

**Examiner:** Does the weather influence your mood?

**Candidate:** Yes, it certainly does. It's the rain that influences my mood the most. I hate it when it's raining – it makes me feel so down. It's hard to go out, without getting soaked to the skin, anyway. And the sky is so dismal and overcast. It's miserable!

**Examiner:** Is it worse to feel too hot or too cold?

**Candidate:** Well, I suppose if it's too cold you can just wear more layers, but nevertheless I prefer to be too hot. At least it means the weather is good, and you can always go for a swim to cool down. What I really can't stand is being cold and wet. That's the worst combination and it makes me worry that I'm going to catch a cold.

## Track 24

**Candidate:** My favourite season is most certainly the summer, which is officially from June to September. I say 'officially' because the reality is that we generally get a very short summer, in that the weather is only really 'summery' for a few weeks a year. The rest of the season merges with the others, being rather cold and rainy. The highest the temperature gets is about 30, and when it gets that high, people start complaining because they're not used to such heat. This irritates me, to be honest, because my view is that we so rarely have hot weather that we should just appreciate it and enjoy it when we do. In this country, and especially in my region, you can't rely on good weather in the summer. I've been to many outdoor events, like weddings, concerts, barbecues and so on, where the organisers were optimistic about the weather, but where it rained non-stop. Of course, you can't blame them – if you can't organise an outdoor event in August, when can you?

In the summer, I typically go abroad on holiday to places where scorching sunshine is practically guaranteed. This is because I am a sun worshipper and like to get a good tan. Having sun on my skin makes me feel healthy, though I am fully aware of all the dangers associated with too much exposure to the sun. When I am at home, I like to have friends over for barbecues, and we stay out in the garden all evening until it gets too chilly or until it's time for them to go home.

The reason summer is my favourite season is that sunshine makes me happy. It's a scientific fact that it releases endorphins. In fact, during the winter many people in my country use light boxes, which recreate the light of the sun. You have to sit and stare into the light and it is intended to lift your mood. In the summer, though, you don't need such gadgets; you can just go outside, sit in the sun and get a natural energy boost. It's wonderful.

**Examiner:** Do you dislike the winter?

**Candidate:** No, I don't. All the seasons have something to offer. In the winter it's nice to snuggle up inside, with a mug of hot chocolate.

## Tracks 25–28

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## Track 29

### The environment

Are people in your country concerned about protecting the environment?

Does the responsibility for protecting the environment lie with governments or with individuals?

Does it help to educate young people on being green?