

World English 3rd Edition Level 2 Workbook Audio Script

Unit 1 Food for Life

Track 2

My grandmother loves cooking. Her mother taught her to cook when she was a girl. Every year on her birthday she makes *mole*, a traditional dish from Puebla, where she lives in Mexico. There are many ways to make mole nowadays, but none of them are better than my grandmother's.

It is said that Mexicans have made mole for hundreds of years. But the word mole doesn't come from Spanish. It actually comes from the word *molli*, which means *to mix* in Náhuatl, the language of the Aztecs. Mole is exactly that, a mix of many, many different ingredients, and it takes a long time to prepare. My grandmother always prepares it very slowly with a lot of care and love.

To make my grandmother's mole, you need sesame seeds, peanuts, bananas, chocolate, garlic, spices, chilis, and salt. Oh, and don't forget the raisins and sugar to make it sweet. First, my grandmother cooks each ingredient to add flavor. Then she uses a *metate* to grind the ingredients together. A *metate* is a tool that the Aztecs used to mix foods. You don't usually see *metates* in kitchens today. Maybe, that is what makes my grandmother's mole so special. Finally, she adds chicken broth and cooks it all together in her *cazuela de barro*, a traditional Mexican pot. She serves the mole sauce with chicken and tortillas. Mmmmm... It tastes amazing! So many flavors in one dish! Delicious!

Track 3

Secrets to a Long Life

Do you want to live a long, healthy life? Then maybe you should take a look at how they live on the Greek island of Ikaria. The island is famous for the long lives of its residents. One third of the people there live to be 90 or more, and many live to 100 and beyond. So, what is special about the island of Ikaria?

Exercise is an important part of the Ikarians' daily life. They enjoy outdoor activities, like gardening, and in the evening, they often go dancing. They also walk a lot. Their lives, in general, are relaxed. They often take afternoon naps and meet with friends and family.

What Ikarians eat is also interesting: people on the Ikarian diet eat mostly plant-based foods. Their diet is full of green vegetables, beans, and nuts. They also eat a variety of fruits and whole grains, such as brown rice. But Ikarians are not completely vegetarian. People on the island sometimes eat fish caught locally. They also eat some chicken or pork but only around five times a month.

People on Ikaria also eat very little sugar. It is difficult to stop eating sugar completely because it is in fruits, vegetables, and even milk. But Ikarians often avoid eating foods with added sugar, like cookies and candy. Instead, they snack on nuts, seeds, and fruit. Why not try the Ikarian diet and see how it changes your life?

Unit 2 Express Yourself

Track 4

Man: Is anyone sitting here?

Woman: No. Please go ahead.

Man: Thanks. We're not boarding yet, are we?

Woman: No, not yet. I think we have a few more minutes.

Man: Are you flying to Singapore too?

Woman: Yes, I am.

Man: Have you been before?

Woman: Yes, a few times. The company I work for sends me to visit our office out there fairly often. What about you?

Man: It's my first time, actually.

Woman: Oh really? Well, you'll love it. It's a great place. Are you going for work?

Man: Yeah, though I hope to have some free time, too.

Woman: I know what you mean. It's a pity to go such a long way and not leave the office.

Man: Is there anywhere you recommend?

Woman: Well, there are a lot of good places to shop and eat in Chinatown.

Man: OK, thanks. Good to know. To be honest, it will just be nice to get some sun for a change. The weather we've had recently has been terrible.

Woman: I know! Tell me about it. I am so tired of the cold and the rain. Bring on the sunshine!

Announcer's voice: Flight 212 to Singapore will now begin boarding.

Man: I guess that's us.

Woman: I guess it is. Have a good flight and enjoy your trip.

Man: Thanks. You too!

Track 5

Writing Systems at Risk

By 2100, over half of the world's 7,000 languages will probably be extinct. The writing systems in which many languages are written are disappearing, too. Many of the world's languages share writing systems, so today there are only about 140 different scripts. Sadly, one third of these is in danger of becoming extinct.

There are a few possible reasons for this: maybe no one teaches the written form of the language in schools anymore, or only a few older people in the community speak the language. In some countries, modern technology hasn't helped, either. Some scripts use pictures instead of letters, like the Dongba script used by the Naxi people in China. These scripts can't easily be used on computers, but this doesn't mean that they have any less cultural value than other scripts.

"Scripts are a hugely important aspect of culture," say Martin Raymond and Lorna Evans of ScriptSource, a reference for the world's writing systems. When a culture loses its writing system, it also loses everything it believed to be important enough to communicate in writing, such as poems, stories, legal documents, and personal letters. Writing is so important that many people feel a strong connection to their written language even if they can't read it. For example, in the city of Tahlequah, Oklahoma, which is often called the capital of the Cherokee Nation, many of the street signs are written in both English and the Cherokee language. Not many people can read the Cherokee language, but it is a way of remembering the city's Native American history.

There are different ways of saving endangered alphabets. Some ideas are very creative. For example, Tim Brookes decided to carve some of the less common scripts from Bangladesh, like Marma and Chakma, to make artwork. Brookes has shown his work in schools, libraries, and universities across the United States and Europe. He hopes to increase people's interest in saving the world's uncommon scripts.

Unit 3 Cities

Track 6

Aiko

Aiko: When I moved to Tokyo for work a few years ago, I found the experience very interesting. Tokyo is the largest city in Japan, but every area of the city is different, so it actually feels like a lot of different smaller cities. Each area is close to a train station. Some areas have a lot of tall buildings full of offices. Other areas have a lot of green spaces. Some areas are well known for their amazing sushi restaurants. In others, it's all about shopping and fashion.

I think the best kind of neighborhood has the things you like to do nearby, like good restaurants if you like eating out, or parks if you like running. How close your neighborhood is to your school or job is also really important. In a place like Tokyo, you could spend hours of your day traveling if you don't live close to school or work. The public transportation is good, but the Tokyo metro area has a population of more than 37 million people, so it's always crowded.

Lupita

Lupita: For me, the most important thing about my neighborhood is the sense of community. I live in a small, rural town in El Salvador. The town and the neighborhood are kind of the same thing. It's pretty quiet here. There aren't many cars. I usually walk everywhere since everything is so close. I love that you can hear the birds sing and listen to the wind in the trees. Also, without the pollution from lights and vehicles, you can see millions of stars covering the sky at night. It's beautiful. But as I said, for me it's the people that make my neighborhood special. Everyone is so friendly. I've lived there all my life, and everyone knows me, and I know them by name. I like that I can go and buy fruits and vegetables from Doña Rosy or meat from Don Beto. Everyone is always happy to help you or to lend you something. It helps you feel safe. With cities getting bigger, I think we're losing what's important: our connections with the people around us.

Track 7

Creative Solutions

There are many different ways to solve a problem. One way is to be creative. People often think creative thinking is just for artists and designers, but this is not true. Dr. Edward de Bono, an expert in creative thinking and problem solving, has shown the world that using creativity to solve problems is very useful in business and in our communities and will continue to be so in the future.

One example of creative thinking is the solution to a parking problem in a town center. In the areas close to stores, people can only park for 20 minutes. There are parking meters where people pay to park in these areas. However, the problem is that many people leave their cars there for longer than 20 minutes. Dr. Edward de Bono's solution is to make a law that all cars parked in these areas must keep their headlights on. Of course, drivers will want to return to their cars before their car batteries die.

According to Dr. de Bono, people will need to use creative thinking more often in the future. To help people think more creatively, he designed the "Six Thinking Hats" system. The system helps people think about a problem in different ways in order to find a solution. In the system, there are six imaginary hats of different colors. Each hat represents a different way of thinking. For example, the white hat helps people consider the facts. The red hat takes a more emotional perspective. The black hat is the most logical and helps people consider why a possible solution may not work. So, next time you have a problem in your community, think about it creatively, from different perspectives, and see what ideas you have.

Unit 4 The Body

Track 8

Fabio: Hey, Min! What did you think of the class?

Min: I thought it was great. I love the new instructor, and the music was really good, don't you think?

Fabio: Yeah. But it was hard. I just know my muscles are going to hurt tomorrow.

Min: I know. It was definitely harder than last week.

Fabio: I wouldn't know. I've missed about four weeks. I feel really out of practice.

Min: Yeah, that's right. I thought I hadn't seen you for a while. Where have you been?

Fabio: I fell while mountain biking about a month ago.

Min: Oh, no! Were you hurt badly?

Fabio: No, not really, but I hurt my knee when I fell, so my doctor recommended I rest up for a few weeks.

Min: How was it today?

Fabio: Not too bad. The joint started causing me a bit of pain during the class, and it still hurts now.

Min: You should put some ice on it when you get home.

Fabio: Thanks. I will. And how have *you* been?

Min: OK. But to be honest, I haven't had much time for exercising lately, either.

Fabio: Really? Why's that?

Min: I'm having the worst time at work. We're so busy, and the stress is terrible. I'm working longer hours than usual and getting home later. I've hardly had any time to see my friends.

Fabio: Oh, no! That doesn't sound good.

Min: I know. It's just for a few months, but I'm so tired. I feel like I'm only living on coffee every day.

Fabio: That's tough! Well, let me know when you're less busy, and we'll have lunch.

Min: That sounds great! Some relaxation and good company are just what I need.

Fabio: Good luck at work.

Min: And you look after that knee. See you next class!

Track 9

How to Live a Happier Life

Do you often have negative thoughts? Do you and your friends often complain about things? Read these five tips to help you have a more positive attitude about life.

1. Find the positive, however small.

Bad things happen to all of us, but the most important thing is to focus on the positive. For example, next time you're stuck in traffic, think how great it is that you can finish listening to your favorite playlist. If you don't have much in your fridge, and the stores are closed, get creative and think of what you can invent with the ingredients you have. It can be exciting to try something new.

2. See the funny side of things.

When things go wrong, find a way to joke about it. It may not be funny right away, but you'll laugh about it with your friends soon enough. So, next time you get a flat tire, or you don't do well in an interview, try to smile and think about how it could make a good story in the future.

3. Focus on now.

It's easy to think too much about things that have already happened and to get worried about what will happen tomorrow. We all do this sometimes. But remember, you can't change the past, and no one can control the future, so the best thing is to focus on the present. This is the one moment in which you *can* make a difference.

4. Find positive friends and coworkers.

Being around negative people will make you feel negative, too. Spend time with people who will make you laugh and help you believe in yourself, not those that spend all day complaining. It's hard to feel negative when you have positive people around you.

5. Be kind to others.

One of the best ways to make yourself feel good is to help others. Find ways to volunteer in your community. Spending time helping other people can give you a better perspective on life and make you value what you have.

Unit 5 Challenges

Track 10

Meet the Carroll family. Kira is a doctor, and Peter is a photographer. They have two children, Xaver and Felix. In 2013, they decided to leave their home in Alice, Australia to spend a year driving through southern and eastern Africa together. Many parents might think they're crazy, but Kira and Peter say that, although it was a challenge, this trip was the best adventure they'd ever had.

So, what kind of challenges did they have to face? The first challenge came before the trip even began. The family had to save a lot of money and plan their travel route. They also had to rent out their house in Australia and store their things while they were gone. When they arrived in Africa, the roads through South Africa, Namibia, Botswana, Zambia, Tanzania, and Uganda were full of challenges, too. Protecting yourself from insect bites is usually a simple job, but during the trip, they had to deal with *a lot* of insects. Also, it was difficult for Kira and Peter to homeschool the children without a home. Most of the time they lived with local families or camped.

However, Kira says she was happy to deal with the challenges because she could see what a great experience the trip was for them all. They saw many beautiful landscapes and had the chance to come close to wild animals. But the best part of the trip for Kira was volunteering with many different organizations in Uganda. They helped build an education center and planted mango trees while they were living with a Ugandan family. Kira was also happy to see how the boys, who were eight and five years old at the time, learned important lessons during the trip. They learned to understand and appreciate how other people live, sometimes with no electricity and little water. Most importantly, they learned how to make friends and play with children from different cultures. These experiences will stay with them all their lives.

Peter tells us that, in the beginning, the goal of their trip was to spend time together as a family and to have some time to think about where they wanted to work and live in the future. During the trip he says the family grew closer and stronger. Although it wasn't what most people call a vacation, the Carroll family loved the challenges their adventure brought them. It was definitely an experience they'll never forget.

Track 11

decided decided
learned learned
helped helped
loved loved
planted planted
arrived arrived
wanted wanted
worked worked

Track 12

Magatte: A Name to Remember

Meet Magatte Wade, an inspirational woman from Senegal who started her own business and is leading the way for change in her own country and around the world. We had the chance to talk to her about growing up in a foreign country and running her own company, Tiossan.

Interviewer: What was it like growing up in Senegal?

Magatte: During my early years, I lived with my grandmother. Most of the time, I was playing with other kids from my village and organizing our games. I guess that's where I first practiced my leadership skills.

Interviewer: Who inspired you when you were growing up?

Magatte: My grandmother. She was a very wise woman. When it was time for me to join my parents in Europe, I will never forget my grandmother's words. She explained that I was going to a place where I knew nobody. She told me that the people in my new country wouldn't look like me and wouldn't speak my language. But she told me not to be worried or afraid. "At the end of the day, what you all have in common is that you are all human beings," she said. She reminded me to believe in myself and told me that however impressive the other children may be at school, I could do the same, if not better. She was right. When I arrived, I looked and sounded different from everyone else. School was a challenge at first, but I dealt with it, and soon I was achieving good grades just like the others.

Interviewer: Why did you start Tiossan?

Magatte: Women in Senegal have a special way of thinking about beauty. Senegalese women are most interested in keeping their skin healthy because they believe that skin can only be beautiful if it is healthy. So, I created the skincare brand Tiossan to share this way of thinking about beauty with the world. But my goal was not only to share Senegal's beauty secrets; I also wanted to help my country. Thanks to my company Tiossan, I have been able to put money into a school to teach Senegalese people how to start their own businesses. I want people to know that Tiossan products will not only bring them healthy skin but will also help create jobs and grow future entrepreneurs in Senegal.

Unit 6 Transitions

Track 13

Tomas

Tomas: I don't believe there is a perfect age to buy a house. I'm not sure if you even need to buy a house. I live on my own in Hannover, Germany. My parents live in a small town called Hameln. I moved to the city five years ago for work. Right now, I'm renting a studio apartment. I love it. It's great having my own space, and I love the design of the building. The rooms have a lot of light. The apartment's small, but it's big enough for me and has everything I need. The best thing is the rent is affordable. It's cheaper than renting in a bigger city like Dortmund or Berlin and definitely cheaper than buying a house. Will I buy my own place? Maybe one day. But, I'm 38. Honestly, I don't see the point at the moment. Why do people choose to buy a house when they can live happily renting?

Kenna

Kenna: In Scotland, it's pretty normal to buy a house when you start working. When my parents were younger, they bought a small house. Then, after they had me, they sold it in order to buy a bigger house. That's the house they still live in and where I grew up. At the moment, I'm studying marine biology at the University of Glasgow. I'm renting a room in a house near the university. The other people who rent rooms in the house are really friendly. Most of them are studying at the university too. Will I buy a house? Well, not right now. I'm a student! I have no money. But yeah, eventually. If I get a job that pays well enough, I might buy a small apartment or house. But I think it depends on the direction my life takes. I want to be a marine biologist, so I'm hoping to have a lot of opportunities to travel with my career. It might be a better idea to rent than to buy at first.

Dhruv

Dhruv: In Indian culture, family is really important. Children usually live with their parents until they get married. And in many families, it's still common for young married couples to move in with the husband's family. So, it's not very common for young people to buy their own houses. I have lived in Jodhpur, India all my life. Right now, I'm 33, and I work as an engineer in the city. I live in the family home with my mum, dad, and two younger brothers. Last year, I got married, and my wife moved in with my family and me after the wedding. Do I think we'll buy our own house? No, I don't think so. Although married couples don't always move in with family, that's what we did. My sister got married a few years ago, and she moved to another town to live with her husband's family. I'm lucky. I have a good relationship with my family. Sure, the negative side is that sometimes it can get a little crowded, but generally I like it.

Track 14

A Significant Change in the World of Music

Before the year 2000, if you wanted to listen to a song, you could either listen to the radio and hope to hear it, or you could buy the CD at your nearest music store. However, in 1999, the world of buying and listening to music changed almost overnight with the creation of Napster, an online file-sharing service. The innovation of sharing music files meant the music industry would never be the same again.

Napster was created by two teenagers, Shawn Fanning and Sean Parker. Their program let people share music files over the internet. It's probably difficult for young people today to understand how powerful this change was. Instead of going to the store to buy a CD with maybe 13 songs on it, suddenly people could access almost any album for free from their homes.

After only five months, Napster had shared four million songs, and by March 2000, the company had reached 20 million users. However, Napster's rapid success had attracted negative attention from the big record companies. They decided to take action against Napster for copying and sharing songs illegally. As a result, Napster lost users and eventually failed.

The transition into the digital age was difficult for the music industry. This was clearly shown by the significant negative effect that Napster had on the music industry. According to the Recording Industry Association of America (RIAA), sales went from \$14.6 billion in 1999 to \$6.7 billion in 2015.

However, Napster changed the music industry in a positive way, too. The idea of sharing music files online was as innovative as email or instant messaging, and some features of Napster's software have been used by other technology and social media companies. In the end, the creation of Napster and the innovation of file-sharing convinced leaders in the music industry to think about other ways for people to access music. This has led to paid music streaming services, such as Spotify, Pandora, and Apple Music.

Today, streaming services are becoming more and more popular around the world. In fact, according to the RIAA, 47% of music sales came from paid services in 2018. That is almost half of the \$9.8 billion total in music sales for the year. In the end, it is clear that Napster changed the way we buy and listen to music. But if we are going to learn anything from Napster, it should be that we can't predict how the music industry will change in the next 50 years.

Unit 7 Things That Matter

Track 15

Good morning, listeners. I'm Toni Wyatt, and welcome to *Living with Less* where every week we talk about ways to reduce the number of things in our homes to make our lives simpler and happier. Today we're talking about needs and wants. Is there a difference between wanting something and needing something? When you buy a cup of coffee, is it because you really *need* it or is it because you just *want* it? Understanding the difference between these two things can help you make better choices when it comes to spending and help you save more money, too.

So, what is a need? Basically, it's something you can't live without. Years ago, when life was simpler, identifying needs was easier. Water, food, and somewhere dry and warm to sleep are all obvious basic needs. But nowadays, we have these needs and more. For example, we don't just need clothes to keep us warm. Our children need uniforms for school, or we need nice clothing to wear to a friend's wedding.

Surrounded by so many things, it becomes hard to see which are needs and which are wants. A want is something that you could be fine without. It's something that would be nice to have but isn't necessary. Sometimes our desires to have these types of things win. We fall in love with an expensive pair of shoes that we really don't need or a beautiful new rug for the house, and we *have* to have them. Or we decide that we have to get the newest cell phone even though the one we have still works.

But what happens if we think twice about buying luxury items like these, and instead of spending that money, we save it. Imagine saving the \$2 you spend on buying a cup of coffee five days a week. In six months, you'll have \$260. In a year, \$520. Just from not buying a cup of coffee every day! By cutting back on luxuries in your life, you can save a large amount of money that you can spend on something really useful or memorable. Some people might spend it on a vacation. Others want to have money in the bank in case of an emergency. Whatever you prefer, the important thing is to spend less money on things you don't need so you can save up for the things that really matter.

Now it's time to find out how some of our listeners are spending less on luxuries. We have a caller named Dana here on the line. Hi Dana...

Track 16

Off the Grid, but Still Connected

Rachel Bujalski is a photojournalist. When she got tired of paying a lot of rent in Los Angeles, she decided to move. But, instead of finding a more affordable apartment, she chose a boat in Marina Del Rey because it was cheaper. Living on a boat made Rachel think about alternative lifestyles. In order to further explore the idea, she decided to make a photo project called "Connected Off the Grid," which looks at how people live in unusual places, such as on a boat or in a tree house, while staying connected to technology.

Rachel Bujalski sees technology as another home. She says that nowadays we can live anywhere and still be connected. We have the choice to connect and disconnect. However, she says that, for many people, it's a challenge to find the balance between being connected to the internet and living a simple, basic life connected with nature.

To gather information for her project, Rachel set out on a two-month trip from Los Angeles to San Francisco, visiting about 17 communities and towns on her way. She explains that being on social media was necessary for the project because people contacted her and gave her

information about who to visit and how to find them. Posting photos online during her trip also helped Rachel share her project and experiences with the world.

Rachel had two goals for the project. First, she wanted to learn from people who were living the type of lifestyle she dreamed of. Second, she wanted to share stories of why people choose to live off the grid while staying connected to technology. She says that her job as a photojournalist is satisfying because it gives her an excuse to explore these and other things that really interest her. Rachel continues to look for ways to live a simpler life and continues to visit people who live off the grid. You can follow her and see photos from her project on social media.

Unit 8 Conservation

Track 17

This is the nine o'clock news. I'm Kathryn Brice.

Conservationists have warned that some of the world's rarest animals could be extinct within months. This means that many young children will grow up in a world without species that are alive today.

Zoos and rescue centers are working hard to protect animals from becoming extinct. Sadly, the numbers of some species continue to decrease at a rapid rate. Habitat loss is the biggest problem for endangered species. All over the world a large amount of land is cleared for growing crops. This means that a lot of animals lose their homes as trees are cut down and machines dig up the ground.

Hunting is also a main cause of extinction in the animal world. Poachers kill rhinos for their horns, while mountain gorillas are killed for their fur. Although many governments have made the sale of these animal parts illegal, hunting continues around the world.

According to the International Union for Conservation of Nature, more than 27,000 species are at risk of becoming extinct. This includes 25 percent of the world's mammals and 14 percent of birds. One mammal that is very close to extinction is the vaquita porpoise. The vaquita is known as the panda of the sea because of the dark circles around its eyes. It lives in Mexico's Gulf of California. The total number of vaquitas has decreased by 90 percent since 2011 because they are getting stuck in fishing nets used to catch other sea animals. In 2017, there were only 30 vaquitas left in the wild. By 2018 that number fell to just 12. The Mexican government finally stopped the use of these fishing nets in the Gulf of California in 2015, but it seems that it came too late. The government and conservation groups also designed a plan to use trained dolphins to move the vaquitas to a protected area, but the plan didn't work because one of the vaquitas died. It seems they are shy animals that don't do well in captivity. In order to save the vaquita from extinction, conservationists will have to think of another way to protect the last few animals.

Track 18

Conservation Art

If we don't do more to protect endangered species, many animals won't exist in the future. In fact, many scientists believe that between 30 and 50 percent of animal species in the world today could be extinct by 2050. Fortunately, artists around the world use art to help with conservation projects. British-born Louis Masai is one such artist. Louis says he has always loved animals, but he became more interested in endangered animals after traveling to South Africa. Since then, he has painted many animals that are at risk of extinction.

Louis works half of the time in his studio in London, and the other half painting colorful murals on the sides of buildings. His goal with the murals is to show the relationship between humans and nature. For example, in his project "Last of My Kind," he painted endangered birds and included material related to music and musicians who have died. The idea behind the artwork was to explore why many people feel upset when a famous musician dies but don't care as much about a species that is about to disappear.

Louis has worked on many different art projects for the community. In 2018, he painted murals inside the London Zoo as part of a project organized by the Zoological Society of London. The murals were pictures of animals that are considered Evolutionarily Distinct and Globally Endangered (EDGE). Louis says he likes working outside in public spaces because it is a way to reach people who know little about the problems that many animals are facing.

His work has also taken him to the United States for a project called "The Art of Beeing." For this project, he painted 20 murals of different species in 12 cities across the US in 2 months. He explains that he decided to paint the animals like colorful toys in this project. He says that if we don't act now to stop extinction, the only animals in the world will be toys.

Unit 9 Life Now and in the Past

Track 19

Grandmother: So, Miguel, when do you start college?

Miguel: Next week. I'm so excited, Grandma!

Grandmother: What are you going to study?

Miguel: Chemical engineering.

Grandmother: That sounds very difficult. When I was younger, we didn't use to have opportunities to study like you kids do today. Many of us only went to elementary school. Some didn't even have the chance to do that.

Miguel: I guess life was very different when you were growing up, huh, Grandma?

Grandmother: Oh, sweetheart, you have no idea. I look around the city today, and I don't recognize it.

Miguel: Really? Why?

Grandmother: Well, for starters, there didn't use to be so many cars on the roads. We didn't have to worry about traffic. I still remember seeing horses in the streets.

Miguel: In the city? Seriously?

Grandmother: You have to understand, it was a very different place to live back then. In the last twenty years, the city has grown so much. You didn't use to see these high-rise buildings in my day. There weren't even that many houses. A lot of the land still hadn't been developed, so the forest used to be part of the city.

Miguel: What did you use to do for fun?

Grandmother: Well, there weren't any movie theaters or shopping centers if that's what you're thinking, but we used to eat, sing, and go dancing. It wasn't as boring as you might think, Miguel. But life was definitely more challenging back then.

Miguel: In what way?

Grandmother: Oh, life today is so easy. If you want to go somewhere, you jump on the bus, or drive, or get a taxi. Traveling used to be more difficult and expensive, so most people didn't use to go beyond the edge of the city. International trade wasn't what it is now either. You couldn't go to a store and buy things made in a country on the other side of the world or go to a huge supermarket and have all the choices that you have today. We used to buy a lot of food grown locally, and we used all of it. We didn't waste as much as you kids do today.

Grandmother: And we didn't have those things either. What a difference they've made.

Miguel: Yeah, I can't imagine life without my cell phone, and I bet you can't imagine it either. You use social media more than I do!

Grandmother: What can I say? I'm a woman of the modern world.

Track 20

The History of Bartering

Have you ever given a friend a book, video game, or other item in exchange for something of theirs? If so, then you have bartered. Bartering means trading goods or services with another person without paying any money. This type of exchange was used by early civilizations, and some cultures still use it today.

Bartering was first used in 6000 BCE before money was invented. It was introduced in ancient Mesopotamia, an area in what is now southwest Asia. In the city of Babylon, the bartering system was improved. Goods were exchanged for food, tea, and spices. Salt was a popular item that was often exchanged. It was so valuable during the Roman Empire (27 BCE–476 CE) that Romans used to be paid in salt. In Europe in the Middle Ages (the time after the Roman Empire and before the mid-1400s), people used to travel around the world to trade crafts and furs for silks and spices. When money was invented, bartering didn't stop, it just became more organized.

As with most things, bartering has its positives and negatives. One problem is that you can't always be sure of the quality of the item you receive. It's not like buying something in a store where you can return it if you're not happy with it. Another problem can be how well you know the person you're making the exchange with. Can you be sure the other person is honest and trustworthy?

On the positive side, you don't need money to barter. People swap things that have similar value, but they aren't always the same kind of thing. For example, you don't have to exchange clothes for clothes or food for food. In the past, people used to exchange fur for tea and spices. Today, you might exchange a sofa for a television. Some people offer services in exchange for items. For example, if you're good at fixing things, you can offer to repair something in exchange for an item you want; or if you know about taxes, you can offer to help a local business with theirs in exchange for a free service. The best thing about bartering is that if it's done well, it can be a win-win for everyone.

Unit 10 Travel

Track 21

Brad

Brad: My best vacation ever has to be when I went with my brother to Indonesia. I love surfing, and the Indonesian island of Bali is famous for being one of the best places in the world for surfers. We stayed in a small town in the southeast of the island. We were both really excited, but my brother was also worried because he was just a beginner. He didn't need to worry, though. Bali is a good place to surf, even for beginners. The waves were great! We also learned how to scuba dive, which was amazing. The water was so clear. There were fish *everywhere*. It really was a vacation I'll never forget.

Helen

Helen: Before I started college, I went traveling around East Asia. I visited many countries and cities, but the best, for me, was Tokyo, Japan. I was only there for three days, but they were the most special three days of the whole trip. Tokyo is an incredible city that combines the old and the new. I really love sightseeing, and in Tokyo there is so much to see. There are ancient shrines and temples, beautiful gardens, interesting museums, and impressive monuments and buildings. Not to mention the food! Wow! I've never tried so many different tastes and textures. If you ever get the chance to go to Japan, you have to visit Tokyo.

Monica

Monica: Two years ago, I was looking for a new hobby, so I decided to start rock climbing in my free time. Luckily, there's a school near my house with a climbing wall. Very quickly I fell in love with climbing, and last year I completed my advanced rock-climbing course. My best vacation has to be when I went camping with some friends. We went to Querétaro, which is in Mexico. There we got to climb Peña de Bernal. It's the third biggest rock in the world. I was a little nervous because I had never climbed such a big rock before, but the experience was amazing. I loved the climb, and the views were incredible. I can't wait to go again!

Track 22

Extreme Adventures

Some people see a vacation as a way to relax and take things easy for a few weeks. But chilling out is not for everyone, especially not for more athletic vacationers. They prefer the taste of adventure. Check out this list of extreme adventures. Are there any that *you* want to try?

Everyone knows Mount Everest is the world's highest mountain. But it doesn't offer ambitious climbers the tallest hike from the base to the top. Everest measures 12,000 feet from base to summit while Alaska's Denali, North America's highest mountain, measures 18,000 feet. On the way up Denali, climbers have to survive arctic conditions, temperatures of -35°F , and winds traveling at more than 100 miles an hour. Between 1932 and 2018, 126 people died on Denali. Still considering it? Well, you'll need to take three or four weeks of vacation, because that's how long it can take to reach the top.

OK, forget heights. Maybe you like diving instead? Probably not this much, though. Eagle's Nest, a system of underwater caves in Florida, has incredible scenery, but, beware: some of its caves are over 300 feet deep. The site is very beautiful and unique, but its depth makes it more difficult for divers to deal with any problems that occur. At least 11 divers have lost their lives here since 1981. You must be an expert diver to try this one.

Finally, it doesn't get much more dangerous than this. Have you ever thought of kayaking down the Inga Rapids of the Congo River? Only one team has ever survived these rapids, while many others have died trying. The successful team did it in 2011, led by Steve Fisher. They paddled against water that was traveling at 30 miles an hour and waves that were 40 feet high. The team also survived waterfalls and whirlpools. So... interested? A flight to the Democratic Republic of the Congo, anyone?

Unit 11 Careers

Track 23

Ian: Good morning, I'm Ian Walker. I'm the director of digital marketing here.

Katrina: Nice to meet you. I'm Katrina Falkowitz.

Ian: Please, take a seat.

Katrina: Thank you.

Ian: So, first of all, tell me a little bit about yourself, Katrina.

Katrina: Well, I graduated with a bachelor's degree in computer science, and then I took a few courses in digital media at Michigan State University. After that, I worked as an email marketing assistant for three years. In this job, I communicated frequently with clients and helped design email marketing campaigns. Many of the campaigns had very positive results.

Ian: How did you hear about the position?

Katrina: I saw the ad on your website. I thought it was a great opportunity to apply my skills in an industry I love.

Ian: Why are you interested in digital marketing?

Katrina: Digital marketing is the future of marketing, but in my experience, it isn't always done well. Bad marketing can have a significant effect on the company. During the three years I spent

in my previous job, I learned to appreciate how valuable customers are to a company and how important it is to have a positive relationship with them. With my qualifications and work experience, I believe I could be a reliable member of your marketing team.

Ian: In this job, you have to work well with both clients and other members of the marketing team. Do you consider yourself good with people?

Katrina: Definitely. I'm a good team player. When I worked on team projects in college, I really enjoyed brainstorming ideas as a group. I found that, when you respect the roles of everyone in the team and work together, you can get better results. I also have experience working with clients. In my last job, I got the chance to develop my customer service skills, particularly how to deal with difficult clients through email.

Ian: Here we often have to finish projects quickly. Are you good at working under pressure?

Katrina: Yes. I work well in that kind of environment. In my previous job, I had to do a lot of things at once. I love the challenge of getting everything done on time.

Ian: Where do you see yourself in five years?

Katrina: I'd like to be a digital marketing manager. I feel this job is the next step in that direction, for me.

Ian: OK. Do you have any questions for me?

Katrina: Yes. Is there any training required for the job?

Ian: With your experience, you shouldn't need much at the start, but we have internal training sessions every six months to keep up to date with new technological developments and to solve any problems the teams are having.

Katrina: Are there any opportunities to travel in this job?

Ian: No, not really. The job is office-based. OK, well, as you know, the job requires strong math knowledge, so we're going to move on to a few math problems. Are you ready?

Track 24

Skills for the Future

For some people, the way technology is changing the workplace is exciting; for others, it's terrifying. Many people are worried that robots and machines will take everyone's jobs away. It's true that companies will use robots more in the future, but this doesn't mean that human jobs will completely disappear. People will still have to work, but job priorities will change. For example, the owner of a business could spend less time analyzing reports if artificial intelligence could do it better, leaving more time for team training. The human side of business, which includes creativity and interpersonal skills, will become even more important than it is today.

Twenty-five years ago, many of today's jobs didn't exist. Even though it's difficult to guess which jobs will be around twenty-five years from now, it's clear that technical skills will still be very important in the future. Today, many jobs are connected to science, technology, engineering, and mathematics (STEM), and this won't change in the next few years. As technology continues to develop, people had better improve their STEM skills and knowledge of coding if they want to keep up.

Yet technical skills aren't the only things that will help you get a job in the future. Critical thinking and people skills will become increasingly important, too. Even though robots can do a lot of things better than humans, human interaction is best done by humans, and this is unlikely to change. In order to work together effectively, people need to have good communication skills and be able to listen to and understand their coworkers and customers.

Finally, if somebody wants to get a job in the next 25 years, they should also be creative. At the moment, robots are good at locating a problem or analyzing data, but they are not creative in the same way that humans are. They don't think outside the box. Although technology will bring many changes to the way employees work, what makes us human will always make us valuable.

Unit 12 Celebrations

Track 25

Farzin: Hi, Priya!

Priya: Hey, Farzin. How are you?

Farzin: Really good, thanks. My family and I are getting ready to celebrate Nowruz in a few days. It starts on March 21st this year.

Priya: How exciting! Actually, we're pretty busy here, too. We're celebrating Holi soon, remember?

Farzin: Of course! Does the Holi festival last as long as Nowruz?

Priya: It's only two days, although in some places in India, it can last up to a week because every temple wants to do their own Holi celebration. How long is Nowruz?

Farzin: A month.

Priya: Wow! That's a lot of partying.

Farzin: Yeah. In Iran, it's a huge festival, like Christmas, New Year, and 4th of July combined! But I don't know what it will be like for me this year. It'll be the first time I spend Nowruz in Los Angeles.

Priya: Is the holiday celebrated there?

Farzin: Actually, Nowruz is celebrated by millions of people all over the world. There's a large Iranian-American community in Los Angeles though, and friends have told me that they have the biggest Nowruz celebration in the country here.

Priya: Lucky you! I'm sure you'll have a great time. How do people celebrate Nowruz?

Farzin: Well, in Iran, there are lots of parties and shows in the street. People sing, dance, and make crafts. Oh, and people eat... *a lot*. There's a lot of delicious food, like grilled meat, rice, and colorful cookies. What's Holi like? I just remember seeing pictures of people covered in paint.

Priya: Yes, it's known as the festival of colors. Family and friends paint each other. It's a way of showing their love for each other. Holi is also called the festival of love. It's about bringing people together and forgetting any bad feelings. It's beautiful! It's one of my favorite times of the year because it gives everyone the chance to relax and enjoy themselves. Out in the street, we sing songs, play, and throw colored water at each other. It gets a little crazy.

Farzin: It sounds like a lot of fun. I imagine the streets get crowded.

Priya: Yes, the streets are full of people covered in colorful paint. There's also a ritual of lighting a bonfire on the night before Holi begins.

Farzin: At the end of Nowruz, we have the ritual of lighting bonfires, too. Then, people jump over them.

Priya: Wow, really? For Holi, it's a way of representing how good wins over evil. It's definitely not as dangerous as it is in Nowruz.

Farzin: It's not so dangerous.

Priya: Well, Happy New Year, Farzin! Enjoy Nowruz!

Farzin: And enjoy Holi! Send me some pictures!

Priya: I will! Bye.

Track 26

Coming of Age

In many cultures, the transition from childhood to adulthood is an important event in a person's life. This transition is often described as *coming of age* and, traditionally, it is the moment when boys and girls are recognized as adults in society and accept certain responsibilities. Historically, this often meant getting married. But, nowadays, in many societies, this is no longer the case.

Even though a person's coming of age is perhaps not as significant in society as it used to be, many cultures still consider it a moment worth celebrating. In the US and Canada, this celebration happens when teenagers turn 16 years old. It is more often celebrated by girls, but sometimes by boys, too. This birthday is known as *sweet sixteen* and is often celebrated with a party. It can be a formal event, with expensive dresses, music, and dancing, or it can be a small celebration. It usually depends on the tastes of the birthday girl or boy.

Not all cultures celebrate this transition when a person turns 16. In Australia and New Zealand, people consider their 18th birthday more important because it is when they can legally vote and marry. In the Jewish community, boys and girls celebrate coming of age at 13. This event is called a *bar mitzvah* for boys and a *bat mitzvah* for girls. It is the moment when a Jewish child is welcomed into the world of adulthood.

In many Hispanic cultures, girls celebrate their coming of age at 15. A 15th birthday party, known as a *fiesta de quince años*, isn't a small event. The birthday girl, who is known as the *quinceañera*, often wears a long, formal dress. A crowd of friends and family are invited and bring presents. Sometimes, the birthday girl chooses to keep traditions, like dancing with her father or having friends, siblings, or cousins as *damas* and *chambelanes* to accompany her during the celebration. The *damas* often wear the same color dress, and the *chambelanes* wear matching suits. They look similar to bridesmaids and groomsmen that accompany the bride and groom in a wedding. In conclusion, though coming of age traditions and ceremonies are different around the world, they are similar in their purpose of celebrating an important moment in a young person's life.