

Listening: Exam practice 1 (Track 1A)

We all love social networks and we spend a lot of time on them, sending messages, posting photos, sharing jokes, pictures of cats or just telling our online friends what we're doing. But we also know that these networks can be unfriendly, even dangerous places and that we have to be really careful what we post. Let's have a look at some issues we should think very carefully about while we're using social networks.

Let's start with passwords. Get yourself some good passwords, ones that will be hard for other people to guess. Does anyone know what the most popular password is? No? It's actually 'password'. No, you may laugh but lots and lots of people have, as their password, the word 'password'! Your passwords should be different for each site you use. Don't make them obvious, like your name or your phone number. Use different symbols on your keyboard like the euro or dollar symbols and a combination of numbers and letters and capital and small letters.

You should also be careful with the username that you choose. There are a lot of bad people out there on the internet who would love to get in touch with teenage boys and girls, so don't use a very suggestive name and don't give any clues about your age or location. Invent a name that is totally unrelated to you, like Jennifer Smith or Tom Windsor. There are even some websites that can generate a username for you.

Check the settings on the networks that you use – particularly the privacy settings. Sometimes these are really complicated but it's very important to limit the people who can read your posts. You don't want everyone in the world to know what you're doing, what you look like, what you think or other things you post online. So, the basic advice would be to restrict your information and your posts to friends only.

So what about the stuff you post? There are a few basic rules to keep your identity and location safe. First of all, don't post any personal information about yourself. For example, don't post your current location. It's not safe to let people know where you are. Also, don't ever post your phone number, your address or any other information that would allow a stranger to find out where you are or how to get in touch with you. Do you want a stranger to call you in the middle of the night or to approach you in the street? I'm sure you don't.

Now, on to photos. Oh dear! It's so easy to post photos nowadays, isn't it? But you have to remember that everyone can see your photos – all it takes is a friend or acquaintance of yours to 'like' your photo on a social network and all of their friends can then see that photo, people you don't even know! So, ask yourself, do you really want the whole world to see that photo of you on the beach? It's very simple, if you don't want the whole world to see an embarrassing photo of you, don't put it on a social network. My advice would be never post photos of yourself or your friends.

Remember that what you post on a social network, you can never get back. It's there forever. Many companies and even universities in the United States check candidates' social networks and this often leads them to reject the candidates. This trend is likely to grow in the coming years. So, in ten years' time when you apply for a job, a potential employer will be able to check what you posted last summer. So, do you want your future boss to see you lying on the beach?

You should also be careful to protect your friends' identity. You should never allow social networks access to your email contacts. You might have friends who don't want to appear on social networks or who are more protective about their identity than you. Respect your friends' privacy.

Finally, the biggest danger of social networks is the amount of time you spend on them! They seem to eat up time like nothing else. You have other things to do. You have to do your homework, you have to study, you have to go out and enjoy yourself. Spending too much time on social networks might mean you're missing out on more enjoyable things ... like life!

Listening: Exam practice 2 and listening practice 2 (Track 1B and 1C)

- Man: I've been reading a lot about the future of mobile phones – it's really interesting. They've become such an important part of our lives. We feel lost without them. Have you ever forgotten your mobile phone or left it at home?
- Woman: Yes, I have. It's an awful feeling – you don't know what to do with yourself! And to think the first mobile phone networks only started in the 1980s!
- Man: I know. It's amazing! I read the other day that one solution to forgetting your phone might be to put it on like a watch. Some companies are making phones called 'wristwatch phones' that you'll wear on your wrist. There are smart watches now that do lots of things besides telling the time, right? Well, the next step will be to be able to wear your phone.
- Woman: But won't the screens be very small?
- Man: No, they're going to make the screens bigger than smart watches and they might even have 3D screens.
- Woman: Ooh, that sounds cool.
- Man: Of course, they'll have large memories so that you can store your videos, photos and contacts. But one new aspect will be that they'll be waterproof so that you can wear them in the shower.
- Woman: That's a good idea, but I'll have to be careful I don't answer the phone in the shower with the built-in video camera – I don't want the other person to see me in the shower, do I?
- Man: No, thanks! But isn't there one disadvantage to the wristwatch phone? I mean you can only use it with one hand.
- Woman: Oh, yeah, that's true!
- Man: Of course one thing that everyone loves doing with their mobile phone is taking photos and posting them online. Social networks like *Facebook* are filled with people's photos and *Instagram* is a social network exclusively for posting photos to your friends and followers. Well, some companies are now designing special lenses for your phone.
- Woman: What? You mean the round part on the front of a camera?
- Man: Yes, that's right. You'll be able to attach a lens to your phone so that you can take better photos.
- Woman: OK, but then you'll have to carry the lens around, won't you?
- Man: Yes, but at least you won't have to carry another camera – it's just a lens. What else? Smartphones are getting bigger and bigger it seems. Some smartphones look more like tablets nowadays, don't they? Of course, a big screen is very useful, especially when we want to show something to other people. So the next big thing in smartphones will be flexible screens. Companies are developing screens that are as thin as a piece of paper and that you can actually fold up. So in the future smartphones might be smaller than they are now when you put them in your pocket but they'll have a screen that you can fold out to make bigger – as big as a tablet.
- Woman: So when you've finished what you're doing, you can fold it up again and put it in your pocket. That's a great idea.
- Man: There are a few other ideas that phone makers are investigating. For example, they're trying to improve voice control so that you'll be able to control the apps on your phone just by speaking to them, giving them oral commands.
- Woman: Just like in science-fiction films! Cool!
- Man: Another interesting development is being able to connect your phone to your house. In the near future you'll be able to control your house from your phone – turn on the lights, turn on the central heating or even open the front door for other people.
- Woman: That'll be handy because I'm always forgetting my keys!
- Man: There are endless possibilities and it's clear that smartphones will get even smarter in the next few years. The only thing that worries me is, what will we do when we don't want anyone to know where we are?!

Listening: Exam practice 3 (Track 2A)

Radio Announcer: So, our question today for listeners is: 'Who was your favourite teacher at school and why?' You can send us an email to [thelunchtimeshow at kprfm dot com](http://thelunchtimeshow.kprfm.com), or post a message on our Facebook page or send us a tweet. So, here's a tweet from Mary O. She says 'My English teacher was amazing. She gave me a passion for books and a talent for writing.' Thanks, Mary. Lucky you. I'd love to be able to write well. And there's another tweet from Bill who says: 'My PE teacher was incredible. He taught us a lot about football but even more about life.' That seems to be a common theme in a lot of listeners' messages – that the teachers they remember best were teachers that didn't just teach their subject. Anyway, we have a caller now, I believe. Hello?

Jennifer: Hello?

Radio Announcer: Hello. What's your name and where are you calling from?

Jennifer: I'm Jennifer and I'm calling from Dorset.

Radio Announcer: Great. So, Jennifer, who was your favourite teacher at school and why?

Jennifer: I had a teacher at secondary school whose name was Mrs Henderson. She was our Maths teacher. I really hated Maths at first but she was always there to help and to explain things when we didn't understand them. Her classes were fun – I mean who would think Maths classes could be fun? – and I learned so much from her. In the end, I really loved Maths, thanks to her. When I went to university to study Economics, I remembered Mrs Henderson's lessons and they really helped in statistics classes.

Radio Announcer: So she helped you get over not liking Maths. OK, thanks, Jennifer. Next caller is Pete from Bournemouth. Hello, Pete.

Pete: Hi. How are you?

Radio Announcer: I'm fine, thanks. Tell us about your favourite teacher, Pete.

Pete: Well, his name was Mr Jennings and he was our History teacher. I wasn't very interested in History. And all those kings and queens and battles and dates – I just couldn't understand them and I had a terrible memory for dates. I couldn't remember when things happened! But Mr Jennings had a way of describing the events which really brought them to life. He made them real, you know? He helped us to picture what it was really like for soldiers in World War I or what life was like for people in London in the 18th century. His lessons were amazing and I really got into History. So much in fact that I went on to study History at university and now I'm a History teacher too. I try to make my lessons like Mr Jennings's lessons.

Radio Announcer: Wow! So, Mr Jennings was a real inspiration.

Pete: Oh, yeah, absolutely. I'm a teacher because of him.

Radio Announcer: Right, thanks, Pete. Here's a message from Nikki on *Facebook*. Nikki says: 'I'll never forget my primary school teacher, Mrs Parker. I absolutely adored her. She was so caring and hard-working. She made us all curious about the world and about nature, which inspired us to learn about science and the environment. She told me once that I was very good at drawing. Nobody had ever told me that I was good at anything! It was a fantastic feeling. The most amazing thing was that I met her a few years ago in the street and she remembered who I was! I couldn't believe it. She also remembered lots of funny things about me, things that even I didn't remember! Now I'm a teacher because of Mrs Parker – she was such an inspiration to me. Mrs Parker was my hero.' What a great post – thanks, Nikki.

So keep your emails and messages coming in. We're going to play some music now before the news ...

Listening: Exam practice 4 and listening practice 2 (Track 2B and 2C)

Nelson Mandela was the first black president of South Africa from 1994 until 1999. He had led the struggle against the authorities in South Africa, against a racist system of government and he fought for human rights in his country until he died in 2013.

Nelson Rolihlahla Mandela was born in 1918 in a small village in the Cape Province of South Africa. The name 'Rolihlahla' meant 'troublemaker'. Another name he used was 'Madiba', which was the name of his clan or extended family. He started school at the age of seven and his teacher gave all the children English-sounding names – 'Madiba' became 'Nelson'.

At secondary school Nelson became interested in native African culture and when he moved to Johannesburg to attend university, he became a member of the African National Congress – a group of people who fought for the rights of black people in South Africa. At ANC meetings he saw people from all races and religions together, which made a great impression on him.

At that time in South Africa, there was a system that separated white people from non-white people – that is, blacks and Asians. The system was called 'apartheid'. It meant that white people and non-white people lived in separate neighbourhoods, they travelled on different buses and black and white children went to different schools. Although they were the majority, black people in South Africa were incredibly poor. Mandela spoke out against apartheid and the ANC led protests against the government.

While Mandela was studying law at university, he was arrested several times for his political activism. At the same time, opposition to apartheid was growing within South Africa and internationally. Then, in 1964, Mandela and other ANC activists were sent to jail for life for planning to overthrow the government. He was sent to a prison on Robben Island and was put in a tiny cell, sleeping on a mat on the floor.

Mandela spent twenty-seven years in prison, during which time he became very famous. Millions of people around the world began to call on the South African government to free Nelson Mandela. Then, in 1989, FW de Klerk became the new president of South Africa. He realised that the apartheid system needed to be changed and that South Africa also needed to change. De Klerk released Mandela from prison in 1990 and called for free, peaceful, democratic elections. De Klerk and Mandela were given the Nobel Peace Prize in 1993 and in 1994 Nelson Mandela became the first black president of South Africa.

As president, he tried to bring blacks and whites together into what he called a 'rainbow nation'. He changed the country's flag to represent both black and white traditions and he tried to unite the country through different sporting events like the Rugby World Cup in 1995. Although many black people in South Africa are still poor, the country has changed enormously. Blacks and whites work together, play together on the same teams and black and white children go to the same schools.

In 2013, Nelson Mandela died of an infection in his lungs. He was ninety-five years old. Political leaders from all over the world, including President Barack Obama, the first black President of the United States of America, attended his memorial service on a rainy day in a huge soccer stadium in Johannesburg. Mandela was an inspiration to people all around the world.

Listening: Exam practice 5 (Track 3A)

A lot of people seem to be obsessed by diets these days. It's important, of course to watch what we eat, but there's a fashion nowadays for special diets – eating more protein or lots of one particular food like artichokes or drinking coconut milk. But in fact the best diet has been around for a long time. It's called the Mediterranean diet.

First, we're going to look at what exactly the Mediterranean diet consists of and then we'll talk about the benefits of the diet.

So I'm sure most of you, if not all of you, have heard of the Mediterranean diet. But it's likely that some of you don't really know what food is included in the diet. Basically it's all about eating lots of vegetables, fruit, beans or legumes and cereals. To help you, I'd like you to picture the typical food pyramid. It's like a triangle, wider at the bottom, getting narrower as we go up and finally reaching a point at the top. So at the bottom of our pyramid are cereals. They include wholegrain or brown bread, wholegrain pasta and brown rice. Because they're at the bottom, that means we should be eating a lot of these foods every day. But remember brown bread, not white bread. Then above that are fruit and vegetables – your typical five a day. That means you ought to eat at least five portions of fruit and vegetables every day. You should eat more vegetables than fruit though and, sorry, they should be green vegetables.

A big problem with the modern diet is that we eat too much fat and we all know fat is bad for you. However, we actually have to change the kinds of fat we eat because some fat, called unsaturated fat, is in fact not bad for us. These fats are found in olive oil, a really important part of the Mediterranean diet, and nuts, for example.

So, to get back to the pyramid, we're still moving up it and we're still talking about things that we ought to eat every day. Finally in this section are dairy products, like milk and yoghurt. They're also part of the Mediterranean diet but only a small part. The recommendation is to have only two servings a day.

The next section in our pyramid is stuff that we should be eating three, four or five times a week. First of all, there's fish and seafood. What would the Mediterranean diet be without fish? Then chicken or turkey. You can eat these about four times a week. Just above that are potatoes, eggs and sweets. Yes, you're allowed to eat sweets like chocolate or cake or biscuits, but only three times a week. Finally right at the top of the pyramid is the stuff you should only eat about four times a month at most and that is ... red meat. Yes, that's right only four times a month, so forget about hamburgers, sorry!

So that's what you should be eating, now let's talk about why. Well, it's very simple: the Mediterranean diet is very, very good for you. It helps you to live longer and most importantly it reduces the risk of heart disease. Heart disease is the main cause of death for people in both the UK and the USA. In the United Kingdom, it kills one in every five people and in the United States, it kills one in three people. That's terrifying and heart disease is directly related to our lifestyle, principally what we eat and also how much exercise we take.

The Mediterranean diet also reduces the risk of cancer, hypertension and high blood pressure, type two diabetes and Parkinson's and Alzheimer's disease. Recent studies have shown that the Mediterranean diet can improve your brain functions and reduce the risk of different kinds of dementia. If you combine it with the Mediterranean lifestyle, that is, plenty of outdoor life, exercise and a little bit of wine every day, you'll live a longer and healthier life for sure. So any questions ...

Listening: Exam practice 6 and listening practice 3 (Track 3B and 3C)

- Girl: So you know there are lots of theories about food and what's good and what's bad for you and all that, right?
- Boy: Yeah, and you get so confused that sometimes you don't know what to eat!
- Girl: Yes! Anyway, apparently there's this guy, a scientist, who can describe your personality by looking at what kinds of food you eat.
- Boy: Oh, here we go! Another crazy theory about 'we are what we eat'! That's ridiculous. I eat all kinds of different food and what I eat has nothing to do with who I am. I eat to survive and because if I didn't I'd die.
- Girl: Ah, yes, but you have certain preferences, right?
- Boy: Yes, of course. I hate broccoli, for example.
- Girl: Well, everyone hates broccoli. No, I mean that there are certain foods you like and others that you don't like. Well, your food preferences, what you choose to eat, say a lot about your personality according to this guy.
- Boy: OK, I think I need some examples.
- Girl: For example ... apparently, a person who prefers salty food has certain personality traits.
- Boy: Like what?
- Girl: Well, a person who likes salty food like chips with lots of salt on them tends to go with what the majority think. They're usually impatient and they hate waiting in queues for anything. They want instant rewards and they're very ambitious.
- Boy: Really? OK, I like spicy food. What does that say about me?
- Girl: Hmm ... people who like spicy food with lots of pepper love adventure and risk. They love going on roller coasters, watching horror films or doing dangerous sports like bungee jumping or skydiving. They need adrenalin. And they get bored really easily.
- Boy: Actually that does sound a bit like me. I really do love roller coasters but I'm still not convinced. So what about people like you who like sweet things?
- Girl: Aha! Well, people who like sweet food enjoy life and they want to be special. They're also generous people, who are always willing to help other people. They also tend to be quite intuitive people rather than depending on logic. But if you like to mix sweet food and spicy food then you're probably a very creative and imaginative person. The thing is that there's also a whole theory relating what ice cream flavour you like to your personality.
- Boy: Ice cream? Oh, come on! That's just silly!
- Girl: No, hold on. Check this out. If you prefer chocolate ice cream, you're creative and enthusiastic. You're probably ambitious too and you always want to be the centre of attention. However, if you prefer vanilla ice cream, for example, you probably have a very busy life and you're impulsive and you like taking risks but you're also quite a private person. Then, if you like strawberry ice cream you're probably a bit shy and you're often in a bad mood. You have very strong opinions about things but you probably have quite low self-esteem, unfortunately.
- Boy: And you can tell all this about a person just from looking at the kind of ice cream they like?
- Girl: Yes, and don't think this is something somebody just made up. There's a guy called Alan Hirsch, who's an American neurologist and psychiatrist, who's been studying this for over twenty-four years. He's done tests on about 18,000 people and he's written several books on the subject. He's a real expert. He's also invented this stuff called 'Sensa', which you put on your food to make you feel full – it stops you eating too much and helps people who are on a diet and are trying to lose a few kilos apparently.
- Boy: Aha! And don't you think he's made up all that stuff about food and personality just to sell more books and to sell more of that Sensa stuff?
- Girl: No way! I think it's really interesting ...

Listening: Exam practice 7 (Track 4A)

Chloe: Hi, you're Patrick aren't you?

Patrick: Yes, that's right.

Chloe: I'm Chloe. I'm new here. I started working here last week.

Patrick: Oh, yes, of course! You're working in sales with Andrew Morrisey, aren't you?

Chloe: Yes, that's right. So, did you see *Sherlock* last night?

Patrick: No, I didn't. I don't have a television.

Chloe: Oh, is it broken?

Patrick: Erm ... no. I don't actually own a TV.

Chloe: Really? No TV? ... How come?

Patrick: Well, about a year ago I moved out of the flat I was living in with my girlfriend and she kept the television. I decided not to buy a new one because I couldn't really afford one, plus I thought paying for cable or satellite TV would be a bit of a waste of money. I never really watched a lot of TV anyway and the programmes I liked weren't on satellite channels. So I thought, why bother?

Chloe: So, what do you do to relax in the evening? Do you not get bored?

Patrick: Bored? No, not at all. I listen to a lot of music. I sometimes write album reviews for a music website so they send me stuff to listen to. In fact, I have my stereo system opposite the sofa at home, just where the TV would normally be.

Chloe: OK. And apart from listening to music?

Patrick: Well, I read of course. I've probably read twice as many books in the last year as I did the year before. It always took me ages to finish a book but not anymore. It's great. And I go to the cinema a lot, of course. I've seen lots of great films this year. It's such a pity that a lot of cinemas are closing down.

Chloe: I agree. I love going to the cinema, too.

Patrick: Actually, I do watch some TV series. I buy DVD box sets online and watch them on my laptop.

Chloe: So what series have you watched?

Patrick: Well, I like *Breaking Bad* and I thought *Homeland* was very good. Apart from that, I've learned how to cook and I go out jogging a couple of times a week.

Chloe: So don't you miss television at all?

Patrick: No, absolutely not. I thought I would, but life without TV isn't as bad as people think, I promise. There are so many other things you can be doing instead of sitting in front of the TV watching stuff you probably don't really like. For example, you watched *Sherlock* last night, right? What did you watch the night before last?

Chloe: Er ... let's see. I can't remember! Erm ...

Patrick: You see? You can't even remember!!

Chloe: No, hold on. Er ... oh yeah, I watched *X Factor*. It's terrible. I don't know why but I always end up watching it. It really is rubbish but I love being able to talk about it with friends the next day and reading posts on *Twitter* while it's on.

Patrick: You see? You watch a lot of things you don't even like.

Chloe: Yes, I suppose I do but sometimes if I don't watch them, then I feel like I've missed something important because that's what everyone is chatting about online or the next day at work.

Patrick: Yes, I suppose you're right. But I know exactly what everyone's saying about TV programmes that I haven't seen. I can just look at *Twitter*.

Chloe: Yes, that's true. ... Well, it was nice talking to you, Patrick, but I'd better get back to work.

Patrick: Yeah, me too.

Chloe: Em ... the next time you go to the cinema, let me know. I'd like to go with you.

Patrick: Oh ... OK. ... Bye.

Listening: Exam practice 8 and listening practice 4 (Track 4B and 4C)

Who would have imagined that a series about two experimental physicists and a waitress would become the most popular sitcom in the world? But *The Big Bang Theory* has become just that. In the USA, the TV show regularly gets about 20 million viewers, in the UK about two million and in Canada about four million. Worldwide in 2012, *The Big Bang Theory* was watched by almost 43 million viewers.

So why is it so popular? Most TV critics agree that *The Big Bang Theory* is nothing new in TV sitcoms. The characters are a little different from, let's say, the characters in *Friends*, the now legendary sitcom from the 1990s, but *The Big Bang Theory* doesn't break any new ground. There are two brilliant, nerdy physicists who love science fiction, superheroes and video games and a beautiful young waitress/actress who all live across the hall from each other in Pasadena, California. It's a sitcom favourite: putting very different personality traits together and adding a little love interest to make things even more interesting.

Now in its seventh season in the USA, *The Big Bang Theory* has done something that very few sitcoms have ever done before, it's got more and more popular each season. The show now has seven central characters, four men and three women. Sheldon and Leonard are two experimental physicists who live together. Sheldon Cooper is a child-genius with a brilliant mind, a photographic memory and what might be considered mild Asperger's syndrome – though the series makers have always avoided that particular issue. Sheldon is full of obsessive ticks and behaviours and is brilliantly played by the actor Jim Parsons, from Texas, like the character he plays. Parsons has won three Emmy awards and a Golden Globe for his role as Sheldon in the series.

Sheldon's flatmate is Leonard Hofstadter, the only man in the world who seems able to put up with Sheldon's eccentricities and who always seems ready to please those around him. From the first episode, Leonard falls for the beautiful Penny who moves into the apartment across the hall from them. Penny is a waitress who initially is totally confused by her neighbours' references to science and science fiction. But as the series progresses, her relationship with both Leonard and Sheldon has turned out to be one of the keys to the success of the sitcom.

Sheldon and Leonard's friends and colleagues at Caltech, the California Institute of Technology, where they all work, are Howard and Raj. Howard Wolowitz is an engineer and he's Jewish and lives with his mother, so there are lots of jokes about Jewish mothers! He's always after girls, very unsuccessfully usually, and only has a Master's degree rather than a Doctorate, like his friends. However, Howard achieves something his friends can only dream of – in season five he gets a chance to be an astronaut and travel to the International Space Station.

Rajesh or Raj Koothrappali is from India. Raj's problem is that he cannot talk to girls without drinking alcohol. His parents are very rich and are constantly trying to persuade him to find a girlfriend and get married.

Since the first series, new characters have been introduced: Bernadette, a microbiologist who works with Penny, and ends up marrying Howard; and Amy, who was matched with Sheldon on an online dating website and who ends up becoming Sheldon's girlfriend.

The Big Bang Theory is full of references to popular culture: science-fiction films and TV series like Harry Potter, *The Lord of the Rings* and, of course *Star Wars* and *Star Trek*; debates about superheroes like Iron Man, Superman and Spider Man; and a lot of video games are also mentioned – the four friends love playing *Halo*, for example.

And perhaps, in the end, that's the key to the series' huge success: the characters. Unlike other series, which rely heavily on a good plot, *The Big Bang Theory* is all about these wonderful, funny, strange characters – incredibly clever men and women – who you just have to love.

Listening: Exam practice 9 (Track 5A)

Good morning, everyone. My name's Dr Elizabeth Plant and I'm a specialist in adolescent medicine at St John's Clinic in London. I've worked as a doctor there for sixteen years and today I'd like to talk about tweens and the changes I've witnessed in child and adolescent development over the last decade.

First of all, let's make sure everyone knows who tweens are. The word 'tween' refers to children between the ages of ten and twelve years old, they are what we also call pre-adolescent. The reason we call them tweens is that they are, in a way, between childhood and adolescence, so not quite teenagers but not really children any more either. They are making the transition from primary education to secondary or middle school. Some experts use the phrase 'too old for toys, too young for boys' to describe girls at this stage of development. As girls tend to mature more quickly than boys, the biggest changes we've seen in tweens have been among girls rather than boys.

So what kinds of changes are we seeing? Well, basically, it's probably true to say that kids are growing up faster than they used to, not just psychologically and socially but also physically. So we're seeing physical changes in girls of ten and eleven years old that previously didn't happen until the teenage years. In terms of behaviour, we're seeing major changes in the way both boys and girls are developing. They relate to each other very differently from how they used to – starting relationships earlier and adopting typical teenage behaviour a lot earlier as well.

So, what are some of the causes of these changes? Why are tweens becoming a particular social demographic and why are they behaving like teens? It's difficult to say because it's a relatively new phenomenon and not many scientific studies have been carried out yet. First of all, parents – yes, I'm afraid it's always the parents' fault, isn't it? – seem to be handing over the power to children at home. By giving kids everything they want, by giving in to their demands and in particular by not setting strict limits, children are growing up faster and behaving differently.

Many experts also think that technology is a major factor. Tweens are now exposed to sexual and violent content and explicit language much earlier than they used to be. They see and hear things that are not strictly appropriate for their age. Most kids at this age have mobile phones and tablets so they can watch what they want, away from the attention of their parents. They might listen to or download songs that have lyrics that are not appropriate for their age, for example. A recent study shows that many of them are already flirting via messages and photos on their mobile phones. Boys, especially, play video games that are not appropriate for their age, with scenes of sometimes extreme violence.

Because all kids are desperate to fit in, it's easy for tweens to copy other tweens' behaviour. However, as all parents know, a twelve-year-old is not supposed to be sexy or violent. And it's parents who are most worried. Lots of parents come to me and tell me that they think their children are growing up too quickly. But often I look at the parents and I ask them: Who gave their child their first mobile phone? Who bought them that copy of the video game *Grand Theft Auto*? And, more importantly, who didn't sit down with them and discuss rules and set limits? So, yes, although technology might be responsible for a lot of changes in tweens' behaviour in particular, it's always the responsibility of parents to help guide children through these difficult years. And we doctors are here to help, of course. So if there are any questions ...

Listening: Exam practice 10 and listening practice 5 (Track 5B and 5C)

Presenter: Now, today we're going to talk about summer holidays and in particular, your childhood memories about them. We have two writers with us today. Jane Harrington, who has just published a book called *The Living is Easy* about a young girl's memories of her summer holidays. Hi, Jane.

Jane: Hi.

Presenter: Our other guest is Fiona Middleton, who writes a holiday column for the *Sunday Record*. Hello, Fiona.

Fiona: Hello.

Presenter: So Fiona, let's start with you, tell us about your summer holidays when you were a little girl. What were they like?

Fiona: Well, first of all I have wonderful memories of my summer holidays. We always went somewhere in England or maybe to Wales and for some reason, and this can't be real, my memories are of sunny, warm weather. The thing is that in my head, the sun was always shining. We went to the beach every day and we usually brought a picnic with us. It was wonderful – we would get together with other kids our age and explore the sand dunes, go swimming in the sea and get sunburnt. I think we often went to the south coast of England, near Weymouth. The whole family would all pile into my dad's tiny car – four of us, me and my brothers and sisters, in the back seat. By the way, this was all before seat belts and child car seats and so on. The drive was fun because we would play games for hours! Plus I have memories of ice cream vans selling ice cream and sandwiches on the beach that my mother made for us.

I remember one year we stayed on a farm in Wales. It was fantastic. We spent every day around the animals. In the mornings we would collect fresh eggs from the hens and feed the lambs. And there were always lots of dogs and puppies around. We learned how to ride horses and we would go for long walks in the countryside. I loved it.

Presenter: But surely it wasn't all perfect. I mean it couldn't have been sunny all the time – this is England after all!

Fiona: Yes, I suppose you're right. Maybe over time my memory has eliminated all the bad things.

Presenter: Yes, it's funny how our minds change things like that over time. What about you, Jane?

Jane: Well, my mind hasn't changed a thing, I don't think. Everyone remembers the sun was always shining for their summer holidays. Well, guess what? I don't! My memory is of it always raining. There we were: my dad, my mum and I wandering around the villages and narrow country lanes of Britain in the pouring rain. You see, my dad absolutely loved the countryside and the further away we could get from anything like civilisation, the better. He loved being away from Birmingham, the city where we lived. And he loved hiking. So my memories are of the three of us walking over hills, through fields, with wet boots, trying to protect ourselves from the rain and stay warm. Sometimes we would stay in the caravan, playing dominoes or cards. It was just really boring. And the food was awful. Everything came out of a tin and was overcooked and soggy.

But let's move on to when I was a teenager because it was even worse then! There was one summer when I was about fifteen and I had to leave my boyfriend behind. This was before mobile phones so I wrote a letter to him every day. I just remember being furious with my parents the whole time for spoiling my relationship with my boyfriend – that's what I thought at the time. I used to walk two miles to the nearest village with a pile of coins to look for a phone box so I could call him. The worst thing was that sometimes there was a queue so I'd have to wait for ages to have my turn on the phone!!

Presenter: And of course, it was raining!

Jane: Yes!! Of course.

Presenter: Well, Jane and Fiona, thank you very much for coming in to talk to us this afternoon. If you have any childhood memories you'd like to share with us ...

Listening: Exam practice 11 (Track 6A)

Presenter: Hi, and welcome back to *Sports Talk*. Elaine is with us now to talk about some sporting history. What have you got for us today, Elaine?

Elaine: Well, I was thinking we're all a bit sick of seeing cheating in sport – footballers falling over to try to win a penalty or cyclists taking drugs to win races. There seem to be a lot of negative images of sports around at the moment and I don't think that's entirely fair.

Presenter: I agree. Sometimes it's like everyone's cheating!

Elaine: Exactly. So I went into the archives to find some stories of moments in sports when sportspeople showed fairness towards their opponents – what we call good sportsmanship. These stories are meant to show you that it's not always about winning.

OK, so our first story comes from a long time ago. In the 1936 Olympics, Adolf Hitler was in power in Germany and was watching the long jump event. It was basically between two competitors – the German athlete Lutz Long and Jesse Owens, a black athlete from the United States of America. Of course, Hitler wanted Long to win. Owens had already made two attempts and fouled them – that means his foot had crossed the line where you start the jump. Long was winning. But then he did something that amazed everyone. He talked to Owens about his jumps and told him why he thought Owens had fouled the first two. Long suggested that he measure his run again. Owens did as Long suggested and won the gold medal – thanks to the advice Long had given him.

Presenter: Great story. Any more?

Elaine: Our next story is from tennis. Andy Roddick, the American tennis player, was playing Fernando Verdasco from Spain in the final of the Rome Masters in 2005. Verdasco was serving to win the match but he double-faulted. That is, he served twice and the ball went out of the serve area on the court. Anyway, it meant that he had lost the match and Roddick had won. However, Verdasco complained that the last ball had hit the line, which would mean that it had been in. Then Roddick went to the line to show the umpire that the ball had indeed been in. So he corrected the umpire's decision. And Verdasco won the match and the final. Afterwards Roddick said that he didn't think that what he had done was very special. It was certainly fair play though.

Presenter: That was very honest, wasn't it?

Elaine: Yes. Now we often think of Italian football as being especially dishonest, don't we? There have been cases recently in the 'Serie A' – the Italian football league – of match fixing. That's where people will make sure that one team wins against another. Well, an Italian footballer called Paolo Di Canio used to play in England for West Ham United. And he did an extraordinary thing in a match against Everton. The Everton goalkeeper went out to clear a ball and fell on the ground, injured. Then, a West Ham player took the ball and crossed it into the box for Di Canio to score an easy goal. But Di Canio caught the ball with his hands and stopped the game so that the Everton goalkeeper could get treatment. It would have been very easy for him to score but he saw that the goalkeeper was injured so he stopped the match.

Presenter: Wow! That's amazing.

Elaine: And our final story today is about a Spanish athlete called Iván Fernández Anaya, who showed, again, that winning isn't everything. He was running in a cross-country race in the north of Spain and was in second place behind the Kenyan runner, Abel Mutai. Mutai suddenly stopped running about ten metres before the finish line because he thought that he had already crossed the line. The crowd were telling Fernández to keep running because he could win the race. But Fernández, who was very close behind Mutai, began to push the Kenyan, pointing towards the line and Mutai crossed the line first because Fernández deliberately helped him to win the race.

Presenter: Well, isn't that incredibly good sportsmanship?

Elaine: It sure is. It just goes to show that sometimes in sports, winning really isn't everything.

Listening: Exam practice 12 and listening practice 6 (Track 6B and 6C)

The Channel is the sea that separates the island of Great Britain from France. It's a distance of thirty-two kilometres at its narrowest point and is one of the world's greatest challenges for swimmers. There have been 2,671 successful attempts to swim the Channel – that's fewer than the people who have climbed to the top of Mount Everest. The fastest Channel swim is just under six hours. The slowest swim took a little over twenty-eight hours!

The second person to complete a successful Channel crossing by swimming was Thomas William Burgess. The only reason we remember him now is because he is a great example of determination. When Mr Burgess made his way across the Channel successfully he had already tried to swim across it no less than fifteen times!! But he didn't give up. He kept trying and on his sixteenth attempt he made it.

But today we're going to talk about the *first* person to swim across the Channel – the Englishman, Captain Matthew Webb. Webb was the captain of a steamship called the *Emerald*. He had joined the merchant navy when he was just twelve years old.

When he made his first attempt at the Channel crossing, he was already something of a national hero in England. He was famous for a rescue attempt in the Atlantic Ocean. On a voyage across the Atlantic from New York to Liverpool, a passenger on the ship fell overboard into the ocean. Webb jumped into the sea to try to rescue him. The passenger was never found unfortunately, but Webb was given a medal and £100 for his bravery and his rescue attempt became national news back in Britain.

Later on, while serving on the *Emerald*, Webb read about a man who had tried to swim across the Channel. This was the first time anyone had tried to do such a thing. Webb was fascinated and he was immediately taken by the idea. He was an excellent swimmer – he had taught himself to swim in the Severn River near where he grew up.

After an initial, unsuccessful attempt early in August 1875, he was determined to try again. So on the 24th of August, two weeks after his first attempt, he walked onto the beach near Dover to make a second attempt. He put porpoise oil all over his body to keep out the cold – a porpoise is a kind of fish that looks like a dolphin. And then he dived into the water. He was stung by a jellyfish after eight hours but went on swimming. At one point, the cold almost got too much for him, so he stopped for a moment to have a glass of brandy before continuing his swim.

He finally reached the coast of France near Calais after twenty-one hours and forty-five minutes in the water as the crew members of the boats that accompanied him on his swim sang *Rule Britannia*. He was absolutely exhausted. When asked how he felt, his only words were that he felt a sensation in his legs 'similar to that after the first day of the cricket season'.

Captain Webb's amazing feat became a sensation. It was reported in newspapers at home and abroad. Webb was welcomed by cheering crowds everywhere he went. He became a professional swimmer and took part in swimming events all over the world.

Then in 1883, he died trying to swim across the Niagara River near the famous Niagara Falls between the USA and Canada. He had hoped to earn £12,000 for this incredible swim – a fortune in those days – but the current in the river was too strong and he was pulled under the water. It took four days to find his body.

There is a small memorial to Captain Webb in a small town in Shropshire where he was born, that reads: 'Nothing Great is Easy.'

Listening: Exam practice 13 (Track 7A)

... So the next day we drove up the Mediterranean coast from Alicante to Benidorm. Now I'm sure everyone has heard of Benidorm. It's the most famous beach holiday city on the Costa Blanca, probably the most famous in Europe. Thousands of people travel from Britain, Germany, Sweden and other northern European countries to enjoy the sun and Benidorm's sandy beaches.

So first, I'll give you some statistics. Benidorm is an incredible place. There are over 130 hotels there with about 41,000 beds and the city also has over 30,000 swimming pools.

Benidorm has the most high-rise buildings per capita in Europe, including the *In Tempo* building, which is 200 metres tall. The population of Benidorm is about 71,000 and over 5,000 of those are British. However, the number of people in Benidorm in the summer rises to an incredible 400,000 people.

So how did Benidorm become the most famous resort in Europe? Well, it all started back in 1950 when a man called Pedro Zaragoza Orts was elected mayor of the town. Back then, it was just a tiny fishing village, really. But when the local fishing industry began to fail, the mayor decided to build a tourist industry and attract visitors to its sandy beaches and its warm climate.

Zaragoza's idea was to build up, to build tall buildings as hotels, because he knew that higher buildings could fit more people in a smaller space. But he made sure that there was a green area around every building, so walking around Benidorm now, you have the sensation that the city is quite airy. It's not like Manhattan or other cities with lots of tall buildings – the buildings in Benidorm have lots of space between them.

One problem that Mr Zaragoza found was that Benidorm didn't have its own water supply so water had to be brought in from other places. Nowadays, water is stored in enormous tanks under the city and with 400,000 people and all those swimming pools, the city needs a lot of water.

But perhaps the biggest problem that Mayor Zaragoza encountered was when tourists began to arrive in large numbers, bringing with them new customs. Back then, Spain was an exceptionally conservative country under the firm rule of General Francisco Franco. Suddenly, women from northern European countries began to arrive in Benidorm wearing bikinis. Spaniards were shocked! They had never seen so much skin on show in public places and many people weren't happy about it at all. The local people complained to the Catholic Church. The Archbishop of Valencia got involved in the affair and tried to get Mayor Zaragoza thrown out of the church. There are stories of the police and Civil Guards escorting women in bikinis off the beach. However, when the police fined an English woman 40,000 pesetas for wearing a bikini in a bar, Mayor Zaragoza realised that something had to be done. If the message got out that you couldn't wear a bikini in Benidorm, the tourists would not want to come. After several unsuccessful attempts to contact the authorities in Madrid, Zaragoza hopped on his Vespa motorcycle and made the eight-hour journey to Madrid. He managed to get an audience with General Franco himself. Zaragoza tells the story that he changed his shirt before the meeting because it was covered in oil stains from the motorbike but that he didn't have another pair of trousers. Franco was obviously impressed by the mayor's dedication and Zaragoza managed to convince Franco to allow women to wear bikinis on the beaches, in the bars and on the streets of Benidorm. The city was the first place in Spain to allow women to wear bikinis in public places.

Thanks to the vision of people like Mayor Zaragoza, the tourist industry is now a huge part of Spain's economy. Over 50 million people visit Spain every year, bringing over 60 billion euros into the Spanish economy – all thanks, in part, to Benidorm and the bikini war!

Listening: Exam practice 14 and listening practice 7 (Track 7B and 7C)

- Woman: So, tell me, Kevin. What did you want to be when you were a child?
- Kevin: Well, like most little boys, I really wanted to be an astronaut. Yeah, I wanted to walk the moon and float in space and visit the International Space Station.
- Woman: Really?
- Kevin: Absolutely! I mean all my friends wanted to be footballers or millionaires or rock stars. But for me, travelling to space was my dream.
- Woman: Well, I think you're a bit old to become an astronaut now, aren't you?
- Kevin: Hey! I'm not that old. And anyway I can still do it.
- Woman: Oh, yeah? How?
- Kevin: Well, there are several companies that are offering commercial space flights right now. For example, there's a company called Virgin Galactic where you can sign up for space flights already. You go to their website and fill in a form and put your name down for a space flight. It's run by Richard Branson, the guy who owns Virgin and Virgin Atlantic. Apparently about 650 people have signed up already.
- Woman: 650?! That's quite a lot of people, isn't it? But I've heard it's pretty expensive.
- Kevin: Well, of course it is! It costs \$250,000 right now for a flight.
- Woman: You'd better start saving.
- Kevin: I already have, actually! Anyway, they've got this special aeroplane called SpaceShipTwo. It flies into the sky on the back of another, bigger plane up to about 46,000 feet. Then it's released from the other plane and starts its own flight. It takes you up to 71,000 feet, which is a little over twenty-one kilometres. That's about the same height that that guy Felix Baumgartner jumped out of his spaceship. At that height you can see the curve of the Earth's surface and you can also see the blackness of space. They say you'll also experience a bit of loss of gravity. Then the plane takes you back down to Earth, safe and sound.
- Woman: And that's it? For \$250,000?
- Kevin: Well, it's quite difficult to get up to those altitudes and then get back down again through the Earth's atmosphere. They're going to broadcast the first flights live on TV!
- Woman: Yeah, well I think it's still too expensive. It's crazy!
- Kevin: There's also a Russian company that's planning to build a hotel in space. It'll be about 400 kilometres above the Earth's surface, which is a little higher than the International Space Station.
- Woman: So they don't crash into each other?
- Kevin: Yes, I suppose so. Anyway, you'll be able to stay there for a few days or even several months. The hotel will hold seven people and you'll receive special training before you go up into space. You'll have to take your own food with you, which, apparently, will be prepared for you according to your tastes before you go up. And then it will be dehydrated.
- Woman: OK, but what can you do while you're on holiday in space? I mean you can't exactly go for a walk or lie by the swimming pool reading a book, can you?
- Kevin: Well, the idea is to have TV and Internet connections and I suppose you'll just spend hours watching the Earth go past. They also want to organise day trips from the space hotel to the moon!
- Woman: Wow! Now that would be amazing. So how much would it cost to stay there?
- Kevin: Em ... well, apparently they don't want to say yet because it's only a plan for the moment. But I imagine it'll be really expensive.
- Woman: So, will you be going to the Canary Islands again for your summer holiday next year?
- Kevin: Yes, I'm afraid so. No space flights or space holidays for me yet!

Listening: Exam practice 15 (Track 8A)

- Rebecca: So, Sandra, are you coming to the demonstration or not?
- Sandra: Oh, come on, Rebecca, you know we've got an exam next week. I really don't have time.
- Rebecca: Sandra, this is really important. They're going to start a fracking project near here. It's terrible. It's going to destroy the environment and contaminate our water.
- Sandra: Oh, Rebecca. You're always on about fracking. I mean, I don't think I even understand what fracking is.
- Rebecca: OK, if I explain to you what fracking is, I'm sure you'll come to the demonstration with me.
- Sandra: All right. So what is fracking anyway?
- Rebecca: OK, well, fracking is another name for 'hydraulic fracturing'. It's basically a method of extracting natural gas from the ground but it's also used for other stuff like oil. What they do is they make a really deep hole in the ground, below the level of where our drinking water comes from, because that's where the deposits of oil and gas are. Then they pump massive amounts of water and other stuff at really high pressure into the rock to make cracks and holes so that more natural gas comes out.
- Sandra: Well, that all sounds fairly innocent, doesn't it?
- Rebecca: Yes, I suppose it does. In the USA, they have a huge energy crisis at the moment and they're running out of oil for their millions of cars and for heating their homes. Soon they won't have any oil and importing it from Saudi Arabia or Qatar or wherever is very expensive. But ... they've found lots of natural gas under the ground. Enough to keep them going for the next hundred years apparently. So they're going to use fracking to extract it.
- Sandra: That sounds very positive. I mean, natural gas is very clean so that would reduce carbon dioxide emissions, wouldn't it?
- Rebecca: Yes, you're right. But that's not the whole story, unfortunately. In order to get the natural gas out of the ground they have to pump millions of gallons of water into the ground. We're talking about anything between four and thirty million litres of water for each fracking project.
- Sandra: OK, that's a lot of water.
- Rebecca: Then you have to think about how they get all that water to the fracking site. I mean, these sites are usually miles away from a water supply so they have to use trucks. When they drill the hole in the ground they call that a well. To transport enough water to the well, they need about 400 trucks – think about all the diesel they use and the pollution produced by all that traffic. Then they put lots of different chemicals in the water to make the extraction process more efficient.
- Sandra: Chemicals? What kinds of chemicals?
- Rebecca: Well, lead, uranium, methanol, hydrochloric acid, sodium chloride or salt ... all kinds of stuff. They say they use about 150,000 litres of chemicals in every fracking project. And that's where more problems start. They only recover about 40 per cent of the stuff they pump into the wells. The rest just goes into the ground and stays there. Then it works its way into the ground water – this is where it directly affects us and is really dangerous – and it contaminates the water that we drink. In the USA, there have been over 1,000 documented cases of contaminated drinking water because of fracking. Some of the liquid they put into the wells also comes back to the surface eventually, creating more pollution, like contaminated air and acid rain.
- Sandra: That's terrible! OK, you've convinced me. Let me finish this page and I'll tell my parents ... maybe we can convince them to come with us too!

Listening: Exam practice 16 and listening practice 8 (Track 8B and 8C)

So we've looked at common household waste and recycling. Within that we've talked about organic waste, plastic, paper, glass and all of those things.

Let's move on now to another type of waste that has become a major problem in many developed countries. But first, let's start with a few questions. First of all, think about all the different items of electronic equipment in your house. I'm referring to computers, printers, scanners, entertainment devices like DVD players and personal music players, tablets, mobile phones, televisions and fridges. First of all, try to make a quick calculation – how many electronic devices are there in your house? Now, answer this question: how many of these devices have you or your parents replaced in the last two years? Do you know what happened to those electronic devices? Did you recycle them or just throw them out?

Electronic waste or e-waste is what we now call all the devices I listed earlier (electronic equipment, computers, tablets, mobile phones, etc.) that we throw out. E-waste is now a major and growing problem around the world. We are creating more and more of this waste and we really don't have a solution for the problem. One estimate is that the world is now generating about 50 million tonnes of e-waste every year. People in the USA throw out 30 million computers every year. On average, they replace their mobile phones every two years. And you might think that Americans are famous for generating lots of rubbish but here in Europe we're not that far behind. In Europe we throw out over 100 million mobile phones every year. That's a lot of mobile phones!

So did you work out how many electronic devices you have in your house? A recent study in Australia found that the average Australian household has twenty-two electronic items. In the next two years, Australians are going to throw out nine million computers, five million printers and two million scanners. All of these things will have to be replaced, of course, and how long will they last? The other question is, where do we put all these discarded devices? What do we do with all this waste?

And that's what we're going to talk about now. We've talked about quantities of e-waste, let's look at the dangers of this kind of waste and the special problems associated with recycling it.

E-waste contains some material that isn't very dangerous for the environment. There are a lot of different types of plastics, of course, which we've learned how to recycle and to make into different things. So we know how to recycle some parts of the e-waste.

However, these devices also contain a lot of different metals as well, and a lot of these are quite dangerous. There's a lot of lead and mercury, which are very poisonous, and other metals like aluminium, copper, steel and even gold and silver. Yes, gold! It is estimated that Americans throw out phones containing about 60 million dollars' worth of gold and silver every year. A lot of mobile phones are just dumped in landfill sites and the material in them pollutes the air and contaminates the water supply.

So, what do we do with all this waste? A lot of it is sent to China. China has become a major dumping ground for our e-waste. In a place called Guiyu, 150,000 workers spend long days, up to sixteen hours a day, taking apart computers and other electronic equipment by hand. A lot of the parts can be re-used. However, some of the materials, like the gold and silver we mentioned earlier, are incredibly difficult to recycle. It's clear that e-waste is a major global problem and as a result an incredibly complex one to solve.