Neil
Hello. Welcome to 6 Minute English, I'm Neil.

Sam
And I'm Sam.

Neil
And we are sitting here in New Broadcasting House, _____ of London. Would you say, Sam, that this is an **isolated** place?

Sam
Oh no, not at all. **Isolated** means far away from _____ and people.

Neil
Does that mean then, do you think, that you can't be lonely here, with all these people around and all these things to do?

Sam
Ah, good question. Can you be lonely in a _____? Yes, of course, I think you can be because being lonely isn't about _____ **isolation**. I think you can be lonely anywhere if you feel that you are disconnected from the world around you, if you feel that no one understands you. If you are living happily in **isolation** in The Scottish _____, for example, I'm sure _____ lonely if you came here to London.

Neil
Well, _____ is today's topic. The BBC has just completed a big _____ about it which we will learn more about shortly. But first, of course, a question: Where is the most isolated _____ place on the planet - by which I mean the place furthest away from anywhere else with the _____ people living there. Is it:

a) McMurdo Station in Antarctica

b) Siwa Oasis in Egypt's Western Desert, or is it

c) the island of Tristan da Cunha in the South Atlantic

What do you think, Sam?

Sam
I've got _____ no idea, so this is just a guess - I think it's the one in Antarctica. I'm going to go with that.

Neil
Well, we'll have the answer later on in the programme. Loneliness is seen as a big problem for the _____ of the population, so much so that the _____ has a minister for loneliness. But which age group _____ most from loneliness. Here is a BBC report about the research.

James Gallagher, BBC Health and science correspondent
There is a common **stereotype** that loneliness _____ only the old and the **isolated**. It

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does, but what this [ ] also shows is that loneliness is felt throughout life. People aged between 16 and 24 experience loneliness more often and more **intensely** than any other [ ].

Neil
So according to the research, Sam, which section of [ ] is most affected by loneliness?

Sam
This might be a [ ], but it's 16 to 24 year olds.

Neil
I was surprised by that because like many, I would've guessed that it was older people.

Sam
The reporter did say that that was a **stereotype**. A **stereotype** is nothing to do with stereo music, but it's the noun we use to [ ] a very simple and [ ] judgement of someone and their character and personality based on their age [ ], [ ] and so on. So a **stereotype** of British people is that we can't cook, we have bad teeth, we are very reserved and never say what we mean.

Neil
I don't know what you mean, my cooking is [ ], Sam. And the **stereotype** is that old people get lonely.

Sam
Much like the stereotypes of British people, this may be true in some [ ] - I've eaten some of your home-cooked meals remember, Neil - but it's not true for the [ ]. It is young people who feel lonely more often and more **intensely**. **Intensely** here means strongly. The feeling of loneliness is stronger in young people than older people.

Neil
The reporter goes on to give some explanation for why young people might be more lonely.

James Gallagher, BBC Health and science correspondent
Researchers from the University of Manchester who analysed the [ ], suggested feeling lonely may **plague** the young because it's a time of [ ] change. **Figuring out** your place in the world and of learning **to regulate** emotions.

Neil
He says that feeling lonely may **plague** young people, what does he mean there?

Sam
If you are **plagued** by something, it means that it troubles you, it bothers you and not just once, it's something that happens [ ] or [ ].

Neil
And he says this may be because at that age we are still [ ] our place in the

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world. We are trying to understand the world and what we are supposed to do with our lives.

Sam
He also suggests that younger people have not yet learned how **to regulate** their emotions, which is another way of saying **to** .

Neil
Right. Time to review this week's vocabulary, but before that let's have the answer to the quiz. I asked: Where is the most **isolated** inhabited place on the planet? Is it:

a) McMurdo Station in Antarctica

b) Siwa Oasis in Egypt's Western Desert or

c) the island of Tristan da Cunha in the South Atlantic

What did you say, Sam?

Sam
I said a).

Neil
Well, I'm afraid to say the answer is c) the island of Tristan da Cunha in the South Atlantic. It has a population of fewer than 300 and it's only by a 6-day voyage by ship from .

Sam
So not a popular place for a weekend !

Neil
Indeed not. Now it's time for a recap of our vocabulary. The first word was **isolated** which Tristan da Cunha certainly is. It means far away from other place and people.

Sam
Then there was **stereotype** the noun for a simplistic view of person or group their nationality, age, profession and the like.

Neil
Intensely means strongly.

Sam
Being **plagued** by something means it causes you problems and

Neil
If you are trying to **figure** something **out**, you are trying to understand it.

Sam
And **to regulate** something means to control it.

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Neil
Well, sadly, that's the end of the programme. Hopefully you won't feel too lonely [redacted], remember we are always here on Instagram, Facebook, Twitter, YouTube, our App and of course the website bbclearningenglish.com. See you soon. Goodbye.

Sam
Bye!

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