

World English, Level 1 Workbook-Audio script

UNIT 1

Track 2

Cristina: Where are you from, Mike?

Mike: I'm from Australia.

Cristina: So, you're Australian. Are you from Sydney?

Mike: Yes, I am. And you, Cristina? Are you Mexican?

Cristina: No, I'm not. I'm Brazilian.

Mike: Wow! Brazil. I'd love to go to your country. Which city are you from?

Cristina: I'm from Rio de Janeiro. It's a cool city!

Track 3:

1

Interviewer: With me today is Maria Gutierrez. She's a famous TV journalist. Nice to meet you, Maria.

Maria: Nice to meet you too.

Interviewer: As a journalist you travel all over the world. But where are you from?

Maria: I'm from Guadalajara, Mexico.

Interviewer: So you're Mexican.

2

Interviewer: Dr. Matsuda, where do you work?

Dr. Matsuda: I work at a large university in Osaka, Japan.

Interviewer: What do you do there?

Dr. Matsuda: I'm a scientist and a professor.

Interviewer: So you teach science and ...

3

Interviewer: What's your name?

Martina: I'm Martina Flores.

Interviewer: Where are you from, Martina?

Martina: I'm from Santiago, Chile.

Interviewer: Are you a student?

Martina: No, I'm not. I'm a teacher. I teach Spanish...

4

Interviewer: Hello. What's your name?

Luke: Hi. I'm Luke Armstrong.

Interviewer: Where are you from, Luke?

Luke: I'm from Manchester, England.

Interviewer: What do you do there?

Luke: I'm an engineer at a large British company

Track 4

No Boring Jobs

A good job is not always easy. Many people are happy with a job that is difficult but interesting. Read about three people like this.

Lara Setrakian is a journalist. She is from the United States, but travels to different parts of the world for her job. Sometimes, she is in places that are dangerous. Her job is difficult because she travels a lot. Her job is interesting because she meets many people from around the world. She talks with them about their lives, sometimes in their own language. She speaks five languages! They are English, Arabic, Armenian, French, and Spanish.

Misty Copeland is a dancer from the United States. She is a principal dancer with the American Ballet Theatre, in New York City. Principal dancers are the best dancers—male or female—in the company. Principal dancers earn a good salary. It is a difficult job. Misty practices for long hours and performs in many shows. She also travels to perform in other cities in the US and other countries.

Jose Andres is a chef. He is from Spain, but lives in the United States. He cooks Spanish food in good restaurants. He is also a volunteer. His organization is World Central Kitchen. He works with other chefs to give food to people in need all around the world. Sometimes they help when there is a natural disaster, like in Puerto Rico and Haiti. In other countries, like Nicaragua and Cambodia, World Central Kitchen trains people to be chefs.

UNIT 2

Track 5

Male: What do you do in your free time, Sasha?

Female: You mean on the weekend?

Male: Yeah, you know. When you're not in class or at work.

Female: Well, on Saturday morning I get up early. First, I get exercise. I go walking in the park with some friends. Then, we go to the coffee shop for coffee and breakfast. Next, I go home and take a shower. Finally, I get dressed. At noon..[cut off by male]

Male: Wow. You do all of those activities on Saturday morning?

Female: Yeah. Why? What do you do in your free time, Pedro?

Male: Um, I watch TV. And I do my homework.

Female: Do you get exercise?

Male: No, I don't go to the gym.

Female: Neither do I. It's boring. But walking isn't. You can come walking with me and my friends on Saturday morning.

Male: OK, thanks. But I want to go to the coffee shop before and after the walk!

Track 6

1. Edgar goes shopping on Saturday morning, and so does Linda.
2. My son plays piano and so does my daughter.
3. I don't do homework on the weekend and neither do you.
4. Elena eats out on Saturday night, but Nicole doesn't.
5. Marie doesn't exercise on Sunday morning and neither does Carlos.
6. Oscar watches TV on Sunday evening and so does his son.

Track 7

Happy New Year!

In the Netherlands, New Year's Day is always on January 1. It's very cold, so Dutch people stay home and clean their houses. They have a party and eat sweet bread and donuts. In the evening, they watch a funny TV show and then there are fireworks.

In Iran, New Year's Day is called Nowruz, and it's in March. The festival begins on the first day of spring and continues for almost two weeks. Nowruz is one of the most important holidays in Iran. Before the holiday, people clean their houses and buy new clothes. People put seven special things, including apples, coins, garlic, and grass, on their tables. Iranians visit everyone in their families and eat special meals. Adults give presents, such as money or gold, to children.

The Chinese New Year celebration is in January or February. The date is different every year. It's a big festival that lasts for 15 days. People don't go to work. They clean their houses and decorate doors for good luck. People give presents and money in red envelopes. They eat big dinners with their families. At night, they watch fireworks.

In the Philippines, the New Year starts on January 1. People begin to celebrate the night before. They decorate the table with round foods, such as apples and grapes. People also wear clothes with polka dots. They think that round things, like fruit, polka dots, and coins, bring good luck for the new year. It is a fun and noisy holiday with fireworks at midnight.

UNIT 3

Track 8

Female: Good morning. Where are you traveling to?

Male: Hello. I'm traveling to Miami.

Female: May I see your ticket and identification?

Male: Um, yes. Here's the ticket and my passport.

Female: You're traveling to Miami by way of Atlanta, is that right?

Male: Yes.

Female: Do you have luggage today?

Male: I have one suitcase to check in.

Female: Is that blue suitcase yours?

Male: Yes.

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Female: Please put it here on the belt. Do the things in the suitcase belong to you?

Male: Yes.

Female: Do you have anything that belongs to someone else?

Male: No.

Female: Did you pack your suitcase yourself?

Male: Yes.

Female: Do you have a carry-on bag?

Male: Yes.

Female: Please put it in this box to check the size. OK. It's not too big. Here are your boarding passes. This one is for the flight from Columbus to Atlanta. And this one is for the flight from Atlanta to Miami. And here's your passport back.

Male: Thank you. Do I need to check in my suitcase again in Atlanta?

Female: No, your bag is checked through to your final destination, Miami. Here is your baggage claim ticket.

Male: Thank you.

Female: You're welcome. Have a nice flight.

Track 9

Male: Welcome to The Bridge Hotel of San Francisco. I need to ask you a few questions to complete your registration.

Female: OK.

Male: What is your first name?

Female: Anne

Male: Is that A-N-N or A-N-N-E?

Female: With an E.

Male: Do you have a middle initial?

Female: J

Male: What is your last name?

Female: Watson. That's W-A-T-S-O-N.

Male: And your date of birth?

Female: March 20th, 1979

Male: What is your nationality?

Female: I'm Canadian.

Male: What is your country of residence?

Female: The same. Canada.

Male: What is your contact number?

Female: My cellphone number is 870-555-9147.

Male: And how many nights would you like the room for?

Female: Two nights.

Male: Thank you, Ms. Watson. Here is the key to your room...

Track 10

Travel Light!

Even on a long trip, you don't need a lot of heavy suitcases. You only need two bags—a carry-on bag and a check-in bag. Here is some advice for packing them.

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Carry-on bag

- Your carry-on bag should be small and light.
- The most important things for your trip (passport, boarding pass, airline tickets, money, credit cards, cell phone, keys, etc.) should go in your carry-on bag.
- You should pack valuable things, such as a laptop or jewelry, in your carry-on bag.
- You should bring a change of clothes in case your luggage is delayed.
- You should also take any medicine you need in your carry-on bag.
- Bring snacks to eat on the plane. Cookies, nuts, and dried fruit are good. Don't bring chocolate—it's very messy. For long trips, bring a sandwich. And don't bring water—you can't take it through security. You should buy some at the airport before you board the plane.
- Remember to bring a good book or your tablet.

Check-in bag

- Your check-in bag should be strong.
- Your clothes, shoes, and other everyday things should go in your check-in bag.
- Make a list to help you remember everything.
- Pack your bag early—don't pack on the same day as your trip!
- Think about the weather. Do you need a coat and gloves, or T-shirts? and shorts? Choose the right clothes! You should pack your clothes inside plastic bags.
- Put your name and your hotel's address and telephone number on your bag. You should put this information inside the bag, too.

UNIT 4

Track 11

Server: Welcome to the Atlantic Grill. My name is Natalia, and I'm your server this evening. Here are the menus. Would you like something to drink?

Female Customer: Yes, I'd like an orange soda.

Male: I'd like a bottle of mineral water. Sparkling, please.

Server: Here are your drinks. Are you ready to order?

Male: I'd like the Greek salad, and then the grilled shrimp and sausage.

Server: OK, Greek salad and grilled shrimp and sausage. And for you, Ma'am?

Female Customer: The soup for an appetizer, and for the main dish, grilled fish.

Server: Which side dishes would you like with that?

Female Customer: Um, the vegetables and potatoes, please.

Server: Soup and grilled fish with vegetables and potatoes. Would you like anything else?

Male: Can I have a side of French fries, please?

Server: Yes, of course. Anything else?

Male: No, that's everything for now thank you.

Track 12

1. Server: Would you like French fries or a salad with that?
2. Customer: For the main dish I would like cheese pizza.
3. Customer: Do you have green tea?
4. Server: How would you like the steak?
5. Customer: Does the omelet come with a side salad?
6. Customer: Can I have a glass of water, please?
7. Customer: Is the sausage spicy?
8. Server: What would you like to drink?

Track 13

Making Good Food Choices

How much dairy should you eat every day? How many glasses of water do I need every day? How much protein do we need? There are so many popular diets it's hard to know what is healthy. Some countries produce charts with information and pictures to help people make healthy food choices.

The chart from the United States looks like a plate and a glass. There are five food groups: fruits, grains, dairy, vegetables, and protein. The size of each food group shows how much you need each day. Vegetables and grains are the largest sections. These are the foods you should eat a lot of every day. Also, you need to eat some protein, such as meat, fish, or eggs, and some fruits. The dairy section is the smallest. That means you shouldn't eat a lot of dairy products, such as milk, yogurt, or cheese. The chart doesn't say how much sugar or fat you should eat, or how much water to drink.

The food balance chart in Korea is the shape of a bicycle! It has six food groups and water. In addition to the food groups in the US chart, the Korean chart includes a section for sugar and oil. This section is, of course, the smallest.

Brazil's food guide doesn't have food groups like vegetables or dairy. It says to eat more unprocessed food, less processed food, and no ultra-processed food. Take fish as an example. Fresh fish is unprocessed. It's healthy. Canned fish is processed. It's not as good for you as fresh fish. Finally, frozen fish nuggets are ultra-processed. Ultra-processed foods are not healthy because they have a lot of artificial ingredients and preservatives. The message is that unprocessed food is better for you.

Track 14

1. **Female:** This potato salad is good. What are the ingredients?
Male: It's very simple. Some potatoes, an onion, some mayonnaise, and some salt and pepper.
Female: Do you put any blue cheese on it?
Male: No, I usually don't. Would you like some?

2. Female: I want a BLT sandwich for lunch.

Male: What's a BLT?

Female: It's a sandwich with bacon, lettuce, and tomato.

Male: Oh, I see. Do you have the ingredients?

Female: Well, there are some tomatoes on the table and there is some lettuce in the fridge.

Male: Do you have any turkey bacon?

Female: I don't see any in the fridge. And I don't have any bread, either.

Male: Then let's go out to lunch. You can order a BLT at the restaurant!

Unit 5

Track 15

1. She plays tennis on Saturday mornings.
2. They're playing basketball in the gym.
3. Viktoria and Jakob are ordering pizza.
4. Min-Jun is snowboarding for the first time.
5. Our teacher doesn't give homework on the weekends.
6. I'm watching the ice hockey game on TV with my brother.
7. Maria does yoga three times a week.

Track 16

Conversation 1

Male: Hi, Saruka. What are you doing?

Female: Hi, Diego. I'm going to the beach with some friends. Do you want to come with us?

Male: No, thanks. I'm downtown with my brother. We usually go to the movies on Saturday afternoon. And anyway, I don't like sitting in the sun.

Female: We're not sitting in the sun. We're playing soccer.

Male: Hmm, that sounds like fun. I'm going to talk to my brother about it now. Maybe we can join you...

Conversation 2

Male: Hey Niko, what are you doing?

Female: I'm studying. I usually study on Sunday afternoon. What about you, Haruto? What are you doing?

Male: My cousins are visiting this weekend. We're going ice skating now. Would you like to come with us?

Female: Um, yes, that sounds like fun. I'll look for my skates now.

Male: Great! We're leaving my house now. See you at the ice rink!

Track 17

Female: Hi, Yoshi. What are you doing? It's very noisy there.

Male: I'm watching a football game at the stadium! It's American football.

Female: Really? Do you like it?

Male: Yes! But I don't know very much about the sport. All the players are running, and one player is throwing the ball.

Female: And all the people are shouting!

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Male: You should come to a game with me. The tickets only cost five dollars.

Female: I don't want to watch football. I hate team sports. I prefer individual sports like swimming and running.

Male: What are you doing today?

Female: Right now I'm going to the pool for a swim.

Track 18

Capoeira is a martial art from Brazil. A *martial art* is a type of sport that is a form of self-defense. Karate and judo are other examples of popular martial arts.

Capoeira looks like a mix of fighting and dancing. It is a fast sport because the people doing capoeira, often called "players," need to stay in motion. Each player moves to make it difficult for the other person to kick or hit them. Players need strong legs because kicking is a big part of the sport. Players usually attack with their legs, not their arms. Sometimes one person falls to the floor. But the goal of capoeira is not to hurt the other player.

Capoeira is all about skill. Players need to avoid the opponent's attacks. Also, they need to confuse or trick the other player. Some moves make a player think their opponent will move one way, but they move the other way.

Capoeira players are sometimes called *capoeiristas*. Two capoeiristas practice within a large circle of people who usually sing and clap while they watch. Often there is music playing to help the capoeiristas keep in motion. People do capoeira indoors and outdoors. The players don't need any equipment. They usually wear a white T-shirt and loose white pants. The T-shirts often have the name of the players' clubs on them. Many players don't wear shoes. Those who do, need light-weight shoes with a good grip on the sole.

Unit 6

TRACK 19

Male: Tell me about your vacation, Magaly. Where did you go?

Female: We went to India. It was great!

Male: Where did you fly to?

Female: We flew to New Delhi. We stayed for two nights. Then we took a train to Agra.

Male: What did you do in Agra?

Female: We visited the Taj Mahal. It was beautiful!

Male: What about the food in India? Did you like it?

Female: Yes! We went to some great restaurants.

TRACK 20

Male: Hi, Fumiko. How was your vacation?

Female: Hey, Emilio. It was great. I went on a cruise with my family for two weeks.

Male: That sounds like fun. Where did you go?

Female: We flew to New Orleans and boarded the cruise ship there. Then we sailed to Mexico.

Male: What places in Mexico did you visit?

Female: We visited a couple of places on the Yucatan Peninsula. I really liked Merida.

Male: What did you do there?

Female: We did some sightseeing and took a guided tour. It's a beautiful city.

Male: What attractions are in that area?

Female: Mayan ruins. We visited an ancient Mayan city called Uxmal. It was incredible.

Male: Did you take a lot of photos?

Female: Yes, I did. I took photos of my family on the cruise, and the ruins, and I even took pictures of food!

Male: Did you like the food?

Female: Oh, yes. We ate some delicious Mexican food. In fact, my brother ate one of the hottest peppers in the world, the habanero. I think his mouth is still burning...

Track 21

Giants on a Small Island

Rapa Nui, or Easter Island, is a small island in the Pacific Ocean. This little island is famous for some very old and very large statues. These statues, called *moai*, are hundreds of years old. They are enormous. The largest is 33 feet tall and weighs 80 tons. Even the smallest statue is big—it's four feet tall.

About a thousand years ago, people sailed from Polynesia to Rapa Nui. They settled on the island and made the statues from volcanic rock. They made eyes from white coral and used a black or red stone for the pupil. Some statues have headpieces, which could be hair or hats, made from red volcanic rock.

Researchers say the statues probably honor the ancestors of the Polynesian settlers. Rapanui legend says the statues have their ancestors' spirits inside them. There are many different ideas about how the statues came to be standing up.

The statues are located all over the island, usually close to the water. The rock used to make the statues came from miles away from where they stand. How did people move huge, heavy statues hundreds of years ago? Rapanui legend says they walked, and that the spirits of powerful ancestors inside the statues made it happen.

Researchers have different ideas about how the statues moved. Some think that people rolled the statues using cut wood. Other researchers think that people pulled and rolled the statues on to their rounded front sides. In fact, research teams have tried to recreate moving artificial statues to test their

ideas. They were able to move the statues, but they were exhausted from the hard work.

Unit 7

Track 22

1. seventeen
2. eighty-four
3. twenty-three
4. ninety
5. forty-one
6. twelve
7. fifty-six
8. thirty-five
9. sixty-eight
10. eighteen
11. seventy
12. forty-three

Track 23

How Do Animals Communicate?

Animals communicate in many different ways. Some animals use their whole bodies. For example, bees dance to communicate. They send messages about flowers and other places with food. Other bees see the dance and find the food.

Some insects communicate with smells. They produce chemicals so that other insects can find them. Wolves and dogs also use smell to get a lot of information about other animals. And cats like to rub their bodies on things like trees to put their smell on them. The smell means, “This tree is mine!”

Many animals communicate by touching. For example, chimpanzees say “hello” by touching another chimpanzee’s hand. When two horses put their noses together, it means, “We are friends.”

And, of course, many animals communicate with sounds. Birds use their beautiful songs to communicate. Dogs, cats, and people all make different kinds of sounds, to send many different messages.

Unit 8

Track 24

Male 1: Hi everyone. Let’s review the instructions Ms. Alvarez gave us for this group project. Fernanda, can you read the instructions to the group?

Female 1: First, each group of four students needs to choose a large city in an English-speaking country. The group is going to research four topics about

the city. Those topics are business, culture, geography and environment, and population or people. Each member of the group is going to research one topic. Then, the whole group is going to present what they learned about the city to the class. You have two weeks to complete the project.

Male 2: So, the first step is to choose a city in an English-speaking country...

Female 2: I know, how about Chicago? It's a big city.

Male 1: Does everyone think Chicago is a good choice?

All: Yes, sure, sounds good.

Female 1: I'd like to research the people.

Male 2: I'd like to work on the geography and environment.

Male 1: Culture is interesting to me. The last area is business. Kanna, do you want to research business in Chicago?

Female 2: Sure. That's fine with me.

Male 1: OK, so for this project Kanna is going to research business. Fernanda is going to study the people. Rodrigo is going to research the environment and geography. And me, Luis, I'm going to study the culture.

Female 1: We're going to be able to do a lot of the research online.

Male 2: Yes, and I'm going to need to look at some maps.

Female 2: When are we going to start the research?

Male 1: We should start today. We have two weeks...

Track 25

Building Bridges

In some rural communities around the world, people cannot get to school, a market, or visit the doctor because of a river they cannot cross. Footbridges are a common solution in many places. These basic bridges are often made with rope and pieces of wood. They're not very strong and sometimes fall down.

About 20 years ago, a man in the US saw a photo in a magazine of a person in Ethiopia being hauled over the Blue Nile River on a rope. This was how people crossed the river ever since the old bridge **collapsed**. The image made Ken Frantz, a construction company owner, decide to fix that bridge.

Frantz created a group called Bridges to Prosperity to build the bridge. The group worked with the local people who would use the bridge, and the **tribal elders** gave permission for the project. Donkeys carried supplies to the area, and Frantz, his team, and local volunteers built a lightweight steel bridge in 10 days. Since then, Bridges to Prosperity has built more than 250 bridges in countries around the world.

A safe and reliable footbridge improves the lives of people in rural areas. It means they can bring goods or food to a market to sell. They can possibly earn an income from this. It also means children can go to school and families can visit their relatives on the other side of the river.

Unit 9

Track 26

Male: Hello, can I help you?

Female: Yes, I'm looking for a scarf for my friend. It's a gift for her birthday.

Male: Here are some new scarfs for winter. They're made from wool.

Female: Oh, no. Those are too heavy. I don't want a warm scarf, I want a light one. I want a stylish scarf my friend can wear with a blouse or a sweater.

Male: Oh, I see. There are some very nice silk ones over here. What color does your friend like?

Female: She likes bright colors, like green and orange and yellow.

Male: Here's an orange one. How about this?

Female: Oh, that's beautiful. And it's very soft.

Male: Yes, it's silk.

Female: silk? How much is it?

Male: It's 99 dollars.

Female: Oh, that's too expensive. Do you have anything cheaper?

Male: The cheapest silk scarf is 75 dollars.

Female: Oh...

Male: But we have some scarfs made of cotton that are less expensive.

Female: These are nice. And soft too. They're bigger than the silk scarfs and less expensive!

Male: Yes, cotton is cheaper than silk. And cotton is easier to clean.

Female: How much is this green one?

Male: That's 29 dollars.

Female: OK, I'll take it.

Male: Are you paying with cash or card?

Female: Cash.

Track 27

Fast Fashion

The phrase *fast fashion* describes the trendiest clothes that are available at the lowest prices. The prices are low because the stores want their customers to return very soon—maybe even the next week—to buy more of the newest fashions. Some of these fast fashion stores display new clothes weekly or even twice a week!

In the traditional fashion industry, new styles come out four times a year. This schedule follows the four seasons, spring, summer, fall, and winter. In the fast fashion industry, a new “season” happens every month or so. Fast fashion makes a lot of money because there are more selling seasons within one year.

One important reason why fast fashion is less expensive than traditional fashion is that the quality is worse. A trendy shirt from a fast fashion store doesn't need to last for years because it won't be stylish next season. Trendy clothes usually won't last because the materials used to make them are cheap and not as good quality. For example, in a fast fashion store you

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are more likely to find a sweater made of acrylic, a synthetic material, than wool.

Some people think fast fashion is good because they can buy stylish clothes at low prices. Others disagree. They think that fast fashion creates a lot of waste. Since the early 2000's when the fast fashion trend started, the production of clothes has doubled. Now people are buying more clothes and are wearing them for shorter amounts of time. This means clothes are thrown out because clothes that aren't good quality can't be given to someone else.

Finally, clothing manufacturing can be bad for the environment. Producing many materials, even natural ones such as cotton, require huge amounts of water. Making synthetic materials can involve oil and other chemicals which can cause pollution. And dyes used to color clothes are also a source of pollution.

Before buying the latest fashions, customers should read about their favorite clothing brands online. There is information available about which clothing makers are more responsible than others.

Unit 10

Track 28

1

Hi, my name is Hiroto. I'm 45, and I live in Osaka, Japan. I'm the coach of a men's tennis team at a university. I'm also a personal trainer, which means I help people when they are working out at the gym. For my job, I have to be in shape, but that's easy for me because I love sports and working out. I exercise a lot, so I eat a lot, and sometimes I don't eat healthily. I don't like to cook, so I often eat protein bars and drink energy drinks. These things often have a lot of sugar, which is bad for you no matter how much you exercise. And, I know I should eat more real food, like eggs and fish and meat, for protein. Also, I have to get more fresh foods, like fruit and vegetables, into my diet.

2

Hi, I'm Ivan. I'm 50 years old. I live in Lima, Peru, where I work as a chef in a seafood restaurant. I eat healthy because I love cooking with fresh ingredients, like fish and vegetables. But, I work long hours. In the morning I go to the market to choose the fish for the restaurant. Then, I go to the restaurant. I'm usually there until at least 11 p.m. I'm on my feet all day, but don't exercise. I'm not overweight, but exercise is good for you even if you're not heavy. I don't work on Sunday or Monday, but I usually spend those days with my family. I just don't have the time to exercise.

3

Hi, my name is Gloria. I'm 30 and I live in Sao Paulo, Brazil. I work for a large international company and travel for work at least one week of every

month. I like my job, but there is a lot of stress. Stress and traveling mean that I don't get enough sleep. I don't know if this is a bad habit, but I love coffee and I drink a lot of it. I do eat healthily, though. I never eat fast food. If I don't have time to prepare something healthy then I buy a salad. I eat a lot of fish, but don't eat red meat. And I exercise. I enjoy yoga. And when I'm traveling for work, I use the hotel's gym. It's usually very nice, and sometimes has a pool.

Track 29

Healthy Habits

Everyone wants to live a long and healthy life. Researchers studying longevity, or how long a person lives, look at people's lifestyles, including their habits. They do this because they want to know which habits help people live longer.

In 1970, some scientists asked 7,000 people in the United States about their habits. Then, they checked to see how long the people lived. The scientists learned that the people with the longest lives:

1. ate breakfast every day.
2. didn't eat snacks between meals.
3. weren't too heavy or too thin.
4. exercised regularly.
5. slept seven to eight hours every night—no more, no less.
6. didn't smoke.
7. drank plenty of water every day.

These seven habits made a big difference. People who did all of these things lived 12 years longer than people who did only one, two, or three.

Habits are unlike other longevity factors—such as genes or environment—because people can change their habits. It's not always easy, but it's possible to learn good habits and break bad ones.

So, how can people successfully change their habits? Scientists say to make changes slowly. It's important to have clear goals. A goal like “live a healthier lifestyle” sounds good, but isn't clear. How will you do this exactly? A clearer goal is, for example, to take a walk every evening, or to stop eating snacks between meals. And to break a bad habit, some experts suggest replacing it. For example, if a person is trying to quit smoking, they should drink a glass of water or go for a short walk when they feel like they want a cigarette. Experts also say you should be patient. Changing habits takes time, and nobody does it perfectly the first time.

Unit 11

Track 30

Interviewer: Good morning Mr. Vargas. Thank you for coming to the interview.

Mr. Vargas: My pleasure.

Interviewer: Let's begin. Why do you want to work at this store?

Mr. Vargas: Well, I use my smartphone and tablet all the time—and I enjoy learning more about what they can do. My friends and family always ask me for help with their devices.

Interviewer: And do you help them?

Mr. Vargas: Oh, yes. And they are so happy when I show them how to do something they didn't know.

Interviewer: Great. Now, a practical question: Do you speak Spanish?

Mr. Vargas: Yes, I do.

Interviewer: Very good. Have you worked in a store before?

Mr. Vargas: No, not yet. My work experience so far has been summer jobs working with children at summer camps.

Interviewer: OK. That's not a problem. One last question: you said you know a lot about tablets and smartphones. How much experience do you have with laptops?

Track 31

Amazing Achievements: Stephen Hawking

Stephen Hawking was one of the most famous scientists of this century. As a cosmologist and a theoretical physicist he used mathematics to study space and the universe. He wrote several popular science books. He wrote *A Brief History of Time* in 1988, and more than 10 million people have bought this book. In his lifetime, many other scientists said Hawking was the greatest scientist in the world.

Hawking faced difficult problems in his life. When he was 21, he got a serious disease called ALS. The disease quickly got worse, and soon he couldn't walk or speak. He could only move his left hand. He used a wheelchair with a motor to get around. He "talked" by typing words into a computer. Then, the computer pronounced the words for him.

But, for Hawking, his work was more important than his problems. He was interested in the beginning of the universe. He taught at Cambridge University in England and gave lectures at other universities. He wrote many important scientific papers and won many prizes for his work. He appeared in several movies and was on TV many times. He traveled in countries around the world, and in 2007, he went up on a special zero gravity plane.

Hawking's achievements are truly amazing. Even though his body was in a wheelchair, his mind explored the universe. Hawking died in March 2018. He was 76.

Track 32

1. In my country resumes don't include personal information like birth date.
2. You should include a few important details about your work experience.
3. Make sure your email address is correct on your resume.
4. Do you have any work experience?
5. Cesar has a business degree from New York University.
6. Have you worked with children?
7. She got her driver's license in December.
8. What are your other interests?

Unit 12

Track 33

1. If you make your own lunch, you will save money.
2. If you go to the store, buy some bread.
3. If you need some cash, go to the ATM in the shopping center.
4. If you go shopping early, the store won't be crowded.
5. If you don't have enough money, ask to borrow some.
6. If you leave now, you'll catch the bus.
7. If you make a budget, remember to include rent, food, and transportation.

Track 34

Plastic is very useful—but many people think we use too much of it. Most people don't know how much plastic they use every day. It's always there when we need it. Some experts say that every piece of plastic ever made is still here today! This is because plastic isn't *biodegradable*; it never goes away. *Biodegradable* means something that can break down, or go away, naturally. An important thing about biodegradable items is that, when they break down, they don't hurt the environment. This is because they're natural and don't have man-made chemicals. For example, wood biodegrades because it's natural. But, if a piece of wood has paint on it, the paint will not biodegrade because it isn't natural, it's man-made. The paint is bad for the environment. Like paint, plastic is made from chemicals that don't break down. This means that anything made of plastic is going to be with us for a long time, and we need to think about which plastic items we really need—and which ones we can live without.

Track 35

Nature Vacations

As one of the world's biggest travel companies, we are always thinking of new and exciting ways to make travel fun and interesting. We are pleased to announce some exciting new adventure vacations that we hope will bring our customers closer to nature. They will all be open for reservations next year. Please read about these special new destinations below!

Rainforest Hotel

The building will be very tall so that 200 guests can see the tops of the trees. A theater will show movies about the plants and animals of the

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rainforest. A restaurant will serve dishes made from rainforest plants, and a shop will sell rainforest products. People will fly to a new airport near the hotel, so we won't need roads through the rainforest.

Coral Reef Ship

About 500 people will be on this ship. Tour guides will take guests swimming on the coral reefs so they can see fish and beautiful coral. On the ship, there will be information about preserving the coral reefs, and scientists will teach classes about saving the environment. Guests can eat coral reef fish in the ship's restaurant.

Mountain Camp

People will walk to this camp, high in the beautiful mountains. About 30 people will stay in the camp, and every day they will go walking in small groups. Tour guides will teach them about the animals in the mountains. Guests will sleep in small buildings made from local trees, and they will carry all their garbage home with them.