WORKBOOK AUDIO SCRIPT

Unit 1

LISTENING AND VOCABULARY, Exercise 3, page 8

Narrator **Listen to the podcast and complete the sentences.**

Teen girl Hi, everyone, this is Hannah. Two days ago, I got back from a holiday in Spring Bay, and I want to tell you about it on today's podcast. Spring Bay is on the South Coast of England, and I had an excellent five days there with my best friend, Clara.

It's a really beautiful place, and I went there to try some different water sports. The amazing weather is what makes this part of England so popular in the summer months, and there were hundreds of people on the beaches and in the restaurants around town every day.

I checked the weather before the trip, and it said that it was going to be nice and sunny for the whole week. So, we were a bit worried when we came out of the train station and it was raining. But luckily, the next day was dry, and the sun was out for the rest of the week.

Clara's uncle lives in a flat in Spring Bay, and we talked about staying with him but we found a cute hotel where you could camp in the garden so we took a tent and slept there. It was really fun, but a bit cold at night!

My favourite activity on the trip was sailing. I tried different boats. In one boat, I was with one other boy and in another, I sailed by myself. But the best boat, in my opinion, was called 'The Neptune'. I liked it because there were four other people, and I had to work hard with all of them.

It was a really tiring holiday! We did a lot of other sports in Spring Bay, and we went jogging every morning on the beach. On our last day there, we even tried surfing. It was fun, but really difficult.

I would definitely recommend Spring Bay to anyone who loves water sports. I can't wait to go again next year!

Unit 2

LISTENING AND VOCABULARY, Exercise 3, page 16

Narrator **Listen to the conversation between Daniella and her friend, Nick. Tick the correct column.**

Nick Hey, Dani, what's up?

Daniella My shoulder really hurts today. I think it's because of that uncomfortable bed in the hotel.

Nick It probably hurts because you were carrying a suitcase all day yesterday.

Daniella I don't think so, my suitcase was very light. Not like yours! It was about 20 kilos!

Nick Haha. It **was** very heavy … That's because it was full of presents.

Daniella I had a fun holiday. But I'm happy we're home now. I hate airports. They're exhausting!

Nick Hmm … Yeah, I hate airports, too. You have to get there really early, and then there's nothing to do except sit and wait for your flight.

Daniella So why do you always want to be the last person to board the plane? I think it's better to get on as soon as possible.

Nick But then, you spend even more time on the plane in an uncomfortable seat with no space for your legs!

Daniella I suppose so. But I like getting into my seat and reading my book. Anyway, the flight was fine, wasn't it?

Nick It wasn't bad. But I hate taking off. It always gives me a headache … and my ears feel like they're going to explode!

Daniella Yeah, I'm always afraid when the plane takes off. I have to close my eyes and not look out of the window.

Nick But you're fine for the rest of the flight, aren't you?

Daniella Yeah, the rest of the flight is fine. I just put my headphones on and listen to podcasts … I usually fall asleep.

Nick I usually sleep on planes too, but yesterday I was listening to lots of my favourite songs, so I stayed awake.

Daniella Did you see the view from the window when we were landing?

Nick No, I was reading a magazine then.

Daniella Oh, it was amazing. You could see all of the lights of the city in the distance. It looked beautiful.

Nick Nice … Well, back to school tomorrow. I'm already thinking about our next summer holidays …

Unit 3

LISTENING AND VOCABULARY, Exercise 3, page 24

Narrator **Listen to the interview. Write *T* (true) or *F* (false).**

Presenter Today we're talking to Anna Mackay who's just had an excellent first season with Burlingford Football Club.
Hi, Anna, welcome to 'Sport on Four'. Tell me, when did you know you wanted to be a goalkeeper?

Anna Well, when I was about six, I started playing football and I loved it, but I always wanted to score goals. Being a goalkeeper seemed boring because they just stand in one place and don't run around. But then when I was about 13, I was the tallest person in my class, so I started playing in goal and I soon loved it.

Presenter Do you have to train as much as the other players?

Anna The other players on the team have to be able to run around for ninety minutes so they have to be very fit. A lot of people think goalkeepers don't need to train. However, we have to be able to jump high and be very fast. I think the other players do more training than me, but I still do a lot!

Presenter What was the best moment of your season?

Anna We had a great season. It's hard to choose just one moment! I met my hero, the English national team goalkeeper, Lucy Walls, this season which was very special. She's my hero – such a fierce competitor … But I don't think it was as special as winning the league. I'll never forget that. There's nothing better than being the champions.

Presenter How will you prepare for next season?

Anna Well, a lot of players exercise very hard over the summer months between seasons. They go to the gym every day, and they go for long runs every week. That's always seemed like a bad idea to me. I think it's more important to relax. Of course, I'll need to train a little – and I ***do*** sometimes train on the running track near home – but I don't want to feel exhausted at the start of next season. I want to be well rested and ready for the contest!

Presenter What's your favourite thing about football?

Anna Well, I love travelling around to new places to play, and I love getting a lot of exercise. I've always been very active so that's important to me, but I think the best thing is working with the same group of players and the same coach every week. They're like my closest friends now.

Presenter And finally, what's your least favourite thing?

Anna Sometimes, I really want to eat chocolate cake and hamburgers and things like that, and I can't. That's always tough. I mean, going to training on a freezing cold morning in January is tough, too ... But for me, not being able to eat whatever I want is worse!

Presenter Thank you very much for speaking to us today, Anna. Best of luck next season.

Anna Thanks!

Unit 4

LISTENING AND VOCABULARY, Exercise 3, page 32

Narrator **Listen to the four conversations. Match them with the pictures. There are two pictures you don't need.**

Narrator One

Mum 1 I don't think you should wear that, Sam.

Sam Why not, Mum? You said I could wear whatever I wanted!

Mum 1 But they're completely worn out at the knees. Why don't you throw them away?

Sam But this is the fashion, Mum!

Mum 1 I'm sure it is, but we're going to a wedding, not a music festival. Do me a favour and go and change. You can wear these any other time you go out with your friends.

Narrator Two

Mum 2 Are you sure you want to wear that, Steph?

Steph Yes, isn't it cool? I found it in a second-hand shop.

Mum 2 But don't you think it's a little bit old-fashioned? It looks like something that people wore in the nineteenth century!

Steph Well, I like it and it keeps my head warm!

Narrator Three

Dad 1 I'm doing some washing, Sophie, do you want to add anything?

Sophie Yes, please, Dad ... here.

Dad 1 This is nice, is it new?

Sophie Yes, I got it last week.

Dad 1 It's very soft. What's it made of?

Sophie Just cotton... well, and the buttons are made of plastic... I like it because I can wear it to casual events and more formal events.

Narrator Four

Dad 2 Mm... I like what you're wearing, Emma. I haven't seen it before.

Emma You're right; it's new. I bought it yesterday. It's woollen, so it's very comfortable and warm.

Dad 2 Yes, it looks very comfortable. And I imagine it goes together with your black jeans very well.

Emma Exactly!

Unit 5

LISTENING AND VOCABULARY, Exercise 3, page 40

Narrator **Listen to four students talking to their teacher. Look at 1–4 and choose the correct sentence (A or B) for each.**

Teacher Good morning, class. Welcome back. I hope you all enjoyed the holidays. I'd like to know what you did to practise English over the summer. Maria, why don't you start?

Maria Well, I read a book. It's one I've already read in Spanish, but now I'm reading it in English, too. If I use a dictionary, I end up looking up every word, and it's really boring. So, I try to focus on understanding the general meaning of the book. It's more enjoyable that way!

Teacher Very good. And you, Pablo?

Pablo I watched an English series. It's based on a book by a famous author. I like watching series because you hear new phrases and words, and you end up remembering some of them. I never understand everything but I'm sure that if I keep on watching English films, one day I will!

Teacher Thank you, Pablo. What about you, Miguel?

Miguel My English friend came to stay with us for a week. I helped him with his Spanish, and he helped me with my English. Sometimes we spoke only in English, sometimes only in Spanish and sometimes a mix of the two, depending on what we were doing. It made me feel more confident speaking English, and it made him feel more confident of his Spanish.

Teacher That's great. And Sandra, what did you do?

Sandra I went to England with my family. My dad had work in London, so we all went with him, and then after he finished with his work, we went travelling for a week. I tried speaking a bit but I felt very shy, so my dad ended up doing most of the talking. But I wrote down a lot of new words that I heard, and I studied those.

Unit 6

LISTENING AND VOCABULARY, Exercise 3, page 48

Narrator **Listen to the conversation and complete the sentences. Write one or two words.**

Georgie Mum, I was thinking about redecorating my bedroom.

Mum Oh really, I like your bedroom. I think it's really nice.

Georgie Well, it is nice, and it's very comfortable. But I think it's a bit old-fashioned, so I'd like to change some things.

Mum OK, what do you want to change?

Georgie Well, firstly, I don't like that rug.

Mum Really? But it's an antique from your great-grandparents' house! Why don't you like it?

WORKBOOK AUDIO SCRIPT

Georgie I just think it doesn't go well with my other things. I think we should put it in the sitting room.
Mum OK. If you're sure.
Georgie And I don't like the colour of the walls.
Mum Really? But pink is your favourite colour, Georgie!
Georgie Pink was my favourite colour! Not anymore. I'd prefer them to be white or maybe even blue.
Mum You also need a new bookcase.
Georgie Yes, that's true. I have too many books now.
Mum Well maybe you can take the wooden one from the hall.
Georgie Oh yes, that's a nice idea. It'll look really good in my room.
Mum What else do you want to change?
Georgie Hmmm. Well, I was thinking I'd like to put some new pictures on my walls. Maybe some photos from my summer holiday.
Mum OK. Maybe we can get some picture frames for them at the art shop in town?
Georgie Also, I'd really like to get some new cushions. The ones on my bed now used to be pretty but now they just look worn down!
Mum It's true. They were very colourful when we bought them, but they don't look good now. OK, so we'll get some new cushions.
Georgie Great! I'm excited. I think my room will look really good.
Mum Yes, I think you're right.

Unit 7

LISTENING AND VOCABULARY, Exercise 3, page 56

Narrator **Listen to the conversation. Write *T* (true) or *F* (false).**
Lucas Well, have you decided what you want to do after we finish school, Paula?
Paula Not yet. I've been talking to my family about it a lot, though.
Lucas Oh really? What do they say?
Paula Well, I talked to my grandad first. He's going to retire in a few weeks.
Lucas Did he have some useful advice?
Paula Yeah, he did. He said not to think about money now. He thinks I should find something I really love. That's the most important thing.
Lucas That's good advice. I guess he really loves his job, doesn't he?
Paula My grandad always wanted to be a musician, but his father told him that musicians were paid really badly and he should be a lawyer. He's always thought he shouldn't have followed that advice.
Lucas What about your mum? What does she think?
Paula My mum agrees with him. She's an architect, and she's worked for a lot of different companies. But she says that she's always chosen her jobs based on which project seems most interesting not which company pays the most.
Lucas That's good advice.
Paula Yeah. Of course, she says it's important that your employer pays you well ... but it's not the only thing that matters!
Lucas What does your dad do?
Paula Well, my dad was a firefighter. He loved the job, but he found it really stressful and he quit about a month ago.
Lucas So, is he unemployed now?
Paula He was until last week, but he's just started working at the local library.
Lucas And what does he think you should do?
Paula My dad thinks I should get lots of experience while I'm young, so I can find something that I'm good at. He's helping me to write application letters to different companies at the moment.
Lucas Oh really? But aren't you planning to go to university in September?
Paula No, I'm not. I want to spend a year working, and then I'll go and study after that. My dad thinks I should get some work experience before going to university.
Lucas Oh, I see, that's a good idea. I'm going to university to study history because ...

Unit 8

LISTENING AND VOCABULARY, Exercise 3, page 64

Narrator **Listen to four conversations. Select the correct answers.**
One
Miguel I really like this blue jumper. I think I'll buy it.
Liz How much does it cost?
Miguel Oh, wow! It's fifty pounds! That's a lot of money.
Liz I don't think it's that much. Look at the label. It's 100% wool. Anyway, it's less than what my brother's jumper cost.
Miguel Really?
Liz Yeah, he paid sixty pounds for his. I think it's normal for jumpers to cost somewhere between forty and sixty pounds.
Miguel OK. I suppose you're right.
Narrator Two
Josh Mum, I'm going to go to town to exchange these jeans.
Mum I think that's a good idea. They're really damaged. They've got enormous holes in the knees!
Josh Yeah, but that's the style, Mum. I think the holes look cool.
Mum I see ... I don't understand fashion! They're also the wrong size, aren't they? Maybe you should pick a bigger pair this time!
Josh No, Mum, that's what I like! Jeans that are very tight with holes in the knees!
Mum OK. So, what's the problem, then?
Josh The colour! They're bright red. I don't have any T-shirts that look good with them.
Mum I see.
Narrator Three
Lucy What do you think of this top? I might buy it.
Steve It's a really nice top ... But what is that picture? It looks like a footballer kicking a ball.
Lucy It's the company's logo. I think it's cool.
Steve It is cool. I'm just not sure what it is.
Lucy Well, the company is called New Fit so I think it's meant to be an N and an F.

Steve Oh, I see. Well, it's not very clear, is it?

Lucy No, at first, I thought it was a picture of two snakes.

Steve Haha. Yes, it does look a bit like snakes, doesn't it?

Narrator Four

Nick Mum, I'm bored. Have you finished shopping yet?

Mum 2 Yes, I have. But I just want to talk to the manager before we go.

Nick Really? You always complain to the manager when we go shopping!

Mum Well, I think it's important to complain when you spend half an hour looking for what you want. Anyway, I just want to tell him that the new shop assistant is very good.

Nick OK, fine. But last time we went shopping, you were talking to the manager for fifteen minutes!

Mum Well, the clothes were dirty! You can't sell dirty clothes.

Nick OK, fine. I guess you're right. But please don't take fifteen minutes again!

Unit 9

LISTENING AND VOCABULARY, Exercise 3, page 72

Narrator Listen to the announcement and complete the information.

Head Teacher Hi, everyone, I'm here to tell you about the Cambringham Performing Arts Summer School. This year, the summer school will be running from 15th July and not 20th July as usual. This is because the school facilities are being used for a summer exchange programme from 23rd July.

This is a great course for anyone who is interested in following a career in film or music when they're older. Actors and directors will have the opportunity to write, direct and perform in their own short films and all music students can use our modern studio to record their songs.

On Friday, the final day of the course, all the students at Cambringham participate in a talent show. This is an opportunity for everyone to see what the other students have been working on throughout the week. The show starts at six o'clock and lasts about two hours. Then from eight we have our annual end of course party. You can't miss that!

Last year, we filmed the whole show and put it on the school blog. I recommend you have a look at it if you want to get an idea of the course. You can also find vlogs by past students there, an article that was published in the Cambringham Times and lots of other information.

The course lasts for one week, and if you want to take part, the price is £200. If you also need accommodation during the course, the total cost will be £300. The extra £100 includes a room in the Traveller's Rest hotel as well as breakfast and dinner every day. Lunch is served for all students in the school canteen.

If you'd like to reserve a place, please send us an email at info@camarts.uk. In previous years, you could come into the school and reserve a place in person but from this year we've moved all reservations online.

EXAM PRACTICE AUDIO SCRIPT

LISTENING PART 1, Exercise 2, page 96

Narrator **Listening Part 1**
For each question, choose the correct answer.
Look at question one.

1 What did the man do at the sports centre yesterday?

Man I went along to that new sports centre yesterday evening.

Woman Oh, yeah? Is it any good?

Man Well, I haven't become a member yet, but they showed me around. It was pretty good. I was thinking of joining so that I could do diving lessons, but there's no pool. So, I don't know.

Woman Oh, that's a shame. Did you try any of the facilities while you were there?

Man I did a quick workout in the gym at the sports centre – the machines are great. You'd like it 'cos they have a running track outside.

Woman Interesting! I'll go and take a look.

Narrator Now listen again.

2 Which sport does the woman compete in?

Man Are you into sport, Julie?

Julie Yeah, I've loved it since I was little and I've competed in a few different things.

Man Oh, really? Do you mean in team sports?

Julie Well, I play football, but only for fun with my friends. I preferred baseball when I was at school – I was quite good at it, and I almost played in a national tournament once. But no, I'm actually hoping to go out to Spain to take part in the surfing championships next month.

Man That sounds amazing! I wish you the best of luck.

Julie Thanks!

Narrator Now listen again.

3 Where will the friends go running this evening?

Man I'm not as fit as I used to be. I need to start doing some training again.

Woman Well, why don't you come for a run with me this evening after college? I usually set off from home around six o'clock. We could go along a path through the woods near college. Or we could go into the countryside, which is what I do. There's a path by the river – it's more peaceful than running through the streets, and there are some beautiful views.

Man Well, OK, then. Why not?

Narrator Now listen again.

4 Which winter sport was Max good at when he was young?

Woman I'm going snowboarding next week – have you ever tried it, Max?

Max Not since I entered a competition when I was a teenager. It didn't end well – I came last and injured my ankle!

Woman Oh – that doesn't sound good.

Max Well, no, it wasn't. I used to be one of the fastest skiers I knew when I was that age – my family lived in Switzerland for a few years, so I just expected to be good at other winter sports, too – like snowboarding and ice hockey. But I failed to get into the school team for that!

EXAM PRACTICE AUDIO SCRIPT

Woman Really?

Narrator Now listen again.
5 What did the girl lose?

Man Good morning, Highfield Sports Centre.

Charlotte Oh, hi. My name's Charlotte. I was playing squash at the centre yesterday. I wonder if anyone's found one of my trainers? It's got 'Charlotte' in it – I was on court three with my friend. I usually put everything in my backpack with my racket. I've got one but the other isn't there. Fortunately, they aren't new but if you could look for me, that would be great.

Man OK. Just let me check for you... Yes, it's here!

Charlotte Oh, fantastic – I'll come in later, then.

Narrator Now listen again.
6 Which sports instructor is the man going to meet today?

David Oh, hi, it's David. You know we said we'd meet at the sailing club later this afternoon? Well, the thing is, I forgot that I've already got an appointment at the golf club. My son, Tom, is thinking about joining so I wanted to show him around. We're also going to meet the coach. I want to ask a few questions. Tom plays a lot of football and I'm not sure it will be easy for him to do both sports. Can we meet another day instead? Sorry about this.

Narrator Now listen again.
7 What will open at the sports centre soon?

Woman Good afternoon, everybody. This is a club news announcement. I know some of you are already enjoying the brand new outdoor athletics area, but if you haven't been there yet, do try it! I'm sure you're also looking forward to the basketball competition in a few weeks as well – don't forget to buy a ticket at reception if you'd like to watch. And if you want to be one of the first people to try out the climbing wall, come and book a session! You'll be able to do that from the 31st of this month.

Narrator Now listen again

LISTENING PART 4, Exercise 2, page 100

Narrator **Listening Part 4**
For each question, choose the correct answer. Look at questions 1 to 6 now. You have 45 seconds.
You will hear an interview with a TV actress called Brittany Briers.

Interviewer We've got TV actress Brittany Briers in the studio. Brittany, how did you discover your love of acting?

Brittany When I was twelve, Mum sent me to drama classes – I was always trying to be like TV characters at home, though I never thought that was acting. The others in the class were more experienced and that made me nervous, but I learned enough to act in a school play. Being on stage then was definitely what got me interested!

Interviewer What was your first professional theatre performance like?

Brittany You'll probably expect me to say I felt calm 'cos of my training. The opposite was true! The person I played had an American accent – I kept thinking I'd go back to my own. I'm sure things like not remembering your lines are embarrassing when there's a huge audience. I made sure that didn't happen.

Interviewer Later you went into TV acting. Why?

Brittany It wasn't that I got bored of the theatre. I was seen on stage by a director who thought I was perfect for a TV series he was making. I thought 'Why not learn some fresh skills?' The extra money was useful 'cos I was saving for a house – I'd never take a job just for money, though.

Interviewer Is TV filming more difficult than stage acting?

Brittany It's different. There's no audience, no clapping. That's strange at first, though the director will tell you when you've done well. Sometimes you film the same bit over and over. That's annoying till you realise it's important to get it right. Then, in a theatre you have to make sure people at the back can hear – on screen that sounds like shouting. I have to be reminded about that lots!

Interviewer What do you love most about your job?

Brittany When a new TV series comes out and my family get excited – I prefer not to watch myself on screen and I've never been to any actors' events – though I wouldn't mind doing that one day. I get the real excitement from picking up the envelope containing my next role and I start reading the lines straightaway.

Interviewer Is there anything you don't like about being an actor?

Brittany Some people find it hard to deal with being recognised in the street. That isn't my favourite part of the job, but I accept it – most people are friendly. Getting up before it's light is something I've never got used to, and I never will! But once a series is finished, you can take a long break, if you need to.

Narrator Now listen again

SPEAKING PART 2, Exercise 3a, page 103

Narrator **Speaking Part 2**
Now I'd like each of you to talk on your own about something. I'm going to give each of you a photograph and I'd like you to talk about it. A, here is your photograph. It shows some people spending time at home. B, you just listen. A, please tell us what you can see in the photograph.

SPEAKING PART 2, Exercise 3b, page 103

Narrator **Speaking Part 2**
B, here is your photograph. It shows some people enjoying themselves outdoors. A, you just listen. B, please tell us what you can see in the photograph.