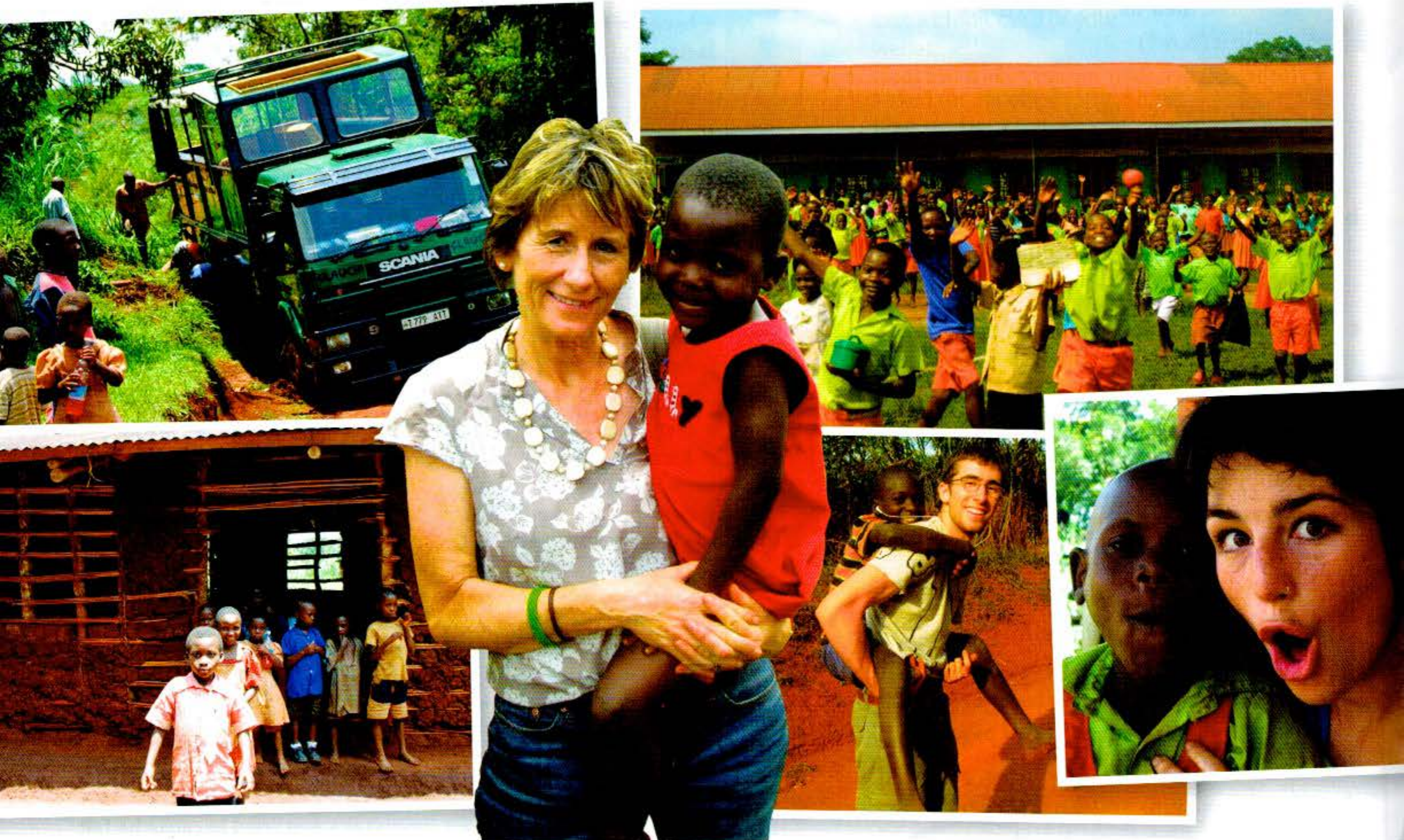


# 2B Changing lives



## 1 LISTENING

- a Look at the photos. Where do you think they were taken? What can you see in each photo?
- b (1 45)) You are going to listen to an interview with Jane, talking about a trip she made in 2008. Listen to **Part 1**. Where did she go? What did she decide to do after the trip?
- c Listen again. What does Jane say about:
- 1 her normal job
  - 2 the holiday to Uganda
  - 3 what happened when the lorry broke down
  - 4 the condition of the school
  - 5 the children
  - 6 what the headmaster asked her for
- d (1 46)) Now listen to **Part 2**. Correct the wrong information in these sentences.
- 1 Jane's son chose the name *Adelante África*, which means 'Go forward, Africa' in Spanish.
  - 2 The new school opened in 2012.
  - 3 Today the school has 75 children.
  - 4 *Adelante África* has also been trying to improve the children's English.
  - 5 They are building a home for the teachers.
  - 6 Two of Jane's children have been helping in Uganda.
  - 7 Jane says the school has changed children's lives because it has given them an education.
  - 8 Jane thinks that she gives more than she gets.
  - 9 The website has a video Jane's daughter took of her teaching the children.
- e Compare your answers with a partner. Then listen again to check.
- f Do you know anybody like Jane who does a lot of work for a charity? What do they do?



**2 GRAMMAR** present perfect + *for / since*, present perfect continuous

a Match the questions and answers.

- How long has Jane been a writer? \_\_\_\_\_
- How long has *Adelante África* had a website? \_\_\_\_\_
- How long has she been working for *Adelante África*? \_\_\_\_\_

- A Since 2008.  
 B For about 22 years.  
 C For four years.



b Answer with a partner.

- Are the three questions and answers in a about...?
  - a period of time in the past
  - a period of time from the past until now
  - a period of time in the present
- What's the difference in form between the first two questions and question 3?

c ► p.135 Grammar Bank 2B. Learn more about the present perfect with *for / since* and the present perfect continuous, and practise them.

**3 PRONUNCIATION** sentence stress

a 1 49))) Listen once and try to write down the stressed words in the large pink rectangles.

- How long learning French ?
- 
- 
- 
- 
- 

b Look at the stressed words and try to remember what the unstressed words are. Then listen again to check and write them in.

c Listen again and repeat the sentences. Copy the rhythm.

d 1 50))) Listen and make questions.

))) It's snowing. ( How long has it been snowing?

**4 SPEAKING**

a Look at the circles, and write something in as many as you can.

- A social networking site you use regularly (with Facebook and Twitter icons)
- A friend you know very well (with a woman's photo)
- A sport you play regularly (or a kind of exercise you do regularly) (with a basketball hoop)
- The car / motorbike / bike you have (with a motorcycle)
- The place where you live (with a house)
- A gadget you have which is very important for you (with a mobile phone)
- A bar or restaurant you often go to (with a plate of food and a glass of wine)
- An organization, club, gym, etc. you are a member of (with a fitness card)
- Something you are learning (to do) (with a trumpet)

b Compare circles with a partner. Ask your partner at least three questions about the things they've written. One question must be *How long have you...?*

How long have you been using Twitter? ( For about a year.

Do you write things on it or do you just read other people's tweets?

Why did you buy a Nissan Juke? ( Because it's small, and it's quite 'green'.

How long have you had it?



## 5 READING & LISTENING

a In your country, are there charity events to raise money for a good cause? Have you ever taken part in one? What did you do? How much money did you raise?

b You're going to read an article about Helen Skelton, who agreed to kayak down the Amazon for charity. Read the introduction and answer the questions.

- 1 What did Helen do last year for charity?
- 2 What is she hoping to do this year?
- 3 What is dangerous about the trip?
- 4 What experience does she have?

c Before you read the texts of Helen's first three phone calls, imagine what kind of problems you think she had on her journey. Then read and check. Were you right?

d **1 51**) Read **Phone calls 1–3** again and complete the gaps with the correct word. Then listen and check.

- |               |               |             |
|---------------|---------------|-------------|
| 1 a in front  | b behind      | c back      |
| 2 a freezing  | b hot         | c boiling   |
| 3 a exhausted | b angry       | c lost      |
| 4 a down      | b up          | c over      |
| 5 a long      | b wide        | c short     |
| 6 a ice cream | b coffee      | c chocolate |
| 7 a sleep     | b paddle      | c rest      |
| 8 a boring    | b interesting | c worrying  |
| 9 a being     | b feel        | c feeling   |
| 10 a sick     | b well        | c hard      |

e **1 52**) Now listen to the rest of Helen's journey down the Amazon. Did she manage to finish?

f Listen again. Then answer the questions.

### Phone call 4

- 1 Why hasn't she had any music for three days?
- 2 What does she do to pass the time?
- 3 Why didn't she celebrate reaching the halfway point?

### Phone call 5

- 4 What have been driving her mad this week?
- 5 What wildlife has she seen?
- 6 Why is she starting to feel a bit sad?

### The 6.00 news

- 7 How many kilometres did she do altogether?
- 8 How long did the journey take?
- 9 What did Helen miss?
- 10 What is the first thing she is going to do when she gets home?

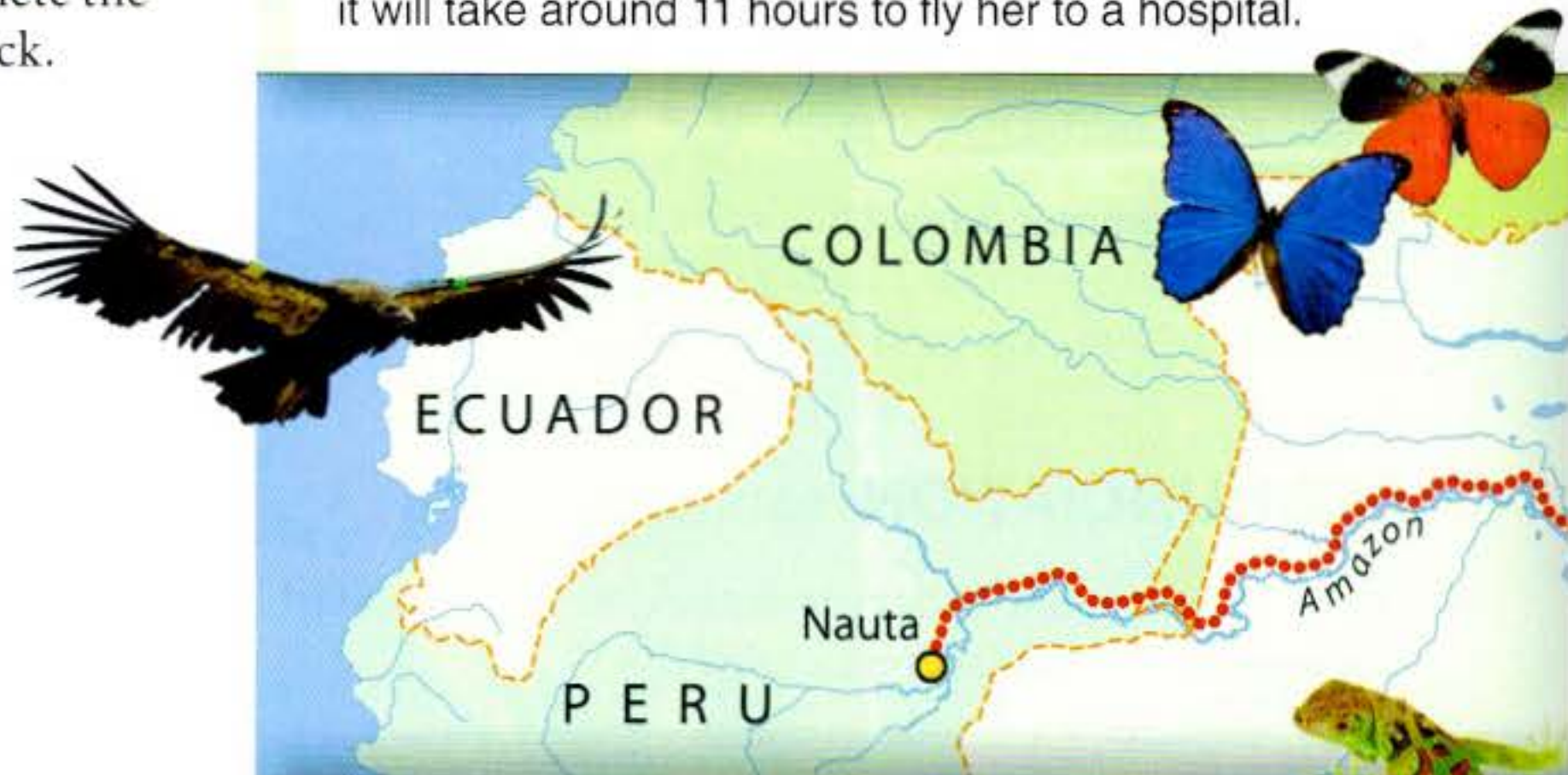
g Tell your partner about an adventure sport you've done, or an exciting experience you've had. Was it a positive experience? Why (not)? How did you feel?

## TV presenter's Amazon

Helen Skelton hopes to become the first woman to kayak down the Amazon River.

Helen Skelton is a 26-year-old TV presenter of Blue Peter, a BBC programme for young people. She has never been afraid of a challenge. Last year she became the second woman to complete the 78-mile Ultra Marathon in Namibia, running the three consecutive marathons in 23 hours and 50 minutes. But when Blue Peter decided to do something to raise money for the charity Sports Relief (which sponsors projects in the UK and abroad) Skelton said that she wanted an even bigger challenge. So they suggested that she kayak 3,200 kilometres down the Amazon from Nauta in Peru to Almeirim in Brazil.

This is a very risky trip. There are no roads, no towns, only rainforest and the river (which is sometimes more than 40 kilometres wide and infested with crocodiles). If she falls ill, it will take around 11 hours to fly her to a hospital.



### Phone call 1

“Everything went wrong. I only managed half a day on Wednesday, the first day, and on Thursday we started late, so I'm already <sup>1</sup> \_\_\_\_\_. I've been suffering from the heat. It's absolutely <sup>2</sup> \_\_\_\_\_, and the humidity is 100% at lunchtime. I went the wrong way and I had to paddle against the current. I was <sup>3</sup> \_\_\_\_\_! They asked me, 'Do you want to give <sup>4</sup> \_\_\_\_\_?' but I said, 'No!' Because I've also been having a wonderful time! There are pink dolphins – pink, not grey – that come close to the boat. I think that if I can do 100 kilometres a day, then I can make it.”

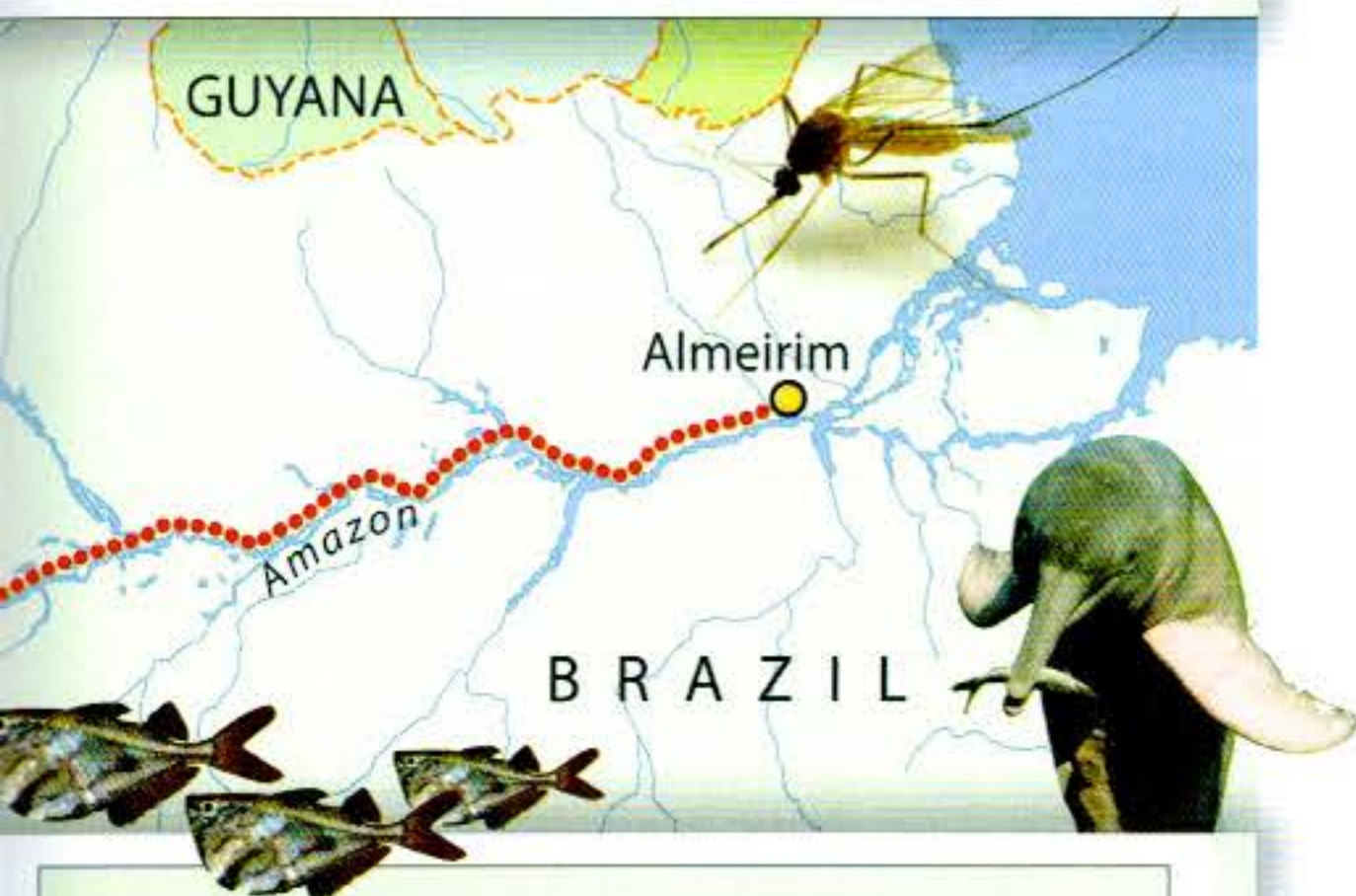




# challenge



Helen has only been kayaking once before in her life, so she has been training four hours a day. Last week she arrived at the Amazon in Peru. After two days kayaking she made the first of her phone calls to the BBC.



## Phone call 2

“I’ve been on the Amazon for a week now, and I’ve been paddling for six out of the seven days. The river is incredibly <sup>5</sup> \_\_\_\_\_, and it’s very hard to paddle in a straight line. The water is so brown that I can’t see my paddle once it goes under the surface. It looks like melted <sup>6</sup> \_\_\_\_\_. I start at 5.30 in the morning, and I <sup>7</sup> \_\_\_\_\_ for at least ten hours, from 5.30 a.m. until dark, with only a short break for lunch. My hands have been giving me problems – I have big blisters. I now have them bandaged in white tape.

I’m usually on the water for at least ten hours; it’s <sup>8</sup> \_\_\_\_\_ at times, exciting at others. I listen to music on my iPod. I’ve been listening to *Don’t Stop Me Now* by Queen to inspire me! ”

## Phone call 3

“I haven’t been <sup>9</sup> \_\_\_\_\_ very well this week. The problem is heat exhaustion. They say it’s because I haven’t been drinking enough water. I’ve been travelling 100 kilometres a day, which is my target. But yesterday after 84 kilometres I was feeling <sup>10</sup> \_\_\_\_\_, and my head was aching and I had to stop and rest. ”

## 6 VOCABULARY & PRONUNCIATION

### strong adjectives

#### Strong adjectives

Some adjectives have a strong meaning, e.g.

*I had to paddle against the current. I was **exhausted!** (= very tired)*

*I’ve had a **fantastic** time! (= very good)*

With strong adjectives you can use *absolutely* or *really*, but NOT *very*.

*I’ve been suffering from the heat. It’s **absolutely boiling**. NOT *very boiling*.*

a Complete the sentences with a normal adjective.

- A Was Lisa’s father *angry* about the car?  
B Yes, he was **furious!**
- A Is Oliver’s flat \_\_\_\_\_?  
B Yes, it’s really **tiny** – just a bedroom and a sitting room.
- A Are you \_\_\_\_\_ of flying?  
B Yes, I’m **terrified!** I never fly anywhere.
- A Was the food \_\_\_\_\_?  
B Yes, it was **delicious**.
- A Are you very \_\_\_\_\_?  
B I’m **starving!** I haven’t eaten all day.
- A Is your parents’ house \_\_\_\_\_?  
B It’s **enormous**. It has seven bedrooms.
- A Was it \_\_\_\_\_ in Moscow?  
B It was **freezing!** Minus 20 degrees.
- A Was Jack’s kitchen \_\_\_\_\_?  
B It was **filthy**. It took us three hours to clean it.
- A Are your parents \_\_\_\_\_ about the wedding?  
B They’re **delighted**. In fact, they want to pay for everything!
- A Was the film \_\_\_\_\_?  
B It was **hilarious**. We laughed the whole way through.
- A Are you \_\_\_\_\_ you locked the door?  
B I’m **positive**. I remember turning the key.
- A Were you \_\_\_\_\_ to hear that Ted is getting married?  
B I was absolutely **amazed!** I never thought it would happen.

b 153)) Listen and check. How are the strong adjectives pronounced? Practise the dialogues in pairs.

c ► **Communication** *Are you hungry?* A p.104 B p.109.

d Ask and answer with a partner. Ask for more information.

- Have you ever been swimming in a place where the water was absolutely freezing?
- Is there anything that makes you furious about car drivers or cyclists in your country?
- Are there any animals or insects that you’re terrified of?
- What’s the most delicious meal you’ve had recently?
- Is there a comedian or a comedy series on TV in your country that you think is absolutely hilarious?

## 7 WRITING

► p.114 **Writing** *An informal email*. Write an informal email to thank somebody you have been staying with and to tell them what you have been doing recently.



present perfect + *for / since*, present perfect continuouspresent perfect + *for / since*

They've **known** each other for ten years.

Julia **has had** that bag since she was at university.

A How long **have** you **worked** here?

B Since 1996.

A How long **has** your brother **had** his motorbike?

B For about a year.

1 47)))

- We use the present perfect + *for* or *since* with **non-action verbs** (e.g. *like, have, know*, etc.) to talk about something which started in the past and is still true now.

*They've known each other for ten years.* (= they met ten years ago and they still know each other today)

- We use *How long...?* + present perfect to ask about an unfinished period of time (from the past until now).
- We use *for* + a period of time, e.g. *for two weeks*, or *since* + a point of time, e.g. *since 1990*.
- Don't use the present simple with *for / since*, NOT *They know each other for a long time*.

present perfect continuous: *have / has been* + verb + *-ing*

1 How long **have** you **been learning** English?

Nick **has been working** here since April.

They've **been going out** together for about three years.

2 Your eyes are red. **Have** you **been crying**?

No, I've **been cutting** onions.

1 48)))



## a Correct the mistakes.

Harry is unemployed since last year.

*Harry has been unemployed since last year.*

- We've had our new flat since six months.
- Hi Jackie! How are you? I don't see you for ages!
- How long are you knowing your husband?
- Emily has been a volunteer for ten years ago.
- Paul doesn't eat anything since yesterday because he's ill.
- It hasn't rained since two months.
- How long has your parents been married?
- They're having their dog since they got married.
- I haven't had any emails from my brother for last Christmas.
- My grandmother lives in the same house all her life.

- We use the present perfect continuous with *for* and *since* with **action verbs** (e.g. *learn, work, go*, etc.) to talk about actions which started in the past and are still true now.

- Don't use the present continuous with *for / since*, NOT *I am working here for two years*.

- We can also use the present perfect continuous for continuous or repeated actions which have been happening very recently. The actions have usually just finished.

I've (I have)

You've (You have)

He / She / It's (He has)

We've (We have)

They've (They have)

**been working** here  
for two years.

I haven't (I have not)

You haven't

He / She / It hasn't

We haven't

They haven't

**been working** here  
for two years.

**Have you been working**  
here for two years?

Yes,  
I **have**.

No,  
I **haven't**.

**Has she been working**  
here for two years?

Yes,  
she **has**.

No,  
she **hasn't**.

**work and live**

*Work and live* are often used in either present perfect simple or present perfect continuous with the same meaning.

*I've lived here since 1980.*

*I've been living here since 1980.*

- Make sentences with the present perfect simple or present perfect continuous (and *for / since* if necessary). Use the present perfect continuous if possible.

I / work for a charity / eight years

*I've been working for a charity for eight years.*

- we / know each other / we were children
- the children / play computer games / two hours
- your sister / have that hairstyle / a long time?
- I / love her / the first day we met
- my internet connection / not work / yesterday
- how long / you / wait?
- I / be a teacher / three years
- it / snow / five o'clock this morning
- Sam / not study enough / recently
- you / live in London / a long time?



**Jenny** I met Rob in London when I was visiting the UK on a work trip. He was writing for the London edition of *24seven*. We got along well right away. I really liked him.

**Rob** So why am I in New York? Because of Jenny, of course. When they gave me the opportunity to work here for a month, I took it immediately. It gave us the chance to get to know each other better. When they offered me a permanent job I couldn't believe it!

**Jenny** I helped Rob find an apartment. And now here we are. Together in New York. I'm so happy. I just hope Rob's happy here, too.

**Rob** I really loved living in London. A lot of my friends and family are there, so of course I still miss it. But New York's a fantastic city. I've got a great job and Jenny's here too.

**Jenny** Things are changing pretty fast in the office. We have a new boss, Don Taylor. And things are changing in my personal life, too. This evening's kind of important. I'm taking Rob to meet my parents for the very first time. I just hope it goes well!

### 1 29)))

**Jenny** I can't believe we got here so late.

**Rob** I'm sorry, Jenny. I had to finish that article for Don.

**Jenny** Don't forget the chocolates.

**Rob** OK.

**Rob** Oh no!

**Jenny** I don't believe it. Don't tell me you forgot them!?

**Rob** I think they're still on my desk.

**Jenny** You're kidding.

**Rob** You know what my desk's like.

**Jenny** Yeah, it's a complete mess. Why don't you ever tidy it?

**Rob** We could go and buy some more.

**Jenny** How can we get some more? We're already late!

**Jenny** Hi there!

**Harry** You made it!

**Jenny** Sorry we're late. So, this is my mom and dad, Harry and Sally. And this, of course, is Rob.

**Rob** Hello.

**Sally** It's so nice to meet you at last.

**Harry** Yes, Jenny's finally decided to introduce you to us.

**Sally** Come in, come in!

**Jenny** Mom, I'm really sorry – we bought you some chocolates but we left them at the office.

**Sally** What a pity. Never mind.

**Harry** Yeah, don't worry about it. We know what a busy young woman you are. And your mom has made way too much food for this evening anyway.

**Sally** Oh Harry.

**Jenny** But I also have some good news.

**Sally** Really? What's that?

**Jenny** Well, you know we have a new boss? He's still new to the job and needs support, so today he made me the managing editor of the magazine.

**Sally** So you've got a promotion? How fantastic!

**Harry** That's great news! Hey, does that mean Jenny's going to be your boss, Rob?

**Rob** Er... yes, I guess so.

**Jenny** Well, not exactly. I'm a manager, but I'm not Rob's manager.

**Sally** Let's go and have dinner.

**Jenny** What a great idea!

### 1 32)))

**Harry** You know, our Jenny has done incredibly well, Rob. She's the first member of our family to study at Harvard. She's a very capable and ambitious young woman.

**Jenny** Oh Dad.

**Rob** No, it's true, Jenny.

**Harry** But what about you, Rob? How do you see your career? Do you see yourself going into management?

**Rob** Me? No. Not really. I'm more of a... a writer.

**Harry** Really? What kind of things do you write?

**Rob** Oh... you know, interviews, reviews... things like that... and I'm doing a lot of work for the online magazine...

**Jenny** Rob's a very talented writer, Dad. He's very creative.

**Harry** That's great but being creative doesn't always pay the bills.

**Jenny** You know, my dad's a very keen photographer. He took all of these photos.

**Harry** Oh, Rob won't be interested in those.

**Rob** But I am interested. I mean, I like photography. And I think I recognize some of these people...

**Harry** That's because most of them are of Jenny.

**Rob** But there are some great jazz musicians, too.

That's Miles Davis... and isn't that John Coltrane? And that's Wynton Marsalis.

**Harry** You know about Wynton Marsalis?

**Rob** Know about him? I've interviewed him!

**Harry** How incredible! I love that guy. He's a hero of mine.

**Rob** Well, he's a really nice guy. I spent a whole day with him, chatting and watching him rehearse.

**Harry** Really? I want to hear all about it.

**Sally** Have a cookie, Rob.

**Harry** Go ahead, son! Sally makes the best cookies in New York!

### 1 40)))

1 I'm a spender, I think. I try to save, but something always seems to come along that I need to buy and I finish up broke. I can get by with very little money for myself when I need to, but I don't seem to be good at holding on to it. Also, if my kids ask to borrow some money, I always say yes.

2 I would say that I'm spender. I spend money on things like concerts, or on trips because I like having the experience and the memories. I know that I should spend my money on things that last, or save for the future, but I don't want to miss all those good things that are happening right now.

3 I consider myself a spender. I don't have much money, but when I do have some there's always something I need or want to spend it on. I love computers and computer games, so I often buy things to make sure my computer is always up to date. I know it's not very sensible, but it's important to me.

4 That's difficult to say. I can save money if there's something I really, really want, but usually my money disappears as soon as I get it. I get some money from my parents every week so I have just enough money to go to the cinema with my friends and to buy something for myself, maybe a book or a DVD or some makeup... I usually end up buying something. But for example if I want to go on a trip with my friends, then I can make an effort and save some money for a few weeks.

5 Since I was very small, I've always saved about a third of the money I get. I would never think of spending all the money I have. You could say that I'm careful about money. When I want to buy something which is expensive I don't use a credit card, I take the money out of the bank and so I never have to worry about getting into debt.

6 I'd say a saver, definitely. I like having some money saved in case I have an emergency. I also think very carefully before I buy something and I always make sure it's the best I can buy for that price. But I wouldn't describe myself as mean. I love buying presents for people, and when I do spend my money I like to buy nice things, even if they're more expensive.

### 1 45)))

#### Part 1

**Interviewer** Jane, you're a primary school teacher, and a writer. What kind of books do you write?

**Jane** Well, I write books for children who are learning English as a foreign language.

**Interviewer** How long have you been a writer?

**Jane** Er, let me see, since 1990. So for about 22 years.

**Interviewer** Tell us about the trip that changed your life. Where were you going?

**Jane** Well, it was in the summer of 2008, and my family – my husband and I and our three children,

decided to have a holiday of a lifetime, and to go to Africa. We went to Uganda and Ruanda, to see the mountain gorillas. It was something we'd always wanted to do. Anyway about half way through the trip we were in Uganda, and we were travelling in a lorry when the lorry broke down. So the driver had to find a mechanic to come and help fix it.

**Interviewer** And then what happened?

**Jane** Well, as soon as we stopped, lots of children appeared and surrounded us. I could see some long buildings quite near, so I asked the children what they were, and they said in English 'That's our school.' And I was very curious to see what a Ugandan school was like, so I asked them to show it to me.

**Interviewer** What was it like?

**Jane** I was shocked when I first saw it. The walls were falling down, the blackboards were broken, and there weren't many desks. But the children were so friendly, and I asked them if they would like to learn a song in English. They said yes, and I started teaching them some songs, like 'Heads, shoulders, knees and toes', a song I've used all over the world to teach children parts of the body. Almost immediately the classroom filled up with children of all ages and they all wanted to learn. I was just amazed by how quickly they learned the song!

**Interviewer** Did you meet the teachers?

**Jane** Yes, we did, and the headmaster too. He explained that the school was called St Josephs, and it was a community school for orphans, very poor children and refugees. I asked him what the school needed. I thought that he might say 'we need books, or paper,' and then later we could send them to him. But actually he said 'What we need is a new school'. And I thought yes, of course he's right. These children deserve to have better conditions than this to learn in. So when I got back home, my husband and I, and other people who were with us on the trip decided to set up an organization to get money to build a new school.

### 1 46)))

#### Part 2

**Interviewer** So Adelante Africa was born. Why did you decide to call it that?

**Jane** Well, we wanted a name that gave the idea of Africa moving forward, and my husband is Spanish, and he suggested Adelante Africa, because in Spanish Adelante means 'go forward', and Adelante Africa sort of sounded better than 'Go forward, Africa'.

**Interviewer** How long did it take to raise the money for the new school?

**Jane** Amazingly enough, not long really, only about two years. The school opened on the 14th March 2010 with 75 children. Today it has nearly 500 children.

**Interviewer** That's great! I understand that since the new school opened you've been working on other projects for these children.

**Jane** Yes. When we opened the school we realised that although the children now had a beautiful new school, they couldn't really make much progress because they were suffering from malnutrition, malaria, things like that. So we've been working to improve their diet and health, and at the moment we're building a house where children who don't have families can live.

**Interviewer** And are your children involved in Adelante Africa too?

**Jane** Yes, absolutely! They all go out to Uganda at least once a year. My daughter Tessie runs the Facebook page, and my other daughter Ana runs a project to help children to go to secondary school, and Georgie, my son, organizes a football tournament there every year.

**Interviewer** And how do you think you have most changed the children's lives?

**Jane** I think the school has changed the children's lives because it has given them hope. People from



outside came and listened to them and cared about them. But it's not only the children whose lives have changed. Adelante África has also changed me and my family. We have been very lucky in life. I feel that life has given me a lot. Now I want to give something back. But it's not all giving. I feel that I get more from them than I give! I love being there. I love their smiles and how they have such a strong sense of community, and I love feeling that my family and the other members of Adelante África are accepted as part of that community.

**Interviewer** And do you have a website?

**Jane** Yes, we do. It's [www.adelanteafrica.com](http://www.adelanteafrica.com). We've had the website for about four years. It was one of the first things we set up. If you'd like to find out more about Adelante África, please go there and have a look. There are lots of photos and even a video my son took of me teaching the children to sing on that first day. Maybe it will change your life too, who knows?

## 1 52)))

### Phone call 4

I haven't had any music for the last three days, because my iPod broke, so paddling has been getting more boring. To pass the time I count or I name countries in my head and sometimes I just look up at the sky. Sometimes the sky is pink with clouds that look like cotton wool, other times it's dark like the smoke from a fire and sometimes it's bright blue. The day that I reached the half way point in my trip the sky was bright blue. I'm superstitious so I didn't celebrate – there's still a very long way to go.

### Phone call 5

This week the mosquitoes have been driving me mad. They obviously think I'm easy food! They especially like my feet. I wake up in the night when they bite me and I can't stop scratching my feet.

But I'm feeling happier now than I've been feeling for weeks. I've seen a lot of amazing wildlife this week. One day I found myself in the middle of a group of dolphins. There were about six pairs jumping out of the water. I've also seen enormous butterflies, iguanas, and vultures which fly above me in big groups. Yesterday a fish jumped into my kayak. Maybe it means I'm going to be lucky. I am starting to feel a bit sad that this adventure is coming to an end.

And finally on the news, BBC presenter Helen Skelton has successfully completed her 3,200 kilometre journey down the Amazon River in a kayak. She set off from Nauta in Peru six weeks ago on a journey which many people said would be impossible. But yesterday she crossed the finish line at Almeirim in Brazil to become the first woman to paddle down the Amazon. Here's Helen: 'It's been hard but I've had an amazing time. The only thing I've really missed is my dog Barney. So the first thing I'm going to do will be to pick him up and take him for a nice long walk.'

## 2 9)))

The Stig was using public transport, for the first time in his life! He saw a big red thing coming towards him. A bus! He got on it, and used his Oyster Card to pay. Ten minutes later he got off and got the tube at Acton Town to take the District line to Monument. 18 stops!

The train now approaching is a District line train to West Ham. Please mind the gap between the train and the platform.

The Stig noticed that everyone was reading a newspaper, so he picked up a free one that was on a seat and started reading.

The next station is Monument. Change here for the Central line and the Docklands Light Railway.

He got off the tube and ran to the platform for the Docklands Light Railway. After a few minutes a train arrived. Now it was just ten stops and he would be there!

## 2 15)))

**Host** And on tonight's programme we talk to Tom Dixon, who is an expert on road safety. Tom, new technology like satnav has meant new distractions for drivers, hasn't it?

**Tom** That's right, Nicky, but it isn't just technology that's the problem. Car drivers do a lot of other things while they're driving which are dangerous and which can cause accidents. Remember, driver distraction is the number one cause of road accidents.

**Host** Now I know you've been doing a lot of tests with simulators. According to your tests, what's the most dangerous thing to do when you're driving?

**Tom** The tests we did in a simulator showed that the most dangerous thing to do while you're driving is to send or receive a text message. This is incredibly dangerous and it is of course illegal. In fact, research done by the police shows that this is more dangerous than drinking and driving.

**Host** Why is that?

**Tom** Well, the reason is obvious – many people use two hands to text, one to hold the phone and the other to type. Which means that they don't have their hands on the wheel, and they are looking at the phone, not at the road. Even for people who can text with one hand, it is still extremely dangerous. In the tests we did in the simulator two of the drivers crashed while texting.

**Host** And which is the next most dangerous?

**Tom** The next most dangerous thing is to set or adjust your sat nav. This is extremely hazardous too because although you can do it with one hand, you still have to take your eyes off the road for a few seconds.

**Host** And number three?

**Tom** Number three was putting on make-up or doing your hair. In fact this is something that people often do, especially women of course, when they stop at traffic lights, but if they haven't finished when the lights change, they often carry on when they start driving again. It's that fatal combination of just having one hand on the steering wheel, and looking in the mirror, not at the road.

**Host** And number four?

**Tom** In fourth place, there are two activities which are equally dangerous. One of them is making a phone call on a mobile. Our research showed that when people talk on the phone they drive more slowly (which can be just as dangerous as driving fast) but their control of the car gets worse, because they're concentrating on the phone call and not on what's happening on the road. But the other thing, which is just as dangerous as talking on your mobile, is eating and drinking. In fact if you do this, you double your chance of having an accident because eating and drinking always involves taking at least one hand off the steering wheel. And the worrying thing here is that people don't think of this as a dangerous activity at all and it isn't even illegal.

**Host** And in fifth, well actually sixth place. It must be listening to music, but which one?

**Tom** Well, it's listening to music you know.

**Host** Oh, that's interesting.

**Tom** We found in our tests that when drivers were listening to music they knew and liked, they drove either faster or slower depending on whether the music was fast or slow.

**Host** So fast music made drivers drive faster.

**Tom** Exactly. And a study in Canada also found that if the music was very loud then drivers' reaction time was 20% slower. If you're listening to very loud music you're twice as likely to go through a red light.

**Host** So the safest of all of the things in the list is to listen to music we don't know.

**Tom** Exactly. If we don't know the music then it doesn't distract us. In this part of the tests all drivers drove safely.

## 2 23)))

**A** Excuse me, is this seat free?

**B** Yes, sure sit down. Ah, he's lovely. Is he yours?

**A** Yes, yes. He's a she actually. Miranda.

**B** Oh. Three months?

**A** Three and a half. How about yours?

**B** Stephen. He's four months. Did you have a bad night?

**A** Yes, Miranda was crying all night. You know, that noise gets to you. It drives me mad.

**B** Do you know what you need? These.

**A** What are they? Earplugs?

**B** Yes. Earplugs! When the baby starts crying you just put these in. You can still hear the crying, but the noise isn't so bad and it's not so stressful.

**A** That's a great idea! Who told you to do that?

**B** It's all in this book I've read. You should get it.

**A** Yeah? What's it called?

**B** It's called 'Commando Dad'. It was written by an ex-soldier. He was a commando in the army and it's especially for men with babies or small children. It's brilliant.

**A** Really? So what's so good about it?

**B** Well, it's like a military manual. It tells you exactly what to do with a baby in any situation. It makes everything easier. There's a website too that you can go to – [commandodad.com](http://commandodad.com). It has lots of advice about looking after babies and small kids and I really like the forums where men can write in with their problems, or their experiences.

**A** What sort of things does it help you with?

**B** All sorts of things. How to change nappies – he has a really good system, how to dress the baby, how to get the baby to sleep, the best way to feed the baby, how to know if the baby is ill. It's really useful and it's quite funny too, I mean he uses sort of military language, so for example he calls the baby a BT which means a baby trooper, and the baby's bedroom is base camp, and taking the baby for a walk is manoeuvres, and taking the nappies to the rubbish is called bomb disposal.

**A** What else does it say?

**A** And what does he think about men looking after children? Does he think we do it well?

**B** He thinks that men are just as good as women at looking after children in almost everything.

**A** Almost everything?

**B** Yeah, he says the one time when women are better than men is when the kids are ill. Women sort of understand better what to do. They have an instinct. Oh. Now it's my turn. Right, I know exactly what that cry means. It means he's hungry.

**A** Wow! What was that book called?

## 2 28)))

**Kerri** You work hard but your money's all spent  
Haven't got enough to pay the rent  
You know it's not right and it makes no sense  
To go chasing, chasing those dollars and cents  
Chasing, chasing those dollars and cents...

**Rob** That was great, Kerri.

**Kerri** Thanks.

**Rob** Kerri, you used to be in a band, now you play solo. Why did you change?

**Kerri** What happened with the band is private. I've already said I don't want to talk about it in interviews. All I'll say is that I have a lot more freedom this way. I can play – and say – what I want.

**Rob** Did your relationship with the band's lead guitarist affect the break up?

**Kerri** No comment. I never talk about my private life.

**Rob** Your Dad was in a famous punk band and your Mum's a classical pianist, have they influenced your music?

**Kerri** Of course they have – what do you think? Isn't everyone influenced by their parents?

**Rob** When did you start playing?

**Kerri** I started playing the guitar when I was about four.