

[Go to transcript](#)

Support materials

Download the LearnEnglish Elementary podcast. You'll find all the details on this page: <http://learnenglish.britishcouncil.org/elementary-podcasts/series-02-episode-03>

While you listen

While you listen, read and answer the questions below. Remember that there may be more than one correct answer. See *Answers* at the end of this support pack.

Section 1

Listen to Tess and Ravi. Tick all the phrases you think are true. There may be more than one right answer.

1.
 - a) Ravi listens to podcasts
 - b) Tess listens to podcasts
 - c) Ravi is on Facebook
 - d) Tess is on Facebook
2.
 - e) Ravi tells Tess about a problem that he has
 - f) Ravi asks Tess what he should do
 - g) Tess gives Ravi some ideas
 - h) Ravi thinks all of Tess's ideas are bad

Section 2

3. What does Sameena say about meditation? Tick all the phrases you think are true.

- i) Sameena sits on a chair to meditate
- j) Sameena repeats a mantra when she meditates
- k) Meditation always has a religious meaning
- l) Meditation helps you to be healthy

Section 3

4. Listen to Davis doing the quiz. How many words does he guess correctly? Tick the correct number.

- a) two b) three c) four d) five

Section 4

5. How many people think that space exploration is always a waste of time and money? Tick the correct number.

- a) one b) two c) three d) four

Section 5

Listen to Carolina meeting Jamie's parents. Tick all the phrases you think are true. Remember there may be more than one right answer.

6.
 - a) Jamie's father is called Ernie
 - b) Carolina likes dogs
 - c) Carolina likes her bedroom
 - d) Carolina likes Jamie's mother

7.

- a) Jamie's mother is called Mary
- b) Carolina doesn't drink tea
- c) Jamie was born in this house
- d) Jamie still has his old toys in his room

Section 7

8. Listen to the joke. Tick all the phrases you think are true. Remember there may be more than one right answer.

- a) The man wants to go to Tokyo
- b) The man wants to go to New York
- c) The man doesn't really want to send his luggage to New York
- d) The man lost his luggage the last time he went to Tokyo

Section 1: Advice – "What do you think I should do?"

Ravi asked Tess to help him with a problem. Look at the table below. You can see the structure of Tess and Ravi's conversation. This structure is very common in English when we want to ask for help with a problem (like Ravi) or when we are giving someone some advice (like Tess).

Conversation		Notes
Ravi	Oh, that reminds me – I wanted to ask you about something. <i>{pause}</i> You know I'm on Facebook, right?	First, book some conversation space – make sure the person has time to talk to you. Bring up something you have in common – this is to explain why you think the person can help.
Tess	Right.	Show that you have understood and that you have time to help.
Ravi	Well, yesterday I got a message from someone inviting me to be 'friends' and the thing is, I just don't know who she is. I don't recognise her name at all.	Say what the problem is.
Tess	So, someone wants to be your friend online and you don't know who she is? You're just so popular, Ravi!	Reformulate – describe the problem in different words to show that you understand. Put in a joke?
Ravi	Well she knows me –but I really can't think who she is. I mean, it's not a really big problem but what do you think I should do Tess?	Add more information. Ask for help with problem.
Tess	Well, you could just not reply.	Make a suggestion.
Ravi	But I don't want to be rude to her.	Reject suggestion 1 politely.
Tess	Or you could ask her where you met.	Make suggestion 2.
Ravi	Hmm. That's a bit embarrassing.	Reject suggestion 2 politely.
Tess	Well, why don't you say, yes, you'll be her friend? You don't have to write to her, do you?	Make suggestion 3.
Ravi	That's true. I'll just say 'yes, let's be friends' and then maybe I'll remember who she is.	Accept suggestion 3.
Tess	She's probably a friend of a friend or something. Do you often forget people's names?	Say something like "I'm sure it will all be okay" to make the other person feel better. Then move the conversation on to the next topic...

Section 1 – Advice – Exercise 1

Here are three conversations with people asking other people for advice and ideas. Each conversation has 13 "turns". The problem is that Turns numbered 4 – 12 have been confused. Can you follow the three different conversations to the end?

With highlighter pens, colour the turns in three different colours. The first turn – No. 4 – has been done for you.

Alternatively, you can cut the turn out with a pair of scissors and arrange them on the table.

Conversation A	Conversation B	Conversation C
¹ Bob! Mr Hi-Tech! Thank goodness. Got a sec?	¹ Hi John. Are you in a mad rush? Off for lunch?	¹ Janet – just the person. Got a mo?
² Morning, Mr Lo-tech! I've always got time for you.	² Erm, no, not yet.	² Well, I'm quite busy, actually...
³ I wanted to ask you something. You've got a laptop, haven't you?	³ Great, because I wondered if you could help me. You're a bit of a foodie, aren't you?	³ I just need a couple of seconds. You know Ginny from Human Resources, don't you?
⁴ Yes – I used to work with her when she was in Accounts.	⁴ Well, some people say so	⁴ Yes. My fabulous portable Toshiba.
⁵ Well, I've got an Australian cousin visiting, and I promised to take her out for a meal. Got any ideas where I should go?	⁵ Well, I've just bought a laptop, but it doesn't seem to get a wireless signal.	⁵ Well, she's leaving, and we don't know what to get her. Any ideas?
⁶ Oh, is she? I didn't know. When did that happen?	⁶ So, what? Like you can't get the internet, for example?	⁶ When for. Tonight? Everywhere's busy on Fridays
⁷ It's for Monday, actually, so no problems	⁷ Oh, it's all very last minute. Man trouble, I think.	⁷ Exactly. No surfing for me.
⁸ Mmm. Are you sure your new one has wireless access?	⁸ Well, you could always ask what sort of food she likes	⁸ Oh. Poor Ginny. Well, it was a long time ago. Erm, how about a plant for the house. One of those tall ones?

⁹ Yes, I did, but she keeps saying 'Asian fusion'

⁹ Ahh. Yes. But she's going back to the States so it has to be something she can take with her.

⁹ Yes, there's a little blue light at the front.

¹⁰ Mmm. How far is your new one from your router? You know, the thing with the aerial on top

¹⁰ Well, why don't you get her a DVD? I know she loves British comedy series

¹⁰ Mmm. Well, you could try that new Thai restaurant – it does some Chinese dishes too

¹¹ Oh, yes. But we looked in there and she said it looked a bit boring. Do you know anywhere a bit "cooler"?

¹¹ Oh, it's in the back room.

¹¹ Okay. Not a bad idea. Anything else you can think of?

¹² Ah. It might be too far away. Try walking towards the router with your laptop, and see what happens.

¹² Oh! Knitting needles. She loves knitting. You could buy her some of those bamboo ones.

¹² Well, you could always take her to Bob's. That's an Australian restaurant that does good food and it's pretty trendy, too. It's a bit pricey, though...

¹³ Good thinking. I'll try that. Thanks

¹³ Never mind. It'll be worth it. Thanks a lot – I might give that a go. Where is it exactly...?

¹³ Brilliant. Thanks. I knew you were the right person to ask. Thanks ever so.

Conversation A

Conversation B

Conversation C

Section 1 – Advice – Exercise 2

Exercise 2

Now you can practice the conversations with a friend. You can use the structure in the table of Tess and Ravi's conversation to help you.

Here are some ideas for problems:

- you want to improve your English pronunciation
- you want to take someone out for a romantic dinner, but you haven't got very much money
- you want to go somewhere different for your holiday next year
- your cat has disappeared
- you wrote a rude email about your boss – and sent it to him/her by mistake
- anything else that you can think of!

Section 2 – Would like to talk about

In this section, you heard Sameena talking about meditation. Do you do an activity that you would like to tell us about? Do you meditate or do something else that helps you to relax when you're stressed? Write a paragraph about what you do. Then, if you want, you can send your paragraph to learnenglishpodcast@britishcouncil.org.

Here are some phrases that might help you:

you can...	it's good for...	I use....
you need to...	it can help...	I always...
you must...	it makes you.....	I like it because...
you don't have to...	I started doing it /because/when/ ...years ago/in 1978	
you should...	I do it /every day/every week/ once a week/twice a day...	
it's a good idea to...		

Make some notes below.

www.britishcouncil.org/learnenglish

Section 3 – Quiz

Section 3 – Quiz – Exercise 1

The quiz in this episode was about things and places in an airport. Match the words to the definitions.

1	The long, straight road that planes take off from. They land on it as well.	baggage reclaim.
2	The place you go to with all the other passengers <i>just</i> before you get on the plane.	check-in
3	The first place you go to when you get to the airport. You go there to put your bags in and they check your passport and ticket and give you a boarding pass.	customs
4	The place where you wait to be called. You can have something to eat or drink, or look at the shops.	departure gate
5	The place where you go to pick up your suitcase when you get off the plane. It goes round and round.	departure lounge
6	You can buy perfume, cigarettes and alcohol cheaply here.	duty free shops
7	You have to show your passport to someone here.	passport control
8	You go through here when you leave the airport. Someone might ask you to open your suitcase.	runway

Section 3 – Quiz – Exercise 2

Here are some more words connected with airports and flying. Use them to fill the spaces in the sentences.

aisle seat	boarding card	cabin crew	departures board	emergency exits
hand luggage	hire a car	pilot	seatbelt	trolley

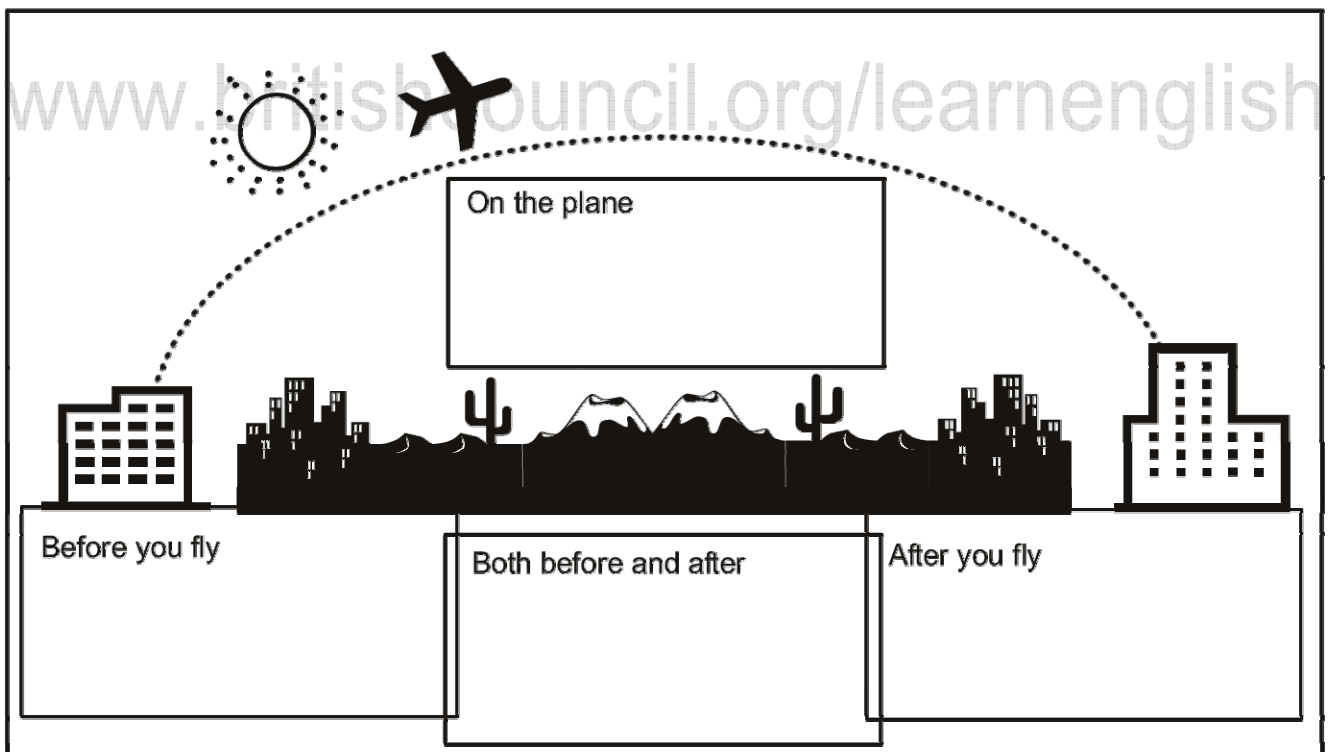
- You need to look at the _____ to see what time your flight is leaving, and which gate to go to.
- You can use a _____ if your luggage is very heavy and you don't want to carry it.
- You have to show your _____ before you get on the plane
- You have to fasten your _____ when you take-off and when you land
- You can choose a window seat or an _____.
- The plane has some _____ so that you can get out safely if there's an accident.

7. The men and women who look after the passengers on the plane are called _____.
8. The man or woman who flies the plane is the _____.
9. You can take _____ on to the plane with you, but it can't be too big.
10. When you arrive you can get a train, a bus, or a taxi.
Or maybe you'd prefer to _____.

Section 3 – Quiz – Exercise 3

Here are more words and phrases about airports and flying. Some are about things before you fly, or after you arrive, or both. Others refer to while you are on the plane. Add the words to the correct place on the diagram.

duty free shops	baggage reclaim	boarding card	cabin crew	check-in	customs
departures board	departure lounge	departure gate	pilot	hire a car	hand luggage
emergency exits	passport control	aisle seat	runway	seatbelt	trolley



Section 4 – Your turn

In 'Your Turn' this time the question was 'Do you think that space exploration is a waste of time and money?'

What about you? What do you think about space exploration? Do you agree with what any of the people said in the podcast? We'd like you to write to us and tell us *your* opinion. You can send it to learnenglishpodcast@britishcouncil.org

Here are some ideas to help you:

Some words connected with space exploration:

- the universe
- the solar system
- Mars
- the moon
- stars
- black holes
- new planets
- alien life forms
- new sources of water
- new sources of energy
- light years
- scientific research
- technology
- space travel
- the speed of light

Some useful verbs:

- to discover
- to explore
- to find
- to look for
- to develop
- to change
- to spend money
- to solve problems
- to benefit humanity

Some problems in our world today:

- poverty
- global warming
- the environment
- war
- disease
- hunger
- over-population
- pollution
- nuclear weapons

Section 5 – Carolina

Section 5 – Carolina – Exercise 1

Look at some parts of Carolina's conversations with Jamie and his parents. Put the expressions in the right places.

How long have you lived here?	It's nice to meet you too	Yes thank you	How nice
if it isn't too much trouble	You've got a lovely house	That's very kind of you	I like it

- Mary: Hello Carolina. It's lovely to meet you.
Carolina: Hello. _____
- Mary: Did you have a good journey?
Carolina: _____. The train was a bit late, but it was fine. We got a bus from the station. It was easy.
- Mary: And you're in this room Carolina.
Carolina: _____. I love the colour. And what pretty curtains too.
- Mary: Now, I've put some towels out for you – here they are on the bed. And we turned the radiator on in here this morning so it should be nice and warm for you.
Carolina: Oh thank you. _____. I'm sure I'll be very comfortable. Thank you very much for inviting me.
- Carolina: No, no, it's OK Jamie. I can drink the tea with milk.
Doug: No, let's get you another.
Carolina: Well OK, _____. Thank you.
- Doug: So Carolina. What do you think of this country of ours? A bit cold for you is it?
Carolina: _____. It's very different from Venezuela, but I like it here. And the people are very friendly.
- Carolina: _____
Mary: Well thank you. It's nothing grand but we like it.
- Carolina: _____
Mary: Since we got married, that'll be what, twenty-five years nearly is it Doug?

Section 5 – Carolina – Exercise 2

Look again at parts of Carolina's conversations. Choose all the phrases that people can say – there is always more than one correct answer. See *Answers* at the end of this support pack.

1. Mary: Hello Carolina. It's lovely to meet you.

Carolina: Hello. _____

- a) Pleased to meet you
- b) It's nice to meet you too.
- c) Me too
- d) And you

2. Mary: Did you have a good journey?

Carolina: _____. The train was a bit late, but it was fine. We got a bus from the station. It was easy.

- a) Yes thank you
- b) Yes please
- c) Yes we did
- d) It was OK

3. Mary: And you're in this room Carolina.

Carolina: _____. I love the colour. And what pretty curtains too.

- a) It's lovely
- b) What a nice room
- c) Very well
- d) How nice

4. Mary: Now, I've put some towels out for you – here they are on the bed. And we turned the radiator on in here this morning so it should be nice and warm for you.

Carolina: Oh thank you. _____. I'm sure I'll be very comfortable.
Thank you very much for inviting me.

- a) That's very kind of you
- b) You're very kind
- c) That's very nice of you
- d) I think you're very nice

5. Carolina: No, no, it's OK Jamie. I can drink the tea with milk.

Doug: No, let's get you another.

Carolina: Well OK, _____ . Thank you.

- a) if you're sure
- b) if you don't mind
- c) if it isn't too much trouble
- d) if that's good

6. Doug: So Carolina. What do you think of this country of ours? A bit cold for you is it?

Carolina: _____. It's very different from Venezuela, but I like it here. And the people are very friendly.

- a) It's very nice
- b) I like it
- c) It's very well
- d) I'm enjoying it

7. Carolina: _____ .

Mary: Well thank you. It's nothing grand but we like it.

- a) The house is very good
- b) Your house is very nice
- c) I like your house very much
- d) You've got a lovely house

8. Carolina: _____

Mary: Since we got married, that'll be what, twenty-five years nearly is it Doug?

- a) Have you lived here a long time?
- b) How long have you lived here?
- c) Since when have you lived here?
- d) Have you lived here long?

Section 5 – Carolina – Exercise 3

Now complete this conversation. Imagine that you are visiting a friend's parents, or going to any British person's home for the first time.

Hello. It's lovely to meet you!

You: _____

Did you have a good journey?

You: _____

This is my husband, Don.

You: _____

And this is Rex, our dog. Do you like dogs?

You: _____

Let me take your bag upstairs.

You: _____

Here's your room. I hope you like it.

You: _____

And here are some towels for you.

You: _____

Would you like a cup of tea? With milk and sugar?

You: _____

And how are you enjoying Britain? What do you think of it so far?

You: _____

You: [make a nice comment about the house] _____

Oh thank you. Yes, we like it very much.

You: [ask a question about the house] _____

Now you can practice the dialogue with a friend.

Section 6 – The joke

Exercise 1

Read the sentences below, and put them in the right order to tell the joke. You can either cut them up and arrange them, or write the number in the space on the left. See *Answers* at the end of this support pack.

	“And I’d like you to send my luggage to New York”.
	“I’m very sorry sir but we can’t do that – it’s impossible.”
	“That’s exactly what you did last time”.
	“Yes, that’s right” says the man.
	A man goes up to the ticket desk at the airport.
	and the man says “Good morning. I’d like a ticket to Tokyo, please.”
	The man says “Well, I don’t understand why it’s so difficult.”
	The ticket clerk says “Good morning, sir. Can I help you?”
	Well, the ticket clerk looks surprised and says “You want us to put you on a plane to Tokyo and send your luggage on a plane to New York?”.

Section 7 – Tom the Teacher

Section 7 – Tom – Exercise 1

Choose the best word to fill the space – ‘very’ or ‘too’. See *Answers* at the end of this support pack.

- I like John _____ much. He’s a really good friend.
a) very b) too
- Tess sometimes thinks she spends _____ much time on the computer.
a) very b) too
- Now that we’ve got two children, our house is _____ small. We need another bedroom.
a) very b) too

4. We went to Goa for our holidays. It really is _____ beautiful.
a) very b) too
5. I can't eat this soup. It's got _____ much salt in it. It's horrible.
a) very b) too
6. These shoes are _____ big for me. Have you got them in a smaller size?
a) very b) too
7. The test was _____ difficult, but I think I did quite well.
a) very b) too
8. Oh dear, I think I ate _____ many chocolates. I feel sick now.
a) very b) too

Section 7 – Tom – Exercise 2

Now choose the best words to fill these spaces. Use 'too', 'too much' or 'too many'. See *Answers* at the end of this support pack.

1. It's _____ far to walk. We'll have to get a taxi.
a) too b) too much c) too many
2. Don't work _____ hard – you'll make yourself ill!
a) too b) too much c) too many
3. I didn't enjoy the party very much – there were _____ people there.
a) too b) too much c) too many
4. My teacher said there are _____ grammar mistakes in my writing.
a) too b) too much c) too many
5. He's only fourteen – he's _____ young to drink alcohol.
a) too b) too much c) too many
6. My brother spends _____ money on CDs. He's got thousands.
a) too b) too much c) too many

7. Let's stay home and watch a DVD. It's _____ cold to go for a walk.

- a) too b) too much c) too many

8. You shouldn't eat _____ sugar. It's bad for you.

- a) too b) too much c) too many

Answers

While you listen – Answers

Answers

1. a, c
2. a, b, c
3. a, b, d
4. c
5. b
6. c, d
7. a, c, d
8. a, c, d

Section 1 – Exercise 1 – Answers

Conversation A: ¹ Bob! Mr Hi-Tech! Thank goodness. Got a sec?; ² Morning, Mr Lo-tech! I've always got time for you.; ³ I wanted to ask you something. You've got a laptop, haven't you?; ⁴ Yes. My fabulous portable Toshiba.; ⁵ Well, I've just bought a laptop, but it doesn't seem to get a wireless signal.; ⁶ So, what? Like you can't get the internet, for example?; ⁷ Exactly. No surfing for me.; ⁸ Mmm. Are you sure your new one has wireless access?; ⁹ Yes, there's a little blue light at the front.; ¹⁰ Mmm. How far is your new one from your router? You know, the thing with the aerial on top; ¹¹ Oh, it's in the back room.; ¹² Ah. It might be too far away. Try walking towards the router with your laptop, and see what happens.; ¹³ Good thinking. I'll try that. Thanks.

Conversation B: ¹ Hi John. Are you in a mad rush? Off for lunch?; ² Erm, no, not yet.; ³ Great, because I wondered if you could help me. You're a bit of a foodie, aren't you?; ⁴ Well, some people say so; ⁵ Well, I've got an Australian cousin visiting, and I promised to take her out for a meal. Got any ideas

where I should go?; ⁶ When for. Tonight? Everywhere's busy on Fridays; ⁷ It's for Monday, actually, so no problems; ⁸ Well, you could always ask what sort of food she likes; ⁹ Yes, I did, but she keeps saying 'Asian fusion'; ¹⁰ Mmm. Well, you could try that new Thai restaurant – it does some Chinese dishes too; ¹¹ Oh, yes. But we looked in there and she said it looked a bit boring. Do you know anywhere a bit "cooler"?; ¹² Well, you could always take her to Bob's. That's an Australian restaurant that does good food and it's pretty trendy, too. It's a bit pricey, though...; ¹³ Never mind. It'll be worth it. Thanks a lot – I might give that a go. Where is it exactly...?

Conversation C: ¹ Janet – just the person. Got a mo?; ² Well, I'm quite busy, actually...; ³ I just need a couple of seconds. You know Ginny from Human Resources, don't you?; ⁴ Yes – I used to work with her when she was in Accounts.; ⁵ Well, she's leaving, and we don't know what to get her. Any ideas?; ⁶ Oh, is she? I didn't know. When did that happen?; ⁷ Oh, it's all very last minute. Man trouble, I think.; ⁸ Oh. Poor Ginny. Well, it was a long time ago. Erm, how about a plant for the house. One of those tall ones?; ⁹ Ahh. Yes. But she's going back to the States so it has to be something she can take with her.; ¹⁰ Well, why don't you get her a DVD? I know she loves British comedy series; ¹¹ Okay. Not a bad idea. Anything else you can think of?; ¹² Oh! Knitting needles. She loves knitting. You could buy her some of those bamboo ones.; ¹³ Brilliant. Thanks. I knew you were the right person to ask. Thanks ever so.

Section 3 – Exercise 1 – Quiz – Answers

1. runway
2. departure gate
3. check-in
4. departure lounge
5. baggage reclaim
6. duty free shops
7. passport control
8. customs

Section 3 – Exercise 2 – Quiz – Answers

1. departures board
2. trolley
3. boarding card
4. seatbelt
5. aisle seat
6. emergency exits
7. cabin crew
8. pilot
9. hand luggage
10. hire a car

Section 3 – Exercise 2 – Quiz – Answers

before you fly: check-in; departure gate; departure lounge; duty free shops; boarding card; departures board.

after you fly: baggage reclaim; customs; hire a car.

both: passport control; runway; trolley.

on the plane: aisle seat; cabin crew; emergency exits; hand luggage; seatbelt; pilot.

Section 5 – Carolina – Exercise 1 – Answers

1. It's nice to meet you too.
2. Yes thank you
3. How nice
4. That's very kind of you
5. if it isn't too much trouble
6. I like it
7. You've got a lovely house
8. How long have you lived here?

Section 5 – Carolina – Exercise 2 – Answers

Answers

1. a,b
2. a,c,d
3. a,c,d
4. a,b,c
5. a,b,c
6. a,b,d
7. b,c,d
8. a,b,d

Section 6 – The Joke – Answers

1. A man goes up to the ticket desk at the airport.
2. The ticket clerk says "Good morning, sir. Can I help you?"
3. and the man says "Good morning. I'd like a ticket to Tokyo, please."
4. "And I'd like you to send my luggage to New York".
5. Well, the ticket clerk looks surprised and says "You want us to put you on a plane to Tokyo and send your luggage on a plane to New York?".
6. "Yes, that's right" says the man.
7. "I'm very sorry sir but we can't do that – it's impossible."
8. The man says "Well, I don't understand why it's so difficult."
9. "That's exactly what you did last time".

Section 7 – Tom – Exercise 1 – Answers

1. a; 2. b; 3. b; 4. a; 5. b; 6. b; 7. a; 8. b;

Section 7 – Tom – Exercise 2 – Answers

1. a; 2. a; 3. c; 4. c; 5. a; 6. b; 7. a; 8. b

Transcript

Section 1: "Sometimes I think I spend too much time on the computer."

Tess: Hello. Welcome to the second series of the Learn English Elementary podcast. This is number three. I'm Tess.

Ravi: And I'm Ravi. It's a bright sunny morning here in London but the great thing about a podcast is that you can listen whenever you want, so, good morning! Good afternoon! Good evening!

Tess: That's true. Why not write and tell us *when* and *where* you listen to our podcasts? We'll give you the email address a little later. Do you listen at your computer or do you download us and listen on the bus, in the car, at the gym? Let us know. Do you listen to any podcasts Ravi?

Ravi: I do, actually, yeah. I listen to a couple of things. There's a football podcast I really like and there's quite a good comedy one that I listen to as well. I listen to them when I go out running.

Tess: *You* go out running?

Ravi: Well, I listened to one *once* when I was running. I usually listen at home. How about you?

Tess: No, not really. I'm too busy with my social networking site to have time for podcasts. Honestly, sometimes I think I spend too much time on the computer.

Ravi: I know what you mean. It's easy to spend hours and hours on the internet just looking at different things. Surfing the net. Oh, that reminds me – I wanted to ask you about something. You know I'm on Facebook, right?

Tess: Right.

Ravi: Well, I know you're not on Facebook but you're on a few other networking sites - you know how it works, don't you? People send you invitations to be their 'friend'

Tess: Yeah, OK. I know what you mean.

Ravi: Well, yesterday I got a message from someone inviting me to be 'friends' and the thing is, I just don't know who she is. I don't recognise her name at all.

Tess: So, someone wants to be your friend online and you don't know who she is? You're just so popular Ravi.

Ravi: Well she knows me – she wrote something about Manchester but I really can't think who she is. I mean, it's not a really big problem but what do you think I should do Tess?

Tess: Well, you could just not reply.

Ravi: But I don't want to be rude to her.

Tess: Or you could ask her where you met.

Ravi: Hmm. That's a bit embarrassing.

Tess: Well, why don't you say, yes, you'll be her friend? You don't have to write to her, do you?

Ravi: That's true. I'll just say 'yes, let's be friends' and then maybe I'll remember who she is.

Tess: She's probably a friend of a friend or something. Do you often forget people's names, then, erm what's your name again?

Ravi: Very good, Tess. No I'm usually quite good with names. Like today I can tell you we've got Sameena on I'd Like to talk about, we've got Davis doing the quiz and we've got Carolina and Jamie later. And Tom the teacher of course.

Tess: Well done. Shall we get on with it, then?

Section 2: I'd like to talk about...

Ravi: OK then. As usual, listeners, we'll start with I'd Like to Talk About. This is the part of our podcast when we ask someone to tell us about something that's important to them. It could be a person, a hobby – anything. And today we've got Sameena in the studio. And she's going to talk about meditation. Hi Sameena.

Sameena: Hi

Tess: Hi Sameena. Before you start, why don't you tell us a bit about yourself.

Sameena: Well, my name's Sameena – as you know. Um, I'm twenty, and I'm a student at the London School of Economics.

Ravi: Are you from London?

Sameena: No, Leeds. I go back there in the holidays.

Ravi: Great place, Leeds. OK. So why did you decide to talk about meditation Sameena?

Sameena: Well I started doing it about three years ago. I was very stressed with exams and I was working too hard. So a friend told me about meditation – he taught me how to do it actually, in the beginning – and it worked. It made me a lot calmer and less stressed out. So I got really interested in it and started reading about it, and, well, I just think everyone should try it!

Tess: And how do you do it? Give us an idea of what you do. I always think of old men with long, white beards when I think of meditation.

Sameena: Well, it's very simple really. I sit still, somewhere quiet. You can sit in any position, on the floor, or on a hard chair, but you need to keep your back straight and you must be comfortable. I sit on a chair, close my eyes, and then I relax and try to be conscious of *now*, of the present moment. And my mind becomes calm. That's it really.

Tess: And you stop thinking?

Sameena: No, no. A lot of people think that, but it isn't true. It's more about watching your thoughts, just sitting and being conscious of what's going through your mind. You let the thoughts come and go, but you don't *follow* them, you just watch them so your mind stays calm and peaceful.

Tess: But how do you do that – keep your mind calm and peaceful?

Sameena: Well, I use a mantra – that helps me.

Tess: A mantra?

Sameena: Yes, it just means a phrase that you concentrate on – you repeat it over and over again to yourself. But you don't have to use a mantra - there are lots of different ways of doing it. You can concentrate on your breathing – count your breaths for example, or you can try to imagine the energy moving around in your body, you know, try to see it.

Ravi: It's getting very popular nowadays isn't it? Oprah Winfrey was talking about meditation on TV the other day.

Sameena: Yes, it's getting more popular in the west, that's true. But it started as a Hindu tradition more than five thousand years ago – it's really old. And some form of meditation is involved in nearly all religions.

Tess: So is it always a religious thing?

Sameena: No, it doesn't have to have any religious meaning. A lot of people meditate just because it's good for the mind and good for the body. It's a really healthy thing to do.

Tess: I can see why it can be good for the mind, but how does it help the body?

Sameena: Meditation can help your blood pressure, your heart, your breathing - all sorts of things. Scientists have done tests – it's all been proved. So, as I said at the beginning, I think everyone should try it!

Tess: Well thanks for that Sameena. That was really interesting.

Sameena: Not at all. I enjoyed talking about it. Bye.

Tess: Bye Sameena.

Ravi: Bye Sameena, and thanks again.

Tess: So, are you going to give it a try Ravi? Might help you deal with some of that stress?

Ravi: It's not a bad idea you know. My dad meditates, well he used to anyway – I remember seeing him when I was a kid. I don't know if he still does though. I'll have to ask him. I might ask him to give me some lessons next time I see him! That'll be a big surprise for him.

Tess: Well yes. A calm, peaceful Ravi would be

a big surprise for all of us.

Ravi: Ommmmm

Tess: OK. What about you listeners? Do any of you meditate? Or what would you like to tell us about? Write – or record – what you think and send it to us at learn English podcast at British Council dot org, that's learnenglishpodcast - all one word – at - britishcouncil – all one word DOT org, that's o-r-g. If we like it, we'll stick it on the website.

Ravi: We should put some stuff up about mediation, too. Will *you* do that?

Tess: Yeah, OK. Remind me to do that later.

Section 3 – Quiz

Tess: Right, then. What's next? The quiz.

Ravi: Yep. And today we've got Davis on the line. Hello, Davis.

Davis: Hi Ravi.

Tess: Hiya

Davis: Hi Tess.

Ravi: Tell us a bit about yourself Davis. Where are you calling from?

Davis: I'm in London.

Ravi: Are you from London?

Davis: Yes, that's right.

Tess: Like me. Which part of London?

Davis: Tottenham

Tess: Ah, OK. I'm from south London. Wimbledon.

Ravi: Do you support Tottenham then, Davis? Which football team do you support?

Davis: Nah, man, I support Arsenal.

Ravi: Oh dear. Well, I'll forgive you. What do you do Davis?

Davis: I work in a market. Selling kitchen things.

Ravi: No market today then?

Davis: No, not today.

Ravi: Right then. You know how to play Hot Seat, don't you?

Davis: Yeah.

Ravi: Tess has got the cards with the words on. She'll give them to me and I'll explain them to you and we'll see how many we can get in a minute, OK?

Davis: OK

Ravi: But I don't know what the topic is. Tess?

Tess: Right, I've got the cards here. I'll give them to Ravi and he has to explain the words *without* using the words on the card. Are you both ready?

Ravi: Ready

Davis: OK

Tess: OK then today's topic is Places in an airport. Different things and places in an airport. Here are the cards Ravi. You've got one minute starting fromNOW

Ravi: Agh! It's the long road that planes take off from. The really long straight road. They land on it as well.

Davis: Runway?

Ravi: Yes. Oh no. Erm. The place you go to *just* before you get on the plane ... erm ...

Davis: Departure lounge

Ravi: No. "Could passengers travelling to Paris on Flight three seven two please go to *hnn* twenty one"

Davis: Gate!

Ravi: Yes. The first place you go to when you get to the airport.

Davis: The shops?

Ravi: No. You go there to put your bags in and they check your passport and ticket...

Davis: Passport control?

Ravi: No, before that. Erm "Did you pack this bag yourself, sir?"

Davis: Check-in!

Ravi: Yes. Now what you said before. The place

where you wait to get on the plane but before you go to the gate.

Davis: Departure lounge

Ravi: Yes. It's a place. Where you go to pick up your suitcase when you get off the plane.

Davis: Oh, the thing that goes round.

Ravi: Yeah, that, but what's the room called?

{buzzer sounds}

Davis: I don't know it.

Ravi: It was *baggage reclaim*. Oh dear, we haven't done very well there, have we? Sorry Davis. How many was that?

Tess: Runway ... gate ... check-in ... departure lounge. Four.

Ravi: Eek. Sorry Davis. That was tough, wasn't it?

Davis: You just can't think when the clock's ticking.

Ravi: I know. Listen, thanks for playing – we'll find some things to send you. Enjoy the rest of your day.

Davis: And you mate.

Tess: Bye Davis. And well done Ravi. Right. More to come. We'll hear what some of you think about space exploration and we'll catch up with Carolina after *this*.

Section 4: Your turn

Ravi: Right. Your Turn. This is the part of the podcast when we go out and ask different people what they think about something. Every podcast has a different question and this time it's about space exploration – sending rockets and people into space. So, the big question is "Do you think that space exploration is a waste of time and money?" Or is it a useful thing to do? Let's hear what people think.

Voice 1: Er ... yeah, it's a waste of time and money. There's nothing out there ... er ... and

that moon landing in the 60s, that was done in a studio in Hollywood.

Voice 2: I think that space exploration is a waste of money when you think about ... um ... poor people, climate change and disease.

Voice 3: Ah ... sometimes I think it's a waste of money when, like, the big countries - America or Russia - they just compete for dominance of space, but when it's used for scientific research that can improve ... um ... the equality of life on Earth, then I think it's not money wasted.

Voice 4: No, I don't think space exploration is a w... um ... we'd need to know what's out there – we have to advance ... there is obviously the argument though that mon... that money could be spent on cleaning up our own environment, and our own world, um ... but as I say we need to look forward, maybe our world won't be here forever and we should be looking towards other places.

Voice 5: I don't think space exploration is a waste of time and money ... um ... possibly in the future we might need space exploration and the discoveries they've made more now than we ever realised ... new sources of energy or ... we don't know where mankind is going to be in the future. I think space exploration is very important.

Ravi: Do you know, when I was a kid, I wanted to be an astronaut. I'd love to explore space.

Tess: Did you? I wanted to be a train driver.

Ravi: Well, maybe when you're older.

Tess: Yes. Maybe. And we'd like to know what you, the listeners think too. Send us your opinions.

Section 5: Carolina

Tess: Time now to see what's happening with Carolina. You remember that Carolina is a student from Venezuela who's studying in Newcastle in the north of England.

Ravi: It's not just study though – we've heard about Carolina going shopping, cooking and enjoying university life with her new boyfriend, Jamie. Let's find out what she's doing this time...

Outside the house

Jamie: Well here we are then – My home. The family mansion.

Carolina: Oh, is this the house? I'm a bit nervous Jamie.

Jamie: Don't be silly.

{doorbell – door opens}

Mary: Hellooo! *{hugs and kisses Jamie}*

Jamie: This is Carolina, mum ...

Mary: Hello Carolina. It's lovely to meet you.

Carolina: Hello. Um... it's nice to meet you too.

Mary: Did you have a good journey?

Carolina: Oh yes, thank you. The train was a bit late, but it was fine. We got a bus from the station. It was easy.

Mary: Doug! They're here! Come on in before we die of cold. Doug! They're here!

{dog barking}

Jamie: Hello Ernie! Hello, who's a good boy then?

Doug: Hello, hello, hello. You're here then. All right Jamie?

Jamie: Dad.

Doug: And this must be Carolina.

Carolina: Yes, hello, pleased to oh,

Mary: Get down Ernie! Ernie! I hope you like dogs Carolina.

Carolina: Well, I, um I don't know really...

Mary: He won't hurt you. He just wants to give

you a kiss. Get down Ernie! Doug, put him in the kitchen.

Doug: Righty ho. Come on Ernie.

Mary: Now let me take your bags upstairs.

Carolina: Oh no, no. I can take mine. It isn't heavy.

Jamie: I'll take them. Go on mum. You lead the way. Carolina's in the spare room I suppose?

...

Mary: And you're in this room Carolina.

Carolina: How nice. I love the colour. And what pretty curtains too.

Mary: I'm glad you like it. We don't use this room very often.

Carolina: I think it's lovely.

Mary: Now, I've put some towels out for you – here they are on the bed. And we turned the radiator on in here this morning so it should be nice and warm for you.

Carolina: Oh thank you. That's very kind of you. I'm sure I'll be very comfortable. Thank you very much for inviting me.

Mary: Not at all. It's lovely to have you here. Now you unpack your bag and I'll go down and put the kettle on for a nice cup of tea. The bathroom's next door if you want to wash your hands...

...

{knock at door}

Jamie: Can I come in?

Carolina: Yes

Jamie: OK?

Carolina: Oh yes, I'm OK. Your mother's really nice.

Jamie: Ready to go downstairs?

Carolina: Yes.

Jamie: Come on then. Mum's making a cup of tea. My family drinks tea all the time.

Carolina: OK. So ... let's go then.

...

Mary: Here you are Carolina. A nice cup of tea.

Carolina: Thank you Mrs Lawrence.

Mary: Oh no. Call me Mary. Mary and Doug.
We're not formal in this house are we Jamie?

Jamie: Mum, Carolina drinks tea *without* milk.

Carolina: No, no, it's OK Jamie. I can drink it
with milk.

Doug: No, let's get you another.

Carolina: Well OK, if it isn't too much trouble.
Thank you.

Mary: Don't be silly. It's no trouble at all. I'll just
go and get another cup.

Carolina: Aargh!

Doug: Get down Ernie! You let the dog in Mary!
Ernie! Down! Leave her alone! He's just being
friendly.

Jamie: I'll put him back in the kitchen.

Carolina: It's OK. I don't mind.

Jamie: Come on Ernie. Kitchen.

Doug: So Carolina. What do you think of this
country of ours? A bit cold for you is it?

Carolina: I like it. It's very different from
Venezuela, but I like it here. And the people are
very friendly.

Doug: Well that's good.

Mary: Here you are Carolina.

Carolina: Thank you very much. ... You've got a
lovely house.

Mary: Well thank you. It's nothing grand but we
like it.

Carolina: How long have you lived here?

Mary: Since we got married, that'll be what,
twenty-five years nearly is it Doug?

Doug: Aye. Twenty-five years in April.

Carolina: So Jamie was born here?

Mary: That's right. He's lived here all his life,
haven't you love?

Jamie: Yep.

Mary: He's still got some of his old toys in his

room, hasn't he Doug?

Carolina: Really?

Doug: Oh aye. Won't let us throw them out. All
his old toy cars. And Mr Potter the panda's still
there.

Mary: That's right. Mr Potter the panda. But
Jamie couldn't say Mr Potter – he could only
say Po Po – so it was Po Po panda. Do you
remember Jamie?

Carolina: Mr Po Po panda?

Jamie: Oh god! Stop it all of you. Let's change
the subject. How's work going dad? Been busy
recently?

...

Ravi: Ah. What a nightmare. Poor Jamie. But,
you know, it must be getting serious now.
Carolina met Jamie's parents.

Tess: Yes. Isn't it nice? Ahhhh.

Section 6: The Joke

Tess: Well, I think that's about all we've got time
for on this podcast ..

Ravi: No, hang on a minute. I've got another
joke for you.

Tess: I hoped you'd forget.

Ravi: I think you'll like this one, Tess.

Tess: OK. Let's hear it.

Ravi: OK. A man

Tess: A man? Oh? Not a dog? A duck? A frog?

Ravi: Definitely a man – I told you – not all of
my jokes are animal jokes. Right. A man goes
up to the ticket desk at the airport. The ticket
clerk says 'Good morning, sir. Can I help you?'
and the man says 'Good morning. I'd like a
ticket to Tokyo, please. And I'd like you to send
my luggage to New York'. Well, the ticket clerk
looks surprised and says "You want us to put
you on a plane to Tokyo and send your luggage
on a plane to New York?". "Yes, that's right"
says the man. "I'm very sorry sir but we can't do

that – it’s impossible.” The man says “Well, I don’t understand why it’s so difficult. That’s exactly what you did last time”.

Tess: I lost my bag at an airport once you know.

Ravi: You’ll have to save that story for another time Tess. That’s all we’ve got time for today. Remember, the address for anything that you want to send us is learnenglishpodcast@britishcouncil.org. But don’t go away, listeners. Tom the teacher will be here in a moment to talk about learning English and some of the language you heard on the podcast – {pause} – and we’ll be back next time. Bye!

Tess: Bye!

Tom the teacher

Tom: Hi, I’m Tom. I’m here at the end of every podcast to talk about some of the language you heard in the programme, and to talk about ways to help you learn English. Today I want to talk about the word ‘too’. Listen to Carolina meeting Jamie’s mother, Mary. See how Carolina uses ‘too’.

Mary: Hello Carolina. It’s lovely to meet you.

Carolina: Hello. Um... it’s nice to meet you too.

Tom: We can use ‘too’ to mean ‘as well’. I’m sure you know this already. If someone says “I really like chocolate”, you can say “Me too!” – you have the same opinion. This use of ‘too’ is easy. But some learners have problems with a different way to use ‘too’. Listen to Tess talking about why she doesn’t listen to podcasts. How does she use ‘too’?

Tess: No, not really. I’m too busy with my social networking site to have time for podcasts. Honestly, sometimes I think I spend too much

time on the computer.

Tom: She says “I’m *too busy* to have time for podcasts” and then she says “I think I spend *too much time* on the computer”. ‘Too’ here means more than you want – more than is good. If you say that you spend *too much* time on the computer, you mean that you think it’s a bad thing. You think that you should spend *less* time on the computer. Listen to another example. Sameena is talking about why she started doing meditation. Listen for ‘too’.

Sameena: Well I started doing it about three years ago. I was very stressed with exams and I was working too hard. So a friend told me about meditation.

Tom: Yes, she says “I was working *too hard*”. She means she was working hard, more than was good for her.

Tom: Now let’s look at the difference between ‘too’ and ‘very’. Some learners find this difficult. Listen to Carolina talking to Jamie’s father about life in Britain. Listen to ‘very’.

Doug: So Carolina. What do you think of this country of ours? A bit cold for you is it?

Carolina: I like it. It’s very different from Venezuela, but I like it here.

Tom: She says Britain is *very* different from Venezuela – but she likes it. Now imagine she says “Britain is *too* different from Venezuela”. ‘Too’ gives the idea that she doesn’t like Britain – that she’s unhappy, because it’s ‘too different’ – the difference isn’t a good thing. And that isn’t what she wanted to say. Let me give you another example. I can say “My house is very small”. OK, my house is small, but maybe I like small houses! ‘Very’ can be good or bad. But if I say “My house is *too* small” then you know that

I'm not happy with my house – that I'd like to have a bigger one. Listen to one more example. Jamie's mother is going to get Carolina another cup of tea. Listen to what Carolina says.

Carolina: Well OK, if it isn't too much trouble. Thank you.

Tom: We use 'If it isn't too much trouble' a lot – when we want to be polite. You can use it when someone offers to help you.

Now I want to talk about something to help you learn and remember vocabulary. Do you remember the quiz? All of the words were places in an airport. Listen.

Ravi: Erm. The place you go to just before you get on the plane ... erm ...

Davis: Departure lounge

Ravi: No. "Could passengers travelling to Paris on Flight three seven two please go to hnn twenty one"

Davis: Gate!

Ravi: Yes.

Tom: You can do this too. When you're in a place, maybe an airport, or a train station, or a cinema, or a supermarket – try to name everything that you see in English. Or imagine that you're in a place – and imagine what you can see around you. Make a note of the things that you don't know and then try to find out how to say them in English. Ask your teacher, or a friend, or find the word in a bilingual dictionary. A bilingual dictionary is useful when you want to know the names of things. You can use the internet for finding translations of words too. Or you can buy very good *picture* dictionaries nowadays. See what you can find. And if you're in a place with a friend you can play a game together. At the airport you can say "I can see something beginning with 'R' – and your friend can say 'runway!'. Try it – it's good for your

vocabulary.

Now for something different. This isn't really about language, but it's important if you go to Britain. It's about what we do when we meet people for the first time. What people do in Britain may be different from what you do in your country. Listen to Carolina when she meets Jamie's mother for the first time.

{doorbell – door opens}

Mary: Hellooo! {hugs and kisses Jamie}

Jamie: This is Carolina, mum ...

Mary: Hello Carolina. It's lovely to meet you.

Carolina: Hello. Um... it's nice to meet you too.

Tom: Mary kisses Jamie, but she doesn't kiss Carolina. In some countries, people kiss when they meet people for the first time. But we don't usually do this in Britain. When you meet someone it's polite to say "Hello" or "Nice to meet you". In more formal situations, you can shake hands too. But most British people don't kiss. Some British people kiss people that they know well – their friends and family – when they say "hello" or "goodbye". But not all British people. So it's probably better not to kiss until someone offers to kiss you!

And now for a phrase that *you* can use this week. Listen again to Tess talking about spending too much time on her computer. Listen to Ravi's answer.

Tess: Honestly, sometimes I think I spend too much time on the computer.

Ravi: I know what you mean. It's easy to spend hours and hours on the internet just looking at different things.

Tom: Ravi says "I know what you mean". He sometimes does the same thing himself so he understands what she's saying. He agrees with her. If someone says "I didn't enjoy the English class today", you can say "I know what you

mean. It was a bit boring wasn't it?" But of course, I hope you don't think your English classes are boring! Anyway, try to use "I know what you mean" this week.

OK. I'm going to stop there. I'll talk to you all again next time. Remember you can write to me about any language that *you* noticed in this podcast. The address is learnenglishpodcastATbritishcouncilDOT org. In a moment you'll hear the address for the website where you can read everything you've heard in this podcast. You can also find some practice exercises to do online and a support pack that you can print. Right. That's all for this time. Bye for now! See you next time.

[Top](#)

www.britishcouncil.org/learnenglish