TRANSKRYPCJA NAGRAŃ

Zadanie 1.

Woman: Today we have with us Edgar Masterton, a long-distance runner who has agreed to tell us how to prepare for running a marathon. Edgar, why don't you start by sharing with us some of your achievements?

Man: No problem! I'll be glad to, but first let me thank you for inviting me to this meeting held here at the University of Glasgow, the leading place in the UK to study Sports Science. As for my achievements, well… I successfully completed my tenth marathon two months ago. And although I've never worked as a coach, I've got quite a lot of practical experience in this area.

Woman: So, can you tell me some of the key issues people need to be aware of when getting ready to run in a marathon?

Man: Well, marathon preparation is obviously a lot of hard work, but the most important thing before you do anything else is to get the right running shoes. Go to a specialist running store where qualified staff can help you. And I think it's best to do that when your feet are tired at the end of the day. Definitely not first thing in the morning, even though the shops are less crowded then.

Woman: Right! Now… some people say that if you want to prepare well, you have to run every day. Is that true?

Man: Well, not really. In fact, you should plan to have 5 running days per week. On one of those days, you should do a long run, and on the other four days you should do shorter runs. Then you should rest for two days. The general idea is to slowly increase your distance, and speed, over a period of 26 weeks. But you must always have two days of rest, and once you start your training program, don't give up on it. It's sometimes OK to miss one of your shorter runs, but the longer run once a week is a must. It is the most important part of your preparation.

Woman: Wow, you've given us some great tips. Thank you, Edgar.

Na podstawie: www.ehow.com

Zadanie 2.

One

Some of us have a tendency to put tasks off instead of doing them immediately. In some cases, people wait until the last possible moment, and then as a result miss deadlines. This can result in problems at school or work. The author of this book shows how serious putting things off is, and explains how to change this bad habit. It's easy to read and might be a great eye-opener.

Na podstawie: www.amazon.com

Two

The house in front of you is called Fallingwater. It was designed by the well-known architect Frank Lloyd Wright. After Wright was hired to design the building, he kept putting off his work on the project. Then, a whole year later, his client finally called and said he wanted to see the designs. Immediately after the phone call, Wright sat down and produced them in just two hours! Now, let's go in and see what the building looks like inside.

Na podstawie: www.chegg.com

Three
You have probably heard that Mozart was able to create a musical masterpiece in one night. But I wouldn't recommend copying Mozart's working style while writing your essays for me this term. The deadline for your first essay is in a month, so if you don't want to get stressed, plan your work in advance. First, look for the necessary information, and then write an outline of your essay. As a result, you won't have to do everything in a hurry at the last moment.

Na podstawie: www.chegg.com

Four
When I was asked to write a 2,000-word essay for my architecture class I waited till the last week before the deadline. I decided to set all my other tasks aside in that week, but in the first six days I only managed to write 100 words a day. I sat at my computer every day planning to research and write. But instead, I mostly played the guitar and watched movies. I just couldn't concentrate. It was only the deadline which finally made me get through the last 1,400 words in just one day. Afterwards I was exhausted but glad that I'd finished on time.

Na podstawie: www.bbc.com

Five
You start a new project and want to finish it on time. But then a few days pass and you catch yourself browsing social media on your phone instead of doing anything productive. This used to be my problem too – until I discovered a phone application called *Offtime*. It blocks all my other apps, messages and texts with just one tap. Whenever I have to work, I decide on a period of time during which I want to focus and then start the timer. While it's running, *Offtime* won't allow me to open anything that could distract me.

Na podstawie: georgehalachev.com

Zadanie 3.

Text one
At the beginning of our last holiday in Italy, we didn't sign up for a cooking class at a top restaurant in Rome, because our previous experience of something similar was quite disappointing. But then we talked to another tourist, and she recommended going to a charming farmhouse 20 kilometres south of Rome. It was amazing! The countryside was lovely, and the food was delicious. Our instructor, chef Giovanni, was very friendly and helpful. We learned a lot through this experience, especially about how to use simple, good quality products. So, if you are keen on cooking and love Italian food, you must book this cooking class.

Na podstawie: www.tripadvisor.com

Text two

Man: Jenny, are you ready for our bike trip tomorrow?
Woman: I'm afraid not. I have a problem with the front wheel of my bike.
Man: Oh dear, what are you going to do?
Woman: Well, I will have to order a new wheel, and it will take at least a week to get here!
Man: Why don't you borrow a bike? I heard Mike has a good one which he doesn't use much. He might lend it to you.
Woman: I don't think he will. We had an argument yesterday.
Man: Well, what about that new company called City Bikes? I used them last month. All you have to do is register online, choose a bike and the location where you want to pick it up, and pay. It doesn't cost much for one day.
Woman: That's a superb idea! I'll do that now and go and get the bike in the morning.

Tekst własny

Text three

A couple from Sydney got a huge shock when they discovered a 20 cm long snake in a lettuce they had bought at a supermarket. Mr and Mrs White discovered the snake as they were unpacking their shopping bags at home. Luckily, the snake was quite sleepy, probably because it had spent a long time in the supermarket's fridge, so Mrs White was able to catch it in a glass jar. The Whites called a wildlife rescue organisation immediately. A snake expert arrived one hour later and picked up the snake. As for the lettuce, the Whites decided not to eat it.

Na podstawie: www.theguardian.com

Text four

Hello listeners, today we are going to talk about chess, a game which is loved all over the world. From Berlin to Tokyo people gather in living rooms, cafes, and libraries to play it. What makes the game so attractive? It is not surprising that it's good for our minds. For example, it improves our memory and math skills. However, not many people realize that playing the game also has some disadvantages. For example, if you play chess for hours a day, you will be tired, and of course play worse. What's more, there may be health risks connected with spending too much time playing chess because it reduces physical activity ….

Na podstawie: www.healthline.com

Text five

According to a recent survey, 77% of Americans believe that celebrities have too much of an influence on young people. With celebrities creating impossible standards of beauty, more and more young adults are feeling less confident, more angry, and more dissatisfied with their looks. 53% of teenage girls are unhappy with how they look. Celebrities should be aware of the fact that many of their young fans dream of looking like them. This can lead to eating disorders, which are experienced by more than five million Americans a year, including children as young as eight years old.

Na podstawie: www.teenink.com