

**TASK 1: WHY I LOVE NETFLIX AND YOU SHOULD TOO**

TEXT	1	2	3	4	5	6	7
HEADING	<b>F</b>	<b>J</b>	<b>A</b>	<b>B</b>	<b>I</b>	<b>G</b>	<b>E</b>

**TASK 2: LEAVING A 9-TO-5 JOB**

SENTENCE	8	9	10	11	12	13	14	15	16
OPTION	<b>C</b>	<b>B</b>	<b>C</b>	<b>B</b>	<b>C</b>	<b>A</b>	<b>B</b>	<b>B</b>	<b>A</b>

**TASK 3: WELLBEING BENEFITS OF GETTING OUTDOORS**

17.	<b>SHORE</b>	22.	<b>ON</b>
18.	<b>PUBLISHED</b>	23.	<b>PROFESSOR</b>
19.	<b>HARDER</b>	24.	<b>HEADPHONES</b>
20.	<b>IMPROVE</b>	25.	<b>URBAN</b>
21.	<b>ACCESS</b>		

### TASK 1: WORKING WOMEN

<b>QUESTION</b>	1	2	3	4	5	6	7	8
<b>LETTER</b>	<b>C</b>	<b>I</b>	<b>B</b>	<b>F</b>	<b>G</b>	<b>E</b>	<b>J</b>	<b>H</b>

### TASK 2: THE HISTORY OF TEA

<b>QUESTION</b>	9	10	11	12	13	14	15	16
<b>LETTER</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>A</b>	<b>C</b>	<b>C</b>	<b>C</b>	<b>A</b>

### TASK 3: THE SECRETS OF POLYGLOTS

17	<b>COMMON</b>
18	<b>MIND MAKING</b>
19	<b>FREQUENT</b>
20	<b>GREAT FUN</b>
21	<b>ALMOST ANYTHING</b>
22	<b>SEASON</b>
23	<b>EVERYDAY</b>
24	<b>SUCCESS</b>
25	<b>OWN HANDS</b>

*\* No se penalizarán los errores de ortografía que no alteren esencialmente el significado de la palabra, frase o expresión requeridas.*

## TRANSCRIPT:

### TASK 1: WORKING WOMEN

**I: Interviewer**

**H: Host**

#### **EXTRACT 0 *Writing about negative attitudes at work***

-Now Amati Reed is here, former NHS midwife, author of *Overdue: Birth, burnout and a blueprint for a better NHS*, Amati, welcome, good morning to you.

-Good morning to you too.

-Ok, and you are...you're pretty critical in this book... It's very interesting in the sense that you are not sentimental about it, and you make very clear that some midwives are actually capable of being very judgmental about the women in their care and frankly sometimes, pretty uncaring, so just tell me a little bit about that.

#### **EXTRACT 1 *A novelist's imaginary world***

-And now...I've been really looking forward to talking to our next guest, Rihanna Pratchett, the first woman to write one of the fighting fantasy series of books. Rihanna, good morning to you; how are you?

-Good morning Jane, I'm very well thank you.

-It's called *Crystal of Storms*. Now...this is a world that will be very much loved by some part of our audience though not all, so I want you to outline it for them, everybody please. Uhm,.. It's a fantastic world, and I really do mean that, take us there please.

-Thank you, my story takes place on a floating archipelago islands called Pangaria.

#### **EXTRACT 2 *Studying infant progress***

-Andrea Lepsom who is the former business secretary and in charge of the government's early years development review, which is looking at the first two and a half years of a child's life. Andrea, good morning to you.

-Good morning.

-Now, these are really important years. Why are they so important?

-Well, the period from conception to the age of two are the time in which the building blocks for good life long emotional and largely physical health are laid down. So that period when a tiny first foetus -and then an infant- comes along are absolutely critical to the rest of their lives.

#### **EXTRACT 3 *A film director inspired by her own life***

Now, a film I watched the other night, if I'm honest with you, I actually didn't know what it was about, and I really enjoyed it, I thought it was a fascinating look at something, that, let's be honest, does dominate the headlines a little at the moment. The film is called *A Perfectly Normal Family* and it's about an 11-year-old girl, Emma, whose father tells her he wants to become a woman, and it's based on the director Malu Raymond's own childhood experiences. Malu joins us from Denmark, and so does her father Helen who is in France. Malu, first of all, good morning to you.

#### **EXTRACT 4 *Awarded for her work with children***

-Lisa Beaumont, good morning Lisa.

-Hi.

-Just been awarded the health play specialist of the year award, this is your work at the children's hospital in Leeds. Now Lisa, tell us how you got into this sort of work, how long have you been there?

-I'm very fortunate to be working at the Leeds Children's hospital now for just nearly 32 years, I got into this job many years ago when I saw an advertisement in a local paper, and thought: Wow! That sounds really interesting.

#### **EXTRACT 5 *Defending more female representation in politics***

Let's start then with America, with American politics, last week we discussed the record number of Democrat women running for congress; today we focus on the Republicans. There are currently 101 women in the House of Representatives, just 13 are Republicans, that looks like that number is gonna go up. Olivia Perez Cubas, is Media Spokeswoman for Winning for Women, an organization set up in 2017 to support more Republican female candidates.

#### **EXTRACT 6 *A theatrical production about an archeological discovery***

Now last night a new play was performed outside by a community theatre on Dartmoor. It's called *Daughters of Sunset*, and was inspired by the discovery in 2011 of a Bronze Age burial chamber. It contained the remains of cremated human bone(s), animal pelts and jewelry. The 3500-year-old remains are thought to have belonged to a high-ranking female, begging the question: Might have there been societies that were matriarchal, led by women? Now Laurie Taylor is one of the producers of the play for the Med Theatre.

#### **EXTRACT 7 *Working on alternative sources of energy***

-Hellen Simpson and Sandra Moreby... They are two of the women at the forefront Britain's first hydrogen train. Here's Hellen:

-My favourite part about my job is the innovation and development of new technologies and trying to get those on to trains and Chondra has a real passion for project management.

-Tell us a bit then about how does a hydrogen fuel train work.

-Well, there are three main components that you need: somewhere to store the hydrogen, so there's some hydrogen storage tanks,...

#### **EXTRACT 8 *Punctuality seen by a therapist***

-So today's *how to* guide is how to be on time, not too early or not too late, I'm joined by the therapist Phillippa Therry. Phillippa, where do you fall on this scale?

-I'm,... I'd say neurotically punctual; always early, I don't mind being early. I prefer it to sitting on the edge of the taxi, trying to get the car to go faster.

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### **TASK 2: THE HISTORY OF TEA**

During a long day spent roaming the forest in search of edible grains and herbs, (the) farmer Shennong accidentally poisoned himself. But before the poisons could end his life, a leaf drifted into his mouth. He chewed on it, and it revived him, and that is how we discovered tea.

Tea doesn't actually cure poisonings, but the story of Shennong, the mythical Chinese inventor of agriculture, highlights tea's importance to ancient China. Archaeological evidence suggests tea was first cultivated there as early as 6,000 years ago. That original Chinese tea plant is the same type that's grown around the world today, yet it was originally consumed very differently. It was eaten as a vegetable or cooked. Tea only shifted from food to drink 1,500 years ago when people realized that a combination of heat and moisture could create a complex and varied taste.

After hundreds of years of variations to the preparation method, the standard became to heat tea, grind it into powder, mix with hot water, and create a beverage called Muo cha, or Matcha. Matcha became so popular that a distinct Chinese tea culture emerged. Tea was the subject of books and poetry, the favorite drink of emperors, and a medium for artists. They would draw extravagant pictures in the foam of the tea. And in the 14th century, during the Ming Dynasty, the Chinese emperor shifted the standard from tea pressed into cakes to loose leaf tea.

At that point, China still held a virtual monopoly on the world's tea trees, making tea one of three essential Chinese export goods, along with porcelain and silk. This gave China a great deal of power and economic influence as tea drinking spread around the world. That spread began around the early 1600s when Dutch traders brought tea to Europe. Many credit Queen Catherine of Braganza, a Portuguese noble woman, for making tea popular with the English aristocracy when she married King Charles II in 1661.

At the time, Great Britain was in the midst of expanding its colonial influence and becoming the new dominant world power. And as Great Britain grew, interest in tea spread around the world. By 1700, tea in Europe sold for ten times the price of coffee and the plant was still only grown in China. The world's fastest sailboat was born out of intense competition. All were racing to bring their tea back to Europe first.

At first, Britain paid for all this Chinese tea with silver. When that proved too expensive, they suggested trading tea for another substance, opium. This triggered a public health problem within China.

The British East India company wanted to be able to grow tea themselves and further control the market. So they commissioned Robert Fortune to steal tea from China in a covert operation. He disguised himself and took a perilous journey through China's tea regions, eventually smuggling tea trees and tea workers into India. From there, the plant spread further still, helping drive tea's rapid growth as an everyday commodity.

Today, tea is the second most consumed beverage in the world after water, and from sugary Turkish Rize tea, to salty Tibetan butter tea, there are almost as many ways of preparing the beverage as there are cultures on the globe.

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### **TASK 3: THE SECRETS OF POLYGLOTS**

I love learning foreign languages. In fact, I love it so much that I like to learn a new language every two years, currently working on my eighth one.

When people find that out about me, they'll always ask me: "How do you do that? What's your secret?" For many years, my answer would be: "I don't know. I simply love learning languages". But people were never happy with that answer. They wanted to know why they are spending years trying to learn even one language, never achieving fluency, and here I come, learning one language after another. They wanted to know the secret of polyglots, people who speak a lot of languages.

And that made me wonder too, how do actually other polyglots do it? What do we have in common? And what is it that enables us to learn languages so much faster than other people. I decided to meet other people like me and find that out.

And so I met Benny from Ireland, who told me that his method is to start speaking from day one. He learns a few phrases from a travel phrasebook and goes to meet native speakers and starts having conversations with them, right away. He doesn't mind making even 200 mistakes a day, because that's how he learns, based on the feedback. And the best thing is, he doesn't even need to travel a lot today, because you can easily have conversations with native speakers from your living room, using websites.

And then I met polyglots who always start by imitating sounds of the language, and others who always learn the 500 most frequent words of the language. Everybody seems to have a unique way how they learn a language, and yet we all come to the same result of speaking several languages fluently. The one thing we all have in common is that we simply found ways how to enjoy the language-learning process. All of these polyglots were talking about language learning as if it was great fun.

When I was learning Spanish, I was bored with the text in the textbook. I wanted to read Harry Potter instead, so I got the Spanish translation of "Harry Potter" and started reading, and sure enough, I didn't understand almost anything at the beginning.

And the same thing happened when I was learning German. I decided to watch "Friends", my favourite sitcom, in German, at the beginning I didn't know where one word finished and another one started, but I kept on watching every day because it's "Friends". I can watch it in any language. I love it so much! And after the second or third season, the dialogue started to make sense.

We are no geniuses. We simply found ways how to enjoy the process, how to turn language learning from a boring school subject into a pleasant activity which you don't mind doing every day. The important thing is to create a plan in the learning: If you create a system in your learning, you don't need to find that extra time, because it will become a part of your everyday life.

And finally, you need also a bit of patience. It's not possible to learn a language within two months, but it's definitely possible to make a visible improvement in two months. And there is nothing that motivates us more than our own success.

So this is the whole polyglot secret: Find effective methods which you can use systematically over the period of some time in a way which you enjoy.

Now, some of you may be thinking: "That's all very nice, to enjoy language learning, but isn't the real secret that you polyglots are just super talented and most of us aren't?"

Well, I see such miracles every single day. People struggled with language learning for five, ten, even twenty years, and then they suddenly take their learning into their own hands, and that's when suddenly they magically find the language talent that they were missing all their lives.

Give it another try. Maybe you're also just one enjoyable method away from learning that language fluently, from becoming a polyglot.  
Thank you.

(Applause)

Adapted from: [www.youtube.com](http://www.youtube.com)