

# RECORDING SCRIPTS

This file contains transcripts of the CD recordings. The headings indicate which CD track corresponds to the text. Listening tasks and exercises are in Teachers' File.

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## CD Tracks 1, 2

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### B1 Listening Part 1

#### Working as a Film Runner

**You will hear Lucy talking about her experience of working as a film runner. For statements 1–7, choose the correct answer: A, B, C or D. There is only one correct answer for each question. You now have two minutes to read the questions.**

I always loved film but never saw myself as a filmmaker. I only watched tons of movies and was curious about the people who make them. That's why when my friends from university told me about a casting agency that was looking for new faces, I thought it was a great chance to see filmmaking up close.

My first experiences as part of a film crew made me realize how slow the filmmaking process is. A lot of time is spent waiting for all the technical aspects to be ready for the shoot. Light, sound, costumes, all that is part of the many details that give the film atmosphere. That made me realize another thing: how many people are necessary for a film to be made. And as I got to know more people in the production company I was working for, I gained the courage to ask to be one of them. That is how I became a film runner.

It is a position not many people are aware of, but it involves a lot of responsibility. When I work in the office, it is not that demanding: I answer calls or do the paperwork. While on set, I have to help with transport, pick up cast and crew and take them to the locations, work as a courier, help to keep the set clean and ready, coordinate the extras. I drive a lot. I also make tea or coffee for everybody and often cheer up the rest of the crew when we have to wait a long time, for example, because of bad weather. Sometimes I help during postproduction, with digitalization before the film is edited, for example.

It might sound relaxed, but in reality, runners work under a lot of pressure and that is the most difficult thing. We are responsible for so many details and very often a lot of other professions

depend on us. That means the pressure comes from colleagues, which makes it very demanding. We have to be quick, remember everything, be attentive to other people's needs and always one step ahead. What helps is to take initiative, because a good runner is very often asked for advice, since nobody knows the filmset as well as us.

Most runners are men and it is not easy to be a girl in this industry. What helps me is that I know what my strength is: I am a good observer and it came in handy many times, so my colleagues know that there is something special I can contribute. I am good at dealing with people and that helps the atmosphere on the set. I love my job and it gave me independence and it has been an extraordinary and very useful experience.

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## CD Tracks 3, 4

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### B1 Listening Part 2

#### A Psychologist's Tips for Studying Effectively

**You will hear Susan, a psychology student, talking about making your studying more effective. While listening, decide if the statements 8–13 are (A) true, (B) false or (C) not stated in the recording. You will now have two minutes to read the tasks.**

I always wanted to be a psychologist. I also knew that I would like to work with children or teenagers. The university course I study is very hard and it was difficult to find a way to study effectively. That's how I found out what I would like to do in my professional life: to help students to go through school in a way that makes them enjoy it. Every student has a particular personality, needs and habits, but there is some general advice that works for everyone. Here are three tips for making studying effective, no matter what type of student you are.

First, it is extremely important to free your mind from anything that disturbs it. We live in an online world and one of the crucial things for studying is enjoying mental activity. That comes from seeing progress. In order to

progress, we must give studying our full attention. A little sacrifice in the form of spending a couple of hours without the internet brings a huge reward in realising the power of your mind as it is, without the impulses coming from the outside world.

Finding a good place to study is extremely important. Apart from being comfortable, it needs to be silent, have natural light or good quality artificial lighting and a suitable temperature so you are not aware of your body's needs and can fully concentrate on what is going on in your brain.

Having a system in studying and taking a break is very important too. You can pick a routine even for a single day of studying. For example, you can study for two hours, then make yourself a cup of tea and a snack, then repeat what you have learned and study for another two hours. Looking back and seeing that you were able to use up two hours of your life in an effective way is very inspirational and helps you strengthen your will. The break afterwards is a good reward that makes you realise how great it feels to complete a task you set yourself.

The secret of studying effectively lies in enjoying working on yourself. Sometimes you have to study a subject you don't find important, but even that improves your mind's abilities and is good for you. After all, the biggest benefit of studying is not what you learn but realising that if you work hard, it is your will power and knowing your strengths and weaknesses that gives you independence.

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## CD Tracks 5, 6

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### B1 Listening Part 3

#### A House or a Home?

**You will hear Simon presenting his project about slums. His observations are summarized below in sentences 14 – 20, which are in the wrong order. As you listen, indicate the order in which you hear the information by writing the numbers 1 – 6 in the space next to the relevant sentence. There is one extra observation that is not mentioned. Put an X next to**

**the sentence that represents the extra piece of information. You will now have two minutes to read the sentences.**

Being rich or poor is very relative. I asked my parents what was the worst thing about being poor in their opinion and they said the lack of opportunities. It made me think about people who live without the most basic things, like electricity or clean water. Millions of people live like that and there seems to be no way for them to change it.

Such places are called slums and they are usually very crowded. For example, in Nairobi's Kibera, one of the biggest slums in the world, 300,000 people live in one square kilometer. The living standards in slums are very low. They exist in many countries, for example in Pakistan and Brazil.

Houses in slums are very simple, sometimes without windows or a proper floor. Roofs and walls are often bad so the hygienic conditions are low. During storms the houses are often destroyed and have to be rebuilt. Sometimes the land under them is sold and people have to find another place to live. Slums are very crowded and so there are many diseases.

Children often can't do their homework because of cold or lack of light. There are slums with no access to public transport so it is difficult to go to school. A bad address often stops employers from giving people from slums a job. Every negative experience can change the people from slums' attitude towards life for worse.

Slums still exist in Europe too. Before the Second World War, they were also slums in Slovakia, called "colonies". One apartment and shared toilets and bathrooms often served for more than one family. A family living in one room sometimes rented a bed to a stranger in order to have more money.

At the moment, one in seven people on the planet lives in a slum and it will get worse in the future. There are countries where 90% of the population lives in such conditions. People living in slums have only a little hope for a better life and slums are often full of violence and abuse. Many people live there on the street.

Children from slums grow up in conditions that don't stimulate them. It causes their interests to be very limited so they follow the lifestyle of their parents. The only way to change this is through education. It always pays off with next generation, but it is the only way to change society's wrong habits.

Slums are a problem that touches us more than we think. If you want to be useful to society, you have to feel part of it, but living in a slum isolates you. We can change this by supporting

small communities within slums and organisations working in them, because only by supporting the people individually can we help the society as a whole.

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## CD Tracks 7, 8

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### B2 Listening Part 1

#### The Life of a Stage Actor

**You will hear Sean, a stage actor, talking about theatre. For statements 1-7, choose the correct answer: A, B, C or D. There is only one correct answer for each question. You now have two minutes to read the questions.**

When I first told my parents I wanted to become an actor, they were pretty shocked. Not only because they were not very fond of their only child choosing life full of uncertainty, but mostly because I was a painfully shy kid. As a teenager, I was ashamed of not even being able to talk publicly. A friend from high school was doing theatre and she suggested an acting workshop for me as a way of coping with my fear of talking in front of people. I attended it and realised that when I speak for another person, I am very good at defending *his* ideas.

The profession is very enjoyable but also very demanding. The public often has the idea of actors being people who like to do nothing, while the vast majority of people in acting take theatre extremely seriously. As an actor, you are not a person with good skills, you yourself *are* your skills. And the fear of not being good enough haunts us all the time. Also, when playing a character, you are curious about it. And the best way to understand it is rehearsing for many hours. Then we have to do a lot of studying at home, read, find information about the society the play is set in and so on.

That is why we often get depressed. Another reason is that we use ourselves as an instrument, and if we make a mistake we tend to believe we *are* a mistake. It is very difficult to separate ourselves from a role because empathy leads us towards adopting the character we play. Also, because seeing us as the character we play, people in the audience often forget that we are humans just like them and that this is only our job. It is very important for an actor to take care of himself. Exercise in our case not only keeps us in good shape for the stage but also distracts us from the intense mental activity we go through.

Theatre is often seen as old fashioned or disconnected from the real world. In reality, theatre is always a reflection of what is going on in society at that precise moment. Why? Theatre is happening right here, right now and the people on stage are real humans you can touch; it is all happening in the same room you are in.

This is what I love about my job. Acting is like being able to make up for your mistakes every night. Not only do you have to reinvent your character every night, you have to go with it through all the ups and downs. Good characters are not perfect: they make mistakes and you learn with them. The good thing for us, actors, is that after the show is finished, we take a shower and go home, taking the experience with us.

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## CD Tracks 9, 10

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### B2 Listening Part 2

#### An Unknown Older Friend We Depend on

**You will hear a recording about whales. While listening, decide if statements 8-13 are (A) true, (B) false, (C) not stated in the recording. You now have two minutes to read the text.**

Whales are among the most amazing creatures on the planet and are found in every ocean. Their lifestyle is a huge mystery even though some of their habits are well understood. Scientists have identified two types of whales, baleen whales and toothed whales, with both categories having many subspecies. The Blue Whale is considered to be the largest animal in the world.

They are known to have a very complex lifestyle which is closely studied by scientists. Whales have their own group hierarchy which they follow and it has also been observed that they have an extraordinary ability to form relationships, even to the extent of taking care of each other throughout their lives. In fact, whales form families and they are known to be excellent parents. They communicate over long distances by producing different types of sounds.

They are also very complex physically. They can remain underwater for a long time before having to come up to the surface for air. A whale breathes through the blowhole on the top of its head. That means that whales are in fact mammals, but have fully adapted to aquatic life.

Like dolphins, their relatives, the whales are marine descendants

of land animals who lived on land for millions of years. Curiously, scientists think that whales are closely related to the hippopotamus and it is believed that both of them evolved from a similar species more than 50 million years ago. The brain of a whale is much older and more complex than the human brain.

One of the most important functions of whales is to help fertilize the world's oceans and maintain the natural balance of the food chain. Nevertheless, whale habitats are constantly under threat from human activity. Waste released into oceans pollutes the waters they live in but it also has an indirect effect on their ocean life. Ocean pollution causes many of the animals that whales feed on to move to new locations and that in turn forces whales to move, too. As a result, they are more likely to get caught up in fishing nets or hit by boats. In addition, because of their unusual size, the hunting of whales has become a popular sport. Due to all of these factors, many species of whales are endangered. Yet, they are so important in the maintenance of a healthy ecosystem in the world's oceans that losing them will also endanger the human species, that means us.

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## CD Tracks 11, 12

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### B2 Listening Part 3

#### My Life as a Volunteer

**You will hear Sandy, a high school student, talking about volunteering work she does in her free time. Her opinions are summarized below in sentences 14–20, which are in the wrong order. As you listen, indicate the order in which you hear the information by writing the numbers 1–6 in the space next to the relevant sentence. There is one extra piece of information that is not mentioned. Put an X next to the sentence that represents the extra piece of information. You will now have two minutes to read the sentences.**

When I started to dedicate some of my free time to volunteering, I had no idea it would become such a big part of my life. Once a week I spend the afternoon in a community centre for single mums and their children, doing creative activities with kids or helping them with school. It made me go through situations I never thought I would experience and to know people with interesting life stories I didn't even think lived practically next to me.

What surprised me the most was how volunteering makes you truly aware of other people. You get to see from close

that life consists of small situations everybody copes in a different way with. It is very fragile and most of the good things come from people sticking together and helping each other.

Volunteering helps you expand your social horizons. The circle of the people you spend your time with gets bigger and more diverse and you gain the ability to hold a meaningful conversation about a great variety of topics. You learn to ask when there is something you don't understand and to explain your point of view in a simple way.

It engages you in an activity that doesn't evolve around yourself which helps you clear your mind from your own issues and gain another perspective. The sense of being useful helps you cope with fear or anxiety and, when talking to people, you can bring your own experience to the table. All that increases your self-esteem.

Of course, it is good for your CV. It can influence your professional future by giving you life experience that develops your personality and teaches you new skills. If you volunteer with people, chances that you are going to be a good team member are bigger, because you know yourself and other people in different and often challenging situations.

And, volunteering is fun. People's ability to collaborate when having a common problem is extraordinary. The feeling of working together for a good purpose is one of the reasons behind the relaxed attitude most people you meet in volunteering have – they are going through practical problems being backed up by good-willed people.

Volunteering immensely changed my life. It made me realize I had abilities I always admired in other people but never noticed in myself. It taught me patience and dealing with details taught me to appreciate everybody's work, including mine. It taught me to enjoy people as they truly are and focus on the small steps that really can make a difference in a society. I can definitely say that it is one of the best ways to get to know the world.

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## CD Track 13

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### Canada From Coast to Coast

“What's the temperature in Canada?” Many of us think of Canada as being cold, and it's true that a big chunk of it is cold – in the north of the country, it can easily be colder than 20 degrees below zero. In the south, on the other hand, summer temperatures can be as high as 40 degrees above zero, with the record being 45 degrees. The biggest extremes are in the furthest north. In the small village of Beaver

Lake, the record low temperature was 50 below zero and the record high was over 33 – a difference of 83 degrees!

That's because Canada is big. Very, very big. The area inside its border makes it the second-largest country in the world, after Russia. If you count only *land*, though, it's a different story. The country has so many huge lakes that in land area it's only the fourth-biggest country (with the biggest, in order, being Russia, China and the United States).

Canada has oceans on three sides: the Atlantic Ocean in the east, the Pacific Ocean in the west and the Arctic Ocean in the north. The northeast of Canada is made up of many islands both large and small. Together, these are called the Canadian Archipelago or the Arctic Archipelago. With all those oceans and islands, it's not surprising that Canada has the longest coastline in the world, with a total length of 243,000 kilometres. It also has the world's longest land border: the southern border with the United States measures 8,891 kilometres.

Apart from the border with the United States in the south, Canada has only one other land border. In the northwest, it borders the United States. No, that's not a mistake! The northwestern border is with Alaska, which became the US's 49<sup>th</sup> state in 1959. Alaska used to be a Russian territory, but the US bought it for \$7.2 million in 1867.

The country's only other near neighbour is Greenland, which is only 26 kilometres away from the Canadian Ellesmere Island at its closest point. Here's a fun fact. Because a lot of the Arctic Ocean freezes every winter, a brave explorer could walk from Europe to Canada. It would be a long walk, but a fox wearing a tracking device did exactly that in 2018. It left Spitsbergen in Norway in March, walked 1,512 kilometres across the sea ice to Greenland, then crossed over to Ellesmere Island in Canada, where it arrived on the 1<sup>st</sup> of July.

The landscape most characteristic of Canada is forest: nearly half the country is forest, and there are 97,000 square metres of forest per person! The biggest forest lies in the north, running from the Yukon-Alaska border right across the country to Newfoundland in the east. The largest trees, on the other hand, are in the western rainforests of British Columbia. Wait – rainforests? In Canada? Yes! Of course, it's not a tropical rainforest, but something called “temperate rainforest”. You can find other temperate rainforests in southeast Australia, southern China and New Zealand, for example.

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## CD Track 14

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### The Scots Language

Hae a guid day. = Have a nice day.  
Gled tae meet ye. = Pleased to meet you.  
A dinnae ken. = I don't know.  
Whit's yer name? = What's your name?  
Whaur ye fae? = Where are you from?  
Can ye talk mair slow? = Please speak more slowly.  
Lang time nae see. = Long time no see.  
Lea me alane! = Leave me alone!

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## CD Track 15

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### “Auld Lang Syne” by Robert Burns

Should auld acquaintance be forgot,  
And never brought to min’?  
Should auld acquaintance be forgot,  
And days o’ auld lang syne!

We twa hae rin about the braes,  
And pou’d the gowans fine;  
But we’ve wander’d mony a weary fit,  
Sin’ auld lang syne.

We twa hae paidl’d in the burn,  
Frae morning sun till dine;  
But seas between us braid hae roar’d  
Sin’ auld lang syne.

And here’s a hand, my trusty fere!  
And gie’s a hand o’ thine!  
And we’ll tak a right guid-willie waught,  
For auld lang syne.

And surely ye’ll be your pint-stowp  
And surely I’ll be mine  
And we’ll tak a cup o’ kindness yet,  
For auld lang syne.

For auld lang syne, my dear,  
For auld lang syne,  
We’ll tak a cup o’ kindness yet,  
For auld lang syne.

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## CD Track 16

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### The Idioms Inside You

- 1 I was impressed with the energy of Generation Zs. My gut feeling is the world is going to be all right in their hands.
- 2 The new housing minister has vowed to “strain every sinew” to end the region’s home-building crisis.
- 3 This serial liar who has twice been sacked for dishonesty had the gall to say he was going to restore trust in democracy.
- 4 It’s like someone had a word in his ear at half time because he

refereed the second half completely differently from the first.

- 5 He said the agreement amounted to a “betrayal” by a “traitorous, lily-livered embarrassment of a prime minister”.
- 6 Phelan was heard venting his spleen in the Rovers, shocking Todd and Billy with the strength of his anger.
- 7 Other world powers such as China and Russia are already flexing their muscles.
- 8 Daniel Radcliffe used to get bladdered with fans.
- 9 Good grief, someone needs to get the message through his thick skull that he is not Ronaldo.
- 10 It makes my blood boil when I read about an attack on an animal.
- 11 What are you doing, standing out here in the rain? And no umbrella. You must be soft in the head.
- 12 Boris Johnson’s own brother can’t stomach the direction that he is taking the country in.

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## CD Track 17

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### Strange World

**Statements 3 and 6 are true. This is a living thing, and it’s from the ocean. The blanket octopus is one of the ocean’s many strange and beautiful creatures. It looks like an ordinary octopus as it swims through the deep sea, but when frightened, it opens a two-metre-long brightly coloured banner behind it.**

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## CD Track 18

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### The Job of Adulting

- Olive:** Are you as stressed as I am about the move to Ireland?  
**William:** Stressed? I’m totally excited. It’s going to be amazing.  
**Olive:** Sure, but we need to do so much before we go.  
**William:** Like what? The visa’s sorted, our courses are sorted...  
**Olive:** But we still need to find somewhere to live. Have you seen the rents? Look at these prices!  
**William:** Oh my God – no, look. These are all in the centre. Of course that’ll be too expensive.  
**Olive:** But I *want* to live in the centre!  
**William:** Be realistic. We can find something a bit further out that’s near

other students. And find flatmates to share the rent.

**Olive:** OK, but then there’s still transport. And gas and electricity bills. And phone bills, too... I’m not sure we’ve saved enough.

**William:** I think we’ll be fine. Relax.

**Olive:** We need to check what taxes we’ll have to pay, too. And do we need to get health insurance before we go? How much will that cost?

**William:** Now I’m starting to get worried. We’ll sit down this evening and look at all the numbers, OK? And I’ll set up an appointment at the bank to talk about an overdraft for emergencies... and maybe a credit card... Ugh, life’s so expensive.

**Olive:** That’s the price of being an adult, I guess. Responsibilities as well as rights...

**William:** Speaking of rights, do you think we’ll be able to vote there?

**Olive:** I have dual citizenship, since I was born there, so I’m sure I can. You’re a European citizen, right? Does that mean you can vote in Ireland?

**William:** In the European elections, yes. I’m not sure about national or local elections. I’d better find out in case I need to arrange a postal vote for the elections here instead. I should do that before we go.

**Olive:** Good idea. Oh, this is going to be a great experience. I’m very excited!

**William:** Well, of course you are. You’ve passed all the worry on to me!