

LISTENING SCRIPT

Exercise 2:

1 I think listening to music and enjoying art are good for relaxing. A lot of people think they're expensive but you can listen to music online and lots of museums are free, so I don't agree with them.

2 I know some people say reading books is relaxing, but I'm a student so I read a lot of books, and when I'm relaxing I don't think reading is an interesting activity.

3 I like to spend time with my friends, like everyone, but I prefer to meet my friends at home. I think that's more fun than going out, and it's cheaper!

4 I know a lot of people who don't agree that it's important to get enough sleep, but sometimes, I don't get enough, and I always feel terrible the next day. So I think they're wrong.

5 I don't like drinking water, and so I don't drink it. But I drink lots of tea and fruit juice and they both have water in them, so I drink it that way. Which is good because I do think it's important!

6 Playing basketball is very hard work, but it's very good exercise. I play twice a week. It helps keep me fit, but I enjoy it as well. It's a great way to relax and have fun with my friends.

Exercise 3:

Hello, my name's Susan, and I'm the manager of the Park Health Centre. We're open to everyone. Some people think that we're only open to people who are ill or unhealthy, but that's not true. Anyone can visit us if they're a member of the centre; so if you aren't a member, you need to join first. You should go to our website, www.parkcentre.com. It is important that you live in the local area. If you live in another part of the city, you should go to one of our other centres.

At our centre, we offer advice on many different areas of health and keeping fit; how to lose weight, eating a healthy diet and using exercise to help with problems like aches and pains, for example. But if you're just looking for general advice on health, that's fine. Maybe you would like to share your own ideas with us!

We also have some great classes such as yoga and Pilates, for example, but they're quite advanced, so it's important that you've got some experience if you want to join those classes. We have healthy eating classes as well, where you can learn to make good healthy food for all the family. Don't worry if you're not a great cook, our recipes are very easy to follow!

Remember, we're open to all the family and...

Exercise 4:

Emma: Hi David.

David: Hi Emma.

Emma: Where are you going?

David: I'm going to the gym.

Emma: Do you always go alone?

David: No, I don't. I usually go with my friend, Paul, but today I finished class early.

Emma: That's good. You should always go to the gym with friends if you can. It's fun to do exercise with other people.

David: Well, there are some sports you can do on your own.

Emma: Really!? Oh yes, like swimming I suppose. But anyway, I don't play sports, I'm not fit enough.

David: That's not important. As you said before, playing sports is about having a good time. And it helps you get fit.

Emma: OK! OK! I understand. I should start doing some sports.

David: Yes, you'd enjoy it! And if you stop eating fast food that would help you to get fit as well. All those burgers aren't good for you.

Emma: OK. And you should stop drinking coffee! You drink it so much!

David: I know, but I like it.

Emma: Tea's better; it's healthier. And water, it's very important to drink lots of water. I drink about 2 liters a day.

David: Yes, they say tea is good for you. What do you do to relax?

Emma: I go to museums.

David: That's boring. I watch TV.

Emma: Really? I don't think that's relaxing, and I don't think it's healthy.

David: I disagree. Of course it's not healthy if you watch too much, but I think you should watch a couple of hours a day. It helps you relax.

Emma: I prefer listening to music. I think that's a good way to relax.

David: I think everyone likes music, but I think it's great when you're studying. It helps you to think better.

Emma: I don't agree with that. I think it's really important for everyone to study in quiet.

David: OK, Emma, you study in your way and I'll study in mine. Everyone's different!

Exercise 7.

Ahmed is from Dubai, but he lives in London now. In Dubai, he lived with his parents in an apartment near a big shopping mall. He was a student of English at one of the big universities. His journey to his classes wasn't very long. He travelled for ten minutes by metro for three stops and then walked for five minutes to the university. Now he works as an engineer in Brighton. He goes to work on his bike. It only takes him 15 minutes.

Ewa is Polish. In Poland, she lived in Krakow, where she worked as a student nurse in a big hospital about five miles away from her home. In Krakow, she travelled to work by tram. The journey took about half an hour. Now she lives and works in Manchester in the UK. She's a nurse in a home for old people. She's got a car and drives to work.

Bik is Chinese. She learnt science and mathematics in Beijing. She travelled an hour to her college every day by train. Now she lives in Cardiff. She is a student at an English language school there. She travels to school by bus. It's a short journey. It only takes 20 minutes.