

## Unit 1 Home and away

Welcome to Unit 1.

This unit shows what it's like to travel and experience the world away from home at different stages in life, and also how important it can be to find out where you came from.

Listen to people who have experienced life away from their childhood homes talking about what 'home' means to them now.

*[What are your experiences of living away from your childhood home?]*

**Keith:** *I think living away from home is something that as many people as possible should try to do, if they get the opportunity to do it. I've lived away from home in a number of countries, and I think it's probably the most rewarding and educational thing that I've done, and I think it's really, really improved me as a person, in terms of my knowledge of how the world works, how people work – so yeah, I think it's a really important thing to do.*

**Jessica:** *So this is my first time being away from home, and I really feel like I'm, like, a bigger part of society now, kind of getting to see more of the world, like a little bit more of a cosmopolitan citizen.*

**Rufus:** *Obviously it's quite difficult to adapt to living away from the family home, and, you know, the first couple of weeks it can be difficult, settling in. Like, I'm living with all my friends, like it's great to be able to have the freedom that you don't really get at home. And yeah, like being able to kind of cook for yourself, and, you know, stay out however late you want, kind of those, like, little things, makes a big difference. So yeah – yeah, I've really enjoyed living away from home, actually.*

**Rachel:** *I never really had a set home, so my – we've moved around a lot as a family, so I've always had to get used to adapting to new places quite quickly. So I think, going – like, travelling around for different universities and stuff hasn't been a huge transition, although it has still been significant, and I love getting to know new cities. But I do miss my family, yeah.*

**Claire:** *Well, I've been travelling a lot, actually, just around, like, New South Wales, Australia, for study. We were just saying before how we have to adapt when we are studying, so I've lived in Melbourne, I've lived in Armadale, which is rural New South Wales, I've lived in Lithgow, which is also a town in rural New South Wales, I've lived for a time in Denmark, studying as well. So, I've enjoyed living overseas, I enjoy living in new places, and it's just good opportunities to learn more about your surroundings and about yourself, so I do enjoy it, yeah.*

*[What does 'home' mean to you at this stage in your life?]*

**Mairi:** *To me at the moment, 'home' means where – the place where I live where all of my things are. When I was younger it definitely meant my parents' house, no matter where I was living at the time, but now it's more of my own space, and like a sense of ownership, rather than being connected to other people.*

**Sumaera:** *I think 'home' means more about the people rather than the place, because it's difficult to identify with just one place.*

**Rufus:** *I think it changed, because I moved home, so, like, my childhood home is in fact not where I live anymore. So I guess the meaning changed as the location changed – so I moved when I was about 14, so all the childhood memories that came with my old home kind of went with that house. So yeah, I don't really associate my current, you know, place of living with, kind of, childhood memories of home or anything like that. So yeah, it's definitely, for me, specific to the location.*

**Natasha:** *Yes, it does – I didn't really think about my hometown being a good place or a bad place, it's just where I grew up, and now ... . When you move to London you meet lots of people and you hear about lots of preconceptions of different areas, and so I now think of it as slightly more of a dead-end town than I did when I grew up there.*

**Jessica:** *Yeah, I think it does. Now that I've been away from home, home seems like a place that made me.*

**Ed:** *I think 'home' is a place where you feel secure and you find some sort of happiness in it. I was lucky in my life that I had that type of – or that family way of life with that love, and, although my mother died very early, I think that's fundamental to one's life as you go through life.*

**Claire:** *I don't think it changes much as you grow older. I think 'home' always just means where the people you care most about are – so whether that be your family, or someone who raised you, or something else entirely – for me it's my parents and my family, and that will always mean 'home' for me.*

## Unit 2 The ends of the earth

Welcome to Unit 2.

This unit celebrates the freedom we have to travel the world and experience different places and cultures.

Listen to people talking about their experiences of long journeys, planning and preparation stages, difficulties of travelling on different modes of transport.

*[What's the longest journey you've made and how did you prepare for it?]*

**Mairi:** *Yeah, I went on a long-haul flight to Malaysia, it was non-stop, and to prepare for that I didn't get much sleep beforehand so that it would be easier to sleep on the flight, and also I didn't really go to see any films or anything beforehand, so that everything that I watched on the flight would be new.*

**Kate:** *The longest journey I made was back in 2011, where I travelled from Aotearoa, New Zealand, through to Kautokeino in Norway, which is up in Sami Land, up in the Arctic Circle. What did I do to prepare for it? I actually focused on what I was there for. So, for me, it's not so much about the getting there, it's the purpose of why you would drag your body, your mind and spirit, you know, around the planet, to get to somewhere. So I focused on the purpose for being there, which was working with indigenous peoples up in the Arctic Circle and – and doing some tertiary education initiatives with indigenous peoples around the world, so that helped fill my mind whilst my body was zooming 13km in the air, where it shouldn't be.*

**Natasha:** *The longest journey I ever made was to Jakarta. It took about 27 hours because we had a flight changeover. I hadn't prepared for it much at all, because it was my honeymoon and I was doing a trip around Indonesia, and I was so focused on the wedding that I hadn't organized myself for the honeymoon, and so ... . Not – not anywhere near the normal amount of prep that I would do for a much more local holiday. So not much!*

**Jessica:** *This is the longest trip I've ever made. I'm actually here for three months, and I just prepared for it by spending a lot of time with my family, soaking up everything that I thought I'd miss, getting myself real good into cabin fever so that I'd be, you know, hopefully not as homesick once I left, and more ready to explore, I guess.*

**Isobelle:** *Yeah, I think one of the longest journeys was coming here, to London – it takes a very long time. I didn't prepare as well as I should've, but I just made sure I had all my tickets and my boarding passes for the flight, I had lots of snacks for the flight, and I made sure to set my watch for the time that I was arriving in, not the time I was leaving from. And just got excited!*

*[Tell me about a particularly good or bad experience of a journey.]*

**Keith:** *So, I was living in the Czech Republic, and I'd just moved to a new apartment, and one night after a party at work I got the – the late bus home. And I knew where my stop was, but I fell asleep on the bus, and I woke up in the depot, and it was very cold, it was winter, it was about -15°. And so I had to wait for the bus to go back, so I begged the bus driver to let me sit on the bus until he was going back, but he wouldn't let me do that, so I had to stand outside in the cold waiting for 45 minutes, at -15°, until the bus went back. So eventually the bus pulled back up at the stop and let me on, and it literally went round the corner, ten yards, and there was my stop.*

**Lisa:** *We had a difficult air trip for a skiing holiday one year. We were advised that our flight was leaving four hours earlier than planned, so we spent – we travelled up the night before and stayed in a hotel overnight. When we got to the airport, they didn't know that the flight had been pulled forward, and when we eventually found out what time our flight was leaving it was actually a delay of an hour, so we'd spent five hours in the airport for an early flight that didn't actually happen. So that was – that was a tad annoying!*

**Kate:** *One time in the Amazon, it was in Ecuador, we were on a tiny little plane, and I had my elder on the plane as well, and we were – it was this tiny little plane – we were going to a village in the Amazon, and as we took off, she was sitting by the door and we watched the little screws out of the door as it was shaking start to pop out, and so I was there screwing back the door into place, while on the plane. It's probably the most stressful I've been – but at the same time I was laughing, and we knew we were in safe hands, yeah, you just trust that, somehow, you're doing the right thing at the right time. That was quite exciting.*

**Jessica:** *I'd say, one time I took a trip from my town up to St Louis, and the entire Interstate was shut down for four hours, so we were just stopped dead in traffic with no way to get off of the highway or out of our car, for a good chunk of time. That's probably the worst experience I've had.*

**Isobelle:** *I was on a boat, and I was going – my granddad sails a boat, and I was on his boat, and it was a really rough day on the seas, and I was really little and I got really seasick. And I spent the whole ten-hour journey just huddled in a ball with seasickness – and I won't go into details, but it was not that fun!*

**Natasha:** *I quite like travelling by plane. I had a good experience when I was a kid: I was flying on my own, and I was meeting my grandmother on the other side, and they really took care of me and they let me see the cockpit and I met the – the pilot – the pilot – and it was really fun, so ... .*

## Unit 3 The kindness of strangers

Welcome to Unit 3.

This unit demonstrates what people do to show kindness to others, and how we can all make a difference to someone by helping, even if we don't know them.

Listen to some people talking about showing kindness to strangers, and the difference people can make.

*[How easy is it for people to show kindness to strangers?]*

**Mairi:** *I think it's not knowing what's going to happen ... You don't know that person, you don't know what their reaction might – might be, you don't know if something that you do might offend them or upset them, or if they want to be left alone.*

**Kate:** *They don't always help because of safety, for safety reasons, maybe. I just approached a young woman over here because her skirt had ridden up – so I was a stranger, went up to her, I said 'Scuse me, love, you need to ...'. So, she didn't know who I was, I came from behind, because I was trying to ... . And, it's not easy, and it depends on the context, it depends on the situation when you extend that kindness. But it seems to be harder, as we become isolated in communities, for basic neighbourly kindness to take place, I've found.*

**Nathan:** *You know what, I think that's quite a cultural question, because some cultures are very welcoming to people they don't know, others not so much ... . I'd say in London, yeah it's pretty good, you can – you can ask someone for, like, directions, it's a big city and there's so many different people here that you can't imagine everyone knows everything about the city, so ... . Yeah, here, yeah I guess you can be quite friendly to people you don't know as long as, I guess, you feel comfortable.*

**Jessica:** *I think it's very easy – it can be as simple as, like, making eye contact with somebody and just giving them a smile, or like a little wave, or something like that. Just passing on some kindness.*

**Caroline:** *Everybody's a stranger in some place in the world, when they're visiting, so ... it's very important.*

**Lisa:** *I think it's very easy to be kind to strangers, but I don't think we do it often enough. I think it's a lot easier just to be nice to people, and then you get – you get that back, as well. And ... just be nice to everybody!*

*[Have you ever helped a stranger, and how did you feel about it?]*

**Kate:** *I'm from a culture where – it's called manaakitanga – is actually a principle, so helping strangers in need is actually a principle of how we're raised. So, there are lots of examples where I've been taken care of or we've stopped to help a family in need ... : car's broken down, it's late at night, taking the kids out, taking them to our home, getting them dressed and sent on their way, or getting money for a bus and – and those things are just basic principles of living in a community.*

**Mairi:** *I did see someone's earring fall out in the street, and it looked like quite a sort of precious thing, so I had to run quite a long way after them when I had a sore knee, to reunite them with this earring, but I think she was quite grateful, I think it was something quite, yeah, precious to her.*

**Lisa:** *I have helped people. Again, it was linked to my job: I was leaving work one lunchtime, and at the time I was working on a busy retail park, and there was a lady in front of me that didn't look very well, and as I approached her I asked her if she was okay, and she said no, she was feeling very – very strange. And it soon escalated quite quickly and she actually collapsed on the floor, which was a bit of a worry, and it did scare me a bit, but luckily I was still close to work so I could go and get help. We ended up having to phone an ambulance for the lady. We found out afterwards that she was actually having an anaphylactic shock to some medication that she'd just bought. So that obviously always stuck with me, that if I hadn't have approached her and asked if she was okay, she could have been quite – quite ill.*

**Jessica:** *Most of the time that I've helped strangers it's just been something simple, like giving them directions or recommending a coffee shop nearby, or something like that. But, it makes me feel good, especially when I'm in my hometown – I feel like I have, you know, roots there so I'm better apt to help people around. It makes me feel pretty special.*

**Caroline:** *Well when I worked in London, and – I always was helping people with directions of where to go, and if they were lost, I'd just give them the benefit of my knowledge. And I'd like to think that being kind to people, and giving them that knowledge, that I would receive the same whenever I went somewhere different and I was a stranger.*



**Nathan:** *I help strangers a lot. I actually participate in an international hosting sort of network called ‘couch surfing’, so people from all over the world come and stay with me, and I in turn get to stay with them for free. So, I’ve met – I’ve been doing it for about four years, I’ve met people from all walks of life and all different places in the world. And that is literally opening your home to strangers, not just helping someone on the street, so it just depends on, you know, what kind of person you are and how – how open you are to new experiences and meeting new people and, you know, just living in general.*

## Unit 4 A pack of lies

Welcome to Unit 4.

This unit reveals stories and secrets that people have kept hidden, and the reasons why they prefer not to tell the whole truth. It also encourages you to think about how news is represented, and the reliability of the media we are surrounded with every day.

Listen to people talking about how they represent the truth (or not) about themselves, and why it's so easy to believe fake news.

### *[Why do people believe false data or news stories?]*

**Mairi:** *I think that we're kind of conditioned to believe that things in print are true. Certainly in the past, news companies were seen as authority, and I think in the public we – we trust them. And now, I think, the focus has shifted and people are looking at news more from a marketing point of view rather than spreading truth.*

**Emma:** *I think it's usually quite dramatic – the false data – and, again, I don't think you know where it comes from or why it would be fake; you just sort of see a table or a pie chart and assume that it's been done properly and it's correct.*

**Nathan:** *It may – certain aspects of how these stories are told may ring true with them, and so it adheres to their person and their beliefs a lot more strongly than others. I think a lot of people are quite susceptible to social networking and in an extent social programming, so things like that can definitely have an adverse effect on why people would believe sorts of things that are just shown on the internet or in the news and just outright believe them rather than doing a bit of their own research and – and coming to their own conclusions. I think those are the big things.*

**Stefan:** *I think sometimes they can hear it from perhaps a friend or someone that they know who maybe tells them, sometimes incorrectly, a piece of information, and rather than believing the News which is a verified source, perhaps they – they put more trust in someone that they know personally, even though, perhaps, maybe that person has got it from somewhere that's not a verified source. I think – I think, when something is trending, that's a sort of – that's – you know, if something is a hot topic, people will kind of look at it and see what's being posted about it, and they might just automatically assume 'Oh that's what's happening', even though sometimes with a lot of these trending things it's just people throwing*

*things in there that – that aren't the truth or aren't real: they're just trying to get coverage for their own posts.*

**[Have you ever been in a situation where you haven't told the truth?]**

**Mairi:** *I haven't been in a serious situation where I've told a lie because I'm not a good liar! I've told lies when I know that a lie will hurt someone, like someone's got a new haircut and I don't think it looks nice, or some clothes that they love but I think doesn't suit them.*

**Nathan:** *Yeah! I've been in situations where I've not told the truth. Not so much now, like as I've gotten older, but when I was younger I always thought it was a means of protecting people. Sometimes honesty can be a bit of a double-edged sword, and I've had it where people have told me things and then kind of gone against what they've said, but they've done it in the same way as I've done it to others to try and maybe protect them or, you know, unfortunately be selfish and maintain my own self-interests.*

**Emma:** *I think it's probably more white lies, to save hurting people's feelings ... . Telling younger children that Santa's still real, or instead of making an excuse about why I can't go somewhere, try and make it sound believable, not to hurt anyone's feelings.*

**Adrianna:** *Oh to my parents, yes! Sometimes – most of the time it's just little white lies, where it doesn't hurt them to not know the full truth. Nothing like, life-altering that I've lied about though.*

**Stefan:** *Yes! I mean – yeah, yeah, I have to be honest, it's – it's mainly perhaps when I've been invited to go to, you know, a social event that I didn't really want to go to, where I've made up an excuse, I've said I had to work or I've said I was double-booked, rather than – I guess because I didn't want to hurt someone's feelings, I've maybe said that rather than 'I don't want to go'.*

## Unit 5 A future perfect?

Welcome to Unit 5.

This unit looks at various aspects of the future, and the things people hope for and look forward to. You talk about what's going to happen, and how you can make changes for the next generation.

Listen to people talking about what they feel are the most important areas for future development in their lifetimes, and how optimistic they are for their descendants.

*[What are the most important areas for development in the future?]*

**Adam:** *I think one of the most important areas for development in health, especially, will be personalized medicine, and being able to use huge databases of DNA so that, whatever illness someone has, they can really personalize the medicine people get.*

**Emma:** *I think there's quite a lot of work going on in terms of cures for diseases and things, so it'd be great if a disease was eradicated in my lifetime, like cancer or something like that. And there seems to be a lot in the news about AI, so probably in education and language learning and that kind of thing could be really useful, I think.*

**Nora and Isadora:**

*– I think neuroscience is probably the place where there's the biggest space for development, because we understand most body systems really well but not the brain as much, but there's very rapid development in that space.*

*– And education. I think it's – it's kind of the combination between how we're going to educate people in kind of modern technologies, especially with the rise of AI, how we can use AI in education. I think that we have a risk, if we were placed too much with teaching with technology that we'd lose the kind of human touch. That's quite important, so ... .*

**Michael:** *I guess social and economic issues, I would say, will be the most important issues of the future. I don't know ... . For example, how we divide the wealth globally, and ... . Yeah, I'd say that would be the most important issue.*

**Iben:** *I think it's making – it's educating people, to – about their own health, so they know, like, don't smoke, don't drink, don't ... . You know, go to the doctor when you are ill, don't stay home. Yeah.*

*[Are you optimistic about the future for the next generation?]*

**Adam:** *Yes, I think I am optimistic for the next generation. A lot of people can be very pessimistic, especially with the economic situation we're in at the moment, but I think we've been through bad economic situations before, and in a way they're challenges to overcome that will help us better ourselves.*

**Mairi:** *I'm not very optimistic. I think this is the first generation that is going to be poorer than their parents, and – yeah, I'm a bit worried.*

**Emma:** *I think I am. There's a lot of negativity in the media about children today and the environment and that kind of thing, but in terms of my personal experience with nieces and nephews and younger children, there's a lot of optimism and ... you know. I don't think it's going to be as bad as it's made out to be.*

**Nora and Isadora:**

*– I want to be. I kind of have to be, because if I'm not – if I, if I realize what we're doing to the environment, and realize how downhill it's going, I ... it makes me incredibly sad, it makes me quite anxious. However, if I'm going to be optimistic it's mainly because I do think that we have such incredible innovation and creativity as human beings, and so I think we – we will find a way to kind of, you know, wean our way off fossil fuels and – and make a – make a kind of greater impact, be more environmentally friendly. The EU just passed a law banning single-use plastics, so I think we're definitely going in the right way and that's going to open up kind of a hole in the market for some great, kind of, alternatives, so hopefully we'll be okay.*

*– I'm also very concerned about the environment, and I think my one hope is that young people are caring more about politics, and I think a lot of changes are going to have to happen on the policy level. And so in some ways I'm a little scared for the future, but I have to be hopeful that people will care enough to make the policy changes that need to happen.*

**Michael:** *No, I'm not optimistic, but I'm not pessimistic either, because I see a lot of problems, especially, as I said, economical problems and also environmental problems, and those have to be solved. I don't think they are unsolvable, but, yeah, they have to be solved in the near future.*

**Iben:** *Can I say as long as Trump doesn't become president next time?! And, you know, Brexit, but yeah, yeah, it's fine ... . The future will be good!*

## Unit 6 Making it big

Welcome to Unit 6.

This unit considers the personalities and strategies of entrepreneurs, and how people have come up with ideas, used advertising techniques, and invested time and money to start and grow successful businesses.

Listen to people talking about what goes in to making a successful business and where they see the future.

### *[What kind of company would you like to invest in? Why?]*

**Adam:** *So I think the ideal kind of company to invest in, for me, would be one that is an ethical company, but that also is going to be profitable, so that I can see some return on my investment.*

**Mairi:** *I'd like to invest money in a company that is doing something new and different, rather than getting caught up in corporate legislation and ideas of what they think people want.*

**George:** *At the moment, I would say pretty much anything tech-related. There's a lot of focus in areas relating to kind of border security, FinTech as well, so there's a lot of companies out there that are doing good things, but there are also, because there are so many companies, quite a few that aren't going to be doing anything, really, so it's more about picking and choosing carefully. Traditionally, bigger companies are a more stable investment, and it's a lot less risk, but lower – possibly lower return.*

**Mark:** *I like to invest money in companies where the management of the company have a stake in the business: where they're not playing with just my money, they're playing with their own money as well, and so that gives the best guarantee that you can get that their interests and mine as an investor are aligned.*

**Gaye:** *Well, I'd like to invest in somebody that did something for the environment – you know, got rid of all the plastics and that sort of thing, a benefit to society – but as for specific ones, I don't really know, but, you know, something that did generally, well, good for everybody, yeah.*

**Isobelle:** *Something either public health-related or sustainable energy-related, I think. Ideally both. Well, I'm interested in public health, where ... Claire and I are both doctors, so that's passions of ours, making affordable, equitable healthcare. And obviously climate change and health are big interests as well, so sustainable energy is an interest area of mine. I think it's important.*

### *[What do you need to start a successful business?]*

**Adam:** *I think the ingredients for starting a successful business are having a good idea for a product or a service, and then making sure that you can deliver it to customers, making sure you've got the financial backing, and to have the perseverance to see it through.*

**Mairi:** *I think confidence is a big one. Also money, and not – not being afraid.*

**George:** *Well, first up, there's the aspect of actually having a good idea. Then there's also the aspect of good funding, good backing, a well thought-out plan. By having a – having a well thought-out plan that you can demonstrate to investors, you will tend to get a lot more confidence, and probably also find yourself in a better position. And the other thing is just kind of motivational drive, really. If you've got an idea, at times it will be tough to realize that and create a successful business, but then after working through those difficult patches you will probably tend to find yourself in an area of success.*

**Jason:** *For a successful business, you've got to have the passion and drive to know what it is you're trying to achieve, what you're trying to deliver, and how you're going to deliver it at a price that the customer's going to pay.*

**Bjoerk:** *Well, yeah, patience ... . Good – maybe good at manipulating because you have to get your – you have to get your way, you have to get your ideas through, and you're going to do that through both being – getting, giving people what they want and getting what you want back, yeah.*

**Gaye:** *I think you have to have a lot of tenacity, you have to put yourself out there and go and find things, and keep at it really, and keep trying, really, to – to promote yourself, and promote your business, really.*

**Isobella:** *I wouldn't – I'm not a businesswoman, but I would say being friendly, having a good product, and making it look enticing.*

**Mark:** *I think first and foremost you need a business plan. I mean, you need to know what you're going to make, who you're making it for, who you're going to sell it to, how much it costs, how much you can charge, and therefore what money you can make. I think the most successful people I've worked with have been people who really believe in the product that they're – or the service – that they're making and selling. I think you need to be flexible, and I think you need to be determined.*



## Unit 7 Let there be love!

Welcome to Unit 7. In this unit you read and talk about what love means to different people, how they overcome obstacles, and different ways to meet a partner and find romance.

Listen to people giving their opinions about how to make relationships work, what love means to them, and how relationships shape their development.

*[What are the most important criteria for making a relationship work?]*

**Mairi:** *I think compromise, on things that are not important to you but are very important to someone else, and respect, as well.*

**Emma:** *I think being honest with each other, and understanding each other. Having a sense of humour is always good. And just supporting each other – I think me and my partner are quite good about being objective about each other's problems and offering a fresh perspective to help each other kind of calm down and look at things a bit more logically.*

**George:** *Communication is the biggest one, I think. I think, whatever happens, as long as you and the partner are both talking about your relationship and are very honest with each other then you'll probably have a successful relationship. I think that's the main – main element.*

**Nora and Isadora:**

*– The most important criteria for making a relationship work is trust, because without trust it's just going to go downhill really fast. That's all I have to say, yeah.*

*– I would say communication's really important. I think there's like a – this myth that – or 'myth' is not perhaps the right word, but there's this idea that as long as you constantly compromise you'll be okay, while I think that just being able to tell people when you're irritated or when something's annoying you we actually find that – in studies – that those relationships are far more successful. So I think that communication is very important.*

**Ayshah:** *Yeah, I think, probably similar values ... . Yeah, cos I think – and maybe that's – yeah, cos I think it's good to be around people, maybe, who are different and have different values to you and challenge you, but I think, in a relationship, because that's someone who you potentially want to spend a lot of your time with, you want it to be someone who's going to be making you sort of the person that you want to be. So I think values is probably quite a big one.*

**Gayle:** *Tolerance, patience, a sense of humour above everything else, I think, is good, and that sets you on the right path, I think. And if you can talk as well, you know, communicate with a partner, I think that's always good.*



*[What are the advantages of not being in a relationship?]*

**Mairi:** *I think in a positive way you get to be very selfish; you don't have to consider anybody else's needs or life plans or wants.*

**Emma:** *I think when you're in a relationship you're always sort of aware of the other person and sort of compromising a bit, so probably just doing more of what you want to do, not sort of second-guessing about being too busy or doing things without the other person – so probably a bit more independent.*

**Nora and Isadora:**

*Freedom and independence. And I think it's such a – it's quite a beautiful thing. I think being single and not being in a relationship's highly underrated, cos I think that it's – it's wonderful to be able to decide what you want to do and know you truly want to do it, not because someone else is – wants you, or someone else is influencing your decision, whether that's in a positive or negative way. But also it's the idea that you can be – you can find who you are on your own and get used to your own company, and I think that that's quite wonderful, it's like your only time to be alone, so ... . And I quite – I quite enjoy being alone sometimes, so I think it's – it's quite, like, great for your personal development in that way.*

**Ayshah:** *I think whenever I've not been in a relationship I've been maybe more ambitious, and, yeah, been able to spend a lot more time with friends. I think I grew a lot closer to a lot of my girlfriends when I haven't been in a relationship, so that's been nice.*

**Gaye:** *You have more freedom and more independence and you only have yourself to think about, but I think there's probably more disadvantages than advantages really, because I think you can become quite selfish, but, yeah ... .*

**George:** *The advantages of not being in a relationship, you can focus on yourself, the aims – Your – your own personal goals, your own personal development. I think that it's very important to focus on yourself before you get into a relationship, because if you don't know yourself it can be very, very hard to know another person, and be honest with your own motivations and goals by yourself.*

## Unit 8 Going to extremes

Welcome to Unit 8.

This unit tells the stories of some unusual individuals who use their creativity, determination, and resourcefulness to perform, travel, or live at the extremes.

Listen to people talking about what they think about personal challenge and taking risks.

### *[Why do you think people set challenges for themselves?]*

**Adam:** *I think some people challenge themselves because it's – it allows them to find their limits and to better themselves.*

**Mairi:** *I think some people aren't content to just be satisfied with the way things are. I think some people think there's always something better or more exciting than what they've got at the moment, and other people are just happy to be content.*

**Mark:** *I think it must be in the blood! I think it's the genetic make-up that you have, the stock that you come from, to some extent how you're brought up and the values that you – that you have. There are people who just like to live life at ten-tenths, and there are people who are happier with – with quieter time, you know? I don't think there's a simple answer to that.*

**Ian:** *I think – I think that challenging yourself is a way of finding out about yourself, to discover your potential, and to discover what you're capable of achieving. Yep.*

**Anthony:** *Because I feel life today needs risks, needs people to have challenges to make them feel whole.*

**Iben:** *I think mostly people take, like – Some risks are for adrenaline, I think, and some are for, you know, educating yourself and seeing how far you can come, yeah, I think.*

**Ed:** *Well, I think they want to become a better person, and I think it's also the fact that not knowing is a grey area, and I think putting your feet in the water makes a difference.*

**Claire:** *I think that we're all driven to push ourselves in our boundaries; I think that human beings are innately curious and would like to just learn more about the world, so I think a lot of people take risks to try and push the boundaries of what they know, and what they feel, and what they can do.*

### *[How much risk do you like to take?]*

**Adam:** *I think I like to take a fair amount of risk. Not too much risk, but I think some risk in what you do is good for you.*

- Mark:** *I think in my – in my case I have a sense of what I need to have to continue to have an enjoyable life, and the rest are kind of things you're prepared to – I don't want to say 'gamble' with, but take calculated risks. I think as well risk is, to some extent, in the eye of the beholder. If it's a field that you're familiar with, and you know what you're doing, the risk probably seems lower to you than it does to someone from outside that field, who may not be so familiar with it.*
- Ian:** *I like to take a certain amount of risk. It's hard to quantify, I suppose ... . I'm – I'm obviously travelling overseas by myself at the moment, so there's a certain amount of risk involved in that, but I also like some adventure sports. But I wouldn't climb Mount Everest – you know, I wouldn't try to surf one of the giant waves in Hawaii, partly because I'm not a very good surfer. But I think a moderate amount of risk is a good thing. I like to get out into the outdoors, and, you know, challenge myself, you know, in some ways, yep.*
- Anthony:** *I would like to think I'm fairly risky in what I do. I like challenges, I like a challenge myself – I feel if I can overcome a challenge I've achieved something, it's something of a personal best.*
- Iben:** *Well, the first time I moved from home, like from my parents, I moved to London, so I think that was quite a risk to take. I had a – I had a job, but that's it, so yeah ... . Well, it was ... it brought up some anxiety I think, but it was fine, and it's easy to find a flat here, so yeah, I think it went great!*
- Claire:** *I am very risk-averse! Well, I wouldn't say that, I'd say I am a curious person; I like to try new things and experience new things, so I'd say I'm more adventurous than risk-taking.*

## Unit 9 The good old days!

Welcome to Unit 9.

This unit explores how and why people keep in touch with the past and recall special memories in their lives.

Listen to people talking about their personal connections, and memories of particular times in their past.

*[How much do you use technology and social media to connect with your past?]*

**Deborah:** *Computer! Internet! It's – it's now so much easier: people occasionally pop up who, who I haven't thought about for many, many years, twenty years, thirty years, and suddenly somebody says, you know, 'Here I am', and it's – it's wonderful. It's so, so much easier than it used to be.*

**Angela:** *Social media ... I'm not very good at social media; I do have a Facebook account, and I haven't got many people on it, I think – at least, not in terms of what children these days consider lots of people. I don't really use it very much; sometimes I sort of – I'm very nosy and I read other people's posts but I never post anything myself. So it doesn't really play much of a role for me.*

**Karen:** *Social media plays quite a big role for me in keeping in contact. For instance, my grandfather's brother went to America in 1919, and through Facebook we've got in contact again with the family there, and we've had two young women visiting us from there. And I keep in contact with my school friends or old colleagues, and ... yes, it plays quite a big role for me.*

**Parris:** *I'd say quite a lot these days, cos no one tends to write letters; plus, you regain contact with people, so people I worked with when I was, like, 18, suddenly appear.*

**Nepia:** *Not a lot. I'm not a social media fan; I leave that to the younger generation. If I want to know something, I search the internet, but not Facebook or that kind of social media.*

**Jana and Konstanze:**

*– Either I meet them, because they are at the same location that I am living in, or I call them, or I write emails with them. So nowadays, with digital media, it's quite easy to keep in touch – so different ways with different people, depending on the situation.*

*– I have to say the same, yeah ... I'm not really writing letters anymore, but I keep on calling a lot; I like being on the phone with people from the past. And of course meeting them in person would be the best, but also using Facebook and WhatsApp –*

*– And looking at pictures as well, no?*

*– Yeah! Telling stories!*

*– Looking at pictures quite a lot, so ...*

*[What is one of your best memories?]*

- Angela:** *Yes, there – there is a memory which is quite special to me, actually. So, before I went to university, I went on an archaeological excavation – it was a place called Wharram Percy, and it was a deserted medieval village, and that’s where I got really interested in archaeology and I met a lot of friends that I’ve kept in touch with all – all these years, and it’s several years ago now. So, yeah, I remember that fondly, and sometimes I actually pass that place and I remember how happy I was there.*
- Mairi:** *Yes, that was the year that I turned 30. When I was in my 20s, I didn’t really go travelling that much, and then when I was 30 I had the chance to attend two weddings in Malaysia and go on, I think, three other holidays, and I just thought, ‘You know what? Go for it! Let’s – let’s just do it!’*
- Karen:** *Yes, I think my very early childhood, when I – before I started school, when I grew up in a forest, actually, and there was a brook, and I liked walking in the wood and I liked watching the birds and the change of the year and being close to nature. That’s very good memories for me, yes.*
- Parris:** *Yeah, I got a new job – I went to the London College of Fashion to become a make-up artist, and, luckily, because of the people that I knew, I got to work with the Spice Girls, as my first job. So, after that, I could sort of work for anybody, really. So that was brilliant.*
- Nepia:** *The first time I left New Zealand I went to Australia, which is, you know, not far away, but that was an exciting adventure – a young man going to Australia when I was, like, 17, yeah, meeting different people, a different culture.*
- Adrianna:** *Yeah, it would mostly just be home, now that I’m in college and across the ocean from where I call home. It’s mostly just memories in the house I grew up in, and in the winter with the fireplace on, and being warm.*

**Jana and Konstanze:**

*Yeah, student times, I would say. It fits quite well, because we studied together, so it was a lot of experience that we made and that – during that time a lot of different things that happened: we went abroad, we came back, and then ... . Yeah, different – met different people, a lot of different people, so that was quite a vivid part of my life, that I experienced.*

## Unit 10 Over my dead body!

Welcome to Unit 10.

This unit is all about the importance of historical discoveries and the links we can show between the past and present, in terms of our culture, tools, and lifestyles, and what we can learn about ourselves from the evidence we see today.

Listen to people talking about their take on the importance of history in their lives today.

*[What did you learn about local history when you were young?]*

**Angela:** *I know quite a lot about the history of the place where I grew up. I was raised in a city called York, which is in the north of England, and it's – it was a Roman city, with a really rich history, and I guess I was surrounded by that as a child, and it's because of that that I became really passionate about history and archaeology and eventually went on to study it at university.*

**Mairi:** *I grew up in a small village in the south of Scotland, which doesn't have an incredibly rich history. However, a local historian did write a book about it, and I read that as a teenager and, yeah, I thought it was really interesting, especially since it mentioned a lot of place names and even street names that I was really familiar with.*

**Parris:** *We originally come from Manchester, which is in the north of England, and we grew up in the valleys, so cotton was very important. So everywhere was massive cotton mills, and when I was growing up they were closing down, so there was a lot of unemployment. But people lived there and they'd lived there for generations, so they stayed, but you could see the decline really quickly.*

**Nepia:** *Well, where I grew up, learning about my Maori culture, I didn't learn about that at school, I learned about that from my adult family, and it's an oral history tradition that we learned as we grew up. Yeah. Very important, where we came from, where we are, as a people.*

**Deborah:** *Local history ... Well, I grew up in Highgate, in London, and I suppose there was quite a lot of local history there, because it's a very old village. It was still very much a village then – when we first moved there, it even had cobbled streets, so, you know, lovely old buildings.*

**Adrianna:** *I come from a very small town, and we always learned about it in school, and my grandparents had grown up in that same town, so I hear a lot of the stories from them, too, which is a really different kind of history. So it's really interesting to learn it that way, too.*

**Jana and Konstanze:**

*Interestingly, we learned a lot about the Second World War, but now that we live in Berlin it's very – still very alive, the separation of Berlin. And so this history, funnily, is not really – or has not really been*

*taught in school, as far as I remember, so that's a bit strange, or sad at least, because now it's really interesting to get to know so much history of Berlin, now that we live there.*

**[What historical places particularly interest you?]**

- Angela:** *One place that I visited, which I found absolutely fascinating and which I – I'm hoping to go back to, quite soon, is Crete. And Crete is absolutely jam-packed full of archaeological sites and remains which are really fascinating. And I really enjoy, actually, visiting places like that and establishing connections, I guess, between the present and the past.*
- Mairi:** *Yeah, I visited some Roman ruins, in Libya, in North Africa, and that was really interesting for me because they were the most intact ruins I've ever seen. You could actually see the – the shapes of buildings, and not just a – a heap of rocks that, you know, might have been a shop once upon a time. Yeah, and you could still see all the old surfaces, like the marble, and the sort of bricks underneath, and that was really interesting for me because it made it seem a lot more real.*
- Karen:** *I think, perhaps ... Close to us there's a place called Himmelbjerget, which actually means 'The Sky Mountain'. It's 148m high, and it plays a big role in the history of democracy in Denmark. There were big gatherings of people, lots of people met there a hundred years ago and discussed democracy and women's rights. So that's [a] very interesting place I like to visit, yep.*
- Deborah:** *Well I'm – I'm an artist, a sculptor, and so visiting Italy for me has been ... It's the most wonderful place, I absolutely love it.*
- Adrianna:** *I visited Munich, Germany, and that was really interesting – I learned that there's still, like, thousands of bombs underneath the city that have just been built on top of, from World War II, which I thought was absolutely crazy to learn.*

**Jana and Konstanze:**

- Yeah, I was ... When I was travelling, during that time, Angkor Wat in Cambodia was really present – is a present memory that I have that connected me, really physically as well, to the past, where I could really perceive how that must have been, living in that area, and ... Yeah, that was really impressive.*
- I spontaneously remember Peru, where I was on Machu Picchu, and that was really interesting to – to get that feeling in the nature, and that people in the past have been – built so impressive monuments there, yeah, within the nature and with their hands, and that was really impressive for me, yeah.*

## Unit 11 Just suppose ...

Welcome to Unit 11.

This unit focuses on wishes, dreams, and regrets and how people make sense of the world, both the conscious and subconscious.

Listen to people talking about what they've observed about their subconscious, and their preferences for finding out about the unknown.

*[How often do you daydream and do you think it's useful?]*

- Mairi:** *I sometimes daydream if I'm doing something, like a work task, that's not very involved, or that – or if I'm walking somewhere I tend to daydream a bit. I think it's good to have a bit of creative space, and because, when I have that kind of headspace, I can more easily think about solutions to problems that I've been having, or quicker ways to do things that I struggle with.*
- Emma:** *I don't think I do it very often, just cos usually I relax by reading and things like that, if I'm on a train journey. But occasionally it's quite nice if you're bored or you've got some time on your hands just to kind of think about something nice and think about the future and things like that. Yeah, I think it's nice to just switch off a bit and imagine a little bit more, rather than the sort of day-to-day boring work life and things like that, just really get your imagination sort of going and think about other things.*
- Ian:** *OK, I think – I think dreaming is very important in the creative process, and I think all workplaces should incorporate dreaming, or spaces for – for daydreaming and thinking outside the box, outside the square. And I think it's very important, cos I – you know, I'm an academic, and I spend a lot of my time thinking and writing and reading and – and that there's a certain amount of creativity that's involved in that and so you need to be able to – to dream – well, to daydream, and to find time to do that. Yeah.*
- Bjoerk:** *Well I daydream often during the day, when I'm just tired, when I haven't had enough sleep. But scientists do say that it's better to daydream than to be on your phone – to spend time daydreaming instead – so I think it's quite important. You can get a lot of good ideas by daydreaming, so ... .*
- Domitilla:** *I think it's very important to daydream: I daydream quite often, and sometimes I even find myself kind of detached from reality, sometimes, so I kind of tell myself 'OK, you should really ... OK, but you're like here in the moment so try to, like, live the moment, too' – I think that's really important, at the same time. But I think it's nice to daydream, you know, to have dreams and hopes and ... .*
- Angela:** *I probably don't daydream enough. I do think it's useful, I think it's a very good thing to do, and in fact that's probably when you're at your most creative, you come up with all sorts of ideas and solutions. I sometimes daydream when sitting on a bus or something like that, and I'll think of something which I'll*



*think 'Gosh, that's a brilliant idea, I must do that' – and then of course I completely forget about it. So, yeah, I think it's a great thing to do but my life is quite busy, quite hectic, really, so, yes, I wish I had more time to stand and stare.*

**[How do you like to find out about something that puzzles you?]**

**Mairi:** *I like to do a lot of research. Obviously, the Internet's good, but I also like to watch documentaries and see what I can find at the library.*

**Emma:** *I usually go and look online, or sometimes go to the library and see if there's a book on the subject, if I'm interested in it and want to learn more.*

**Nynne:** *I would say daydreaming, or ... I guess just taking time to think about it, and not using my phone too much or watching TV or ... . Maybe just go for a walk, and think about it.*

**Ian:** *Well, I'd ask someone who knows something about the area, someone whose opinions I trust. That's probably the best way, yeah.*

**Gaye:** *Well, I think it's very easy now, cos you can look it up on the Internet, can't you, really? And just ask questions and, you know, people's experiences, and find out that way, and just look it up on the Internet and try and take it from there, really.*

**Domitilla:** *Definitely I like to research it online, just cos we have so much available to us in a second, but I do like to read books on topics that interest me as well, especially if there's something more specific, so ... .*

## Unit 12 About time!

Welcome to Unit 12.

This unit explores the different stages and paces of life, what suits different people, and how people use their work and leisure time.

Listen to people talking about their attitude to their daily routine, and how they feel about the pace and rhythm of their lives.

*[What's your favourite time of day? Why?]*

- Angela:** *When I get into bed at night! That sounds silly maybe, but ... . Yeah, I – I get quite tired, I guess, so as I said, life can be quite hectic, so really I enjoy just getting into bed. If I've got a decent book, I attempt to read it; I usually get about two pages in before I drop off, and then read the same two pages the following night.*
- Mairi:** *I like the early evening, because for me the pressure's off and I can go and do what I want, and normally I've done everything that I need to do for the day.*
- Nynne:** *I think, in my every day, it's when I go on my bicycle to work or from work, because I get fresh air and get to move my body, I think. Yeah.*
- Rachel:** *I think the morning. I – I like ... like, waking up with the sun, and getting up early, and I get a lot done in the morning, yeah.*
- Ayshah:** *I think it's changed quite a lot. It used to be the mornings ... . Maybe it was because I enjoyed the work I did a lot more, so I was really excited and wanted to wake up before everyone else and kind of get a head start for the day. But now, I've kind of grown maybe into bad habits and really enjoy – still enjoy the mornings, but enjoy them for lying in a bit more, and I really look forward to cooking in the evening, and really don't like just before I go to bed, cos I want to stay up later but know I should go to bed.*
- Jessica:** *I like the evening time: I feel like that's when most of the people are out, and that's typically when I'm done with work, and I can see my family or go out with friends. So I'm not much of a morning person, that's kind of a slow start, so I like the evening time.*
- Domitilla:** *My favourite time of day really depends on the season, though. But, especially in the fall, I really like the evening, just when the light changes, especially when it turns, like, dusk time. Yeah, so ... .*
- Stefan:** *I quite like – although I don't enjoy getting up early, I do ... once you're out of bed and awake, I quite like being awake in the very early mornings. I try and get to work quite early, because it's quite quiet on public transport, and it's just a calm, kind of peaceful time of day. It's hard in the winter because it gets very dark, but if you're around when the sun's just coming up it's kind of like a quiet, magical time.*

*Especially in London, because it's so rare that you get to see it when it's quiet. So that's the time of day when you do get to enjoy that.*

**[How fast is your pace of life and what effect does this have on people around you?]**

- Angela:** *I think I – I generally move at a fast pace, and I think that the people around me get quite frustrated with that. My husband used to say that he only held my hand so I didn't walk so fast, which is not very romantic, is it? But there you go! No, I – I don't have a great deal of patience, I suppose that's one of the problems with me. I just like to get on with things; I can't sort of stand by while something needs to be done and not do it. And, no ... both my children and my husband, in fact – and my parents – all think that's a bit of a problem.*
- Mairi:** *I think my day-to-day life is quite fast-paced, but in terms of my sort of general life plan it's quite slow. And I would say the people around me are usually the opposite.*
- Nynne:** *I think it's quite fast, maybe sometimes too fast! I thought about it the other day, and I think it's ... I can't remember the last time I was bored! So I think it's too fast.*
- Nepia:** *My work life is very fast-paced, and my weekend and home time is the exact opposite. People in my family don't move to a fast pace that I do at work.*
- Jessica:** *Back in the States, it seems very fast-paced. I just – I work my job, and then, after that, I have a bit of relaxing time, but it was very busy when I was going to school. So, it's quite common to work and go to university, so it was very, very fast-paced. So now, while travelling, it's a little less busy and more just fun and sightseeing and stuff, so that's nice right now.*
- Domitilla:** *I think it varies, it depends. I realize that I do live a – like, normally, when I'm not on holiday as now, but usually – I do live a pretty fast-paced life. And I realize that, for some people, when I tell them what I have to do that day, they're like, 'Oh my goodness, how're you going to get – be able to do everything? How're you not going to be exhausted at the end of the day?' So, yeah ... .*
- Stefan:** *Oh it's way too fast! I feel like I'm always on the go in London, so I would like it to be slower, but perhaps that's just ... that's just the way it is when you live in the city. I think everyone's always in a rush to get into places and you're always under pressure at work to hit deadlines and get work done, so I think that's just a consequence of life in the city.*
- Rachel:** *So I think at the moment I have quite a fast pace of life, cos I just have quite a lot that I – I need to do at different times, and quite a lot of work that I need to do. But I like taking time out when it is slower, and when I can just, like, do things that I enjoy and read and walks and stuff. So I think a balance of the two I like, yeah. I think I've grown up in a house of fast-moving people. So, both my parents worked full-time,*

*and my dad works in the Church and that's a very busy job, so I think I've ... probably the way I live my life now is mirrored on the way they live theirs, yeah.*

