

2.17 Lesson 7A, Exercises 3 and 4

Speaker 1 We boarded the coach outside the hotel. It was boiling hot even though it was only ten o'clock in the morning. It took about two hours to get to the castle and there was no air-conditioning on the coach so it was a dreadful journey. We stopped off at a service station on the way there, but the building wasn't air-conditioned either so it wasn't much relief. There was a woman sitting behind us whingeing the whole way about how badly organised everything was and how she was going to ask for a refund from the travel company when she got home. Anyway, when we got there, the place was absolutely heaving with other sightseers. We had to queue for ages to get in and then we were shown round by a tour guide who I couldn't really understand because of his thick accent. When we came out we were ripped off at the drinks kiosk – we paid £5 for two cokes! Then we were herded back onto the coach for the journey back to the hotel.

Speaker 2 We spent three days in the capital getting provisions and assembling all our kit. The next stage of the journey would be by plane and take us to a small landing strip deep in the jungle. From there we'd have to travel on foot, staying as close to the river as possible. There was a tropical storm just before we boarded the plane so we were a bit jittery about flying, but it passed over before we took off. I was still suffering from jet lag after the long flight from London and was feeling absolutely shattered. I closed my eyes as soon as I was in my seat and although the flight

was a bit bumpy, I snoozed for most of the journey, only waking up when we touched down on the landing strip.

Speaker 3 We got a good deal 'cause we'd only decided to go at the last minute. I'd been working pretty hard and was really looking forward to getting away for a weekend. But I have to say it was very disappointing. The hotel was a bit grubby – it didn't look like our room had been cleaned properly, so we complained, but the one they moved us to wasn't much better. And the grub was terrible, so we ended up eating out. The meals were included in the cost so I didn't appreciate having to shell out extra. All in all it wasn't a great experience.

Speaker 4 The journey didn't start well 'cause we were held up at the airport by a baggage handlers' strike. But we eventually got here and found a lovely little place about half a mile away – it only has three or four guestrooms and it's run by a lovely old couple. The morning after we arrived, we decided we'd walk to the shrine, though there was a little bus that ferried people there and back. The sky looked pretty threatening so we put on our wet-weather gear – which was lucky, because it started to bucket down when we were about halfway there. It didn't dampen our spirits though. We made our way past rows of shops, where they tried to flog us tacky souvenirs – but we didn't buy any – and arrived at the shrine, where we drank some of the holy water and lit candles. It was an amazing experience, the kind of thing you only do once in a lifetime.

2.18 Lesson 7B, Exercises 3 and 5**Speaker 1****Susan**

One place that I would really like to go and visit is Iceland. I think it would be really exciting to go there because it's a place I don't know too much about and it just kind of seems quite exotic. It might not be the most popular destination for a holiday, but for me it'd be a place well worth paying a visit because I'm really interested in doing outdoor activities and I think that would be a great place to go and do things like glacier-hiking, white-water rafting, or that kind of thing. I also think there are so many interesting things to go and see in terms of, you know, spectacular geographical features, because there's a lot of volcanoes, glaciers, and a lot of geothermal activity so there's things like geysers that you can go and see ... I'd also be interested to meet some Icelandic people ... um it's always fascinating seeing how other people live, and um to sample a bit of the Icelandic cuisine because I'm not sure what that would be like.

Speaker 2**Martin**

I'd really love to go to Peru and walk the Inca Trail ... um, the Inca Trail is a four-day hike through the jungle and then up through the Andes, ending up at Machu Picchu, which is an ancient Inca city, high up in the mountains. I'm really interested in the Incas and their civilisation, how it developed, how the people lived, how they were conquered by a small group of Spanish soldiers, in I think the sixteenth century. Um, I've got friends who've done the trail and I've seen their photos and talked to them about it and they say it's just a really

incredible experience. I'm sure I'd find it really exhilarating trekking through the mountains at high altitude ... The scenery is spectacular, you camp in the jungle, eat round the campfire ... You need a good level of fitness because you're walking at an altitude of 4,000 metres or something like that, and it's hard work lugging all your equipment with you, but in a way it would be an experience of self-discovery and a journey where I could really test myself and find out my own levels of stamina and, uh, endurance or whatever.

Speaker 3**Ralph**

What I'd like to do is spend a month backpacking round Europe. My brother did that last summer; he got an Inter-rail card which allows you to, uh, travel on trains all over Europe. The card costs about £300 I think, something like that, but it's amazingly good value because you can go virtually anywhere for a whole month. Obviously it'd be crazy attempting to get to every country inside a month, so I'd limit myself to maybe eight or ten places. I'd definitely go to Italy, France and Spain, I'd love to see the old Roman ruins in Italy and also visit the museums and galleries and see all those great paintings. I'm studying Italian at school, so it would be a good opportunity to practise and sort of get a bit more fluent. Um, I actually think it would be fun backpacking on my own, a real adventure. I don't think I'd be lonely, 'cause you meet loads of other people doing the same thing. When my brother did it, he hooked up with some guys from Denmark and they spent a week travelling together. I couldn't afford to stay in hotels, so I'd probably try to get overnight trains. It's a bit of a pain kipping on the train, but I'll survive I'm sure.

2.19 Lesson 7C, Exercises 3 and 4

There is no neat beginning to the story of the British people. Over the centuries, their identity has been shaped and reshaped by a succession of invasions from many different parts of Europe, which began long before the political and economic migrations of the nineteenth and twentieth centuries. The outcome is the multicultural, multiracial society that we have in Britain today. The story begins some 10,000 years ago, when the Ancient Britons came from mainland Europe, migrating to the British Isles following the end of the last ice age. Some travelled on foot, for the English Channel had not yet been formed, others came by boat up the west coast of France from Spain. The Ancient Britons ruled Britain for ten millennia, but they had no form of writing, so our knowledge of them comes mainly from archaeological records. Their most visible legacy is dozens of stone circles across the UK, the most famous of which is Stonehenge, built some 5,000 years ago.

In the first century BC, Britain attracted the attention of the Romans. After two failed attempts to conquer the island by Julius Caesar in 55 and 54 BC, the Romans launched a successful invasion about a century later, in AD 43. The British tribes tried to resist the Romans, but the uprising was quickly crushed and the Romans rapidly took control of a large part of the island, including Wales and most of Scotland – although they later retreated from this northern region and built Hadrian's Wall right across the north of England to keep the Scottish tribes out. Following the Roman takeover, they named their new province Britannia, and it remained under Roman rule for nearly four centuries, during which time they built water and sewage systems as well as an extensive network of roads, many of which lie directly under Britain's modern roads.

The Romans left Britain early in the fifth century, but following the pull-out the Anglo-Saxons arrived from what is now northern Germany, displacing the existing British population to the fringes of Britain (Cornwall, Wales and Scotland). During the seventh and eighth centuries, about ten different Anglo-Saxon kingdoms vied for supremacy. The names of some have survived as modern regions: Kent, Essex, Sussex and East Anglia. The ninth and tenth centuries saw further invasions, this time by the Vikings from Scandinavia and Denmark, and during the first half of the eleventh century, England was ruled by the Danish king, Canute.

In 1066, Britain was conquered once again, this time by the Normans, who were the descendants of Vikings who had settled in Normandy, a region of Northern France, two centuries earlier. The invasion precipitated the downfall of the Anglo-Saxon kingdoms, but there was a great deal of popular resistance to the newcomers, and in order to subjugate and control the population, the Normans built enormous castles and cathedrals, most of which survive to this day. The Norman Conquest was the last full-scale invasion of Britain by a foreign power and provided the final ingredient in the make-up of the British people over the next few centuries.

2.20 Lesson 7E, Exercise 5

- 1 What on earth are you doing?
- 2 I know it's me that's wrong.
- 3 Nice weather today.
- 4 You have done well.
- 5 Why ever did you do that?
- 6 Do take a seat.
- 7 Nice tie you're wearing.

2.21 Lesson 7F, Exercises 2 and 3

Speaker 1 On the whole, I am of the opinion that people should not be encouraged to travel abroad on holiday. The fact is that a vast increase in the number of flights over recent years has resulted in increased carbon emissions, and this has clearly had a detrimental effect on the earth's atmosphere. Climate change, then, is a major concern, but by no means the only one. Tourism can have a negative impact on the physical environment too, especially in popular destinations like coastal resorts. An increase in the number of visitors inevitably leads to expansion and development. For example, big hotels spring up along the coast, usually to the detriment of the local environment – and in most cases it was the local environment that was the reason for the resort's popularity in the first place. Furthermore, more hotels and more restaurants inevitably mean more strain on the local infrastructure too. I think this is especially true in remoter and poorer parts of the world, for example in Africa and Asia, where the local population broadly speaking consumes less energy, less water and less food than the visiting tourists. The increased demand for water, for example, can pose a threat to rivers and lakes, which may dry up or become unsuitable as a habitat for wildlife. Admittedly, the local people benefit from the money that tourists spend while they are on holiday, but I don't think the benefits to local people outweigh the damage that tourism does. So, to sum up, the consequences of more flights will be increased climate change, and

further damage to the places which the tourists visit. For these reasons, I strongly believe that people should be discouraged from travelling abroad.

Speaker 2 I don't believe in general that people should be encouraged to travel abroad on their holidays. On the other hand, nor do I think that people should be discouraged from doing so. People clearly benefit from foreign travel – they learn about other cultures, they broaden their horizons, and by and large it does teach them to be more tolerant and understanding. For this reason, I think it's particularly important for people to travel, especially when they are young. Tourism can also be beneficial to the people who live in the tourist destinations – for much the same reasons. However, having said that, there's been much discussion in recent years of the impact that travel in general and air travel in particular has on the environment. Climate change is partly due to carbon emissions from planes, but rather than discouraging people from travelling, what I think we should do is encourage them to use forms of transport that have a less adverse effect on the environment, such as trains. Moreover, we should encourage people to travel to places where they are less likely to compromise the wildlife, environment or the local community. In summary, then, when the purpose of travel is to learn about other cultures, it's clearly of mutual benefit to the tourist and the local people. People have to travel, and we all need holidays, so I don't think we can avoid doing harm altogether. However, we should endeavour to minimise the damage we cause to the environment by seeking alternatives to flying.

2.22 Get Ready for your Exam 7, Exercise 6

It is one of the most remarkable journeys by any creature on the planet – and it's made by one of the biggest creatures known to science. Researchers have shown that humpback whales travelling between breeding grounds off the west coast of Central America and feeding grounds off Antarctica covered more than 8,000 kilometres on one leg of their journey – the largest recorded journey by any individual mammal.

The researchers believe the whales head north to warmer waters where they give birth to their calves. The whales have an extraordinary lifestyle, with their breeding grounds in one place and their feeding grounds in another, thousands of kilometres away.

The researchers made daily excursions in small boats off the coast of Central America to observe the whales between June and October. They took photographs of the underside of the animals' tails so that they could be identified at the other end of their journey. Just as humans have unique fingerprints, whales have unique tail markings. During the Antarctic summer, the team travelled south to make similar observations and looked for whales which had been spotted in the tropical waters. Seven individual animals were photographed in both locations and a mother and calf pair were seen in Antarctic waters less than six months after they had been spotted off Costa Rica, having travelled 8,425 kilometres.

The research ends the controversy over which whale species travels the furthest. The grey whale's migration from Mexico to the Arctic is also an impressive voyage. Blue whales – the largest animals on the planet – also migrate thousands of kilometres, with the North Atlantic population moving from Arctic feeding grounds to waters off the eastern seaboard of the US. But none of these animals has been shown to undertake such incredibly long journeys as the humpbacks.

The humpback whales cross the equator on their journey from the Antarctic to their breeding grounds off Central America. To work out why they go so far, the team looked at satellite measurements of sea surface temperatures of the breeding grounds of 24 humpback whale populations around the world. In all cases, the animals were opting for waters around 24–25 degrees Celsius. The whales observed off the coast of South America had to continue north beyond the equator to find water this warm. The researchers believe that a high enough water temperature is crucial for the whales to breed. It's likely that being in warm water is somehow beneficial to the calf.