

LEARNING SKILLS 1

WORKBOOK LISTENINGS

LISTENING 1 Page 95

- 1 Man:** I'd love to go on a city holiday to Bologna, but I'm afraid it will cost a fortune.
- Woman:** Why? Flight costs are minimal and there are some reasonably-priced flats right in the city centre. We earn the same, so we should both be able to afford this holiday.
- Man:** Yes, but you know, eating out in well-known restaurants, guided tours, a show, the costs add up.
- Woman:** For me, a city holiday means you try to experience the city as a local. Find a café in a quiet neighbourhood away from the tourists.
- Man:** That sounds boring. What about shopping?
- Woman:** Well, for me, nothing is more boring than shopping, especially when you could be exploring the less-known areas of a city as beautiful as Bologna.
- 2** I enjoyed the opening. There was a vivid description of the weather and the town. You felt as if you were there. It then described one particular family and what their lives were like before the disaster. A lot of bloggers have said that it reminds them a bit of *In Cold Blood*, which was written by Truman Capote back in the 1960s. The major difference, of course, was that was based on an actual event, whereas this is purely fictional.
- 3 Woman:** Hi. Heard you were on holiday. Where were you?
- Man:** In Costa Rica, in the rainforest.
- Woman:** Isn't that a bit dangerous?
- Man:** No, I made sure I was well prepared. I had very good travel insurance, a well-equipped first-aid kit and many vaccinations.
- Woman:** So, you didn't have any medical problems?
- Man:** Not really. I broke out in a rash, but it cleared up after a day.
- Woman:** Lucky you. Any other problems?
- Man:** Well, the airline lost my bags on the way home. They were very efficient and they delivered them to my door two days later. At least it saved me carrying them on the train!

- 4** Good afternoon. Today we are going to be talking about some major diseases that are affecting us at the moment. These are conditions such as heart attacks, obesity and diabetes that are caused by our modern-day diet and lifestyle. We will start by looking at the biggest killer of them all, heart attacks. I'm going to start by playing some music and asking you all to join me in some exercise, before the lecture begins. This will allow the people who haven't finished their breakfast in the dining room to join us.
- 5 Woman:** This seems to be the shortest queue.
- Man:** I'm looking forward to eating vegetarian this week.
- Woman:** I'm glad I persuaded you. It's about time we did something to help the environment. Apart from using reusable bags, of course.
- Man:** Oh, yes, I was going to tell you. We'll need a couple of carrier bags.
- Woman:** You forgot the bags?
- Man:** Don't get so upset. They only cost 20p each.
- Woman:** That's not the point. We have changed our diet to help the environment and now we are going to use two disposable plastic bags.
- Man:** Well, we could try fitting everything into one bag.
- 6** Hi, Natalia. I'm just phoning to say that I have just finished the 10 km fun run and it was a new personal best time for me. It was a good day for the run. It wasn't as hot as last year. I ran with a couple of guys from the gym. Most people there were supportive and cheered as we ran past, but there was a lot of traffic in the area. It was too noisy. Next time, it should be held in a park.

🎧 LISTENING 2 Page 96

Ladies and Gentlemen,

Welcome to our show where we visit places near and far and look for progress that is taking place. Today, we are going to be looking at a new innovation in Kenya. Well known for its safari parks, where tourists can see lions, giraffes and other animals in the wild, Kenya has a population of around 30 million, with five and a half million of those people living in the capital, Nairobi. Kenya, like many East African countries, suffers from air pollution. A State of the Global Air report in 2020 claimed that this pollution was responsible for about 5,000 deaths a year. Another report estimated that 19.9 million Kenyans have some kind of breathing problems which are worsened by air pollution. As well as increasing levels of traffic, one of the main causes of this is the fuel that Kenyans cook with. Traditionally, the main sources of fuel have been wood and charcoal. The use of wood leads to deforestation, destroying the habitats of many endangered species, while charcoal, like wood, produces a thick, dark smoke. The government introduced regulations in 2014 to try to reduce the problem, but they are difficult to enforce as so many people are unable to afford alternative fuels. As in so many other countries, the worst affected are the poorest members of society, who are forced to live in crowded conditions next to major roads or factories. They also drive the most polluting cars and use the most polluting forms of energy. There is little or no chance of escape and more and more people come to join them in the big cities where they at least have the chance to find employment, even if it's at the expense of their health. There is good news, though. A company, Koko, has come up with an original way of distributing fuel to poor families. They have installed around 700 machines all over the capital Nairobi. These machines, painted in the company's bright blue colour look a little like cash-dispensing machines, but, instead, they have been specially designed to disperse bioethanol, a very clean and cheap fuel. The great thing about this fuel is that it is produced by other industries, such as the sugar industry. Until recently, there had been a problem of distribution of the fuel. The only way to make it available was in disposable plastic containers. So, while the bioethanol was cheap and clean, the containers were neither of these things. The plastic ended up in landfill sites, or were simply discarded in the streets or countryside, and the costs of producing the containers made it a less attractive alternative to traditional fuels. Koko has managed to overcome this problem. Local residents can get specially-designed stoves, blue of course, and reusable containers to collect the fuel. The container is designed to collect the fuel and transfer it to the stove. The company is now planning to introduce more of the machines in other parts of the country.

🎧 LISTENING 3 Page 97

- 1 I'm amazed at the vast sums of money companies pay designers to create their logos. I would imagine that a lot of people would be able to come up with something simple, but equally effective, and for a fraction of the cost. Companies could organise a logo-designing competition amongst their employees. It would be much cheaper and probably result in something just as eye-catching as a professionally-made logo.
- 2 Logos are expensive to design, so I don't know why companies decide that they need a new font, or a slightly different shade of colour. I mean, look at Facebook. They have been incredibly successful over the last 20 years. Perhaps the simple, but effective, logo contributed to their achievements. So why, in 2019, was a lighter shade of blue chosen? Did they really think the change was necessary?
- 3 There's nothing wrong with private companies spending a fortune on logos and changing them every few years. After all, the changes are paid for out of their profits. But I really object to government companies doing the same thing with taxpayers' money. Organisations such as the post office don't need to attract customers because they offer something that no one else provides. People don't go to the post office because of a logo, but every few years the post office spends a fortune updating it. They should spend the money on improving the service instead.
- 4 I never really looked too closely at logos. However, a friend pointed out some of the details that go into them and now I have a better appreciation for the designers' work. One of the most famous logos is Amazon, the huge online shopping company, which has a logo with their name and a yellow arrow underneath leading from the first letter to the fourth. This is to emphasise that they sell everything from A to Z.

LISTENING 4 Page 98

Interviewer: Today, we are going to be talking about animal behaviour and specifically behaviour that is learnt rather than instinctive. My guest, Professor Catherine Banks, is an expert on animal behaviour. Welcome, Professor Banks.

Professor: Thank you. It's nice to be here.

Interviewer: So, you are going to talk about different kinds of learning, is that right?

Professor: Yes. I want to talk about three kinds of learning. Social learning, when animals learn from other animals of their own species, observational learning when they watch the behaviour of other species and adapt their own behaviour in response and finally problem solving, which is where they use their own intelligence to carry out a complex task.

Interviewer: Right. So, let's start with social learning.

Professor: This has been an area of animal learning in which there has been some very interesting research. There was a study of rats in the 1950s in which poison was distributed. Some of them ate it and died, others didn't eat so much and, after a period of sickness, recovered. These rats never ate the poison again and, later on, neither did their offspring. The younger rats watched their parents staying away from the poison and they copied their behaviour. Even more fascinating was some research on monkeys. In the wild, monkeys avoid snakes. However, monkeys brought up alone in laboratories didn't know they should do this. So, when snakes were put into the monkey cages, the monkeys didn't show any fear of them. Later, the researchers showed the monkeys television programmes of similar monkeys in the wild reacting to snakes. Although they had never seen other members of their species in real life, the monkeys who had been watching the documentary also started to avoid snakes when they were exposed to them in their cages.

Interviewer: Fascinating. So, can you give us some examples of observational learning?

Professor: Yes, we have many examples, especially of animals watching humans and adapting their behaviour as a result. For example, my mother feeds the birds in her garden every morning, but if she gets up late or forgets, she will hear tapping sounds on the back window, which are made by the birds.

That is because they've learnt to expect food at that time of the day and are upset when it doesn't arrive. And with even larger animals, this learnt behaviour can often be a dangerous problem. In North America you see DON'T FEED THE ANIMALS signs on beaches and national parks. Bears now associate humans with food, which means, rather than avoiding humans, they will approach them and, if they don't receive any food, they can get aggressive. Also, the food that we tend to give to animals is often unhealthy and almost always not a natural part of the animals' diet.

Interviewer: Talking about bears, there have been some incredible films surfacing on the Internet recently.

Professor: That's right. People in rural areas of the USA and Canada, where they tend not to lock their car doors. People have also reported that there hasn't been any sign of scratches on the car despite the bears' long claws. This indicates that they know exactly how the opening mechanism works and they aren't relying on force and luck.

Interviewer: Wow! Well, I understand how animals can learn by watching our behaviour, but what about working out solutions for themselves? Can they really do that?

Professor: Some definitely can. In New York State, one bear has gained legendary status for its abilities. She was called Yellow-Yellow as she had yellow tags in her ears as part of a study of bear behaviour. In 2009, a company called BearVault was producing bear-proof food containers, similar to medicine bottles with childproof tops on them. They tested the containers on several bears, including Yellow-Yellow, who soon managed to work out how to open them. So the makers redesigned them.

Interviewer: Did that help?

Professor: Well, Yellow-Yellow kept working it out. One essential piece of advice for campers in areas where bears live is to make sure there is no food in the tent, or bears will be attracted to the smell. Climbers started tying food bags between trees, too high for the bears to reach, as it was the only safe place to leave it. But the bears worked out that, if they climbed up one of the trees, they would eventually find the rope, which they could bite through, causing the bag of food to fall to the ground.

Interviewer: Amazing. Well, thank you so much for coming, Professor.

Professor: Thank you for inviting me.

 LISTENING 5 Page 99

Interviewer: Hello, we've been talking about education all week and, to end on a lighter note, our guest today is a graduate of St Andrews University in Scotland, who is going to tell us about some of the traditions they have there. Welcome, Eleanor.

Eleanor: Thank you.

Interviewer: To begin, can you tell us a little about St Andrews University?

Eleanor: Yes, of course. It is Scotland's oldest university and its history stretches back over 600 years to 1413. In the United Kingdom, only Oxford and Cambridge are older. It is commonly believed that the university is in Edinburgh, but, actually, it is in a small seaside town called St Andrews, about 80 km from Edinburgh and 20 km from Dundee. The population of St Andrews is only 17,000 and there are 10,000 students, so, as you can imagine, the university dominates the town during term time.

Interviewer: And St Andrews is famous for its traditions, is that right?

Eleanor: Yes. Firstly, the university has famous red gowns for the students. These are mainly worn for formal occasions such as graduation ceremonies. However, some students choose to wear them more often. I never wore mine off campus, but some students do. I was proud to be associated with the university, but also wanted to blend in with the locals.

Interviewer: What about traditional events for students?

Eleanor: Well, St Andrews has a mentoring system called Academic Families. Senior students adopt a first-year student as their child, who refer to their mentors as *Mum* and *Dad*. The mentors keep an eye on them when they first arrive. As part of this mentoring system, they have what is known as *Raisin Weekend*, in November when the *children* visit their *parents*! In the past, a bag of raisins was given to the mentors, but nowadays, students give a store-bought product made from grapes. After the weekend, the first-year students dress up in costumes and have a gigantic shaving foam fight. Prince William studied at St Andrews and, in 2001, a photo supposedly of him covered in foam appeared in the newspapers. In the end, it was discovered that it was someone else who was similar in appearance. He was covered in so much foam that it was easy to mistake him for the prince, who had in fact stayed well away from the celebration.

Interviewer: Are there any other traditions at St Andrews?

Eleanor: Yes. Then on 1st May, some students take part in a May Dip, a swim in the sea. St Andrews is on the North Sea coast and the water is freezing even in the middle of summer! I never took part in the May Dip, although I did volunteer to look after my friends' clothes. And of course, I joined them all for a warm drink in a café afterwards. The last tradition is called *soakings* and takes place after the students' final exam of their degree. As you come out of the exam hall, there are students outside with buckets of icy cold water to throw all over you.

Interviewer: Well, thank you for telling us about all these traditions. I don't know whether to congratulate you for graduating or surviving your time at St Andrews. For those of you listening, please phone in and tell us about traditions at your university or school.

LISTENING 6 Page 100

Interviewer: Good afternoon. Our guest today is economist Claire Simons, who is here to talk about the interesting effect the 2020 pandemic has had on the global job market. When the pandemic hit the world, it was feared that this would lead to a significant rise in unemployment. Interestingly, job vacancies have actually risen and unemployment has gone down. So why has this occurred? Claire will answer that question and others for us. Claire, welcome to the programme.

Claire: Thank you. I'm glad to be here.

Interviewer: So, to begin, can you tell us a bit more about the job market prior to 2020?

Claire: Well, there had been a steady decline in unemployment. However, it's important to take a closer look at this. A lot of people had little choice but to work in what is called the gig economy, that is in low-paid jobs with little security. In addition, there had also been an increase in the number of self-employed people who had opened their own businesses. They weren't unemployed, but they weren't guaranteed a steady income.

Interviewer: And what happened when the pandemic hit?

Claire: As soon as countries went into lockdown, there was a huge increase in unemployment. Governments were forced to take action to stop their economies from collapsing, so they offered to pay employees' wages. For over a year, companies were able to keep people on without having to contribute towards the costs. Workers got 80% of their wages for what was basically an extended holiday. Between August and November 2020, around nine million people were being paid 80% of their income this way. We know that without this support, more people would have lost their jobs.

Interviewer: So what happened in 2021 when this support was over?

Claire: Restaurants, hotels and places of entertainment in the UK re-opened and, with the return of customers, employees were also able to return to work. However, there were suddenly more job vacancies than workers. One possible reason is that some workers were scared of going back to the workplace and exposing themselves to the virus. Some people opted to resign, or take early retirement. Another factor here is Brexit. Because Britain chose to leave the EU, many overseas workers left the country. These workers were mainly employed in restaurants, hotels, farming, social care and they also worked as lorry drivers. Even today, these industries are having major problems attracting staff.

Interviewer: So, is this lack of workers a British problem only?

Claire: No, not at all. In the USA, a new phenomenon was identified called the Great Resignation. In April 2021, more people quit their job than ever before. The record was then broken again in July and August. One reason, as in the UK, is government aid. New laws meant that people couldn't be evicted from their homes if they were unable to pay their rent and student loans didn't have to be paid back. This meant that workers suddenly had the freedom to resign from low-paying, unfulfilling jobs in the hope of finding something better.

Interviewer: And what has been the effect of this?

Claire: The immediate effect was that some job positions were no longer being filled. In addition, a lack of delivery drivers meant that some supermarkets and petrol stations were unable to get supplies. And, as soon as consumers saw empty shelves, they started panic buying, which made the problem even worse. The positive benefit for workers has been that they have seen an immediate rise in wages for the first time in years. For customers, all this means they will have to pay higher prices of course.

Interviewer: And how will this affect the future?

Claire: In the long term, nobody knows, but, in the short term, the major worry is inflation.

Interviewer: Well, thank you for sharing your expertise with us and let's hope the future brings good news for all of us.

LISTENING 7 Page 101

Interviewer: Can a child's game be a crime? Today we're going to talk about an activity that is usually seen as a harmless children's activity but could also be a criminal offence. I'm talking about drawing on the pavement with chalk and I'm sure many of you have fond memories of this being a part of your childhood. My guest today, James Long, is a lawyer and he's here to explain when outdoor chalk drawing crosses the line from being an innocent activity to an illegal one. Welcome, James. Good to see you.

James: Thank you. I'm pleased to be here.

Interviewer: So, to begin, could you explain why pavement chalk drawing has been in the news?

James: Yes, of course. Recently, there have been a few examples that have made headlines on social media. One case here in the UK involves Sarah Goodwin, whose children like to draw on the pavement with chalk. Seems innocent enough, but there were complaints by some of her neighbours about what they described as a mess and an act of vandalism. Nobody complained directly to Sarah, but instead, they informed the housing association, which is responsible for the area around the flats. Imagine the shock of this mother when she was visited by police officers. However, by this time, any evidence of her children's "mess" had been washed away by rain. The mother wrote on various Internet forums and received a lot of support. As far as I know, her children are still drawing on the pavement in their neighbourhood and nothing more has been said about the matter.

Interviewer: There was another similar case, wasn't there, in which a parent's reaction made headlines.

James: That's right. In this case, which occurred in New York, the housing authority actually banned the use of pavement chalk after a complaint was made. In response, Ashley Woodfolk told her children they could no longer draw on the pavements, but she then left a message, in chalk, on the pavement, despite the ban. It was aimed at the person who had made the complaint and it pointed out how unreasonable the complaint was. Photos of the message went viral and, again, almost every comment was supportive of the parent.

Interviewer: So, according to the law in the UK, is it illegal to draw on pavements with chalk?

James: Well, it's not so black and white. On the one hand, there is no law banning the use of chalk in public places. However, it is against the law if the drawing is considered vandalism. For example, some kinds of chalk are much more difficult to get rid of than others and would require high-pressure water hoses to remove the drawings, so that would constitute vandalism. Adding to the confusion is that local councils and estate owners are entitled to make their own rules about what can and can't be done in certain places. So, while children on one housing estate might be allowed to draw as many chalk pictures as they want, children on a neighbouring estate might not be.

Interviewer: Are there other countries where the law on chalk drawing isn't so clear?

James: In Canada, the law states that it isn't an offence to use chalk outdoors in public places except in the case of writing messages that are racist or sexist. However, there have been several occasions where people have been threatened with arrest by the police for writing messages in chalk. It is up to the police to look at each case and decide whether any laws have been broken and when chalk drawings are or aren't acts of vandalism. And that can obviously lead to differences of opinion.

Interviewer: What do you mean by that?

James: Well, a woman was detained by the Ottawa police for writing "Black Lives Matter" in chalk on a public pavement. The message was not considered to be hate speech, however, the police threatened to charge her with vandalism because she did not have permission to write on the pavement. The next day, Ottawa's mayor Jim Watson tweeted that his permission is not needed to chalk on the pavement. So in conclusion, it seems to me that both in Canada and in the UK, the law on pavement art needs more clarification.

Interviewer: That's interesting, thank you. We would be very interested to hear our listeners' opinions about whether children, or adults, should be allowed to draw what they like and where they like as long as they are in public areas and they use chalk which easily washes away. Let's hear your comments on this issue.

LISTENING 8 Page 102

Interviewer: Good afternoon and welcome to our programme. Today's topic is chewing gum, something we all are familiar with, but have you ever thought about where it comes from? Penelope Stevens is here to talk about its history, and a natural chewing gum that is playing a part in helping the environment. Welcome, Penelope. It's a pleasure to have you here as our guest.

Penelope: Thank you. Glad to be here.

Interviewer: So where does chewing gum come from?

Penelope: Well, we know that people were chewing tree resin, the sticky substance that some trees produce, during the time of the ancient Greeks and perhaps even earlier. However, chicle, the closest substance to modern-day chewing gum, comes from Central America. Both the Mayans and Aztecs collected chicle from the sapodilla tree. When the chicle was cooked and dried, it created what the locals called "cha". This was used for reducing thirst and enabling people to go for long periods of time without food. Interestingly, the Aztecs seemed to view public gum chewing as socially unacceptable for adults – especially men and married women.

Interviewer: Were other trees used for their resin?

Penelope: Yes, throughout North America, indigenous people chewed spruce tree resin, a practice that continued with the European settlers. An attempt to make gum from the resin of spruce trees failed because of its unpleasant taste and the fact that it wasn't easy to chew. However, with the import of chicle to the United States, chewing gum production took off in the late 19th century and by the early 20th century, the demand for chicle was huge.

Interviewer: This must have helped the economies of Central America.

Penelope: Unfortunately, this did not happen. Once chicle turned into big business, land was taken over and profits ended up in foreign, rather than local, hands. Even worse, no-one was concerned about the effect that this was having on the trees. The trees were being overworked and there was a real danger that the sapodilla forests would be destroyed within several decades. Fortunately, the demand for chicle suddenly collapsed and the trees were left alone.

Interviewer: Why did the demand for chicle collapse?

Penelope: Makers of gum were searching for a cheaper way to produce it and discovered a new recipe involving petroleum products and wax. By adding artificial flavours, the manufacturers were able to create a longer-lasting, tastier and softer product.

Interviewer: So, most of us have been chewing an oil-based gum all these years?

Penelope: Yes, and that is why I want to speak about the Danish company True Gum. Since 2017, they have been advertising their entirely natural product as a healthier option and a way of saving the forests of Central America. How are they doing this? By going back to the sapodilla trees of Mexico and using chicle from naturally-harvested trees. True Gum offer a wide range of flavours. They have experimented with around 470 prototypes of their gum to find the perfect combination of flavour and chewiness. Of course, the higher price means that most people will stick to artificial gum, but it's a small step in the right direction.

Interviewer: And how is this helping the environment?

Penelope: Well, sapodilla trees grow very quickly and can be harvested after about 6-7 years. However, they need shade, which means that chicle farmers also grow other types of trees, much slower-growing, taller ones, which provide the shade. These attract birds, insects and mammals which are valued and looked after. So, eating chicle gum also helps the growth of new areas of forests in countries which desperately need more trees after centuries of deforestation.

Interviewer: Well, thank you very much for telling us about this natural gum. I'm going to check it out myself.