


UNIT 1 Listening: *Competition and cooperation*
1 TRACK 1.06 Complete the texts with words formed from the words in brackets.

1

I really don't get it why in our team-oriented world, where collaboration is given so much weight, so many people stress the importance of competition. Would you believe that some still claim that exposing children to tough competition early on will prepare them for (1) _____ (adult)! What nonsense! When we compete, we don't learn how to interact, and interaction, (surprise surprise), is what's (2) _____ (value) in our modern times. (3) _____ (lead), decision-making and trust-building are all to do with communication, and that's what we need to pass onto our children. We must foster cooperation, and encourage collaborative learning or face a society of sick, (4) _____ (compete) and lonely people.

2

One way in which societies can be categorised is along the collectivist-individualist divide. In collectivist societies, the cultural norms which are valued are: group goals, solidarity, cooperation, relationships, family, empathy and compassion. An individual is part of a group, and he or she isn't supposed to stand out from the crowd. Instead, these cultures call for the common good, and (5) _____ (conform). By contrast, individualist cultures favour individual needs, personal success and competition over any group needs. (6) _____ (dependent) and autonomy are real virtues. So, it should not come as a surprise that there are sometimes communication (7) _____ (break) between people from countries where the core values are so different. It's the difference between 'we' and 'I'.

3

I study sociology and recently I have come across a really eye-opening study. Well, eye-opening for me, because the research isn't that new. It was conducted by Geert Hofstede, a Dutch social psychologist. Hofstede compared cultural identities across the world, and came to the (8) _____ (conclude) that each nation has its own (9) _____ (character) when it comes to building relationships, among other things. I'm half Polish and half-English, so I got interested in finding out more about how these cultures fare in this respect. It turns out that Poland is quite an individualist culture, but not as individualist as the UK. The info about the UK wasn't that (10) _____ (expect), but I was kind of astonished because I assumed that Poles were more into their family values ...

4

I'm an introvert and for this reason my experience with teamwork wasn't exactly successful. Introverts are quieter, more timid and often (11) _____ (will) to speak in public. I would have probably remained (12) _____ (aversion) to team projects if it hadn't been for my university professor who understood my individuality. Actually, she was brilliant at delegating roles for our projects, and she would always give me the role of the data (13) _____ (collect). I loved it because I could do it in my own time and share what I'd found with my group. I gained a lot of self-esteem, and learnt to function in a group. With time I could even handle group conflicts. When I didn't see eye to eye with someone, I had the courage to admit it!

2 Look at the underlined expressions and translate them into Polish. Use them to make your own sentences.


UNIT 1 Cumulative Revision: *Fashion and personality*
1 TRACK 1.07 Complete the texts with the correct prepositions.

1

It's a strange thing, fashion. To some people it's a dominant feature of their lives, but others are indifferent, laid-back (1) _____ their appearance. I follow fashion but not slavishly. For me, it's vital to let your personality shine (2) _____ whatever clothes you choose to dress (3) _____ and however you do your hair. Sometimes by simply following trends and copying a look, just because it's 'in', this hides the person you really are. My opinion is that each person should develop a style that reflects their personality and retains their individuality and uniqueness, but maybe this comes (4) _____ age and life experience.

2

I'm always intrigued (5) _____ the part fashion designers play in our lives. Undoubtedly, they set trends (6) _____ millions to follow and dictate what clothes and colours stores will be selling us for a certain period. However, when you look back it's clear that fashion trends also reflect changes in society as well. In the nineteen sixties, designers like Mary Quant developed styles and colours that went hand (7) _____ hand with the increased freedoms society was experiencing. The mini skirt was symbolic (8) _____ this. And in times of economic hardship, UK designers in particular opt (9) _____ escapist styles that are both glamorous and rebellious. Whether we are a slave (10) _____ fashion, or just use it as a guide, it is a fascinating topic.

3

Choosing what to wear or how to present ourselves to the world says a lot about us, and for me it's about personality and mood. We might dress in a particular way because it reflects our mood but also dressing in a particular way can influence how we feel. So, if we're quite introverted, timid and don't want to stand (11) _____, we might dress so that we're inconspicuous and blend (12) _____ the crowd, but also if, say, we're feeling low we might dress (13) _____ to make ourselves feel better and perhaps more confident. And of course, we can also wear certain clothes, or follow a certain style in order to fit (14) _____ - be that with a group that identifies with a special look, like hipsters or goths or simply because our social group favours a type of style and look.

4

The whole fashion industry, to my mind, carries huge responsibilities, not only for making us all so concerned (15) _____ self-image that it can affect people's mental well-being, but also for the amount of harm it does both to our pockets and the environment. It is always encouraging us to buy, buy, buy in order to stay (16) _____ trend and not appear old-fashioned. And in order to accommodate the new, we throw (17) _____ the old. What I do find encouraging these days is the increasing awareness of the environmental hazards of sending old clothes and fabrics to landfill. There seems to be a new industry flourishing that involves giving items a new lease of life, whether it is repurposing old clothes or reselling, gifting and donating. I am all for that.

2 Look at the underlined expressions and explain them in your own words. Use five of them to make your own sentences.



UNIT 2 Listening: *Visiting Asia*

1 TRACK 1.11 (02:33 – 05:54) Complete the text with the adjectives in the box.

architectural balancing concrete diverse extraordinary guilty inspiring irresistible
national overwhelmed renowned stone sustainable touching wooden

Text 3

Welcome to the third episode of my podcast on the world's man-made wonders. Today I'd like to take you on a journey to Asia, which, I'd say, abounds in outstanding buildings and (1) _____ ideas for urban developments. As you know, my love of travel takes me to places, and Asia happens to be an (2) _____ destination. Asia and its varied architecture will never cease to surprise you.

Today, let us begin with a trip to China's Shanxi province to marvel at the Hanging Temple, which, among other things, is a kind of a (3) _____ act. The temple looks like it clings to the mountain defying the laws of gravity. The (4) _____ building with its 40 rooms, staircases and passages is in fact fixed to the (5) _____ wall by means of long, thin posts. Believe me, when you're there, you feel just (6) _____ by the whole experience and wonder how on earth humans managed to insert a building so deep into the rock.

The next place on our itinerary is the one and only Taj Mahal, an icon of India. Built in the 17th century as a symbol of love, this wide marble edifice attracts millions of visitors every year. Tourists flock to the place because of the (7) _____ story behind the construction of the monument as well as the sheer beauty it represents: its (8) _____ chambers, gates, domes and arches. I was particularly dazzled by the changing colour of the marble which ranges from pink to white to gold depending on the time of the day. It's a magical place, and a real feat of architecture. It's one of these places where you stand and can't help but think that human imagination and creativity have no end. It's such a liberating feeling.

Last but not least, I'd love you to accompany me to the Gardens by the Bay in Singapore. It's an award-winning horticultural park situated in the heart of Singapore, and probably the country's most (9) _____ architectural landmark. The park consists of three gardens which together span 540,000 square metres. Its shape resembles an orchid, Singapore's (10) _____ flower symbol, and the idea behind the development was to manifest the country's (11) _____ cultures: Indian, Chinese, Malay and colonial. What strikes me the most are the so-called super trees – enormous steel and (12) _____ structures connected by walkways where you can admire thousands of plant species like vines or ferns. It's illuminated by neon lights at night to bring out its charm, and it's just stunning. It also merits a mention that the whole development is (13) _____, so I suppose that you don't have to feel (14) _____ when you visit it. Well, that's all from me today.

I hope I got your imagination fired up with my description of these (15) _____ masterpieces. What buildings would you recommend I see in your country? Let me know in the comments box. I'll be more than happy to pay your country a visit and explore its architectural gems. Until next time!

2 Look at the underlined expressions and translate them into Polish. Use five of them to make your own sentences.



UNIT 2 Cumulative Revision: *Living on a houseboat*

1 TRACK 1.12 (02:16 - 05:48) Complete the text with one word in each gap.

Text 3

Presenter Continuing our interviews with people who have interesting homes, I have (1) _____ me Matt, who lives on a houseboat. Matt – an unusual place to live, isn't it?

Matt I suppose it is, although there are far (2) _____ people who call a houseboat home than you might think. It's thought that in recent years, there has been up to an 80% increase in people choosing a floating home. In the UK one of the attractions is the cost – it can be much less than (3) _____ or buying a bricks and mortar house and of course, houseboats are exempt from stamp duty too. Although I found getting a mortgage was quite tricky.

Presenter It sounds like a romantic choice of accommodation.

Matt Yes, many people assume that life on a houseboat is romantic, with the opportunity to (4) _____ off as and when you feel the urge! On a practical note – most houseboats are static, permanent homes (5) _____ engines or sails. But I guess there is a certain romance in the sense of being on the water and often lulled to (6) _____ by the sound and the rocking of the waves, even in stormy weather. Before buying my houseboat, I'd been sharing a flat with two friends in the inner city and I would wake up every morning to the sound of traffic. The idea of the boat (7) _____ to me. It would be a new experience.

Presenter But isn't it quite limited – I mean in space and what you can or can't fit in?

Matt You'd be surprised! Mine is a narrowboat, and it is narrow, but it is fully equipped and with fitted furnishings throughout. You need to be quite creative and resourceful – I've had some bespoke pieces made for the boat and now it all works for me. There is ample storage space, and everything has a home. What I must point (8) _____ is that there is no room for clutter, and I think it suits my way of living because I'm quite an organised (9) _____ and I've always been tidy. I also like the cosiness of my living area, and the security of there only being one entrance and (10) _____. And although I lose out on not having a proper garden, I have potted (11) _____ and miniature shrubs on the roof. Some houseboats are beautifully vibrant with colour – flowers and greenery, and their (12) _____ take a real pride in them.

Presenter It must be quite a solitary life – better for singles, and introverts?

Matt Not at all. Many couples live on houseboats, although cramped living conditions mean that you have to get (13) _____ really well! But there are larger boats. If you've seen the detective series *Van der Valk*, set in Amsterdam, you'll know that there they have large Dutch barges which have good-sized accommodation – some of the scenes in the series look like they've been filmed in a normal dining (14) _____ or bedroom – really airy and spacious! But regarding the type of personality needed for a life on a houseboat, I suppose many owners do live alone and it's important that you're happy in your own (15) _____. Having said that, wherever your houseboat is moored, there is usually a community, and it can be very close, people looking out for each (16) _____ and helping with maintenance of the boats and so on. I can't think of anywhere better to live.

2 Look at the underlined expressions in the text and match them to their synonyms.

- | | |
|--------------------------------|--------------------------|
| 1 nevertheless – _____ | 6 sense the need – _____ |
| 2 solid – _____ | 7 decent – _____ |
| 3 anchored – _____ | 8 tailor-made – _____ |
| 4 plentiful – _____ | 9 tiny bushes – _____ |
| 5 customised furniture – _____ | 10 inventive – _____ |