think the same way you do. You may not need them right away, but in the future, you never know. It's been a big help for me, and the main reason for my success.

Module 5 50

- A: Hey, what happened to you? I wanted to send you a funny video yesterday and you'd disappeared from my contact list.
- B: Yeah, I know.
- A: Did you unfriend me or something?
- B: No, I deactivated my account.
- A: Really? You hadn't mentioned anything about doing that. Why did you deactivate it?
- **B:** Well, for a few reasons.
- A: Did you spend too much time on there? I know I do. I could spend all day chatting and sending funny pictures.
- **B:** No, it was the opposite. I was spending less and less time because it's just full of garbage.
- A: What? But you can keep in touch with so many people. I mean, all our old school friends are on there.
- **B:** I know, but let me explain. I don't really want to stay in touch with them all. Maybe one or two, and I usually call them or send them e-mail. The rest just send me useless messages all day and night. Also, there are lots of people on there who write about every little detail of their lives. You know what? I don't care if you're at the store... and they don't have bananas!
- A: OK, don't yell. We're not arguing, you know. Personally, I don't know what I'd do without it. I send all my messages through there, I make arrangements to go out, I found my roommate and I even arranged for over 100 people to meet at Kilburn Park to clean it up. Remember?
- **B:** Yeah. There are many benefits, I'm sure. But since I gave it up, I don't miss it at all.
- A: What about the news? It's the best place to find out about breaking news stories.
- **B:** Oh, come on. There are plenty of websites I can visit to check the news in my own time. So what if I learn about it half an hour later?
- A: Anyway, you have to see this video I found.
- B: E-mail it to me.
- A: OK, I will.

5b

- 1.
- **A.** OK, when you see a post office, turn left.
- **B:** Are you sure? There isn't one around here.
- A: There! You missed it! You're going too fast.

- B: No, I'm not.
- A: Yes, you are. Look at the sign. The police will stop us, and we'll get a ticket.
- **B:** Maybe you're right. Let me turn here and we can go back.

2.

- A: I'm really glad we came to the museum today.
- B: Me too.
- **C:** Excuse me! I'm afraid that's not permitted in here.
- B: I'm sorry, I didn't know.
- **C:** Well, there are clear signs all over the museum.
- B: Is there anywhere where it is allowed?
- C: Not inside the building.
- **B:** Who wants to see a picture of the outside of the building?
- A: Just leave it, Steve.
- 3.
- A: There's the opera house, look. What a beautiful building!
- B: Where?
- A: Over there. Stop the car here so I can take a picture.
- B: I can't.
- A: Why not? There's plenty of room.
- B: Can't you see the sign?
- A: Oh. Then turn left here and stop somewhere so I can get out.
- 4.
- A: It's a nice day to be outside, isn't it?
- **B:** Yes, and it would be even nicer if you weren't smoking. We'd be able to breathe some nice fresh air.
- A: Come on, give me a break.
- B: Let's go and sit over there.
- A: We're not allowed, look.
- **B:** That's a shame. Let's go and sit on that bench, then.
- A: OK.
- 5.
- A: Excuse me! Where are you going?
- **B:** I'm looking for somewhere to park.
- A: Well, you can't enter this area. Didn't you see the sign?
- B: The sign?
- A: It's for your own safety. There's a parking lot not far from here.
- B: Really? Where?
- A: Just turn left here and it's at the end of the road near the park.
- B: OK, thanks.

Module 6 ⁶⁰

Psychologist Hello, my name is Dr. Tammy Morris and I am a psychologist. I am here today to discuss how studies have shown that it is possible to predict whether people will be successful or not in their lives. Successful people seem to have specific characteristics that can be spotted from a very young age. A study which took place in the 1960s and 1970s managed to change the way we had understood the concept of success up until then. It was called the "Marshmallow Experiment," a funny name for an experiment, but you'll understand why it was called that in a minute.

It turns out that successful people aren't just intelligent, as most of us would think, but they also have the ability to control themselves and delay gratification. What do I mean by "delay gratification"? It is the ability a person has to refuse a reward now and be patient enough to wait for a bigger or greater reward later. It's a simple idea and after I tell you about the experiment, I'm sure you will have understood it clearly.

So, let's go on to discuss the experiment. It involved a group of four-year-olds that had to sit in a room with only a table and a chair in it. The psychologists showed each child a marshmallow and told them that they had two options. The first was that they could eat the marshmallow at any time they wanted to. But if they were impatient and ate it right away, they wouldn't get another one. The other option? If they waited for 15 minutes, they would get a second marshmallow to eat. The psychologists then left the room and left the children alone to decide. I know it sounds like a long time for young children to wait. You might say that even 5 minutes would be long enough. However, the results showed that it wasn't an impossible task for some. About one out of three children managed to wait the appropriate amount of time and get a second marshmallow.

The psychologists then asked themselves. "What will happen to these children in the future?" The amazing thing is that they contacted the children after about 15 years and investigated whether they could be considered successful or not. What did the psychologists discover? It turns out that the ones who were able to delay gratification were indeed the ones who got better grades in school, had better relationships with their teachers, parents and friends and also showed a greater ability to cope with stress and other problems, proving that they were more successful than the others.

This experiment has been conducted in many other countries and ...

6b

- A: Welcome back. Liz is here with me to check the answers to our Record Breakers quiz. I think I got all the answers right this time.
- **B:** OK. Let's see what you got. What is the longest distance traveled on a bike in 24 hours without the rider's feet touching the ground?
- A: Well, I was going to put 5,533.5, but then I realized that that's longer than the Tour de France, a race which lasts for 21 days. So I chose 553.15.
- B: Well done! What about the next one?
- A: The longest beard? Well, they all seem pretty amazing to me. But I went for 4.7 ft.
- B: I'm afraid you're wrong.
- A: Was it only 2.7 ft? I say "only" but that's very long as well. Not that I would know. I've never tried to grow a beard.
- B: No, it's actually 7.7 ft.
- A: Get out of here! That's taller than the

tallest basketball player.

- **B:** I know, it's pretty unbelievable, don't you think? OK, on to the next one. How many records were broken at the London Marathon in 2011?
- A: Now, this one confused me a little, because there are only a few winners, so there can't be 35 records broken. I'm going to say zero, because I think it's a trick question.
- **B:** Well, it is a trick question. There were 35 records broken, but they were mainly for being the fastest wearing a particular costume, or running backwards, that kind of thing.
- A: I see. Well, I couldn't know that. What about the underwater wedding question?
- B: What did you guess?
- A: Well, I didn't actually guess. I remember seeing it on TV when it happened.
- B: That's cheating!
- A: No. I just happen to know the answer. Anyway, there were only about 130 people at my wedding, and I thought that was a lot. So, how they managed to get 275 people in that lake, all with scuba gear, was pretty amazing.
- B: On to the last question. How many T-shirts did Sanath Bandara wear at once?
- A: I have no idea about this one. But I'm guessing 357 is way too many. Let's say 257.
- B: You're right!
- A: He must have been pretty hot in there.
- B: No doubt.

Module 7 ^{7a}

Hi, I'm Jack Fuller and this week on *Wild World* we're exploring the seas and oceans of the world and discovering why the Earth is known as the blue planet.

Here I am on Ascension Island, right in the middle of the Atlantic Ocean, 1,000 miles off the coast of Africa and 1,400 miles from the coast of South America. And here, every year from about November to May, green sea turtles visit the island to lay their eggs deep in the sand. They are huge creatures, about 5 feet long, sometimes weighing more than 700 pounds. As you can see, it is night now, and if we're lucky, we'll be able to see some baby turtles come out of the sand and head towards the water. This is the most dangerous time of their lives, as seagulls and crabs attack and eat them. And once in the water, they have to avoid fish, too. Only a few will survive, and those lucky enough to reach adulthood in twenty or more years' time, will return here to lay their eggs. Some travel 1,600 miles to find the exact beach where they were born.

At the moment, I am at a depth of 12,000 feet in the Atlantic Ocean. I'm inside a submersible, specially designed for deep-sea diving. It is completely black down here, the temperatures are close to freezing and the pressure is enormous. However, there are living creatures down here. And if I'm lucky, I should be able to see what I'm looking for. There it is! An anglerfish! The reason we can see this animal is because it has a light coming out of its head. Anglerfish use this light to attract other fish and eat them. It is a very useful thing to have at this depth. Of course, this isn't the deepest part of the ocean. For that, you need to travel to the Mariana Trench in the Pacific Ocean. There. the depth is 35,000 feet, and very little is known about the bottom of the trench. where very few people have ever been. In fact, more people have been on the surface of the moon than the sea floor of the Mariana Trench. But, amazingly, you can still find small life forms down there.

I'm sitting in a boat off the coast of North America and I'm waiting to see one of my all-time favorite animals. The blue whale is simply the largest creature that has ever existed on our planet. It can measure 100 feet long and weigh up to 200 tons whereas the heaviest dinosaur was only 90 tons. Just to give you an idea of what we're talking about, a blue whale's heart is the same size as a small car. These creatures can also swim very fast, reaching speeds of 46 miles per hour. Before they began to be hunted, there were about 240,000 blue whales in the Antarctic alone. Today, sadly, they are an endangered species and their population worldwide is estimated to be between 5,000 and 12,000. Wait! I think I see something. Yes! There's one.... Wow! Look at that!

7b

- A: Hello, this is Jeff Atkins. Today on our show we have a special guest, Tom Summers, who is here to tell us about World Water Day. What is World Water Day, Tom?
- B: On World Water Day lots of events are organized around the world to raise awareness about water issues. Many of us take water for granted, but there are millions of people around the world who don't have access to clean water. So, every year on March 22nd, World Water Day turns our attention to this constantly growing problem.
- A: It is a big problem, Tom. What does World Water Day try to achieve, though?
- **B:** Basically, its goal is to inform people about the problem of water shortage. It is getting bigger because of the increasing world population, changes in our lifestyles, pollution and climate change and, unfortunately, it leads to a shocking number of deaths around the world. This year, many events will take place in cities all around the world, including ours. Speakers will educate us on how we can save water.
- A: What kind of events take place on World Water Day?
- **B:** Well, one example is the Walk for Water event. In many countries, women and children have to walk as far as 4 miles to find water every day. The Walk for Water event is a great way to show people the importance of water. It's an event mostly for schools, however, anybody can take part. Participants walk 4 miles

while carrying a backpack filled with 12 pints of water. Last year, 350,000 people "walked for water" in cities all around the world.

- A: Wow, that's a large number. Do you have any advice for our listeners? How can they help out?
- **B:** Well, first of all we should all try to decrease our water footprint, which shows how many gallons of water we use every day, not just by brushing our teeth and showering, but also the water we consume based on the food we eat and the products or services we use. For instance, 1,000 pints of water are used just to produce 1 pint of milk! And for 1 pound of beef, you need 12,000 gallons of water. A vegetarian for instance, consumes less water daily than somebody who eats meat. In fact, up to hundreds of gallons less.
- A: That's interesting. How can we learn more about World Water Day?
- **B:** On our official website you can find out how we can help out in different countries, and watch videos of World Water Day events from last year. It's also a great place to find out details about future events.
- A: Well, sounds great. Now, let's go to a break...

Module 8

- **A:** Good afternoon. Yesterday the government announced that a wind farm will be built just outside Winterdale. This was not a popular decision with some local residents, who are totally against the idea, and there are already social media groups trying to change the decision. On the line I have Emily Taylor from the Environmental Protection Agency. Hello, Ms. Taylor.
- B: Good afternoon.
- A: What exactly will this wind farm be like?
- **B:** Well, 15 turbines will be built on the hills just outside the town. They will provide 20% of the town's total electricity.
- **A:** So, we will still rely mainly on fossil fuels for our electricity.
- **B:** That's true, but we will be using fossil fuels less which is a step in the right direction.
- A: Now, some residents aren't happy at all about the wind farm, in particular farmers.
- **B:** Well, what farmers need to realize is that these wind turbines will be on the top of the hills, where the strongest winds are. There are no farms and hardly any farmland up there. Also, I would like to mention something that is possible and has been done elsewhere. You can have a wind farm, grow crops and have animals all in the same field. There's nothing stopping you from sharing the land.
- A: What about birds? Some bird protection organizations are worried that these huge turbines will kill a lot of them.