Reflect Listening & Speaking Level 4 *ExamView*® Audio Script

Unit 1 Test

TRACK 1.1

Tim Goodyear:

Welcome, everyone, to The World Today. Tim Goodyear, your host, here. We have on the line this morning Dr. Jensen, a lecturer in Migration Studies.

Dr. Jensen, experts like yourself say that mass migration—the movement of large numbers of people from one country to another—is going to increase greatly in the next 10 to 20 years. Can you explain why that is, and also where you expect those migrations to happen?

Dr. Jensen:

Yes, well, we've already had large increases of mass migration in the last 20 or 30 years. And, you're right, that trend will continue. In 2000, there were 173 million people living outside their country of birth. In 2017, that number was 260 million. By 2050, it's predicted to be around 400 million. These are approximate figures. The real figures may be even higher.

But to answer your first question: Why do people leave their homes to move to another country? Well, not many people move just because they think it's an interesting thing to do. Some move because they have no choice: they've lost their homes because of war or natural disasters. But most move because there are few work opportunities for them in their own country. That was certainly true for my great-grandparents.

Tim Goodyear:

Where did they move from?

Dr. Jensen:

They moved to the United States from Norway in the early 1900's. They wanted to improve their situation . . . and give their children a better chance in life, too. But, as with many people who migrate today, it was a question of survival. They couldn't put food on the table for their families.

Tim Goodyear:

Why was life so hard in Norway?

Dr. Jensen:

They were farmers, and farming was very difficult in Norway at that time. It wasn't easy to make a living. And the United States was doing well; it was becoming an industrial country with great opportunities for jobs.

Tim Goodyear:

Did they come with other Norwegians?

Dr. Jensen:

Oh, yes! There were already large communities of Norwegians in the United States, so that made it easier for them to adapt to life in a new country.

Tim Goodyear:

And do you think that social aspect is still important today?

Dr. Jensen:

Yes, absolutely! Knowing that you'll find support from people when you arrive is very important. People often move together. They form strong communities in new places which then start to have their own distinctive character.

Tim Goodyear:

So, where will we see the biggest movements of people in the next 20 years?

Dr. Jensen:

As I've said, people move to countries where they can have more economic opportunities. So, the top destinations are currently the US, Germany, Saudi Arabia, the UK . . . Russia also. But people move *from* these countries, too. For example, there are a lot of German and British citizens living abroad. We also need to remember that a lot of people move locally or regionally.

Tim Goodyear:

What do you mean by that?

Dr. Jensen:

Well, if you look at African migration, you'll see that about 85% of it is people moving between different African countries. So the number of people moving from Africa to Europe is only a small percentage.

Tim Goodyear:

Does that have anything to do with climate change? Can you tell us more about that aspect? Because I imagine that will force people to move, too.

Dr. Jensen:

It's a little early to say how big the climate change effect will be. Certainly, in some places, hotter and drier weather is already making it more difficult to farm. How bad will that situation get? It's hard to say. There's just not enough evidence at the moment.

Tim Goodyear:

Well, let's hope it's not too bad. Dr. Jensen, thank you very much for your time today. It was really interesting.

Dr. Jensen:

Tim, thank you for having me.

TRACK 1.2

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TRACK 1.4

The island is in a beautiful location. It has a port, a school, and some restaurants. But it's really crowded. I mean, there are more than a thousand people living in an area the size of two soccer fields.

TRACK 1.5

I guess some people would say that Stockbridge is a "nothing" kind of place, but for me, it has the best of both worlds. What I mean by that is that in less than 30 minutes, I can be in the city, and in 15 minutes, I can be in beautiful countryside.

TRACK 1.6

Speaker A:

So, it's an unusual situation, but it's also kind of great. No one in the town really owns the land. It's free to use land.

Speaker B:

I don't understand.

Speaker A:

Well, in other words, if you wanted to grow some vegetables there, you could. Or if you wanted to keep chickens there, you could. No one's going to say, "Hey, that's my land" or "you can't do that there."

TRACK 1.7

Speaker A:

So do you think you'll ever go back and live in your hometown?

Speaker B:

Well, I loved growing up there, but it has nothing for me now, even though I have such fond memories of it. What I'm trying to say is, I've had that experience, and I need to move on to new places with new opportunities.

TRACK 1.8

Would you like to visit New Zealand?

TRACK 1.9

Could you tell me where Room 304 is?

TRACK 1.10

Why do you wear red clothes for a wedding?

TRACK 1.11

Can you explain the history of this place?

Unit 2

TRACK 2.1

Welcome to this introductory course on Cultural Studies. Over the next six weeks, we'll look at some different aspects of culture. There are many aspects of culture, and we couldn't talk about them all in the time we have. But the next six weeks will give you at least a taste of this wonderfully rich subject. So let's begin with today's lecture: "What is culture?" It seems like a good place to start!

If you look up the word *culture* in a dictionary, you will generally find two meanings. The first is "art, music, literature, and other creative human achievements." And the second is "the ideas, customs, and behavior of a particular group of people." These two different definitions have caused a lot of debate among people who study culture.

The first definition suggests that *culture* means great art: paintings by artists like Picasso, music by Mozart, buildings like the Pyramids of Egypt, and books by great writers. In other words, it's the kind of

art that they tell us to admire in school. There was an expression that people used in the past: “a cultured person.” It meant someone who knew a lot about the arts. They had read books by the great writers, they studied the paintings of the master painters, and they knew the great works of classical music.

Nowadays, most people who study culture, including myself, think this definition describes only a part of what culture is. We believe that culture is also ordinary. We believe culture comes from the experience of living together with others. Culture is something that everyone in a group shares. It’s not just for a few people who have studied it. We prefer the second definition, because culture doesn’t *just* describe great artistic achievements. It describes *all* the things we do. It’s the clothes we wear. It’s the food we eat, and the way we eat it. It’s the language and expressions we use, and the words we think are bad to use. It’s the music we listen to, and the songs we sing together. It’s how we behave with our friends and family, and how we behave with strangers. It’s the things we admire in other people, and the qualities that we don’t like in other people. It’s the things we laugh at, and the stereotypes we make. Culture is all these things, and a million others.

Each of us is born into a particular culture with its own customs and meanings. The culture is expressed both through the way people behave in daily life *and* through their art and creativity. We are born into our culture, and we learn about it as we grow.

But it’s also important to note that culture is not a fixed thing. It doesn’t stand still. The word *culture* originally comes from a Latin word meaning “to grow something.” And that is very true. Each culture is constantly developing and growing. It may keep many traditional aspects, but at the same time, each individual brings new ideas, new ways of seeing things, and new ways of talking. Just think about your own language and the new expressions in it that young people have introduced.

So, what I’d like you to do now is just to talk to the person next to you and . . .

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TRACK 2.5

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TRACK 2.6

We found a lot of examples of words related to the sea, to fish, and to the weather. This shows us that this area was a fishing community.

TRACK 2.7

But there are no written records of the language. That suggests that it was only a spoken language.

TRACK 2.8

Yes, it also seems that some people spoke more than one language.

TRACK 2.9

This new language spread very quickly through the country. Surprisingly, though, it didn't reach the far north, where people still speak the original language.

TRACK 2.10
strength

TRACK 2.11
suggests

TRACK 2.12
worst

TRACK 2.13
screen

TRACK 2.14
thinks

Unit 3

TRACK 3.1

Interviewer:
Welcome to this week's edition of *History Watch*. Today we have Dr. Graham Jones with us. Dr. Jones specializes in the history of jewelry, and he's here to tell us about the meaning of different symbols and designs in jewelry. Dr. Jones, you've looked at jewelry from many different periods of human history. Has jewelry always used symbols?

Dr. Jones:
Well, the very earliest jewelry didn't always have symbols *on* it, but it was symbolic. It was symbolic in the sense that it meant that the person who wore it was an important person in their social group.

Interviewer:
Mmm . . . and what does that early jewelry look like?

Dr. Jones:
A common example would be a necklace made out of seashells or out of bone. That sort of jewelry has been discovered across the world: in Europe, in Africa, and in Asia.

Interviewer:
What period of history are we talking about here?

Dr. Jones:
Oh, it dates back to anywhere between 25,000 and 8000 BCE.

Interviewer:
Oh, I see, that's very old. And what about the materials that we associate with jewelry today—gold, silver, valuable stones? Had those not been discovered at that time?

Dr. Jones:
No, those came a little later. So, from about 3000 or 2500 BCE, we begin to find valuable metals like gold in ancient Egypt and valuable stones like jade in China. Of course, owning these was a symbol of wealth and power, too. But this is when we begin to see symbols being used *on* jewelry. So, the kind of symbols we're more familiar seeing on jewelry today.

Interviewer:
Can you give an example of one of those symbols, say, from ancient Egypt?

Dr. Jones:
Yes, there's the Ankh symbol, also called the key of life.

Interviewer:

What's that? I haven't come across the Ankh symbol, I don't think.

Dr. Jones:

Oh, you probably have. It's a cross with a circle or oval shape at the top. It was quite common in ancient Egyptian jewelry. It's an abstract symbol that represents life and the idea of living forever. Another common one was a single eye, known as the Eye of Horus. That was supposed to look after the person wearing it and bring them good health.

Interviewer:

Are either of those two symbols still used in jewelry today?

Dr. Jones:

Ah, that's interesting. The Ankh, or key of life, became fashionable again in the 1960s. And more recently, it's been used by people in the US as a symbol of African identity.

Interviewer:

And you mentioned the eye represented protection and healing. I just want to ask you about some other symbols found on antique jewelry. These are symbols that our listeners have asked about. Would that be OK?

Dr. Jones:

Yes, sure.

Interviewer:

OK. So the first one is the buckle of a belt, the part that connects the two ends of a belt. One listener has sent a picture of a gold ring in the shape of a belt, and it has a buckle at the top. They'd like to know what that means.

Dr. Jones:

A belt means that you are protected. Belt rings were often given to show a connection between the giver and the wearer of the ring, a link that couldn't be broken. So it means "I'll always be there to protect you." It's a statement of lasting love or friendship.

Interviewer:

What about an arrow?

Dr. Jones:

Ah . . . that's love finding its goal.

Interviewer:

And a snake?

Dr. Jones:

That's more difficult to give an exact meaning to. A snake is often a symbol of wisdom or knowledge. But if it's in the shape of a circle, with its head touching its tail, it usually represents that something will last forever . . . like the belt.

Interviewer:

I see. And an interesting last one from a listener here. A crescent-shaped moon.

Dr. Jones:

Well, the moon itself is often associated with women. And a thin crescent, or new, moon represents new life. So, in the past, people gave women jewelry in the shape of a new moon as a way of wishing them luck in having children.

Interviewer:

Fascinating. Thank you, Dr. Jones. If listeners would like to know more about this subject, Dr. Jones has a new book out entitled . . .

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Probably the most famous Egyptian pharaoh is Tutankhamun, who was king from 1332 to 1323 BCE. His tomb was discovered in 1922 by a man named Howard Carter. In the tomb, there were over 5,000 valuable objects, including gold and jewelry that together weighed over 1,200 kilograms.

TRACK 3.5

took

TRACK 3.6

let

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late

TRACK 3.8

meet

TRACK 3.9

home

Unit 4

TRACK 4.1

Host:

Welcome, listeners! Today on the show our topic is Trust in Science, and in a moment we'll be taking your calls. But first, here are the responses of five members of the public when we asked the question: *Do you trust scientists?* This is what Kim, a 30-year-old office manager, said:

Kim:

Well that's like asking, "Do you trust builders or electricians?" They're people who have been trained to do a particular job. Like most people doing a job, I'm sure they're trying to do the best they can. I guess you could say a scientist's job is more important than a builder or an electrician's

job. Scientists have to find solutions to bigger problems, like finding cures for diseases or dealing with pollution, or finding new, faster ways to travel. But does that mean I trust them less? No . . . not at all.

Host:

And Teresa, who stopped working last year, said:

Teresa:

Wow, that's a difficult question. I'd *like* to trust them. But I think they sometimes discover things that are very dangerous, and then there's no way to go back. They lose control. Like, an example would be nuclear energy. When scientists first discovered a way to create nuclear energy in the 1940s, that seemed like an amazing thing. Everyone thought, "Now we can have clean energy for ever and ever." But then we had the problem of what to do with nuclear waste. And then we had accidents at some nuclear power stations. And now . . . well, now the world's a more dangerous place because of that discovery of nuclear energy. So, I don't really trust them, no, . . . because I don't trust people to know when they should stop.

Host:

Kevin is a college student. He said this:

Kevin:

A lot of people seem to think that scientists can just present their own opinions and everyone will believe them. But that's really not the case. In fact, scientists are questioned much more than other people. Their findings have to be checked and double-checked by other scientists. They have to face difficult questions and prove their results are correct. Often that process takes years. Yes, of course scientists make mistakes sometimes. And sometimes bad research is published. But you can trust most research, because it's been through very strict tests and been checked by other experts. I think people need to know that: the system that scientists work in is fair and honest.

Host:

And this response is from Anja, a 22-year-old medical student:

Anja:

I feel really sorry for scientists, because everyone these days seems to think they know better than them. When you go on social media, everybody has an opinion about everything. Everyone thinks they are experts. But they're not. And no one seems to have any time for the real experts, the scientists. If I were a scientist and I'd spent 10 years at university specializing in a subject and then someone with no knowledge or experience came along and said they knew more than I did, I'd be really angry. It's scientists who created a vaccine to protect against coronavirus, not some guy on the street! We really need to listen to them . . .

Host:

And lastly, we have Mo, a 45-year-old teacher:

Mo:

Look, I'm not a doubting kind of person. I like to believe people. But organizations? I'm sorry, but I don't trust them to do the right thing, because they're in competition. Everyone's competing these days. The drug companies that scientists work for are in competition with each other to find the best medicines. Technology companies are in competition to come up with the best new technology. Universities are in competition to get more money for research. And when you have

that pressure to win, people—and that includes scientists—can't be trusted. They look for the quickest or the cheapest route to success. And that route may not be the best way or the safest way.

Host:

Well, that's just a few views that we recorded earlier. In a moment, we're going to open up the lines and hear what *you* think . . .

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I feel really sorry for scientists, because everyone these days seems to think they know better than them. When you go on social media, everybody has an opinion about everything. Everyone thinks they are experts. But they're not. And no one seems to have any time for the real experts, the scientists. If I were a scientist and I'd spent 10 years at university specializing in a subject and then someone with no knowledge or experience came along and said they knew more than I did, I'd be really angry. It's scientists who created a vaccine to protect against coronavirus, not some guy on the street! We really need to listen to them . . .

Host:

And lastly, we have Mo, a 45-year-old teacher:

Mo:

Look, I'm not a doubting kind of person. I like to believe people. But organizations? I'm sorry, but I don't trust them to do the right thing, because they're in competition. Everyone's competing these days. The drug companies that scientists work for are in competition with each other to find the best medicines. Technology companies are in competition to come up with the best new technology. Universities are in competition to get more money for research. And when you have that pressure to win, people—and that includes scientists—can't be trusted. They look for the quickest or the cheapest route to success. And that route may not be the best way or the safest way.

Host:

Well, that's just a few views that we recorded earlier. In a moment, we're going to open up the lines and hear what *you* think . . .

TRACK 4.3

Host:

Kevin is a college student. He said this:

Kevin:

A lot of people seem to think that scientists can just present their own opinions and everyone will believe them. But that's really not the case. In fact, scientists are questioned much more than other people. Their findings have to be checked and double-checked by other scientists. They have to face difficult questions and prove their results are correct. Often that process takes years. Yes, of course scientists make mistakes sometimes. And sometimes bad research is published. But you can trust most research, because it's been through very strict tests and been checked by other experts. I think people need to know that: the system that scientists work in is fair and honest.

Host:

And this response is from Anja, a 22-year-old medical student:

Anja:

I feel really sorry for scientists, because everyone these days seems to think they know better than them. When you go on social media, everybody has an opinion about everything. Everyone thinks they are experts. But they're not. And no one seems to have any time for the real experts, the scientists. If I were a scientist and I'd spent 10 years at university specializing in a subject and

then someone with no knowledge or experience came along and said they knew more than I did, I'd be really angry. It's scientists who created a vaccine to protect against coronavirus, not some guy on the street! We really need to listen to them . . .

TRACK 4.4
So how did we get here? Well, this graph will show you the history.

TRACK 4.5
What's the point in spending $20,000 when we can get the same result from spending only $10,000?

TRACK 4.6
Can anyone tell me what this photo is of? Look very closely before you answer.

TRACK 4.7
How could that happen, you ask? Well, no one wanted it to happen. It was just an unfortunate accident.

TRACK 4.8
And what builder can ignore the environment these days? It's the number one concern for all building projects.

TRACK 4.9
That concludes my presentation. Thank you for listening. Does anyone have any questions? I'll be happy to answer them.

TRACK 4.10
When scientists first discovered a way to create nuclear energy in the 1940s, that seemed like an amazing thing. Everyone thought, "Now we can have clean energy for ever and ever." But then we had the problem of what to do with nuclear waste. And then we had accidents at some nuclear power stations. And now . . . well, now the world's a more dangerous place because of that discovery of nuclear energy.

TRACK 4.11
The telescope was invented over three centuries ago.

TRACK 4.12
Artificial intelligence will have an enormous impact on us.

TRACK 4.13
telescope

TRACK 4.14
invention

TRACK 4.15
centuries

TRACK 4.16
artificial

TRACK 4.17
intelligence

TRACK 4.18
enormous

Units 1–4 Mastery Test

TRACK 4.19

Ade:
Hi Gabriella. How are you? [pause--noticing something] Are you going on a trip?

Gabriella:
Hi Ade. Oh, this suitcase? No. I'm just taking some old clothes to a used clothes store later today.

Ade:
Oh, I see. It's a nice suitcase. Are you giving that away, too?

Gabriella:
Oh no, just the clothes. This suitcase is really convenient. I was thinking earlier, "Why did it take so long for someone to think of it?"

Ade:
Think of what?

Gabriella:
Suitcases with wheels. Suitcases have existed for hundreds of years, and we've had wheels for thousands of years. So why did it take so long for someone to think of putting wheels on a suitcase?

Ade:
I don't know.

Gabriella:
I looked it up on the Internet, because I remembered that a lot of my parents' luggage didn't have wheels. And suitcases with wheels weren't really common until the 1980s.

Ade:
Whose idea was it? They must have made a lot of money.

Gabriella:
A guy named Alfred Krupa from Croatia. He was an artist, but he was better known for his inventions. He came up with some really new and creative ideas in the 1950s. He followed the principle that you can take two things that exist already and put them together to make something new. Isn't that what inventors do a lot of the time? Like, they rarely come up with something completely new. Instead, they use existing ideas, things we already have.

Ade:
So, what else did he invent?

Gabriella:
A way to walk on water.

He used two wide skis to stand on, and then, for balance, two sticks like walking poles with plastic discs on the ends.

Ade:
Sounds a bit like a paddleboard. Was it successful?

Gabriella:
I don't think so. It was 60 years before its time. What else? Oh yes, he made a boat with a glass bottom. That's exactly the same principle of putting together two old things to make something new. He combined a glass window, like you'd find on a fish tank, with a boat.

Ade:
Interesting . . . I just thought of another example: postage stamps that stick themselves to an envelope. In the past, people had to lick them and then stick them on. But why? I'm sure sticky labels existed long before someone thought of making stamps like that.

Gabriella:

Exactly. It started me thinking about things that people haven't invented.

Ade:

What do you mean?

Gabriella:

Well, like, maybe it's not that hard to think of something there's a need for, and then think about what existing technology you could use to make it a reality. I think *I* could invent things that way. For example, why hasn't anyone invented a jacket where you can control the temperature? Like, you'd have a button on it, and on a cold day, you could turn it on and the jacket heats up.

Ade:

You mean like an electric blanket?

Gabriella:

Yes.

Ade:

Sorry, Gabriella, I think someone has already thought of that. You can buy jackets now with little wires in them that are connected to a battery. It sends electricity through the wires and heats them up.

Gabriella:

Oh, OK. But what about the opposite? My jacket would work both ways. It'd also cool you down if you were too warm.

Ade:

Yeah. I'm not sure how that would work. Do you mean using similar technology to a fridge?

Gabriella:

Yes, I guess something like that. It seems like an obvious thing to have. Why hasn't anyone thought of that?

Ade:

Well, the answer is they probably *have* thought of it; they just haven't found a good way of doing it yet! But I know what you mean. I've often wondered why there isn't a machine for cooling things down quickly. We have microwave ovens for heating up food quickly, but what if you want to cool a drink quickly? Why isn't there a kind of machine for that?

Gabriella:

That's an excellent question. We should look into it, Ade.

Ade:

Yes! We should.

TRACK 4.20

Ade:

Hi Gabriella. How are you? [pause--noticing something] Are you going on a trip?

Gabriella:

Hi Ade. Oh, this suitcase? No. I'm just taking some old clothes to a used clothes store later today.

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Gabriella:

That's an excellent question. We should look into it, Ade.

Ade:

Yes! We should.

TRACK 4.21

The suitcase with wheels is such a simple idea, but it's so effective.

TRACK 4.22

I'm trying to get this model helicopter to work. It comes off the ground, but it won't go forward or backward.

TRACK 4.23

I think Nikola Tesla was an inventor. He did a lot of experiments with electricity, anyway.

TRACK 4.24

We don't have very long to invent technology that will prevent climate change. I know people are working on it, but the question is: will they do it in time?

TRACK 4.25

That's a really good question you've raised there, and I'd love to know the answer to it.

TRACK 4.26

It was sea spray.

TRACK 4.27

His hair is wet.

TRACK 4.28

What time do you arrive?

TRACK 4.29

The bird was found in a net.

TRACK 4.30

How could you eat that?

Unit 5

TRACK 5.1

Host:

Hello, everyone. Today on the show we're talking about possible alternatives to plastic packaging. There are already some alternatives out there, as you probably know, but are any of them really going to replace plastic in the long-term? And if not, when can we expect scientists to find a suitable alternative material? With me in the studio is Dr. Carla Bonetti, who advises companies on the issue of packaging.

Dr. Bonetti, have you seen anything that gives you hope that we can move away from plastic

packaging in the next few years?

Dr. Bonetti:

I see quite a lot that encourages me. I think everyone now knows that we have to move away from using plastic. And every company wants to show that they're using less of it. Certainly, all the companies that I work with are trying to reduce their use of plastic in one way or another. Some are doing it more successfully than others.

Host:

Can you give us an example?

Dr. Bonetti:

Well, I won't mention names, but take the example of one well-known maker of health drinks. They used to use plastic bottles. They now use a bottle which is made of 50% recycled plastic, 15% plant material, and only 35% new plastic.

Host:

That doesn't sound *that* fantastic. Why doesn't the company use 100% recycled plastic, or more plant material?

Dr. Bonetti:

Well, it may not seem like a big change, but if you're producing millions of bottles every year, then it *does* make a significant difference. But to answer your question, "why don't they use more recycled or plant material," the main reason is money. New plastic is cheaper than recycled plastic. It's also much cheaper than material made from plants, such as potatoes or corn. The second reason is that materials made from plants, sometimes called "bioplastics," are not as strong or as long-lasting as plastic. That's why the health drink manufacturer had to use a combination of traditional plastic and bioplastic. You see, the problem we have—and it's the same problem we have with other products, like oil—is that plastic is very cheap and very good at its job. Nothing else really works quite as well.

Host:

Mmm . . . that's a bit sad. Are you saying that, with all our knowledge and experience, we can't find an alternative that is both cheap and effective?

Dr. Bonetti:

Well, people are trying to invent more environmentally friendly materials from lots of things: sugar, wheat, mushrooms, palm leaves. And you can find these bioplastics used as packaging for some products. But they're usually used for more expensive health and beauty products, and as packaging for luxury foods. And, as I said before, they're not as effective as plastic. At the moment, there aren't many options to use for cheaper, everyday products. There is one interesting new material, though. Hopefully, it will become more common in the next few years.

Host:

What's that?

Dr. Bonetti:

It's called "nanocellulose." It's made from tiny pieces of wood, so it's cheap and easy to make. It looks at first like a gel or paste, perhaps a bit like toothpaste/the toothpaste we use to brush our teeth. The paste is spread into very thin sheets, which can be used in various ways. This material can be used to make paper stronger and to protect it from getting wet. And sheets of

nanocellulose can be combined to make a food packaging material that's similar to plastic. The difference is it's safe for the environment and it's natural. Oh, and it's also very strong.

Host:

It sounds amazing. Are there any disadvantages to it?

Dr. Bonetti:

At the moment, just the cost. It costs more to make nanocellulose than plastic. But if nanocellulose can be produced in larger quantities, I expect the cost will come down.

Host:

Well, Dr. Bonetti, thank you very much for talking to us today. I certainly feel I know more about this subject now, and I'm sure our listeners will, too.

TRACK 5.2

Host:

Hello, everyone. Today on the show we're talking about possible alternatives to plastic packaging. There are already some alternatives out there, as you probably know, but are any of them really going to replace plastic in the long-term? And if not, when can we expect scientists to find a suitable alternative material? With me in the studio is Dr. Carla Bonetti, who advises companies on the issue of packaging.

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TRACK 5.3

I think everyone now knows that we have to move away from using plastic. And every company wants to show that they're using less of it. Certainly

TRACK 5.4

They now use a bottle which is made of 50% recycled plastic, 15% plant material, and only 35% new plastic.

TRACK 5.5

New plastic is cheaper than recycled plastic. It's also much cheaper than material made from plants, such as potatoes or corn.

TRACK 5.6
There is one interesting new material, though. Hopefully, it will become more common in the next few years.

TRACK 5.7
But if nanocellulose can be produced in larger quantities, I expect the cost will come down.

TRACK 5.8
Nanocellulose can be made from many types of wood or plants, so there is a lot of material available to make it. It can be added to paper to make it stronger and to protect the paper from getting wet. Or nanocellulose can be made into a clear material like plastic which is very strong and doesn't burn easily.

The drawback is that it takes a lot of energy to make nanocellulose. Also, the cost of making it is still high, much higher than plastic.

The main reason for making nanocellulose is that it doesn't harm the environment, or people, when it's thrown away. Scientists are confident that nanocellulose is safe, but they're still doing tests to make sure.

In the end, it's for you to decide if nanocellulose is a positive or a negative thing.

TRACK 5.9
invention

TRACK 5.10
believable

TRACK 5.11
artificial

TRACK 5.12
manufacturer

TRACK 5.13
optimistic

TRACK 5.14
argument

Unit 6

TRACK 6.1

Welcome everyone, and thanks for coming to our weekly discussion. Today we're looking at business trends, and particularly at which small businesses are doing well in today's environment. I've heard people say that the pandemic didn't really change the way we work and do business; all it did was to speed up existing trends. This is probably true, and we can see it in various areas.

For example, before the pandemic, people were already trying to work from home more. But during the pandemic, for a lot of people, it became normal to spend part of the week in the office and part of the week working from home.

Another trend was the rise in online shopping. Already in 2019, big department stores had noticed that fewer customers were coming into their stores. More people were choosing to shop online instead. Now, online sales are a significant part of these stores' sales—somewhere between a quarter and a half of total sales.

In transportation, sales of gas-powered cars were already decreasing before the pandemic. And during the pandemic, people bought few cars overall, for a variety of reasons. However, sales of gas-powered cars have continued to decline, while sales of electric vehicles have risen fast.

Another effect of the pandemic was to make people feel worried about losing their jobs. As a result, some people started their own businesses. When they did this, they looked for ideas that they thought would fit the changing world they saw. Let's look at some of these ideas and which new businesses are finding success today.

Handmade products are one success story. The possibility to reach customers through online marketplaces has opened new opportunities for individuals who make things at home. Jewelry, soap, and clothes are all examples of handmade products people are now selling online. Customers love them because they are original gifts to give to friends and family.

The pandemic also showed people how important it was to stay fit and healthy. As a result, we have seen a big increase in online fitness and exercise classes. These classes don't replace outdoor exercise, but for many, they are an easy and safe way to keep fit. And there are so many different types of classes that there's something for everyone.

Another area where new businesses are finding success is education. Again, this is mainly because people have discovered that there's a big range of online classes available—from music or cooking lessons to extra math classes for your kids. The great thing for businesses about offering online courses is that they can teach something very specific and still reach a lot of people. For example, last week I took a short course on how to repair a broken plate so that no one can see it was broken.

Home delivery of food is another area where new businesses have been successful. Take-out meals from restaurants are not new, but we now have businesses that offer cook-at-home meal kits. The restaurant delivers the ingredients and the recipe, and then the customer cooks the dish themselves at home. This means they get to try new types of food and learn new skills at the same time.

So far, the businesses I've mentioned all use the Internet to sell or deliver their products and services. But there are opportunities that don't rely on the Internet. Transportation is one. Many people use public transportation, but some people don't like crowded trains and buses. They want to find other, and if possible, greener forms of transportation. This has been great for businesses that sell and repair bicycles. It has been even better for people who sell electric bicycles. You can now travel around 25 miles on an electric bike before the battery needs to be recharged. This has made the idea of getting to work by bicycle much more attractive.

Well, I hope that has given you some idea of small business trends. Next week, we will look at trends among larger companies.

TRACK 6.2

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TRACK 6.3

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TRACK 6.4
Online marketplaces are websites where different buyers and sellers meet to buy and sell products.

TRACK 6.5
MOOC stands for "massive open online course."

TRACK 6.6
The term *EV* is used to describe any vehicle that is powered by electricity.

TRACK 6.7
When people say something is trending, it means that a lot of people are talking about it.

TRACK 6.8
Go away.

TRACK 6.9
He is the boss.

TRACK 6.10
the East of London

TRACK 6.11
You need two ears.

TRACK 6.12
He recommended a point to each.

Unit 7

TRACK 7.1

Gary:

Hi folks. Today's show is about emotional intelligence in the workplace. Every employer would like to have employees who are emotionally intelligent because emotionally intelligent people form better working relationships. They get along with people better. They solve problems more quickly. They deal more effectively with work stress. In fact, they are generally happier employees. But how do we test for emotional intelligence when we are hiring people? Here to give us some tips is employment advisor Hannah McKierney. Hannah, what's your advice to employers for how to pick out these individuals with greater emotional intelligence?

Hannah:

Hi Gary. Thanks for having me on today. Your introduction about the benefits of having emotionally intelligent employees was totally accurate. The only thing I'd add is that they make better leaders and managers, too. Most employers know this, but they don't test for emotional intelligence in the right way.

Gary:

Can you give us an example of that?

Hannah:

Sure. So, one common mistake is to think that a personality test is the same as an emotional intelligence test. It isn't. Personality tests don't measure how aware you are of your own feelings and of other people's feelings. Another mistake is trying to judge someone's emotional intelligence from a written reference.

Gary:

You mean we shouldn't read what other people say about that person?

Hannah:

Oh, no. You should definitely ask someone you are interviewing for written references. But you should also call those references—often previous employers or managers—and have a direct conversation with them. Written references don't really tell you how someone treats other people. But a direct conversation with their old employer or manager can help you get real examples of how well a person works with colleagues.

Gary:

OK. And what about the interview itself? Are there special questions you should ask? Or special techniques you can use to judge emotional intelligence?

Hannah:

Absolutely. I think interviewing technique is the most important thing. So, a lot of employers *think* they are good at evaluating employees' emotional intelligence, but often they're not. They'll ask a question like, "Are you good at working with other people?" And the interviewee will say, "Oh, yes. I'm great at working with others. When I worked with my sales team in my last job, we increased sales by 40% in one year."

Gary:

Yes, I see. That answer doesn't tell you much about the person.

Hannah:

No. It's an answer the person has prepared before the interview. You have to try to get more details, a more personal answer, for example.

Gary:

How do you do that?

Hannah:

The first thing you should do is to help the person feel as relaxed as possible. The interview should feel like an informal chat, not a test. Ask them a little about their interests outside work. Try to find something you have in common, and talk about that. From there, move on to questions about their background and experience, but make sure the person feels comfortable and relaxed.

Gary:

OK.

Hannah:

Next, ask them about a recent success at work, something they feel proud about doing. It should be something that involved working with other people. They'll describe it briefly. When they've finished, go back over the story step by step, asking for very specific details. How did you divide the work between yourselves? Who was in charge? What happened when someone had a problem? Did you find it easier to work with some people than others? Why was that? And so on.

Gary:

I see. So that way, you begin to see how they interact with others.

Hannah:

Exactly. Then ask about a project or task that *didn't* go so well. Ask them to describe briefly what went wrong. Then ask questions to get specific details. Focus particularly on how they managed the stress of the situation. At the end, ask them what they learned from the experience so that you end on a positive note.

Gary:

That's really interesting, Hannah. I'm just going to bring in a couple of our listeners, one employer and one employee, to talk about their experiences with the job interview process. Our first caller is Mia Hashimoto who runs a home design business. . .

TRACK 7.2

Gary:

Hi folks. Today's show is about emotional intelligence in the workplace. Every employer would like to have employees who are emotionally intelligent because emotionally intelligent people form better working relationships. They get along with people better. They solve problems more quickly. They deal more effectively with work stress. In fact, they are generally happier employees. But how do we test for emotional intelligence when we are hiring people? Here to give us some tips is employment advisor Hannah McKierney. Hannah, what's your advice to employers for how to pick out these individuals with greater emotional intelligence?

Hannah:

Hi Gary. Thanks for having me on today. Your introduction about the benefits of having emotionally intelligent employees was totally accurate. The only thing I'd add is that they make better leaders and managers, too. Most employers know this, but they don't test for emotional intelligence in the right way.

Gary:

Can you give us an example of that?

Hannah:

Sure. So, one common mistake is to think that a personality test is the same as an emotional intelligence test. It isn't. Personality tests don't measure how aware you are of your own feelings and of other people's feelings. Another mistake is trying to judge someone's emotional intelligence from a written reference.

Gary:

You mean we shouldn't read what other people say about that person?

Hannah:

Oh, no. You should definitely ask someone you are interviewing for written references. But you should also call those references—often previous employers or managers—and have a direct conversation with them. Written references don't really tell you how someone treats other

people. But a direct conversation with their old employer or manager can help you get real examples of how well a person works with colleagues.

Gary:

OK. And what about the interview itself? Are there special questions you should ask? Or special techniques you can use to judge emotional intelligence?

Hannah:

Absolutely. I think interviewing technique is the most important thing. So, a lot of employers *think* they are good at evaluating employees' emotional intelligence, but often they're not. They'll ask a question like, "Are you good at working with other people?" And the interviewee will say, "Oh, yes. I'm great at working with others. When I worked with my sales team in my last job, we increased sales by 40% in one year."

Gary:

Yes, I see. That answer doesn't tell you much about the person.

Hannah:

No. It's an answer the person has prepared before the interview. You have to try to get more details, a more personal answer, for example.

Gary:

How do you do that?

Hannah:

The first thing you should do is to help the person feel as relaxed as possible. The interview should feel like an informal chat, not a test. Ask them a little about their interests outside work. Try to find something you have in common, and talk about that. From there, move on to questions about their background and experience, but make sure the person feels comfortable and relaxed.

Gary:

OK.

Hannah:

Next, ask them about a recent success at work, something they feel proud about doing. It should be something that involved working with other people. They'll describe it briefly. When they've finished, go back over the story step by step, asking for very specific details. How did you divide the work between yourselves? Who was in charge? What happened when someone had a problem? Did you find it easier to work with some people than others? Why was that? And so on.

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Exactly. Then ask about a project or task that *didn't* go so well. Ask them to describe briefly what went wrong. Then ask questions to get specific details. Focus particularly on how they managed the stress of the situation. At the end, ask them what they learned from the experience so that you end on a positive note.

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TRACK 7.3
Emotionally intelligent employees get along with people better. They solve problems more quickly. They deal more effectively with work stress. In fact, they . . .

TRACK 7.4
People often prepare answers or stories for certain questions before the interview. Consequently, you . . .

TRACK 7.5
First, help them feel relaxed by asking about their interests outside work. Then move on to questions about their background and experience. Following that, you . . .

TRACK 7.6
Ask them about a project or task that *didn't* go well. Try to get specific details. However, don't . . .

TRACK 7.7
Your essay is a bit short, but I thought you made a lot of good points.

TRACK 7.8
I liked the way that you began your talk with a short video.

TRACK 7.9
There weren't any original ideas in your essay. Did you copy it from a book?

TRACK 7.10
What point are you trying to make? It's not clear at all.

TRACK 7.11
Speaker A: Is this your first day here?
Speaker B: Well it's my first week.

TRACK 7.12
Speaker A: Why are you using a spoon to cut your bread?
Speaker B: Because I don't have a knife.

TRACK 7.13
Speaker A: Does it always rain so much here?
Speaker B: No, it rarely rains so much in September.

TRACK 7.14
Speaker A: You look upset about the result.
Speaker B: Yes, I am disappointed about the result.

TRACK 7.15
Speaker A: Is the restaurant on the corner of West Street?
Speaker B: No, it's in the middle of West Street.

TRACK 7.16

Speaker A: Didn't I send you the document in an email?
Speaker B: No, you only sent the email.

Unit 8

TRACK 8.1

Host:

How much do young people think about the path they're going to follow in life? How many of them just follow the traditional steps that society expects because it's a familiar path? Go to school, then to college; get a job; buy a place to live, then work for the next 35 or 40 years until it's time to stop working. And how many follow a more independent route? We asked these questions to four young high school graduates. First, we have Greg from the US.

Greg:

I think a lot of people follow a traditional path because they keep having to pay for each step. You borrow money to go to college, and so you leave with a lot of debt. At least that's what happens here in the US. So, you get a job to start paying back your student loans. And then when you want to buy your own place, you borrow more money. And that can take you 20 years or more to pay back. When you're 50 years old, if you're lucky, you've paid back all your loans, and then you get 10 or 15 years when you can relax a bit. Personally, I don't want to enter that cycle of work, work, work. I want to do something different. And I definitely want to enjoy those "good" years sooner. I just need to think of a way to do that.

Host:

And this is what Tatiana from Brazil has to say.

Tatiana:

It's all about knowing what you want to do. A lot of people go to college not knowing what they want to do afterward. Either they're hoping that somehow an idea will emerge while they're there, or they think that going to college will help them get a job in any field. I don't think that's their fault. I think the system puts you on a particular path very early in life, and then it's difficult to change direction. I'm one of those people who's not really sure about their career path. I only know I'd like to get involved in something that helps people. But I'm going to Edinburgh University in Scotland, and they have a great system there. It's a four-year course of study, but if you decide after one year that you don't like the subject you've chosen to major in, you can change it.

Host:

And Kei, who was born in Japan:

Kei:

You've got to take risks in life, and if you're not going to take risks when you're young, when are you going to? I want to design video games, and I don't think the best way to broaden my knowledge is by going to college. My parents feel disappointed that I'm not going, but I've already taught myself most of the skills I need to know. What I want to do right now is travel. In October, I'm going to spend a month in Seoul, which is probably the video-gaming capital of the East right now. After that, I'll go to the US and visit Seattle and Los Angeles. I'm hoping to pick up a lot of ideas . . . and have a lot of fun at the same time. You've gotta make the most of travel opportunities.

Host:

Here's Nahla, who is from Dubai:

Nahla:

I think when you decide on a specific career that you want to aim for, even if you have to work very hard to achieve that goal, in some ways it's an easier path. I mean, because you're not worried about what you're going to do next. You're not thinking, "What am I going to do with my life?" which can be the biggest stress of all. My mother says that I told her when I was four that I was going to be a doctor when I grew up. I'm not sure I was quite that young, but it certainly has

been my dream, like, for the last five or six years. To achieve that, I need formal training. I've been accepted to medical school, and I'm hoping to work with cancer patients one day. I'm not concerned that it might be a traditional path. As I say, I'm happy that I know what I want to do.

Host:

Some interesting answers there, and quite a mixture between those who want to take a more traditional path and those who don't. If you'd like to tell us about your plans, next week's show is [fade] a phone-in where we'll be taking calls . . .

TRACK 8.2

Host:

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TRACK 8.4

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TRACK 8.5

My best experience learning a language was when I was about 25.

TRACK 8.6

It was a Japanese class taught by a really interesting teacher.

TRACK 8.7

She talked to us only in Japanese and got us to repeat phrases.

TRACK 8.8

I can still remember every phrase she taught us.