

Äänitekäsikirjoitukset

Theme 1

Video: Body language

When two people meet, their bodies begin the conversation before their voices do. This can affect how their relationship develops.

In many Western countries, it is common for people to look each other directly in the eye when greeting, and firmly shake hands while doing so.

This has the effect of creating a sense of equity between the two people, and builds a strong foundation on which the relationship can continue.

But what might happen when the two people do not speak the same body language? When one person avoids eye contact, for example, the other might think they are being rude, and respond accordingly.

A weak handshake may also be interpreted as a rude or disinterested gesture. In some cases, this may create an awkwardness between the two people, and the conversation that follows may suffer.

Due to the many different ways people use their bodies to communicate around the world, there are many ways a greeting can go wrong.

In Tibet, for example, people stick out their tongue to show that they come in peace. Meanwhile in other parts of Asia the namaste greeting is used, where people push their palms together and bow.

Or sometimes it just doesn't work at all. Luckily, if you want to get off to a good start, a warm smile works in almost every country.

E1.5

1

In most countries, closing your fist and extending your thumb upwards is a sign of approval. It means that things are moving according to plan. However, in some countries like Bangladesh, it is in fact an insult. In many countries in the Middle East and West Africa, the thumbs-up gesture is considered rude and offensive. In those parts of the world the sun may shine, but the gesture may be interpreted so that you want the person to stick it where it doesn't.

2

In western countries, a gesture where you repeatedly curl your index finger towards yourself is often used to beckon someone to you or to ask them to step forward. In many Asian countries like Japan, the so-called dog call is exactly that: a gesture only fit for dogs and other animals. Using it in the Philippines could even have you arrested.

3

The gesture also known as a corona is made by pointing the index and little finger upwards and curling the two middle fingers and thumb towards the palm. It can have very different meanings depending on the culture. In Buddhism and Hinduism, for example, it's a good gesture used to dispel the devil. If you show it to somebody in the Mediterranean and some South American countries, on the other hand, it's a sign that the person's spouse is cheating on them. Heavy metal fans know the corona as "devil horns" and as a sign of approval, rock on!

4

In most of the English-speaking world and many other countries, curling the index finger over the thumb and extending the remaining fingers above them signals that everything is okay. In Brazil, however, you might as well flip someone the middle finger. There are also some other countries where the meaning is everything but okay. Things aren't that simple in the West either, over the recent years the 'OK' gesture has been associated with white supremacy groups.

5

Hold up your index and middle finger on one hand like you were forming the letter 'v' and you have the victory sign. It was originally used by the Allied nations during the Second World War to symbolize victory. After the Vietnam War the gesture has widely become accepted as a symbol of peace. Be careful though, in many countries if you do the gesture with your palm facing in, it will be regarded as extremely rude.

6

Which gesture could signal all the following things: asking somebody to hurry up, trying to remember something or getting an idea? Yes, snapping one's fingers. But as with other hand gestures, there are countries where snapping your fingers at somebody is plain rude. So it's perhaps smartest to save it for snapping to a good song.

Listening: Learning from our mistakes

Learning from our mistakes

Presenter: With thousands of children returning to school after the long summer holiday we thought this would be a good time to talk about education. According to business trainer Pat Keneally, one of the most effective ways to learn is from our mistakes. Welcome to the programme, Pat.

Pat: Thank you.

Presenter: Mistakes are things most of us try to avoid, but you believe they're good for us. Is that right?

Pat: Absolutely. Mistakes are at the heart of how we learn. Our mistakes show us how to do things better. I know there are wonderful teachers out there, but in my view our mistakes are our best teachers.

Presenter: If mistakes are such a good thing, then why do we try so hard to avoid them?

Pat: That's a good question. It doesn't seem logical, does it? I think the problem is with our culture. We connect mistakes with shame or embarrassment. You can see it in the language we use. It's nearly always negative. Big mistake! Bad mistake! Terrible mistake! Stupid mistake! Nobody ever says useful mistake; helpful mistake; handy mistake.

Presenter: Why do you think that is?

Pat: Well, societies like order. And shaming people for mistakes is a good way to keep them in line. It makes people feel unsure of themselves. Then they're easier to control.

Presenter: That sounds depressing.

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Pat: It is. That's why I'd like our schools to become more mistake-friendly. Places where no one is ashamed of making mistakes. We should celebrate mistakes as learning opportunities.

Presenter: Celebrate mistakes? Don't say that to my old French teacher!

Pat: And how much French do you speak?

Presenter: Um, er, well. I um...

Pat: Exactly! You've proved my point. If your teacher had been more relaxed about mistakes, maybe you would have spoken more French. And if you'd spoken more, you'd have learned more. A high tolerance for mistakes is good for learning.

Presenter: You mean for learning languages?

Pat: I mean for learning anything. Take business, for example. The manager of IBM was asked how to succeed in business. Guess what his answer was? "The way to succeed is to double your failure rate." He understood that making mistakes is part of a healthy business.

Presenter: Sounds risky – encouraging people to make mistakes.

Pat: Not really. If you never make a mistake, it means you're not trying anything new. And in business, not trying anything new is a disaster. You won't last long in the business world.

Presenter: So mistakes happen when you're trying something new.

Pat: And the other way round. Mistakes can also happen when you're doing something you've done many times before. And those mistakes can be really valuable.

Presenter: For example?

Pat: Take, the French scientist Louis Pasteur. He was growing bacteria in small dishes of gel. Now, those gels need to be sterile so you can see the bacteria clearly. However, one gel got contaminated with a spot of mould. An annoying mistake. But when Pasteur looked closely at the gel, he saw that there were no bacteria growing in the area around the mould. Something must be stopping the bacteria from growing. And that something turned out to be penicillin, an antibiotic that has saved millions of lives.

Presenter: So a mistake saved lives. Literally.

Pat: It can. And that's why I think we should treat mistakes with more respect. Mistakes help us learn and grow. And they can also take us to new and unexpected places.

Presenter: Well, that's fascinating. It definitely wasn't a mistake inviting you on our programme. Pat Keneally, thank you very much for talking to us.

Podcast: What a wonderful word, episode 1

What a wonderful word podcast, episode 1: sideburns

NL Welcome to *What a wonderful word*, a podcast where we look at the surprising history of words and phrases. My name is Nathan Li and joining me is our word nerd Kelly Garcia.

KG: Hi.

NL: In each episode we take a look at an everyday word or phrase that has an interesting past. So, what are we looking at today?

KG: Well, today we're going to get personal. We're going to talk about those things on either side of your face?

NL: My ears?

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KG: No, in front of your ears.

NL: My cheeks?

KG: No, we're going to talk about those strips of hair on either side of your face.

NL: My sideburns, you mean? Do you like them?

KG: They look great... very manly.

NL: Thank you. It took me weeks to grow them.

KG: Well, have you ever wondered why they're called sideburns?

NL: Because they're on the sides of my face... and they're *hot!*

KG: Well, they *do* look good on you, but that's not the reason. The reason they're called sideburns, goes all the way back to the American Civil War.

NL: So, you're telling me this fashion isn't new?

KG: Sorry, sideburns have been with us a long time. Anyway, back in the 1860s there was this general called Ambrose Burnside fighting in the American Civil War. He wasn't very good as a general, but he did have amazing facial hair. Big fluffy whiskers! They came all the way from down his ears and joined up with his moustache.

NL: But you said this guy's name was Burnside. That's not the same as sideburns.

KG: True. That style of beard started out being called Burnside whiskers. But then, over time, the word got flipped around. Burnside became sideburn. And the whole thing got shorter. So, instead of saying Burnside whiskers, people just said sideburns. Quicker. Easier. And clearer, too, because they are on the sides of your face.

NL: How did General Burnside feel about being a fashion icon?

KG: I don't know. But he's not the first person to have a fashion named after him.

NL: Really?

KG: Really. Take that cardigan you're wearing.

NL: This? My mum knitted it.

KG: Nice work! Did you know it's named after the Earl of Cardigan? He used to wear knitted sweaters that open at the front.

NL: Amazing! And I bet he didn't knit them himself.

KG: No, he didn't. And another fun fact: wellington boots are named after the Duke of Wellington. He wanted knee-high boots that could be worn over his fancy tight trousers. And so the Wellington boot was born.

NL: Wow! Now you're going to tell me hoodies are named after Robin Hood?

KG: Sorry to disappoint. But the word leotard...

NL: Yes?

KG: That tight one-piece used by dancers. Well, Nathan Li, guess who the leee-otard named after?

NL: Please tell me it was named after one of my relatives. Great grandma Li!

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KG: Sorry. The leotard is actually named after Jules Léotard. He was a famous French circus performer. He did his trapeze act in a leotard.

NL: Oh, that's so disappointing. I was hoping someone in my family was famous.

KG: Maybe you'll be the first. All you need to do is invent a new bit of clothing. The Nathan necktie, for example. Or a new hairstyle. Call it the Lee look!

NL: I think I'll stick to podcasting. But if I ever need careers advice, I know who to ask.

KG: You're welcome

NL: Thanks to Kelly Garcia for coming in to tell us the history of sideburns. See you next time.

Theme 2

Listening: Over powering or empowering?

Announcer: Overpowering or empowering? The impact of the English on other languages.

Announcer: You're listening to the Global Arts podcast with Dara Keene, bringing you the best in arts and culture from around the world.

Host: Here are some chastening facts: a language dies every two weeks with no-one left to speak it. Half of the world's seven thousand languages will not survive into the next century, presuming of course that humankind manages to last that long. As tongues fall silent, we lose perspectives on our world, artistic traditions, oral histories and above all poetry. That fact has inspired a recently published anthology of indigenous verses called "Poems from the edge of extinction" which includes works in Maori, Cornish, Basque and Sami.

Host: With me to talk about the book is Laura Hussein, organizer of the International Poetry Festival here in London. Welcome to the podcast.

Laura: Thank you.

Host: Laura, you found this collection of poems inspiring?

Laura: I loved it. This collection gives us a chance to enjoy fifty poems from languages around the world, all of them classified as endangered. It's celebration of our linguistic diversity.

Host: Can we hear an example?

Laura: Yes, this is a poem from the Navaho, Native Americans of the Southwestern United States. It's about water, and it's called Female Rain. This is how it goes in English.

Dancing from the south

Cloudy, cool and grey

Pregnant with rain child.

At dawn she gives birth to a gentle mist.

Flowers bow with wet sustenance.

Luminescence all around.

Host: Lovely. What's the situation with the Navaho language?

Laura: It's fading away. Its decline began in the nineteenth century as a result of the boarding schools that were set up by the US government. The idea was to wipe out the identity and language of the Navaho tribe.

Host: So, eradicating the language was a deliberate policy?

Laura: Yes, by taking Native American children out of their homes, and putting them in boarding schools, languages all over the US were put in jeopardy. And if children did speak their language in school, they were punished for it.

Host: So, what's the purpose of writing poems in a language like Navaho? I mean, why poetry in particular?

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Laura: I think poetry shows you the possibilities of a language – what a language is capable of. Not just Navaho, but any of the languages in this collection. Poetry allows you to see how rich a language can be. It's also an effective way of making the language visible: when poems are written down, younger speakers then have an opportunity to read that language.

Host: If a language disappears, what harm do you think is done?

Laura: Well, a language is a way of seeing the world, isn't it? In language all kinds of innate knowledge are encoded. About landscape, about the culture we live in. If we can capture language, we can more fully understand humans in different places around the world. If we lose a language, we lose a world view.

Host: Why do you think so many languages are fading? Is English to blame?

Laura: There's no getting away from the fact that English is a power language. If you speak it well, if you write it well, you can advance yourself in the world. English is associated with power, a means to opportunity and success. English is seen as the language of business and academia. Because of this, many people are discouraged from using their native tongue. But learning English at the expense of your own language comes at price. A loss of identity, community and a way of connecting with the environment.

Host: And now this collection of poems is using English to make cultures visible. To amplify these voices.

Laura: Yes, it's ironic isn't it? English may be eroding other languages and cultures, but because it's a global language, it's also providing these minority voices with a potentially huge audience.

Host: Yes, over two billion of the world's population speak some English.

Laura: That's quite a platform! The anthology allows a wider audience to hear stories from unheard and underrepresented groups. Being published in English is a world event; a point at which a writer becomes global. Translating works into English allows many poets to attend literature festivals in countries like Indonesia or North Africa or Scandinavia where English is likely to be understood.

Host: So, the very language which is, in a way, destroying minority cultures is also the one that is giving them life.

Laura: Not quite. You see, while translation can raise the profile of endangered languages, it can't directly preserve them. In the end, the work audiences are hearing or reading is in English.

Host: So, if translation is not enough, what can be done for languages on the brink of extinction?

Laura: Well, many languages are at risk because they are marginalised within their own countries. In an urbanising world, many people are being displaced; forced to move when their native environment is lost and with it, their mother tongue. Ultimately, to preserve these languages, we must safeguard our world's diverse environments and the people who live in them.

Host: Laura Hussein, thank you very much.

Podcast: What a wonderful word, episode 2

What a wonderful word, episode 2: learn by heart

NL: Welcome to *What a wonderful word*, a podcast where we look at the surprising history of words and phrases. My name is Nathan Li and joining me is our word nerd Kelly Garcia.

KG: Hi.

NL: In each episode we take a look at an everyday word or phrase that has an interesting past. So, what are we looking at today?

KG: Well, you know when we memorise something, a song for example, we say that we learn it by heart.

NL: Ri...ight.

KG: Well, why don't we say we learned the song by head? Or we learned it by brain?

NL: I see what you mean. I've never really thought about it.

KG: I mean you can't use your heart to learn things, can you? None of us can. It's our head that we use for thinking.

NL: Not always.

KG: How do you mean?

NL: Well, people often say they go with their gut or they follow their gut when they trust their instincts. You hear it all the time in crime series. You know, Detective Hunt has a gut feeling that Dr Crawley is the killer.

KG: That's different. You're talking about feelings, not thoughts. And we do that all the time. Someone who is sad is heartbroken. Or when we're really scared, we say our blood froze. And that's normal because emotions affect the whole body – our heartbeat, or the temperature of our hands and feet, or our mouth going dry.

NL: Fair enough.

KG: The point I'm making is that learning is not really about emotions.

NL: It is if you hate chemistry.

KG: No, it's not. That's just your feeling towards a subject you're studying. When you memorise a list of irregular verbs, you're clearly using your brain. And yet, we say we learn those verbs by heart. Can you guess why?

NL: Because people love learning irregular verbs?

KG: Do you?

NL: No, I don't. Go on then. Why do we say learn by heart?

KG: It's all because of the ancient Greeks.

NL: You can't blame them! They didn't speak English.

KG: It's true that they didn't speak English. But they did study the human body and they tried to work out what the various internal organs were for. And the Ancient Greeks thought the heart was the body part that was responsible for intelligence and memory.

NL: Wait a minute! If the Greeks thought the heart was doing the thinking, what did they think the brain was for?

KG: They thought the brain was just a cooling system. You know, to get rid of extra heat.

NL: You're kidding!

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- KG:** No, that really was what they believed. The brain handled cooling and the heart handled memory. So, that's where the phrase learn by heart comes from.
- NL:** Because the Ancient Greeks made a mistake? Lucky we're not learning by liver, then.
- KG:** I know.
- NL:** Or learning by lung.
- KG:** See, it could be a lot worse. Learning by heart is better than either of those.
- NL:** Hang on. The Ancient Greeks lived thousands of years ago. How come we haven't updated the phrase? You know, to something like learn by head. Or learn by brain.
- KG:** Languages are like that. Some words or phrases just stick. Even if they're factually wrong. Like the fact that turkeys don't come from Turkey. Or pineapples don't come from pine trees.
- NL:** That's really confusing.
- KG:** I know.
- NL:** They're not logical.
- KG:** True. If you're learning English, there's only one way to handle those kinds of words.
- NL:** What's that?
- KG:** You just have to learn them by heart.
- NL:** I should've seen that coming! Thanks, Kelly, for telling us the history behind the phrase learn by heart. See you next time.

Theme 3

Justin Chou (26), Internet entrepreneur, Berlin

Justin Chou (26), Internet entrepreneur, Berlin

I usually wake up at about 7, when my cat – Mrs Norris – jumps onto my stomach. I sometimes try to drift off again, but fail, because I know there's a pile of work to get through. So, I get up, feed the restless moggy and catch up on the news over breakfast.

The morning commute to work takes six seconds – way better than sitting in traffic for an hour which is what I did in my previous job. I start work at 8 and I use a standing desk because I'm not a morning person and this keeps me awake while I review my emails and comment on discussion boards.

At about 10am I start real-time video chats with the students who are taking my online courses. I have students from all over the world, but especially from Spain where I lived for a few years.

At 12 o'clock I will start to prepare a lecture for one of the colleges that I work for. I always look forward to face-to-face teaching as it gives me a change of scene, and it feels good to talk to people in real-life situations.

I usually stop for lunch and some Netflix at about 12.30. One episode of my favourite drama series is just the right length for a lunch hour.

After lunch I go swimming. The pool is usually empty at 2pm every day so I get to plough up and down the swimming lane in peace. There's something about the rhythm and repetition of the strokes that helps me unwind and clear my mind.

Then at 3.30pm I plop down on the couch with Mrs Norris and my laptop. It's time to catch up on new blog articles. In my line of work I have to stay informed and keep up to date. That's why I subscribe to loads of RSS feeds. I can see right away when my favourite bloggers have published new content.

At exactly 6pm I attend an evening class at a nearby college. Even though this is Berlin, there are quite a few classes in English – especially when it comes to specialised areas like website design. Most young Germans are pretty fluent since, like me, they spend a lot of time online.

On weekday evenings, usually at about 8pm, I stay in and finish up any tasks I didn't get done during the day. The night life in Berlin is amazing. Too amazing, really. That's why I steer clear of it during the week. It's all too easy to lose a night and half the next day.

By 10pm every evening I close the laptop and relax. I'm strict about this because I need to recharge my batteries ready for tomorrow. I also need to give Mrs Norris her evening work-out. If I play a few games with her before I turn in, she gets tired and is less likely to disturb my shut-eye.

Listening: Esport referee

I first became interested in esports through playing the games. So I started playing video games when I was five years old, and then when I got older, I kept playing and finally in around 2010 a game called StarCraft II came out, and it started an esports revolution around the world. Esports suddenly became very popular everywhere, and I got involved. I kept playing, but I also got interested in refereeing, and that's when I got my first gig as a referee.

I wanted to become a referee because I've always been interested in organising different kinds of events, and I was a referee as a kid in Finnish baseball. So I had some experience, and also I wasn't that good of a player, I really liked playing, but I never could compete at the pro level. And this was my opportunity to get into the professional scene as well.

English language is super important when working as a referee. It's usually the language all players know, and most players, especially in StarCraft II, came from South Korea and their English language was limited. But I couldn't speak any Korean, so I had to be very good in speaking English. And most of the time you are working with people from two different nationalities, whose own skill in the English language isn't that good, so now you have to be an expert.

The biggest challenge in being an esports referee I would say is maintaining all the things you have to do. You have a lot of things going on at the same time and you have to be a great multi-tasker to get through them all. So for example, at Assembly, we worked over 12 hours a day. This meant starting with building the tournament site, then welcoming the players, then having the tournament run smoothly, meeting deadlines, so on and so on. So there was a lot to do and it was all very challenging to get together.

For me, the thanks given by the community has been the best. Also, I've found that the experience that I got doing the refereeing has helped me in other parts of my life. So in other areas of my life I've gained much from that.

Podcast: What a wonderful word, episode 3

What a wonderful word podcast, episode 3: o'clock

NL: Welcome to *What a wonderful word*, a podcast where we look at the surprising history of words and phrases. My name is Nathan Li and joining me is our word nerd Kelly Garcia.

KG: Hi.

NL: In each episode we take a look at an everyday word or phrase that has an interesting past. So what are we looking at today?

KG: Well, you know when we give the time, we say it's... for example... four o'clock.

NL: Yeah, OK.

KG: Well, why don't we just say it's four? Why do we add the o'clock?

NL: I don't know.

KG: I'll give you a clue. O'clock is short for "of the clock".

NL: I guessed that. But I still don't see why we need to say "It is four of the clock."

KG: Ah, well, that's because a long time ago not many people had mechanical clocks. They had to get the time from the sun. They would look at a sundial and tell the time from the shadow the sun made on the sundial.

NL: Not very handy if it's nighttime.

KG: Not that handy in daytime, either. We think a day is 24 hours long. But it's not.

NL: Really?

KG: Really. Some days are longer, some days are shorter. It depends on the time of year. That's why a sundial can't give you the exact time.

NL: But a clock can.

KG: Exactly. So when you say the time is four of the clock, it's like saying this is an exact time. A time you can trust.

NL: Better than saying, "It is four of the sundial."

KG: That's right. In fact, even today, if you want to say that something worked well, you say, "It went like clockwork". Clocks have a good image! So that's why we say four o'clock.

NL: Wait a minute. Maybe that makes sense in the old days. But what about now? Now we all know that the time comes from a clock, or from your phone. So why do we keep saying o'clock? We don't need it anymore.

KG: True! But here's an interesting thing: technology changes a lot faster than language. So a new piece of technology comes along. It replaces an old piece of technology, but we still keep using the same old word.

NL: Like?

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- KG:** OK, what do you call that noise your phone makes when someone is calling you?
- NL:** You mean my ringtone?
- KG:** There you go. You said ringtone. Bells ring. And in the good old days phones really had bells that rang. Do you have a bell on your phone?
- NL:** No. I have the “Peppa Pig” theme tune.
- KG:** Oh dear! Maybe a bell would be better. Anyway, my point is that o’clock is an old expression that we still keep using even though we don’t need it anymore.
- NL:** That’s pretty cool. I get the time off my phone, so I’m going to tell everyone that it is four o’mobile!
- KG:** Maybe you’ll start a new trend!
- NL:** Anyway, we’re running out of time, so...
- KG:** That’s another of those old expressions.
- NL:** What? How do you mean?
- KG:** Running out of time. It comes from the old days when people measured time with sand. You know, sand running through a small hole in a glass. When there wasn’t much sand left, people said they were running out of time. And they were. The sand was literally running out.
- NL:** That’s amazing! Thanks for telling us the history behind the phrase o’clock. See you next time.

Theme 4

E4.3

Customer 1 Do you have a thermometer here? I'm afraid I might have caught a cold. I went canoeing this morning and started to shiver afterwards. I just want to check if I have a temperature. I already have a runny nose.

Customer 2 What is the emergency number in Switzerland? I think my husband needs to see a doctor. We had dinner at an oyster restaurant nearby, and now he is feeling nauseous. I'm afraid it might be food poisoning.

Customer 3 Is it possible to book an appointment with a dietitian here? I'm on a special diet, and I'm afraid my intestines don't agree with the meals here. I also want to have my blood sugar level checked.

Customer 4 I believe I have pulled a muscle during my hike this morning. Is it possible to see a physiotherapist? I'd also like a neurological examination. I think the weakness in my leg muscles might be caused by a problem with my nervous system.

Podcast: What a wonderful word, episode 4

What a wonderful word podcast, episode 4: influenza

Host: Welcome to *What a wonderful word*, a podcast where we look at the surprising history of words and phrases. My name is Nathan Li and joining me is our word nerd Kelly Garcia.

KG: Hi.

NL: In each episode we take a look at an everyday word or phrase that has an interesting past. So, what are we looking at today?

KG: Today's word is a kind of illness.

NL: Couldn't you have picked a happier subject?

KG: I could, but if you're looking for something interesting, then this word definitely fits the bill.

NL: Go on, then. What's the word?

KG: Today's word is influenza. It's Italian originally. Influenza! Now here's a question: how did such an elegant word come to describe such a nasty illness?

NL: OK, I'm guessing Influenza is a town in Italy, and loads of people who lived there got flu.

KG: Nope.

NL: Alright, in the good old days, people thought that flu came from Italy?

KG: Still no. Look, I'll give you a clue. Think of another English word that sounds like influenza.

NL: I got it: influencer. You know, social media influencer. Those annoying people with loads of followers. And sometimes their videos go viral. Viral! It sounds like there's a link there somewhere.

KG: Except that they didn't have social media influencers in eighteenth century Italy. But you're right to see a connection. The word influenza is related to the word influence. However, that's got nothing to do with those people on Instagram.

NL: Not even if they make you sick?

KG: No, this has got nothing to do with people at all. It's to do with stars and the planets.

NL: That's ridiculous. You can't catch flu off a planet.

KG: True, but back then, people believed your health was *influenced* by the movement of the planets. For example, if Mars is in the wrong place you might get allergies or a go down with a fever.

NL: That doesn't make sense! I mean, what's a planet got to do with your health?

KG: You have to remember that people didn't know much about illnesses in the good old days. Take malaria, for example. I mean, *you* know what causes malaria, don't you?

NL: Mosquitoes, right?

KG: Right. You know that because you're living in the 21st century. It's basic knowledge. But the Romans believed it was caused by bad air. That's where the word malaria comes from "mal" means bad. Like Malfoy in Harry Potter. The Romans thought the disease came from bad air. They didn't know it came from mosquitoes.

NL: Ha! They thought the air sucked, and all the time it was the mosquitoes!

KG: What I'm trying to say is that we know a lot more about diseases now. And what causes them. Especially after bacteria and viruses were discovered.

NL: So, no more blaming diseases on stars and planets?

KG: No, nowadays we know influenza is caused by a virus.

NL: So why keep the word influenza? Why not call it fever bug? Or the sniffle virus?

KG: Not a bad idea.

NL: By the way, what's the difference between flu and influenza. I've always wondered.

KG: Well, influenza is a medical term. It describes the infection that attacks your nose, your throat and your lungs. Flu is a much less precise word. We use it to describe influenza, but we also use it to describe other viral infections. For example, stomach flu. All that diarrhoea and vomiting has nothing to do with the influenza virus.

NL: Not even if Mars is in the wrong place?

KG: Not even then!

NL: Fair enough. Thanks for coming in to talk about influenza. The disease may be annoying but the history is amazing!

Theme 5

Theme start 5

Guess the food

1 This food takes its name from a German city. It consists of minced beef which is combined with garlic, onions, salt and pepper and then made into meat patties. Once fried, they are then placed inside a bread roll along with other ingredients such as onion, cheese and slices of pickle.

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Although this food is massively popular in the USA, it is also served in fast food restaurants all over the world.

2 The key ingredient for this food is a vegetable that originally grew in South America. When it first came to Europe in the sixteenth century many Europeans wouldn't eat it because they thought it was poisonous. A hundred years later, people in Belgium started to slice up this vegetable and cook it in oil.

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Ironically, the food is not named after the Belgians but the French.

3 This food was invented in the city of Naples, Italy. Being a busy seaport, the streets were crowded with working people who needed a cheap food that could be quickly eaten outdoors without bowls or cutlery. The answer? Street vendors served flatbreads with various delicious toppings.

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Nowadays, you can go to a supermarket and buy this meal ready-made and frozen. All you need to do is pop it into your microwave or oven. Or you can order it online from various restaurants and have it delivered to your doorstep.

4 This dish was created in 1943 in a small Mexican town. A group of American women were driving through the town and stopped off for dinner, only to find that the restaurants were closed. A local chef took pity on them and decided to cook something from whatever was left in the kitchen: cheddar cheese, jalapeños and tortilla chips.

**

The chef's name was Ignacio and this dish is named after him. To be exact, it's named after his nickname, which is a short form of Ignacio.

5 This dish was also invented in a Mexican restaurant. Most people are surprised by this because the food doesn't have a Mexican-sounding name. The ingredients are romaine lettuce, garlic, croutons, Parmesan cheese, boiled eggs, anchovies, olive oil and Worcestershire sauce. It was originally called Aviator Salad.

**

The restaurant where the salad was created was named after a famous Roman emperor.

6 This food was sold by on the streets of Medieval Europe. It was made by taking a mix of flour and water and pressing it between two round iron plates. Later these plates became rectangular in shape and were given a grid pattern. To improve the flavour, eggs and sugar were added to the mix.

**

This is a popular breakfast food in America where they are often eaten with maple syrup.

E5.1

Situation 1: At the railway station

Traveller: Excuse me, is this the right platform for the 16.02 to Leeds?

British Rail staff member: Yes, it is. Unfortunately, that service has been cancelled due to technical difficulties with the engine.

Situation 2: Hotel breakfast

Traveller: Hi, a glass of fresh apple juice please.

Chef: Are you aware it's not part of the all-inclusive?

Traveller: Oh, it's not part of the regular buffet?

Chef: I'm afraid not. It costs extra.

Situation 3: Airport

Airline staff: I'm sorry, the plane is really full, we'll have to stow your carry-on baggage in the hold.

Traveller: But my laptop's in here. I'll need it on the plane.

Airline staff: OK, if you need it, you can take it on separately.

Situation 4: Holiday excursion

Guide: You're taking the day-trip to the desert?

Traveller:: That's right. Both of us are going.

Guide: There's been a change in our itinerary. The pick-up back to the hotel will be at fifteen hundred.

Situation 5: Hotel reception

Receptionist: So, you're in room number 305.

traveller: Thanks. Is there somewhere I can store my laptop and passport?

Receptionist: Sure, you'll find a safe in your room. It's free of charge.

Listening: Two views on on air travel

To fly or not to fly?

Although increasing numbers of people are taking to the air, flying raises environmental concerns. The spread of the Swedish concept of "flygskam" or "flight shame" shows a growing awareness of the environmental costs incurred by air travel, but will that deter us from flying?

Lucas Watts, a technical designer (24) and Helen Bailey, a trainee nurse (22) share their views on the subject.

Lucas Watts: “If we care about the environment, we need to fly less.”

It’s the hypocrisy I hate. People boast about going veggie, or separating their waste, or buying a hybrid car, and then those same people hop on a plane and fly somewhere exotic for a holiday.

Flying is by far the most polluting way to travel. The CO2 emissions from one long-haul flight are much more than you’ll save from a year’s worth of eating veg, recycling or whizzing about in a hybrid car. No other human activity releases so much carbon dioxide over such a short period of time. If you want to heat up the planet, then flying is the fastest way to do it.

And let’s not pretend we’re going to offset all those carbon emissions by planting trees. One tree takes 40 years to absorb 1 ton of carbon dioxide. And last year, the aviation industry dumped one billion tons of carbon into the atmosphere. That’s a lot of trees we need to plant. And how do we guarantee that they’ll still be around in 40 years’ time?

The hard truth is this: if we care about the environment, we need to fly less. If we can make the same trip by train or boat, then let’s do it – even if it takes an extra day or two. If we can talk to someone via a video call rather than flying to meet them face-to-face, let’s do that, too.

As for foreign vacations, let’s holiday closer to home. Not only will we be protecting our planet, but the money we spend will benefit the national economy and enrich our communities. It’s a win-win strategy.

We’re in the middle of a climate crisis, so let’s do our bit to avert global warming. The biggest contribution most of us can make is to fly less or not at all.

Helen Bailey: “We can’t un-invent the airplane.”

It’s easy to say, “Stay home and save the planet!” But what if home is a cold, wet country? Being able to jet out of the winter gloom for a week in the sun is a blessed relief. And please don’t tell me to take a bus. Twelve hours by bus will take me to from rainy London to rainy Amsterdam. Twelve hours by plane will take me to Thailand!

It’s not just about me. Aviation supercharges our economy and drives prosperity. Think of the millions of foreign tourists who touch down in the UK every year and the jobs they create in the places they visit. Then, think of the opportunities tourism generates in poorer parts of the world like India and the Caribbean. Everybody benefits.

Tourism can benefit the environment as well as people. In parts of Africa and South America, nature-based tourism provides local people with an incentive to preserve their wildlife and natural landscapes. Tourism and conservation go hand in hand. The large sums people spend on a safari adventure or a bucket-list trek into the rainforest protect those places. Take away this economic lifeline and what happens to endangered species or precious ecosystems? Save the rhino? I doubt it. Stop farmers and loggers clear-cutting the rainforest? Good luck with that.

I know that the act of flying is not great for the environment, but we can’t un-invent the airplane. We can’t just put it back in the box and pretend it doesn’t exist. The best way forward is not to ban flying; it’s to find ways of making flying more sustainable. What role can biofuels play in aviation? Should we follow Norway’s lead and commit to using electric aircraft for short-haul flights?

Finally, let’s remember that flying makes it easy for all of us to encounter other cultures and to learn from them. At a time when many countries are becoming more nationalist and suspicious of outsiders, we should celebrate a mode of transport that helps different cultures connect with one another. By shrinking distances, air travel brings us closer together.

Podcast: What a wonderful word, episode 5

What a wonderful word podcast. episode 5: pineapple

NL: Welcome to *What a wonderful word*, a podcast where we look at the surprising history of words and phrases. My name is Nathan Li and joining me is our word nerd Kelly Garcia.

KG: Hi.

NL: In each episode we take a look at an everyday word or phrase that has an interesting past. So, what are we looking at today?

KG: Today we're looking at fruit.

NL: Sounds like a tasty topic. Any particular type of fruit?

KG: Yep, this fruit something we associate with a tropical paradise. You can put it in your smoothie for that tropical tang. You put it on your pizza and then it becomes a Hawaiian pizza.

NL: You're talking about pineapples?

KG: Yes, today's word is pineapple. Have you ever thought what a bad name that is?

NL: Pineapple. What's wrong with it?

KG: Does it come from a pine tree?

NL: Um, no.

KG: Is it an apple?

NL: Not really, no.

KG: Then why call it a pineapple?

NL: I see what you mean. Yes, that's not a good name. Not a good name at all.

KG: Exactly. That's why nobody else in Europe calls a pineapple a pineapple.

NL: Really? What *do* they call it, then?

KG: Ananas. In German, French, Dutch, Greek, Swedish, Turkish — even in Latin and Esperanto — the pineapple is called an ananas. The word comes from South America and it means exotic fruit.

NL: That sounds like a much better name. So how did we English end up calling them pineapples? Couldn't we have called them fine-apples, or something?

KG: Fine-apple? That's got a ring to it! Pity nobody suggested that.

NL: So why pineapple?

KG: Well, to be fair, a pineapple does look a bit like a massive pinecone, doesn't it? Brown, and covered in scales.

NL: Mmm, sort of, I guess.

KG: And the word apple used to mean fruit in general, not just apples. So, there you have it: pineapple – a fruit that looks like a pinecone

NL: Still not a great name. I mean, pinecones are not something you'd ever want to eat.

KG: Well, maybe you can change things. Next time you order a pizza, don't ask for pineapple on top. Ask for ananas.

Äänitekäsikirjoitukset

NL: Yes, and if it's a real Italian place, they'll know exactly what I mean.

KG: They will. By the way, did you know that, back in the 1700s, pineapples were so expensive that only rich people could afford them. Rich people in Britain used pineapples to show everyone how wealthy they were.

NL: How did they do that?

KG: Really rich people would put a pineapple in the centre of their dinner table to impress their guests. But, if you didn't have that kind of money, you could rent a pineapple for an evening.

NL: What's the point of renting a pineapple? I mean, if you can't eat it?

KG: No, you definitely couldn't eat a rented pineapple! But you could take it to parties and show it off to your friends. People would be really impressed!

NL: If pineapples were so amazing, you'd think they'd invent a better name for them.

KG: Oh, don't worry, it's not the only fruit that's badly named.

NL: What? You mean there're more?

KG: Loads more. Take grapefruit, for example. Does it look like a grape? Or taste like a grape? It's not even the same colour as a grape. And don't get me started on strawberries! Why would you call that lovely, juicy red berry a straw... berry? It's not very tempting is it?

NL: I see what you mean. On the other hand, strawberries and grapefruit and pineapples... they all taste delicious no matter what you call them.

KG: Yes, we can agree on that.

NL: So, thanks once again for coming in. I'd never thought about the names of fruit before. Too busy eating them, I guess!

Video: Welcome to my world, Mexico

Welcome to my world. Welcome to Mexico, my country. This is the place where I live. Today you will get to know my culture and some of the gastronomy. Follow me.

You must know that Mexico is not only famous for having lots of culture, but also for having one of the most incredible cuisines in the entire world. Today we are going to prepare 'mole poblano', which is one of the most typical Mexican dishes.

For this recipe we use tortillas, chicken, chocolate, almonds, cinnamon, dried chillies, some onion and some cream. And just like this dish, we have many other dishes that are made with ancient and colonial ingredients.

I was really lucky being born in a country just like Mexico. Fortunately Mexico has given me a variety of dishes I can cook, that's something great.

Theme 6

Warm up 6

Task 1

Sit comfortably in your chair. Place your feet firmly on the floor. Feel how your lower back becomes straight, and your shoulders are relaxed. Your head is a natural extension of your spine. Your arms should be comfortably by your sides. Close your eyes.

Breathe calmly in and out. Pay attention to your own breathing, and notice how your lungs are filling with air, and then how the air is flowing out easily. Be aware of only this. Be present in this moment, aware of your own breathing and the rhythm of your breathing.

Next pay attention to how your body is feeling. You can still feel your soles against the floor. Feel how the backs of your thighs are touching the chair. Notice how your legs feel. Pay attention only to how your legs feel.

a short pause to give time for these feelings.

Now pay attention to your back, stomach and shoulders. You may feel either tension and stiffness in your muscles and joints, or they may feel relaxed and at ease, light or heavy. Be aware of how your body is feeling at this moment.

Then pay attention to your thoughts. Pay attention to what kinds of thoughts you are having at this moment.

Next pay attention to your feelings. Notice the feelings that you are having at this moment. You may feel excitement, nervousness or something else. It is important to take your feelings as they are, and accept them gently, without trying to change them. Simply notice them and accept all your thoughts and feelings as they are.

Then pay attention to your own breathing again. Feel how your lungs are filling with air and then how the air is flowing out easily. Feel the rhythm of your breathing. Feel your soles against the floor. You can see the room and you in the room in your mind's eye.

When you are ready, you can open your eyes.

Listening: Is trying to be happy making us sad?

Why trying to be happy is bad for us

GM: Welcome to the *Life hack* podcast. My name is Greg McKay and in this episode we're taking a look at a controversial question: is trying to be happy making us sad? Here, to shed light on the dark side of happiness, is psychologist and couples' therapist Tina Miller.

TM: Hi, Greg.

GM: Hi. Tina, you've said in your talks that our society puts too much emphasis on happiness. What's wrong with being happy?

TM: There's nothing wrong with being happy. Let me clear that up right away. I'm not anti-happiness. I'm not a killjoy. But I take issue with the constant pressure there is to be happy, to only show positive emotions. Smile! Cheer up! Look on the bright side! That kind of social pressure is not good for us. The more we ignore negative emotions and try to focus on the positive, the worse we feel.

GM: Is that what's meant by the phrase "toxic positivity"?

Äänitekäsikirjoitukset

TM: It is. And there's a reason positivity can be toxic. Pressure to be positive makes you feel bad when your life doesn't match up to the seemingly happy-happy lives of everyone else. You feel like you're failing. Nobody wants to be a Debbie Downer or a Gloomy Gus. So, a lot of people to sweep their negative emotions under the rug.

GM: What's wrong with that?

TM: Well, shutting out feelings doesn't make them go away. They're still there, lurking in the background. Then, when those feelings do express themselves, it's often in unhealthy ways. We may become aggressive, for example, or get addicted to things that give us short-term highs – junk food, online gambling, alcohol. Bottling up emotions is never good for us.

GM: Maybe not, but it's understandable, isn't it? Especially when we're talking about sadness. I mean, feeling sad can be painful.

TM: True. Sadness can be painful. And scary too. That's why so many of us try to escape it. We distract ourselves with work, with exercise, with social media, with video games. Whatever it takes to avoid feeling sad.

GM: And you're saying we shouldn't?

TM: I'm saying that when we feel sad, we need to accept it. We need to understand that feeling sad is OK. You know the saying: "Into every life a little rain must fall". Bad things are going to happen to you over the course of your life. Sadness is a natural response to that. We need to stop seeing sadness as something to avoid and see it for what it is: a gift.

GM: I think that's a gift most people would rather not receive.

TM: True, but that doesn't mean it's not valuable.

GM: Valuable? How can sadness be valuable?

TM: It's valuable because our sadness has something important to say to us. It can tell us that we're lonely, or that we need comfort, or support, or space to mourn. We need to listen to that, not block it out.

GM: But isn't dwelling on something that makes us sad, only going to make us even more miserable?

TM: Not as miserable as downplaying that sadness. Putting pressure on yourself to feel upbeat when you're actually feeling dejected takes a psychological toll. Feeling bad about feeling bad can actually make you feel worse.

GM: What would you say to people who are nervous about facing their sadness?

TM: I'd say first, that sadness is temporary. It'll pass, so don't be scared of it. And second, you don't have to face it alone. You can talk to a trusted friend, for example. And don't feel you need to find solutions. Just talk about how you feel. Is it regret, shame, hurt, fear, powerlessness, humiliation? Labelling your emotions is a really good starting point. And working through them is part of being a healthy human being.

GM: You're saying handling our sadness is good for us.

TM: I am. The way to deal with a negative feeling is not to push it away, but to embrace it. Fighting those negative emotions when they're appropriate—telling yourself you shouldn't be sad when something sad has happened—is guaranteed to harm your sense of wellbeing.

GM: So, we should show sadness some respect?

TM: Yes. Sadness deserves the same weight and respect that we give happiness.

Äänitekäsikirjoitukset

GM: But you're an American. The Declaration of Independence is about the pursuit of happiness. There's nothing about sadness in that document.

TM: Maybe there should be. And for the record, I think the pursuit of happiness is a bad idea.

GM: I'm guessing a lot of your countrymen would disagree with you.

TM: Maybe, but I think there's a problem with the idea of chasing happiness. That isn't how you achieve happiness. Instead of asking, How can I be happy? we'd be better off asking, What do I really care about? Or, What do I want to achieve in life? Or, What kind of person do I want to be? Happiness isn't a goal, it's a signal that we're living life well. It's a by-product of living in accordance with what we care about.

GM: Well, on that happy note, I'd like to say a big thank you for sharing your insights with us.

TM: Happy to be here! And I mean that honestly!

Podcast: What a wonderful word, episode 6

What a wonderful word podcast, episode 6: keep your hair on

NL: Welcome to *What a wonderful word*, a podcast where we look at the surprising history of words and phrases. My name is Nathan Li and joining me is our word nerd Kelly Garcia.

KG: Hi.

NL: In each episode we take a look at an everyday word or phrase that has an interesting past. So, what are we looking at today?

KG: Today we're looking at a phrase we use when someone's getting angry.

NL: You mean "Sorry I forgot your birthday."

KG: No, this is a phrase telling them to calm down.

NL: Oh, like "Chill bro! It's only a birthday."

KG: Well, these days you might tell someone to chill or chillax or take a chill pill. But this phrase was used over a hundred years ago. If someone was raging at you back in the 1800s you could say, "Sir! Keep your hair on!" And we still use that expression today.

NL: But without the sir.

KG: Yes, without the sir. Nowadays, we're more likely to say, "Okay, okay, keep your hair on!"

NL: Well, for once, I think I know where this expression comes from.

KG: Go on.

NL: If you get really stressed, you might start pulling your hair out. You know, the expression: "I'd better get home. My mum will be tearing her hair out."

KG: Mmm, isn't that more about worry than anger?

NL: Not with my mum. When I was a teenager, and I got home late, she went ballistic.

KG: Poor you! But that's not where "keep your hair on" comes from.

NL: Alright, how about this for an explanation: if you get really stressed, your hair falls out? So, when you say "Keep your hair on" that is the same as saying calm down.

KG: That's clever. But the real answer is much simpler. The expression was first used in the mid-1800s. Now, in those days, what did an English gentleman have on his head?

Äänitekäsikirjoitukset

NL: Hair?

KG: Yes, what kind of hair?

NL: His own hair.

KG: Yes, but people didn't wash much in those days, so your own hair might be a bit of a mess. If you were fashionable, you'd wear a wig on top. And if you were an important person, you'd wear a massive wig. In fact, even today, important people get called bigwigs. For example, Stephen Spielberg is a bigwig in the film industry.

NL: Okay, I get it. People wore wigs in the good old days, but what's that got to do with keeping your hair on?

KG: Well, if your wig-wearing gentleman got really angry, he would pull the wig off his head and stamp on it. It was a dramatic way to show how angry he was.

NL: Wow, talk about having a bad hair day!

KG: I know. So, when you say "keep your hair on", you're actually telling them to keep their wigs on.

NL: What if they're not wearing a wig. What do you say to those people if they're losing it?

KG: You say, "Hey, keep your shirt on!" In fact, that expression is also still used today when you're telling someone to calm down.

NL: Sounds reasonable. What about that other hair phrase: "let your hair down"? You know, when you relax and chill. Does that have anything to do with wigs?

KG: No, that's actually about real hair. In the good old days upper-class women had their hair pinned up in fancy hairdos. That was when they were out and about in public. But when they got home, they could let their hair down, in other words, they could relax and be themselves.

NL: Makes sense! And nowadays we can use that phrase about men as well. When they're relaxing. I mean, you could say, "Professor Higgins had a good time at the disco, he really let his hair down."

KG: That's right.

NL: Even if Professor Higgins is bald!

KG: Even then! These days people can let their hair down even if they don't have any hair.

NL: Happy to hear it. Thanks for coming in to talk about hair. Join us again when we comb through the English language in search of more wonderful words.

Video: Welcome to my world, Botswana

Hi Guys, my name is Oanthata Balipi Kekwaletswe. I am from Botswana. Botswana is in the southern part of Africa. Welcome to my world.

I'm basically going to show you guys a little bit of the city where I stay in, which is Gaborone, the capital city of my country Botswana. I hope you guys like what I see and what was a recent good day of my life.

In Botswana, we have people coming in from different countries, from all around the world to come help me, and other people in our country. There come teachers, but help us develop as a country, some even stay here with us in Botswana. But we all don't speak the same language, like my mother tongue is Setswana. So English helps us. English is the main reason why we are all able to communicate and that's why we are basically developing as a country, because of English.

I am going to show you guys my school, Kingdom Arts Academy, which is a music school where I am currently learning how to play the guitar. But I hope you guys enjoy. Welcome to my world. As you go on this journey I hope you guys like what you see.

E6.14

Task 2

Sit comfortably and close your eyes.

Imagine a slowly flowing stream. The stream meanders between trees. The water is flowing over stones. Every now and then a big leaf floats onto the stream, going along it. Imagine that you are sitting next to the stream on a sunny autumn day watching the leaves float by. Now pay attention to your own thoughts.

Every time you notice a thought, imagine that it has been written on one of the leaves floating by. If words come to your mind, imagine these words on the leaves. If images come to your mind, place them on the leaves. Stay close to the stream and let the leaves float by on the flowing water. Don't try to make the stream flow more slowly or faster. Don't try to change what you can see on the leaves or what has been written on them. If the leaves disappear or you move someplace else on your mind, only stop and notice that this happens. Pay attention to what is happening and get back to the stream. Pay attention to the thought coming into your mind and write it on a leaf, and let the stream take the leaf away.

Now return to this room. Breathe in and out a couple of times. Feel how your legs touch the chair and your soles the floor. Be aware of your breathing. Be present in this moment. When you are ready, you can open your eyes.

The moments when the stream is not flowing show moments when the mind is in control, in other words you are too much controlled by your thoughts. The moments when the stream is flowing show times when the mind's control is not so strong, and it is possible to let thoughts and feelings come and go.

Theme 7

Listening: Is your family normal?

Narrator: Is your family “normal”? Finding work in his native Nepal was proving very difficult for Batsal, and he was struggling to feed his young family as well as his elderly parents. After a series of very difficult and painful conversations with his wife and their extended families, it was decided for the greater good that Batsal should leave Nepal so that he could first study and then find work in Europe. Batsal didn’t agree with the decision.

Batsal: I knew I would miss my family and friends, and especially my children. I was scared too. Europe was another world from Nepal.

Narrator: However, he also knew he had to comply with the wishes of the wider group. From a young age, almost by a process of cultural osmosis, he had learned that the needs of the community take precedence over the needs of the individual. If he refused, he would be considered shamefully selfish.

Batsal: I began applying to universities and after many attempts and rejections, I was eventually accepted onto an Engineering course by a university in Central Finland.

Narrator: Batsal bade his family a tearful farewell and followed along the same hopeful path – trodden by so many men from his village – to a better life in Europe. He consoled himself with the thought that one day they would join him there too. In order to support himself in Finland and his family back in Nepal, he acquired a job as a newspaper deliverer.

Batsal: This meant waking up at 3am, and pushing a heavy cart through snow or slush or driving rain.

Narrator: He was also a fastidious student, never letting the tiredness of early morning toil interfere with his studies, and he graduated within three years. His proud family, huddled around one screen in their best clothes, watched the graduation ceremony via a video call.

Batsal: I felt they had been with me every step of the way towards graduation, so it was only right they should witness my success.

Narrator: After graduating, he worked as a cleaner for two years before eventually finding a role with an engineering company in Helsinki. He moved into a three-bedroom apartment on the outskirts of the capital on the fifth anniversary of his arrival in Finland. He considered this a portentous coincidence, as 5 is considered a lucky number in Nepalese culture. This empty home would soon be filled with the voices and laughter of his family. Time passed. Batsal worked hard during the day, and in the evening he spoke for hours with his family. Technology made the distance seem shorter, somehow. His daughter was now 17, and Batsal wanted her to come to Finland to attend an upper secondary school and then go to university.

Batsal: I made the application to the relevant authorities so that my daughter could join me here. I was now settled in Finland, with a permanent job, and had given so much to my new country that I was certain the application was just a formality. I was really shocked when my application was rejected

Äänitekäsikirjoitukset

Narrator: He read the letter again and again, unable to fully grasp what it said. His relationship with his family was, the authorities decreed, not normal. He had lived away from them for too long. No normal father would ever do this, they seemed to be suggesting. Batsal assumed there had been a mistake. He went to the office, took a ticket, and waited.

Batsal: When it was my turn to speak with the nice lady in the big office, she repeated the same phrase. Not normal. I didn't know what to think. In my opinion, I had done the most normal thing imaginable.

Narrator: As he sits alone in his apartment, Batsal ponders the paradox of his situation. His collectivist actions, viewed through the prism of an individualistic culture, appear selfish and self-serving. He left his family, moved abroad, and built an independent life for himself. But he did it all for them.

Podcast: What a wonderful word, episode 7

What a wonderful word podcast, episode 7: black sheep

NL: Welcome to *What a wonderful word*, a podcast where we look at the surprising history of words and phrases. My name is Nathan Li and joining me is our word nerd Kelly Garcia.

KG: Hi.

NL: In each episode we take a look at an everyday word or phrase that has an interesting past. So, what are we looking at today?

KG: Today we're looking at a phrase that describes someone in your family.

NL: You don't mean my family, do you?

KG: It could be. They say that every family has one of these people. Someone who doesn't fit in with the rest of the family. Someone who does things differently.

NL: My uncle Eric

KG: What's your uncle Eric done?

NL: He dropped out of medical school and became a surf instructor in Miami.

KG: And are the rest of the family happy about that?

NL: No, they're not.

KG: Then your Uncle Eric is a good example of this phrase: he is the... *black sheep* of the family. The black sheep is the person the other family members disapprove of.

NL: But I like Uncle Eric. I think he's cool.

KG: The black sheep of the family can be cool. It's just that they don't do things the way the rest of the family want.

NL: So, where does the phrase come from?

KG: Well, a sheep that has white wool is more valuable because that wool can be dyed many different colours. Black wool, however, can only be dyed...

NL: ... black.

KG: Exactly, so it's worth less money. That's why a black sheep is valued less than a white one.

NL: Sounds a bit harsh. I mean that's saying that the black sheep of the family isn't really wanted.

KG: Yes, but we're only talking about the opinion of other family members. Families don't always like rebellious people. The world outside the family might have a very different view. Plenty of so-called black sheep are very successful people.

Äänitekäsikirjoitukset

- NL:** Like?
- KG:** Well, DJ Khaled, the hip-hop producer, for example. He says he was the black sheep of his family and look at him now!
- NL:** He's a multi-millionaire.
- KG:** And then there's Prince Harry. Everyone says he's the black sheep of the British royal family, but guess what? He's the second most popular royal after the Queen.
- NL:** Good for him! Are black sheep the same as scapegoats?
- KG:** Not exactly, a scapegoat is someone who gets blamed for things other people have done.
- NL:** Oh, like in our family we blame all the bad stuff we do on Bingo.
- KG:** Who's Bingo?
- NL:** Our dog. He gets blamed for stealing food, destroying homework, knocking over plant pots, farting. Honestly, I don't know what we'd do if we didn't have the dog to blame.
- KG:** Poor thing! He should be called a scape-dog.
- NL:** He should. So why do we say scapegoat?
- KG:** Well in the good old days, and we're talking thousands of years ago, a scapegoat was a real goat. The village priest would pick out a goat to represent everyone's sins, then send it off out of the village.
- NL:** Not fair on the goat!
- KG:** I don't think the goat minded. To be honest, it was better than staying in the village. That way he didn't get eaten.
- NL:** I guess you should be called "escape-goat".
- KG:** I wish that was a word.
- NL:** Thanks, Kelly, for telling us about black sheep and scapegoats. I didn't realise I had both of them in my family.

Video: Multilingualism and mobility

My names is Enzo, Enzo James. I speak English since my dad was born in London and he's half-British from his father's side. I speak Italian because my dad is half-Italian and I was born and raised in Italy. I speak French because my mum has always spoken to me in French. She's very patriotic so she always pushed me to speak French.

So yes I always spoke all three languages. I was raised with it, ever since I was born people spoke three languages to me so it never felt forced and it always felt very natural. It felt forced to do the opposite, to speak Italian to my mum or French to my sister. So yes it's just what I was raised with.

It does have some negative sides. I always felt all three, when people ask me I always say I am all three. But if you go to Italy no-one is ever going to consider you purely Italian, they are always more interested in the part of you which is different. So French and British is more interesting to them, it's more appealing. When I am in France I am never really French, I am Italian. When I am in Britain, I'm Italian. Even my own family members, they call me the 'Italian kid' because I was born there.

I'm fine with that. It can be disturbing at times but most of the time I just like being different and I like being interesting, so I've always saw more the positives. And I do have a fairly international overview of things, but it's still very European so I would like to move out probably to Asia, or South America, or even Africa. Pretty much I just want to move out, and move around for a bit, gain some experience, I think it would be very interesting as well for future jobs and future interviews to have a very broad experience, and a very diverse curriculum.

And then just hopefully I'd like to work in start-ups and just find my own path by moving around the world.

Theme 8

Video: Welcome to my world, Canada

Hi everyone, my name is Saoirse, I live in Montreal and today we are at the Marche Jean-Talon, one of the oldest markets in the city founded in 1933.

Although Canada has two main languages, French and English, Quebec is the only province in Canada where French is the one official language. Here around 50 percent of the population is bilingual.

Actually, it is pretty uncommon to meet someone who doesn't speak both languages in the city, as French is a mandatory subject in school. However, in rural areas of the province most people only speak French. Montreal as a city is quite unique due to its high bilingual population and its slang is often referred to as 'Frenglish', or a mix of French and English.

The reason why Quebec is so linguistically different from the rest of Canada is mainly because of its history. The French were actually the first to colonise the province and give it the name 'Nouvelle France' or 'New France'. Today the French spoken in Quebec is very different from the French spoken in France and is actually much more similar to the old French spoken in the 17th century, when the land was first colonised. The accent, grammar and slang is unique to Quebec and is actually greatly shaped by its rich history and culture.

Podcast: What a wonderful word, episode 8

What a wonderful word podcast, episode 8: orange

NL: Welcome to *What a wonderful word*, a podcast where we look at the surprising history of words and phrases. My name is Nathan Li and joining me is our word nerd Kelly Garcia.

KG: Hi.

NL: In each episode we take a look at an everyday word or phrase that has an interesting past. So, what are we looking at today?

KG: Today we're looking at a word that describes a colour. And what's interesting about this word is that, for hundreds of years, the English language had no word to describe this particular colour.

NL: You mean infrared or ultraviolet?

KG: No, a much more basic colour than that?

NL: White?

KG: Technically, white's not a colour. It's the absence of colour.

NL: Alright, if you're going to be picky, I give up. What is this colour that we had no word for?

KG: Orange.

NL: Orange? Of course, we had a word for it. Why do you think oranges are called oranges? Because they're orange, obviously.

KG: It's the other way round, actually. The colour orange is called orange because oranges are orange.

NL: Now, you're confusing me. Are you saying there was no word for orange until that particular fruit showed up in Britain?

KG: Yes. Oranges arrived in Britain in the sixteenth century. Before that there was no word to describe the colour. In fact, when oranges first arrived here, people called them golden apples.

NL: Golden? You're kidding?

KG: I'm serious.

Äänitekäsikirjoitukset

- NL:** What about fire then? Or sunsets? How did they describe them?
- KG:** They just used the word yellow-red.
- NL:** That's two words.
- KG:** Who's being picky now? Anyway, that's what they did. Every time they needed to say orange, they said yellow-red. Foxes, for example, were yellow-red.
- NL:** That's sad.
- KG:** Well, a lot of the time they didn't even say that. They just said red. Even today, we call people who have orange hair redheads.
- NL:** That's true. We should them orange heads.
- KG:** We should.
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- NL:** So, where does the word for the fruit come from?
- KG:** It comes from the Persian word "narang". Apparently, Persian emperors had orange trees in their gardens. Then the fruit became "nāranj" in Arabic. Then the French took the word and "nāranj" became orange.
- NL:** Wait a minute! What happened to the "n" sound at the beginning of the word?
- KG:** The French lost it.
- NL:** Hm!
- KG:** It's not so bad. I quite like it without the "n". Orange. It sounds better, somehow. I think that when you hear "o" you're hearing the roundness of the fruit.
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- NL:** I don't know about that. I just think it's crazy that there was no word for the colour until the fruit came along. What if there had been no word for yellow until someone brought lemons to this country?
- KG:** Would that be a problem?
- NL:** Of course, it would. Imagine using the word lemon instead of yellow: "I was on the beach walking over the lemon sand. Up in the sky the lemon sun shone down. It was autumn and the leaves on the trees were turning lemon."
- KG:** Alright. Enough. I get the idea.
- NL:** See what I mean? It's ridiculous.
- KG:** Not that ridiculous! We do get colour words from fruit. Lipstick can be cherry red. Or you can get your nails done an eye-catching lime green.
- NL:** True. Thank you, Kelly, for giving us all that juicy information.
- KG:** Orange you glad I came on the show?
- NL:** Yes, we had a very fruitful discussion. See you next time.