

Unit 1

2 b An introduction to Jamaica

Track 1

Jamaica, a gorgeous country in the Caribbean Sea, is the third-largest island of the Great Antilles and the Caribbean, south of Cuba and west of Hispaniola – that’s the island containing Haiti and the Dominican Republic. Surprisingly enough for this part of the world, it is actually only made up of one island covering an area of just 10,991 km², making it a lot smaller than Austria’s 83,878 km². If you need a clearer comparison, Jamaica is roughly as large as Kosovo, Lebanon or Upper Austria, although even this part of Austria is still about 1,000 km² larger.

The 2018 census showed Jamaica’s population to be 2.9 million, which mathematically comes out as 270 inhabitants per square kilometre. However, Jamaica is of course more densely populated in the major cities, such as Montego Bay, May Pen, Spanish Town, Kingston and Portmore. Kingston is not only Jamaica’s largest city but it’s also its capital. With more than half a million people, it dwarfs the next largest city, Portmore, which has less than a third of the number of inhabitants. Jamaica is governed by a Prime Minister who is democratically elected; laws are made in a parliament that has two houses: the Senate, which is a group of people appointed by politicians, as well as the House of Representatives, which is made up of directly elected politicians. Besides the Prime Minister, there is a Governor General representing the monarch of the United Kingdom and Commonwealth. However, just like in Britain, the monarch doesn’t have much of a say in state affairs.

It would not surprise should Jamaica win the next World Cup, to hear *Jamaica, land we love* rather than the royal *God save the Queen*. Both of the anthems are in Standard English, which is the official language of the country, though you would most certainly hear the Jamaican variety. The language that the vast majority of people speak in everyday life is in fact Jamaican Patois. Yet these are not the only two languages spoken. You shouldn’t forget Jamaican Sign Language – yes, this is a language in its own right – and of course it’s important to mention the language African slaves brought to the island in the 18th and 19th centuries: Igbo. Furthermore, there is Jamaican Maroon language, or Kromanti, as well as Taíno. Of course, these are the languages one can acquire as a mother tongue in Jamaica, as there are many foreign languages spoken there, too.

While this may all be highly interesting to linguists, what most of us think of when we think about Jamaica is reggae and Rastafarians. Bob Marley, with his long dreadlocks, colourful T-shirts and relaxed smile, is undoubtedly Jamaica’s most famous musician. His hit *No Woman, No Cry* brought Jamaican music to the attention of European audiences. What few of us are aware of, however, is that reggae originated in Rastafari religion, more precisely in so-called “groundings”, sessions where Rastafarians meet to pray and discuss the relevance of the Bible on recent events. The common conception that being a Rastafarian is simply a lifestyle choice that includes smoking cannabis is not at all based in fact. Rastafarianism is a religious and social movement that developed in the 1930s and bases its beliefs on a specific interpretation of the Bible. While focusing on loving God and your neighbour as well as eating only “natural” foods, the movement has also contributed to a homophobic atmosphere. Rastafarians consider homosexuality to be wrong and unnatural and are hostile towards it. Homosexuality is not against the law in Jamaica, but homosexual acts are. Over the past few years, there have been reports of arrests, the publishing of the names of arrested men, violence and social consequences that have led to some fleeing their country.

Unit 1

3 d An explanation for the Bermuda mystery

Track 2

The date is December 5th, 1945, and five American Avenger fighter-bombers have taken off from an airstrip in the Naval Air Station of Fort Lauderdale, Florida. The weather is crystal clear; blue skies greet the highly experienced pilots as they rise to cruising heights. Below them, the tropical Atlantic is light blue and calm – it is a picture-perfect day. As their flight heads out to sea, though, the lead pilot’s compass starts spinning out of control. The other pilots radio over that they, too, are experiencing strange malfunctions of their

equipment. Even more troubling, he reports his location as being over the Florida Keys, which would be impossible as he and his wingmen have been flying east for the last hour.

Suddenly, Taylor spots a mysterious silver saucer shaped craft directly in front of him. At the same time, miles beneath the Atlantic Ocean, a fire crystal that once powered the now sunken city of Atlantis hums with energy. However, the Atlantean fire crystal is activated too late because Taylor and the other planes are suddenly overtaken by a shining, whirling vortex of triform energy which teleports the pilots and their aircraft to the year 3451 AD. Arriving in our distant future, Taylor lands his plane to find a planet ruled by Bigfoots.

The Bermuda Triangle has mystified humanity ever since the disappearance of the now legendary Flight 19. But now a scientist has finally pulled back the curtain on the truth behind the Triangle.

Well, the truth hasn't shocked many people at all – and that's because scientist Karl Kruszelnicki has found real empirical evidence. In our opening scenario, we told the story as most conspiracy theorists tell it – and yet there are very many glaring errors even before we get to the aliens, fire crystals, and time vortexes.

The weather, for example, was not crystal clear. There was moderate cloud cover that impaired the pilot's sight at times. The waves below were about fifteen meters high, hardly a pleasant afternoon flight, especially for inexperienced men on one of their first flights. Commander Taylor was known to be a heavy drinker and had in fact shown up that day with a hangover. Also, he had a prior history of getting lost and having to land his plane in water.

The evidence shows that he was clearly not the best navigator in the world, which perhaps explains why he drifted so far off course. And there was, of course, only one recorded malfunctioning compass. Taylor's pilots had, in fact, repeatedly radioed that they had accidentally flown south-east, not south-west as Taylor had believed. One of his pilots is even thought to have broken formation and headed west, albeit too late to save himself as his plane ran out of fuel. Mystery solved – Taylor's action led to his men being killed due to an error in judgment, and certainly didn't need the help of extinct Atlanteans or space aliens to do so. Since the mid-1970s, Lloyds of London, a maritime insurer who has insured ships heading out to sea since the 17th century, has been attempting to convince people that there is nothing weird about the Bermuda Triangle. Every time one of their insured ships goes down in an accident or bad weather, they lose a significant amount of money – thus Lloyds of London keeps one of the world's most detailed records of all maritime accidents all around the globe.

The area known as the Bermuda Triangle is a very heavily trafficked sea lane. Any ship wishing to dock at the southern US's largest ports, such as Mobile, Alabama, must cross through the Triangle on its way to America from Europe, Africa, or even Asia. And the truth is: no matter how advanced our modern technology is, around two dozen large ships are lost every year, completely vanishing along with their crews. The ocean is still a wild and very dangerous place, and occasionally it likes to remind us of that fact. What is more, the Bermuda Triangle is a very large area of just under four million square kilometers.

After analyzing its records, Lloyds of London was able to prove to the public that this part of the world suffers shipping accidents and losses at nearly the same rate as anywhere else on the planet. In fact, they've been trying to tell the world at large about this since 1974 – and in completely predictable fashion, most people continue to believe it is fake news.

Unit 1

4 g What is / was the Windrush scandal?

Track 3

Presenter: The children who came to the UK as part of the Windrush Generation are now pensioners, people like Michael Braithwaite who left Barbados when he was nine. He was told he was living illegally in Britain after reapplying for his job in a school, a job which he then lost because he couldn't show the right paperwork.

Michael Braithwaite: Do I belong where I am? Even though I've been here all this time, to be put in this position has made me feel like I'm an alien basically or I had no status!

Presenter: Another person who has suffered is Hubert Leslie. He came from Jamaica on his mum's passport and found himself out of work as a maintenance man because the Home Office had declared him an illegal immigrant.

Hubert Leslie: I feel like an alien in this country. I love it above words and I've lived in this country for a long time and then the Home Office comes and looks at me ... they tell me I've got no status in this country and I've worked and I've paid my taxes ...

Presenter: It's really important to know that the Windrush Generation have been living here legally. Tougher immigration rules were brought in by Theresa May in her time as Home Secretary, when, in her words, "a hostile environment was created to expel illegal immigrants". The problem is that a lot of the Windrush Generation never applied for a British passport when they arrived here because, back then, the children would have travelled on their parents' passports when they came to this country. When their parents or grandparents passed away, they were then left with no ID of their own.

Anthony Brian came to the UK from Jamaica with his family in 1965, at the age of seven. He arrived on his brother's passport. When he recently tried to apply for his own British passport to visit his mum in Jamaica, he had no proof of ID. So the immigration police came knocking.

Anthony Brian: They said I'm illegal, they wanted to remove me, they had a plane ticket for me. And I phoned my misses and said: they tell me that they have got plane ticket for me and they are moving me out of the country.

Presenter: Antony is actually one of the lucky ones. He recently found out that he's allowed to stay in the country. When immigration rules changed in the 1970s, anyone from the Windrush Generation living in the UK was automatically given indefinite leave to remain, but infuriatingly the Home Office didn't keep a record of those people, and is estimated more than 50,000 may not have registered their right to live here. In order to prove they were living legally in the UK, they were asked to provide at least one document such as a pay slip, medical record, bank statement for every year that they'd been in the country. That could mean finding a doctor's note from 40, 50 years ago. I mean, would you be able to find one from three years ago, let alone one from half a century ago?

Other woman: These individuals, having been here from childhood, had no sense in their minds that they were not British, and that is really the tragedy of it.

Presenter: So what has been decided? A U-turn was made after Theresa May was urged by at least 140 MPs across Parliament to change her policy. More than 130,000 people signed a petition asking the government to give the Windrush Generation amnesty.

Unit 1

6 b Will English always be a global language?

Track 4

Who would have predicted a thousand years ago that Latin would no longer be in practical use in a thousand years' time? I mean, obviously Latin is still used in certain circumstances, but one would have to have had an extraordinary education to be fluent in Latin. If you'd said that a thousand years ago, people would have thought you were mad!

So, in a thousand years' time, will English still be the global language? We could all be speaking Martian by then if they land and take over. Who knows what's going to happen? To ask about the future of languages is really to ask about the future of society. And futurologists are just as unclear about what will happen as I am about language because language, you see, is global for one reason only, and that is the power of the people who speak it.

Power always drives language. There is no other reason to speak somebody else's language other than you want to improve the quality of your life or you want to influence others in some way or whatever it might be. I mean, the tradition in English of course. English became global for a variety of reasons: first of all, as a

consequence of the power of the British Empire, later due to American imperialism. In the 17th century, the power of the Industrial Revolution was a factor, as it meant that the language of science and technology became predominantly English. In the 19th century, it was the power of money. “Money talks”, and the two most financially mighty nations of the world were Britain and America – both of whom used English. The language of international banking became the pound and the dollar – English once again – and then in the 20th century cultural power, as you all know, because every aspect of culture you’ve encountered has some sort of history in the English language, like pop songs for example, international advertising, air traffic control, the development of radio and television, the development of the internet. The internet was 100 percent an English-language medium when it started, though today only a fraction of the internet is English.

It doesn’t take a rocket scientist to think of scenarios where, for whatever reason, American power diminishes, the power of some other nations grows and you get other parts of the world becoming more dominant and you know people say, “what about Chinese?” Well, one day, maybe. At the moment, there’s no sign of China wanting Chinese to be a global language because they’re all learning English in China for the most part.

But you could imagine a scenario where it was the other way around. You might want to imagine a scenario in which Spanish ... Spanish is the fastest-growing language in the world at the moment – population-wise. Because of South America and Central America. And, increasingly in North America, Spanish is becoming very widely used. You can imagine a scenario where, one day, we might all end up speaking Spanish. In another scenario you can imagine one day we might all end up speaking Arabic. For reasons that are perfectly obvious to anyone who looks at the world.

So all of these things could happen. At the moment there’s no sign that the dominance of English will be diminished in any way. The desire to learn English, the figures of learners are going up and up and up every year. At the moment, over 2 billion people speak English. There’s never been so many people speaking one language before and there’s no sign of any slackening off in that trend. So the long-term future: I have no idea. The short-term future: there will be no change.

Unit 1

6 e Many meanings to a word

Track 5

Quizmaster: Here we go again, Thursday, 4 pm and it’s word battle time again for our lunchtime hosts, the crazy, laughing duo, Melissa and Jack to see who can come up with more meanings for a word – real, actual meanings that is! So, are you ready Melissa?

Melissa: Yes, I am, and remember this time, Jack, only meanings of the actual word are allowed, no suffixes or prefixes or phrasal verbs ...

Jack: Alright, alright, let’s see what word we have got today in the envelope ... the word for today is: jerk.

Melissa: What?! Jerk as in you know the swear word?

Jack: Well, yes it says on here that, today, we are going to talk about the word jerk, as in J-E-R-K, jerk.

Melissa: Okay then, obviously my first association is jerk as in the offensive meaning, you know, idiot.

Jack: Let’s start there then, although I do wonder why that is the *first* thing you think of, because I’m sure everyone else ...

Melissa: No, no! *That* would be a phrasal verb. So, – not allowed!

Jack: Ah, yes, okay, okay, no phrasal verbs – not allowed, got it. But, you know, I wouldn’t actually say jerk is a synonym for idiot.

Melissa: Wouldn’t you?

Jack: No, I think jerk is actually worse, because an idiot is someone who ...

Melissa: You mean you would call someone idiot if that person ...

Jack: Jeez, yes, alright! I would call a person an idiot if they did something stupid, not necessarily bad, but stupid or dumb *and* I think the meaning there is that they don’t know any better.

Melissa: Oh yeah, that’s true, because basically they are dumb idiots.

Jack: Yeah, whereas a jerk to me is someone who is well aware of what they are doing.

Melissa: ... but nonetheless they are doing something dumb or even mean, might even be doing it on purpose.

Jack: Yeah, and I think jerk is a swear word usually aimed only at men.

Melissa: Absolutely, I don't think I'd ever call a woman a jerk ... and can't really think of a female equivalent to jerk.

Jack: Nah, me neither ... and it's a pretty strong one!

Melissa: Oh yeah, it's more than unkind, it's really well ... it's a low blow.

Jack: So that was your first association, but I, in my mind, was sitting on a bumpy plane when I read the word.

Melissa: Oh, you mean like a sudden movement that's really violent?

Jack: Well, yeah and no, sudden movement I'd agree with, but I don't think of it as violent, but you know just a sudden and short movement, so like when you're on a plane and you're going through turbulence and you just, ever so briefly, have that feeling of being pushed into your seat or like you're flying out of your seat.

Melissa: So, you wouldn't think of a jerk as being a strong and, well, violent in the meaning of strong and uncomfortable?

Jack: No, not necessarily, I guess it could be, but doesn't need to be.

Melissa: Alright then, but of course with that meaning there's also the verb that obviously goes with it. You know as in, I don't know, "the bus jerked to a halt in order to avoid hitting the bird".

Jack: Oh, the poor little bird.

Melissa: Oh, stop it!

Jack: Sorry, no, you are right, there's the verb that goes with the same meaning. But I don't think I'd really use it, to be honest.

Melissa: Me neither, but you do read it a lot.

Jack: You do? I don't.

Melissa: Well, I think a classic would be when like assembling or disassembling some mechanical things like a Hoover or a tent ... and you'd have to pull or twist something with a jerk and I actually think I remember reading the term a lot when I was doing my Engineering degree, because like in cars and stuff you try to reduce any jerk-like movements, so I don't think it's that rare.

Jack: Hm, still I don't come across it much.

Melissa: You know there is actually another meaning to the verb "to jerk"?

Jack: Really, what?

Melissa: You know that effect when you take a little hammer to your knee and you have to ...

Jack: Oh, yes that reflex, true that is another movement you call a jerk.

Melissa: True, but what I meant is that that too is "to jerk".

Jack: Come to think of it, you're right, I believe I've also heard that in contexts like the movement you see when someone is having a seizure, like when they suffer from epilepsy.

Melissa: Yeah, I guess you could use it there as well, it can describe spastic movements, so any motion that is made when muscles move really quickly and with little or no control at all, which could ever be life-threatening.

Jack: Like in when you have the jerks, which is what my granny called her restless leg syndrome?

Melissa: Oh, bless her, that must be so annoying.

Jack: It was, but at least it's not medically dangerous ... I have one more that is connected to ... weight. Can you guess?

Melissa: Weight? As in kilograms?

Jack: Yes.

Melissa: Umm ... some kind of antique measurement? Like stones?!

Jack: Sorry, you'll need to think a bit out of the box, it's another motion which is done by a person.

Melissa: Umm ... no idea, shoot!

Jack: Weightlifting ... No? ... Okay, it's the move when the weight is lifted from shoulder height over the head ending in stretched-out arms, that's the fast motion that is called a jerk.

Melissa: Umm, okay, alright then. Not a word I have ever needed, nor do I think I'll ever need it.

Jack: Fair enough. Unless you marry a weight-lifting enthusiast, that is.

Melissa: (*laughs*) I've got one more. It's food-related.

Jack: Oh my, of course jerk as in jerk chicken!

Melissa: Yes, delicious spicy eaten with rice and peas.

Jack: Oh yum, you're making me hungry ... umm ... I can't think of any more, can you?

Melissa: No, I don't have any meanings in my head. So, have we been keeping score, or have we missed anything?

Quizmaster: Well done, you two. There is only one meaning that you have missed, and that's a jerk who is a young person, usually a man, who has worked in a drugstore, or later on a diner, and made delicious chocolate, cherry and vanilla ice cream sodas, though it has to be said in all honesty that this meaning has pretty much died out, just as soda shops have died out. Apparently, it was a normal term in 1930s America. As for the scores: We have two meanings that came from Jack, but four from Melissa, so it's another win for her!

Jack: Well, congratulations.

Melissa: Oh, thank you, thank you.

Unit 1

7 c What you might not know about Bermuda

Track 6

This is an embarrassing thing to reveal, but I honestly had no idea that Bermuda was so easy to get to from the East Coast of the US. I guess I'm used to the Caribbean islands being a place that takes at least a couple of transfers to reach, almost always through the chaos that is Miami International Airport. Getting to Bermuda, though, was easy. It took less than two hours and was actually an enjoyable experience. I don't know why more people don't take advantage of its proximity; the distance makes it the perfect long-weekend getaway destination, and it's guaranteed that I'll do that far more often in the future. Even if you don't live on the East Coast, Bermuda is not a difficult destination to reach.

What little I did know about Bermuda had almost nothing to do with its rich history. The British have had a Navy base there since the 17th century and the town of St. George's, a UNESCO World Heritage Site, was founded in 1612. It has a lot in common with American colonial towns, and it felt like I was walking through certain villages in Virginia when I first meandered around the beautiful town. When you visit Bermuda for the first time, be sure to leave the pink sand beaches for at least a day and explore the colonial history of Bermuda on foot.

Even though people usually refer just to Bermuda in English as opposed to other languages using the plural, the country is actually made up of 181 islands, some large and some mere spits of land in the ocean. One of the best ways to see these islands first hand is through a half-day cruise. Boats can be hired at the docks in Hamilton and the excursion takes you around many of the beautiful islands that make up Bermuda. If you're hoping to rent a car though to explore, you're out of luck. Bermudan law can be a little fussy, including the one that bars anyone from driving a car without a Bermudan driver's license. Of course, you have to be a resident in order to obtain a license, which is why there are no rental car companies on the island. There's also a very practical reason for the ban: the island is just too small to accommodate thousands of tourists on the road. To get around this ban, many visitors rent mopeds or scooters to get to explore the island.

Some islands fall prey to being little more than a cruise ship destination. There's nothing wrong with that, well maybe there is, but there are certain places that are unpleasant to visit unless you're there just for a few hours. Bermuda definitely caters to the cruise visitors, there's no doubt about that. The touristy part of the island is centred around the Royal Navy Dockyard, adjacent to the cruise port. There you'll find pricey restaurants and plenty of shops featuring "authentic" souvenirs. But just a few miles away you can find quiet cafes where only the locals go and true artisans who produce their wares for anyone smart enough to wander by. And that's one of my favourite things about Bermuda. It's secure in its place in the world and the people are fiercely proud of living there. As well they should be. It has a rich history, a colourful present and beautiful landscapes that will bring you to tears. It really is one of the best island getaways anywhere in the world.

Unit 2

2 b Going shopping / 3 i Shopping conversations

Track 7

Shop assistant: Hello, can I help you with anything today?

Customer: No thanks, I'm just browsing at the moment.

Shop assistant: Ok, sure, just let me know if you need anything.

Customer: Hold on a second, umm, do you have this coat in a different color?

Shop assistant: I'm sorry. We only have the colors you can see on the shelves.

Customer: That's too bad. Well, maybe I'll try this one on. Oh, it has a stain over here, do you have another one in the same size?

Shop assistant: I'll have a look in the storeroom for you.

Customer: Thanks. I'll keep looking around in the meantime.

Shop assistant: I'm afraid I have bad news. We're out of stock at the moment. Do you want me to order it for you? It should be here by Monday.

Customer: Yes, that would be great, but I really need it by Monday because I'm going on vacation on Tuesday and I definitely need a coat. Are you sure that it will be here on time?

Shop assistant: Yes, absolutely. I can guarantee that it will be here by Monday in the early afternoon. Is there anything else I can help you with?

Customer: Maybe, I like those T-shirts over there.

Shop assistant: Would you like to try them on?

Customer: I'm not sure. I don't know if this color suits me at all.

Shop assistant: I think it would look really good on you.

Customer: Hm, I don't know. I think I prefer the dark blue one, actually. That would go better with the outfits I usually wear.

Shop assistant: Yes, that's right. Navy blue is much more versatile.

Customer: That's a good point. Listen, while I'm here, I might as well pick up another pair of jeans as well.

Shop assistant: Sure, do you want my help with them?

Customer: Yes, actually, some help would be great!

Shop assistant: So, which style are you looking for? Do you want a more relaxed and looser fit around the ankles, a straight cut or a snug fit at the ankle?

Customer: I really hate those skinny jeans, that cut is only flattering to about ten percent of all the people who wear them.

Shop assistant: I see where you're coming from; but I'm sure they would look good on you. But the choice is up to you. Do you want me to show you what we have on offer at the moment?

Customer: I guess so.

Shop assistant: Ok, so in our discounted section, we currently have skinny and bootcut jeans on sale. If you want to pay full price, we also carry all other types of cuts.

Customer: Can I see some of the bootcut jeans, please?

Shop assistant: Certainly, let me get them for you.

Customer: You know what? I've changed my mind. I really don't need another pair of jeans. I'll just take the T-shirt and the coat once it arrives.

Shop assistant: I'm afraid that's not possible. The coat you want is discounted as well, so I can only order it for you if you pay for it upfront.

Customer: Fine. Then can I pay by credit card?

Shop assistant: I'm very sorry but our machine's broken. We only accept cash at the moment.

Customer: You're kidding me, right? What kind of scam is this?

Shop assistant: It's no scam. We even put a sign right next to door.

Customer: Do you mean the sign that's partially hidden behind that clothing rack? Who on Earth can see that?

Shop assistant: I would imagine that everyone with eyes can see it. It is not my fault that you didn't read it when you entered our store.

Customer: With the dim lighting and the models, who would look for a sign there?

Shop assistant: Well, that's not my fault. If you don't have the cash on you, there's an ATM right across from our store. You can get your money there.

Customer: No, I have it. I really hope for your sake that the coat will be here by Monday.

Shop assistant: It will. Keep the receipt, you'll need it when you pick up your coat.

Customer: I will.

Shop assistant: And thank you for shopping at our store today. Have a nice day.

Unit 2

5 a I don't like it, where can I return it?

Track 8

Hi. My name is Aparna. I am a shopaholic – and I'm addicted to online returns.

Well, at least I was. At one time, I had two or three packages of clothing delivered to me every other day. I would intentionally buy the same item in a couple different sizes and many colors because I did not know what I really wanted. So, I overordered, I tried things on, and then I sent what didn't fit back. Once my daughter was watching me return some of those packages, and she said, "Mom, I think you have a problem." I didn't think so. I mean, it's free shipping and free returns, right?

I didn't even think twice about it, until I heard a statistic at work that shocked me. You see, I'm a global solutions director, and we were in a meeting with one of my largest customers. One of their biggest concerns was managing returns. Every holiday season, they have 7.5 million pieces of clothing returned to them.

I could not stop thinking about it. What happens to all these returned clothes? So I came home and researched. And I learned that every year, four billion pounds of returned clothing end up in the landfill. That's as if every resident in the US did a load of laundry last night and decided to throw it in the trash today.

I was horrified. I'm like, "Of all people, I should be able to help prevent this." My job is to find solutions to logistical issues like these – not create them. And then I started to wonder: how did we get here? I mean, it was only like six years ago when a study recommended that offering free online returns would drive customers to spend more. We started seeing companies offering free online returns to drive more sales and provide a better experience. But what we didn't realize is that this would lead to more items being returned as well. Retailers are scrambling to recover their losses. They try to place that returned item online to be sold again, or they'll sell it to a discount partner or a liquidator. Basically, if companies cannot find a place for this item quickly and economically it finds its way into the trash.

Suddenly, I felt very guilty for being that kind of shopper, somebody who contributes to this. Who would have thought my supposedly innocent shopping behavior would be hurting not only me, but our planet as well?

And I thought about what to do, I kept thinking: why does the item have to be returned to the retailer in the first place? What if there was another way, a win-win for everyone? What if, when a person is trying to return something, it could go to the next shopper who wants it, and not the retailer? What if, instead of a return, they could do what I call a "green turn"? Consumers could use an app to take pictures of the item and verify the condition while returning it. Artificial intelligence systems could then sort these clothes by condition – mint condition or slightly used – and direct it to the next appropriate person. Mint-condition clothes could automatically go to the next buyer, while slightly used clothes could be marked down and offered online again. All that the consumer would need to do is obtain a mobile code, take it to the nearest shipping place to be packed and shipped, and off it would go from one buyer to the next, not the landfill.

Now you might ask, "Would people really go through all this trouble?" I think they would if they had incentives, like loyalty points or cash back. Let's call it "green cash." There would be a whole new opportunity to make money from this new customer base looking to buy these returns.

This is doable and would probably take six months to run a pilot. Even before any of these logistical systems are in place, each of us shoppers can act now, if every single adult in the US made a few small changes to our shopping behavior. Take the extra time to research and think – "Do I really need this item? No: Do I really want this item?" – before making a purchase. And if every adult in the US returned five less items this year, we would keep 240 million pounds of clothes out of the landfill. Six percent reduction, just like that. This environmental problem that we have created is not thousands of years away; it's happening today and must stop now to prevent growing landfills across the globe.

So I have not only stopped overordering, I recycle religiously as well. And you can, too. It's not difficult. Before we fill our shopping carts and our landfills with extra items that we don't want, let's pause next time we are shopping online and think twice about what we all hopefully really do want: a beautiful Earth to call home.

Unit 3

3 a Fighting against plastic bags

Track 9

Michel Martin, host: We've talked a lot on this program about plastic in the oceans. China is the biggest culprit when it comes to marine plastic, but Indonesia comes second. Two young women on Bali are on a mission to change that, beginning with plastic bags. Michael Sullivan has this report.

Michael Sullivan, byline: How young are they? Young enough that one of them couldn't make our weekday interview.

Melati Wijsen: She's at school.

Sullivan: That's 18-year-old Melati Wijsen talking about her *Bye Bye Plastic Bags* co-founder and 16-year-old sister, Isabel.

Wijsen: She's just halfway through grade 11, and she's focusing more on graduating high school.

Sullivan: The two sisters started *Bye Bye Plastic Bags* when they were just 12 and 10 years old after a lesson at school about influential world leaders and change makers, including Nelson Mandela, Martin Luther King and Mahatma Gandhi.

Wijsen: My sister and I went home that day thinking, well, what can we do as kids living on the island of Bali? See, we didn't want to wait until we were older to start making a difference. It wasn't even a question, really. It was more like, what can we do as kids right now?

Sullivan: The answer was right in front of them – literally, on the beach in front of their house.

Wijsen: You know, it got to the point where at weekends, when we would go to our childhood beach – if we went swimming, there was always a plastic bag that would wrap around your arm. Or running through the rice field, and you're seeing farmers plant on top of plastic. And you just say, enough is enough.

Sullivan: A quick online search, she says, revealed that 40 countries in the world have already banned or put a tax on plastic bags.

Wijsen: We thought, well, if they can do it, come on Bali, come on Indonesia. We can also do it. And so, without a business plan, a strategy or a budget, like my mother will tell you, we went forward with the pure passion and intention to make our island home plastic bag-free.

Sullivan: They got some friends together, got online to start a petition and got over 6,000 signatures in less than a day, she says. They have never looked back, spreading awareness through school and community workshops and beach clean-up campaigns, drawing international attention and that of local politicians, too.

Wijsen: I think one of the biggest tools that pushed us forward was our decision to go on a food strike, which is one of our idol's tools of – how, you know, Mahatma Gandhi, he also had peaceful ways of reaching his goals of getting attention. So that was a huge inspiration for us. And we ... within 24 hours, we had a phone call, and then the next day, we were picked up from school and escorted to the office of the governor.

Sullivan: He signed a memorandum of understanding with the sisters to work together toward eliminating plastic and later announced the goal of making Bali plastic bag-free by 2018. That didn't happen. But Wijsen says dealing with politicians in general has taught her some things.

Wijsen: I always say it feels like dancing with the politician. It's, like, three steps forward, two steps back and again and again. And it's almost like the cha-cha. But I learned a lot of different things.

Sullivan: The sisters have given a TED Talk, been invited to the UN in New York and spoke at last year's IMF World Bank meeting in Bali. And last month, the new governor announced a law banning single-use plastic on the island, thanks in part to the sister's efforts and those of other like-minded NGOs. Melati Wijsen was thrilled by the news, but says there's still lots to be done, spreading the no plastic gospel not just in Bali or Indonesia, but across the globe.

Wijsen: So we're actually now in 28 locations around the world, and it's all led by young people – kids in middle school, high school or university.

Sullivan: And that, she says, might be the best part about the journey so far.

Wijsen: Because this is, you know, where we – we literally prove that kids can do things, and *Bye Bye Plastic Bags* has become this platform where kids can feel like their voices are being heard. For us, everything is

happening in our lifetime, right? So we have to be the ones to start working towards the future and the world that we want to be part of.

Sullivan: For NPR News, I'm Michael Sullivan in Denpasar, Bali.

Unit 3

3 e Why tap water is the better option

Track 10

Americans spend 11 billion dollars a year on bottled water. Making the plastic for all those bottles burns up something like a million barrels of oil. And nine out of ten plastic bottles are not recycled; they end up piling up in the trash. What's weird is that we're lucky enough to live in a country where water from the tap is usually cheap and clean. In fact, the government tests public water supplies much more often than it checks bottling plants. So a plastic bottle of water might be convenient, but environmentalists say it doesn't make a lot of sense.

Unit 4

6 d "This is all wrong" – campaigning for a greener future

Track 11

My message is that we'll be watching you.

This is all wrong. I shouldn't be up here. I should be back in school on the other side of the ocean. Yet you all come to us young people for hope. How dare you?

You have stolen my dreams and my childhood with your empty words. And yet I'm one of the lucky ones. People are suffering. People are dying. Entire ecosystems are collapsing. We are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth. How dare you? For more than 30 years, the science has been crystal clear. How dare you continue to look away and come here saying that you're doing enough, when the politics and solutions needed are still nowhere in sight?

You say you hear us and that you understand the urgency. But no matter how sad and angry I am, you do not want to believe that. Because if you really understood the situation and still kept on failing to act, then you would be evil. And that I refuse to believe.

The popular idea of cutting our emissions in half in 10 years only gives us a 50% chance of staying below 1.5 degrees, and the risk of setting off irreversible chain reactions beyond human control.

50% may be acceptable to you. But those numbers do not include tipping points, most feedback loops, additional warming hidden by toxic air pollution or the aspects of equity and climate justice. They also rely on my generation sucking hundreds of billions of tons of your CO₂ out of the air with technologies that barely exist.

So a 50% risk is simply not acceptable to us – we who have to live with the consequences.

To have a 67% chance of staying below a 1.5 degrees global temperature rise – the best odds given by the IPCC – the world had 420 gigatons of CO₂ left to emit back on January 1st, 2018. Today that figure is already down to less than 350 gigatons.

How dare you pretend that this can be solved with just "business as usual" and some technical solutions? With today's emissions levels, that remaining CO₂ budget will be entirely gone within less than 8 ½ years.

There will not be any solutions or plans presented in line with these figures here today, because these numbers are too uncomfortable. And you are still not mature enough to tell it like it is.

You are failing us. But the young people are starting to understand your betrayal. The eyes of all future generations are upon you. And if you choose to fail us, I say: we will never forgive you.

We will not let you get away with this. Right here, right now is where we draw the line. The world is waking up. And change is coming, whether you like it or not.

Thank you.

Unit 4

4 d Digging deeper into London's past

Track 12

On a cold morning, Lara Maiklem swings open a metal gate tucked behind a pub in Rotherhithe, southeast London, and scrambles down a set of slick stone steps onto the banks of the River Thames. From here, the hustle of London seems a world away, with gulls cruising between the barges and the old warehouses

turned luxury apartments that stand on the north side of the river, a sign of the ever-changing city. The Shard – London’s tallest and one of its most recognizable skyscrapers – juts in the distance, reflecting the morning light from its thousands of glass windows. “It’s just a way of escaping from all this chaos,” Lara said, gesturing to the skyline. “This is what London is about for me.”

Lara is a mudlark. The name – mudlark – was first given to the Victorian-era poor who searched the river shore for items to sell: copper scraps, rope and other valuables. From coins from London’s Roman past to hints of the Mayflower’s fate, mudlarks discover the story of a constantly changing London, but only at low tide. More recently the label has stuck to London’s hobbyists, history buffs and treasure hunters who scour the river edge searching for objects from the city’s past.

Mudlarks are often driven by social media communities where enthusiasts share their finds, and tour groups that offer a trudge through the shards of history’s castoffs. Mudlarking’s popularity has grown steadily in recent years. Stuart Wyatt, an officer based at the Museum of London who assesses the artifacts, said there was a “huge rise in numbers” of mudlarks in recent years. “I now have months where I see only new finders,” he said by email.

The river runs through the city west to east, bisecting London as it winds past the new skyscrapers and old docks that line its banks.

But twice a day, the low tide pulls the flowing edges of the Thames back dropping the river level by 20 feet in some areas and revealing centuries of forgotten London life in the fragments that poke out from the newly exposed land, known as the foreshore.

This is when the mudlarks, like Lara, come out.

“What you are looking for are straight lines and perfect circles,” she says, her eyes scanning the surface of the mud for man-made artifacts. “They sort of stand out from the natural shapes.”

Within minutes she has spotted fragments of a 17th-century jug, the half-face of a bearded man visible in the clay.

Dr Fiona Haughey, a London archaeologist and specialist in prehistory, who has worked on the Thames since the 1990s, says that although some mudlarks are looking for valuables, for her and many others, it’s about what an object can tell us about its owner rather than what value it has. Most mudlarks are looking for everyday objects of a bygone Britain. It’s the connection with the different aspects of lives of Londoners before them, revealed by the tides of the river at the heart of the metropolis, that unites the enthusiasts.

The Port of London Authority, which owns the Thames waterway along with the Crown Estate (i.e. Queen Elizabeth II), began to regulate exploration along the shore in 2016, requiring anyone searching the banks to have a foreshore permit.

These permits of which about 1,500 were issued this year, allow people to explore the terrain, and scrape or dig into the mud up to a depth of 7.5 centimetres, around three inches. A specialized permit allows deeper digging to a depth of 1.2 meters, or 3 feet and 11 inches. But those permits are available only to members of the exclusive Society of Thames Mudlarks – a group of only around 50 members – who have already held a standard permit and reported their findings to the Museum of London for two years.

Mudlarks are advised to report objects that could be of archaeological interest to the British Museum. Britain legally obliges anyone who unearths “treasure” – for example single finds of gold and silver over 300 years old, and hoards of coins and prehistoric metalwork – to inform the government. If you fail to report a discovery, a prison sentence may be the consequence.

Every tide reveals some of the city’s varied history and there are more significant finds from time to time: Roman coins, medieval badges worn by religious pilgrims, an elaborate 17th-century watch. The Thames, for the very reason people began settling in the city over 2,000 years ago, is one of the best preservers of London’s history. The river has been used many ways over the millenniums — as a highway, a source of food and, most important to mudlarks, as a dump.

In the centre of London, where the heart of the Roman city stood, many of the finds are Roman or medieval. Farther west, evidence of prehistoric settlements have been found. In the area where Ms. Maiklem is exploring, finds from the 16th and 17th centuries are the norm.

Lara, who has spent more than 15 years exploring the river's banks, takes only the most unusual items home with her. She has already discovered a George III coin dating from 1777, pieces of clay tobacco pipes from the 16th and 17th centuries, the leather sole of a hand-stitched shoe, preserved by the anaerobic mud. She sees her discoveries as part of a shared history and uses social media to reveal her finds. She has more than 100,000 people following her. Although she recently moved out of the city, she still makes the journey to the Thames weekly, driven by the thrill of discovery.

Unit 4

6 b Childhood in the past

Track 13

Childhood in the Middle Ages

From a young age, children who grew up in the Middle Ages were expected to help out at home with various tasks depending on their age and development. They would look after animals and siblings, fetch and carry, cook, and even help out in the family business. Children back then were involved in all aspects of family life. As now, children were susceptible to accidents in the home, drowning or being hurt by animals as they played and explored.

Both parents and teachers were allowed to beat children to correct their behaviour. Noble boys were often fostered in other households. Boys as young as seven began training for knighthood with wooden swords, bows, and small horses or ponies, learning by doing, and by watching the knights with whom they lived. They also learned to read, and sometimes write, in both their native tongues and in Latin.

Girls were taught from girlhood how to run a household. This meant understanding everything from budgeting, to making clothes by hand, to throwing a feast for hundreds.

Despite possible accidents or cruel masters, household chores, and a time away from home, childhood in the Middle Ages was not grim all the time. Children played ball games and sports, as well as what we'd now call board games like backgammon and chess.

They say it takes a village to raise a child, and the medieval community was committed to caring for its children, with the church, local lords, or godparents stepping in to help out when needed, and to care for orphans. Even with all this care and support, just as now, not every child had an idyllic upbringing. Still, just as now, medieval childhood was full of fun and games, learning and exploring, trial and error, tears and laughter.

A Victorian childhood

While the wealthy children had a much better life than the poor children, they also had what would seem to be a sad, often boring, existence, lacking in affection and praise. Wealthy Victorian children rarely communicated with their parents, except during a specified time each day.

Parents would hire a nanny to do most of the child rearing and instruct her what they wanted to have taught to their children such as good manners, education, how to dress, whatever was proper and what was not, and so on. The nanny was in fact a substitute parent. A nanny in Victorian times would hardly ever be a cheerful loving young lady. Much of the time they were intolerant, strict and sometimes plain mean. Yet there were some nannies who were kind and caring and supplied the only love a child would experience. They would do the extra things to brighten a child's life, such as playing games with them or preparing special meals on their birthday.

Poor children didn't have the extravagant toys, clothes or fine foods that the rich ones had. They lived in much smaller houses or even shifting single rooms. Without the presence of a nanny the parents raised the children and were the guiding force in their lives. This did not always provide for a more loving atmosphere, though. A large proportion of poor Victorian children had to work to help support their families.

Working conditions were dreadful. Children working in factories worked long hours, 14 to 18 hours a day on average, and safety was not a major concern. Children's small size made them ideal for crawling into tight spaces in, around or under machines, sometimes even while the machines were still running, since it would hinder production if a machine were turned off.

Kids were expected to work in filthy conditions. 5- to 9-year-old chimney sweeps would often be covered from head to toe with soot, their arms and knees bleeding, only to be washed off with salt water and sent up another chimney. They really had no choice in the matter. As they were considered cheap labour, Victorian children were in high demand for jobs including factory work, farming, textile mills, and, sadly, prostitution. As you may have already noticed, many parents thought of children as a source of additional income, and having several working children who raised the income of the home. Many parents had 10 or 12 or even more children for this reason alone.

Even street children in Victorian times were found in abundance living in alleys or side streets. Many were orphans or from neglectful, alcoholic families where abuse was nothing out of the ordinary. Faced with the choice of living in these conditions or living on the street, some children chose the street. Many of these children fell prey to prostitution and thieving to support themselves.

One child's experience of the Blitz

My name is Jim. I was born in January 1934, one of a family of 13 children all born between 1923 and 1945. At my infant school in Tottenham, north London, one morning at assembly, our headmaster Mr Crabb informed us that London might become a target for the Luftwaffe, the German air-force. However, everything remained comparatively quiet for the next few weeks.

Then, one day, we were all sitting at our desks in the classroom, the air raid warning siren began to wail. We had heard it before, when practising in the event of an air raid. Yet this was for real.

After approximately half an hour, we heard the sound of the "all clear". We had been lucky. Nevertheless, that raid had made me feel really frightened.

The same night we were all indoors listening to a speech by Adolf Hitler, who they called the Fuehrer, on the radio when the air raid warning sounded anew and we heard the dreaded drone of the German planes again. It was now about 10 pm and we all hurried out into the back garden into an air raid shelter made of corrugated iron. Everybody had had them delivered months before, but we never really expected to have to use them. I will never forget the noise of those German planes and the deafening whistle as the bombs screamed earthwards, followed by massive explosions in the distance.

This night raid was extremely frightening for me because I hated the dark, and we could not have any form of light on for safety reasons. It was pitch black, cold and wet in our shelter.

Then all of a sudden there was a massive explosion which sounded very near. The sky lit up with an orange red glow as the buildings and factories went up in flames.

Next time our parents got us down into the nearest underground station, as it was safer there. I will always remember. People of all ages, all backgrounds, all joined in singing along with a man playing a little accordion. I recall lying awake all night wondering if a bomb was going to fall and bury us all alive. That was my biggest fear down the underground. This went on night after night.

Over the following weeks, all of our family, as well as many others, were evacuated and scattered all over the country. I am glad to say we all finished up safe and sound staying with families in the countryside.

In late 1944, just before the war ended, we returned to London. A bomb had hit our area in Tottenham. As I looked around the site, I was glad we had been evacuated from the worst of the Blitz. Although our house had been severely damaged by the bomb blast, ours was a happy-end story. For, after all, imagine: we had all survived, all 15 of us.

Unit 5

2 n Whose responsibility? It's the GP and not the pulmonologist!

Track 14

Speaker 1:

I focus on the respiratory system and problems that affect it. I diagnose and treat diseases concerning the lungs and other organs that help you breathe. For some of these conditions or illnesses, like the flu or pneumonia, you might be able to get all the care you need from your regular doctor. But if your cough, shortness of breath, or other symptoms don't get better, you might need to see me.

Speaker 2:

I am a trained health professional who provides care before, during, or after a pregnancy. I give women emotional and practical support before and during labour and after the birth of their babies. I deliver babies at a hospital, but some of us support women at birthing centres or even at home.

Speaker 3:

Just like anyone else working in the field of health, I wear protective equipment like gloves, masks, and safety glasses to prevent the spread of germs or bacteria. I use modern technology and equipment like X-ray machines, lasers, drills, and other medical tools when performing procedures. I diagnose and treat problems of the gums and mouth and help people care for their teeth. People who see me regularly will find it easier to maintain a good level of dental health, which may have a direct impact on their overall well-being.

Speaker 4:

I specialize in the treatment of the cardiovascular system – which includes the heart and blood vessels. To make a diagnosis, I may order tests – such as an electrocardiogram (an EKG), blood tests or exercise stress tests and I interpret them afterwards. I may prescribe medicine, recommend lifestyle changes such as diet, exercise, reducing stress levels and managing weight. Severe conditions may make it necessary for me to implant a pacemaker or inserting a cardiac catheter.

Speaker 5:

I study and help treat people’s cognitive, emotional, and social issues. One of my main goals as a professional is to evaluate and understand my clients’ thoughts, emotions, and behaviour. I work in my private practice providing counselling, which is also known as talk therapy, but many of us work in other settings, such as schools, hospitals, community health centres, prisons, nursing homes, or rehabilitation centres. Others may also do research and conduct studies in their field.

Speaker 6:

There’s a lot of critical nerves and blood vessels that connect the brain to the rest of the body, and those all go through the head and neck. I specialise in the care and treatment of the area below the brain and above the lungs except for the eyes. I treat a wide range of conditions, including those related to hearing and hearing loss, tonsils and swallowing. I also deal with smell and taste disorders, tumours in the mouth and throat as well as cancers in the head and neck.

Speaker 7:

My medical field focuses on diseases which affect patients’ bones, muscles, joints and nerves. People often visit me in my practice to make an appointment because they’re injured or when they have a chronic condition, such as lower back pain or problems with their neck. We then discuss strategies to prevent problems from worsening. We work closely with physiotherapists, but it’s extremely important that the patients themselves cooperate and do their physical exercises on a regular basis.

Unit 5

6 b Think positively!

Track 15

The Power of Positive Thinking is one of the first books of its kind to explain how changes in your thinking can influence outcomes that you at first thought to be inevitable, which makes it a really good read. The book has sold at least five million copies following its publication and continues to be widely read.

Even if you might not find all of the author’s arguments convincing, you will nevertheless understand how self-confidence, a focus on positive outcomes, and an appreciation for the people around us are essential ingredients for a happy, healthy life.

Key Idea #1: Believe in yourself: why self-confidence leads to success.

Feelings of anxiety and inferiority are like a modern plague. Many people are overwhelmed with them rather than actively fighting to change it. If you want to change your circumstances, you have to change your thinking instead of accepting your situation. One way to do this is by visualizing the possible positive outcomes that you want for yourself, and then visualizing your problems. When you compare the two, they seem smaller and more easily solvable.

Key Idea #2: Give and take: how caring about others will make them care about you.

The desire to be appreciated is fundamental to our human nature. We are social animals who need companionship, and yet so many people seem to care only about themselves. As a consequence, many also suffer from the feeling of not being wanted or needed by others.

Think for a moment about the people you really like: do they talk about themselves all the time, or do they show an interest in you? They probably show interest in you, and you should do the same for them. When you think positively about others, show them that you care about them and what they do, who they are, etc., then they will want to be friendly with you in return.

Key Idea #3: Not alone: why you shouldn't face your problems on your own.

When you feel depressed and burdened by your problems, do you ever think: "No one in the whole world ever had the same problems as me"? While it certainly might feel that way, this kind of thinking is actually an illusion. Millions of people out there have the exact same problems.

But there is wisdom in this bit of truth. Just imagine – there are people who have overcome every conceivable difficult situation, and even when they felt hopeless, they found a way to carry on. Negative thoughts, hopelessness and isolating yourself mostly lead to unhappiness and failure. What's more, sometimes our sense of self-importance can make us feel as if we are carrying the world and all its problems on our shoulders. But if you make *every* problem your own, then you're less likely to solve any! Trying to solve everything leads to tension and a lack of concentration. Combat this stress with meditation or methods of reducing tension. In addition, you can delegate tasks and organize yourself in order to achieve better results and better health.

Key Idea #4: Attitude: why your own thoughts are the key to overcoming your problems.

Have you ever felt completely overwhelmed by all your problems? While some of them might be really severe, it's your *attitude* towards those problems that is of the ultimate importance. If you live your life with a focus on positivity and the search for inner peace, you'll have enough energy to overcome whatever is worrying you. Fears, worries, and other negative thoughts can impede the flow of your mental power, so try to discard them before they have a chance to sink into your subconscious while you are sleeping.

Key Idea #5: Don't worry, be happy: how you can overcome the destructive and unhealthy habit of worrying.

It's only natural to feel worried or insecure. However, while worrying about things like money or health is understandable, it is also unhealthy as it is the source of many physical and psychological diseases. For example, the stress from worrying can lead to higher blood pressure, lower life expectancy, or even arthritis.

Breaking the habit of worrying is surprisingly easy: simply rid your mind of oppressive, negative thoughts! If you can imagine a worry-free life, then you can live it.

Key Idea #6: Give yourself a break: why you need to make the conscious choice to be happy.

Modern life can be exhausting. In fact, many people destroy themselves emotionally and physically in their attempts to keep up with the swift tempo of modern life. As a result, sleeplessness, stress and headaches have become common for many. Today's accelerated pace of life can lead to serious emotional illnesses such as chronic fatigue and frustration.

It's therefore important that we are able to find strategies to deal with the stress and anxiety that are part of modern living. For instance, by taking the time to go out into the woods in order to relieve tension. Happy or unhappy? If unhappiness is chosen it can lead to a loop: seeing everything negatively will again produce unhappiness. Let's choose to be happy, then!

Key Idea #7: Never lose heart: why you should always try to see the positive even when facing problems.

When confronted with difficulties, how we handle these obstacles is determined by our attitude. If we believe them to be manageable, then they will be!

Rid your mind of negative thoughts, focus on the achievable! You may not find a solution on your first attempt. However, often there are even several different solutions to a given problem. With a clear mind focused on the positive, you stand a much better chance of succeeding. – Just give it a try!

Unit 6

2 g Debating globalisation

Track 16

“Globalisation” is the catch-all term for all the forces and laws and systems that make this possible. It’s the international financial systems, market demand, transportation systems, multinational corporations, communication systems. And beyond getting American blueberries for my London breakfast cereal, it has a real human impact.

Parag Khanna is the author of several books about global commerce and competition, technology and the spread of ideas. He says when we think of globalisation, we think of stuff. But it’s much more than that.

Parag Khanna: So the movement of things around the world *is* globalisation. The movement of goods, people, services, data, ideas, technologies.

Nelufar: People, ideas, technology. So the development of globalized networks does do some good in the world. But we pay for it, not just in dollars and pounds.

Parag: Globalisation has enormous costs associated with it. A lot of them are horribly negative. We get on a plane and fly so seamlessly, right? That has costs, right, to the climate, that we’re not properly internalizing when we think about how much it costs to get something or do something.

Nelufar: Measuring the toll globalisation takes on, say, the planet, versus the benefits we reap from it isn’t easy. And no one has a real equation to figure it out.

Nelufar: What are some of the greatest benefits of globalisation?

Parag: Obviously, the enrichment of human society in terms of economic growth and welfare, the spread of technology and ideas, right? Every one of these things requires globalisation. Every phone call you make to someone around the world *is* globalisation. The thing is, that a lot of people today, the first thing they think of when they make a phone call with a wireless phone is — they, they think of connectivity as something that is wireless, that’s just in the ether. It’s not. It requires that we have built this infrastructure of globalisation. Contacting any other human being in the world with one phone call, right? Those are some of the accomplishments of globalisation.

Nelufar: Khanna says there are very few parts of the world left that are totally self-sufficient. Even rural or underdeveloped areas have been influenced by globalisation.

Parag: Someone who is a migrant worker, on the other side of the planet from where they’re from, is able to reach home with a phone call, and send money back via mobile payments and remittances. All of those things happen — again — because of some form of globalisation, right? So it is about the local benefits of people having migrated, moved, globalized in some way.

Nelufar: Globalisation has benefited everyone, in every nation, when it comes to access to information, goods and technology.

Parag: If you look at the last 20 years of economic growth and integration into the world economy and a lot of the benefits — and whether it’s technologies and consumer goods, other practices that have been adopted in parts of Africa and Latin America — it’s because of globalisation, right? It’s because of their economies no longer being exploited in a colonial fashion the way they were through the mid-20th century. And so it’s really in the last 25 years, 30 years, where you can say that there are a lot of underdeveloped countries of the south, a lot of post-colonial countries, that finally get to make their own decisions about how they’re going to participate in the world.

Nelufar: The fact is, while the global north commands globalisation and gobbles up most of the benefits, the global south suffers from most of the associated problems. Sure, there is a trickledown effect — the

global south benefits from globalisation, too. But with it comes low pay, substandard working conditions and more severe weather patterns from climate change.

Nelufar: I have actually been to a garment factory in Bangladesh, and I have actually been to look at, as a journalist, what it's like for those women who are earning a wage, and I understand that they are being exploited because they're not being paid enough. They risk sexual violence. I would rather starve than have to work in those conditions. The point is, is that why that woman is then making that choice? Because it's better than what she has. It's a risk she's willing to take.

Parag: But there's good globalisation to deal with those problems as well. The good globalisation is also – and it's not just things, right? – it's also ideas. It's when NGOs go in there, and media organizations go in there, and scrutinize those horrible, exploitative practices and they shame them. And then that trickles up the supply chain to the owners – in Europe and America – of those factories. They say, “You know what? We do have to pay them more.”

Nelufar: Do you just have to be, like, “lesser of all evils” about it? Like the ends justifies the means about it when it comes to globalisation?

Parag: To me, globalisation is not an end in itself. It's just something that has been happening for many, many millennia. I'm not saying it's good or it's bad. I'm saying it's human. It's as human as controlling fire.

Unit 6

4 a Decolonising the global economy

Track 17

Laura Basu: We are connected on a planetary scale. The same process that has allowed the coronavirus pandemic to spread so far so quickly – globalisation – also means that all our resources, our infrastructure, our food, energy, clothing, our electronic devices, almost everything human-made that we see around us, contains some component that someone from somewhere else has worked on. Our economy is global. It affects not only every human but also every animal, our climate, and every aspect of our environment.

Yet most media coverage of the economy focuses on the national level, and when problems like global inequality, poverty or underdevelopment do get attention, they are often treated as the result of natural forces, or as resulting from corruption or bad governance in developing countries.

In this episode of *ourVoices*, we want to dig deeper into the structures of the global economy to understand why it is that some parts of the world have so much more wealth and power than others. We ask whether the global economic playing field is rigged in favour of rich countries at the expense of lower-income countries, and, if so, what can be done about it?

Steven Pinker: For most of human history life expectancy at birth hovered around 30 years, but today it is more than 70 years in the world as a whole, and more than 80 years in the more fortunate developed parts of the world. 200 years ago, no more than 10% of people in the world lived a life free of extreme poverty. Today, more than 90% do so. For most of human history, everyone was illiterate; today more than 80% of the world's population is literate. Fewer people are dying in wars, fewer people are starving to death, fewer people are dying of infectious diseases. Paradoxically, though, as the world gets better and better, the media coverage gets more and more negative. Of course there are problems, and many of them are horrendous. Acknowledging the world's progress is not a matter of having a sunny disposition or wearing rose-tinted glasses, or seeing the glass half full. It's paying attention to the data, it's paying attention to cold, hard, objective facts.

Laura Basu: Before the coronavirus pandemic, it was often claimed by public figures and academics, including Steven Pinker, that humanity had never had it so good, with a billion people lifted out of extreme poverty in the last 25 years, and the economic miracle of China showing that globalisation benefits everyone.

On the other hand, globalisation has recently come under growing criticism from the right, with claims that it has disadvantaged the working classes of the US and western Europe, some of the richest regions of the world, to the benefit of emerging countries where manufacturing jobs have been outsourced.

Then again, back in the 1990s and early 2000s, globalisation was under attack from the left essentially for the opposite reason. The global justice or anti-globalisation movement gained mass attention during the 1999 'Battle for Seattle' against the World Trade Organisation. The movement argued that the world economic order was stacked in favour of rich countries and corporations, allowing them to extract value from the global south while outsourcing environmental harm.

According to Oxfam's latest report, the world's 2,000 billionaires have more wealth than the poorest 4.6 billion people who make up 60 percent of the planet's population. Between 2017 and 2018, the wealth of the super-rich grew by \$ 2.5 billion per day on average, while the bottom half of the world's population saw their wealth decline by \$ 500 million a day over the same period.

It's also important to remember that the poorest people in the global south tend to be a lot poorer than the poorest in the global north. According to the World Bank, even China, which is seen as being an economic "miracle", has a per capita GDP of around \$ 9000, while in the US it's \$ 60,000. In Uganda, it is \$ 600. And inequality within developing and emerging countries has risen even more than in developed countries.

While the mainstream narrative to explain these imbalances focuses on corruption and bad governance in lower-income countries, others claim that the rules and structures of the world economy are rigged in favour of rich countries. From this perspective, it is impossible for so-called third world countries to 'catch up', because the wealth of the first world is achieved at the expense of the underdevelopment of the third world. One's gain is the other's loss.

Unit 6

7 c The language of globalisation

Track 18

A language becomes a global language because of the power of the people who speak it. It has nothing to do with the structure of a language; it has nothing to do with the grammar and the vocabulary or pronunciation or spelling that makes English an appealing language on a global level. In fact, if you think about it, English spelling would put most people off, you'd think.

It has nothing to do with the structure of language. No, it has everything to do with power. But power means different things at different times. English first became international because of political power, military power, the power of the British Empire. But it isn't just for political reasons that a language takes hold around the world. There are other factors, too.

In the 16th and 17th centuries there, we had the power of science and technology, the Industrial Revolution. English is the language of science, and began to become popular then as something like two thirds of inventors whose inventions changed society forever, spoke English as a first language.

And then in the 19th century, there was economic power: money talks and the language it was talking in the nineteenth century was English. America and Britain were in the ascendancy and between them had the money markets of the world sewn up for the most part. In the 20th century, we experienced cultural power with English being the language of the vast majority of the inventions that make modern society what it is. So it might be said that English has always been in the right place at the right time during these last four hundred years or so, and that has helped buttress the enormous global status that it currently enjoys.

Unit 7

2 c New technologies and communication

Track 19

If we were to identify the milestones a human communication that changed the way we broadcast and receive information, what would those be? Well, the revolution began with a breakthrough in human knowledge preservation and storage: the book. Next, the birth of conversational media: the telephone. Real-time communication was possible despite the huge distance that separated the people involved. The third, recorded media: image and sound, and finally the moving image. Information encoded in physical objects. And then: the newspaper, providing information on a daily basis, and later: radio and television that made it possible to broadcast image and sound. Mass media.

Now there's another revolution happening in front of our eyes: the internet, which is becoming a carrier for all the other media encoded in virtual bits, accessible anywhere by anyone on a computer, on an iPad or a mobile phone. And on the internet the consumer becomes the producer. You can share and upload your own information. The ability to communicate with others while avoiding the censorship of mainstream media has played a crucial part in revolutions in Islamic countries.

But if anyone can do anything on the web, is it safe and where's the boundary between right and wrong? Since the internet isn't controlled by anyone, people can upload vicious content full of insults, racism and offensive material. They can do whatever they like. In 2010, the internet contained one zettabyte of information. Imagine 90 stacks of books from the ground all the way up to the sun. That is an abundance of data. Perhaps then you might get an idea of it. How much of that is just junk and which materials have educational value?

The web changes the way we learn. It's not about erudition and wisdom, it's about providing a resource and accessing information on the spot. Amongst the trash we can find the world's largest encyclopedia, taking advantage of the internet's collective intelligence.

People can gather online and create communities. They can collaborate to help a region that has just suffered from a natural disaster or they can band together to cause havoc and destruction by using massive brutal force. Whole services can be taken down, data and even money can be stolen.

For the first time, the internet enables many-to-many communication. On the web, you can share and communicate in many ways, in private or in public. Shouldn't we be afraid that this may discourage us from having a face-to-face conversation? Can indirect communication replace real-life relationships with other people? On the web it's sometimes more than saying "I'm here". What's the real value of having so many friends online when they mean so very little to us in real life? Can love flourish in the virtual world and then be carried through to the real one? How can we tell if a person online is really what he claims to be and trust him if anyone can have multiple virtual identities? Should we have the same identity in both realities? And as we shape the technologies, aren't they shaping us, the way we build relationships with others and see the surrounding world?

But what about the people that don't use new technology by choice or just because they can't? Are they missing something or are they free from waiting for another fix of a virtual thrill, free from suffering information overload, and able to make more accurate choices?

The internet is a vast new resource and when you enter an unknown territory, remember to come prepared. Both, opportunities and threats await on the other side.

Unit 7

4 c Five AI gadgets for your home

Track 20

Today we'll be doing the top five AI smart home gadgets. So let's go ahead and get started. The first product is Duo. You can pre-order it and it's really cool. It looks like something out of the future. It's pretty much like a big mirror and it's also accessible as a tablet. It has a 27 inch 1080p display. It has 5-point multi-touch and it is voice-activated. Now this machine allows you to play music from your other smart devices. You can play videos, you can see the news, you can even control the lights and temperature and you can check the weather from the comfort of your own home. It is pretty much a fancy tablet on your wall which is really cool. So it does have his own built-in AI which is called Sam. It can tell you jokes. It's a futuristic thing to have.

Next is the Mycroft Mark II AI assistant and this is pretty cool because it's a visual speaker, which I really like. You can see it's got a little funny face on its display which is very useful. How does this differ from Alexa? It does pretty much everything the Amazon Alexa does, but instead of being solely audio, it has a visual display. If you ask questions like "how many teaspoons?" or if you ask it the weather, it'll visually show you.

Next on the list is the Vector AI Robot. This one comes in at \$ 241 and it's very, very cool. It's sort of like an interactive AI. They have built in Alexa, which is pretty awesome. You can do everything you could do with Amazon Alexa with this robot. You can also play games with it and ask any questions you have, like "what's the weather", "what are the latest football results" and all that stuff. Now this thing can actually see you with an HD camera and it can actually think for itself. It is constantly updating and learning new things. It can communicate, it can hear you ... it is really weird. (*laughing*) You could almost say it's like a little pet.

Next is the Lenovo Smart Home Tablet. It's a 10.1 inch Alexa-enabled tablet with an octa-core processor clocked at 1.8 gigahertz and 32 gigabytes of storage. You can use this as a regular tablet or you can place it on the speaker stand and you can use it as an Alexa device. You can actually pretty much ask the regular stuff you would ask Alexa like "what's the weather?" or "set a timer" and so on, but the awesome thing about this is that you can use it as a regular tablet. If you want to take it out of the home, it's not restricted to the speaker, which is pretty awesome.

The next one is the Smart Plug. You can pick this up for 33 bucks on Amazon. Essentially what this is, is a plug for your device. Let's say you are on your smartphone and you leave the house, and you left the curling iron on. You can actually turn the socket off from your phone. You can also use Alexa with this one too. If you're in the house and remember you have left something on, that you need to turn off, you can go ahead and do that. It works for pretty much anything you can plug in.

And that's pretty much it, guys. I'll catch you in the next video.

Unit 7

5 c New technology and the older generation

Track 21

Radio host: In today's talk we're discussing the attitude of the older generation towards technical devices. We have invited Nanny, aged 70, who describes herself as modern and up to date with technology. Nanny, how important is it to you to keep up with today's technology?

Nanny: Thanks for giving me the chance to share my opinion. I feel that especially younger people think that we, the older generation, aren't interested in technology and that we have no idea how it works. I am here to show the world that there are people of my age out there who know how to handle the Internet, a *Macbook*, *Apple TV*, *YouTube*, *Wifi* zones and whatnot.

Radio host: Right, Nanny, why are electronic devices important to you?

Nanny: They make life so much easier. I can easily get in touch with people from all over the world and talk to them. I love sharing digital photo books with my family or having a cup of coffee with my daughter who lives far away. By using *Skype* we can see each other and talk to each other. It really feels good.

Radio host: What was school like for you without all these electronic devices?

Nanny: When I was 15 years old, we had to write down almost everything at school, which was really exhausting and boring, to be honest. My niece doesn't even write down her homework tasks anymore. She just takes a picture of them and shares them with others in their *WhatsApp* groups. Some might think they are lazy, but I would rather describe them as efficient workers. Back in the days the only resources we used were schoolbooks and it was very hard to discuss upto- date topics. Today teachers can use whatever they want. The Internet, laptops, TV, radio, online newspapers – the list is endless. This makes school much more fun.

Radio host: What about your friends – do they use, for example, the Internet and computers a lot?

Nanny: Let me think about that, ... hm, ... some of them do, but not all of them, of course. Some of them just don't care about things like that anymore. They're happy as they are.

Radio host: What would you tell the younger generation when it comes to older people and new technology?

Nanny: What's really important to me is that the younger generation need to be patient with their parents or even grandparents. They shouldn't make fun of us when we do not understand something immediately. They should always remember that we taught them how to walk, talk, read, speak, write, how to eat and everything else they know. Whenever older people have a question, the younger ones should be happy to help.

Radio host: Nanny, thanks for the interview. We'll be back right after the break.

Unit 8

3 g What to do when anxiety and dark thoughts take over

Track 22

Interviewer: So, I just wonder if someone bought into that idea of you just being this person trying to do good and having this sort of carefree upbringing, what would we miss?

Kirsten Bell: Well, I'm extremely codependent. I shatter a little bit when I think people don't like me. That's part of why I lead with kindness and I compensate by being very bubbly all the time. Because it, well, I don't

know ... it really hurts my feelings when I'm not liked, and I know that's not very healthy and I fight it all the time and I mean I guess I would ... looking back I probably have been ... I mean I was a popular girl, but I was always nervous right under the surface. Nervous that someone would reject me and so I changed who I was often. I changed my interests based on what my friends liked. I really didn't realize that until I was in my thirties that I had sort of changed for everybody and I think I also struggled a lot with anxiety and depression.

Interviewer: You did?

Kirsten Bell: Uh-huh. My mom sat me down when I was probably 18 and she said there is a serotonin imbalance in our family line, and it can often be passed from female to female. My grandmother was one of the first people they tested electroshock therapy on.

Interviewer: You're kidding me ...

Kirsten Bell: No, she was nuts. She would lock herself in her bedroom and drink for two days and they would slide food under the door. And like it was rough, it was really rough. I mean it certainly affected my mom and broke her a little bit but she's a nurse and she had the wherewithal to recognize that in herself when she was feeling it. And when I was 18, she said: "If you start to feel like you are twisting things around you and you start to feel like there is no sunlight around you and you ... you are paralyzed with fear, this is what it is and here's how you can help yourself." And I've always had a really open and honest dialogue about that especially with my mom which I'm so grateful for because you have to be able to cope with it. I mean I present this very cheery bubbly person.

Interviewer: Yeah.

Kirsten Bell: Yeah, but I also do a lot of work. I do a lot of introspective work and I check in with myself when I need to exercise. And I, you know, got on a prescription when I was really young to help with my anxiety and depression and I still take it today and I have no shame in that.

Interviewer: Wow ...

Kirsten Bell: Because my mom had said to me if you start to feel this way, talk to your doctor. Talk to a psychologist. See where and how you want to help yourself and if you do decide to go on a prescription to help yourself, understand that the world wants to shame you for that. But in the medical community you would never deny a diabetic his insulin, right?

Interviewer: No, of course not.

Kirsten Bell: Exactly, but for some reason when someone needs a serotonin inhibitor, they're immediately crazy or something and I don't know. It's a very interesting double standard that I don't often have the ability to talk about, but I certainly feel no shame about.

Unit 8

4 a My life with anxiety and stress

Track 23

Interviewer: What causes you anxiety and stress?

Conan: I think what stresses me out the most is that I'm really afraid of failure. So, I work really hard and then I end up overworking myself. This then causes me to be really cranky and the only way to get rid of it is by gaming or making videos. I really need that time without anyone else to unwind because when I don't have enough alone time, everybody in the room is going to feel it. I might not even say anything and that's a problem because everybody in the room will be able to feel my energy.

Ariana: I chew gum constantly because I have halitophobia, which is the fear of bad breath, and I feel as if everybody can smell my breath all the time. Apart from that, I fuss over the little things when things don't go exactly as planned. But what helps me deal with stress and anxiety is remembering that no one is ever going to say "I'm on top of the world!" every single day of their life. Basically, there have to be lows so that you can have highs. Also exercise is one of the best things that you can do for your mind because it actually releases all of the stress. You're so angry, but at the same time you still need to focus on the exercises and then when your muscles hurt from all the exercise, you forget about all the problems that you had earlier.

Jay: If I interact with another person, I think about it for the rest of the day. And I like over-think it everything I say to other people and that causes me so much stress because I'm like: "Oh my God, am I annoying, am I weird?" Like, what do they think of me? Especially with girls. But I think it's actually more normal to not be

ok than it is to be ok because I would say 90% of the time there's something in the depths of my mind that's not doing so good.

What helps me, though, is to have people in your life that you can talk with. That's something that's really important and 100% necessary, if not mandatory, for survival. You can't deal with your problems and lows on your own. And self-care is also so vital. It's not just taking care of your physical self but also but definitely also your mental health. So obviously, it's making sure you shower and brush your teeth, exercise, eat well and making sure you get enough sleep. Which, to be honest, I'm not doing enough of, but I think they are really important because if you don't do those, you can lose your mind.

Ruby: There was one night where I woke up in the middle of the night and I had this huge knot in my stomach, and it felt like I couldn't breathe. And it wasn't because there was anything crazy happening in my life. It just happened because that's something that happens when you have anxiety. And I had to go to the hospital and it was really bad, but I got through it; I'm alive.

But then it's not only anxiety that causes such stressful situations. Life happens too, you know, in the sense that good and bad things happen to you too. Like, once I got broken up with and I was devastated. So I was like instead of being bitchy and mean to other people or calling and texting my ex, I'm just going to punch this bag and it totally worked. It really helped me get all that frustration and destructive energy out of my body.

Emma: I really worry about my dad who has been in hospital for a month now. And whenever I do, I get this lump in my throat and tears shoot into my eyes. I really hope that he'll get better but it's tough. One thing I've learned from this is that it's ok to not feel ok, and it's fine to ask for help from other people around you. There's help out there and it's waiting for you. You just need to go and get it.

Also, there's therapy which definitely helps. But most people hear therapy and are offended. Like "Oh that's ridiculous! Why would you recommend therapy to me? You think I'm crazy?" I'm a huge advocate of going to therapy. I think everyone should go and try it. It's not something to be afraid of.

It also helps to remind you that sometimes life moves so quickly you kind of forget about yourself. So, for example, I'll be like in the middle of a bunch of people and be like, "I need to be alone and I need to do a face mask, goodbye". And sometimes I take one day and just like make sure to give back to myself and do some things to slow my life down by going to the spa. Another thing that also always works is just closing my eyes and listening to a Beyonce album.

Unit 9

2 c *The Jungle: a view of industrial America around 1900*

Track 24

Journalist: The Industrial Revolution of the 1800s had a dramatic effect on economic and social life around the globe. The economies of industrializing nations shifted from agriculture to manufacturing, from rural to urban. Thanks to innovations in technology, energy production and manufacturing, factories churned out large quantities of new products at lower prices. Almost overnight cities swelled to support new industries. Soon people were flocking to the growing cities looking for work and a better life. But factory life did not live up to its promise. The workers had few rights. Wages were low, hours were long, working conditions were often unsafe and unemployment or worse was always just an accident away. These harsh working conditions were common at the turn of the 20th century. In 1906 Upton Sinclair published *The Jungle* – a novel about the American meatpacking industry.

Carol Tucker Foreman: At the time that *The Jungle* was written, the plants were horrible places to work. They were full of violence; they weren't clean and frequently diseased and dead animals were slaughtered and made into food.

Journalist: Sinclair's novel follows the story of a young Lithuanian, Jurgis Rudkus, who arrives in America seeking freedom and opportunity. He finds work in a prosperous and – as he learns to his dismay – filthy Chicago meatpacking plant.

James R. Barrett: Think about an individual coming from a rural, agricultural kind of society – whether you think about Jurgis coming from Lithuania or a black migrant coming from the deep south Mississippi – coming into a large industrial city working in a mass production industry like meatpacking. Sinclair was riding on the crest of a giant wave of social and economic change that took place in the course of the late 19th century.

Journalist: Before writing *The Jungle*, Sinclair spent seven weeks in and around Chicago's meatpacking plants. He studied details about the work itself, the home lives of workers and the structure of the business.

Carol Tucker Foreman: Upton Sinclair went into the plants and he saw dead animals being slaughtered, he saw filth all over the plant, he saw products going into sausages that shouldn't have been there. But, more importantly, he came out of the plant radicalized by what happened to the workers, how they were chewed up the same way the food was.

Journalist: Sinclair used the horrors he witnessed as the basis for Jurgis' fictionalized story. As Jurgis discovers, work in the plant involves back-breaking labor in unsafe conditions. When a worker becomes ill or gets injured, he's cast aside. And hundreds of jobless men fight to replace him. Workers in the pickling room have their fingers eaten by acid. Cooks live in danger of falling into open vats of boiling meat.

Unit 9

3 a African American history

Track 25

Black History Month reflects on, celebrates and honors the African American experience from the times of slavery through to the present day. Everywhere you look black culture talent and expression have played an enormous role in shaping America's past and present.

From the 1500s to the mid-1800s, Europeans shipped about 12 million black slaves from Africa to the Western Hemisphere. The first black African slaves in America arrived during the early 1600s. Abolitionists used their homes to help black slaves escape the south. This was called the Underground Railroad. Harriet Tubman, a runaway slave herself, helped about 300 blacks escape to freedom. President Abraham Lincoln issued the Emancipation Proclamation on January 1st, 1863. This freed slaves from parts of the south. In 1865, the 13th amendment to the US Constitution abolished slavery. Congress established the Freedmen's Bureau in 1865 to help former slaves resettle. Despite its accomplishments the Freedmen's Bureau did not solve the serious economic problems of black Americans.

In 1909 a group of black and white citizens in New York City who were committed to social justice founded the National Association for the Advancement of Colored People, the NAACP.

During the 1920s, many black artists – poets, writers and musicians – moved to Harlem, a section of New York City where they became well known for their writing, art and music. Louis Armstrong helped to found jazz music during the 1920s.

In the 1950s, the civil rights movement began. On May 17, 1954 the US Supreme Court ruled that racial segregation and public schools violated the Constitution. On December 1st, 1955 in Alabama, Rosa Parks, a black seamstress, was asked to give up her bus seat to a white person. She refused and was arrested by police. The US Supreme Court ruled against segregated public transportation.

Malcolm X gained recognition as a spokesman for the Nation of Islam, a group of black Muslims who supported the idea of creating a separate black nation. He spoke out forcefully against the unfair treatment of black Americans.

On August 28th, 1963, 200,000 marchers gathered around the Lincoln Memorial. Martin Luther King Jr. delivered the *I have a dream* speech – his words remain famous to this day. President Lyndon B. Johnson signed the Civil Rights Act into law. The law guaranteed equal rights for black Americans and employment, voting and the use of public facilities. In 1968, Martin Luther King Jr. was shot and killed in Memphis, Tennessee, at the age of 39. A week of rioting in at least 125 cities across the nation followed King's death. In 1972 Congress passed the firmament of action laws that helped expand job opportunities to black workers. They required governments and public institutions to hire more minorities because of past discrimination against these minorities as a group.

In 1983, the reverend Jesse Jackson, a famous civil rights leader, announced his plans to run for president. He received 6.7 million votes in the 1988 election, putting him in third place. On October 16, 1995, the Nation of Islam organized the Million Man March. The speakers urged black men to be leaders in their communities and to work together to improve life for all black Americans. On November 4, 2008, American voters went to the polls and gave Barack Obama a resounding victory. He won more votes than any candidate in US history before him. Obama was officially the first African American president of the United States.

Unit 10

1 c Talking about a character

Track 26

Professor: So to describe a character or in order to write about a character, an author needs to know a lot about their characters. One way to analyse characters, or in fact a way to build the characters, is the PAIRS scheme. The P is for physical appearance, or in other words the way a character looks. Now this is most obvious in films, as there you see this straight away and without any words, and you immediately have a good idea of the social group a character belongs to, whether they worry about their looks, what type of clothing and style they follow.

Student A: But sorry, how does that work in a book?

Professor: Well, in books, authors use either direct or indirect characterisation to convey a picture. With direct characterization, you could have a passage describing how a young girl is fidgeting with the pearls on her slightly too long and too large ball gown that looks like it was made in the early 2000s, nervously balancing herself on the high heels her mother has lent her for the night.

Student B: But physical appearance then also includes hairstyle, use of make-up, body shape and so on, right?

Professor: Yes, of course it does.

Student B: So some aspects of appearance are simply the way they are, while others are basically a choice.

Professor: No, that is not true at all, nothing is simply the way it seems, and nothing is open for debate and done by accident. Everything about the physical appearance of a character is planned. It is all deliberate, it's all part of the author's plan of how to build this character to make it believable. Often you need to build a likeable character, but even for your villains, it's essential that the audience gets a well-rounded picture of just how evil a person is. And along with this, of course, goes attitude or action: what a character does, how they behave tells us much more in fact about the character than just their visual presentation. In the simplest of terms: are we talking about a good or a bad person? Of course, this extends much further, like asking yourself, "is this a helpful person, or are they unkind to others?"

Student A: Although a characters' actions can lead the reader astray, right? Like ... take a criminal who gets others to trust him, so that he can steal from them or use information that they give him or her to betray them.

Professor: Absolutely, and that is exactly why a well-written character is a thing to be joyful about, they are interesting, they make us think, keep us on our toes, such characters do both in a great book or film. But, really, the only way of knowing what they are in fact up to, is by looking at the I: inner thoughts. What goes on in their minds helps us understand a person's feelings and, therefore, their motives and the reasons why they act the way they do.

Student B: So does that provide their background story?

Professor: It can. It doesn't need to provide you with a full family history or anything like that, but they may reveal some aspect of this former life that causes them to act the way they do. Now while inner thoughts show us the character's perspective, there is of course also the other side, the R which stands for reactions. So what kind of reactions does their behaviour or their actions evoke in others? What's the effect our character has?

Student A: Would that include how likeable that persona is?

Professor: Well, yes and no. It depends on who judges whether or not that person is likeable. It doesn't matter whether we as readers or viewers like them, however, if you ask the question of how likeable other characters in a story find one person to be, then yes, that is exactly what it is.

Student B: So if a character enters a room and everyone freezes, that's a reaction that shows the character is feared.

Professor: Or risen from the dead. But which of the two it is could be revealed in what way?

Student B: Well by the way that character looks, so their physical appearance, if they're kind of mouldy and half eaten up, then it's the risen form the dead version, but if they are dressed in like a swanky, elegant, super expensive suit, then they might be a powerful mafia boss.

Professor: Absolutely. Any thoughts on how the A could be used in our risen form the dead vs. rich criminal example?

Student A: Well, the latter would probably slowly slink into the room and I'd write him to look at people quite arrogantly without greeting them, and maybe he could be carrying a walking stick that he plays with as he walks into the room without speaking.

Professor: Sounds well-rounded to me. What about our zombie-like character?

Student B: The stereotype would need them to be quite loud and rather clumsy, you know, stumbling around, not really walking straight, touching just about anything ...

Professor: Alright any ideas on the I for those two characters?

Student B: I'd imagine the risen dead to be kind of funny thinking things like "Oh, the new iPhone looks amazing" and "My oh my, my girlfriend has gotten really old, good job I died when I died".

Student A: I think the evil mafia boss should go something like "So there we are ... sitting around the table with my arch-enemy, does he know or trust me? My own son-in-law wants to kill me, so that is what has become of this family".

Professor: Yes, both work well, the inner thoughts can also show some background, some past history of the story. Of course, the inner thoughts can be executed as "she thought that ...", but how else could they be expressed, any ideas?

Student A: The narrator could do that too, right? The narrator, especially if it's an omniscient narrator, can simply talk about the character's thoughts. Because they'd know, right?

Student B: And in a film, you often just have the character's voice saying what they're thinking.

Professor: Yes, as a voice from off-stage or off-screen. But equally, the character could simply voice their thoughts by saying them, by discussing them with another character, which is what S stands for: speech. Of course, speech is not only for the inner thoughts; in fact, what a character says can differ greatly from what they are thinking and what they might in fact want. So really it can be quite interesting to compare what a character says with how they feel and what their inner thoughts are. However, the S does not only comprise what is said, but also the way in which it is said. Is it said in anger, does the character only speak when it is absolutely necessary, or are they a blabbermouth?

So all of these aspects are used by authors to establish characters and this means that equally the PAIRS scheme can be used to analyse characters, so you can really understand what the characters are about!

Unit 10

2 c What makes a good trailer?

Track 27

I love trailers, okay, trailers are so much fun. Most people love trailers, even if they don't know that they do. Sometimes even an absolutely awful movie will have a really, really good trailer. And that's a beautiful thing. Our society has a thing for building up hype around things that we can lose ourselves in and that's what we do, we lose ourselves in games and movies. Estate agents know that generating excitement for a property will definitely net far more sales profit. Trailers are way more important than they used to be.

But what makes a trailer effective? What makes our hearts pound? Let's look at what I think a trailer should and shouldn't do. A good trailer reveals as little of the plot as humanly possible, but at the same time it's not a good idea to show nothing, because that would leave audiences confused. We've all been to the cinema and watched a really confusing and weird trailer which leaves everyone in the audience wondering what it was all about.

Take the really bad trailer for *How to Train Your Dragon 2*. I enjoyed the first one, but then I saw this trailer and, well, there's no more fun going to the cinema to see it, because the trailer spoils like a million things. So his mom is alive, I thought she was dead so ... duh, why watch it? Another one I really don't like is *Spiderman Homecoming*. Again, after seeing this trailer I knew that Tony tells Peter not to make a huge deal about being a superhero, and then they save a bunch of people, but that makes Tony angry, and he then takes away his suits and has to solve everything without the vault or the suit and ... well what's the point?

Of course, that's also true for comedy trailers. I hate it when all the best jokes are already in the trailer. Some trailers even use alternative jokes so that the actual jokes are not spoiled for you. In a lot of movies, they end up out-taking those lines anyway. There's a lot of extra footage and that's what ends up being used in some trailers.

Next, let the visuals be the focal point. I really hate seeing text coming across the screen in the form of clichés like "Oh, judgment is coming". You don't say? Wasn't the film called *Judgement Day* or something? And this also counts for when some random guy does voice-over for the trailer. Either way it's much more

effective to have the characters from the movie explain the details of the movie. Now I do like the *Inception* trailer, but I don't like that they use text. What drives trailers really are the visuals. I would give any trailer a free pass if the only text I see is the release date and the director, 'cause I'm more likely to watch a movie if I know the director, and well yes, the title of the movie.

But what's also really important is music and audio. The *Alien* trailer uses unsettling noises to create anxiety and tension. *Star Wars* uses the iconic music that everyone with half a heart will be moved by. And the *Inception* trailer – also: great music, and that foghorn noise, that really changed trailers. For a while every epic, large-scale trailer has this foghorn noise. I think it was really overused for a time. But what's super prevalent now is using famous songs or covers of them, like there was a *Batman* trailer that had Nickleback in it. Yep, that actually existed, but it gets old. However, I do think that this technique can be used successfully, like with *Immigrant Song* by Led Zeppelin. In the version in *The Girl with the Dragon Tattoo* it is much more unsettling and stressful, and the trailer is cut to each pounding beat. If used like that, music really makes a trailer extra special.

Unit 10

2 g How much money goes into advertising?

Track 28

Why do movies cost so much to make? Before we break down movie budgets, we should emphasize that Hollywood accounting is fishy at best. Studio heads always low-ball the cost of their movies to make them appear more profitable while inside sources claim exorbitant costs. The safe bet? Assume everyone is lying.

Even though specific numbers are hard to nail down, we have a good idea where studios spend their money. A film's production budget includes all costs incurred during pre-production, filming, post-production and promotion. That includes buying the rights to the script, actor's salaries, production staff salaries, set construction, special effects, wardrobe, craft services, marketing, dog training – everything! How much does "everything" cost? The average total production budget of a major studio film is around \$ 100 million.

Marketing makes up a huge chunk of modern movie budgets – \$ 35.9 million on average – largely because the fates of many Hollywood releases are sealed in the first week. Big money is spent on trailers, TV ads, billboards, and websites to pack people in on opening weekend. That strategy seems to work: *Spiderman 3* made 45% of its total ticket sales in its opening week, while *X-Men: The Last Stand* made a staggering 52% of its money in its first week of release.

When calculating a marketing budget, the rule of thumb is to spend 50% of the rest of the production costs (pre-production, filming and post-production). So if a movie costs \$ 100 million to make, you should calculate an additional \$ 50 million to sell it. Or in other words, to get your movie done for \$ 100 million, you can have \$ 65 million to produce it and then spend the remaining \$ 35 million on distribution and marketing.

For studio films, the traditional "safe bet" is to spend major money on a big-name actor. The rationale is simple: stars sell more tickets and are more recognizable or marketable to international audiences. Once a star has a few mega-hits under his or her belt, they're usually welcomed into the exclusive \$ 20 million per movie club – although membership isn't a lifelong privilege.

After a series of relatively star-free hits like *Transformers*, *Star Trek*, and *The Hangover*, – plus a growing list of superstar flops like Will Farrell's *Land of the Lost* and Julia Roberts' *Duplicity* – studios are starting to see the light. Icons like Denzel Washington and Tom Cruise are taking pay cuts up front in exchange for a bigger cut of DVD sales.

Not surprisingly, the most expensive movies of the past 20 years have had the biggest special effects budgets: *Spiderman 3* (\$ 258 million), *Harry Potter and the Half-Blood Prince* (\$ 250 million), and *Superman Returns* (\$ 232 million) are high up on the list. But so far nothing beats the \$ 378.5 million of *Pirates of the Caribbean: On Stranger Tides*. For *Transformers 2* (\$ 225 million), special effects powerhouse Industrial Light and Magic used 40 full-time animators. James Cameron, who more or less invented the super-budget special effects genre with *Titanic*, developed his own 3D technology for *Avatar* – and paid \$ 14 million of his own money to do it.

With all that money flying around, you'd think that studios could at least spot a potential hit. Not in the least. Every film is a unique product (even sequels) that enters an ever-changing market. The next big thing could be a low-budget comedy or a \$ 250 million special effects extravaganza. You never know – and that's entertainment!

Unit 10

3 b Listening to a movie

Track 29

Speaker: Day. In New York City. A gothic mansion on the corner of a leafy street. Inside. A tour guide.

Guide: So, the Aldridge Mansion is the only 19th century home in New York City preserved both inside and out. At the time of its construction, it was one the most elegant homes in existence, featuring every luxury including a face bidet and an anti-Irish security fence. Uh, over here you can imagine Sir Aldridge entertaining his wealthy guests. It's said that in this very room, P.T. Barnum first had the idea to enslave elephants. If you will follow me, please.

Speaker: The group surrounds the guide outside a closed door.

Guide: Now, I'm gonna tell you something a little spooky. On the morning of October 25th, 1894, Sir Aldridge awake, furious that his breakfast was not waiting for him. So, he called to his servants, but none of them responded ... Why? ... Because, during the night, one by one, they had each been stabbed to death in their sleep.

Speaker: Guests scare.

Guide: It was later discovered that they were murdered by his eldest daughter Gertrude Aldridge. Sir Aldridge once wrote in his diary, "I know God makes no mistakes, but I believe he may have been drunk when he built Gertrude's personality." Now, to spare his family public humiliation, instead of turning her in to the police, they locked her in this basement. And they fed her through this slot. Years later, when a new owner moved in, they dug out her remain. But, after repeatedly hearing strange sounds, he sealed it shut. That's right. No one has opened this door since then.

Speaker: A candlestick falls off a dresser beside the door. The guide looks anxious.

Guide: Okay. Follow me.

Speaker: Guests follow him, walking apprehensively, stepping over the candle stick. What they don't spot is a mechanical contraption beneath the dresser, fizzing with blue energy. As the light fades outside, the lanky tour guide is alone inside the Aldridge mansion. Carrying a rucksack, he turns out the light and picks up the candle stick. He studies the base of the stick and grins, clicking a remote which activates a small metal pin in the base used to topple the candle, putting it back and walking away he hears something and looks around. Frowning he slowly walks back towards the closed locked and bolted basement door. He blinks confused and his eyes widen as he nears the door and spots the ornately engraved doorknob twisting, as if it's been manipulated from the other side. The guide bolts and grabs the exit doorknob which glows in red light. He recoils, then he is flung against the wall by an invisible force. He scrambles up and runs into the study, picking up a chair.

Guide: Sorry, Sir Aldridge. I got to get out of here!

Speaker: He throws it at a window, but the chair stops dead in mid-air and comes flying back at him. He hurries out of the room and nips through the opening basement door, then down a wooden staircase. Realizing where he is, he's alarmed as cracks in the basement floor glow bright green.

Guide: Oh Gareth, you idiot.

Speaker: The door slams shut and green slime bubbles through the cracks and he finds it all over his hands. He runs up the stairs which buckle, then break. As the staircase collapses beneath his feet, he desperately grabs a ledge and dangles above the rising slime. Looking around he finds something rising and forming in a cloud of smoke.

Guide: No, no, noooooo ...

Unit 10

3 d A movie review by a blind film critic

Track 30

I didn't think this movie was going to stand a chance in hell. Coming out of the theatre, I was a little bit torn. I had mixed emotions. I laughed a lot, but there were a lot of times when I didn't care either. Some of the characters in the movie I really liked, some of them are kind of a little bit unbelievable, then some of them were ... non-existent.

Kristen Wiig does what you expect her to do: she's a shameless, toned-down kind of character who's got good timing. Similar to Kristen Wiig, Melissa McCarthy does what you expect her to do. You know, she's a bit loud and a little rash. She's a likable character, she's fun. My favorite performance and character is Leslie Jones as Patty. So likable, so much fun, so natural. It didn't feel like she was working at all. Her character's the most genuine and I think that's the way it's written, because she's not delivering a joke every single second. You know she's just natural and it works.

Kate McKinnon plays Jillian Holtzman. Now this is one of the things about the movie that confuses me a little. I had mixed emotions here. I wasn't quite sure what to think. The first 45 minutes of this movie I wasn't quite sure where she was. She hardly spoke. It just felt like the character wasn't fully developed. I think she might have left her script at home for part of the film.

So let's talk about the script. You know it starts out and they introduce you to the characters and it feels good. I'm starting to get attached, I'm concerned, I'm along for the ride. There's a bunch of references for people who saw the original. You know, the older part of the audience. Then there's things that are a little over the top for the teens and the kids and it's even a bit cartoony at some times. I'm not quite sure who the audience is supposed to be for this movie.

There's a lot of attempts to be funny. The jokes are written right in and they're cracking one-liners back and forth and the problem with that is there's a little too much comedy and not enough character development. The way this affected me was, by the time we got to the end of the movie, I just didn't care about them anymore. The only thing I'm waiting for them to show me is the exits.

There are some things I like about this movie. It was cool to hear the original *Ghostbuster* song. You know, the one by Ray Parker Jr. And also, the score. It's nice because they're doing different things, you hear the original *Ghostbusters* theme woven in and out of it.

You wanna know what the worst part of this movie is? The bad guy. Woah. His part was poorly written and poorly performed, I mean, what was he doing? It felt to me like they were trying to hide this guy from me. I mean there's long stretches of the movie where he's nowhere to be found. What? Worst bad guy ever.

A lot of the movie is CGI. There are CGI ghosts ... so I have to be honest, I don't really know what this is. There's also a ton of different equipment that they use in this movie, and again I don't know what that equipment looks like or even what it does. The ghosts are kind of whispering around, you know, they're just sort of whispering around the screen. So I was like, "who cares?" I think the problem with it is that they're not characters. Maybe you can have ghosts and sort of give them voices. If they had little bit of personality, it'd be a lot more fun for me. So even for a sighted person, you take all that away and what do you really want to know ... Did they win or did they lose? And that's why it always comes back to what I always think

about – content is king. Story, story, story. So for *Ghostbusters* ... I'm going with two and a half out of four eyes open. You need to see this movie twice before you've seen it once.

Unit 10

4 d What is “wrong” with some movies?

Track 31

When most of us think about Disney and Pixar movies we can't really think of anything in them that might be considered inappropriate. That isn't always the case. In fact, there have been a ton of times over the years that these kids movies have actually been censored for audiences all across the world.

Lilo and Stich

A lot of people on social media were confused by an edit on Disney+ for the 2002 film *Lilo and Stich*. In the original scene, Lilo goes to hide from her sister Nani. Nani goes to look in the laundry room. She realizes that Lilo was in the tumble dryer. Soon after, Nani gets hold of Lilo. Yet the edited version changes the hiding place. Now instead of the dryer Lilo is inside a cupboard and hidden by an old pizza box. The reason for the change is Disney doesn't want kids to replicate what they see in the film. Dryers are known for being a bit of a hazard. Instead of changing anything, it would have made sense if Disney just added a disclaimer at the start of the film.

Adventures in Babysitting

1987's *Adventures in Babysitting* is a cult classic. Yet one of the most memorable lines was changed during a later censorship. In one scene we see the kids being threatened with a knife by the cliché-named gang Lords of Hell. The angry leader of the group states, “Don't fool with the Lords of Hell” which is a weird sentence. Chris played by Elisabeth Shue then says the same phrase only with “babysitter” replacing the gang name. In the cinematic release instead of saying “fool” they said a word that rhymes with “duck”. Apparently, that was okay. Well, the more kid-friendly TV version used in broadcasts became a necessary addition because the f-word was not considered family-friendly for TV.

Onward

A film about two teenage elves who go on a quest to find their father has been in the news for a few reasons lately. The first reason was good news. The movie is the first ever Disney Pixar movie to feature an openly LGBTQ+ character, Spector, a cyclops police officer who actually makes a reference to her girlfriend. We're including it because the information recently surfaced that the character is being censored in Russia with the line about Spector's girlfriend being removed completely. Russia has long been known for its harsh treatment of the LGBTQ+ community and political leaders in the country are no stranger to censoring movies and TV shows that try to broach the subject.

Abominable

People everywhere were surprised to learn that the adorable movie *Abominable*, about a teenage girl from Shanghai named Yi who finds an abominable snowman on her roof who embarks on a journey to reunite him with his family, had been banned in certain Southeast Asian countries like Vietnam, the Philippines and Malaysia. It turns out it wasn't because of any of the movie's themes were particularly offensive. But one moment depicted something that has long caused a lot of tension between China and the Southeast region. At one point in *Abominable* Yi pulls out a map on which something called the nine-dash line was depicted – for those who don't know, this series of dashes is a long fought over demarcation line that China established claiming a large part of the South China Sea as its territory. It is widely believed that this claim violates a handful of maritime laws as well as the UN Convention laws of the sea.

Mulan

Disney's live-action *Mulan* has had a long hard road to the big screen since the idea was originally pitched in 2015. This new movie is going to be a more faithful retelling of the incredibly treasured Chinese fable which sadly for some means that it won't feature Mushu, the great stone dragon, or Li Shang, the dreamy love interest of Mulan from the Disney version. Instead, Mulan's new romantic love interest is Chen Honghui but it might not deliver the same level of romance that American audiences are used to. When a version of the film was screening for Chinese studio executives, they asked that Disney remove a kiss scene between Mulan and Chen Honghui. Disney agreed and *Mulan* will be released worldwide with no kiss.

Aladdin

Censorship of Disney movies has gone back a really long time with one incident in 1993's *Aladdin* that everyone who was around then still remembers. You could argue that there are quite a few things in *Aladdin* that might be offensive to those of Arab descent. Some have taken issue with the exaggerated stereotypes of everyone except Jasmine and Aladdin. But the real controversy came with a couple of lyrics from the opening song *Arabian Nights*. Originally the song featured these lyrics "where they cut off your ear if they don't like your face, it's barbaric, but hey, it's home". Understandably some members of the Arab community took issue with that line and the American-Arab Anti-Discrimination Committee requested that the lyric be changed. The songwriters agreed and it was changed to "where it's flat and immense and the heat is intense". They left in the whole barbaric thing, but you know: baby steps.

Unit 10

5 a What is fanfiction?

Track 32

Have you ever seen a really bad series finale, or read a book that you were really enjoying up until the ending? And it's like ... you devoted so much energy to this work; you cared about what happened to the characters, and then they just ... completely ruined it? Well then you can perhaps understand why 1.6 million people signed a petition for *Game of Thrones* to remake their final season. Of course, they're not going to remake *Game of Thrones*. But that desire to take a work of fiction you love, keep the characters, and just change some things up about it in a way that you prefer, is that same desire driving a lot of people to write fanfiction.

The primary difference, of course, between signing a "remake *Game of Thrones*" petition and just writing a fanfiction where you kind of remake it yourself is just whose hands you're placing the power to change things up into. I mean, it's easy to say, "this isn't perfect, and I want to see it changed", but taking the time to exercise that creativity yourself, even if those changes aren't technically legitimate, can definitely be inherently rewarding, especially when you do so in a community of like-minded people.

Generally speaking, "fanfiction" is a fairly broad term that could theoretically apply to a variety of works. The definition, at least according to Wikipedia, is "a work of fiction based on characters or settings originating in another work created by fans of the original work rather than its creator". This can cover a lot of stuff, and some of it is fairly obvious. You've written a story about you and all your friends entering the *Hunger Games*? That's fanfiction. Someone writes about Captain America and Iron Man falling in love? Fanfiction. An epic musical tale detailing Godzilla's fight with Robocop? That's fanfiction, baby!

That being said, there's definitely some grey area regarding the whole subject, and there's also a noticeable disconnect between the technical definition of "fanfiction" and what we tend to actually label as "fanfiction". Like, *Romeo and Juliet* is, in fact, not an original creation of Shakespeare's. Rather, he based his play on an Italian poem called *The Tragical History of Romeus and Juliet*, written 35 years earlier. In the original, way more people die, including the nurse. Shakespeare, a fan of the original poem, published what was essentially his own version of the story with a changed ending that he preferred. Still, we wouldn't label any Shakespeare works as fanfiction.

Or let's look at Neil Gaiman, by all accounts a very successful author who has written a lot of good stuff. His short story, *A Study in Emerald*, draws heavy inspiration from both Sherlock Holmes and Lovecraftian horror. He himself described what he created as fanfiction. But because Neil Gaiman is an acclaimed author and not a teenage girl, many people wouldn't be quick to associate his work with the idea of fanfiction. In fact, people get upset on Twitter and Co., if you talk about Neil Gaiman's writing as fanfiction.

That's largely because when we sit down and think about the types of works we've traditionally associated with the term "fanfiction", a few commonalities stand out. Primarily, people tend to associate the practice with young women. There's in fact evidence to support this. A 2010 survey of fanfiction.net found that just under 80% of the userbase was female, and that most were young adults. Keep in mind, this survey is several years old, but the perception that many fanfiction authors are indeed young women isn't baseless. This matters largely because when we think about things associated with teenage girls, they also tend to be very quickly associated with frivolity. Oftentimes even the phrase "teenage girls" makes us think of things that are silly and thoughtless, and oftentimes fans of works that teenage girls also like try to distance those works from that image in order to be taken seriously.

So, for instance, when we're looking at fanbases, the first real instance of widespread fanfiction as we know it today came from *Star Trek* and was a fanzine called *Spockanalia*. In 1967, right as Season 2 of *Star Trek* was airing, the first edition was published and distributed by two women named Devra and Sherna. This was really the origin of the "*Star Trek* fandom" as we know it today, and by all accounts most of the people driving this were young women. If you're curious and want to hear some firsthand accounts from the people involved in the *Star Trek* fandom at the time, I'll link an article on Spockanalia in the description. The reason this is interesting though, is that the stereotypical image of a "*Star Trek* fan" for many people is a guy in his mid-20s who can spout off statistics about all the fictional races at the drop of a hat. The reason I'm bringing this up at all is because the practice ... (*fading out*)

Textnachweis Listening tracks (MP3s)

Track 2: based on: The Infographics Show – youtu.be/bHx2dxqxmg (adapted), Track 3: based on: Martha Holeyman, Channel 4 News – youtu.be/Q4SIP7EZze4 (adapted), Track 4: based on: David Crystal, Tony O'Brien – youtu.be/5Kvs8SxN8mc (adapted), Track 6: based on: Matt Long – landlopers.com/2013/05/29/about-bermuda (adapted), Track 8: based on: Aparna Mehta – www.ted.com/talks/aparna_mehta_where_do_your_online_returns_go/transcript (adapted), Track 9: based on: NPR – www.npr.org/transcripts/688168838 (adapted), Track 10: based on: Siena, Teen Kids News – youtu.be/1xpQnypd2fU (adapted), Track 11: based on: Greta Thunberg – youtu.be/haewHZ8ubKA, Track 12: based on: Megan Specia – www.nytimes.com/2020/02/12/world/europe/london-thames-mudlarks.html (adapted), Track 13: based on: Danièle Cybulskie – www.medievalists.net/2018/11/childhood-middle-ages/, Paxton Price, Mandy Barrow – victorianchildren.org/victorian-children-in-victorian-times/, Jim Hepting – www.bbc.co.uk/history/ww2peopleswar/stories/99/a2028999.shtml (adapted), Track 14: based on: Stephanie Watson – www.webmd.com/lung/what-do-pulmonologists-do, UNC Health – healthtalk.unchealthcare.org, Jill Seladi-Schulman, Ph.D. – www.healthline.com/find-care/articles/orthopedists/what-is-an-orthopedic-doctor (adapted), Track 15: based on: Norman Vincent Peale – lifeclub.org/books/the-power-of-positive-thinking-norman-vincent-peale-review-summary (adapted), Track 16: based on: Nelufar Hedayat – dohadebates.com/podcast/is-globalization-good-for-us/ (adapted), Track 17: Laura Basu, Freddie Stuart – www.opendemocracy.net/en/oureconomy/ourvoices-podcast-decolonising-global-economy/ (adapted), Track 18: David Crystal – <https://youtu.be/WZ11EjxxKkw> (adapted), Track 19: based on: Maciek Majer – youtu.be/c1uURVbQCs8 (adapted), Track 20: based on: Matthews Tech – youtu.be/n4fCw7x7oyg (adapted), Track 21: Ralf Mühlböck, Matthias Klammer, Brigitte Gottinger, Petra Pargfrieder (mit freundlicher Genehmigung, Verlag HPT), Track 22: based on: Kristen Bell, Sam Jones, The Off Camera Show – youtu.be/mYUQ_nIZgWE (adapted), Track 23: based on: MTV Access – youtu.be/OqnYXCLk5bQ (adapted), Track 24: based on: All Things Old... – youtu.be/Xxe9nosWawM (adapted), Track 25: based on: Jayne Arnold – youtu.be/pGKqGL24xOM (adapted), Track 27: based on: Marcus and the Cosmonaut crew – youtu.be/V502wOke9xE (adapted), Track 28: based on: Dave Roos – entertainment.howstuffworks.com/movie-cost1.htm (adapted), Track 29: based on: *Ghostbusters. Answer The Call* (Sony Pictures Home Entertainment, DVD, 2016), Track 30: based on: Tommy Edison – youtu.be/d_TOBECCu4E (adapted), Track 31: based on: Screen Rant – youtu.be/xDZ9nE6j_k8, youtu.be/pfIGnw8GCCg (adapted), Track 32: based on: Sarah Z – youtu.be/H8E_C00dKwl (adapted)

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