

# AUDIO SCRIPTS

## SKILLS TEST 1A/1B, MODULE 1

### 2 Exercise 2

**Presenter:** Today I'm talking to Jan Krugen, who competes in Ironman triathlons. Welcome Jan.

**Jan:** Hi.

**Presenter:** So Jan, how are Ironman competitions different from normal triathlons?

**Jan:** They're just much longer for each of the three parts.

**Presenter:** Now you're training for the next Ironman World Championships. What are the distances for the swimming, cycling and running?

**Jan:** Well, 2.4 miles for swimming, 112 miles for cycling and twenty-six miles for running.

**Presenter:** Wow! Which part of the Ironman are you best at?

**Jan:** Well, probably the cycling because I have strong legs.

**Presenter:** And what about the running?

**Jan:** Well, I find the running difficult and training to run a marathon is lonely. I've started running with a friend, so now it's easier to do!

**Presenter:** Now, I feel tired just thinking about a seventeen hour race ... ! How do you feel when you finish a race?

**Jan:** Well, tired but happy!

**Presenter:** So, how do you prepare? Do you have a weekly plan?

**Jan:** Yes. I train for the race in parts and swim, cycle and run each week. I do a different sport every day. On Mondays and Thursdays I swim two to three miles. On Tuesdays I cycle about fifty miles and Fridays I cycle eighty miles or more. On Wednesdays and Saturdays I go running. I always go for a shorter run of about ten miles in the week and run about 20 miles on Saturday. Sometimes I cycle or I swim as well on Saturdays. Just before a race I train for two sports on Tuesdays, Thursdays and Saturdays. I also do more miles.

**Presenter:** What about Sundays?

**Jan:** Ah, now on Sundays I never train and I usually get up at nine o'clock. I have a relaxed breakfast and read the newspaper. After lunch I go to the park to walk the dog and play football with my sons. It's a family day really and in the afternoon, we sometimes go to the zoo or the cinema. The zoo is better when it's sunny.

**Presenter:** Well, thanks for talking to me today Jan and good luck with the World Championships.

**Jan:** You're welcome. Good to meet you too.

## SKILLS TEST 2A/2B, MODULE 2

### 3 Exercise 2

**Ben:** Have you heard of the board game *Go*?

**Kim:** No, I haven't. Where is it from?

**Ben:** Well, I read yesterday that it was first played in China about 2500 years ago.

**Kim:** Really? That's amazing. I've never heard of it. Do people play it in other countries too?

**Ben:** Oh yes. People play it all over the world. The article said more than twenty-six million people play *Go*.

**Kim:** That's a lot! So, how do you play it?

**Ben:** Well. It's a game for two players. There is a board, like a chess board but bigger. It usually has nineteen squares across and nineteen squares down.

**Kim:** Do players have pieces like in chess?

**Ben:** No, they have stones. One player has white ones. The other player has black.

**Kim:** Do they have a lot of stones?

**Ben:** Oh yes, there are 180 white and 181 black stones.

**Kim:** That's a lot! But why are there more black stones?

**Ben:** Because black starts the game.

**Kim:** Okay. Is it an easy game?

**Ben:** Well, yes, at the beginner's level.

**Kim:** Do players take turns to play like in chess?

**Ben:** Yes and when a player has a turn they put a stone on the board.

**Kim:** So, how does a player win?

**Ben:** To win, a player must get the other player's stones. You have to stop them from being able to move their stones.

**Kim:** That sounds difficult.

**Ben:** I played my first game last week and it was okay. I understood the rules easily.

**Kim:** Did you win?

**Ben:** Ermm ... No.

**Kim:** It sounds interesting. Is there a version for computers?

**Ben:** Yes, but it's expensive. It's better to get the board game. You can take it to the park then.

**Kim:** That's true - and it's nice to play with other people.

**Ben:** Fantastic! Then we can learn to play it together!

**Kim:** Cool!

## SKILLS TEST 3A/3B, MODULE 3

### 4 Exercise 2

**Simone:** Hi Kamila! How are you?

**Kamila:** Fine, Simone. And you?

**Simone:** Great! How is the part-time job?

**Kamila:** Oh, it's fun.

**Simone:** How many days a week do you work?

**Kamila:** I usually work Friday evenings and Saturdays but this month I'm working more.

**Simone:** Why?

**Kamila:** Oh, I'm trying to save some money.

**Simone:** What for?

**Kamila:** Well, I'm putting money into a bank account for university.

**Simone:** But you've got two more years at school?!

**Kamila:** Yes, but I like saving money. Some weeks I put £100 in the bank!

**Simone:** Really? I never save.

**Kamila:** Do you get pocket money from your parents?

**Simone:** Yes, they give me £20 a week and pay me when I help in their shop.

**Kamila:** How often do you work in the shop?

**Simone:** Once or twice a week for a few hours. I'm too busy to work more.

**Kamila:** Why? Do you have a lot of homework?

**Simone:** No, when I have free-time I like shopping. I really like looking for bargains. I hate paying a lot for clothes.

**Kamila:** So, where do you go shopping?

**Simone:** Oh, I usually go to charity shops and street markets. I've found some really good clothes this month. I think my favourite second-hand clothes are my purple trousers. They're really cool.

**Kamila:** Have you ever bought clothes online?

**Simone:** No, have you?

**Kamila:** Yes, but the dress looked different to the picture.

**Simone:** That's why I like to see the clothes I'm buying and try them on.

**Kamila:** Have you ever bought designer clothes in a charity shop?

**Simone:** Absolutely and you don't have to fork out lots of money for them. Do you want to come shopping with me tomorrow?

**Kamila:** Yes, why not. We could see if we could find ...

## SKILLS TEST 4A/4B, MODULE 4

### 5 Exercise 2

**Sally:** Three more days and then it's the summer holidays!

**Ben:** What are you doing this year?

**Sally:** We're going sailing in France for two weeks.

**Ben:** Really? That will be fun.

**Sally:** Absolutely, and better than last year's holiday in the mountains. What about you?

**Ben:** Umm ... we're visiting my grandparents.

**Sally:** Didn't you visit them last year?

**Ben:** Err ... yes. We visit them every summer for three weeks. They live in a village. I have friends there and last year we went on a boat down the river for a few days. It was really exciting!

**Sally:** Why?

**Ben:** Well, we were going to the other side of the river when we had an accident.

**Sally:** Oh no! Was it serious?

**Ben:** Err ... no, but the boat suddenly hit a large rock and started filling with water. We had to swim to the other side with our bags.

**Sally:** What did you do then?

**Ben:** Well, we put up our tents and camped for the night.

**Sally:** Did you have any food with you?

**Ben:** Oh yes, we had some soup and apples. Then we spent the night telling scary stories around a fire.

**Sally:** And what happened in the morning? Did you go straight back home?

**Ben:** No, after breakfast we walked along the river and then we spent the afternoon swimming in the river.

**Sally:** What happened to the boat?

**Ben:** Well, it disappeared into the water.

**Sally:** How did you get back to the village then?

**Ben:** Well, when we were swimming, we saw my friend's father fishing in the river. He came and got us in his boat.

**Sally:** Wow! How exciting! Do you think you'll have another adventure this year?

**Ben:** I hope so!

## SKILLS TEST 5A/5B, MODULE 5

### 6 Exercise 2

**Presenter:** Today we're talking to Australian actress Tania Leigh. Welcome.

**Tania:** Hi, nice to meet you.

**Presenter:** Hi Tania, let's talk about your family then.

**Tania:** Yes, there are more than forty of us.

**Presenter:** And where do they live?

**Tania:** Well, Australia, New Zealand, Canada, the United Kingdom and then there's Aunt Maria in Italy.

**Presenter:** Wow! How many generations are there in your family?

**Tania:** Er ... four.

**Presenter:** And tell me about the oldest generation.

**Tania:** Well, I've got one grandmother, Sheila, living in New Zealand. She's my mum's mother but she's my only living grandparent. She's ninety-six and had three daughters; my mum, Betty, Maria and Rose, and one son, Eric.

**Presenter:** Do you see your grandmother and aunts and uncles often?

**Tania:** Oh yes, it's only a three-hour flight to the nearest airport. I've visited them with my mum and my brother, Luke, every year since I was a child. We get on really well.

**Presenter:** So, tell us a bit about your brother Luke.

**Tania:** Luke is older than me. He's married and has two daughters Patsy and Izzy ... And I've got two half-brothers Jo and Sam, and a half-sister Sue.

**Presenter:** Do you get on well with them?

**Tania:** Absolutely, but I don't see them often as they live in Canada. Sue is married and has two daughters; Kate and Jess and a son Nick. Kate got married to Steve a few years ago too.

**Presenter:** Did you get to the wedding?

**Tania:** Unfortunately, no. I was working on a film at the time.

**Presenter:** That's a shame. So, do you have a stepmother or stepfather?

**Tania:** I have a stepfather. His name's Ben and he's a very kind man. My mum, Betty, has been so happy since she met Ben and our family is one big happy family. It's wonderful!

**Presenter:** I understand you have a family too. Can you tell me a little about your husband and children ...?

**Tania:** Matt, my husband is at home looking after our ten year-old daughter Sandy and seven year-old son Peter. Can I say hello to them? Hi guys!

**Presenter:** Well, that's quite an amazing family you have.

**Tania:** Thanks.

**Presenter:** Well, thank you for talking to us and good luck with your next film.

## SKILLS TEST 6A/6B, MODULE 6

### 7 Exercise 2

**Ethan:** Hi Emily! What are you listening to?

**Emily:** Oh, the latest Soft Sky album *Coming out of the clouds*.

**Ethan:** Is it good? What kind of music is it?

**Emily:** It's folk. Are you into folk music?

**Ethan:** No, I prefer dance music. Do you like dance music?

**Emily:** Well, I'm not crazy about it. It's okay and good to listen to and dance to at parties. Although I can't stand listening to techno! What about you?

**Ethan:** I've got some techno music at home but I don't listen to it a lot. What other styles of music are you into?

**Emily:** World music and reggae. I like to feel relaxed by music. How about you?

**Ethan:** Oh, I just love listening to any kind of dance music.

**Emily:** Is there any music you really don't like?

**Ethan:** Classical! My parents love it but I don't.

**Emily:** Poor you! Luckily, my parents like dance music too.

**Ethan:** What's your favourite band then?

**Emily:** Soft Sky of course! What about you?

**Ethan:** I like lots of groups but I like The Fast Trains the best! I'd love to play the drums too. How about you? Do you play any musical instruments?

**Emily:** I play the flute but I'm not very good at it. I must play it more often. I'd really like to learn to play the guitar. My sister plays it and she is really good.

**Ethan:** Have you been to any music festivals this year? I'd like to go to Creamfields, but I have to work this summer.

**Emily:** What kind of festival is it?

**Ethan:** Well, it's a two-day festival of dance music. Friends have been and they said it was fantastic! There are ten large tents and each tent plays a different type of dance music. You can camp there too.

**Emily:** Where is it?

**Ethan:** In Cheshire in England. It's quite close to Wales.

**Emily:** What's special about this festival?

**Ethan:** Well, the atmosphere is great and you can spend all weekend dancing to your favourite music!

**Emily:** That sounds fun! I love dancing.

## SKILLS TEST 7A/7B, MODULE 7

### 8 Exercise 2

**Liam:** Hi! Gareth?

**Gareth:** Hi Liam! What a surprise! What are you doing here?

**Liam:** I'm waiting for my little sister.

**Gareth:** What, Rosie? How old is she now? About eight?

**Liam:** That's right. She had an accident and fell off her bike.

**Gareth:** Poor thing. Where's your mum then?

**Liam:** Oh, she's with Rosie. What happened to you then?

**Gareth:** Me? Oh, I had an accident in the kitchen a few days ago and cut my hand. I saw the doctor at the medical centre but tonight when I was working at the restaurant it was painful, and started bleeding again. My boss told me to go to the hospital.

**Liam:** How did you get here?

**Gareth:** Well, I was going to get a taxi but my boss said she'd drive.

**Liam:** That's very kind of her.

**Gareth:** Yes. She's great and it's a fun place to work.

**Liam:** So, what do you do?

**Gareth:** I'm a chef. How about you? It's been a few years since we left school. What are you doing now?

**Liam:** Well, I started studying geography but I didn't like it. So I trained to become a maths teacher and now I teach at the local school. I teach at primary level and I really enjoy it!

**Gareth:** Great! Well, I'm working at the L'arbre vert - it's a French restaurant in town. Why don't we meet there one day?

**Liam:** That sounds a good idea.

**Gareth:** Well, here's my phone number. Give me a ring and say hi to your family from me.

**Receptionist:** Number forty-five please.

**Gareth:** Ah, it's my turn!

## SKILLS TEST 8A/8B, MODULE 8

### 9 Exercise 2

**Presenter:** Today on *Animal Watch* we're talking to Kyle Bradbury from Kenya Safaris.

**Kyle:** Hi.

**Presenter:** So Kyle, tell us about 'The Big Five' animals in Africa.

**Kyle:** Well, the most famous is the lion. It's the largest big cat. It usually lives in small groups and spends much of its time relaxing under trees. People are often surprised that it is the females that do most of the hunting. They can run up to eighty km/h over a short distance.

**Interviewer:** Really? And what about their weight and how long do they live?

**Kyle:** Well, a lion can weigh 190 kilogrammes and the female a little less. They can live up to fifteen to eighteen years in the wild.

**Interviewer:** And how does that compare with a leopard?

**Kyle:** Well, an adult male leopard can weigh up to eighty kilogrammes. They prefer to live alone and hunt at night. If you see them in the day, they will usually be resting in a tree. They can live up to twelve years in the wild.

**Interviewer:** And do they run fast?

**Kyle:** Yes, they can run up to fifty-eight kilometres per hour but the most amazing thing about a leopard is its strength. It usually eats the animal it kills in a tree to stop others taking it and can carry a very big animal into a tree. Now that's strong!

**Interviewer:** Yes, very strong! And what about elephants?

**Kyle:** Well, they eat plants and spend most of their time looking for food. They spend about sixteen hours a day looking for food! They are the largest animal on land and can weigh over 5000 kilogrammes so they need to eat a lot to survive. They live in herds and can reach speeds of forty kilometres per hour. They can live between sixty to seventy years but often die when they lose their teeth, because they can no longer eat food without teeth.

**Interviewer:** And rhinos?

**Kyle:** Well, unfortunately, the rhino is an endangered animal because of hunting. They can live up to thirty five to forty years in the wild.

**Interviewer:** And which of 'the big five' is the most dangerous?

**Kyle:** Definitely the buffalo. It has attacked people in the past. It is very powerful and an adult can weigh between 500-900 kilogrammes. People say it gets angry quickly and you see one, do stay away from it because it can run fifty kilometres per hour. I was surprised to find out that buffaloes sometimes run after lions!

**Interviewer:** And do buffaloes live in herds?

**Kyle:** Yes, they do.

**Interviewer:** Well thank you Kyle. That's been most interesting.

## SKILLS TEST 9A/9B, MODULE 9

### 10 Exercise 2

**Eric:** So Peter, who invented the first aeroplane?

**Peter:** Oh, that's The Montgolfier Brothers.

**Eric:** Are you sure? Didn't the Montgolfier Brothers invent the hot air balloon?

**Peter:** No, I'm sure they flew the first aeroplane. I'll just check. Ah ... it says the American Wright brothers invented the plane and had their first successful flight in December 1903.

**Eric:** Told you! Mm ... Now, I put Cornelius Van Drebbel as builder of the first submarine.

**Peter:** Erm, I put George Stephenson. Wasn't he English?

**Eric:** Yes, and Van Drebbel was Dutch. I'm sure the submarine was built by a Dutch person I'll just check. Here's the information .... The credit for building the first submarine is usually given to a Dutch inventor called Cornelius Van Drebbel. Now, what about George Stephenson? Didn't he invent the train?

**Peter:** Absolutely, that's why he was called the 'Father of Railways'. When was the first train invented?

**Eric:** Er... here it is 'the first public railway line was invented in 1822'. Okay. But who invented the cable car?

**Peter:** Well, I wrote down Andrew Smith Hallidie. What did our teacher say in class?

**Eric:** I don't remember. What does it say in your lesson notes?

**Peter:** Ah, here it is. The cable car was invented by Andrew Smith Hallidie. The cable car was built in San Francisco and completed in 1873.

**Eric:** Oh yes. Well, I'm sure the helicopter was invented by Igor Sikorsky because I've heard of Sikorsky helicopters. Wasn't he from the Ukraine or Poland?

**Peter:** No, he was Russian ... Well, Russian-American... he emigrated to America in 1919.

**Eric:** And when did the first helicopter fly? I wrote down 1929.

**Peter:** You're wrong, it was 1939.

**Eric:** Oh dear ... So, how are we doing?

**Peter:** Great. We've got two questions left. Who invented the motorbike and the hot air balloon?

**Eric:** But I said it was the Montgolfier Brothers who invented the hot air balloon.

**Peter:** Oh yes, you did. And weren't they French?

**Eric:** That's right.

**Peter:** Now we have one question left. Ah now this one I know! The inventor of the motorbike was German. Where's his name? Ah, here it is - Gottlieb Daimler, first motorbike invented in 1885.

**Eric:** Fantastic! Well, that wasn't so difficult ...

## SKILLS TEST 10A/10B, MODULE 10

### 11 Exercise 2

**Interviewer:** ...and now let's go to Marc Cormier from the island of Saint-Pierre.

**Marc:** Hello.

**Interviewer:** Now, Marc, Saint-Pierre is a popular tourist destination in the North Atlantic Ocean but you speak French and are considered as part of France. Tell me more about this amazing place.

**Marc:** Well, we're a group of islands called Saint-Pierre and Miquelon, and although we are located ten kilometres from Green Island in Canada, we feel 100 percent French.

**Interviewer:** Tell me more about these islands.

**Marc:** Well, there are eight islands in total and we lie south of Newfoundland in Canada. These islands have a total coastline of 120 kilometres. The main islands are Saint-Pierre and Miquelon-Langlade. Saint-Pierre is twenty-six km<sup>2</sup> and has the capital city Saint-Pierre. Miquelon-Langlade is larger but is really two islands joined by sand, with Grand Miquelon to the north and Langlade to the south. These are the only islands people now live on. We have a population of 7000 people but most of these live on Saint-Pierre. This is where I have my hotel although there are hotels and tourist facilities on both islands.

**Interviewer:** So, French is the official spoken language ... Do most of the visitors to the islands come from Quebec, the French-speaking part of Canada?

# AUDIO SCRIPTS

**Marc:** Yes, but we do get a few other nationalities too. People love to visit in the late summer and early autumn when the weather is wonderful and sunny.

**Interviewer:** Really? The autumn weather sounds good! Now what currency do you use?

**Marc:** The Euro and the Canadian dollar ...

## SKILLS TEST 11A/11B, MODULE 11

### 12 Exercise 2

**Gloria:** Hi Elisa. How are you?

**Elisa:** Great thanks, and you?

**Gloria:** Fantastic. Have you had a good week?

**Elisa:** Yes but it's been busy! I had hockey practice on Monday because we have an important match next week and yesterday I went to the cinema to see *Maximiliano* with Roberto and Marco.

**Gloria:** Was it good?

**Elisa:** I didn't think so but they loved it!

**Gloria:** Are you busy later?

**Elisa:** Yes, I'm going for a meal at Luigi's with my sister. Do you want to come?

**Gloria:** It sounds great but I'm afraid I can't, I have volleyball at 5 o'clock and after that I'm going with my mum to visit my aunt. How about tomorrow? Are you free then?

**Elisa:** Thursday? Mm ... Ah. Sorry, but I've got photography club from 6 o'clock to 8 o'clock.

**Gloria:** Wow! You are really busy!

**Elisa:** Why don't we meet on Friday? I am free after school and if you come to my house, we could watch a film or play computer games.

**Gloria:** I'm sorry I can't do Friday. I have a guitar lesson at 5 o'clock because I'm taking an exam next week.

**Elisa:** Really? What exam are you taking?

**Gloria:** Grade five. I'm really nervous about it.

**Elisa:** I'm sure you'll pass. You got great marks in your last exam!

**Gloria:** Thanks. Well, perhaps we can meet at the weekend?

**Elisa:** Of course! Have you got your diary with you? Let's see when we're both free.

**Gloria:** Right. ... On Saturday morning I'm visiting my grandparents. We always visit them then and stay for lunch. But I'll be home about 2 o'clock and am free for the rest of the day. On Sunday, we're having a family day out. We're going to the beach. Would you like to come?

**Elisa:** That sounds a wonderful idea but I'm playing tennis on Sunday morning. Let's meet on Saturday afternoon. Would you like to come to my house in the afternoon? You could come round about 3 o'clock and we could play some games or watch a DVD.

**Gloria:** What a great idea! I'll ask mum and call you later.

## SKILLS TEST 12A/12B, MODULE 12

### 13 Exercise 1

**Interviewer:** Today we're talking about emotions with our three guests: Mary, Joel and Gabrielle. Let's start with you Mary. Are you usually in a good or bad mood?

**Mary:** Well, I start every day feeling happy and it takes a lot to change that.

**Interviewer:** And you Joel?

**Joel:** I'm usually in a good mood but on Mondays I do find it difficult to be happy in the morning, I think it's because I don't sleep much at the weekend.

**Interviewer:** Gabrielle?

**Gabrielle:** My friends tell me that I'm sometimes in a bad mood and in the morning they have a competition to see who can make me smile first. I think I'm more of a night person though, so getting up for school is always quite difficult for me. I'm much happier after lunch.

**Interviewer:** And what makes you happy?

**Gabrielle:** Ermm ... spending time with my friends but not at school. I mean, playing basketball, going to the cinema, that kind of thing ...

**Joel:** For me, it's when I'm playing any sport although people tell me I look the happiest when I'm running.

**Mary:** Well, I'm the happiest when my family visit. I love having my children and grandchildren round at the weekend because the house is full of life and laughter.

**Interviewer:** Do you ever get stressed or angry?

**Mary:** I did when I was younger but now I'm usually much more relaxed about things. I don't worry much and always tell myself to feel calm when something irritates me. Feeling angry never helps a situation.

**Joel:** Unfortunately I do sometimes get stressed and irritable. It's usually when I have lots of exams at university and when I feel under a lot of pressure. The rest of the time, I'm usually relaxed.

**Gabrielle:** I think I'm a bit like Joel. I usually feel stressed when I have school exams. The rest of the time I don't worry about anything really and I only worry about exams because I don't work very hard and my parents get upset when I do badly at school.

**Interviewer:** So, how do you calm down if you do feel stressed or angry?

**Gabrielle:** Well, I usually put on my favourite songs and sing really loudly to them.

**Joel:** I go running, and this makes me feel relaxed again.

**Mary:** My father always told me that anger and stress are not good emotions and we should try to keep calm and positive. I always believe that laughter is the best way to relax.

**Interviewer:** I think that's true...

## SKILLS MID-YEAR TEST A/B

### 14 Exercise 2

**Damon:** Hi this is Damon Andrews live in London for this year's London Marathon. Well, it's a beautiful day and we're waiting for the race to begin. Today with us, we have British marathon runner Kirsty Phillips. Hi, Kirsty.

**Kirsty:** Hi Damon.

**Damon:** Kirsty, this is the first time in the last six years that you're not running.

**Kirsty:** That's right. I've run this marathon five times now.

**Damon:** And does it feel strange to not be running today?

**Kirsty:** Of course it does a little but I think it's also good to have a rest. If I didn't have back problems, I know I'd be running. But well, it's also going to be fun to watch the race and enjoy the atmosphere.

**Damon:** Now I hear that today we have an amazing number of runners, perhaps the most since this race started in 1981. Is that right?

**Kirsty:** Absolutely! There are 48,000 runners today and there are more than 90,000 people who wanted to run but have to wait for another year.

**Damon:** Why do you think so many people like running the London Marathon?

**Kirsty:** I think it's because London is such a fantastic place for a race and the support from the crowd is amazing. It's also really well organised and is now one of the best marathons to run in the world.

**Damon:** Now, who do you think the favourites are this year? Who is going to win?

**Kirsty:** That's a difficult question to answer. There are so many fantastic runners this year. They are all very fit!

**Damon:** That's true. But some of the top runners have injuries don't they?

**Kirsty:** Yes, ... Last year's female winner has hurt her leg and the top male runner has had terrible flu for the last week.

**Damon:** So it's going to be an exciting race then?

**Kirsty:** I think you might be right there! Well, it looks like the race is about to start. Let's hope the weather stays clear and nice for them ...

## SKILLS END OF YEAR TEST A/B

### 15 Exercise 2

**Speaker 1:** Work's really stressful at the moment. I'm working long hours and usually end up eating lunch at my desk, which is really not very healthy. Before I started this job I used to go to the gym three times a week and go swimming on Saturdays. Now, I want a hobby which will help me relax. Something that is good for my body and mind.

#### Speaker 2

Because my dad works in the oil industry our family often has to move house. He ends up working all over the world and I've lost count of the number of schools I've been to. I have to say that I love experiencing so many different cultures but it's hard to keep in touch with friends. A lot of my free time is spent on my computer.

#### Speaker 3

I live for the weekends! There's nothing better than going out and spending time with friends. I love listening to music and dancing. I like to be out meeting people. My sister loves sports and often tries to get me to join her, but that's not my kind of thing at all.

#### Speaker 4

Work's 15 km away but I always cycle to work. The weather here is perfect and I'm lucky because we're right beside the sea too. I love running on the beach and everyone in my family is a strong swimmer and both my brother and I have swum for New South Wales. People say Australians are sporty people but for me it's just a way of life. I enjoy exercise and I love a challenge, and competitions! I would love to do something with cycling, running and swimming!

#### Speaker 5

I've had problems with my knee for a while now. My doctor tells me swimming will really help because it's a complete form of exercise for the whole body, so I'm going to join my local swimming club.

#### Speaker 6

I'm one of those people who work to live. My job's incredibly boring and so I spend my free-time looking for excitement. I've always enjoyed activities which are challenging and a bit dangerous. I used to do gymnastics and loved it. I like being outside and running, but not on roads. I like climbing and I'd like to find something that brings my interests together.