TRANSKRYPCJA NAGRAŃ

Zadanie 1.

One

Outdoor gyms provide an opportunity to work out for those who cannot afford regular gyms and fitness equipment. I do love it when money is invested in getting people outdoors, but many will not use such equipment correctly because at outdoor gyms there are no professionals to show you how to use the equipment. I believe public funds could be spent in a better way. To my mind, more money should be put into getting people fit through gym subscriptions or personal trainers. I've been training clients for 15 years, and I believe that outdoor gyms can't replace sessions in regular gyms, where you're shown what to do.

Na podstawie: www.irishtimes.com

Two

The residents in our apartment block are really concerned about the Sky Pool situated on the roof of our building. We cover the heating costs of £450 a month, plus other maintenance and service charges so that we can swim in the pool all year round. But at the moment this facility is being used only by a small group of residents because the water is barely warm enough to stay in for more than 5 minutes. The pool is usually covered at night to reduce heat loss, but has been left uncovered for the past two weeks. It seems that the cover was removed for repairs, but nothing has actually been done. Instead, those in charge of maintaining the pool are planning to close it for the rest of the winter. We are paying for something we cannot use. That's absurd!

Na podstawie: www.dezeen.com

Three

Have you heard that enormous marine sanctuaries are being created? And that in these sanctuaries many sea species are being rescued from extinction? And that countries have put aside political differences to protect the Ross Sea in Antarctica? Amid all the bad news, it's easy for these success stories to be drowned out. By leaning so heavily towards analyzing problems rather than generating solutions, we manufacture hopelessness. And hopelessness, psychologists tell us, is a self-fulfilling prophecy. When we don't believe that the action we take will make a difference, we give up trying. That's why it's so important to spread the message that species and ecosystems can and do rebound. This has the power to fuel hope and drive the sharing of replicable ideas that can nurture further success. Otherwise we will raise a generation that believes that nothing can be done about the future of our planet.

Na podstawie: BBC Wildlife, Spring 2017

Zadanie 2.

One
In my previous job I was bothered by the bright office lights. I would often wear a hat or sunglasses in my workspace. Sometimes, I even taped a piece of paper to the top of my head so it would stick out in front of me and block out the light. Then, one day, the manager brought in a huge screen which looked like the side of a tent. When it was being set up, my colleagues made remarks like, “Are you going camping?” We all had a good laugh, but it turned out to be a really brilliant idea.

Na podstawie: highlysensitiveperson.net

Two
Our office has recently moved. The former location was very convenient, with a subway stop just next door. The current location is much worse, because public transport in the area is limited. Now it takes me up to an hour and 15 minutes to get to work, while it used to take me only about 40 minutes. I talked to my managers about the new commute, and they approved a change in my schedule. Now they let me begin work half an hour later, so I can avoid the worst of the rush hour. But I must say, it only partly works for me. I’m still spending a lot of extra time commuting, and of course I finish work later. Every day convinces me that this cannot be a long-term arrangement.

Na podstawie: www.askamanager.org

Three
If you hate the lights in your office, you’re not alone. A recent study conducted by the American Society of Interior Designers shows that 68% of employees are dissatisfied with their office lighting. That’s a large percentage of people. And, it’s not a question of personal taste. It’s a practical daily issue. Too often, this aspect of office design does not receive the attention it deserves. As a result, office workers often bring in their own table lamps. It’s no secret that bad lighting can strain your eyes, cause headaches or lack of focus and result in lower productivity.

Na podstawie: www.inc.com

Four
I work in an open-plan office. We have an unofficial agreement that when people put on their headphones they are not to be interrupted, because they are trying to concentrate. This arrangement is respected by nearly everyone. But one manager often ignores it and shocks people by waving his hand in front of their faces. This is just ridiculous and so inconsiderate towards others. As a manager he is supposed to ensure good working conditions, but he doesn’t care that his behaviour is really bothersome and has a negative influence on our effectiveness at work.

Na podstawie: www.reddit.com

Five
There is someone at work who was always bringing in strong-smelling food for lunch and heating it up in the microwave. A number of clients who came to our office commented on the smell and I also made a complaint about it. Most of my colleagues felt annoyed as well. They kept saying that the smell affected their concentration. I suggested that some kind of policy should be introduced and, thankfully, it was. The ventilation system was also improved.

Na podstawie: www.askamanager.org

Zadanie 3.

Today, my guest is Ben Jones, a shipwreck hunter and a former detective. Ben, tell us how your experience as a police investigator relates to your present occupation.

Old sunken ships are in some ways like crime scenes. You need to examine the clues you find on the seabed. Then you put the elements together to reconstruct the circumstances that led to a disaster. In many ways, I'm still a detective, but my investigations take place underwater. My previous experience in documenting crime scenes has turned out to be a great asset. What I miss is the possibility of conducting an interrogation, for example when a witness unexpectedly reveals some valuable information. With historic shipwrecks, there's nobody to tell you what really happened. A key thing police investigation has in common with shipwreck hunting these days is that it can't be done without high-tech. You need sophisticated equipment to find sunken ships.

What about the most memorable shipwreck hunt you've been on?

It is hard to pick the most memorable one because I've been very lucky in having led quite a few remarkable searches. I will always remember the *Lucona* because it was my first major search. However, the most exciting moment was when we discovered the wreck of *HMAS Sydney* off the coast of Western Australia in March 2008. Not many people gave us a chance of ever finding it as they likened the search to a "needle in a thousand haystacks". When the wreck popped up on our computer screens, after only 68 hours of searching, we all went a bit crazy jumping around like little children on Christmas morning! It was the single most exhilarating moment in my career.

Why do you think shipwreck hunting is so appealing?

For me, personally, being the first to see the wreck of a ship which sank decades or centuries ago is a reward in itself. But for many shipwreck divers the most exciting part is the opportunity to collect different artefacts, especially from military ships. One famous shipwreck is the *USS San Diego*, which sank off the coast of Long Island in 1918. In 1962 the US Navy sold it to a company which planned to collect metal from the wreck for recycling, but local organizations fought against this and the project was eventually abandoned. For 40 years divers explored and recovered artefacts from the shipwreck, making it one of the most popular dive locations in the USA. However, in 2006 it was listed on the National Register of Historic Places and it became illegal to collect artefacts there.

And the last question: Is there anything else you would like to share that would be of interest to young people?

I'm sure you've learned in your geography lessons that 70 per cent of our planet is covered by water, but most people don't realize that 80 per cent of this remains unexplored. In other words, there are tons of crazy things hidden in the deep, still waiting to be found. Surprising geological formations, entire cities and treasures. Have I stirred your imagination? An estimated three million shipwrecks lie at the bottom of the sea. Each of them has its own unique story. Perhaps one of them is waiting for you to discover.

Na podstawie: disasters-shipwrecks.blogspot.com; www.uw360asia; www.tdisdi.com