

TASK 1: HOW TO BE MORE STYLISH

TEXT	1	2	3	4	5	6	7	8
HEADING	C	B	D	L	A	J	G	K

TASK 2: LOG ON IN PARADISE

SENTENCE	9	10	11	12	13	14	15	16
OPTION	B	A	C	A	A	C	B	C

TASK 3: WHY COFFEE COULD BE GOOD FOR YOUR HEALTH

GAP	17	18	19	20	21	22	23	24	25
LETTER	G	I	K	H	B	J	L	A	D

TASK 1: MUST-VISIT CITIES

EXTRACT	1	2	3	4	5	6	7
HEADING	I	D	B	H	E	J	F

TASK 2: TAYLOR SWIFT –LOVER

SENTENCE	8	9	10	11	12	13	14	15	16
OPTION	C	C	A	C	B	B	B	A	B

TASK 3: THE ART OF LISTENING

17	MENTAL PROCESS/PROCESS OF EXTRACTION
18	SIGNAL
19	INTENTION
20	MICRO-NOISES
21	VIDEO (RECORDING)
22	PERSONAL BROADCASTING
23	CONSCIOUS LISTENING
24	RESET YOUR EARS
25	CHANNELS

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

TRANSCRIPT

TASK 1: MUST-VISIT CITIES

EXTRACT 0 (EXAMPLE)

If you're planning a round-the-world trip, you'll need an itinerary.

Welcome to watchmojo.com, and today we're counting down our picks for the top ten must visit cities around the world. For this list, we picked cities based on how beautiful they are, how fun they are, and how much they have to offer tourists in the way of cuisine, must-see attractions, and overall vibe.

EXTRACT 1

Once a divided city, Berlin is now bursting with culture, architecture attractions and festivals for visitors to take in.

From the institutions on Museum Island to historical sites like the Reichstag Brandenburg Gate, the Berlin Wall memorial, and the many town squares, to the never-ending parties of the city's many clubs, there's something to keep visitors occupied day and night.

The beer and cuisine in the city go hand in hand to give tourists a taste of authentic Germany.

EXTRACT 2

A mixture of the old world and futuristic technologies, Tokyo is one of the only places you can see a traditional Kabuki show one minute, then find yourself looking at cutting-edge fashion in the Harajuku neighbourhood the next.

Packed with people, skyscrapers and one of the world's most state-of-the-art mass transit networks, you'll also want to take in traditional Japanese culture while visiting, by way of local shrines shows and markets. And let's not forget the food, Tokyo is a world capital for cuisine with almost double the Michelin stars of Paris's restaurants.

EXTRACT 3

Named for its beginnings as a dam on the Amstel River, this water-based city is a feat in both architecture and beauty. Nicknamed the Venice of the North, due to its many canals, Amsterdam offers a great balance between nature and man-made creations, as well as historical and contemporary style. Whether you travel on foot, by boat, by car or by bike, you can see the world's oldest Stock Exchange, the Anne Frank house and the Van Gogh museum. And we can't discuss Amsterdam without mentioning its famous red-light district and marijuana cafes.

EXTRACT 4

Known for its fashion, art and sights like the Colosseum, it's considered one of the birthplaces of Western civilization. Rome is also an important religious destination for those interested in the Catholic Church, as the city helped shape Christianity as a whole. But a visit to this popular Italian city would not be complete without a glimpse of the Roman Way of life. And food, drink, cinema, and opera are all essential aspects that cannot be missed.

EXTRACT 5

A cultural and economic hub, Istanbul is a transcontinental city because it spans the Bosphorus Strait. With historical importance as the capital city of four former

empires, this Turkish delight is teeming with relics of those civilizations in the form of art and architecture. And its mosques and churches are just a few examples. With friendly locals, its Grand Bazaar and countless minarets dotting the skyline, Istanbul was named the European Capital of Culture in 2010, meaning it remains a world-class tourist destination.

EXTRACT 6

If you're interested in visiting a world capital that wields influence over everything from commerce to cuisine, fashion to finance, politics to technology, New York City is your place. The Gateway to the land of opportunity, it's been influenced culturally by its status as the primary access point for immigration to the U.S.

Easy to navigate due to its grid like design, visitors can find their way to countless world-famous landmarks in any number of distinctive neighbourhoods in a New York minute.

EXTRACT 7

Timeless in its elegance and consistent, centre of enlightenment throughout its history. The City of Light may be for lovers, but it's much more than that.

The perfect spot to experience the old-world charm of Europe since the city's main architecture has remained mostly unchanged. Paris is at once grand and intimate, with impressive structures like the Eiffel Tower and L'Arc de Triomphe, standing near small cafes, bookshops and boutiques. If sites like the Louvre or Notre Dame Cathedral don't appeal to you, the city's bohemian vibe and unparalleled culinary delights are sure to tickle your fancy.

TASK 2: TAYLOR SWIFT - *LOVER*

-BBC Radio 1. So it's a very hot day in New York City, a glorious hot day, but thank goodness we are in a very beautifully air- conditioned studio and I say we because I'm sat with Taylor Swift. Hello!

-Oh hey welcome to New York.

-Thank you very much for having me you are here to kick-off live last month 2019. It's a bit of a big deal Taylor.

-It's a big deal for me too, I'm really excited.

-Well we're so happy to have you back, it's been quite a while since you gave us the live lounge and you know bringing us to York. What is it about this city that... that you love so much?

-I think my favorite thing about this city is that in other towns or cities or whatever things feel very spread out, but because of something about the New York... everything being on top of each other, like, the night falls together, like in LA... I love LA, but you have to plan out exactly what you're gonna do; you have to park your car, you tell your friends where to meet you, and you figure out where you're gonna go next, then you have to get organized. It seems like there's just this magic about the city where a night just falls together and then you end up somewhere else and you end up somewhere else then

you end up somewhere else. It doesn't seem like it happens that much anywhere else, other I mean London it happens a bit.

-London's is pretty cool.

-London is pretty great.

-When you first landed here, did you have that sort of cliché feeling like "wow I've made it I can be anyone", I mean...

-I literally... that cliché feeling was literally my entire personality for like a year, I would feel like walking down the street in New York, I'd be like "I'm gonna get my groceries in New York cuz I'm just a girl in a big city", like, I just was fully inspired by the whole thing, like I don't think you should ever have to apologize for your excitement just because it's like... I don't know, just because something's cliché doesn't mean that it's not something that's awesome.

-Sure, what people call, you know, supposedly "cheesy" it's just joy, isn't it?

-Yeah, like the worst kind of person is someone who makes someone feel bad, dumb or stupid for like being excited about something.

-Now I hate that.

-It's the worst type of person.

-I'm excited to be here.

-Yeah.

-So you don't think you feel bad for that.

-Please don't, well look, congratulations anyway because I know you're excited because your album Lover is number one in the UK. It's number one pretty much everywhere at the moment.

-It's been a really, really good time yeah with this album.

-How satisfying does it feel for you to have this album be number one a, but the first album that you legally own... this is all your baby, how does this...?

-It's the best, it's sort of the most satisfying feeling in the world to own this record to know that... you know, this is something that I've always written all my own music, I've always made all of my own decisions, I've always curated absolutely everything about what I do, but you know the fact that I own it, it's just there's something about that that makes it more special than anything I've ever done.

-I mean the last time I saw you we were getting ready for a big weekend. Me and Greg we're introducing you on the mainstage and you were about to bring the Reputation tour to the UK. Now that kind of area of your life lyrically, you know, it was an thematically and just looking at the world visuals it was... it was quite dark, you

know, you had that snaking motif, you had a lot to say, had a lot to get off your chest. How much of a different person do you feel compared to Reputation Taylor to Lover Taylor?

-It's a very different place where I am in my life and a very different way that I feel, like... expressing myself was so much easier with this album somehow, and like it's hard to explain why that is sometimes, but Reputation was such a weird dichotomy because when I put the album out, yeah, I had expressed all these... like... sort of dark rebellious feelings and then, when I went on tour, like it's... it's almost like that changed those feelings for me, like, the tour part of it, like when I'm like standing on stage at Wembley and looking out at that crowd... like those moments were what made my life like... pastel and glittery again.

-Yeah.

-You know so it's, it's strange to have an album that seemingly on the face of it, on the surface, seemed very dark... there was like a secret, like double meaning of that album in that there were a lot of love songs about what my actual life looked like, you know, but now I get to make this album, Lover, that's just like... for me this album is freedom in every single way.

-Yeah there's... there's a certain joy to this record that I think, obviously as you mentioned, was there at Reputation but it's just it's just more overt... you just... it seems to me that you'll just, you just wanna have a nice time.

-Yeah it's not joy in spite of anything.

-Yes.

-It's just joy.

-Yeah!

-I do want to just have a nice... to get...

-That, that's, that that is the feeling I got recognized just like a... she's literally just gonna describe it as that for now on Reputation, they're like Reputation is about having... trying to have a nice time in spite of a lot of things like... Lover, I just want to have a nice time!

-Yeah, and we heard she just wants to have a nice time, period. Now that you've got a very public facing job you are... you are this thing of... that everybody... you are somebody that is spoken about, whatever, wherever your intention is. Like I said to my producer earlier, you could tweet the word "hallo" right and the Swifties would be like "yeah squeeze she said hello" I like but then somebody could be like.

- Was it aggressive? Why ... why did she do that?

-Yeah.

-What's... why is she greeting us? Who is she greeting?

-She greeted us too soon, she greeted us too late.

-Yeah.

-She greeted us with a weird undertone.

-hello hello hi....

(interruption)

-You've been doing this for about 13 ...13 -14 years now, you've seen how social media affects fandoms. Do you put pressure on yourself to kind of live up to that? Because people want so much from you, you know, they're gonna... they don't want just an autograph anymore, they want a selfie, they want you to talk to them on, like, on live streams, they want exclusive content... How you... how have you managed to adapt to that?

-I'm good with all that stuff because I've always been like that part of the job is fun like... I remember when I first got a record deal I went to Nashville and I was like you guys don't understand like the Internet's gonna be a big part of music, like I have a Myspace and I have all these followers on MySpace and... these people listen to my music on there and they're like..."What?"... like "all we need is radio and CD sales", and I'd be like "I'm pretty sure this is gonna be a factor" and so, you just never know what's gonna happen like there's always every new album release is different because there's always a new platform, there's always a new... you know, way to have people experience your music. I just like I find it interesting I'm not like gonna sit here and ever be the person that's like "it was only good the way it was when I started", no, it's great it's good now like I like the fact that people can experience music in whatever way fits their life, and like it's kind of awesome to have that insight of like "wow I've seen so many things change in the last 15 years" and... that's cool.

TASK 3: THE ART OF LISTENING

We are losing our listening. We spend roughly 60 percent of our communication time listening, but we're not very good at it. We retain just 25 percent of what we hear. Now -- not you, not this talk, but that is generally true.

Let's define listening as making meaning from sound. It's a mental process, and it's a process of extraction.

We use some pretty cool techniques to do this. One of them is pattern recognition. (Crowd noises) So in a cocktail party like this, if I say, "David, Sara, pay attention" -- some of you just sat up. We recognize patterns to distinguish noise from signal, and especially our name. Differencing is another technique we use. If I left this pink noise on for more than a couple of minutes, you would literally cease to hear it. We listen to differences; we discount sounds that remain the same.

And then there is a whole range of filters. These filters take us from all sound down to what we pay attention to. Most people are entirely unconscious of these filters. But they actually create our reality in a way, because they tell us what we're paying attention to

right now. I'll give you one example of that. Intention is very important in sound, in listening. When I married my wife, I promised her I would listen to her every day as if for the first time. Now that's something I fall short of on a daily basis. But it's a great intention to have in a relationship.

But that's not all. Sound places us in space and in time. If you close your eyes right now in this room, you're aware of the size of the room from the reverberation and the bouncing of the sound off the surfaces; you're aware of how many people are around you, because of the micro-noises you're receiving. And sound places us in time as well, because sound always has time embedded in it. In fact, I would suggest that our listening is the main way that we experience the flow of time from past to future. So, "Sonority is time and meaning" -- a great quote.

I said at the beginning, we're losing our listening. Why did I say that? Well, there are a lot of reasons for this. First of all, we invented ways of recording -- first writing, then audio recording and now video recording as well. The premium on accurate and careful listening has simply disappeared. Secondly, the world is now so noisy, (Noise) with this cacophony going on visually and auditorily, it's just hard to listen; it's tiring to listen. Many people take refuge in headphones, but they turn big, public spaces like this, shared soundscapes, into millions of tiny, little personal sound bubbles. In this scenario, nobody's listening to anybody.

We're becoming impatient. We don't want oratory anymore; we want sound bites. And the art of conversation is being replaced -- dangerously, I think -- by personal broadcasting. I don't know how much listening there is in this conversation, which is sadly very common, especially in the UK. We're becoming desensitized. Our media have to scream at us with these kinds of headlines in order to get our attention. And that means it's harder for us to pay attention to the quiet, the subtle, the understated.

This is a serious problem that we're losing our listening. This is not trivial, because listening is our access to understanding. Conscious listening always creates understanding, and only without conscious listening can these things happen. A world where we don't listen to each other at all is a very scary place indeed. So I'd like to share with you five simple exercises, tools you can take away with you, to improve your own conscious listening. Would you like that?

Good. The first one is silence. Just three minutes a day of silence is a wonderful exercise to reset your ears and to recalibrate, so that you can hear the quiet again. If you can't get absolute silence, go for quiet, that's absolutely fine.

Second, I call this "the mixer." (Noise) *So even if you're in a noisy environment like this -- and we all spend a lot of time in places like this -- listen in the coffee bar to how many channels of sound can I hear?* How many individual channels in that mix am I listening to? You can do it in a beautiful place as well, like in a lake. How many birds am I hearing? Where are they? Where are those ripples? It's a great exercise for improving the quality of your listening.

Third, this exercise I call "savoring," and this is a beautiful exercise. It's about enjoying mundane sounds. This, for example, is my tumble dryer. It's a waltz -- one, two, three; one, two, three; one, two, three. I love it!