

Listening skills practice: Advice for exams – transcript

Transcript for Advice for exams Morning, everyone. Quiet, please. OK, I'm going to give you some to help you prepare for the exams next week. So make notes as I'm talking. Are you ready? While you are studying, eat food that gives you energy. Don't be tempted to eat sweets or drink cola. Sugar won't help you study but fruit and cereals will. Apples are good. Don't try to learn everything. There isn't time. Choose the 'important' things, the things that will get you most points in an exam. If you aren't about this, ask me. First learn the main ideas and don't worry too much about the . If you have time, you can come back later and read the details. Make notes of these key points and read them, then cover them up and try to remember all the points. It might be boring, but helps you to remember. Use past exam papers to study. They will help you understand what kind of questions come up. There are plenty of past exam in the library. You can photocopy them and take them home. Take regular breaks while you are studying. A five-minute break every half hour is usually enough. Get some fresh air and stretch your arms and legs. Drink a glass of water too. It's to keep hydrated. And, last but not least, good luck! I'm sure you will all do your best.



Listening skills practice: Amazing facts – transcript

Transcript for Amazing facts

A:	Hey, I'm reading this really interesting article about the human body.
B:	Yeah? Well, we know all about that from biology
A:	No, we didn't learn much at all at school! They're discovering loads more things all the time. Really things! Did you know that only about one tenth of the cells in your body are really you? The rest are bacteria.
B:	What? I'm not really me?
A:	No, of course you are you, but you also have millions, or trillions, of bacteria in you.
B:	Eeeeuuugh!
A:	No, they're mostly really helpful. Someone did an to see if animals can live without bacteria, and he found that a lot of them died or had to have a special diet. Animals need bacteria to digest food, you see. So we're better off with bacteria.
B:	Unless the bacteria are bad.
A:	Unless they are bad, but they're all good. Oh yeah, and going back to cells, do you know how many cells you have in your body?
B:	Quite a lot, I'd say. A good few.
A:	Yeah, but how many?
B:	I don't know. I'm not mathematical.
A:	7 octillion! That's 7 plus 27 noughts.
B:	I it was a lot.
A:	OK, that's an amazingly huge number, almost to imagine. But the really weird thing is that most of the atoms are empty space, just air or nothingness. And if you took out the empty space, you could fit your body a tiny cube which measures one 500th of a centimetre on either side. That's a box measuring 0.002 of a centimetre on each side. You'd be much too small to see.
B:	
A:	Don't go! One last thing, did you know
B:	No.
A:	Did you know that you probably have mites in your eyelashes?
B:	Mites in my eyelashes? What are mites anyway?
A:	Yeah, they're very small creatures, like insects, only not insects. They're about a third of a millimetre long, so you can't see them. These particular mites live in eyelashes and eyebrows.



Listening skills practice: Amazing facts – transcript

B:	But in mine?
A:	
B:	Yeah, right, harmless. I really would have not to know that.
В. А:	Sorry.
А. В:	I mean, really!
υ.	i mean, really:

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Listening skills practice: Celebrations – transcript

Transcript for **Celebrations**

A It was Nicky's idea, but we all think it's going to be brilliant. As soon as the last exams have finished, we're going to the main hall at school with paper streamers and Chinese lanterns and things. Steve had this idea of projecting photos of onto a wall, like a slide show. And we've got Jo's brother, who's a professional DJ, coming along. Then there are three bands lined up to play. Ours is the best, because we've been together longest and we've got a great bass player, (coughs) although I say so myself, so we're on last. It's going to be
Every year there's a carnival in August in London. You've heard of it, the Notting Hill Carnival? So this year, me and my friends are going again. We went last year and we had such a time. It's all Afro-Caribbean, with people in amazing costumes and these brilliant steel bands. We don't go in costume, but we do dance a lot. It does get quite, so you have to make sure you stick together. And you have to watch out for pickpockets when there are so many people in the same place. But it's really good fun; it's like London becomes a different country. Even the police dance.
C
Two of my best friends have their birthday in the same week, so some of us have to have a surprise party for both of them. One of my friends, Sandra, has a big house, and her parents say we can use it. They're going away, It's at the end of October, so we're going to decorate the house with Halloween things, you know, spiders' webs and spooky things. We're going to make up an to get the birthday girls to come round to the house – say we're going to help Sandra move some stuff, or something. Then, as soon as Sandra lets them in, we're going to turn the lights out and jump out at them! We just have to make sure nobody anything on Facebook and gives away the surprise.
There's a Royal wedding in June – one of our princes is getting married – so it's a public holiday. Lots of people are having parties in squares and and places, and the people in our street decided to have one too. Well, it's a good excuse to have a party, isn't it? We're all going to take out tables and chairs and put them in the middle of the road. We're going to stop cars coming through, obviously. We're all going to bring different dishes and share them round. There are quite a lot of different nationalities living on our street – people from India, China and different African countries – so the food should be really . It'll be good to get to know more of the neighbours too.



Listening skills practice: Difficult situations – transcript

Transcript for **Difficult situations**. Boy: Mum? Mother: Yes? Boy: You know that Economics exam I had last week? **Mother:** The one you didn't revise for? **Boy:** I did revise for it. I was working on it all . Don't you remember? **Mother:** Oh, yes, I remember. Apart from going out four in the morning, you mean? Boy: Well, I have to relax a little, even if I'm revising. Anyway, I didn't pass it. Mother: You failed it! But wasn't that an important one? Boy: Yeah, I'm really sorry. Mother: I'm really sorry too. What does that mean? Mother: Oh, Ryan! It's a really expensive course. I'm not sure we can afford for you to take it again. Things are difficult enough as it is. Boy: Girl 1: Hi, Megan. How are you? Girl 2: Not feeling too good, actually. Girl 1: Oh? Why's that? **Girl 2:** Well, something happened this morning ... (voice trembling) **Girl 1:** What? Sorry, take your time, and tell me when you're ready. Girl 2: Well, I was playing with Bonzo in the garden with a ball, and the ball went over the hedge into the road, and ... Girl 1: Yes? Girl 2: And Bonzo jumped over the hedge after it and he got hit by a car. **Girl 1:** Oh, no! And is he ... ? Girl 2: Girl 1: Girl 2: We'd had him since he was a tiny puppy. He was like one of the family. **Girl 1:** I'm really sorry. At least he had a happy life. Girl 2: His life was too short! Girl 1: Well, yes, OK. I'm sorry, that was a really insensitive thing to say. I'll come round and see you later, OK? Boy: Hi, Dad. Father: Hi, how's it going? Boy: Did you have a good day at work? Father: Same as usual, really. What about you? Good day at school? **Boy:** Yeah, pretty good. for one little thing ... **Father:** Why do I have a sinking feeling in my stomach? **Boy:** Do you remember you lent me your phone? Father: Yes? **Boy:** Well, I was standing just outside school, texting Jack, and somebody ran past and Father: You let someone steal my phone?

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Boy: I didn't let them. Father: No, I suppose not. But did you know that that might happen? Is that a spot? Boy: Well, I had heard of that happening, but I'd forgotten. Anyway, I didn't think it would happen to me. Father: No, OK. Did you see who it was? Boy: No. It was someone in a tracksuit, and there are loads of people who wear those. But there's a CCTV camera on the literal lite
Father: All right. Don't forget toit tomorrow. I'll have a look at the insurance and see if it's covered.



Listening skills practice: Important people – transcript

Transcript for Important people

Transcript for important people
A (Girl)
She lives next door and she's always been really important in my life. When we were little and my mum was working she used to look after us. She'd tell us about her childhood. It was like listening to fairy stories, life was so different when she was a child. In her kitchen she used to keep a special dish with for us, and she was always baking cakes and pies. Now she doesn't bake so much. She's started eating more healthily in her old age, and vegetables and things. It's funny how she's changed. She also goes to this special gym class for old people, it's amazing. I don't see her so often now, but she's always the same person however much her changes.
В (Воу)
He's four years older than me and that seemed like a huge amount when we were children. When we were at the same school we'd talk to each other during school hours. But now we're older it's a lot better, although I'll always be the little one, and that's annoying sometimes. He's taken me to rock that I wouldn't have gone to otherwise and when he was at uni I went to stay with him sometimes. That was really cool. It was great to see what real student life was like when I was still at school. Now that he's working he's really busy, but we still hang out We go to football matches together because we both our home team. It's always good to see him. C (Girl)
D (Boy)
His family moved in just a few houses down from us when I was about ten, and I still how excited I felt when I found out there was another boy on the street. I'd been the only boy, you see. The others were all girls. We were good friends from the because we were into the same things: computers and football, mostly. But we had a few of the same hobbies for a while. I remember making lots of of aeroplanes one year. Another year we took up fishing. We had all the and everything and we'd spend ages down by the river. I never go fishing now. His family moved away a pf years ago. We're still friends on Facebook but we don't really have much contact.
E (Girl)
I can all the details of when we met. I was wearing a red dress and I'd just had my hair cut. I can even remember what music was playing the first time I saw him. I knew he was from the beginning, and I was right. We've been together ever since. Well, it's only been eighteen months, and some people say that isn't very long, but it seems like ages to me. We've got such personalities and so much in common. I'm sure we'll stay together forever.

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Listening skills practice: Llamas – transcript

Transcript for Llamas

	Zoo guide: OK, are we all together? Right, next we're going to look at the llamas, but actually here we have four different animals which are all from South America and all
	have probably of, over here. And over there alpacas, vicuñas and guanacos.
	Llamas and alpacas are both domesticated animals and vicuñas and guanacos are wild. Llamas are the
	biggest animal – they can grow up to 1.8 metres tall and in the past they were used to things. Llamas
	are very sociable animals and live together in groups, in herds.
	Teenager 1: Don't they spit at people, though?
	Guide: Well, yes, they can. All members of the camelid family sometimes spit. You don't want to mistreat a
	llama; it even spit some of the contents of its stomach at .
	Group of teenagers: Uuuugggh!
	Guide: But if you treat them properly they are not likely to. They respond well to being trained and they are
	usually gentle and curious.
Г	, ,
ľ	Group of teenagers: Aaaah!
	Guide: The alpaca is famous for its wool, which is softer and warmer than sheep's wool. There's a big
	demand for alpaca wool from the fashion industry.
ī	demand for diputed weer norm the facilities inductify.
	Group of teenagers: Mmmm. She's lovely. (etc.)
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Listening skills practice: My favourite film – transcript

Transcript for My favourite film A (girl): I really like *The Notebook*; it's a romantic classic. The story is about a who meets a rich girl, called Allie, and they fall in love over one summer. But of course there are problems. Allie's don't approve of Noah because he's poor and they get separated, then again. She goes away to college and he writes a lot of time passes before they can get again. She goes away to college and he writes to her every day, but she doesn't get the letters. Then after quite a long time, Noah buys an old house which he to restore for Allie. He does it up and she sees a newspaper article about it and goes to find him again. You can probably the rest, but it's a bit complicated because she is engaged to another man. Noah is played by Ryan Gosling, who's my actor, and he stops the film being too soppy - but you still cry a lot at the end. Rachel McAdams is really good too, as Allie. B (boy): C (girl): It's not a very recent film, but I love Pride and Prejudice - the version with Keira Knightley as Elizabeth Bennet and Matthew Macfadyen as Mr Darcy. The story is really clever and interesting, besides being romantic. It's all about how we tend to jump to about people and we're often completely wrong. Elizabeth thinks Mr Darcy is stuck up and snobbish at the of the film, but at the end she realises she has been wrong and he isn't like that at all. She also realises he has an enormous house and that maybe helps her fall in love with him too! After I saw the film I read the book by Jane Austen and I really too. Although it was published 200 years ago, it's still a great read and really funny in parts. **D** (boy): My favourite film has to be *The Matrix*. Even though it was made back in 1999, it still feels really modern. It's about this ordinary man, Neo, played by Keanu Reeves, who works with computers during the day and is a hacker at night. One day he is contacted by a woman who him to a very strange man: Morpheus. Morpheus explains to Neo that what he thinks of as real is actually fiction and the world is run by evil machines who have and tricked the human race. Laurence Fishburne is terrific as Morpheus, and Keanu Reeves is excellent, but the best thing about the film is the special effects. I can watch it again and again. E (girl): Let the Right One In is my favourite film. There are two versions, the first is Swedish and the second American - I the original, Swedish version. It's a modern vampire film and also a kind of love story, but it's really unsentimental and a bit scary in places. Oskar is a young boy with a lot of problems. He is being bullied at school and wants revenge on the bullies. Then some new neighbours move in next door and he becomes friends with Eli, a beautiful but strange girl. I won't tell you any more, because it will spoil the , but expect a serial killer, a lot of violence and blood-drinking. If you like that kind of thing, you'll love this.



BRITISH COUNCIL Listening skills practice: My favourite things – transcript

Transcript for My favourite things

A (boy) My favourite thing has to be my new tablet. It's really light and quite small, so I take it with me everywhere. I'm always writing to friends and it's big enough to do college work on it too. It takes really good photos, and I play games and listen to music on it as well, of course. I often films onto it and watch them in bed. My mum says I'm addicted, because I'm always on it. I even read things on it at time. I'm not allowed to at dinner time, though. I have to be and talk to people then. "Welcome back to real life," my mum says. B (girl)
C (boy) My new scooter! It's quite small, but fun, and just what I needed for getting around the quite a long walk to the , then a longish walk at the other end to get to college. But now I can just whiz there on my scooter. And there's no problem there's always space for it. You have to be careful with the cars and lorries – they don't always see you – and when it rains the surface of the road is , it gets really slippery. But in general it's perfect for me, and I can fit a friend on the back too – I've got an extra for a friend. It's great. Riding along makes me feel so free.
D (girl) This might sound a bit old-fashioned, but my sewing machine is my thing. I'm studying fashion and love making things, as well as them. I also love clothes myself and often buy second-hand clothes — everyone loves the "vintage" look at the moment — and then I them to my size. It's much easier using a machine to do that than doing it by hand. I do alterations for my mum and my sister too. If I don't make it as a designer, I suppose I can always set up my own alterations and customising Customising clothes, by taking things off and things on, is actually very creative, so I wouldn't mind that.
E (boy) My set of Japanese knives. That sounds a bit sinister, doesn't it, but I'm not a murderer or They're chef's knives and the best ones come from Japan. Cooking is my new hobby. I got into it when I started watching Masterchef on TV. Then I went to an class for beginners, and I haven't looked back since. I try and have a dinner for between four and eight every two or three weeks. That gives me something to work and I always do new dishes so they can try them out and give me feedback. It's quite an expensive hobby if you use good, but now my friends help towards the cost. They still get a good meal for a very low price.



Listening skills practice: Organising your time – transcript

Transcript for Organising your time

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Peter: It's about getting productivity from your available time. I use it for studying, but professionals use it at	Peter:	Thanks.
Host: Is it difficult to follow? Peter: No. It's actually very simple. It's about breaking down your work into	Host:	Tell us about the Pomodoro Technique. What's it about?
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	Host:	And it works?
	Peter:	Yes! It works for me. It stops me wasting time. My work is much more when I use the timer. It's like short, intense periods of work. I actually get my homework done a lot quicker now

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	which leaves me more free time, so for me it works really well.
Host:	I think I'll give it a try. for coming in, Peter.
Peter:	You're welcome. Thanks for inviting me.

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Listening skills practice: Sports centres – transcript

Transcript for Sports centres

Hi, come in. I'm Maya. Hello, everybody. Welcome to the Grange Park Sports Centre. I'll just show you round the and explain what we offer here, and then you can ask me questions. Well, as you can see, this is quite a small centre but we offer a lot of different activities at times of the day. If you'd just like to come through here, you can see the main rooms. These are nice and light and airy and we have a very good air-conditioning so they are warm in the winter and cool in the summer. Here we have of yoga, tai chi, Pilates and Zumba at different levels. We also have different types of ; jazz dancing, Indian dancing and Latin dancing. Oh, and we've just started offering flamenco. All our teachers are fully and experienced. We have beginners' classes up to advanced. Some of our have been coming since we opened, ten years ago. So, if you could follow me through here — mind the steps here — we've got the sauna and massage rooms. We have very reasonable for massages. And over here we have the gym with exercise machines. It's quite a small gym, but usually there's plenty of room for people to move around without any problems.
OK, let me show you the gym. My name's Bill and I'm the main sports here, but we have a team of four specialists who are always around to help you with exercise programmes and give advice about lifestyle and diet. We strongly that you talk to one of us as soon as you sign up and set up your personalised training So, through here we have the main gym. As you can see, it's enormous and we have lots of brand-new machines. You can do here: running, cycling, rowing, weights you name it. Although we have a lot of clients, it's very unusual to have to wait for a machine. Over there is the for weight-training. If you want a closer look at the machines, you can come back later. Oh, by the way, you can only come in here with trainers on. No outdoor shoes, please. OK, through here we have the It's great, isn't it? We're very proud of it. You can use it most of the time without booking, but there are certain times of day when we have swimming classes and water aerobics. There is always a lifeguard in attendance who will also offer swimming tips. OK, just over there you have the changing rooms and lockers, and on the right are the bathrooms and showers. We have our own shop, here, where you can buy our own of sportswear and sports drinks and supplements. Right, I can see you're impressed, and, as I said, we're very proud of our centre. However, I should warn you that we are slightly more than other gyms in the area – but then we offer a much higher level of services and a very wide range of activities. Here's a brochure with the timetables of the classes that we offer, such as boxing, taekwondo and capoeira and quite a few others, besides swimming activities: swimming classes, diving classes, water aerobics and water polo. OK, so have a look at the brochure, then you can speak to one of the secretaries in about the best combination of activities for you.



Listening skills practice: The weekend – transcript

Transcript for The weekend

Girl: So, have you got any plans for the weekend? Boy: Yeah, me and my mates are going to this activity centre in the mountains. Girl: Oh, yeah?
Boy: You can do all kinds of things. It's a new centre; it great. We're going to go dirtboarding Girl: What's that?
Boy: It's like skateboarding or snowboarding. You have a board, or deck, to stand on and wheels. They're pretty strong because you go down rough tracks on them. Steep, rough mountain tracks. Girl: Sounds a bit risky. Have you done it before?
Boy: No, but I've done similar things. Anyway, we're also going to go canyoning. Before you ask, that's when you and swim down a river canyon. You have to use ropes and equipment. And maybe we'll go white water rafting too. Girl: Phew. It sounds far too difficult to me.
Boy: They have lots of things that you could do too. Like zip-wiring, you know when you go along a wire through the or down a mountain. Girl: Go down a mountain on a wire!
Boy: It's really easy, and exciting too. You just have to hold on and the ride. Or there's bungee jumping.
Girl: Jump off a bridge on a long elastic band! Me? You've got to be joking! Anyway, I'm going away this too, thank you for asking. Boy: I was going to ask. So where are you going? Girl: Paris! I'm so excited!
Boy: Paris, wow! Girl: Yeah, it'll be brilliant! We're going to do all the , like go up the Eiffel Tower and take a boat
Boy: I think the famous Impressionist paintings are somewhere else. Girl: Yeah, I know, they're in the Musée d'Orsay. We're going there too. And then I want to go to the Rodin Museum and see that statue, you know, The Thinker. And of course, if we're in Paris, we'll have to go shopping. Or look at the shops, at least. And then there's the Just think, French food! Boy: You've got a lot planned for one weekend. Girl: Oh, we're going for four days, actually. Boy: Oh, four days, very nice. And who are you going with? Girl: Oh, just a



Listening skills practice: Theme parks - transcript

Transcript for **Theme parks Interviewer:** Good morning. Today we're going to talk about theme parks and we're going to to theme parks around the world. Welcome to the programme, Andy. Andy Wells who has written a Andy: Hi, it's good to be here. **Interviewer:** You really have a job, don't you, Andy? Flying round the world all the time, visiting adventure parks ... Andy: Well, yes, it's pretty exciting. But it's really hard work too, you know. **Interviewer:** I bet. So, what's the one theme park in the world? Andy: That all depends what you're looking for. In terms of numbers, it has to be Magic Kingdom at Disney **Interviewer:** Cool! Have they got anything lined up for this year? Andy: Yeah, there's a new rollercoaster called the Gatekeeper. Well, actually it's not a rollercoaster, it's a wingcoaster. It'll be the biggest in the world. Interviewer: What's a wingcoaster? **Andy:** With a normal rollercoaster you are sitting on a seat with the under you. With a wingcoaster the seats kind of stick out at the side so the have nothing below or above them. You feel as if you're flying. **Interviewer:** So it's more frightening? Andy: More exciting! Way more Interviewer: What other attractions have you seen recently? Andy: I've just been to The Wizarding World of Harry Potter at the Islands of Adventure in Orlando. Florida. It's great! You know those that sell magic sweets and things in the Harry Potter books? Well, they have those, just like you've imagined. There's a tour of Hogwarts School where you from the books. It's so well done. Interviewer: Right, sounds interesting. In your book you have a lot of theme parks in Asia too. Can you tell us about them? **Andy:** Sure. Tokyo has had a Disneyland for quite a long time, which ______ a lot of people. Ocean Park in Hong Kong has also been going for a long time – that has a lot of marine as well as rides. Lotte World, a huge park in South Korea, has the world's biggest indoor theme park. And then there's Universal Studios in Singapore. That's expanding with to its New York street section. There's going to be a Sesame Street dark ride. A dark ride's a ride inside a building. Interviewer: I see. New York in Singapore? Andy: Yeah, it's weird, but it works. But the place to watch at the moment is China - they're really Lots more parks will open in China in the next few years, including another one with dinosaurs in the north, and Ocean Kingdom in the south. That will have the world's longest roller coaster and tallest Ferris wheel, as well as boat rides and a night-time zoo. Interviewer: Wow, so that's opening soon? Andy: Yes, this year. I'll be there! **Interviewer:** Have a for me. then.