

**Discussion**

1. Who do you think the people taking selfie are? Where are they?
2. What are the people around them doing?
3. What do you think they have just said to each other? What's going to happen next?

**Think about...**

1. On what occasions do you normally take photos?
2. If you could take a selfie with a famous person, who would you choose and why?
3. What role do you think famous people play in society? Should they be good role models? Should they inspire other people?
4. What kinds of people do you admire most? Why?

**Read the text and write Swietenia Lestari (SL), JC (Joan Ganz Cooney), or B (both) to the following facts.**

- This person had training in their area of work.
- This person carried out some research.
- This person set up their own company/organization.
- This person was one of the first people in their role.
- This person was encouraged by a family member.
- This person was interested in other people's learning.
- This person trained the public to be more aware of an issue.
- This person helped to raise money.

**Who do you think is more inspiring? Swietenia Lestari or Joan Ganz Cooney? Why?**

# Protector of the sea

**Like most people these days, I'm really concerned about the state of our planet – but it sometimes seems really difficult to know what to do about it. I really admire people who just do something and make a difference. That's why I think diver and environmentalist Swietenia Puspa Lestari is an inspiration to us all.**






In the time you're reading this article, about one lorryload of plastic will go into the sea. And [1]**it's getting** worse. By the year 2050 some scientists predict there will be more plastic than fish in our oceans.

Since primary school, Swietenia Pupsa Lestari (known by the name Swietenia) [2]**has been** a keen diver. She was born and brought up on Pramuka Island, which is part of the Thousand Islands chain north of Jakarta in Indonesia. When she was 13 years old, she realised just how much the sea [3]**had changed** since she was a little girl. She could no longer see beautiful marine life and the seabed was covered with rubbish. She continued to worry about the state of the marine environment and this motivated her to study environmental engineering.

While she [4]**was studying** at university, Swietenia [5]**tried** to find an organisation that was doing something to protect the marine environment around Thousand Islands. But there was nothing. So, with two friends, she set up a community of about 100 divers who began cleaning up the rubbish they found in the sea. Two years later, the community became a foundation known as Divers Clean Action (DCA).

They collected data on marine waste and began to run workshops and training sessions to raise public awareness of marine rubbish. They have also worked with people living in coastal communities and showed them how they can recycle a lot of marine waste.

From being just a group of people who collected rubbish, DCA now employs 12 full-time staff and has a network of 1,500 volunteers. Swietenia's work in marine conservation has been recognised internationally.

Swietenia [6]**believes** in the ability of young people to get out and do things in order to make a change. So, if I want to save the world, it's up to me.





## THE WOMAN WHO REINVENTED CHILDREN'S TV

**I've always felt passionate about television's ability to entertain and educate. I grew up watching what I consider to be a masterclass in how you can combine these two aspects of television: *Sesame Street*. This is the programme that brought us Big Bird, Elmo, Cookie Monster and more. These characters were brought to TV thanks to a woman I consider a genius: Joan Ganz Cooney.**

In the mid-1960s, Ganz Cooney was working as a producer of television documentary programmes in America. She realised television could play an important role in the education of preschool children. She researched this idea and in 1967, she wrote an outline for *Sesame Street*.

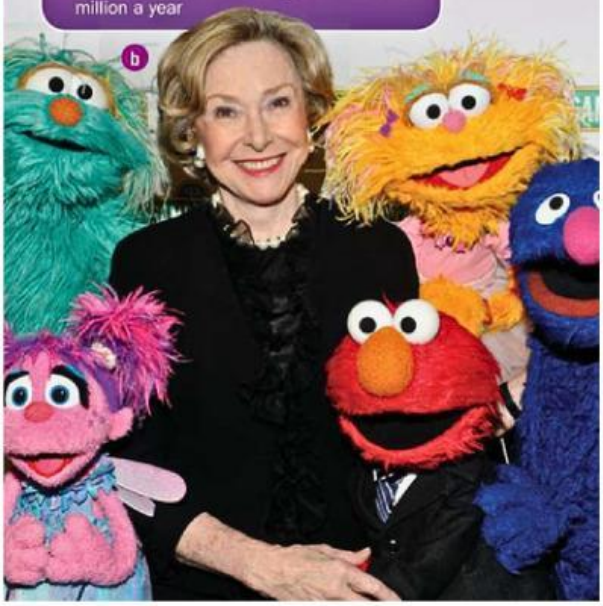
Ganz Cooney presented her ideas to the TV network she was working for at the time. However, the network rejected her proposal, saying that they thought she didn't have the right experience to produce a TV programme for children. As a result, she set up Children's Television Workshop with a colleague, and two years later they had managed to raise $8 million to finance production. Even so, many people working in the television industry questioned her ability to manage such a project. This was during the 1960s, when the industry was largely controlled by men.

At first, Ganz Cooney didn't want to fight to keep her role as the director of the production company and the producer of the programme. However, her husband and a colleague encouraged her to do so because they knew the project would fail without her involvement. This meant she became one of the first female television executives in the United States.

In 1969, two years after her initial research, *Sesame Street* went on the air, and today it's still going strong. However, Joan Ganz Cooney didn't stop there. She continued to take an interest in early childhood education and in 2007, the Joan Ganz Cooney Center was founded to help improve children's digital literacy. I really admire the way she continued helping young children. She's not a household name like Big Bird, but she's won many awards for her work and had a huge impact on the education of millions of children around the world.

### *Sesame Street* Facts

- more than 150 million viewers worldwide
- shown in more than 150 different countries
- now has a production budget of around $17 million a year



AMBISIUS INTERNATIONAL

B2

**Read the text and underline the correct words.**

# SUSMITA MOHANTY



Not many people can answer the question 'What do you do?' with the answer 'spaceship designer'. But Indian-born Susmita Mohanty can. A space entrepreneur, she was setting up / has set up three companies in three different continents. Since 2008, EARTH2ORBIT (E2O) helped / has helped companies outside India take part in launches of the Indian PSLV rocket. Before that, Susmita had established / was establishing LIQUIFER, an aerospace design firm in Vienna. And while she was living / has lived in San Francisco in 2001, she set up / has set up MOONFRONT, an aerospace consulting firm. Susmita has always loved space flight. She has / is having numerous degrees in engineering, design and space studies that allow her to make connections between the worlds of technology, business and architecture. Today she made / is making science fiction become reality. Susmita is also a climate activist who makes satellite data on our planet available so that we can fight climate change. In the past few years, she receives / has received recognition and awards from around the world. Susmita believes / is believing that in this century, space travel will be as important as air travel was last century.

**Listen to Amelia and Chloe talking about the scientist, Jocelyn Bell-Burnell.**

Are these sentences true or false?

1. Amelia's reading a nonfiction book about planets and stars.
2. Jocelyn Bell-Burnell discovered a kind of star.
3. Bell-Burnell won a Nobel Prize for her discovery.
4. Bell-Burnell did badly when studying science at high school.
5. Life wasn't easy for her when she made her discovery.
6. The press didn't treat Bell-Burnell seriously.
7. Amelia has been inspired by Jocelyn Bell-Burnell.

**Discussion**

1. Could Jocelyn Bell-Burnell's story have happened in your country? Do you know any similar examples?
2. How popular is science in your country? Is it popular with both men and women?
3. Is it important what gender a scientist is? Why do you think it was important in the case of Jocelyn Bell-Burnell?

LIVEWORKSHEETS

**Look at photos a-c and read the article.**

1. What are the people in the photos doing? Have you ever taken up similar activities? If so, how successful were you?
2. Do you think doing something for 30 days gives you a better chance of succeeding? Why / Why not?










## The 30-day challenge

Have you ever started a new hobby but given up after only a couple of weeks? Or started a course and stopped after the first few lessons? Most of us have tried to learn something new, but very few of us ever really get any good at it – it's just too difficult to continue doing something new.

But now there's some good news: did you know that if you can keep up your new hobby for just 30 days, you have a much better chance of succeeding? And you may learn something new about yourself, too.

**Listen to the podcast about the 30-day challenge. Tick (✓) the main point that Alison makes.**

1. The 30-day challenge is the only way to give up bad habits.
2. It's too difficult for the brain to adapt to new habits.
3. If you try something new for 30 days, you're more likely to keep to it afterwards.

**Now listen again.** Alison made some notes at the seminar. Complete her notes with one or two words in each gap.

**Seminar notes**

- It takes the brain 30 days to adapt to a new .....
- 30 days isn't a ..... time, so it's fun to do something new.
- Also a chance to try something ..... not just giving up bad habits.

- Two ways to do it:
  1. Do something that doesn't get in the way of your .....
  2. Take time out to do something you've always ..... do.

- You need to make an ..... !

**Complete the sentences with the phrases in the box.**

| | | |
|---|---|---|
| give up | keep to | drop out |
| have a go at | make an effort | try out |
| keep it up | manage to | work out |

LIVEWORKSHEETS

1. Often if we try something new, we _____ after about a week or two because our brain hasn't adapted.
2. So if you _____ do something new for a month, you'll probably _____ it.
3. Maybe you wouldn't want to _____ for your whole life, but it might be fun to do it just for 30 days.
4. If you're successful it's great, but if it doesn't_____ , it doesn't matter too much.
5. It's not just about giving up bad habits. The idea is really that you _____ something new.
6. You can be motivated and _____ something you've always wanted to do.
7. You must _____ to complete your goal.
8. Don't _____ of the challenge! Keep going and you will succeed




LIVEWORKSHEETS

AMBISIUS INTERNATIONAL

B2

**Complete the interviews with the missing questions.**

- And who do you practise with? Or are you just studying alone?
- Didn't you ever think of going vegan before?
- And how do you feel? Are you finding it difficult?
- And do you think you'll keep going after the 30 days?
- What have you drawn pictures of so far?

**Listen to a woman talking about meeting Sam Carter. Choose the correct answer.**

1. Why was the speaker excited when they saw Sam Carter?
   a. They wanted to become a film director too.
   b. They had admired his work for a long time.
   c. They had recently seen him in another city.
   d. They were hoping to get an autograph from him.
2. What was Sam Carter doing when the speaker noticed him?
   a. Filming a scene on the street
   b. Talking to a group of fans
   c. Entering a café
   d. Waiting for a taxi
3. What did the speaker decide to do when they saw Sam?
   a. Follow him quietly
   b. Take a photo from a distance
   c. Approach him and start a conversation
   d. Wait for him to leave the café
4. How did the speaker describe Sam's personality in real life?
   a. Polite and fun
   b. Serious and quiet
   c. Rude and impatient
   d. Warm and welcoming
5. Why was Sam in town?
   a. He was promoting his latest film
   b. He was visiting his film company
   c. He was searching for new actors for a film
   d. He was attending a film festival
6. What did Sam ask the speaker?
   a. Sam offered the speaker a job.
   b. Sam told the speaker to order another coffee.
   c. Sam persuaded the speaker to watch his films.
   d. Sam wanted the speaker to help him recruit more actors.
7. What unexpected thing happened at the end of the story?
   a. Sam dropped a cup of coffee on the floor.
   b. The speaker accidentally spilled coffee on Sam.
   c. The speaker fainted from excitement.
   d. Sam changed his mind about casting new people.

LIVEWORKSHEETS