families may also include uncles, aunts, and cousins who **share the same household**. This type of culture was quite common in the past but now lifestyles have changed to some

extent. The best part about living with extended family is that it not only **provides support** to the parents but also helps their children **in various ways**. Let's have a look at some of the benefits of living with extended family.

1) Developing Strong Family Bonds

Families who are a part of extended families experience **emotional bonding** as long as they're living in the same place.

They might not achieve this bonding if they are living **further apart**. Living with extended family encourages you to spend more time with them and develop a strong familial bond with all the family members.

2) Providing Support to Childcare

When you have adult family members around, especially grandparents, you will notice a lot of the **workload** will be **taken off your shoulders**. Having extended family around saves on childcare and also encourages your children to spend some quality time with their grandparents. By growing up with extended family nearby, children will **develop care and respect for their elders**. Similarly, grandparents will also stay active while keeping up with the children's schoolwork and other activities.

3) Offering Financial Support

One of the **primary benefits** of living with extended family is that it reduces the family's **financial strain** as it is a more **affordable** option. Nowadays, adult children often move back in with their parents as soon as they start earning. They also help their parents save money so they can buy their own house. Grandparents, especially who are healthy and willing, also take care of **preteens** and teens, saving the parents from the significant cost of childcare.

4) Providing Companionship

Another benefit of having the extended family under the same roof is that all the family members get time to spend with their loved ones. Elderly parents might feel lonely when they do not have their loved ones around them but living closely with their family members can make them feel happy. Every member of the household can **seek companionship from** the others, sharing their worries, **concerns**, and responsibilities with them. When living with extended family, every family member gets a chance to witness each other's daily lives.

The Downsides of Online Dating. Listen to a psychologist talking about online dating and complete the sentences with one word. The first one has been done for you. You have one minute to look at the task. You can listen to the recording twice.

The Internet has transformed the dating game. Here are some **pitfalls** for online daters to consider, and some suggestions for addressing each one.

1) **Overemphasis** on **physical appearance**. Beware of dating services that present a brief bio or profile for members which accentuates the importance of someone's **looks**. Although valuing physical appearance is not new, traditional methods of meeting people, such as through friends, at school or at work, give you the opportunity to observe much more than only **outward appearances** before deciding whether to **pursue a relationship**. The rapid and sometimes **shallow** evaluations involved in online dating may cause some to **overlook** partners who would otherwise be a good match. How can you solve this problem? Give users the chance to reveal something of their character before they are otherwise immediately **discounted**. Attraction may be more intense and longer-lasting when a person's character is considered to be more important than the extent to which you find them physically attractive.

2) **"Disposable"** view of relationships. Let's say two people make it past the initial swipe or message, and actually end up on a date. Rather than focusing on a person's positive **attributes**, online daters are looking for turn-offs, and reasons to reject potential partners.

One reason for this tendency is that online dating exposes an individual to a variety of **prospective partners**. If one partner has too many **flaws**, it's easy to move on quickly to the next person.

When people meet through more traditional face-to-face channels, they typically spend time getting to know each other before deciding to go out, which enables them to learn a bit about each other's personality and to make an **informed decision** about whether to pursue the potential relationship further. So, what should one do? Seek to develop a friendship first. I would recommend putting "friends first" or "seeking friends" in your profile headline.

When you take the pressure off a romantic connection, you stop looking for flaws and focus instead on some of the **commonalities** there may be between you. This emphasis helps build a **foundation** for friendship, which is key to a long-term romantic relationship.

3) Risk of **deception**. The potential for deception exists in any relationship, but the likelihood of misrepresentation is far greater online, and some **distortion** of the facts is unique to online dating. For instance, although a person could lie about their work in face-to-face contexts, lying about one's entire **physical make-up** is only possible online. One study reported that up to 90% of online daters have been deceptive. Most users are aware of the risks, including **encountering** fake profiles, meeting dangerous people, and experiencing emotional distress, but they continue using these forums all the same. How can you avoid being deceived online? **Listen to your gut** and pay attention to "red flags": for example, if a person refuses to video-chat or meet in person, or if they seem "too good to be true", then they are probably hiding something. Don't waste time on someone who won't give you the respect and treatment you deserve. If you are seeking a relationship and they can't take the time and make the effort to meet you, it's not a good match.

TRACK 4: Unit 2, page 26, task 11.

Listen to four people talking about old Christmas traditions in different countries. Fill in the table with the name of the country where the tradition is practised and tick the boxes belonging to the key elements that are mentioned. You have one minute to look at the task. You can listen to the recording twice.

– I'm going to talk about mummering in Canada which is an old tradition brought here by the English **settlers**. It mainly **takes place** in the province of Newfoundland, more commonly in small towns and villages rather than large towns and cities. People dress up in costumes, put on masks and knock on someone's door and say in a **disguised** voice, "Are there any mummers in the night?" or "Any mummers 'loud in?\"", meaning 'Are mummers allowed in the house?' If the mummers are welcomed into a house, they often do a variety of informal performances that may include dancing, songs with music or jokes. The hosts must guess who the mummers are before offering them food or drink. If they fail, they must join the mummers in their merry making. Going mummering is a fun Christmas season activity for adults. Mummers usually come out between Boxing Day and Epiphany. In some places mummering is now banned because people use it as an excuse for begging.

– One very old tradition in Ireland is the **Wren Boys Procession** that takes place on St. Stephen's Day or Boxing Day. This goes back to ancient times when a real wren was killed and carried around in a holly bush. Some processions still take place, but no wren is harmed or used.

Young men and women dress up in homemade costumes and go from house to house carrying a long **pole** with a holly bush tied to its top while singing a rhyme about a wren bird. Sometimes they are accompanied by violins, accordions, harmonicas and horns.

The rhyme that is often used is:

'The wren, the wren, the king of all birds

On St. Stephen's Day was caught in the furze.'

The wren is one of the smallest birds in the UK and Ireland but has a very loud song and is sometimes called the 'king of all birds'. This is because of the legend of a little wren who rode on top of an eagle's head and boasted he had 'flown higher than an eagle'. Wrens were hunted for many years throughout Europe in **medieval** times.

The Wren Boys Procession mostly died out in the early 20th century, although it still takes place in some towns including Dingle, in County Kerry in the South West of Ireland.

– In Jamaica, on Christmas Eve, the 'Grand Market' happens. It is a really exciting time, especially for children. During the day, people go shopping for Christmas foods, sweets and toys, among other things. You might also buy some new clothes that have been prepared for the celebrations in the evening. (But you don't want to spend all your money during the day as there are lots of great things to buy in the evening as well!)

Around 6.00 pm, the evening part of the Grand Market starts, and it lasts until the morning! Everyone puts on their new or best clothes, including children, to celebrate and party all night. All the streets, shops and many houses are decorated with lights. Normally, there are street **vendors** selling food like jerk chicken, boiled corn, and sweets like candy canes and sugarcane.

Following the Grand Market, some people will go to a **Midnight Mass Church Service** and others will party all night. Many people will also go to a Church Service on Christmas Day morning before the end of Grand Market.

– Wassailing is a very ancient English **custom** that is rarely done in present-day England. The word 'wassail' comes from the Anglo-Saxon phrase 'waes hael', which means 'good health'.

Originally, the wassail was a drink made of **mulled ale**, curdled cream, roasted apples, eggs, cloves, ginger, nutmeg and sugar. It was served from huge bowls, often made of silver or pewter. Jesus College, at Oxford

University, has a Wassail bowl that can hold 10 gallons of drink! Wassailing was traditionally done on New Year's Eve and Twelfth Night, but some rich people drank Wassail on all 12 Days of Christmas!

One legend about how Wassailing was created, says that a beautiful Saxon maiden, named Rowena presented Prince Vortigen with a bowl of wine while toasting him with the words 'waes hael'.

Over the centuries, a great deal of ceremony developed around the custom of drinking wassail. The bowl was carried into a room with great fanfare, a traditional carol about the drink was sung, and finally, the steaming hot beverage was served. This further developed into another way of saying Merry Christmas to each other!

TRACK 5: Unit 3, page 41, task 11.

Juvenile delinquency: What Makes Teens Commit Crimes? Listen to the interview and fill in the gaps in the summary with 1–3 word(s) exactly as you can hear them in the recording. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– ***Juvenile delinquency*** is the act of committing a crime at a very young age. A ***juvenile delinquent*** is a young person, particularly a teenager under the age of eighteen, who breaks the law by committing a crime. I am going to talk to psychologist Frank Whitby about the problem. Good afternoon, Frank.

– Good afternoon and thanks for the invitation.

– Frank, how do you see young offenders?

– Teens are still immature and do not think like adults, therefore they **are prone to** making mistakes or committing crimes that are not fully **in their control**. Teens can break laws for various reasons, and there are a number of **factors** that can lead to juvenile delinquency.

– And we are going to talk about these factors today. What is the first one?

– The first such factor is Family Problems.

A teen **adopts moral and ethical values** from his parents and other family members. **It goes without saying** that family **plays a vital role in shaping a teen's behaviour** and grooming his/her personality.

However, teens become violent or **show signs of** juvenile delinquency only when they're facing **disturbances** at home. Broken or dysfunctional families with bad relations can cause teens to **go astray** and become violent.

Single parents are often busy working, therefore they're not able to **spend quality time with** their children. This causes teens to **seek attention from** others, especially their peers.

– Still, there are a number of young offenders who do not come from single-parent families.

– Exactly. The factor that leads them to crime is a lack of communication.

Lack of discourse in the family can often lead children to **find solace** elsewhere. When they do not have any communication with their parents or family members at home, they may lose unity, trust, and understanding, which can eventually **lower their self-esteem or self-confidence**. Once they feel they're losing their individuality, they tend to do things they shouldn't do to **boost their confidence**. They **blindly follow** their peers and adopt their unhealthy lifestyles. They shoplift and take drugs **to look cool in the eyes of their peers**.

– How about money as a powerful factor?

– It is powerful indeed. The third incentive for underage crime we have to mention today is a lack of finances.

A young person or an adult may be led astray to **improve their financial conditions**. Teens become juvenile delinquents due to lack of finances. When they experience **poor economic conditions**, they start **engaging in the wrong activities**. They may start selling drugs or steal things to improve their economic conditions.

– The factors that we have mentioned so far are understandable, still not every teenager who suffers from loneliness, a broken family and poverty will turn to crime. What is the explanation for this?

– The fourth factor: a lack of social and moral training.

Teens who have not been given any social or moral training often drift towards juvenile delinquency. It is the parent's duty to teach moral and ethical values to their children. They should teach them the difference between right and wrong behaviour.

The lack of social and moral values can lead children to **poor interaction with others** and make them less confident. They may become selfish and arrogant. They would not know how to respect the laws of the

state. Parents often **neglect** their children and pay more attention on working hard to earn money for themselves. However, while doing so, they forget the importance of spending quality time with their children. In their absence, children tend to spend time with other people who pay more attention to them. They may also fall into the wrong hands or get involved in **bad company** while seeking attention from someone other than their parents.

– So, before making harsh judgements about young offenders, we have to consider that the picture is a lot more complex. We will soon return to the question of underage crime prevention with Frank Whitby, so stay tuned.

TRACK 6: Unit 3, page 42, task 13.

Volunteering. Listen to the recording about voluntary community service and put a tick (✓) next to the projects that are mentioned. You have one minute to look at the task. You can listen to the recording twice.

Are you interested in performing community service? Community service is a great way to help others and improve your community, and it can also help you gain skills and experience to include on your resume. Community service is often done near the area where you live, so your own community reaps the benefits of your work – like painting park benches or campaigning for more lighting along poorly lit streets.

Community service projects such as children’s activities and summer camps are often organized through a local group, a place of worship, school, or non-profit organization, but you can also start your own community service projects like delivering groceries to elderly neighbours or asking for charitable donations instead of gifts for your next birthday.

Some considerations to keep in mind while choosing an activity:

Who would you like to help?

Is there a specific group of people or cause you are passionate about? You can organize an Easter egg hunt for neighbourhood children or teach computer skills to a senior citizen. You can help people with

disabilities by driving them to doctor appointments. You can even consider animals for your project: why don't you place a bird feeder and bird fountain in your backyard, for example?

Look for projects that relate to your passion and interests. Do you care about the environment? Participate in the clean-up of a local river, pond, or lake.

You may also just want to perform particular community service activities that allow you to do hobbies you enjoy. Bake a batch of cookies or loaf of bread and deliver it to a soup kitchen or coach a youth sports team.

Do you want a community service activity that is reoccurring or a one-time event?

Perhaps you don't have enough time to regularly devote to community service. In that case, it may be better to look for opportunities that only occur once or sporadically, such as planning special events or helping build a house. Donations are a good option too: you can donate old eyeglasses to an organization that distributes them to people in need, or blankets to a homeless shelter. You can even buy and decorate a Christmas tree at a nursing home.

What kind of impact do you want to have?

Some people prefer to participate in community service activities that have a quantifiable impact, for example, activities where you know the specific number of kids you tutored, or cans of food you collected for a food bank. This is in contrast to activities that don't have such clear numbers, such as planting flowers in bare public areas or serving as a volunteer lifeguard. Some people prefer quantifiable activities because they simply enjoy knowing their exact impact on the community.

What skills would you like to gain?

Many community service activities can help you gain skills. These skills can range from teaching to medicine to construction and many more. Just think of how much your skills can develop if you make first aid kits for homeless shelters, help train service dogs or if you give presentations for less financially literate people on calculating housing costs or understanding personal loans. If there is a particular skill you'd like to learn for future classes, jobs, or just out of personal interest, you may want to see if there is a community service activity that helps you learn that skill.

If you want to do a project where you'll need more resources or people, like organizing a community parade, check around your community to see if a similar program already exists that you can join. If not, don't be afraid to start your own! Many organizations welcome new volunteers and community service projects.

TRACK 7: Unit 4, page 57, task 9.

House Sitting. Listen to an interview and decide whether the following statements are true, false or we do not know because the text does not say. Circle the correct letter. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– *Good evening everyone and welcome to today's Home, Sweet Home! Our interviewee of the programme is Mrs. Florence Swallow, editor-in-chief of the popular Living Room magazine. Florence will tell us more about house sitting. Welcome, Florence.*

– Hello.

– *So, what is house sitting actually about?*

– House sitting is the practice whereby a person, leaving their house for a period of time, entrusts it to one or more “house sitters”, who are permitted to live or stay at the **property** temporarily, in exchange for some responsibilities. These can include taking care of the homeowner's pets, performing a general **maintenance** (including pools, lawns, air-conditioning systems, etc.), keeping **trespassers** off the property, and in general, making sure that everything runs smoothly, just as if the owner was at home.

– *I guess pets are the main reason for this, right?*

– Exactly. 80 percent of house sitting arrangements are made because of pets, and for many people the cost of pet care during holidays is more than the cost of the vacation itself. Many pet owners prefer to leave their pets at home in familiar surroundings, cared for by other pet lovers. But the owners have a secondary benefit. The property is maintained for the entire period they are away. It is also generally implied that crime is deterred by the presence of a house sitter. House sitting is, therefore, considered a practical solution to managing properties which would otherwise stand **vacant** for long periods of time.

– *Hmmm.*

– In Canada, some **insurance claims** will not be paid out if they occur in a home left empty for more than four days. Therefore, it is important for homeowners to have someone enter their home at least once every four days while they are absent. Hiring a house sitter can provide the support and documentation needed in the event that a claim needs to be made with an insurance company.

– *What are the benefits for a house sitter?*

– Saving money on accommodation, while travelling on vacation, of course. House sitters can experience living like locals in different countries and cultures around the world, for anything from a few days to several months, or sometimes even longer.

– *Wow, so house sitting has become an international phenomenon.*

– That's right. The original idea of local sitters helping regional pet owners has evolved to a much wider network of international house sitters who travel the world looking after other people's homes and pets. This is a year-round option for people who prefer to take vacations, or who want to live a full-time alternative lifestyle. There are an increasing number of full-time house sitters who have sold their properties and choose to live life as location-independent travellers.

– *How can owner and sitter find each other?*

– There are professional international and regional house sitting websites that match house sitters with homeowners around the world. Members of house sitting websites often pay an annual **subscription fee** to be part of a network, where they can advertise house sits, or apply for house sitting **assignments**. Members can use the service as many times as they like for the duration of their membership.

– *Which countries have an already existing network?*

– The UK, US, Canada, Australia, and New Zealand, as well as many smaller destinations where **expats** and **retirees** have created new communities. Often through word-of-mouth recommendations, there are a

booming number of world travellers and retirees, looking for alternative accommodation options and contributing to the growth of the house sitting industry. House sitting in Europe has become an especially popular job, and it serves as a **win-win scenario** for both house sitter and homeowner.

– I believe so. Thank you very much for the interview.

TRACK 8: Unit 4, page 58, task 10.

A Flat for Rent. Listen to the following telephone conversation between a flat owner and a prospective tenant. Complete the notes about their conversation. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

Owner: Hello, this is Marty Mutton.

Caller: Hi. I'm calling about the flat for rent. A friend sent me your ad on Facebook.

Owner: Okay. What would you like to know?

Caller: How big is the flat, first of all?

Owner: You must have seen in the ad: it is a two-bedroom flat with a living room, kitchen, and bathroom. It's about 65 **square metres** altogether.

Caller: Okay, and how old is the building?

Owner: Well, the flat is located in a typical British **terraced house** built in the early 1900s... but it has a very **sturdy and sound structure**.

Caller: Yes. Then, is the apartment **furnished** at all?

Owner: Oh, yeah, **partially**. The kitchen is completely furnished with a fridge, an **electric stove**, and a washing machine. And there are some **built-in wardrobes** in between the two bedrooms.

Caller: Sounds nice. What's the rent?

Owner: It's £1000 per month.

Caller: Whoa. That is a little too steep for us. Does that include any of the **utilities**?

Owner: Yes, it includes electricity, but not the **water bill**. That's an additional £20 per person for a month.

Caller: Do I have to sign a rental agreement for a long period of time, or can I rent the flat on a month-to-month basis?

Owner: We require a 12-month commitment for the flat.

Caller: And what happens if I have to cancel the agreement anytime during that period?

Owner: In that case you'll lose your **deposit**.

Caller: Oh, so there is a deposit. How much is that?

Owner: It equals a month's rent, and this money might be used to repair damage or general **wear and tear on the flat**. The previous **tenant** had an accident with the washing machine... Maybe you could consider installing a new washing machine and we could come to an agreement about that.

Caller: Hmm... And do I get my deposit back when I leave?

Owner: Of course, we return the whole deposit in case you arrange the overall cleaning for the next tenant yourself. If I have to take care of that, a small cleaning fee will be subtracted from the sum.

Caller: Of course. Are pets allowed?

Owner: Well, you can keep anything that does not have hair falling out of it all over the place. Dogs and cats and things like that. We have to keep in mind that the next tenant may have allergies.

Caller: Well, we have a tortoise that I keep in a tank. Will that be okay?

Owner: Well, I guess so.

Caller: Okay. How about public transport in the area? The ad read that there is a busy junction about 5 minutes from the street.

Owner: That's right, moreover, you can catch the bus towards the centre, right out in front.

Caller: And what services are there in the area?

Owner: You will find it really convenient, that there is a Sainsbury's right across the street.

Caller: Okay, and finally, are there any parking spaces available for tenants?

Owner: Yeah. The flat has a **covered parking space**. And an underground parking facility is being built nearby in case you need more space.

Caller: Well, the place sounds nice despite the rent... May I drop by and take a look at it sometime next week?

Owner: Sure. Would next Tuesday work for you? In the afternoon. Five...ish?

Caller: Yes, that's fine. What is the address?

Owner: 5b Slaughterhouse Street, District 17.

Caller: Strange name...

Owner: Absolutely not. There is a **slaughterhouse** still functioning just two blocks from the building. The smell is no longer as bad as it used to be...

Caller: Uh... thanks for the information. We are vegetarians, so there is no way we would want to rent a place anywhere near a slaughterhouse... Sorry.

Owner: Well. I am not surprised. That might be the reason why we cannot sell the damn place... Thanks for calling.

Caller: Bye.

Owner: Bye.

TRACK 9: Unit 5, page 73, task 9.

Man-made disasters. Listen to people talking about major man-made disasters and put a tick in the chart next to the elements that were mentioned. You have one minute to look at the task. You can listen to the recording twice.

– We blame the Earth for the death of millions. We also think of ourselves as alpha beings on this planet, as governors and protectors. And yet, every now and then, our own incompetence and stupidity surface and show us we're nothing more than a danger. The Bhopal Gas Leak is a terrible example of this. In 1984, a **pesticide plant** in Bhopal, India, released 30 metric tonnes of methyl isocyanate into the atmosphere. The chemical plant was in extremely **poor condition** and had broken dozens of **safety regulations** years before the accident. However, problems **accumulated** over time and on the night of 3rd December, a safety release system activated and emptied a **storage tank** into the air, in order to prevent a huge chemical explosion. The release spread highly toxic chemicals over Bhopal and the neighbouring areas. The official **death toll** according to the Indian government was 3,787 people, however, unofficial records state that 8,000 deaths or more are linked to the disaster.

– Have you heard about the Jilin Chemical Explosion? On 13th November 2005, a petrochemical plant in Jilin, China was the site of a series of explosions. As a result of the **poor handling** of the operating systems, six people died, dozens were injured, and thousands were forced to evacuate the region. The event released 100 tons of **pollutants** into the environment. Surprisingly enough, the accident went seemingly **victimless** if viewed in scale. However, the Songhua and Amur rivers were covered in 80 km of toxic **sludge**.

The benzene level rose to 108 times the safety levels. **Exposure** to it lowers the amount of blood cells in the body and can cause leukaemia and other **immune system impairments**. Later the Jilin and Heilongjian Province **water supplies** were shut off, due to the **contamination**. Tens of millions of people were **stranded** without the vital water supply. The initial death count might have been small, but surely, a lot more people died as a result of the explosions.

– I want to talk about the Gulf War Spill – which was not an accident. As a direct result of human idiocy, 720 thousand cubic metres of petrol were spilled into the Persian **Gulf** during the Gulf War. Apparently, Iraq found it a brilliant military strategy to drown the waters in petrol, just to make it hard for US forces to land. This “brilliant” defence manoeuvre changed the surrounding wildlife for good. The amount of petrol was just too much to clean up and well, Iraq didn’t really try hard to fix what they had destroyed. The oil is now settled in the very sediment layers of the waterbed. All marine wildlife suffered a great deal of damage, as some local species even disappeared. The environment is still recovering after 21 years and still has a long way to go.

– My example of a man-made disaster is probably the most famous incident of its kind: Chernobyl. Chernobyl used to be a **nuclear power plant** near Pripriyat, Ukraine. In 1986, an explosion, which was caused by **poor management**, cracked open one of the plant’s nuclear reactors and **leaked** large quantities of **radioactive particles** into the atmosphere. The winds spread the radioactive cloud all over the USSR and Europe. The accident was classified as level 7, the maximum on the International Nuclear Event Scale. The only other accident to receive this level is the Fukushima incident. Even though the reactor was **sealed** as quickly as humanly possible, the entire area around the plant, including the nearby town of Pripriyat, was highly **contaminated**. The residents were evacuated immediately: however, the long-term effects of the **exposure** are still evident to this day. In the accident itself, 31 people died, but each year hundreds of radiation-related illnesses add to the **death toll**. The town is now nothing more than a dead, ghostly monument to remind us of our mistakes.

Earth Day. Listen to the radio interview with the editor of 'The Old Farmer's Almanac' website and circle the letter of the correct option. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– *This year, we celebrate the 50th anniversary of Earth Day, on Wednesday, April 22, 2020. The connection that we have to nature, plants, and the land is **integral to** our health and all that we are. I'm talking to Bran Fielding, editor of the Old Farmer's Almanac website. Mr. Fielding, what does Earth Day mean to us, in your opinion?*

– Earth Day reminds us to take care of our planet—whether it's cleaning up litter, planting more trees, or recycling and **repurposing**. Most years, Earth Day events range from river clean-ups to **invasive removals**.

– *How did Earth Day begin?*

– The first Earth Day was held on April 22, 1970. Dealing with dangerously serious issues concerning toxic drinking water, air pollution, and the effects of pesticides, an impressive 20 million Americans—10% of the population—**ventured** outdoors and **protested** together. President Richard Nixon led the nation in creating the Environmental Protection Agency, which was followed with successful laws including the Clean Air **Act**, the Clean Water Act and the Endangered Species Act.

– *Today, Earth Day is not only a day to **increase awareness of environmental problems**, but it's also become a popular day for many local **communities** to gather together and clean up litter, plant trees, or simply reflect on the beauty of nature. I heard the Old Farmer's Almanac has provided a list of activities and projects that you can do to improve your local environment.*

– That's right! Here are some ideas to inspire you! Check our website (www.almanac.com) for further information. Support our native bees: The super-**pollinators** of the garden are... native bees! Learn more about these amazing heroes of **pollination**—and see how to make a native bee house. See how to make a bee-friendly garden habitat. Recycle and repurpose! See ideas on recycling and repurposing garden items to make something out of nothing—and save money! We also have ideas on how to reuse in the kitchen and repurpose everyday household items!

– *How about the garden?*

– We have some ideas for the garden, too. Plant wildflowers! We'll show you how to grow wildflowers in your garden for the pollinators—and to **lift your spirits**, too! Also, see our guide on choosing wildflower varieties which will **thrive** where you live. Plant more trees! Talk to your local government about planting more trees and native garden beds in public spaces or consider planting your own on your property! Go native! Plants thrive best when they're natural to your area. See our article on native plant landscaping and 10 tips for an eco-friendly garden. Bring nature into the garden with plants that attract butterflies!

– *What should we cut down on?*

– Reduce plastic **dependency**. Recycle what plastic you can. See a "Plastics Recycling Chart". Conserve water! See our tips for watering wisely in the garden and tips on how to create your own rain garden. Also, avoid over-watering! And last, but not least... Get kids involved! Pass down a love of nature and plants to kids. See our ideas on gardening with kids and also 6 simple kids planting activities from the Kids Almanac!

– *Thank you for coming to the studio! Happy Earth Day, everyone!*

TRACK 11: Unit 6, page 90, task 9.

Painless Ways to Improve Your English. Listen to the recording and fill in the summary using the exact words you hear. Write one word in the gaps. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

Learning English as a second language can be a very stressful task if you let it. The words you learn in the books somehow don't seem **to apply very well to real life situations**, do they?

Let me give you some techniques that are fun and **painless ways to learn** both the language and the culture. The culture is simply learning the way **native speakers** express themselves. The genuine accent, facial expressions, sighs, and hand gestures that go hand in hand with everyday conversation.

1. Watch movies

Watching films is always a fun thing to do. If your English vocabulary is limited, watch a movie that **you are already familiar with**. Do not translate as you go because you will lose chunks of conversation this way. Instead, just watch the picture and listen. Listen to all the words but determine what's going on by the pictures you see and the words that you already know. **Believe it or not**, other words will **sink in** too, and so will the accent and everything else that went with what you saw and heard.

2. Watch **soap operas**

Soap operas: the perfect place for extreme expression and limited vocabulary to meet! "Outrage" for instance, is expressed with a word, facial expression, and perhaps even a **face slap** and all of that is understandable in any language. Soap operas are naturally designed to allow anyone just **tuning in to pick up** the story quickly. Watching soaps not only improves your English, but also **reinforces** what you've already learned.

3. Read children's books

If you know any English-speaking children between the ages of 5-8, try reading one of their books to them. If you enjoy this method and you find you're good at it, then try reading a few Dr. Seuss books. The rhyming might be challenging, but once you master it, your pronunciation of English will be considerably refined and improved.

4. Take a service job like waiter or waitress; bartender, or salesperson.

This type of job can be done if you have a **decent vocabulary**. The only other thing you need is a working vocabulary of your specific tasks and goals.

For example, as a breakfast waitress, you want to be able to ask if a guest wants their eggs "scrambled or fried", if they want "more coffee", if they want "anything else", and the total of their bill! If you sell real estate, you'll want to incorporate words like "mortgage, loan, co-sign, 30 year fixed", etc.

The longer you work at your job, the more your working vocabulary will improve.

And finally: what happens if you make a mistake?

Nothing. **The world won't come to an end**, and you won't have embarrassed yourself to the point where you can't show your face again. Just say sorry, or laugh at yourself, make the correction, and count it as a learning experience. **If given enough time**, it will become a funny story.

TRACK 12: Unit 6, page 91, task 11.

Last Minute Advice on the SAT. Listen to the recording in which a teacher gives advice to students preparing for the SAT test, the higher education admission test in the United States. Read the list of advice below and while listening, put a tick in the boxes next to the pieces of advice that you can actually hear. You have one minute to look at the task. You can listen to the recording twice.

– *Tomorrow is SAT day for tens of thousands of students across the country. A big day, a big challenge which will decide what the long and no doubt serious preparation has been enough for. We have psychologist and teacher Diana Rivers with us in the studio who will give some last-minute advice and encouragement for the students.*

– Yes, thank you. My students often ask me for last minute advice on what to do the night before the exam and the morning of the exam. Here's what I tell them:

After dinner, collect the things you'll need on test day:

- 1) Your SAT Admission Ticket
- 2) Your Student ID or Driver's License
- 3) Several #2 Pencils (with good **erasers!**)
- 4) A **calculator**
- 5) A watch or another **timepiece**
- 6) A good snack! (the test is very long; you will certainly need a snack)

– *Yes, never forget about the snack! What else to do tonight?*

– It would be wise to decide what clothes you’re going to wear on test day. Remember **to dress in layers**, because you can’t control the temperature. The SAT test room will most likely be either warmer or colder than you would prefer.

After you have gathered your things, be sure to relax! Watch a movie, call a friend, or go out for a walk. Do something to **take your mind off the test**.

– *Yes, but not for too long. I guess the mind needs enough sleep to perform perfectly the next day.*

– Exactly. But here’s my advice on bedtime: **if you’re in the habit of** going to bed around 11 o’clock, do not go to bed at 8 o’clock the night before the SAT test. If you’re anything like me, you’re going to stare at the ceiling for hours feeling frustrated. Rather, you should go to bed about 1 hour before you normally would on a school night. Also, remember to **set your alarm** early enough so you can have time **to get ready for** the exam comfortably in the morning. Creating a time **pressure** situation for yourself before the test is completely unnecessary. There’s going to be enough pressure during the actual SAT exam, right?

– *Well, that sounds logical about the bedtime and all. But what else is there to keep in mind in the morning?*

– In the morning, you should remember to check your brain!

After breakfast, get your **test prep book** and do the first two questions of each of the three sections. After a few easy math, writing, and sentence completion problems, you’ll realize your brain is still working so it is going to be all right. Don’t check the answers... just do the problems. I don’t think the first problems you do on test day would be the real ones on the SAT exam.

Hopefully this advice will help you maximize your SAT **test score**. Good luck and remember to stay positive!

– *That’s what I would also like to wish: optimism and success for all. Thank you, Diana.*

TRACK 13: Unit 7, page 105, task 9.

The Rise of the Side-Hustle - Why Are Side Jobs So Popular? Listen to the interview about second jobs or “side-gigs” and circle the letter of the correct option. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– Money can be particularly tight at this time of year, but one trend helping to combat this is taking on a side job - aka ‘side-gig’. I’m interviewing graduate jobs expert Georgina Brazier who conducted a survey about the trend. So, what is a side-gig?

– Side-gigs are **jobs undertaken** in addition to studying or having a full-time job, in order to provide additional income, although some people may take them on to help grow towards a particular goal or simply for enjoyment. And they've become very popular - more than two-fifths of students and recent graduates have a second job, according to our survey.

– What types of work are people taking on as a side-gig?

– **Work in hospitality** and events was found to be the most popular side-gig, perhaps because of the flexible working hours of these jobs, followed by **work in the retail sector**. Others have side jobs in education, creative arts and design, sales, media, banking and finance. Some have unusual and/or creative roles - such as being an 'escape room' host or helping with the lighting in nightclubs.

– So, what financial benefits can having a side-gig bring?

– For many, it's about **plugging gaps in their day-to-day living costs**. 43% of those with a side-gig say they wouldn't be able to afford their rent without taking on the extra work. However, the benefits can also be much more long-term. Many people enjoy the creativity they get from their second job, and say it widens their social circle. Two-fifths of people see their side-gigs as a creative outlet, improving their quality of life. Meanwhile, two-thirds meet new people and friends through their additional work.

– Sounds logical...

– Furthermore, a side-gig can also be a **stepping-stone to a career goal** in the future. Further down the line, an interesting additional job may help young entrepreneurs **stand out from the crowd** to potential employers. Some 43% of people surveyed agreed their side-gig had helped them develop entrepreneurial skills. Finally, a side-gig can help people enhance '**softer**' **skills** too which employers will appreciate, such as excellent communication. Nearly a third have a side-gig purely to gain experience in the industry they want to work in.

– *How about the downsides?*

– You may need to be prepared to sacrifice a **big chunk of** your social life and work out how you will juggle a side-gig with your main job or education. 30% of people with a side-gig are sacrificing eight to 10 hours a week or more on it.

– *What should people consider before taking on a side-gig?*

– A side-gig can be a big commitment, so it may well help if you are taking on something that appeals to your lifestyle or that could help you along your desired career path in the future. When searching for a side-gig, it's **integral** that young people look at roles that they are passionate about, whether that's cooking, crafts or being outdoors. A second job is a huge burden on a person's time and energy and it's essential that young people don't burn out before they've even started their career.

– *Anything else to keep in mind?*

– The Money Advice Service website suggests checking your contract with your main employer to make sure there are no conflicts between your regular work and your new side project. There may also be **tax implications** from taking on additional work to consider, so make sure you are clear about this.

TRACK 14: Unit 7, page 106, task 11.

15 of the Most Interesting, Unique and Weird Jobs. Listen to the recording about weird jobs. Match the sentence halves 1–7 to A–J based on the text. There are two more letters than you need. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

Get to know more about some of the weirdest and most interesting jobs out there and see if your calling is among them.

Body Painter

Body painters usually work at **fairs**, festivals, or other events that draw large numbers of people. Some specialize in face painting, which is especially popular among families with children. Other body painters may work at concerts or music festivals, offering their services to adults.

Body painters might also be employed on a photo or video shoot that requires clothing to be painted on, as part of the designers' artistic concept. Most body painters work on a freelance basis.

Color Expert

According to Colorcom, a "color expert" organization, a color consultant “combines color psychology, current trends, demographic statistics, and color design **theories**” in order to best incorporate color into a project, whether it be designing the layout of a room or the logo of a company. The International Association of Color Consultants (IACC) offers both training and membership for color consultants.

Fake Facebooker

It's against Facebook's terms of service to create a Facebook account under false pretenses. But that hasn't stopped some folks, who use sites like Fiverr and Craigslist as a platform to sell (or buy) actions on Facebook. For example, a clever computer whiz might create multiple fake accounts that can serve a variety of purposes—whether it be posing as someone's fake Facebook girlfriend, increasing someone's number of Facebook friends, or even "liking" a company's Facebook page—and then sell such services to anyone willing to pay. According to a 2016 Washington Post story, dedicated fake Facebookers can make thousands per month.

Fragrance Chemist

Fragrance chemists are scientists who specialize in the study of odour molecules and how such molecules can be used for perfumes. Fragrance chemists may develop and test scents for women's and men's perfume, soap, lotions, and other **toiletries**. They often have backgrounds in chemistry, and often have high-level degrees, such as a master's or a Ph.D. In 2018, the median annual salary for all chemists was \$78,330, according to the Bureau of Labor Statistics.

Hippotherapist

Originating from the Latin word "hippo," or horse, hippotherapy refers to therapy that uses the natural movement of a horse as part of a patient's treatment plan. Horseback riding can be highly **beneficial** for patients with both physical and neurological disabilities.

Hippotherapy may be used in physical, occupational, psychological, or even **speech therapy**, and is becoming a popular option for children with multiple sclerosis, autism, Down syndrome, and other conditions. The American Hippotherapy Association provides educational resources and certification.

Nail Polish Namer

Anyone who paints their nails has probably wondered where those unique – and sometimes silly—nail polish names come from. (“Suzi & the 7 Düsseldorf,” anyone?)

As it turns out, there's no one answer. Some companies leave it all up to the higher-ups—Essie Weingarten of the famous "Essie" brand christens all of their polishes, for example—while others employ creative professionals in the advertising or marketing departments to do the job.

Pick-up Artist Instructor

"PUA," or "pick up artist" training is sometimes sought after by men who have difficulty meeting women. A "PUA boot camp" can cost thousands of dollars, and versions are held in locations all over the world. The most prominent PUA instructor is James Matador, whose "Mystery Method" of attracting women was made famous by his reality television show on VH1.

Professional Ethical Hacker

When you hear the word "hacker," you probably think of a kid on a computer, cooped up in a dark room. But there are professional hackers who "test-hack" a company's software to make sure it is secure.

Also known as ethical hackers or "white hat hackers," these "good guys" are paid to break into a network and then offer **recommendations** on how to make sure a real hacker can't access it in the future.

TRACK 15: Unit 8, page 122, task 10.

Breaking Bread. Listen to the recording about a new, trendy way of eating out. Your task is to circle the letter or letters of the correct answer or answers. Please note that in this task both answers may be correct. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

Homestyle cooking has taken on a new meaning in recent years, thanks to the hot trend of food lovers serving restaurant-style meals in their own homes. Known as **pop-up restaurants**, supper clubs or guerrilla dining. Guests are invited to show up at a location—often an **off-hours café**, bar, gallery or private home—to enjoy a limited-time-only **gourmet** dining experience. Sometimes these meals are prepared by off-duty professional chefs or **chefs in training** as a way to **showcase** their skills to **create a buzz**. More and more often, however, these secret supper clubs are being held in the homes of amateur **gourmands**, with no professional training.

Thanks to their passion for food and travel, Guy Michlin and Shemer Schwarz, co-founders of EatWith, took the trend a step further. They saw that in-home, intimate micro-restaurants were not just suited for those looking for a novel approach to eating out, but, more importantly, were ideal for travellers wanting to meet locals and gain a new, more intimate perspective on a destination. They believed that many tourists were hungry for a genuine way to discover the soul—and stomach—of a city.

The idea was born in 2010 when Michlin was holidaying in the Greek island of Crete. Like many travellers, he wanted to experience the “real” Crete, but despite his best efforts he found it difficult to escape the city’s generic, all too familiar restaurants and sites. This, however, changed when he was invited to dine with a local family. “That night I realised I would never travel or eat the same way again,” he explains. “Not only was the food incredible, I connected with this local family in a way that enriched my connection to Crete. I quickly recognised that restaurant tourist traps **lack** the personal touch and authenticity that people **crave**—whether in travel destinations abroad or in their very own city.”

Upon his return from Crete, Michlin approached his friend Schwarz with the concept of home-based mini “restaurants”, where the emphasis was not just on food but also on how tourists could connect in an authentic and more intimate way with locals. Schwarz loved the idea, and in 2012 EatWith was born.

According to Schwarz, “Hosts are people who have a unique story to share, a delicious meal to serve and a **knack** for world-class hospitality. Invitees or guests tend to be the culturally and culinarily curious.” And the homemade meals can range from chic, urbane fare in a cosmopolitan loft to lovingly prepared peasant food at a country farm.

While EatWith was originally intended primarily for tourists to get to know a destination in greater depth, many signing up for meals are actually locals themselves who are anxious for a chance to get to know their own city better through good food and even better conversation.

Currently, there are 500 hosts cooking up more than 100 different cuisines. Michelin and Schwarz are indeed living true to their passion of “Bringing People Together One Meal at a Time.”

TRACK 16: Unit 8, page 123, task 12.

GMOs: Pros and Cons. Listen to the recording about genetically modified food and decide whether the following statements are true, false or we do not know because the text does not say. Circle the correct letter. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

If you’ve eaten anything today, **chances are** you’ve snacked on GMOs. GMO stands for **genetically modified organism**. Genetically modified (GM) foods are made from soy, corn, or other crops grown from seeds with **genetically engineered** DNA.

According to the U.S. Department of Agriculture, GM seeds are used to plant more than 90 percent of corn, soybeans, and cotton grown in the United States. Unless you consciously avoid them, GM foods likely **find their way into** many of your snacks and meals.

Some people believe GM foods are safe, healthy, and sustainable, while others claim the opposite. Let’s learn about the pros and cons — and what the research says.

Scientists genetically **engineer** seeds for many reasons. For example, they sometimes make changes designed to increase a plant’s:

resistance to insects

tolerance to **herbicides**

tolerance to heat, cold, or drought

and a high **crop yield**

They also engineer seeds to give GM foods stronger colours, increase their **shelf life**, or eliminate seeds. That's why we can buy seedless watermelons and grapes. Some GM foods also have been engineered to have higher levels of specific nutrients, such as protein, calcium, or folate.

Genetic engineering can help us find sustainable ways to feed people, specifically, in countries that lack access to **nutrient-rich foods**. The heartiness of some GM crops makes it so they can grow in marginal environments. The longer shelf life of some GM foods allows them to **be shipped to remote areas**.

On the other hand, some people wonder if GM foods are safe and healthy to eat. Genetic engineering is a relatively new development. As a result, research on the **long-term health effects** of GM foods is limited.

GM foods have to meet the same safety requirements as foods grown from non-GM seeds. Still, some people worry that GM foods may be linked to allergies, **antibiotic resistance**, or cancer. Others suggest these concerns are unfounded. Here's what the research says.

Allergies

Food allergies are a growing problem but there's no evidence that GM foods in general are more likely **to trigger allergic reactions** than non-GM foods, according to a study from Harvard University.

The Food and Agriculture Organization of the United Nations and World Health Organization require GM foods to be tested for their ability to cause allergic reactions. None of the GM foods that are currently on the market have been found to have allergenic effects.

Antibiotic resistance

Scientists often modify seeds using antibiotic-resistant genes in the genetic engineering process. Some people wonder if there's a link between these GM foods and rising rates of antibiotic resistant bacteria. No studies have confirmed this claim, but more research is needed.

Cancer

In 2013, a **journal** linked a GM corn to cancer and **premature death** in rats. **Due to concerns**, the journal's editor reviewed the researchers' raw data. They found the researchers had used too few rats, the specific strain of rats was prone to cancer, and the results were inconclusive.

According to the American Cancer Society, more research is needed to assess the potential long-term health effects of GM foods.

TRACK 17: Unit 9, page 137, task 10.

7 Myths about Exercising. Listen to a radio interview about the same myths you've talked about and fill in the gaps in the sentences with 1-3 word(s). There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– *Today's programme is dedicated to exercise. Fitness columnist Richard Morris presents the reality behind contemporary myths related to exercise. Welcome to the studio, Richard.*

– Hello everyone.

– *So, myth number one: "In order to lose weight from a particular area of your body, you should **repeat an exercise multiple times**".*

– Well, the truth is that losing weight specifically from one particular area through the use of exercise, is not possible. In fact, by performing the same type of exercise multiple times, you do not burn more calories. What you do instead is simply strain the muscles of that particular area of your body. Too bad...

– *Hmm... let's move on to the next one: "If you want to lose weight, you have to do only aerobic exercise".*

– As a matter of fact, if you truly wish to lose weight, **dietitians** and gym trainers will advise you to combine three things: a **low-calorie diet** with aerobic exercise and lifting weights. The appropriate diet will

ensure that your body receives the amount of calories it needs to continue functioning normally, the aerobic exercise will guarantee that **more fat tissue gets burnt** and the weight training will help your body keep the necessary muscle tone active.

– *That sounds logical. Myth number three: “To see any positive results from exercising you have to keep training for at least 15 minutes **without a pause**”.*

– To tell you the truth, you can see positive **outcomes** from any type of exercise, as long as it happens regularly, and you gradually increase the quantity and the pressure you put on your muscles. Regardless of whether you train vigorously for five minutes three times a day or for fifteen minutes only once, you will see the same results on your body.

– *Good to hear that! Next one: “If you **lift weights** you gain **muscle tone**”.*

– The results of weightlifting depend on a variety of elements, like your body type, the intensity of the exercise, its quantity and, of course, your levels of testosterone. True: an average person can build muscles through weightlifting exercises, but it’s impossible to acquire the body figure of a bodybuilder if you have no genetic predisposition or specific diet that you follow consistently.

– *Hmmm. Next one: “If you stop exercising, your muscles turn into fat”.*

– No way, that’s nonsense! Muscle and fat are two completely different tissue types and can never transform from one into the other. Simply put, when a person stops exercising, the muscles that are not used anymore weaken and reduce in size. The body's fat tissue, however, continues to develop if the person’s eating habits do not change and as the body burns fewer calories now, the individual might gain weight.

– *Absolutely. Now listen to this one: “Thin people have no reason to exercise”.*

– The fact that someone is thin is not a good reason to exclude exercise from their daily routine. Unless they perform some kind of exercise, they will tend to develop serious health problems like osteoporosis. Therefore, in order to strengthen their **cardiovascular system**, they have to work out and exercise appropriately depending on their body type, degree of fitness, height and weight.

– Sure. Now here is the final one: “The longer and harder you exercise, the better”.

– That’s an easy one. If you perform vigorous exercise for a long period of time after not training adequately, this can lead to exhaustion, muscle tissue burns, heart problems, slower metabolism levels and lower immune system resistance. Sound familiar? These are exactly the symptoms of lack of exercise too, right?

– Interesting! So, it is best to seek professional advice before starting any workout programme. Thank you, Richard, for coming.

TRACK 18: Unit 9, page 138, task 12.

Everything You Know About Personal Hygiene Is Wrong. Listen to the recording about personal hygiene and match the sentence halves 1–6 and A–I based on the text. There are two more letters than you need. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

Pretty much all aspects of your hygiene habits are way worse than you think. Here are some of the more pressing habits you should probably address as soon as humanly possible.

Bathroom floors can be home to up to 2 million bacteria per square inch, while more than 500,000 bacteria per square inch can live in just the **kitchen sink's drain** alone. Eileen Abruzzo, the director of infection control at Long Island College Hospital, claims the kitchen sink is far less sanitary than your toilet bowl, as those plates and pots left to soak are breeding grounds for bacteria like E. coli and salmonella.

Researchers confirmed the urban legend, finding that **flushing** open toilets causes fecal matter to fly into the air. And yep, if your toilet and bathroom are in the same place, your toothbrush is covered in fecal **germs**. With the **lid** open, the particles will float as far as 6 feet away, so make sure at the very least that top is down, and your toothbrush is out of range or covered.

Dr. Rodney Lee Thompson, a hospital epidemiologist at the Mayo Clinic, concluded after various studies that **paper towels** are actually more hygienic than **hand dryers**, while also using less energy to make than

what is needed to produce the air in the dryer. When testing the effectiveness between paper towels, a warm air dryer and a jet dryer, the University of Westminster also found that paper towels are the cleanest way to go. Much of the benefit comes from how quickly paper towels get your hands dry, as leaving them wet makes them bacteria magnets.

Researchers found 2,368 unique species of bacteria after swabbing just 60 **belly buttons**, according to a report in The Atlantic. Of these, 1,458 may have been completely new to science. In this same study, one man's belly button was found to be home to bacteria previously known to exist only in the soil of Japan.

Apparently, our over-shampooing habit is all The New York Times' fault. In 1908 they published a popular column encouraging women to wash their hair more. But Michelle Hanjani, a dermatologist at Columbia University, has found that, "If you wash your hair every day, you're removing the natural hair oils. Then the oil glands compensate by producing more oil." She recommends washing your hair only 2 or 3 times a week. If you do end up feeling the need to still wash your hair every day just make sure it's a gentle shampoo -- and don't **rinse** and repeat!

Out of the nearly 40 million Americans who wear **contact lenses**, research has shown that virtually nobody is taking proper care of them. It's fairly easy to get biofilm on the contacts, which is a thin layer of bacteria. Rinsing with **tap water** causes the lenses to soak up the non-sterile water. Re-using contact **solution** day to day will cause the contacts to be contaminated with germs and greatly increases the risk of eye infection. Also, make sure to replace those cases often.

Just remember, you've survived this long without freaking out, but now you know what to change, don't you?

TRACK 19: Unit 10, page 153, task 10.

Basketball: A Brief History. Listen to the recording about the birth and first rules of basketball and mark the statements as true (A), false (B) or the text does not say (C). There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

The father of basketball, Dr. James Naismith, was born in 1861 in Ramsay township, near Almonte, Ontario, Canada. The early idea of basketball was born out of his childhood when he played a simple game known as duck-on-a-rock outside his schoolhouse. The point of the game was knocking a large stone named the 'duck' off the top of a rock by tossing another rock at it. That is how it all started.

Naismith served at the YMCA Training School in Springfield, Massachusetts, USA in 1891, the place where he invented basketball. Naismith was faced with the challenge of finding a new game of skill for the students. The game had to be independent of the seasons and the weather changes and suitable for a relatively small space.

The very first game of basketball was played with a soccer ball and two peach baskets used as goals nailed to the balcony. The game was an immediate hit, although the baskets still had their bottoms, so the players had to retrieve the ball by hand after each score, which considerably slowed the game. It was mostly a passing game, and bouncing did not become a major part of it until much later, when the ball gained its present form.

Here are the set of rules for the early version of basketball:

The ball may be thrown in any direction with one or both hands.

A player cannot run with the ball but must pass or throw it upon catching it.

The ball must be held in or between the hands, not any other body parts.

No shouldering, holding, pushing or striking in any way of an opponent is permitted. The first **infringement of this rule** shall count as a **foul**; the second shall **disqualify** the player until the next goal is scored.

If either side makes three **consecutive** fouls without the opponents making a foul of their own in the meantime, it shall count as a goal for the opponent team.

A goal is scored when the ball is thrown from the ground into the basket and stays there. If the ball rests on the edge of the basket and the opponents move the basket, it shall also count as a goal.

When the ball goes **out of bounds**, it shall be thrown into the field and played by the first person touching it.

The **umpire** shall be **judge** and have the power to disqualify or foul players as required.

The **referee** shall be the judge of the ball and decide when it is in play in bounds, to which side it belongs, and shall keep the time.

The time shall be two 15-minute **halves** with five minutes' rest between.

The side scoring the most goals in that time shall be declared the winners.

Today basketball has grown to become one of the world's most popular sports, all thanks to Dr Naismith.

TRACK 20: Unit 10, page 154, task 12.

TRAIL RUNNING: *Hall is in a World of His Own*. Listen to the recording about Damian Hall, a record-breaking runner and fill in the gaps with 1–3 words. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

Damian Hall added the Paddy Buckley Winter round record to his summer version with a time of 21 hours and 30 minutes.

Within ultra-**trail** running circles the 61-mile circuit comprising 47 Welsh mountain peaks is regarded with the utmost respect, so for Hall to now hold both best times further cements his reputation.

Not many runners even dare try the record; Hall was only the 100th man to complete the Round – and only the fifth person in winter - since it was devised by Paddy Buckley and first run in 1982. “It was very exciting to **break the record**,” said Hall, aged 44 and a member of Corsham Running Club. “I have been thinking about it for a few months now having really enjoyed breaking the record last summer. I love that part of the UK as it’s so beautiful.”

For record purposes Hall had to tackle the winter round between December 1st and the end of February so it was key to find a window of opportunity when the weather wasn't too bad and gave him the best chance of beating Jim Mann's record of 21 hours 37 minutes.

"At the same time, I was mindful I wanted some snow up there on the mountains to give the record some credibility while at the same time hard, icy ground would make it better for running on," added Hall. "I also decided to do the record unsupported, where Jim had people helping him with food and drinks along the way. I just carried everything I needed."

Hall opted to start from Llanberris at 3 am in the morning to avoid the prospect of running through the whole night and by and large that approach worked though there were some problems.

"Quite early on the wind blew up and I lost my map and schedule" said Hall.

"I did think of stopping to try and retrieve them, but I was pretty confident of the **route** in my mind, even if I was less sure of the time markers for the record attempt. I also lost my glove but fortunately I was wearing two sets."

In the early stages Hall, who completed the Round last summer in a time of 17 hrs 31 mins, was well ahead of the record schedule but then the wind and difficult terrain knocked him off schedule.

"Basically, I just got slower and slower due to the effect of carrying my own stuff and trying to run through the snow and into a cold wind – plus at one stage as I headed into the next night, I got lost," explained Hall.

"Heading to **the last stage** I knew I had four hours to get up and down Snowdon and also cover four other smaller peaks, so I knew I had a chance even though I was feeling very tired.

"It was basically 50-50 whether I would do it but a few slices of my home-made vegan brownie got me going again and that made the difference."

As Hall headed into Llanberris and the finish line he realised he had broken the record by just seven minutes, which in ultra-terms is the equivalent of a photo finish in the 100metres sprint.

"I think it is fair to say I would have been pretty angry had I just **missed the record** by a few minutes," admitted Hall.

TRACK 21: Unit 11, page 169, task 9.

Weird Hobbies for Students. Listen to the recording about strange hobbies and circle the letter of the only correct option. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

College can be a stressful time, so it is a good idea to find some fun activities to fill up your spare time. However, for some students this can lead to some weird hobbies! Let's have look at some of them.

Toy Voyaging

One of the strangest hobbies must be Toy Voyaging. You can register online to send your toy off on vacation to another part of the world – or you can host someone else's toy. People take it incredibly seriously, giving their toy life missions they wish it to fulfil while **hosts** complete travel journals and take photographs of the toy enjoying its vacation.

Element Collecting

As weird hobbies go, one that might appeal to chemistry students in particular is Element Collecting. This involves trying to collect elements from the periodic table. There are many ways to approach this with some enthusiasts opting for a specific row or group rather than the whole table.

A word of caution – collecting heavy elements, poisonous elements and of course radioactive ones is not recommended!

Beetle Fighting

Beetle fighters pit their insects against one another in small plastic arenas with the bouts often being filmed and uploaded to YouTube. Some enthusiasts even go so far as to breed their own beetles in an attempt to create a champion.

Extreme Ironing

Believe it or not Extreme Ironing is a competitive sport which is growing in popularity. It involves ironing laundry, but in extreme situations, such as while rock climbing, kayaking or even skydiving.

News Raiding

Have you ever wanted to appear on television? This hobby involves appearing on television as a bystander on news reports and other live broadcasts! One of the most prolific news raiders is Paul Yarrow from the UK who has appeared in the background of hundreds of television broadcasts always wearing his signature beige sweater.

Collecting Barbie Dolls

Perhaps collecting Barbies isn't one of the strangest entries on our list, but one of its enthusiasts made it interesting enough to be included. Johnny Depp is an avid collector of the dolls and says he often plays with the dolls in his collection when getting into character for a role.

Geocaching

What if we told you that you could go on a real-life treasure hunt? Geocachers use satellite technology to locate **caches** – small boxes of trinkets and other treasures which can be swapped. There is also a log book to sign inside each one. It may seem a little weird at first, but it is totally free, a great way to stay fit and good for meeting other players.

Suing People

Not all the weird hobbies we have come across are advisable and we certainly don't recommend taking up suing people. Jonathan Lee Riches made it into the Guinness Book of World Records for being the person who has filed the most **lawsuits**. His list of targets includes the likes of Britney Spears, Martha Stewart, the Eiffel Tower and even a selection of Buddhist Monks.

These weird hobbies might sound a little strange to you right now but consider this – the hobbies you mention on your **resume** help companies with their recruitment. A prospective employer is not necessarily looking for a hobby connected to the job, but if you have an interesting hobby then it could help you to stand out from the crowd of applicants

TRACK 22: Unit 11, page 170, task 11.

Some Reasons Why Reading Books Will Save Your Life. Listen to the recording about the benefits of reading. Your task is to circle the letter or letters of the correct answer or answers. Please note that in this task both answers may be correct. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– In terms of fiction or non-fiction, there are endless stories that can **broaden your understanding** of the world or help you **get through a sticking point in your life**. Those who read have been known to have more **finely-tuned brains** than those who prefer more passive activities. So, anyone hoping to improve their mind both psychologically and cognitively might want to think about taking up the habit of regular reading. This was the keynote speech of the weekend's psychology conference on reading and we have the keynote speaker, Dr Helena Walters with us in the studio.

– Good afternoon and thank you for the invitation.

– Dr Walters is going to give us some reasons why we should read books besides entertainment. So, is it true that reading develops one's verbal abilities?

– Although it doesn't always make you a better communicator, those who read tend to have a more varied range of words to express how they feel and to get their point across. This increases exponentially with the more volumes you consume, giving you a higher level of vocabulary to use in everyday life.

– Yes. There is another well-known fact: reading improves focus and concentration.

– Yes, this is so true! Unlike blog posts and news articles, sitting down with a book takes long periods of focus and concentration, which at first is hard to do. Being fully engaged in a book involves closing off the outside world and **immersing yourself** in the text. Which over time will strengthen your attention span.

– Hmm. You also pointed out in the conference that readers enjoy the arts and improve the world.

– Interesting, isn't it? A brand-new study explains that people who read for pleasure are three times more likely (than those that don't) to visit museums and attend concerts. And more than twice as likely to carry out volunteer and charity work. Readers are active participants in the world around them and that engagement is critical to individual and social well-being.

– Very interesting, indeed. And what about the popular belief that reading improves the imagination?

– It is completely true. You are only limited by what you can imagine, and the worlds described in books, as well as other people’s views and opinions, will help you **expand your understanding** of what is possible. By reading a written description of an event or a place, your mind is responsible for creating that image in your head, instead of having the image placed in front of you when you watch television.

– *Knowing all this, it may not be accidental that reading reduces stress.*

– Not at all. A study by the University of Sussex showed that reading does reduce stress. Subjects only needed to read, silently, for six minutes to slow down the heart rate and ease tension in the muscles. In fact, it got subjects to stress levels considerably lower than before they started.

– *And how does reading improve the reader’s memory?*

– Typically, when you read, you have more time to think. Reading gives you a unique pause button for comprehension and insight. **By and large**, with oral language, when you watch a film or listen to a tape, you don’t press pause. The benefits of this increased activity keep your memory sharp and your learning capacity nimble.

– *Now we are nearing the end of our interview, let me ask about the final point in your conference speech: ‘reading helps you discover and create yourself’. What does this mean exactly?*

– With an endless range of perspectives and lives we can read about, books can give us the chance to have experiences that we haven’t had the opportunity for otherwise, while still allowing us to learn the life skills they entail. So all in all, books are a fast track to creating ourselves.

– *So reading isn’t just fun, but it has all the added benefits that we have discussed so far. A good book can keep us amused while developing our life skills. Thank you, Doctor Walters.*

– Thank you.

TRACK 23: Unit 12, page 185, task 9.

Worst Travel Nightmares (And How to Make Them Go Away). Listen to the recording and the advice an experienced traveller gives to avoid or handle them. Read the list of advice below and while listening, put a tick in the boxes next to the pieces of advice that you can actually hear. You have one minute to look at the task. You can listen to the recording twice.

When we talk about "dream trips," we mean the good kind of dream. But every so often a trip **goes awry**, sometimes due to poor planning, sometimes just because of bad luck, and the trip **turns into a nightmare**. Here, we've rounded up some of the common disasters and **mishaps** that can be relatively easily averted or dealt with. Bon voyage!

CANCELLED RESERVATION

Being told, "So sorry, I have no record of your reservation" can be one of the most brutal travel nightmares. Two words: Be nice! Remember that desk clerk is your **gateway to** a comfy bed. Now would be a good time to take out that **printout** of your reservation (you did bring a printout of your reservation, didn't you?). It's probably a simple misunderstanding or a data entry mistake. If you're like me, this situation will never happen because you will have called the hotel a few days before arriving to **confirm your reservation**, and if you're going to arrive late in the evening you'll let them know so there's no chance they'll give your room away.

LOST PASSPORT

Stop whatever you're doing and make a photocopy of your passport. Now write on the photocopy: travel.state.gov. **Keep** the photocopy and your driver's license or state ID **separate from** your passport when you travel, and you will be in a position to find the nearest embassy or consulate and order a replacement passport immediately if necessary.

SERIOUS INJURY

Quick! Does your medical insurance cover you if you break your leg on a mountain in Nepal? If you don't know the answer, you're not yet prepared to get your passport stamped! Make sure you understand your **coverage** — or explore emergency travel insurance to make sure you don't spend the rest of your life paying for that surprise medevac. (Hint: All medevacs are surprises.) If you are injured, your hotel and/or local consulate or embassy can be your best source for doctor recommendations.

LOST LUGGAGE

More than 2 million bags are lost, damaged, or stolen each year. Whether your bag is mistagged, loaded on the wrong plane, or just left sitting unloved in some godforsaken corner at the arrivals level, it can put a serious crimp on the early days of your vacation. But there are a few steps you can take to make sure your bag remains where it belongs: Write your name and address not only on the outside tag but also inside the bag; leave a copy of your **itinerary** in the bag; arrive early and check your bag at the desk, not at the curb (curbside check-ins and those made less than 30 minutes before take-off are more likely to be misrouted).

LOST ITEMS

Left something important on the plane? It happens all the time, and all the major airlines have super-efficient procedures for reuniting you with your stuff ASAP. Contact the baggage service office in your **city of arrival** to see if the item **turned up** immediately. If not, go online to file a report. You'll typically get your item overnighted to you within days. At the risk of being a little obvious: always **double-check the seat back pocket** in front of you before getting off the plane.

TRACK 24: Unit 12, page 186, task 11.

Four Women on Why They Love Travelling Solo. Listen to the stories of four solo women travellers and find out who experienced what. Put a tick in the appropriate box in the chart. A person can have more than one experience. You have one minute to look at the task. You can listen to the recording twice.

– The number of women **travelling solo** has doubled in four years according to a survey of 5,000 people by Hostelworld.

Kate Lexington didn't have much opportunity to travel until her mid-thirties, when her two children were a bit older and she had a bit more disposable income.

– I really wanted to have a go at just doing something without two kids in tow. So, at 34, I took my first solo trip to Amsterdam. It was a **revelation** to discover I could **literally** do whatever I wanted, the whole time. I went to the Van Gogh Museum, visited only the paintings I wanted to see – then left. Yes, **there were bits I enjoyed less** – like eating out alone in the evening.

I admit, that the idea of solo travel was **nerve-racking** to begin with. Planning an itinerary in advance helped a lot. Just having a list of places you definitely want to see can give you a bit of focus when you're feeling lost.

– For Laura Lai, **confidence was never an issue** when it came to travelling alone because she regularly took solo trips from London to see family in Hong Kong.

– **Eager** to explore new cities and cultures, I went from Singapore to Kuala Lumpur in Malaysia, and Chiang Mai in Thailand. The prospect of dining alone in restaurants made me a bit uncomfortable, but **in hindsight** I needn't have worried about it.

The biggest challenge for me was finding accommodation that was suitable for lone travellers, particularly females. In fact, my advice for first-time female travellers is **to give hostels a go**. Most are sanitary, and even cleaner than local hotels.

– When Bettina Ford's long-term relationship ended, she took a moment to reassess her life.

– I decided I was going to make a positive change and turn this awful situation into something exciting. Initially I had departed Southampton to stay in Florence, Italy, and what was meant to be a three-month trip turned into a year abroad. There I landed an international marketing role, which enabled me to travel to Rome, Verona, Bologna and Siena at the weekends.

You meet so many more people as a solo traveller because you actually open yourself up to totally new experiences and aren't **cocooned** by your **travel buddy**. **That said**, being careful is important. I would always get friendly with pretty much everyone in my hostel room so I would feel a little more like people **had my back**.

– After a rough few years and a terrible first year at university, Sandra Hopper felt like she had nothing to lose.

– Without much money, I decided to go abroad for the summer, working as an au pair for a family in rural Spain. I had to care for – and teach English to – three children ranging from one to seven. It was, however,

incredibly rewarding. To be immersed in the day-to-day life of a Spanish family was brilliant. After my job ended, I went travelling and explored Madrid, Valencia and Barcelona.

I'm so glad I didn't let any initial fear take over. I had real **stomach-dropping** fear about 10 minutes before landing in Madrid. But I **overcame** it because I had to. I was already on the plane and **there was no turning back**.

TRACK 25: Unit 13, page 201, task 10.

***The 10 Most Popular Things for Teens in 2019.* Listen to the recording about the same research and the preference of American teens. Decide whether the following statements are true, false or we do not know because the text does not say. Circle the correct letter. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.**

Fuse, a marketing agency specializing in reaching teens and young adults, has released a new report on teens. At the start of a new year, it's valuable for marketers to consider what is most popular with teens. So, to kick off the year, Fuse asked 1,000 teens about their favourite things.

1. Technology: Teens and smartphones remain an **unstoppable force**

When it comes to what tech teens love most, it's no surprise that nearly half of the teens we surveyed said they preferred their mobile phones above all other technology. And why wouldn't they? Smartphones can connect teens to everything they care about – from socializing with their friends on messenger and social media apps to consuming all types of content and entertainment like gaming and video streaming. This news is not unexpected, since 95% of teens report that they have a smartphone or access to one. Conversely, teen interest in AR and VR technology appears **stagnant**, in part because no other brand has yet to **replicate** the success of Pokémon Go, the most popular AR release to date.

2. Social Media: Snapchat appears to **be in a losing battle with Instagram**

Snapchat has **declined in popularity** as teens continue to choose Instagram's superior design and social connectivity. As the ongoing trend around teens moving away from Facebook and Twitter continues, it's important to note that they still prefer to use **multiple** social platforms, rather than just one. **The jury is still out on** if or when these less popular apps will go away altogether as teens find newer social apps to gravitate towards, like TikTok, which continues to gain in popularity among teens.

3. Video Streaming: Teen YouTube vloggers create highly entertaining content

The rise of online streaming among teens is no surprise, but what is it about YouTube that makes teens love it the most? More than 52% of the teens surveyed favoured YouTube above all other streaming services. In fact, more than 72% of teens report visiting YouTube daily. Popular teen vloggers on YouTube, like 15-year-old MattyBRaps who has over 10 million subscribers, are constantly creating entertaining music videos, vlogs and challenges and posting them to their YouTube channels for young and loyal fans to watch.

4. Gaming: Teens prefer high-energy interaction and life-like simulations

The video game industry hit upwards of \$180 billion in revenue in 2018 and is expected to show more growth in 2019. The top games listed by teens in our survey included Call of Duty, a multi-player first shooter game with zombies, that debuted as Black Ops 4 in 2018 and made \$500 million at launch. Sims, a teen favorite life simulation game, launched its fourth major title in 2014 that has since sold more than 10 million copies and 30 million downloads worldwide. But it's the expansion and game packs that keep this game at the top with teens, allowing players to shape their characters as they go through life.

5. Brands: Companies including Google, Apple and Nike continue to shape teens' worlds.

When it comes to brands that teens are loyal to, Apple tops the chart, with over 80% of teens preferring iPhone to Android products. Although Nike continues to remain a top teen brand, Adidas and other streetwear brands have begun to see bigger gains.

TRACK 26: Unit 13, page 202, task 12.

Autonomous Cars. Listen to the recording and complete the notes with two words exactly as you could hear them in the recording. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– *Dear audience, welcome to the science fair! In the next couple of minutes, we are going to get a brief insight into one of the latest scientific developments: autonomous cars. We are going to touch upon some interesting questions as well as the unquestionable benefits of this smart vehicle with the help of engineer Larry McQueen. Let's begin with the basics: Larry, what is an autonomous car?*

– Let me give you the following simple definition: an autonomous car is a vehicle capable of sensing its environment and **operating without human involvement**. A human passenger is not required to **take control of** the vehicle at any time, nor is a human passenger required to be present in the vehicle at all. An autonomous car can go anywhere a traditional car goes and do everything that an experienced human driver does.

– *We know that you are still working on the development of the vehicle. How far have you come in overcoming the challenges? When will the first cars arrive at the dealerships?*

– Fully autonomous cars are undergoing testing in several pockets of the world, but none are yet available to the general public. **We're still years away from that**. The challenges range from the technological and legislative to the environmental and philosophical.

– *Could you share some of the unknowns?*

– Sure. The weather is an obvious challenge, for example. What happens when an autonomous car drives **in heavy precipitation**? If there's a layer of snow on the road, lane dividers disappear. How will the cameras and sensors track lane markings if the markings are **obscured** by water, oil, ice, or debris?

Then there are some traffic conditions and laws. Will autonomous cars have trouble in tunnels or on bridges? How will they do in **bumper-to-bumper traffic**? Will autonomous cars be **relegated to** a specific lane? Will they be granted carpool lane access?

The third challenge – which surely interests each of us – is accident liability. Who is **liable for** accidents caused by autonomous cars? The manufacturer? The human passenger? The latest **blueprints** suggest that a fully autonomous car will not have a dashboard or a **steering wheel**, so a human passenger would not even have the option to take control of the vehicle in an emergency.

– *Autonomous cars work with artificial intelligence. If we consider driving, is AI as effective as human intelligence?*

– That leads us to another challenge. Human drivers rely on subtle cues and non-verbal communication — like **making eye contact with** pedestrians or reading the facial expressions and body language of other

drivers — **to make split-second judgement calls** and predict behaviours. Will autonomous cars be able to replicate this connection? Will they have the same life-saving instincts as human drivers?

– *Finally, let's look at the bright side. What are the benefits of autonomous cars?*

– Yes, it's time we discussed the good news. The scenarios for convenience and **quality-of-life improvements** are **limitless**. The elderly and the physically disabled would have independence.

If your kids were at a summer camp and forgot their bathing suits and toothbrushes, the car could bring them the missing items. You could even send your dog to a veterinary appointment.

– *Sounds cool!*

– But **the real promise of** autonomous cars is the **potential** for dramatically **lowering CO2 emissions**. In a recent study, experts identified three trends that, if adopted **concurrently**, would **unleash** the full potential of autonomous cars: vehicle automation, vehicle electrification, and **ridesharing**. By 2050, these “three revolutions in urban transportation” could:

- Reduce **traffic congestion** (30% fewer cars on the road)
- Cut transportation costs by 40% (**in terms of** vehicles, fuel, and infrastructure)
- Improve **walkability** and **liveability**
- **Free up parking lots** for other uses (schools, parks, community centres)
- And last, but not least, reduce urban CO2 emissions by a no less than 80% worldwide.

– *Amazing! As a city-dweller, I can't wait to live in a situation like this! Thank you, Larry.*

– Thank you.

TRACK 27: Unit 14, page 218, task 9.

Tiny Shopping Habits That Will Save You Loads of Money in the Long Run. Listen to the text and match the sections 1–10 with the given headings A–M. There are two more headings than you need. An example (0) is done for you. You have one minute to look at the task. You can listen to the recording twice.

Example:

Don't go to any store without a shopping list in hand. **Impulse purchases** are hard to resist, but it's a little bit easier to stay within your budget and avoid **excess spending** when you have a specific guide to keep you on track.

1. Whenever you know that you're about to go on a **shopping spree**, take a few minutes to consult your finances and budget out a realistic amount of money to spend. You'll likely find that unnecessary impulse purchases fall by the wayside when you have clear parameters.

2. Try to do all of your shopping in one area or, even better, at a single store. **Retailers** tend to offer more savings when you spend more. Plus, shopping within a small radius means that you'll be saving money on gas, too!

3. Get into the habit of shopping for designer goods in charity shops. Though some people scoff at the idea of buying things **pre-owned**, many of the items sold at these stores are actually brand new or have barely been worn.

4. Every savvy shopper's favourite day of the week is Sunday. Why? Because that's when the newspaper comes with all the latest coupons. With the right coupons at the right store, you can easily score significant savings on all of your essentials.

5. Don't wait until you're completely out of toilet paper and **laundry detergent** to buy more. If you do, you'll likely end up buying a full price product at the store closest to you, purely because of convenience. But, if you **stock up on** all the necessities, you allow yourself ample time to compare prices, stock up on coupons, and save as much money as possible.

6. Only purchase socks, underwear, and other essential undergarments when you can find them **in bulk**. These items go unseen, so don't **splurge on** individual items when you can get a three-pack of them for a low price.
7. For those occasions when you need something formal that you'll never wear again, use a rental service to borrow an outfit at **a fraction of the retail cost**. Not only will you save money, but you also won't have to worry about dry cleaning or storing that pricey piece.
8. Buy winter coats in the spring and swimsuits in the fall. Stores often **hold great end-of-season sales**, during which these staples will drop to their lowest prices. Transitional periods are the perfect time to stock up!
9. If you weren't already going to buy something, then don't buy it solely because it's well-priced. Though it seems like you're getting a great deal, the reality is you're actually wasting money on something you wouldn't have bought otherwise.
10. Sometimes an item accidentally gets **rung up** twice or a cashier forgets to apply a discount in the chaos of checkout. Mistakes happen and nobody's perfect, so be sure to confirm that the amount you're being charged is correct.

TRACK 28: Unit 14, page 218, task 11.

Changes in Shopping Habits. Listen to the dialogue about changing shopping habits and fill in the summary with one word in each gap. There is an example (0) at the beginning. You have one minute to look at the task. You can listen to the recording twice.

– *The way we shop is always changing. From years of austerity and **rationing** during the Second World War, to the economic boom of the 1950s when **consumerism** took off and brands like Marks and Spencer led the way with a mixture of quality, value and **customer service**.*

– Then came the dot com explosion of the 2000's – the Internet opened up a whole new way of shopping and has changed the face of the **high street** forever.

– Online sales have been steadily rising over the last 10 years, with Internet sales making up 16.3% of all retail sales in Britain in 2017. And the effect on the high street has been clear. So far this year, we've seen retailers go into administration plus stores close in dozens of locations.

– This is a huge contrast to the success that online retailers are seeing at the moment. Sales at the top 20 online-only retailers have grown by nearly a quarter (23%) in the last year.

– It's not just being able to purchase new clothes or groceries **with the click of a mouse** – online retailers are able to provide excellent service with perks like **free shipping** and try-before-you-buy options.

– But even the way we shop online is changing. Sales made on smartphones in the UK have increased from 19% to 32% between 2017 and 2018 according to Criteo – which analysed browsing and purchasing data from more than 5,000 retailers.

– There is a big increase in such a short time frame, and it signals how consumers are adapting to the connectivity that their smartphone offers them. We don't need to be at a computer to access the Internet, now we can purchase whatever we want from just about anywhere.

– Plus, with Google's mobile first index, there's a shift to search engines favouring mobile websites, proving how popular it really is.

– And now there's voice search. In addition to smartphones, smart speakers are becoming a must-have gadget. Nearly 25 million smart speakers were sold in 2017, and they're conditioning consumers to only use their voice to do searches.

– Predictions by ComScore say that more than 50% of all searches will be voice-based by 2020. And considering Amazon Echo owners' spending on Amazon increased by 6% after purchasing the speaker, it gives us an idea of how consumers are using the devices – they're shopping more.

– Voice search is becoming popular for a number of reasons. When asked why they use voice search, 61% of people said it's useful when their hands or vision is occupied. 30% said they get faster results and 24% said it's down to certain devices being too difficult to type on.

– Retailers need to stay ahead of the curve and get ready for the new shopping habits that are emerging. Failing to keep up with the changes in shopping habits has already caused well-loved brands to **go bust**.