

1.18 Lesson 3A, Exercises 3 and 7

Brianna My mum's life isn't easy at all. She has to cope with a lot. She works long hours in the hospital – she's a nurse – and she also does most of the cooking and housework. But she manages it all somehow, without complaining! My brother and I argue all the time about whose turn it is to do the washing up or empty the bins. My mum always says she'd rather do it herself than listen to us arguing! I feel bad about it really, because I think she's amazing.

Ryan I'm quite an easy-going person, I think. I mean, I don't get annoyed very easily. But I'm always disagreeing with my dad about ... well, about nearly everything! We have a completely different way of looking at the world – even though, on the surface, we like the same things, like football and films. If we weren't in the same family, we'd probably never speak to each other. But because we live in the same house, we have to. I always complain to my mum about him – and she always listens. She's a good listener. Unlike my dad.

Sophia My grandad lives with us – he's lived with us for about ten years, so I know him really well. And I've learned a lot from him. He's had an amazing life and I love listening to his stories about his early life. In many ways, I'd say he's my best friend – at least, within my family – even though we aren't that alike. You see, I don't always find it easy to talk to my parents. My dad's always too busy. And my mum's always telling me to do my schoolwork – she says it ten times every evening, it drives me mad! That's why I'd rather be with Grandad. He's cool.

Isaac My cousin, Noah, is the top of his class in just about every subject. I really wish I was like that. I mean, I work hard and everything, but I still don't do that well. I'm average, I suppose. But Noah's a genius – and he doesn't mind admitting it! He's always telling me about his incredible exam results – that he got 95% in this exam or 98% in that exam. I just smile and try to look pleased for him! But really, I wish he didn't go on about it so much! And, in some ways, I wish I was more like him.

Ella I've got a twin brother called Sam. Because we're twins, people assume that we're going to be similar – you know, have the same hobbies and interests, that kind of thing. But we haven't. In fact, we couldn't be more different! He's into football, I hate it. I like books, he never reads. His favourite subjects at school are all the sciences – physics, chemistry – but I like history, music, English, languages. It's odd, isn't it? The only thing we share is a birthday. Apart from that, everything about us is different – even our hair. I'm the only one in the family with black hair. Dad's always teasing me about it. He says maybe the hospital gave them the wrong baby to take home. But that can't be true because I really look like Mum ...

David My dad is really close to his sister, Kate. We visit her quite often – which is fine because she's really nice. Her husband – my uncle – is nice too, but he makes me a bit nervous because he's always playing tricks on me. Like, once, when I was washing up in the kitchen, he put a plastic eyeball in the sink. It really gave me a shock when I picked it up! I know he's just trying to be funny, but I don't really like that kind of joke. Anyway, I don't complain about it. My aunt says it's good that I'm so patient. But still, I wish he'd stop doing it. I can't relax when he's around!

1.19 Lesson 3A, Exercises 8 and 9

Speaker 1 Hey, well done! You played really well. I didn't realise you were so good at tennis. It wasn't an easy match, but you kept going and showed a lot of determination. I was really impressed.

Speaker 2 Hey, guess what I got in my maths test. Come on, guess. No? OK – I got 98%! Isn't that great! I'm sure it was top of the class. I mean, I can't imagine anyone getting more than 98%, can you? I knew I'd done well, but I didn't realise I'd done that well. 98%! So anyway, what did you get?

Speaker 3 Look, if you've got Mr Edwards for history, be careful. He gets angry really easily – you know, if you talk in class or don't pay attention. And you don't want to see Mr Edwards when he's angry. It isn't nice. So be careful!

Speaker 4 Do you want to know who my favourite singer is? Don't tell anyone, will you? OK – it's Justin Bieber. Yeah, I know. But I just really like his voice – and the songs are great too. I think I like *Baby* the best. What a great song!

Speaker 5 I hear you got a birthday present from Jake. A book of poems, wasn't it? How romantic! I didn't know he felt that way about you. What do you mean, he's just a friend? Oh, come on! Tell the truth now ...

Speaker 6 I can't believe you borrowed my bike without asking. I opened the garage to get it and it wasn't there. I needed it! Why didn't you tell me you were taking it? It's my bike! And that's the second time this week that you've taken it without asking. It's really unfair – you should say sorry.

1.20 Lesson 3B, Exercise 1

- Woman** Excuse me. I'm doing a survey about families. I wonder whether you could spare a moment?
- Man** OK, fine.
- Woman** Thank you. First, I need a few details about you. Could you tell me how old you are?
- Man** I'm twenty.
- Woman** Can I ask what you do?
- Man** I'm a web designer.
- Woman** Would you mind telling me who you work for?
- Man** I'm self-employed. I work at home.
- Woman** Great. So, question one: What do you argue about most in your family?
- Man** Er ... whose turn it is to use the car.
- Woman** OK. Question two: Who cooks most of the meals in your home?
- Man** We don't have family meals. We help ourselves.
- Woman** And finally, question three: Who do you get on with best in your family?
- Man** My sister, definitely. We've got a lot in common.
- Woman** That's all. Thanks very much for your help.
- Man** No problem. I wonder if I can ask you a question?
- Woman** Sure. Go ahead.
- Man** I'd like to know if you're free this evening.

1.21 Lesson 3C, Exercise 3

Presenter Hello, and welcome to *Family Matters*. And today, we'll be discussing ageing and the elderly. With me in the studio is Professor Terence Clark from the University of London. Professor Clark, how would you sum up people's attitude to old age?

Professor Clark Hmm. Well, nobody really likes the idea of getting old. But as Woody Allen remarked, getting old is better than the alternative. And we'd better get used to it because more and more of us are living longer and longer. Here in the UK, we've got more people who are over 65 than under sixteen. It's the first time in history that this has happened.

Presenter So, how long can most of us expect to live? Is it possible to say?

Professor Clark Life expectancy here in the UK is now 78 for men and 82 for women.

Presenter And what did it use to be?

Professor Clark Well, way back in Classical times – the Romans and Greeks – the average life expectancy was 28. And in fact, it was similar in many other civilisations throughout history – right up until the modern age.

Presenter That's amazing. 28! So when you reached fourteen you'd already lived 50% of your life!

Professor Clark Er, no. Actually, that's not right.

Presenter But you said 28 ...

Professor Clark Yes, that's the average life expectancy. But not many people actually died at that age. The majority actually died before the age of four. If you were lucky enough to reach the age of fourteen – if you survived all those childhood illnesses – you had quite a good chance of a long life. You might even live to be 60! But 70 was unusual. This was true for most of human history, right up until the twentieth century. Then life expectancy began to increase sharply. Only four decades ago, it was only 69 for men and 75 for women. Today, living to 90 isn't unusual. That's why most governments are trying to raise the retirement age. For example, in the UK, it's due to go up to 68 by 2027.

Presenter So how do you explain this rise in life expectancy?

Professor Clark It's mainly down to medical science and healthcare. Also, we're more conscious of trying to stay healthy these days – eating healthier food, taking regular exercise. People didn't worry about those things so much in the past because, quite frankly, they didn't expect to live so long.

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Presenter I suppose the idea of getting old is less frightening if you think you're going to stay healthy.

Professor Clark Yes, it is. Maybe you heard about the British man who recently set several athletics records at the age of 100.

- Presenter** That's amazing! Can you imagine a time in the future when the parks are full of 100-year-old joggers trying to keep fit?
- Professor Clark** Ha ha. Well, personally I think it's very unlikely – the human body doesn't seem to be designed to live that long, although there are exceptions. But certainly, I think we'll see more people in their eighties leading healthy and active lives.
- Presenter** So, it isn't time for me to give up exercise yet – at the age of 56?
- Professor Clark** No! Certainly not.
- Presenter** Although perhaps I should lose some weight before I start jogging. Ha ha.
- Professor Clark** A few kilos, yes.
- Presenter** So does this increase in life expectancy cause any problems?
- Professor Clark** Yes, it does. Firstly, there's an economic problem: governments can't afford to pay everyone the state pension if they're going to live for twenty or thirty years after retiring. Then, there's also the problem of how we, as a society, take care of all these elderly people. Many countries are having to face this problem right now.
- Presenter** And how do we compare with other countries and societies? Are we more or less the same in the way we treat the elderly?
- Professor Clark** No, not at all. There are very significant differences between cultures.
- Presenter** Can you give us a couple of examples?
- Professor Clark** Yes, well, in many societies, elderly people always live with their families – in fact, the families think of it as an honour to have their elderly relatives in their home. In Britain and North America, it's more usual for elderly people to live in nursing homes, if they can't look after themselves. And at the other extreme, there are traditional nomadic tribes who simply abandon their elderly people because there's no way of looking after them.
- Presenter** So some cultures treat their elderly people worse than we do ...
- Professor Clark** Yes – but not many. And interestingly, some societies who in the past took good care of their elderly relatives are becoming more like us ... places like China and India, particularly in the big, modern cities. Younger people in those places want to live their lives and be independent – they don't want to look after an ageing grandparent.
- Presenter** Hmm. Yes, I see. Fascinating stuff. But I'm afraid we've run out of time. Professor Clark from the University of London, thank you for coming into the studio.

Unit 3 Audio script**1.23 Lesson 3D, Exercise 6****How to be a good parent: a teenager's guide**

Sixteen-year-old Ellie, who lives with her parents, Louise, 38, and Peter, 43, has written a book to tell us what parents of teenagers are doing wrong ...

All adults think teenagers are a nightmare. According to them, we're moody, argumentative, rude and disruptive. But have any adults ever stopped to think that perhaps they are responsible for the unpredictable and confusing way we behave?

Take me, for instance. I may be a teenage nightmare, but this is all to do with my parents, not me. With my mother, I stamp my feet, storm out of shops in the middle of arguments and moan until I get my own way. Just last week, for example, I persuaded mum to buy me a pair of shoes that she had said I couldn't have. But my father, on the other hand, turns me into a shining example of teenage perfection. I do as he asks, I don't answer back and I happily accept that no means no.

My parents have very different parenting styles. While my dad brings out the best in me by being calm and reasonable and treating me like an adult, my mum, like so many other parents of teenagers, inadvertently makes me want to rebel by being combative and speaking to me as though I'm still a child. Last summer, after yet another row in a shop with my mother, I decided to start writing down the way I felt about things. A few more rows later and I'd written more than 10,000 words of advice for parents.

In December, having contacted various publishers, I signed a book deal. My parenting book, *How Teenagers Think*, is going to be published next year, the first of its type actually written by a teenager. Much of my book is based on my own experiences, but I've also interviewed my friends about their parents. Surprisingly, we all share similar views on what our parents are doing wrong. And it usually comes down to the fact that our parents care too much about us and don't want to let us grow up. For example, Mum drove me crazy a few weeks ago when she kept worrying I'd broken my neck after I fell off my bike. Yes, my neck hurt, but I'd been to the doctor and he'd told me I was fine, so why did she want to take me to hospital?

Instead of fussing around their teenagers like we're small children, parents could be using our desire to feel grown-up to their advantage. If we're behaving badly, why not tell us straight out that we don't deserve to be treated like an adult? Then we'll try to earn your respect. And why not reward us when we do behave maturely? Recently, I wanted to take a train to Portsmouth to see a friend – a journey I'd done with mum before. Dad was fine with the idea of me going alone, but it took weeks of arguments before Mum agreed. Why was it such a big deal?

Parents need to learn to trust teenagers. And when parents are worried about us, there is no point becoming angry – that just makes things worse. A few months ago, Mum lost her temper when I told my parents I'd been receiving emails from a stranger I'd met in a chatroom. She instantly banned me from using the Internet and we ended up having a huge row. But I'm not stupid. Most teenagers know talking to strangers online is not a good idea, so I'd told them what was happening – I don't want to get abducted, just as much as they don't want me to. So why be angry with me, Mum? It makes me not want to confide in you. Surely it's better for me to feel you won't be angry, so I can talk to you?

Many of my friends feel the same way. They end up not telling their parents what they're up to because they'll be cross. Everyone I interviewed for my book loved the idea of being really close to their parents. Despite the way we behave, we all want close relationships with our parents. We also all know deep down that our parents usually do know best. But part of being a teenager is feeling free to take steps down new paths and learning from our own mistakes. Our parents have to unwrap the cotton wool they place around us and let us get on with what is just a natural phase of life.

1.24 Vocabulary Builder 3.2, Exercise 1

- 1 You're welcome to visit us on Saturday, but I'm afraid we can't put you up.
- 2 He doesn't play as well as he can because he doesn't want to show the rest of the team up.
- 3 They often have terrible rows because they both refuse to back down.
- 4 When you talk to my grandfather about his health problems, he always plays them up.
- 5 At the time, his marriage was a huge scandal that took years to die down.
- 6 It's a comfortable hotel, but they need to do it up.
- 7 As the teacher started to wind down the lesson, the students put their books away.
- 8 He only took up skiing after he'd retired.
- 9 There was an accident on the motorway which held us up for two hours.
- 10 He turned down a job in a bank because he wanted to be a dancer.

1.25 Lesson 3E, Exercise 2

Although teenagers in the UK generally understand about 40,000 different words, the number of words they actually use is far smaller than you might think – sometimes only 800 words. An inability to distinguish between formal and informal language is almost as worrying. Ever since the 1950s, speaking correct English has been nowhere near as important for teenagers as sounding cool. But experts are worried that today's teenagers are even worse at talking in formal situations than previous generations were.

The language that teenagers use is nothing like as varied as you would imagine, with the twenty commonest words representing about a third of all words spoken. And if you look at younger age groups, the situation is just as worrying: children are developing speech problems more and more frequently. Children watch a lot of TV, as do adults. This creates background noise; and the noisier their surroundings, the harder it is for babies to hear conversations around them.

1.26 Lesson 3F, Exercises 2 and 4

Man So, I'm coming to visit you soon.

Woman Yes. Your grandfather is coming too, isn't he?

Man That's right.

Woman Would you like to come and stay with us?

Man Thanks, but I don't think that's a great idea. You haven't got a big flat, have you?

Woman No. But you can sleep in my room. I've got a sleeping bag.

Man Hmm. I'm not sure about that. I don't think my grandad would enjoy sleeping on the floor. He's 75.

Woman Alternatively, we could book a hotel. There's a good one in the town centre. It's called the Bear Hotel. It's about ten kilometres from our house.

Man Is there anywhere closer?

Woman No, not really.

Man Hmm. I don't know ...

Woman I really think you should stay there. It's far better than any of the other hotels – and it isn't too expensive.

Man Does it have a restaurant?

Woman Yes, it does. It serves Thai food. It's a really good place to eat.

Man Ah – Thai food is spicy, isn't it? My grandfather hates Thai food. Are there any other restaurants?

Woman Yes, there's an Italian restaurant near the hotel. I'm sure your grandfather will like that. Everybody likes Italian food, don't they?

Man Yes, I guess. Is it reasonable?

Woman I'm sorry, I'm not sure what you mean by 'reasonable'?

Man 'Reasonable' means 'not expensive'. Is the Italian restaurant reasonable?

Woman Yes, it is. It's a little more expensive than the Thai one, but the food is nicer.

Man Good. It sounds perfect, then. The other thing we should do is arrange a few day trips during our stay.

Woman Well, there's a castle.

Man I'm not that interested in castles.

Woman And there's a fantastic wildlife centre. You really must go there.

Man That sounds more interesting.

Woman There are lots of other places too.

Man I should look online, shouldn't I?

Woman Yes, that's a good idea. Is there anything else you need to know about? Transport?

Man Yes, transport. How are we going to get around while we're there?

Woman You could hire a car, couldn't you?

Man I'm not sure. My grandfather doesn't really like driving.

Woman But taxis are expensive. And the big advantage of hiring a car is you're completely independent.

Man I suppose you're right. Where's the best place to hire a car?

Woman Let's decide later, shall we? We could always look online.

Man OK. But can you book a room for us at the Bear Hotel, please?

Woman Yes, of course.

Man Don't forget, will you?

Woman I won't!

1.27 Lesson 3F, Exercises 5 and 6

Woman Your grandfather is coming too, isn't he?

Man You haven't got a big flat, have you?

Man Thai food is spicy, isn't it?

Woman Everybody likes Italian food, don't they?

Man I should look online, shouldn't I?

Woman Let's decide later, shall we?

Man Don't forget, will you?

1.28 Get Ready for your Exam 3, Exercise 2

Speaker A You can't beat spending the weekend in the countryside. Somewhere really remote, away from the constant racket, bustle, dirt and smog of the city. Every so often, I drag my rucksack down from the top of the wardrobe, fling a few things in it and set off hiking and camping overnight with a couple of friends. We get exhausted, muddy and laugh a lot. We can't get enough of the wide open spaces, the beauty and the sense of adventure.

Speaker B My brother and I are kart fanatics. We are completely obsessed with racing, so you'll find us at the track every weekend without fail. It's a totally awesome sport. It's our ambition to get into Formula 1. All those drivers started with karts. Our superhero of all time has got to be Ayrton Senna. We want to be as classy a driver as him. Right now we're saving every penny for our own kart, because we've got to get faster!

Speaker C My best weekends are with my mates, a screen and a console. We consider ourselves extreme gamers and we're all pretty good. Every Friday after school is game time – we create competitions, which can carry on into the night, or at least for as long as our parents let us! They keep nagging us about spending so much time on the computer, but what with school, sports and endless homework, it's not that long. They should chill a bit.

Speaker D It's dead easy to describe my ideal weekend – two words: 'city' and 'shopping'! We live in the back of beyond, so I'm usually dying to get away to the Big Smoke and visit my auntie. I adore arriving in central London. My aunt usually plans a treat like the theatre, but mostly we're shopaholics! We're both really into clothes and design, but I don't need to spend much. Just feeling the buzz and vibrancy of city life is cool.

Speaker E My ideal weekend? Doing absolutely nothing for a whole 48 hours. Sure this sounds lazy, but I'm a student doctor slaving away on an 80-hour week, which is super stressy. My ideal weekend wouldn't start before noon, and the alarm clock would be in a drawer. I'd have a long bath, not a quick shower. Then I'd have friends round and watch back-to-back films on TV – as long as we ordered take-aways! There's no way I'd be shopping or cooking!