

UNIT 1

TRACK 2

Professor: Hello, everyone. Let's get started, OK?

In recent classes, we've been studying types of migration. So far, we've discussed emigration, which is when people move away from a place, and immigration, when people move to a place. Today I'm going to talk about factors that cause migration. In other words, why do people move? There are two main reasons. We call them "push factors" and "pull factors."

Can anyone say how they're different?

Laura: I think push factors are negative. They make people want to leave a place. And pull factors are positive. They make people want to move to a place.

Professor: That's right, Laura.

TRACK 3

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Can anyone say how they're different?

Laura: I think push factors are negative. They make people want to leave a place. And pull factors are positive. They make people want to move to a place.

Professor: That's right, Laura.

Most push and pull factors fit into one of three groups. Economic factors are connected to money. For example, if there are few good jobs in a city, some residents might move to a different city.

Can anyone give me another example?

Hannah: My parents have moved several times to places where the houses are cheaper.

- Professor:** Good example, Hannah.
Next, we have environmental factors. For instance, good weather could make people want to move to a place. On the other hand, hard winters might push people away from a place. OK?
- And finally, there are factors connected to society. Some people call these social or political factors, but I prefer the name “cultural.”
- Example anyone?
- Michael:** This city has a really good quality of life. Is that a cultural pull factor?
- Professor:** Yes, it is. Thanks, Michael.
So, any questions?
- Hannah:** Yeah, I'd like to ask can the same thing be both a push factor and a pull factor?
- Professor:** What do you mean, Hannah?
- Hannah:** Well, you said jobs can be a push factor. But what if a city has a lot of good jobs? Isn't that a pull factor?
- Professor:** Good point. Yes, some things can be either a push factor or a pull factor. If good jobs are limited, some people will leave a place. In contrast, if there are many good jobs, people might move to a place.
More questions?
- Michael:** Are there other kinds of push and pull factors? I mean, I'll leave home soon because my sister's kind of annoying ... but she isn't an economic, cultural, or environmental factor.
- Professor:** When we talk about push and pull factors, we usually focus on things that affect many people in society. But as Michael's joke about his sister tells us, there are also things that affect just one or two people. We could call these “personal factors,” I guess.

TRACK 4

1. we've discussed ...
2. I'm going to talk ...
3. ... they're different ...

4. ... I'd like ...
5. ... he has finished ...
6. ... I'll leave ...
7. ... my sister's kind of ...
8. ... we had moved ...

TRACK 5

Tom: I'm doing some research about family histories. Could you tell me about your background?

Julie: Sure! I have a diverse background. I was born here, but my mom comes from Mexico and my dad's from Brazil, but his parents were born in Japan. So, I guess I'm also one-half Mexican, one-quarter Brazilian, and one-quarter Japanese.

Tom: Wow! Your family's really multicultural. Why did your parents choose to come here?

Julie: They thought that the quality of life here was so high that they should immigrate.

Tom: This city does have a good quality of life, but it's really expensive. I get so little money from my job that it's hard to live here.

Julie: You're right. House prices are rising so quickly that I've been thinking about moving somewhere cheaper.

TRACK 6

Quality of Life

Each year, several organizations publish a list of world cities with the best quality of life. These organizations include the Economist Group and the magazine *Monocle*. Recently, cities like Melbourne in Australia, Vienna in Austria, Tokyo in Japan, and Vancouver in Canada have been on these lists. The organizations look at various factors to make their lists. For example, cities with a good quality of life usually have a stable government, little crime, and good public transportation and hospitals. They are also usually close to nature, have attractive buildings, access to museums, nice weather, and a clean environment.

For residents of these cities, life is generally great. However, even the best cities have some issues. In addition, approximately half of the world's population lives in cities with a lower quality of life. These people may dream of migrating somewhere better, but this may not be possible. A more practical alternative is for these people to find a way to improve the quality of life in their own communities.

Erik Ahlström provides a good example of this kind of personal action. Several years ago, he moved to Stockholm, the capital of Sweden. In general, Stockholm has an excellent quality of life. However, Ahlström felt that there was too much trash on the city streets. He decided to combine picking up the trash with jogging. He called this new activity *plogging*, and soon other people were helping him. Ahlström's idea for cleaning up the streets and parks of his community is simple. However, it has become so popular that people now go plogging in communities all over the world.

Mary Clear and Pam Warhurst are also good examples. They live in Todmorden, a small town in northern England. It's a nice place to live, but the two women wanted it to be even nicer. They found some areas of land nobody was using and began growing vegetables, fruit, and herbs. Their idea was that local residents could pick and eat them. People from other places soon heard about this "incredible edible" idea and wanted to know more. Todmorden now has so many visitors that residents there joke that they have invented a new form of tourism called *vegetable tourism*. Nowadays, at least 500 groups in places all over the world have started doing the same thing to improve their communities.

TRACK 7

- Speaker 1:** My son is beginning to follow my instructions.
Speaker 2: My young daughter loves dancing and singing.
Speaker 3: I have two girls who both hate eating broccoli!
Speaker 4: My boys managed to break our TV last week.
Speaker 5: My son just finished reading an interesting book.
Speaker 6: My seven-year-old girl hopes to become a doctor.

UNIT 2

TRACK 8

- Host:** Hello. My guest today is Tania Collingwood, who's going to talk about some ways our minds can trick us. Tania?
- Tania:** Thank you. Most people trust themselves to make good decisions, but sometimes cognitive biases can have an effect.
- Host:** Cognitive biases?
- Tania:** Yes. *Cognitive* means how people think and understand. And a *bias* is something that's not equal or fair.
- Host:** So, a cognitive bias can change how we think or understand something?

Tania: That's right. For example, *the halo effect* is one cognitive bias. When we think a person or thing is attractive, our minds believe that he, she, or it has other skills or benefits. This feeling can have an effect on what we do. For example, think about advertisements on TV. The actors are usually attractive people, right?

Host: Yeah.

Tania: We find the actors attractive, so our minds tell us that the products they're advertising are probably good quality or useful. And so, we might decide to buy those products.

Host: But what if the products are not good quality or useful?

Tania: Doesn't matter. The halo effect makes us think they are.

Host: Wow!

Tania: Here's another cognitive bias. Imagine you see a mother with her son. The boy's crying, but the mother looks angry and doesn't hug him. Is she a bad parent?

Host: Hard to say, but probably yes.

Tania: OK, now imagine you're with your son. He's crying because he's in trouble. He told you a lie. You want to hug him, but you also want him to know that lies are bad. Are you a bad parent?

Host: Well, no. I mean, children need to learn lying is bad, right?

Tania: People often do this: they think the behavior of other people is bad but see their own behavior as good. Why? It's a cognitive bias we call the *actor-observer effect*.

Host: So, when I do the action, I see it in a positive way, but when another person does it, I see it in a negative way?

Tania: Yes. Right.

Host: So, both the halo effect and the actor-observer bias change how our minds see things? Am I right?

Tania: There are other cognitive biases that have different effects, but you're right about the actor-observer effect and the halo effect.

Host: Can we stop them from affecting our minds?

Tania: Some people are affected by biases a lot, and some people are affected a little. Still, if we know about cognitive biases and keep them in mind, we can reduce their effects.

TRACK 9

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TRACK 10

Ellen: I'm not getting along with my roommate. I may move out.

Ali: Really? Why? Your roommate seems very nice to me.

Ellen: For one thing, she's not easygoing. My friends came over last night, and she asked us to make less noise.

Ali: Well, exams are coming up soon. She could have wanted to study.

Ellen: You might be right ... but still, every time I invite her out, she says "no." Doesn't that seem kind of rude?

Ali: Not really. She may just be shy and introverted rather than outgoing like you.

Ellen: Maybe ... You know what? I might talk to her this evening and find out more about her personality.

Ali: I think that's a good idea.

TRACK 11

How Memories are Made

These days, there are many sports competitions that are a physical challenge to the athletes. Well-known and popular examples include the soccer World Cup and the summer and winter Olympic Games. There are other events, however, that are less well known, but also very challenging. Examples include the Mind Sports Olympiad, the Memoriad, and the World Memory Championships. These events are not physical competitions, but mental ones. At the World Memory Championships, for example, competitors have to memorize people's names and faces, random images, or playing cards.

The people who win gold at these events are very good at using their minds and their memory. Yanjaa Wintersoul is a memory athlete who was born in Mongolia but grew up in Sweden. At an international memory competition in Indonesia in 2017, Yanjaa achieved two world records. One for remembering 212 names and faces in 15 minutes, and one for remembering 354 images in five minutes. At a different event in 2017, Munkhshur Narmandakh, another woman from Mongolia, not only became the memory world champion, but also set a world record by remembering 1,924 playing cards in one hour.

Yanjaa and Munkhshur definitely have amazing mental abilities, but anybody can improve their memory. One method for developing a better memory has been known for a long time: A famous Roman named Cicero wrote about it more than 2,000 years ago. This method has many names, including *the memory journey*. The process is simple. First, think about a familiar place or journey, such as the rooms in your home or your daily walk to work. Next, think of some items to remember and connect each item in your mind to one room in the place or one location on the journey. Funny, crazy, or interesting connections are best because they are easier to remember. Finally, to remember the items, "walk" the journey in your mind and "see" the items in each location.

Imagine you need to remember a shopping list. You might connect each item to the rooms in your home. For example, you might imagine seeing some bananas "sleeping" in your bed. You could also imagine opening a bedroom door made of bread and watching some eggs rolling down your stairs. Finally, you might imagine swimming across a river of orange juice outside your front door. Then, when you go shopping, you "walk" from your bedroom to your front door in your mind and "see" what you need to buy: bananas, bread, eggs, and juice.

TRACK 12

Carlos: I didn't know that London used to have bad pollution. Did you?

Sofia: Actually, yes. I was told about the Great Smog by a friend.

Carlos: Was he living there when it happened?

- Sofia:** No way! He's the same age as us!
- Carlos:** Have you ever experienced bad pollution?
- Sofia:** There was a lot of pollution in my city last year. A law was passed by the government, and people were told not to drive their cars for a week.
- Carlos:** Wow. What happened?
- Sofia:** The law worked. The level of pollution was reduced a lot.
- Carlos:** Good. I bet many people were unhappy about not driving, though.

UNIT 3

TRACK 13

Host: Our guest today is Dr. Eva Rivera. She's going to discuss extreme weather events. Welcome, Dr. Rivera.

Dr. Rivera: Thank you.

Host: First, could you explain what an extreme weather event is?

Dr. Rivera: Of course. When the weather is much worse than usual, we call it an extreme weather event or EWE. Often, these events cause a lot of damage.

There are several ways the weather could be worse than usual. For example, the weather event may be out of season. Snow in Canada in January would probably not be an EWE, but a lot of snow in July probably would be.

Or the weather could be more powerful than expected. For instance, a small tornado that causes little damage would not be an extreme weather event, but a huge tornado that causes millions of dollars of damage would be.

Or the weather event could be something that usually doesn't happen in a place. To give an example, many parts of Australia are very dry, so a serious flood there would be an extreme weather event.

Finally, an extreme weather event could last longer than normal. It gets hot in the summer, of course. If very hot weather lasts for days, we call it a heat wave. Short heat waves are common. If the temperature remains high for weeks, that would be an EWE.

TRACK 14

Host: I see. And how often do extreme weather events happen?

Dr. Rivera: That's hard to answer, but generally, a few extreme events are expected every year ... actually, I should say a few extreme events were expected every year.

Host: What do you mean?

Dr. Rivera: Well, extreme weather events are becoming more common. We might feel this from watching the news. For example, we often see stories about strong storms or big floods. But this is not just a feeling, it's actually happening. The science is clear.

Host: That sounds serious. So, what's the cause?

Dr. Rivera: Why are extreme weather events happening more? The most likely reason is climate change. A hotter climate leads to warmer summers, but also heavier rain, colder winters, more storms, and so on. How can we fix it? One way would be to produce clean energy.

Host: Thank you. We'll hear more from Dr. Rivera right after these messages.

TRACK 15

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TRACK 16

Kenzo: Look at this photo, Paula. It was taken by my grandma.

Paula: That's not a pig, is it, Kenzo?

Kenzo: No, it's a wild boar. It was standing outside her front door one day.

Paula: Wow! What did she do?

Kenzo: She called the police, but by the time they arrived, the boar had gone.

Paula: That sounds so scary. I'm glad it didn't happen to me!

TRACK 17

Is Coffee in Danger?

Around the world, coffee is grown in dozens of countries by 25 million farmworkers on about 27 million acres of land. That's more than seven percent of the Earth's surface! Just in Brazil, the world's largest coffee grower, almost 6.2 billion pounds of coffee are grown each year. That's the same weight as about 380,000 school buses. The world needs this much coffee because every year, people drink more than 500 billion cups. Businesses in the United States spend about \$5.5 billion to bring coffee into the country and make more than \$12 billion by selling it. In other words, coffee is big business.

Unfortunately, climate change could be a big threat to this business and the people who depend on it. To grow good coffee, the weather must be just right. If it is too hot or too cold, or if there is too much or too little rain, the plants might die, or the coffee beans might be poor quality. Climate change is making the world hotter and changing where and how much rain falls. This means many regions that have perfect weather for growing coffee now, will not be good places to grow coffee in the future. In Brazil, for example, scientists say that more than half of good coffee land will not be usable by the year 2050.

Even worse for coffee, an insect called the coffee berry borer beetle that likes to eat coffee beans also loves hotter weather. This means that as the climate changes, there will be more of these insects living in more places. And if there are more coffee berry borers, more coffee plants will be attacked. They already cause \$500 million in damage each year; how much will they cause in the future? In addition, diseases such as coffee rust (a disease that causes the tree to lose its ability to produce berries/beans) become more common when the weather is hotter and wetter. In Central America in 2011, this disease began to spread from coffee farm to coffee farm. In total, it affected more than half of the land that was used for growing coffee, and 350,000 people lost their jobs.

Coffee is the favorite drink of people all over the world. But unless humans work together to stop climate change and protect coffee, it could become part of our history, not our future.

UNIT 4

TRACK 18

Ian: What's that you're reading, Josh?

Josh: It's a book by a guy called Drew Dudley called *This Is Day One*. It's about becoming a better leader.

Ian: Is it good?

Josh: I haven't finished, but so far, it's good. Dudley writes about "lollipop moments" that can change people's lives in a good way.

Ian: Did you say, "lollipop moments?"

Josh: Yeah. When Dudley was at college, a woman spoke to him one day. She told him that she was worried on her first day at university. She thought college was not the right place for her. She wanted to go home, in fact.

Then she met Dudley. He was giving out candy—lollipops—to new students because he wanted people to donate money to a charity. Dudley gave a lollipop to a student next to her and told him to give the lollipop to the woman. The student gave her the lollipop, and she took it. Then Dudley made a joke. He said it was dangerous to take candy from people you don't know. The joke made the woman feel better. She thought about staying at college and decided to.

Ian: Decided to stay you mean? Wow, so Dudley's words and actions changed the woman's life?

Josh: Yeah. What he did seems small, but it had a big effect on her.

Ian: Actually, one of my teachers did something that changed my life.

Josh: Really?

Ian: Yeah. When I was ten, a new boy started at my school. I think his family was poor. He wore old clothes that were out of fashion or had holes in them. Because of his clothes, nobody was friendly to him. I guess he must have felt lonely.

Anyway, one day I came to school and my teacher had written a message on the board. Her message said, "You've changed your clothes since yesterday. Why don't you change your mind today?"

My friends didn't pay attention to it, but her message really made me think. I realized that she was telling us two important things. First, she was saying that a person's clothes aren't important. And second, she was also saying that we should change the way we think about this boy.

Josh: So, what happened?

Ian: I started talking to this boy. And you know what? We became best friends. In fact, we're still really good friends.

Josh: That's great.

Ian: Yeah, but I wish I had said thank you to my teacher for writing that message.

Josh: Drew Dudley says it's good to thank people who change your life. So why don't you do that? I bet you could get in touch with your teacher using social media.

Ian: Good idea. I'll do that!

TRACK 19

1. a woman spoke to him one day
2. she wanted to go home, in fact
3. wanted people to donate money
4. it was dangerous to take candy
5. staying at college and decided to

TRACK 20

Alessandra: David! I have great news! I was given a promotion today at work.

David: That's fantastic! Congratulations! You really deserve it.

Alessandra: Starting next month, I'm going to make \$500 more per month.

David: Wow! That's going to make a big difference in our lives.

Alessandra: I know. Should we invest it or pay back our bank loan more quickly?

David: Let's repay our loan. And I think we should set aside more money each month. I want us to buy a house so that we don't have to pay rent every month. The rent was raised a lot this year!

Alessandra: I agree. And if anything is left after our bills have all been paid, we could give a little more money to charity, too.

TRACK 21

Want a better job? Work for a better company

Some people love working so much that it doesn't feel like work. They wake up every day feeling excited about their careers. But most people are not so lucky. They need money to live, so they need a job. However, they don't love their work, and this can create problems. Because

these workers are not satisfied with their jobs, they feel unhappy. And because they are unhappy, they may not work hard. Luckily, some people and companies are trying to improve things.

Dan Price is the CEO of a company based in Seattle. In 2015, he decided to pay the workers at his company more money. He raised the salaries of all of his workers to \$70,000 a year, which is much higher than the US average income. To pay for this, he cut his own salary to the same amount. Interestingly, a study was published by Princeton University in 2010 about salaries. According to this research, people who make around \$75,000 each year are happier and feel more satisfaction than those who make less or more money. Since Price made his decision, his workers have been happier, and his company has been more successful.

Money is one reason why some workers are unhappy with their jobs. Another reason is working too many hours. Perpetual Guardian, a company based in New Zealand, wanted staff to have a better work-life balance. The company came up with a plan. Its staff were paid for five days, but they only had to work four days each week. Not surprisingly, workers were happier and more satisfied with their lives. They also worked harder, so the company was very pleased with the success of its plan.

Many studies about life satisfaction usually show that people who do things are happier than people who buy things. So, for example, going on a road trip or learning to play the guitar is better than buying a car or guitar. The famous company Airbnb wants its staff to have great experiences. Workers get \$2,000 each year to stay at Airbnb properties anywhere in the world. In addition, workers have the opportunity to visit or work at offices in other countries. As a result, many people who work at Airbnb love their jobs.

UNIT 5

TRACK 22

Woman: I'd like you to start by looking at this photo. It's obviously a fossil of some kind, but do you know what species it is? Any ideas?

No? Well it's a fossil of a horseshoe crab. This particular horseshoe crab died about 450 million years ago. After it died, it lay on the bottom of the ocean. Tiny pieces of sand and mud fell on its body for thousands of years. As the layers of sand and mud got higher, they pushed down on the body and turned it to stone. Millions of years later, humans found it in a layer of rock and put it in a museum.

Some people think all fossils are from species that have gone extinct, but that's not true. For example, there are many fossils of horses, but of course horses are still alive. The earliest fossils date from about 50 million years ago. Those early horses look different from modern horses because horses have changed,

evolved, over the years. However, they also look similar to modern horses in a number of ways.

Fossils are interesting, but today, I want to focus on living fossils. In simple terms, these are species with three key ... sorry, with two key characteristics. First, they're still alive now. And second, they look almost the same as actual fossils from long ago. They aren't the same, of course. Every species changes over time. However, living fossils look similar to their actual fossils because they have changed less than other species.

TRACK 23

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The classic example of a living fossil is the horseshoe crab. Yes, the same species we discussed earlier. They live off the Atlantic Coast of the United States and in the waters around India, China, Southeast Asia, and Japan and Korea. And if you look at a modern horseshoe crab, it looks almost the same as fossil crabs from hundreds of millions of years ago.

Nowadays, the coelacanth is considered another classic example of a living fossil. About 80 years ago, however, people thought it was extinct. There were fossil

coelacanths, but no scientist had seen a living fish. That changed one day in 1938.

Marjorie Courtenay-Latimer was working at a museum in South Africa. She received a call about something strange that a fisherman had caught. When she saw the fish, she thought it might be scientifically important, and she was right. The fish was a coelacanth. It was dead, of course, but her discovery showed that coelacanths still lived in the oceans. And yes, they look very similar to fossil coelacanths.

Incidentally, Courtenay-Latimer is something of a hero of mine. Even today, it can be hard for women to work in science. Back in the 1930s, it was even more difficult. So, I admire her because she worked hard to be successful.

Anyway, let's move on to discuss ...

TRACK 24

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TRACK 25

Eric: Did you feel that earthquake last night? I thought I was going to get shaken out of bed! I hope that we don't get any more quakes. I hate them!

Tom: Me, too. Actually, I kind of wish we lived in a place that didn't have any natural disasters.

Mel: Well, I wish that you both knew more about safety.

Tom: What do you mean?

Mel: First of all, natural disasters can happen anywhere, so the danger is about the same wherever you live. And second, they're rare. You're much more likely to get hurt in a traffic accident.

Eric: Really? Well, I hope nothing bad happens to any of us—accident or natural disaster.

TRACK 26

A Birthday to Remember

When he woke up on the morning of June 23rd, 2018, Peerapat Sompiangjai, whose nickname is *Night*, was excited. It was his seventeenth birthday, and his plans were to practice soccer and then have fun with friends from his team, the Wild Boars. When they fell asleep that night, however, Night and eleven of his friends felt hunger, thirst, and terror.

What happened? To celebrate Night's birthday, the Wild Boars explored the Tham Luang cave in northern Thailand. Their coach, Ekkapol Chantawong, went with them to keep them safe. Usually, it is OK to explore the cave in June, but heavy summer rains suddenly started. The cave began filling with water and the Wild Boars had to go deeper into the cave to survive. They were trapped!

When the boys did not come home that evening, their parents became worried. They found the boys' bicycles, bags, and shoes outside the cave and raised the alarm. Soon, the story became big news around the world. Volunteers from many countries traveled to Thailand to help.

Inside the cave, the situation was not good. They had a little water, but almost no food. They did not know that people were looking for them. They did not even know what day it was or how long they had been trapped. Coach Chantawong tried to help the boys. He let them eat his share of the food, and he taught them how to meditate so they would feel less worried. He also told them to lie still in order to use less oxygen.

At last, there was good news on July 2nd when three divers found the team alive. Around the world, people were happy to learn of their discovery. Now that divers knew the boys' location, they could bring food, air, and medicine to them. However, the situation was not safe: the cave was full of water, the boys could not swim, and they were far from the cave entrance.

More heavy rains were expected, and the rescuers came up with a dangerous, desperate plan. First, they put diving equipment on the boys. Some divers then tied themselves to the boys and helped them swim to a dry part of the cave. Finally, more than 100 helpers took turns carrying the boys to the cave's entrance.

The plan was very dangerous, and sadly, diver Saman Kunan died while rescuing the boys. However, despite the danger, all of the Wild Boars, including Coach Chantawong, were out of the cave and being checked by doctors by July 10th. At last, after 17 days in the cave, they were all safe.

UNIT 6

TRACK 27

Host: Good morning, and welcome to Street Talk, the show that gives you a chance to share your views about issues affecting our city.

Last week, the city government said that it has approved a new public art installation by the artist Zofira who has said that the role of art is to improve people's lives.

What is this art project? You know the corner of Elm and Chestnut where the Truman Department Store used to be? Well, Zofira's going to turn the whole site into a giant outdoor ball pit for kids and adults. Apparently, the pit will contain millions and millions of plastic balls!

What do you think about this controversial installation? Call in now with your views.

We've got Ted from Forest Heights first. Ted, what's your view on all this?

Ted: As far as I'm concerned, it's a waste of money. Real art is portraits painted by geniuses on display in galleries, not silly ball pits. And did you say millions of balls? These days we should be using less plastic, not more. For the environment, I mean.

Host: Thanks, Ted. I should point out that corporate sponsors are paying for the ball pit, so it won't cost the city anything. Still, I'm sure some other listeners share your views ...

Next, we've got Linda from West Central on the line.

Linda: I think public art is important because it adds character to the city. Take the area around North Avenue Market. These days, there's a lot of graffiti there. Some of it's just people's names, which I don't like, but there are also faces and shapes, and those are interesting. So, from my perspective, we need more public art, not less.

Host: Thanks, Linda. Do you have any specific views on the ball pit?

Linda: Uh, well, it doesn't interest me personally—I'm too old to go jumping around—but like I said, I'm in favor of public art.

Host: Thanks. Next, we've got Aziz from Mountain Park. Aziz?

Aziz: I think the idea is brilliant! I can't wait to try the ball pit myself, and I think it'll benefit the city in many ways.

Host: For example?

Aziz: Well, first, I think the ball pit is going to bring a lot of tourists into the city. Those tourists will spend money, so the project will actually boost the economy. Also, I think the ball pit will make people in the city smile. And with so much bad news these days, we all need more fun, more laughter, don't you think?

Host: Thanks, Aziz.

Please continue to call in with your thoughts about Zofira's controversial ball pit project. Next, we've got ...

TRACK 28

1. As far as I'm concerned, // it's a waste of money.
2. Real art is portraits // painted by geniuses // on display in galleries.
3. I think public art is important // because it adds character // to the city.
4. So, // from my perspective, // we need more public art, // not less.

TRACK 29

Well, first, // I'm sure the ball pit is going to bring a lot of tourists // into the city. // Those tourists will spend money, // so the project will actually boost the economy. // Also, // I think the ball pit will make people in the city smile. // And with so much bad news these days, // we all need more fun, // more laughter, // don't you think?

TRACK 30

Ella: My friend Ben, who works at the art gallery, told me about some new controversial art. Do you want to go see it?

Hiro: Controversial art? Like what?

Ella: Well, there's a work called *Equivalent VIII*, which is just a pile of bricks on the floor, by American artist Carl Andre. And Ben said that *Campbell's Soup Cans*, which I really want to see, is on display, too.

Hiro: What? Soup cans? Why are soup cans in a gallery?

Ella: No, I mean *Campbell's Soup Cans* by the artist Andy Warhol, who is American.

Hiro: Really? Cans don't sound much like art to me, but I'd like to see the exhibition!

TRACK 31

The Art Bubble

At an art auction in 1987, *Iris* by Vincent van Gogh was sold. The price made headlines around the world because it was a record for a piece of art. Some people said that \$53.9 million was too much. They claimed that art prices would stop going up. They argued that the art bubble would pop. They were wrong.

Over the years, art prices continued to go up and up and up again. Then, 30 years later, in 2017, *Salvator Mundi* by Leonardo da Vinci was auctioned. The buyer paid \$450.3 million. This price broke the previous record by more than \$150 million. It also raises some questions: Is any painting worth so much money? Who can pay so much for art, and why do they do it? And what is next for the art world? In other words, will prices continue to rise, or will the art bubble pop and prices fall?

In the past, galleries usually bought important works to put on display for the public. These days, however, only the super-rich can afford to buy major pieces. For example, Kenneth C. Griffin, who is a wealthy American, spent more than half a billion dollars to buy just two paintings. And Yusaku Maezawa, a Japanese billionaire, spent \$98 million on art in just two days in 2016.

Why do these people pay so much? First, many artworks are unique. This makes them rare, and throughout history, people have always paid more for rare things than common ones. Second, works of art are beautiful, and humans have always been willing to pay for beauty.

Are these paintings worth their sky-high prices? From an emotional point of view, the answer may be *yes* if the buyer truly loves the work. And from a financial point of view, the answer may also be *yes*: art prices continue to rise, so buying art may seem like a good investment. This may not be true in every case, however. For example, the idea that Leonardo da Vinci painted *Salvator Mundi* is controversial. Some experts say that it was most likely painted by one of his students. If this is true, the work's value could drop hugely.

Many experts think that the art bubble will not pop any time soon, which is bad news for society. Art has both a financial value and a cultural value, and if people cannot see great works of art, they will see less beauty and fewer examples of creative genius. Perhaps fewer people will become artists because the art in galleries does not inspire them. We must hope that those who pay \$100 million or more for art will follow the example of Jack Gardner and his wife Isabella Stewart Gardner. They were wealthy collectors who opened a museum in Boston to put their art on display for the public.

TRACK 32

1. Transportation: a system for moving people from one place to another. Transportation.

2. Fuel: a material people burn or use to make energy to move. Fuel.
3. Aircraft: a machine that can fly, such as an airplane or helicopter. Aircraft.
4. Commute: go from home to work or school and then back again. Commute.
5. Explore: go to and travel around a place to learn more about it. Explore.
6. Launch: put something into space or the sky; start something new. Launch.
7. Passengers: people who take trips in or on vehicles. Passengers.
8. Journeys: trips, especially long ones, from one place to another. Journeys.
9. Distance: the amount of space between two places or two things. Distance.
10. Destination: the place somebody is going or something is being sent. Destination.

UNIT 7

TRACK 33

Host: I'd like to introduce Dr. Joshua Connolly, who is an expert on self-driving vehicles. He has spent more than ten years working to bring cars that don't need a driver onto our roads. Welcome, Dr. Connolly.

Dr. Connolly: Thank you.

Host: First, I understand that your company had a big success a few months ago. Could you tell us what happened?

Dr. Connolly: Yes, it was an exciting time for us. One of our self-driving cars drove all the way across the country without any problems. It went from west to east and then all the way back. The human operator didn't take control of the vehicle a single time. That might not sound like a big deal, but it's a very big step for a small company like ours.

Host: It's impressive. Let's back up a little, though. I was wondering how you first got into self-driving vehicles. Were you always interested in cars?

Dr. Connolly: Interested in cars? Not really, no. After college, I wasn't sure what to do. A friend took me to a talk by an engineer. She talked about creating an artificial intelligence system to let cars drive by themselves. That sounded like an exciting field to me. Plus, she seemed like a pretty cool person.

TRACK 34

Host: Let's get back to your company's plans. You have a car that drives itself across the country, and you could have focused on that. But you want to launch a different business. Could you tell us about it?

Dr. Connolly: I'd be happy to. We are developing self-driving public transportation. The vehicles pick you up from your door any time. And then they take you to any place you want. The whole system is automatic. All you need to do is get on and get off at your destination. Oh, and it's going to be cheap; much cheaper than owning a private car, in fact.

Host: That sounds great, but what about safety? I mean, how can you get people to sit in a fast-moving vehicle with no driver?

Dr. Connolly: Safety is very important, of course. It's something every company cares about. The thing is, cars driven by humans are *more* dangerous than self-driving cars are. If you look at the data, human error causes most accidents. So, I think safety will come when we have more self-driving cars on the road.

Host: And you really think this is going to happen? Can you say when we should expect it?

Dr. Connolly: In the next ten years. Personally, I'm looking forward to it. I drive a lot, but I don't like it much. I especially hate sitting in traffic because I can't do anything useful while I'm waiting. I'm sure many other people have felt the same way about traffic jams. So, these vehicles are great because people can work while they travel.

Host: Dr. Connolly. Thank you for your time.

TRACK 35

Host: You have a car that drives itself across the country, and you could have focused on that.

Dr. Connolly: The thing is, cars driven by humans are more dangerous than self-driving cars are.

Dr. Connolly: I'm sure many other people have felt the same way about traffic jams.

Dr. Connolly: So, these vehicles are great because people can work while they travel.

TRACK 36

Edson: Excuse me, do you know whether the next bus goes to the airport?

Tracy: It depends. The Number 27 bus goes to the airport, but the 28 doesn't.

- Edson:** I see. And how much is the fare?
- Tracy:** A one-way ticket costs three dollars. A return ticket is one dollar more.
- Edson:** Sorry to keep bothering you, but I'd also like to know how long it takes.
- Tracy:** To get to the airport? It depends on the traffic, but usually, it's about 20 minutes.
- Edson:** That's great. Thanks for your help.
- Tracy:** No problem. You must be a visitor. Where are you from?
- Edson:** I'm from Curitiba in Brazil. Do you know it?
- Tracy:** I've heard of it ... Oh, look. A bus is coming. Can you tell whether it's the 27 or 28?

TRACK 37

The Future of "Travel"?

Most of us travel each day. We commute to work, visit friends, or go shopping. This kind of travel may be necessary, but it is not always fun. As a result, most of us also look forward to traveling somewhere for a relaxing vacation. In theory, traveling is a wonderful experience. In practice, however, there can be problems with taking a trip.

Cost is one issue. Vacations can be expensive, especially for people with children. Another problem is time. In the modern world, many of us are too busy to take a relaxing trip away. And vacations can also be surprisingly stressful. We might have to deal with lost luggage, unfamiliar food, large crowds, noisy hotel rooms, or uncomfortable aircraft seats. And to top it all off, long-distance flights are bad for the environment because aircraft burn a lot of fuel.

Because of these problems, staycations have become more popular. These are vacations in which you stay at home. During a staycation, people will often visit nearby tourist attractions. They may also do other fun things such as eat at restaurants more than usual, visit shopping malls, or go to local festivals. And because people do not have to fly to a distant destination or stay in a hotel, staycations cost less than vacations.

However, staycations are not a perfect solution. For one thing, visiting tourist sites and eating out is not cheap. Some people overcome this problem by choosing to be "armchair travelers." They take a staycation, but instead of spending money to visit nearby attractions or restaurants, they read books or watch documentaries about other places. The cost is very low, of course. Still, for many people, reading or watching a show about a place is a poor alternative to going there.

Virtual reality may offer a high-tech way for us to “see” the world. A “traveler” puts on a VR headset and runs special software. The software takes her on a “journey” to another place, such as the mountains of Chile. The VR traveler feels she is really in that place. By turning her head, for instance, she will see mountains behind or in front. The software may also let her “interact” with things. For example, she may be able to “pick up” something to look at it more closely.

VR travel is not a perfect solution, either. The VR experience may be enjoyable and realistic in some ways, but it is not the same as being there. And psychology studies show that having real experiences is important for our happiness. Still, one major hotel chain already gives its guests the chance to enjoy VR travel in their rooms. And the technology will get better. Perhaps in the near future, VR will give us the chance to “explore” the moon or Mars.

UNIT 8

TRACK 38

Host: Welcome back to Sports Radio. Earlier, I spoke to Jordan Marsh, who won the city marathon yesterday. I'm now joined by Grace Bekele, the fastest woman in that race. Welcome, Grace.

Grace: Thank you, but ...

Host: Now your time was just over two hours and 20 minutes, and that's a pretty fast time for a woman, isn't it? You must be happy with that result, right?

Grace: Excuse me? A fast time for a woman?

Host: Uh, well, I ...

Grace: My time was two hours 20 minutes and 14 seconds. That is an elite time for any athlete, either male or female. My time is good enough to go to the Olympic Games. Maybe even good enough to win a medal. And I heard your interview with Jordan Marsh. You did not tell him that he ran a good time for a man, so why say it to me?

Host: Well, I didn't ... I mean, I ...

Grace: And you are wrong. Jordan did not win the marathon yesterday. He was the fastest man, but I was three minutes faster than him. I won the race, OK?

Host: I've upset you, haven't I? That wasn't my intention. Sorry. Still, men generally do have more speed—and strength—than women, don't they? I mean, that's just nature.

Grace: More speed? Maybe sometimes, but not more strength. For example, six months ago I gave birth to a beautiful baby. Female runners do that all the time, but can you imagine any man running an elite marathon just a short time after having a baby?

Host: Probably not, but ...

Grace: I am still talking. And female athletes don't get the same support as male athletes. Do you know when I first had a coach? Not until I was 19 years old. Why? No coach wanted to work with me. Why? Because I am a woman.

Host: Well, but ...

Grace: I am still talking. And when I got married, do you know what people expected of me? They expected I would stop running and take care of my family. My husband is a professional soccer player, but nobody expected him to stop playing.

Host: But if ...

Grace: I am still talking. I won the marathon yesterday, but Jordan got more money than me. Why? Because he is a man and male athletes usually get more than female ones.

Host: Yeah, but ...

Grace: I am still talking. So female athletes compete against society as well as against each other. And for that reason, I say women are stronger than men. How can we not be strong? We must fight every day for everything.

Host: You've made some very interesting points, Grace. You're right that life is more difficult for women in sports. Let's discuss this more after this break ...

TRACK 39

1.

Grace: Excuse me? A fast time *for a woman*?

2.

Grace: My time is good enough to go to the Olympic Games. Maybe even good enough to win a medal.

3.

Host: I've upset you, haven't I? That wasn't my intention. Sorry.

4.

Host: You've made some very interesting points, Grace.

TRACK 40

Coach: I'd like you to be our new team captain, Sam. What do you say?

Sam: Me? Why? There are other players who are better. For example, I don't have much speed or strength. Alex and Chris are both faster than me and there are several people who are stronger than me.

Coach: Well perhaps, but you have excellent stamina. Nobody can keep running and running like you do. Your balance and teamwork are good, too.

Sam: I guess, but ...

Coach: Plus, you have several skills which are really important for a captain. For one thing, your leadership is very good. Everybody trusts you to make the right decisions. Moreover, your communication skills are great, too. When you give advice, people listen. Finally, and most importantly, there's nobody on the team with as much commitment to winning as you. In fact, I've never coached anyone that is such a competitor.

Sam: Wow! Thanks, Coach. I really appreciate it. And yes, I'd love to be captain!

TRACK 41

When Losing Means Winning

In sports, we expect that athletes and teams will play to win. In most cases, this is true. In unusual cases, however, trying to lose may be better. Take the soccer World Cup in 2018. England had to play Belgium. The team that won would stay in the competition but would play great teams like Brazil or France in future games. The team that lost would also stay in the competition but would play less-famous teams like Denmark or Sweden. In other words, the losing team would have easier games and so have more chances to win the whole competition. In the end, Belgium won the game. But for England, losing did not feel like failure: The team easily reached the semi-final, the country's best result in almost 30 years.

In some North American sports leagues, losing can also mean winning. However, unlike the example of England and Belgium, in these leagues, a team must lose many games in some years in order to win in future years. The reason for this strange situation is something called a *draft*. Each year, every team gets a chance to add the best young players from around the country. Teams with very bad records get the first chances to pick players, and teams with good records get the last chances. So, losing a lot gives a team a good chance to draft a great young player.

Why is drafting players important? Well, a team that can add several top players can improve a lot very quickly. The team might even become good enough to win a championship. That sounds surprising, but it has happened many times. In baseball, for example, the Chicago Cubs and Houston Astros were bad teams for years. They lost game after game. Losing let both teams draft many young players. These new players were very good. They were so good, in fact, that the Cubs won the baseball World Series in 2016. Then just one year later, the Astros won it.

When a team tries to lose often in order to draft great players, it is called *tanking*. This is sometimes unpopular with fans, but it is not against the rules. Still, how do teams actually do it? Trading players is a common way. A tanking team can trade its best players to other teams. In return, it can get extra draft picks. This has two benefits. First, the tanking team is more likely to lose because it no longer has its best players. Second, when the draft happens, the team can use the extra picks to get even more great young players. In this way, a tanking team can go from worst to first in just a few years.

UNIT 9

TRACK 42

Becky: When I tell people that I'm a stunt person, they get very excited! They want to know all about my job, and they ask me a lot of questions.

Here's the most common question I get: "Isn't your job dangerous?" I read somewhere that the three most dangerous jobs in the world involve cutting down trees, catching fish, and flying airplanes. I was happy that doing stunts is not in the top three. Still, being a stunt person is definitely a job with many risks.

For example, a few months ago, a friend of mine broke both his legs. He was doing a stunt for a movie. He had to jump over a car, but he was late, and the car hit him before he could jump. I haven't broken any bones, luckily, at least not while working as a stunt person. I've had a lot of minor accidents, but they haven't caused any long-term harm.

People also really want to know about the actors. They ask, "What is this person like?" or "Is that actress nice?" I try to avoid those questions because my answers could be dangerous to my career. I mean, if I say an actor behaves badly, he or she could tell a director to stop using me. Actors have much more power than stunt people.

I don't mind talking generally, though. Overall, some actors are wonderful, some are OK, and some are ... well, let me just say that there are some actors I'll never work with again.

People also really want to know how I got into this kind of work. I used to be an athlete, a soccer player in fact. I was good, but then an injury stopped my career. I had to look for a job that needed someone with both speed and strength.

A friend asked, "Why not become a stunt person?" Well, even as a child, I enjoyed doing dangerous things. My hobbies were surfing, mountain climbing, things like that. Plus, I'd always loved movies. So, getting into stunt work seemed like a good idea. A lot of my friends in the industry tell similar stories.

The final question people always ask is about the money. It's usually rude to ask how much a person gets paid, but that doesn't stop people from asking: "Don't you make millions like famous actors?" Well, the answer is definitely *no*. I make some money, but I'll be an old lady before I've earned even a single million.

Sometimes that upsets me. I mean, all the danger is mine, but the actor gets thirty, forty times more money than me. And I face these risks for people's entertainment. I'm not sure that's a good reason to risk my life.

But at the end of the day, I love what I do. I love the excitement, the work, even the danger, in some ways. So, all in all, it's hard for me to imagine doing anything else. That being said, I'm 42 now, so I should think about life after stunt work.

TRACK 43

1.

Becky: I haven't broken any bones, luckily, at least not while working as a stunt person. I've had a lot of minor accidents, but they haven't caused any long-term harm.

Narrator: What does the woman imply when she says this?

Becky: At least not while working as a stunt person.

2.

Becky: I don't mind talking generally, though. Overall, some actors are wonderful, some are OK, and some are ... well, let me just say that there are some actors I'll never work with again.

Narrator: What does she imply when she says this?

Becky: Well, let me just say that there are some actors I'll never work with again.

3.

Becky: Even as a child, I enjoyed doing dangerous things. my hobbies were surfing, mountain climbing, things like that. Plus, I'd always loved movies. So, getting into stunt work seemed like a good idea. A lot of my friends in the industry tell similar stories.

Narrator: What does she imply when she says this?

Becky: A lot of my friends in the industry tell similar stories.

4.

Becky: It's usually rude to ask how much a person gets paid, but that doesn't stop people from asking: "Don't you make millions like famous actors?" Well, the answer is definitely *no*. I make some money, but I'll be an old lady before I've earned even a single million.

Narrator: Why does she say this?

Becky: I'll be an old lady before I've earned even a single million.

5.

Becky: But at the end of the day, I love what I do. I love the excitement, the work, even the danger, in some ways. So, all in all, it's hard for me to imagine doing anything else. That being said, I'm 42 now, so I should think about life after stunt work.

Narrator: What does she suggest when she says this?

Becky: I'm 42 now, so I should think about life after stunt work.

TRACK 44

1.

Becky: with many risks

2.

Becky: a few months ago

3.

Becky: speed and strength

4.

Becky: a friend asked

TRACK 45

Tina: Oh my gosh! What happened to you, Greg?

Greg: When I was biking to work two days ago, I had an accident. I cut my head and scraped and bruised my face.

Tina: You should always wear a helmet when you ride. Head injuries can be very serious.

Greg: I also sprained my ankle while I was jogging yesterday. That's why I'm limping.

Tina: But it snowed yesterday. Don't you know that you shouldn't run if the streets are icy?

Greg: Oh, and as I was making breakfast this morning, I accidentally burned my hand.

Tina: You're so accident-prone! Always check if something is hot before touching it. OK?

TRACK 46

Is Too Much Safety a Risk?

For most people, life today is safer than it was 1,000, 100, or even 10 years ago. However, the world still has some dangers, so most parents spend time and money keeping their children as safe as possible. They buy them helmets to wear when riding a bike. They keep them away from things that could cause injury. They avoid letting their children be in any kind of harm. These actions seem good, but some people argue that too much safety may actually be bad.

These people say that children cannot learn how to stay safe if they are never in dangerous situations. They think children will not know how to deal with dangers or problems because they do not have experience doing these things. They also argue that children learn when they do dangerous things. For example, they learn to take responsibility for themselves and their actions. They also learn to control things and be independent. And as children often have little control or independence, those can be powerful feelings.

According to the "hygiene theory," keeping children too safe may also cause health issues. These days, more and more children have allergies to foods like nuts or eggs. A possible reason is that people are protecting their children too much. They do not let their children play with other children who have an illness, or they stop their children from playing outside. As a result, their children's bodies are not used to germs or dirt. And when these children eat a food that is normal, their bodies may have a dangerously strong reaction.

So, what should parents do? Some people choose to be "free-range" parents who give their children freedom to do things on their own. For example, they may let their children walk to a park and play there alone. They feel that this kind of freedom will teach their children important skills. But some parents worry that "free-range" parenting is too much. For these parents, there

are books and websites that suggest some dangerous activities children can do with an adult to help them. One of the most famous books is by Gever Tully. His book is called *50 Dangerous Things (You Should Let Your Children Do)*. Examples of these dangerous things include letting children drive a car or walk home from school alone.

So, is it true that too much safety can be dangerous? Perhaps the answer comes from Aristotle, the famous Greek writer. He wrote that doing “everything in moderation” leads to the best life.

UNIT 10

TRACK 47

José: What’s that book you’re reading, Hanna?

Hanna: It’s called *Post Mortem: Solving History’s Great Medical Mysteries*. It’s by a doctor called Philip Mackowiak.

José: Huh. Is it any good?

Hanna: Actually, it’s really interesting. It gives some theories about medical mysteries from history. It covers what diseases some people might have had and how they died. For example, there are chapters about people like Christopher Columbus, Beethoven, Mozart ...

José: There’s doubt about what killed Mozart? I didn’t know that. So, what was it?

Hanna: I haven’t read that chapter yet, actually. So far, I’ve only read about some leaders from the ancient world, including Egypt, Greece, and Rome. I’ve already learned some stuff I didn’t know.

José: Such as?

Hanna: The first chapter is about a pharaoh from Egypt called Akhenaten. I had never heard of him, but apparently, he was the father of Tutankhamen, the famous pharaoh whose treasure was discovered. Anyway, paintings and statues of Akhenaten show that he had an unusual face, body, and legs.

José: His face?

Hanna: Yeah, it was very long and had an unusual shape. Doctor Mackowiak suggests some physical conditions that might have caused this. Then the next chapter was about Pericles. He was a famous politician and soldier from ancient Greece ... well, from the city of Athens which is famous for being the place where democracy first started.

Anyway, Pericles got sick and died about 2,450 years ago. The same disease affected hundreds of thousands of people in Athens, and around one quarter of them died. Anyway, the book names some of the diseases that might have caused the sickness.

José: Twenty-five percent of the population died? That sounds really bad!

Hanna: Yeah, it must have been terrible. Apparently, the disease had many nasty effects, including vomiting, headache, fever ...

Anyway, the chapter I'm reading now is about Claudius, one of the Roman emperors. There's some doubt about how he died. I haven't finished the chapter yet, but Doctor Mackowiak seems to suggest there are two possibilities. First, he might have died of natural causes, such as a heart attack. And second, perhaps somebody gave him poison.

José: Poison? So not just a medical mystery, but kind of a murder mystery, too? The book does sound interesting. I might read it once you've finished.

Still, why did a doctor write a book about medical mysteries from history? I mean, there are plenty of modern mysteries, so I wonder why people spend time studying the past.

TRACK 48

Narrator: When saying a list of things, speakers often say *or* or *and* before the last item in the list to show that the list is about to finish. In these cases, the first items in the list will have a rising intonation, and the last item will have a falling intonation.

For example: *We don't know when he died, where he died, or how he died.*

In some cases, the speaker may leave the list unfinished. In these cases, the last item in the list will also have a rising intonation.

For example: *We don't know when he died, where he died, how he died ...*

TRACK 49

1.

Hanna: There are chapters about people like Christopher Columbus, Beethoven, Mozart ...

2.

Hanna: Some leaders from the ancient world, including Egypt, Greece, and Rome.

3.

Hanna: Statues of Akhenaten show that he had an unusual face, body, and legs.

4.

Hanna: The disease had many nasty effects, including vomiting, headache, fever ...

TRACK 50

José: Is that another book about how famous people died, Hanna?

Hanna: No, it's one of Agatha Christie's crime stories.

José: I don't know her. Is she famous?

Hanna: Definitely! She's one of the best-selling writers in history. Her most famous character is a detective called Hercule Poirot who is great at finding clues and other kinds of evidence.

José: Oh, it's a mystery story? I don't like those: I can never figure out who did it!

Hanna: Me, neither. And I always wonder how mystery writers come up with their ideas. Still, I love reading their books. Anyway, do you like any other kinds of books, José?

TRACK 51

Back to the Moon?

On July 16th, 1969, the *Apollo 11* rocket was launched into space. Sitting inside were Neil Armstrong, Buzz Aldrin, and Michael Collins. After a journey of around 238,855 miles and almost 110 hours, Armstrong and Aldrin became the first humans to step onto the moon and on the surface of another world. Over the next three years and five months, five more rockets traveled to the moon, and another ten men stood on its surface. Or at least, this is what most people think.

Some people, however, have a different idea. Their belief is that humans never traveled to the moon. They feel that all of the evidence for the moon landings is fake. How many people believe this conspiracy theory? Some people may not want to admit they believe it, so the true number is in doubt. However, research suggests that up to one quarter of people in some countries think that humans have never visited the moon.

These people mention details that support their opinion. For example, they mention two points about videos and photographs from moon's surface. First, they say these pictures show flags moving in the wind, but there is no wind on the moon. As a result, they argue that these

pictures must have been taken on Earth. They also say that the pictures show no stars in the sky, so they could not have been taken by astronauts standing on the surface of the moon.

Do these points show that the moon landings did not happen? The answer is *no*. The piece of metal holding the top of the flag was damaged. It was not straight, so the flag could not hang straight down. As a result, it looks like it is moving. And no stars can be seen in the photographs because the sun is very bright on the moon. It is so bright, in fact, that although there were many stars in the sky, they did not show up in the pictures. So, there is no doubt about the moon landings: they did happen.

However, why so many people believe conspiracy theories is much more of a mystery. Research suggests there might be several reasons. First, life in our modern world can be difficult, and people may feel their lives are uncertain. This feeling can make people very uncomfortable. Conspiracy theories can give people a feeling of certainty, which is attractive. In addition, people who believe conspiracy theories may feel they have secret knowledge that other people do not have. This is also an attractive feeling.

NASA, the National Aeronautics and Space Administration, has said it will send humans to the moon again. The current plan is that this will happen within the next ten years. Depending on what you think, the next trip to the moon will be either the seventh or the very first.

UNIT 11

TRACK 52

Speaker: Hello, everyone. Thank you all for coming.

I wasn't sure a talk about research would be very popular, so it's a nice surprise to see such a big audience and so many young people. Still, perhaps I shouldn't be surprised. After all, there are several colleges nearby, and learning is important for students!

Anyway, let me begin with a brief summary of the points I'll cover. After that, I'll go into each point in more detail, OK?

Right, so the first research finding I'll discuss is about learning styles. I'm sure you've all heard of these many times. For example, visual learners supposedly learn best when they see things, auditory learners learn from hearing, kinesthetic learners understand things best by doing, and reading/writing learners benefit most from reading and writing, of course.

Sound familiar? Well, a growing number of experts feel there's no scientific support for this idea. Not only that, but trying to teach students according to their supposed learning style may cause problems. I have to say that I taught full-

time for years, and my experience suggests that some people do have preferred learning styles. Still, I'll share the research with you and allow you to make up your own minds.

Next, I'll share some research that suggests taking care of your body physically can improve learning. We've all heard about how important sleep is, but new research shows that good sleep can improve our memories. That's obviously important for anyone studying for an exam!

Exercise seems to be important for learning, too. An interesting study shows that students who exercised while learning remembered more than those who did nothing. This study focused on people learning a language, but there's no reason to think exercise will only benefit language learners.

Still on the subject of language learners, new research suggests listening is a very effective way to learn a new tongue. This makes sense, of course, because we all learn our native language from listening to our parents, teachers, siblings, friends.

Anyway, the really interesting thing about this study is that even passive listening helps. In other words, just listening to a foreign language can be useful. It is not always necessary to listen and repeat. In fact, the research suggests that it is not even necessary for students to focus their attention on what they are hearing.

And another study suggests that people remember more of what they hear when the speaker is easy to understand and speaks clearly. I hope I'm speaking clearly enough!

Finally, a recent study shows that practicing a lot helps with learning. That sounds obvious, I know. But the interesting part is that even very short periods of practice seem to have the same benefit as longer periods. Most of us are busy these days, so this is an important finding.

Anyway, that's the overview. Let's move on and discuss each point in detail.

TRACK 53

Narrator: Enunciation is the act of speaking clearly. Listen to this sentence twice: once spoken normally, and once enunciated clearly.

They should have spent more time studying for their exams.

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Notice how the words were clearer the second time because the speaker:

- said the beginning and end of each word clearly.
- paused slightly after each thought group.

When you enunciate well, people will understand what you are saying more easily. Research suggests they may better remember what you said, too. Learning how to enunciate can help you communicate more effectively in English, and/or achieve higher scores on a speaking test.

TRACK 54

1. He was planning to attend a training course next week.
2. I would have done better if I had felt more confident.
3. She could have gotten a degree from a great school.
4. They were going to talk to an expert about the topic.
5. We should have concentrated harder in grammar class.

TRACK 55

Oscar: Did you ever decide where to send your twins to school, Rachel?

Rachel: We were planning to enroll them in a boarding school, but we changed our minds.

Oscar: So, are they are attending a private school every day?

Rachel: No. We were going to send them to one, but the fees were too expensive.

Oscar: Yes, private schools can be costly.

Rachel: So, my husband said he would homeschool them. We tried that for a month, but it was too much work for him.

Oscar: Oh, so where do your children go to school?

Rachel: We decided to enroll them in a local public school. Luckily, they love it there!

Oscar: Is that the one just around the corner from your house? If so, that's convenient.

TRACK 56

Games: More Than Just Fun

Many people think they need a good education to get a good job. As a result, they spend hundreds of hours and thousands of dollars a year on their studies. For these people, education is a serious matter. But does it have to be? A growing number of experts say that learning can, and should, be fun.

Gamification is one way to make learning more enjoyable. The name may be unfamiliar, but the idea is easy to understand. One common definition is that gamification is using ideas from games to make non-game situations more fun and enjoyable.

Gamification is becoming popular because studies suggest it has many benefits. For example, students tend to enjoy studying more when their lessons are gamified. Gamification may also help learners concentrate for longer periods and feel more motivation to study. All of these things can build students' confidence and improve their academic results.

Gamification also brings benefits outside of the classroom. A famous example happened in Stockholm, Sweden about ten years ago. The stairs at Odenplan subway station were turned into a piano. When people stepped on them, the stairs made music. Walking up and down the stairs became fun, and the number of people who used the escalator went down by about 66 percent.

Gamification is not the only way people can learn while playing. In countries around the world, some schools have a play-based curriculum. The idea is that informal play is better for young children than formal training. The country that is the best example of this is Finland, which has one of the best education systems in the world. Children there do not start formal school until they are seven. Instead of learning to read or do math, younger children spend their time playing creative games.

Doctors are finding that play has benefits for adults, too, and not just in terms of learning. Some people who experience a dangerous situation may develop PTSD (post-traumatic stress disorder). People with PTSD may feel very worried about life. Recent studies show that playing certain video games can help people manage PTSD and improve their lives.

To sum up, games are more than just fun. Famous educators like Maria Montessori have suggested that play is the "work" children should do. Given its many benefits, perhaps adults also should work hard at play.

TRACK 57

Tommy: Everything OK, Mia? You look kind of down.

Mia: I'm having a hard time studying these days. I can't concentrate well. Instead of studying, I find myself spending time on social media or just looking out the window.

Tommy: That's too bad.

Mia: And even when I *can* concentrate, somehow nothing's sticking in my memory. I don't know why, but when I learn something, one hour later I've forgotten it.

Tommy: Sorry to hear that. Listen, I feel bad about this, but I have a class in a couple of minutes, so I have to rush off. Sorry. I wish I could stay and talk.

Mia: I understand.

UNIT 12

TRACK 58

Ian: Hello. This is Ian Smith with *New and Improved*, a podcast series about innovation ... or perhaps that should be "Ian-novation." Sorry! That's a bad pun, I know. I often talk about people who are innovators. In the last episode, for example, I shared the story of some people who became innovators by accident. Today, I'm going to focus on something different. Competition usually means that somebody wins, and somebody loses. However, when competition leads to innovation, it can have a positive outcome for everybody.

TRACK 59

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Wars are obviously an example of competition. After all, in a war, one country is fighting another country. Wars are bad in many ways, but it's well-known that they also lead to important inventions. There are many examples I could mention, but let's talk about the microwave oven. This is something that most people in this country have in their homes.

This machine was first developed in 1945. The story goes that an engineer called Percy Spencer was working with a machine that produced high-power microwaves. He had some chocolate in his pocket, and the machine melted it. As a result, he had the idea of using these waves to cook food. His idea was a good one, and soon, his company was producing the first microwave ovens.

The Space Race happened between the late 1950s to early 1970s. During this period, the USA and the USSR both spent time and money sending rocket ships into space. This competition led to some important innovations. Again, there are many examples I could share. My personal favorite is a device that most of us use every day. I'm talking about the computer mouse.

The story goes that NASA wanted better ways to work with computer data. This was in the early 1960s. Doug Englebart was paid to research the issue. He came up with the idea for the mouse, and the rest is history.

What about business competition? Can that lead to innovation? Of course, the answer is *yes*. Again, there are many cases I could share, but Apple computers is pretty interesting, I think.

Apple was started in 1976. This was the early days of the personal computer. Until the early 1990s, Apple did very well. However, from 1991 until 1997 it did badly. One of the main reasons was competition from other companies, especially Microsoft. It looked like Apple might even go out of business.

In 1997, Apple boss, Steve Jobs made two choices. First, he focused on producing computers with attractive designs. Second, he focused on developing innovative devices that nobody had used before. These included music players at first. Then smartphones. And finally, in 2010, the first commercial tablet computers were released. These are now used by everybody from grandmothers to young children. Apple is one of the first companies in history to be worth \$1 trillion, so we can say these were both very good decisions!

Now, let's look at ...

TRACK 60

1. microwave oven
2. space race
3. rocket ships
4. computer data
5. smartphones
6. grandmothers

TRACK 61

Abby: There's an exhibition of *chindogu* designs at the design museum. I'm going there tomorrow with Naomi. Do you want to come?

James: Sorry. What kind of designs?

Abby: Chindogu. They're originally from Japan. They're funny inventions such as a book holder.

James: Really? That doesn't sound useful or versatile at all.

Abby: That's the point. Chindogu designs aren't supposed to be practical or beneficial.

James: Huh? Well, I'm curious now, so I'd love to come.

Abby: Great. We're going to meet at 9:00 a.m. so we can see the exhibition early.

James: The design museum opens at ten o'clock, so there's no point in meeting earlier than that.

Abby: OK. Then let's meet at ten o'clock. I'm sure Naomi will be OK with the new time, but I'll call her later to check.

James: You know, I'd never heard of chindogu before, but I'm really enthusiastic about seeing this exhibition now. I think it's going to be great!

TRACK 62

Daily Habits of Successful Innovators

Some companies act in the way they have always acted. But in our modern world, being innovative is becoming increasingly important. As a result, these companies may find it hard to survive. In contrast, companies like Microsoft, Apple, Google, Amazon, and Tesla find innovative new ways to do things. The huge success of these firms shows the true value of innovation.

Innovation is not just important for companies. It has value for individual people, too. Some people feel that being innovative is like being tall: you either are or you aren't. Is this true? Research suggests the opposite: that anybody can become more innovative by having certain habits. This is important, as other studies suggest that innovative people are more likely to have jobs that they enjoy and that pay well.

In general, innovative people want to learn. They read often, especially about a wide variety of topics. They talk to people about new ideas. They visit new places. They have new experiences. All of this new information goes into their brains. It can help innovative people see links between ideas that other people cannot see. And this may help them come up with new ideas.

Asking questions is another habit that many innovative people have. Innovators want to know how something works, or why something happens, or how long something takes. They also ask

questions that help them find better ways to do things. For example, many innovators ask, "Why do we do it this way?" Or "Is there a better way to do this?" These questions help them find solutions to problems that other people may not even notice.

As a result of learning new things and asking questions, innovative people usually come up with many ideas. In fact, they have so many ideas that they forget some of them. To avoid this problem, innovators often have a way to remember their best ideas. Sometimes they will use a computer or tablet for this purpose. Many innovators, however, prefer old technology: a notebook and a pencil.

"If it's not broken, don't fix it" is a common saying. Most people agree with the idea. They think that if something works well, there is no reason to change it. Many innovators feel differently. They constantly look for ways to improve things, even things that are already good. In other words, "Even if it's not broken, make it better" is an innovator's saying.

Finally, innovators put in the hours to get better and find new ways to do things. Some of them follow an idea called "don't break the chain." They set a goal of doing something important every day, such as reading a newspaper article or writing a blog post. After it is done, they mark an X on the calendar for that day. After a while, the calendar has a chain of Xs. Seeing this chain gives a positive feeling. And in order to keep that positive feeling, they do the action each day.