

Track 1

Way in, p. 3, ex. 3

Radio host: Hi, welcome to our show where we talk to people who have just moved to the US. Today we have Ben. Hi Ben, welcome to the show.

Ben: Thank you!

Radio host: So Ben, tell us more about yourself.

Ben: I'm Canadian and I moved to the US about four months ago because of my job. I come from Ottawa, the capital of Canada.

Radio host: I have to say, even though our countries are neighbors, I don't know that much about Canada and Canadians. Are Canadians any different from people in the US?

Ben: Um, it's hard to say what Canadians are like because, just like in the US, there are lots of different kinds of people. But I'll try anyway. I'll start with a joke. Question: How do you get 50 Canadians out of a swimming pool? Answer: You say, "Please get out of the swimming pool."

So what I'm trying to say is that Canadians are usually very polite. Being polite includes being friendly, helpful and in general, happy.

Always remember: Canada is not the US. And the US is not America. You and I, we all live in America. Just like the Mexicans too. So we don't think it's fair that you use the name 'America' just for your country. But, hey, we're too polite to make a big problem out of it. But please don't call us Americans.

Radio host: OK, so we're not only neighbors. The US is also Canada's biggest trading partner, right?

Ben: Yes, and the US has a lot of influence on Canada. One of our prime ministers said something like this: "Living next to the US is like sleeping with an elephant. It doesn't matter how friendly and calm the creature is, even the smallest movements and noises have an effect on you."

Track 1

Way in, p. 3, ex. 3

Radio host: That's interesting... And what about the Canadian wilderness?

Ben: Most of us live in cities, but yes Canada also has a lot of wilderness and we like the outdoors and care about the environment. And yes, there are places with more polar bears than people, but there are also Canadians who have never seen a polar bear in the wild.

The stereotype that all Canadians play hockey and ski is... almost true. I can say that I don't know anyone who doesn't do at least one of these sports! I do both!

Another thing that most Canadians can say about themselves is that their family were immigrants – Scottish, Irish, English, French, German and Asian. Unfortunately, there are not very many Inuit in Canada any more. Since 1999 the Inuit have had their own territory (that's like a province) – Nunavut, which means 'our land'. However, the Canadian government wasn't really fair to them. The Inuit can live on the land and control some of the government offices, but they don't own the natural resources. So that's something that Canada and the US share – how we treated and treat our indigenous peoples.

And the way we talk is a mixture of American and British English. Like the word 'either'. Some people say it 'either' and some 'eithur'. It's the same with 'schedule' or 'schedule'. Both are correct in Canada and neither (or neither) is wrong.

Radio host: That was really interesting, Ben. Thank you for being with us today!

Track 2

Station 1, p. 4, ex. 3

Narrator: 1.

Can I rely on you to be on time?

2.

Of course you can. I made a commitment.

3.

You know the rules. If you're late, there's a penalty.

4.

Look, I want to play and discipline is important to me.

5.

That's the kind of spirit I like!

6.

Well, I'm looking forward to trying the parkour.

7.

I wish everybody on the team had your ambition. Some of them are really grumpy today.

8.

We just have to help everybody; they require support.

Track 3
Station 1, p. 5, ex. 5**Narrator:** 1.

Have you already skied on every mountain in Canada? Are you looking for a new challenge? At Hank's Helicopters we offer skiing at its best.

Our tours last from two to ten days. We will take you by helicopter to the best snow in Canada. Fly to the top of a mountain. Get out and ski down on dry, high-quality snow. The helicopter will pick you up at the bottom and fly you back up again. On an average day you will ski down the mountain eight to twelve times. Book your trip today at www.hankshelicopters.com or call – 1 366 434 1652.

2.

Swimming with polar bears? Although we agree that the best place for polar bears is in the wild, sometimes they need our help. They don't need a swimming teacher, but if a young bear has lost its parents or if bears are hurt by environmental problems, there is a safe place for them at the Toronto Polar Bear Nature Reserve. And you can visit them here and yes, even swim with them. Or at least near them. While the bears are enjoying a swim in their cold pool, you can swim in a warm pool next to them with only a glass wall between you and the bears. The nature reserve is in Cochrane, Ontario just eight hours north of Toronto. See you soon!

Track 3

Station 1, p. 5, ex. 5

Narrator: 3.

You don't have to go to the Caribbean for some great diving. Instead of a long, expensive flight, stay in Canada and go ice diving in Banff National Park in Alberta. In the winter! Yes, it's cold but that's just winter in Canada. If you are good at diving, you should have no trouble with ice diving. And Lake Minnewanka is the place for you. In the lake you can even see a town from 1912. That's right – as the lake got bigger, it covered the town so it is now at the bottom of the lake. You can rent cold-water diving equipment in Calgary. So come on – the water's fine!

4.

What does Canada have a lot of in the winter? That's right – ice! So bring your car down to the ice car races!

We used to have the races on frozen lakes and rivers, but since the 1970s we've had our own track in Minden, Ontario. The sport is not very expensive and almost anyone can take part between January and March. You don't need an expensive car, but you do need a driver's license and good tyres. And make sure you have a helmet in your car. Check our website for details. See you at the race track!

5.

Ice climbing is full of action for everyone – for all ages and levels – looking for a new challenge. Our climbing season goes from November to March or later if the ice is still there. We offer half- or full-day introduction lessons. We also have beginners' courses. After two days of lessons you'll be ready for a real ice climb! If you climb correctly, it really just feels like you are climbing a ladder! So come to Canmore, Alberta because here you can do more!

Track 4

Station 2, p. 10, ex. 4

Reporter: Hi Tom. Thanks for taking the time to talk to us today.

Tom: Sure, no problem.

Reporter: Tom, I want to talk to you about fracking in your hometown of Castle Rock. How has fracking in Castle Rock affected you?

Tom: Well, in lots of ways. I moved here with my family five years ago because my parents wanted a smaller, quieter town. And the houses here are cheaper than in a big city. So that's why we chose Castle Rock, and for the first four years it was exactly what my parents had wanted.

Reporter: What happened after those first four years?

Tom: Um, that's when the fracking company moved in and became our new neighbor. One morning we woke up and they were there! Nobody knew anything about it.

There used to be this big, open field with a little lake behind our house. All of the kids from our street met there and we played baseball in the summer or hockey in the winter. But now we can't do that any more because there are huge holes and all kinds of equipment standing around there.

Reporter: That's too bad. What else has changed?

Tom: Yeah, I mean, the field is just part of the problem. Nobody asked or even told the people who live here about it. Not the city government, not the company. They simply ignored us and started using the land.

Reporter: So you feel angry?

Tom: Yeah, we do. I know the land doesn't belong to us, but we live here. They should have at least told us.

Every day there are 30, 40 trucks transporting things in and out. You can still smell the exhaust fumes at night!

Track 4**Station 2, p. 10, ex. 4**

Tom: They're polluting our air. And all the trucks and the equipment are super loud. You can never keep your doors and windows open. Not even in the summer. But that's not the worst of it. There are always terrible smells from the chemicals they use. It's simply horrible.

Reporter: And there are other health problems too, right?

Tom: Oh yeah, there are! If there are any fracking supporters listening to this, I want to invite them to live here for a week. They can have my room – and my headaches and my stomach aches. My little sister's nose bleeds all the time. My mom's eyes are always dry.

We have no idea what kinds of chemicals they are using and nobody tells us. I'm going to write about all this on my blog. Have you seen those videos from the US? Where the 'drinking' water in the house goes up in flames because of all the chemicals? We don't need that, thank you very much. But that could happen here too. Imagine that – we might have to buy water from other countries! The companies get rich and we pay the penalty, our health is destroyed.

Reporter: I can see that you're very worried about this. What about fracking and the environment?

Tom: Well, did you know that there are now more earthquakes in this area? Ever since the fracking started. At school now we have to practise what to do if there's an earthquake. Nobody can tell me that these earthquakes aren't a result of the fracking.

The Canadian government is allowing these companies to destroy our land, our water just so they can get more natural gas. Instead they should be spending money on renewable energy sources.

Reporter: Thanks for telling us about your experiences with fracking, Tom. Good luck!

Track 5**Test Practice, p. 22, ex. 1-2**

Radio host: Welcome to the CBC Radio One morning program. I'm Wesley Jackson. Our topic this whole week is 'Canada – how we live'. Yesterday we talked to grandparents from Toronto, Montreal and Vancouver. Today I want to introduce you to a teenager from Quebec. Welcome to the morning show, Matthieu.

Matthieu: Thanks. Good morning.

Radio host: Matthieu, can you tell us something about the culture of Quebec?

Matthieu: Yes, the culture of Quebec is very important to me. And the French language. So, we can start with a few important dates. The first European visitor to what is Quebec today was the French explorer Jacques Cartier in 1534. But it wasn't really until 1608, when Samuel de Champlain founded Quebec City, that the French really lived on the American continent. Quebec City is the oldest city in Canada. But in 1760 the French lost the whole colony to the British in a war.

Radio host: But the French had already settled all the way down to New Orleans, Louisiana in the US, where there is still a strong French influence today.

Matthieu: That's right. But unfortunately they don't speak much French there any more.

Radio host: Before we talk about language and culture, let's talk a bit about the province Quebec.

Matthieu: Well, Quebec has a population of a little more than eight million people – second only to Ontario. There are more than ten First Nations and Inuit groups and they make up about 3% of the population. Like most people in Quebec, the indigenous people also mostly live in southern Quebec, along the borders with Ontario and the US.

Track 5**Test Practice, p. 22, ex. 1-2**

Radio host: OK.

Matthieu: Yes, Quebec is very big – the largest province – but the north is very cold. Montreal and Quebec City in the south are the biggest cities. Quebec City is the capital, but Montreal is the largest and the most important city in the province for business and transporting goods.

Radio host: Let's get back to language and culture. Why are the French language and the culture of Quebec so important to you?

Matthieu: Well, I'm not saying that we experience oppression, but we are like an island in English-speaking Canada. We have to fight to keep our French identity. It is part of our history and we don't want to give it up.

Radio host: And has Quebec been successful?

Matthieu: Yes, I think so. About 80% of the people in Quebec speak French as their first language. It is the only official language in Quebec and so that's the language in school and in the government.

Radio host: You used the word 'island' before. Don't you think French keeps you on that island?

Matthieu: Oh no! I think we have big advantages compared to other Canadians. Most of them only speak English, but almost all of the young people, about 90%, in Quebec are bilingual – they speak both French and English. It's normal nowadays. We learn English all through school and we need it in the world of work. We know about the power of language and culture more than people who only speak one language.

Radio host: How important is French in the rest of the world?

Matthieu: Very! French is number six on the list of languages most spoken. It is the official language in 29 countries on five different continents.

Track 5

Test Practice, p. 22, ex. 1-2

Radio host: Is it true that there's a 'language police' in Quebec?

Matthieu: Yes, it's called 'Office québécois de la langue française'. If a citizen thinks that a sign from a shop, for example, should be in French and not in English, they can report it.

Radio host: So before we end, what do you want to tell our listeners about how you live?

Matthieu: We have differences, but at the same time we are all Canadians. Instead of looking at our differences, our goal should be to learn from each other.

Radio host: Thank you, Matthieu. I think we can all agree with that!

Track 6**Station 1, p. 30, ex. 4**

Jan: Hi, everyone. As most of you know, I've just come back from a month in India, which has been, er... interesting! A friend and I decided to spend four weeks in the summer doing some volunteer work abroad and we found jobs in Goa, India, helping communities there. Goa is in the west of India and it's a real tourist destination because there are beautiful beaches there. There was a school in a village in the countryside that had been damaged in a storm. We went there with some workers to help repair it.

First we flew to Mumbai and there we got on a plane to Goa. We were met at the airport by Dev, who works for the volunteer organization, and he drove us to the school, which was about an hour away. And, I mean, phew – India is hot! Really hot. That was the first thing I noticed. And the roads were crazy! People don't actually follow road rules much there.

We were introduced to Geeta, a teacher who worked at the school. We stayed in a room in her house. It was in a beautiful area, next to a forest. We went for a walk and saw so many birds and tropical plants; it was amazing.

The house was really busy. Geeta lived with her husband, their two children, her husband's mum and dad and her husband's sister and her three children. So there were twelve people including us! There were three bedrooms: we had one, there was a family in each of the other rooms and the grandparents slept in the living room. The first night, we had the most delicious coconut fish curry for dinner. But that night my friend and I had bad stomach aches! And it was so hot that we didn't sleep much.

Track 6**Station 1, p. 30, ex. 4**

Jan: The next day we met Harpreet, who was the builder on the project, to repair the school roof. He didn't speak much English but he showed us what to do. The children were very interested to see two foreigners repairing their school. At lunchtime they wanted to play football with us!

Then, on the third day, there was an accident. My friend was working on the roof when he somehow fell off! It was clear he was badly hurt. They called an ambulance and he was taken to hospital in the nearest city. Unfortunately his leg was broken so he couldn't continue to work. He was sent home as soon as he was well enough to fly back. He was really sad to leave. Dev asked me if I wanted to go home too. I decided to stay because I had come to help and there wasn't any reason for me to leave. I also liked the people I had met in the village and wanted to show them that I took my work there seriously.

So Harpreet and I worked hard for the next three weeks to finish the roof. However, the best thing was that I had two days every week when I didn't have to work. Some days I just relaxed; sometimes I walked in the forest and a couple of times I took a bus to the beach or the nearest city.

Harpreet and Geeta and her family became really good friends of mine. They were such beautiful people who looked after me really well. But it was much too hot for me, and the work was so hard that my body hurt every day. Also the insects were really awful! I'm not sure I would go back except for a holiday! It was an experience I'll remember for the rest of my life.

Track 7
Station 2, p. 33, ex. 4

Narrator: 1.

freight

2.

store

3.

airline

4.

benefit

5.

remote

6.

responsibility

7.

employee

8.

organization

Track 8**Station 2, p. 34, ex. 5**

Interviewer: Today on 'Successful India' I'm joined by Rakha Vijay from Mumbai. Rakha has just won a prize for best new website at a ceremony to celebrate young business people in India – and she is only 17! Congratulations, Rakha!

Rakha: Thank you so much.

Interviewer: Can you tell us a little bit about your website?

Rakha: Yes, of course. The website is called 'Artists at work' and it sells traditional Indian souvenirs which come directly from the people who made them. The website tries to support traditional artists by paying them a fair wage for their work.

Interviewer: And what gave you the idea to start the website?

Rakha: Well, my grandparents live in the country in the state of Madhya Pradesh, in the centre of India. I was there on a visit once and my grandmother told me all about the beautiful jewellery and clothes that are made in her village. But she said that the artists were all poor. When I was back in the city, in Mumbai, I saw that the same traditional products are sold for lots of money.

Interviewer: Yes, they are very expensive to buy here, aren't they?

Rakha: Yes, very. So I wondered why the people in the village who made them were poor. I discovered that the artists sold the things they made cheaply to people who then took them to the city and sold them to the shops, where they were sold to customers. The people in the shops made a lot of money, but the artists in the villages stayed poor. So, I thought the best thing to do would be for the artists to sell directly to customers. And the best way to do that is online because on the internet they can reach the whole world! But, of course, as most of these artists are from the older generation, they don't all use computers or the internet.

Track 8

Station 2, p. 34, ex. 5

Interviewer: So that is where you can help.

Rakha: Exactly! I've always been good with computers and designing websites.

Interviewer: Is it true that the website was made for a school project?

Rakha: Yes, that is true! It wasn't going to be a real website; it was just an idea for a school project. But then I wondered, what would happen if I actually did this? So I went back to my grandparents' village, showed them my ideas and talked to some artists. Everyone was really interested so we decided to just try it!

Interviewer: And it worked!

Rakha: It did! And new technology is used to support these very old skills.

Interviewer: And what is sold on the site now?

Rakha: At the moment it's jewellery and clothes, but soon we hope to sell other wood and home products. All of the products are made in Madhya Pradesh.

Interviewer: And tell me what winning the prize at the ceremony meant to you.

Rakha: Oh, it was an amazing surprise! I took my grandmother to the ceremony and she was so excited! She has helped me a lot with the local links. It was amazing to win! It provided us with more money and we could promote the website more. Now the artists can be paid fairly.

Interviewer: Thank you for being with us today, Rakha.

Track 9**Test Practice, p. 46, ex. 1-2**

Unnati: My name is Unnati and I live in Ahmedabad, which is the biggest city in Gujarat state. I am in my last year of high school here and after that I hope to go to university to become an engineer. I speak three languages. Gujarati is my first language; it is what I speak at home. I also speak Hindi and English. We learn these two languages at school because Hindi is used as an official language and most universities only teach courses in English. It is very usual in India to speak at least three languages: Hindi, English and then the language of your region.

My father is a teacher at the University in Ahmedabad. He comes from a rich family with traditional values. His marriage to my mum was a love match, which means it was not arranged but that they met and fell in love. It was a big problem at the time because my mother comes from a poor family, and my father's family didn't accept her at first. I think that sort of thing is becoming more common now. I hope I'll have a love match too if I get married, but I want to concentrate on my career first.

Sahir: Hello, I'm Sahir. I come from the Northern Indian state of Bihar, which is near the border with Nepal. My family and I are Muslims and I go to a Muslim school here which is called a Madrasa. We learn about Islam, Maths and Science, but my favourite subject is English! I hope I can travel to the UK one day, maybe even to the USA!

My family has a farm. The land in Bihar is very rich; fruit, for example, grows very well here. That is because the great river Ganges runs through the middle of the state. After school I help on the farm with my sister and older brother.

Track 9**Test Practice, p. 46, ex. 1-2**

Sahir: It's hard work. I hope that I can go to college when I finish school, but maybe I will need to stay on the farm to help my family. I also worry about going to a college with a large number of Hindu students. I've heard that many don't like Muslims and some even call us terrorists. Of course, I have friends in my town who are Hindu. I play cricket with them at the weekend and we don't have any problems with each other. There are many great Muslims in India: three presidents have been Muslim, as well as some of the most famous actors. I don't know why we can't all live together in peace.

Kanchan: I'm Kanchan. I come from a village in Madhya Pradesh. My father works as a builder and my mother makes clothes. I help in the house with cooking and cleaning and I look after my younger brothers and sisters – I'm the oldest of seven children. I left school when I was twelve because my parents did not want me to walk to the local high school three miles away. They were worried about my safety. They also needed me to help my mother because my father often works away from home. There aren't many work opportunities for a girl like me anyway.

Next year my parents are going to arrange a marriage for me. Most of the women in our village have arranged marriages. But they have the chance to get to know the husband before the marriage and they can talk to their parents about it.

We are Hindus and our family prays three times a day in our home. On festival days everyone in the village goes to give thanks to the gods. Traditions are very important in village life. I would like to move to the city one day and have a more modern life. I hope my future husband will share my dream.

Track 10

Station 1, p. 54, ex. 4

- Jack:** Hey Danny, how are you? I heard that you're leaving us and moving to Wellington?
- Danny:** Hi Jack, hi Kyle, I'm good and yes, it's true. There are no jobs here, are there? I'm going to be an apprentice in a hotel restaurant up in Wellington.
- Kyle:** Congratulations, that's great! You've always wanted to be a chef, haven't you?
- Danny:** It's my dream, yes! I can't wait really, I'm going to learn so much working in a professional kitchen.
- Jack:** How does Clara feel about you moving away?
- Danny:** Hmm, well, she's not happy. She's not talking to me at the moment. We had an argument and she cried...
- Jack:** Oh no, really?
- Danny:** Yes, she's angry that I didn't tell her that I was applying for jobs that weren't in Christchurch. But, you know how it is. I applied for 23 jobs here and nothing, not even an interview! So, I just started applying for things all over the country. I didn't really think I would be successful to be honest after so many places said no.
- Jack:** Oh, she'll be all right, don't worry about it. She knows you need a job and that this is your dream. It's not like you're moving to another country, you'll be back to visit, won't you?
- Danny:** Yes, of course. How's your job search going, Kyle?
- Kyle:** Not good. I've applied for so many jobs too, but there's nothing... maybe I should start looking further away like you?
- Jack:** Or maybe you should go back to school and work a bit harder this time?
- Danny:** Yeah Kyle, what were your grades again?
- Kyle:** They were bad, really bad. School wasn't for me. But do you really need to know about science or history to work in a shop or on a building site?

Track 10

Station 1, p. 54, ex. 4

- Jack:** You're right, but like you said, there are lots of people looking for jobs so they're going to choose people with good grades. You have no experience, no qualifications...what do you expect?
- Kyle:** It's easy for you to say. You're going to go to university and you'll get a really good job later. I'd hate to go back to school though. I just need someone to take me as an apprentice like you, Danny. I'll work hard if I get a chance.
- Jack:** I've heard that there are free courses here in Christchurch where you can learn some skills. It's not like school and your chances to find a job might be better then.
- Kyle:** I'll think about it. I can't be unemployed forever, can I? My parents want me to move out, but I don't have any money. When are you going to Wellington, Danny?
- Danny:** Next month, but I'm going for a visit this weekend to find a place to stay and have a look around. My parents are coming up with me, I think they're a bit worried about me moving away but they are happy for me too. It's going to be a new start. I'm sure once I have some qualifications and some experience I'll be able to find a job back here in a few years.
- Kyle:** Don't come back! There's nothing in this town, Wellington will be much cooler!
- Danny:** Well, we'll see what happens! And I'll have to talk to Clara again soon.
- Jack:** Ah, good luck Danny! I'm sure it'll be OK.
- Danny:** Thanks, I hope so.
- Kyle:** And let us know when your leaving party is!
- Danny:** Don't worry – I will! See you!

Track 11

Station 1, p. 58, ex. 4

Emily: Our family was lucky – all of us are alive. My older brother broke a leg when some rubble fell on him and my mum had some small injuries but mostly we were OK. We were also lucky not to have been at home when the earthquake happened because our beautiful old house collapsed. It had already been damaged in an earthquake a year before so it wasn't OK. I thought we had lost my cat or that she had been killed, but one day, about a week later maybe I found her. We were trying to collect what we could from the house and there she was. Covered in dust but very much alive. I cried and cried. It was the first time I remember really crying because of what happened. I think I had been in too much shock until then.

We went to live with my grandparents. They live in a modern block of apartments that weren't damaged in the earthquake. Their apartment was small though, there was one bedroom for me and my two brothers, and my parents had to sleep in the living room. We thought it would just be for a few months, while the insurance company arranged the money for us to build a new house. But, well, we were at Grandma and Grandad's for nearly four years.

One of the hardest things to deal with were the other small earthquakes which followed the big one. This went on for about a year and every time things started shaking again, I felt my heart beating hard and I started to panic. Everywhere I went I thought about where would be the safest place to go if there was an earthquake again. I couldn't stop thinking about it and planning what I would do. I just felt so nervous all the time. I couldn't relax.

Track 11
Station 1, p. 58, ex. 4

Emily: It wasn't easy to get help at that time because so many people needed counselling. We had some counselling at school but it wasn't enough and lots of my friends were struggling too. I also didn't do well in my exams the following year. A lot of my friends have moved away now. They weren't able to find jobs here and there are lots of things that make you remember the earthquake. My big brother moved to Wellington for university. My other brother is now working as a builder for a big company here in Christchurch – there are lots of jobs for builders now.

My dad lost his job soon after the earthquake because the company he worked for closed. He was in the city centre when the earthquake happened, and he saw some terrible things. It really affected him and he just wasn't able to go outside any more because every time he did, he started to panic. It was hard for Mum too; she was working full time and trying to get the money from the insurance company. I wanted to go away to university like my brother but I didn't want to leave my parents so I stayed here. I'm going to university in Christchurch at the moment and I'm studying to be a counsellor. I hope I can help people affected by disasters because I've seen the problems they can cause.

Things are improving now. My dad still struggles and he still needs medicine, but he is working part-time now and also helping with the building of our new house. We hope to move in by the end of the year. We aren't living in my grandparents' apartment any more; we found an apartment nearby. The city is being built again, slowly, and we are starting to see hope now where before there wasn't any.

Track 12**Test Practice, p. 70, ex. 1-2**

Presenter: Next on Extreme Travel, John Lawson tells us about his bike trip from the very north to the very south of New Zealand. Welcome John.

John: Thank you.

Presenter: Please tell us about your amazing trip. How did it all start?

John: I've been a member of a cycling group here in Wellington for a few years and every year we do a ride and take on a new challenge. Two years ago though, one of our team, Steve, was told he had a serious disease, and he sadly lost his fight six months later. So we decided to do a big ride from the top to the bottom of New Zealand to remember him and to raise money for the organization that supported him when he was sick.

One morning in early spring six of us went up to Cape Reinga, which is the most northern part of New Zealand, to start our journey. We had a support car with us that was carrying all our equipment, tents and food because we couldn't carry too much on our bikes. The trip is 3,000km long and we were hoping to do it in just over a month.

Presenter: 3,000km? That sounds hard.

John: Well, the first few days weren't too hard. There are some great bike paths there that are off the roads. We were near the coast, so we could stop for a swim or to have a picnic and we found some great campsites. We then spent a night in a bed and breakfast in Auckland. It was good to have a real bed to sleep in - we were all getting a bit sore from the cycling and camping!

Presenter: I can imagine it's like that when you're on your bike every day!

Track 12**Test Practice, p. 70, ex. 1-2**

John: Yes. After Auckland there were more and more hills, we were in volcano country! One day there was a crash between two riders. It was a real disaster! One bike was totally ruined and the other one was badly damaged, and the two riders were hurt. Jake had a broken leg, so he was taken to hospital. The damaged bike was repaired but Lynn, the second rider, didn't feel well enough to continue so we sadly said goodbye to her as well.

Presenter: Oh no!

John: The next few days were hard. We weren't only sad to lose Lynn and Jake, but it was really windy and rainy. But we made it to Lake Taupo. There we could relax in the hot pools that are heated by warm water that comes from the volcanoes. We stayed there for one day, our tired bodies recovered and we felt much better for our ride towards Wellington.

We passed through ancient forests then on to farm land that was flatter. We were so happy when the city of Wellington came into view – we had made it to the bottom of North Island! And we even got to spend a night in our own homes and beds!

After a ferry journey across the Cook Strait we were in the town of Picton, the start of our South Island adventure. We rode through forests and along and across the Wairau river, and past beautiful waterfalls. The snowy mountains looked amazing and Mount Cook was a spectacular sight, but it was hard to ride there. Our bodies hurt and we were riding less each day. It really felt like we were in the wilderness now. The trees were very close together, and yes, the rain did come back. But we were nearly there!

Presenter: So tell us about the end of the trip.

Track 12

Test Practice, p. 70, ex. 1-2

John: Well, on the last night we camped near to the Bluff, the most southern part of the island. We had a barbecue and talked about Steve, our friend and the person we were doing this for. We looked up at the stars and talked about our journey. We cried and laughed. Then we got up with the sun and rode the last couple of kilometres to the Bluff. We had finally made it and it was the toughest and at the same time greatest experience of my life.

Track 13**UK Test Practice, p. 76, ex. 1-2**

Gloria: My name is Gloria and I live in Glasgow. I'm going to finish school this year and I want to go to college then. I'm planning to study Information Technology, Business, Maths and French and I want to go to university after that. I'd like to go abroad to study for a year because I want to work in international business.

My grandparents are from the Caribbean and my family have travelled a lot, so I think I know a bit about different cultures. People in other countries are quite similar, really. I've always liked living in the UK though because it feels so multicultural. I was born and grew up here but there are also times when I feel like I don't belong. Anyway, at the moment school is very important to me. My friends think I'm boring, as I don't have much of a social life. But I really want to do well in my exams, as I think life can be tough and I need to find my own opportunities.

Louisa: I'm Louisa and I live in Sheffield. I have two older sisters and a younger brother and life is sometimes difficult for us. My dad is a builder, but it has become more and more difficult for him to find work. My mum works as a nurse and has to work a lot because there are never enough nurses at the hospital. My mum says there isn't enough money for the health service. So there are fewer nurses, and the nurses who still have jobs have to do all the extra work.

When I was a kid, I wanted to be a nurse like my mum. But now ... well, I see how hard she works for so little money that I don't think it's such a good idea. I took my exams last year but I didn't do so well. I was too busy going to parties and spending time with my boyfriend. I'm working in a supermarket at the moment but I'm not sure what I'll do after that, because there aren't many opportunities for young people around here.

Track 13**UK Test Practice, p. 76, ex. 1-2**

Ali: I'm Ali and I live in London. Next week is my big audition – for theatre and music school! I'm hoping to go to the same one that Adele and lots of other famous actors and musicians went to. It's free but it's really hard to get into. I want to study music – I'm a singer. I hope I get in but if not, my next plan is to audition for a singing competition on TV. My mum supports me but she also thinks I'm a bit mad. She worries about what will happen if I don't make it as a singer, but for me that's not an option. It's all I've ever wanted to do. Mum is always worrying about the future. She has lost several jobs in the last few months because the companies closed. I'm sure it will all be fine though – I don't worry too much about the future. I might become famous and make lots of money, you never know. The most important thing is to stay positive.

Track 14

USA Test Practice, p. 82, ex. 1-2

- Piper:** Hi Aaron. How are you? Are you feeling a bit more at home already?
- Aaron:** Hey Piper. I'm fine, thanks. Getting used to living in the middle of nowhere.
- Piper:** Come on! I know you come from the big city, but life here in Oklahoma isn't too bad either. What was so great about living in Chicago? Isn't it stressful to live in such a big city sometimes?
- Aaron:** Well, maybe. But Chicago is a great city if you love sports. We have two baseball teams, a football team and of course, my favorite basketball team, the Chicago Bulls. The Bulls are my favorite team. I play basketball too and I love to watch their games.
- Piper:** Our school basketball team is pretty good too. Did you get on the school team?
- Aaron:** Yes, I did, and the first training was good. The team plays really well and the coach is good too. I'm very happy I got in but I just miss going to the big games in the United Center in Chicago.
- Piper:** We don't have a big stadium here in Ponca City, that's true. But there's lots of beautiful countryside around. I love our ranch. We have over 1,000 cows and the ranch has been in our family for four generations. I don't have any brothers or sisters and one day the farm will be mine so I'm learning how things work. A lot of work is done on horses and I love to work with the cowboys. I got my own horse when I was 12.
- Aaron:** There are real cowboys on your ranch? That's cool! And you really want to be a rancher?
- Piper:** Sure. You must come and visit us on the ranch, I'll teach you how to ride a horse – it's not that difficult. I love working in the country, although it's hard work and the weather here can be difficult. The summer is very hot and dry and the winters are cold with a lot of snow.

Track 14

USA Test Practice, p. 82, ex. 1-2

- Piper:** Oklahoma is also famous because its weather changes all the time, and there is a saying: "If you don't like the weather in Oklahoma, just wait a minute and it will have changed!" We also have to be careful about fires in the summer because it is so flat and dry here. We had one a couple of years ago but luckily it wasn't so bad.
- Aaron:** I'm more worried about tornadoes, to be honest.
- Piper:** Don't worry. We haven't had a big tornado since 1996, and nobody was hurt in that one.
- Aaron:** Oh, I'm glad to hear that. But we have lots of snow in Chicago in the winter too. In fact, the winters in Chicago are really cold and the summers get hot too. But you can always go to the lake with your friends and swim and cool down. And you know what's great too? The food! The city has had a lot of immigration and it's really multicultural, which means you can buy food from anywhere in the world.
- Piper:** Well, we have some great restaurants here too, with awesome homemade food. The disadvantage of living here is how far we are from everywhere. I have to drive for an hour to get from our ranch to school. I spend nearly two hours a day in my car! And the nearest big city is several hours away. So everyone gets their own car as soon as possible because they need it. I don't have many friends nearby, but I can see them at school and then at church on Sunday.
- Aaron:** Don't get me wrong, living in a big city has disadvantages too. There is poverty in Chicago, and we have social problems, people without a home or a job ... but, so do all cities, don't they? I think there are more positives than negatives. You can do a lot of sports and other activities in cities, and there are more schools and job opportunities too. When I finish high school, I want to move back to Chicago and go to college there.