

18 минут звучания вместе с паузами

Listening, Part 1

Number 1, 2 and 3

Ms. Powell: Jerry, I'd like to talk to you, do you have a minute?

Jerry: Yes, of course.

Ms. Powell: Jerry, your general knowledge is excellent and your performance over the last two years has been consistently high. So, I was wondering what your future plans are.

Jerry: I'm thinking of applying to some universities to study history but I haven't yet decided which.

Ms. Powell: Well, I'd like to suggest you consider some of the Ivy League universities.

Jerry: But they only take the brightest and best students. Do you really think I'd have a chance?

Ms. Powell: Absolutely! I've discussed your case with the other staff and we'd all like to encourage you to consider this option.

Jerry: I see. I know that degrees from Harvard or Yale have a really good reputation and would give me an edge over other applicants when I'm looking for my first job ...

Ms. Powell: Yes, and I think you'd enjoy the intellectual challenge and the unique environment there. Apart from the excellent teaching staff and resources, you would benefit from the facilities of a large international university.

Jerry: If I consider this option, what steps do I need to take?

Ms. Powell: Applying to American universities is a lengthy process, so start collecting information well in advance. To apply for an undergraduate program, you must submit your application directly to the individual university rather than a centralized body such as the Universities and Colleges Admissions Service in Britain.

Jerry: What about application deadlines?

Ms. Powell: Most universities admit new students twice a year, but each institution has its own application deadlines and procedures. I'm sure you can easily find more information on the Internet.

Jerry: OK.

Ms. Powell: Oh, and don't forget to research financial aid opportunities. Ivy League schools are expensive. Even if you don't necessarily need financial aid, you can still get some money knocked off tuition through a variety of scholarships.

Jerry: That's good to know. I'll do some Internet research and compare the details.

Thanks for your encouragement, Ms. Powell.

Number 4, 5 and 6

Carmen: Damien, wait!

Damien: Hey Carmen, how was last night?

Carmen: It was great! We went to the new nightclub. Why didn't you come? It would have been much more fun if you'd been there.

Damien: Well, to be honest, I can't afford things like that right now. I'm a bit low on cash at the moment.

Carmen: Oh, sorry to hear that. But I thought you had a student maintenance grant?

Damien: I do get a small amount, but my parents are supposed to pay the rest and they can't. They've got other financial obligations at the moment ...

Carmen: Oh, I had no idea.

Damien: Neither did I ... until I spoke to my parents last week.

Carmen: Have you thought about getting a part-time job?

Damien: Well, my original plan was to concentrate on my studies but it looks like I have no choice now. Any ideas?

Carmen: Umm, maybe you could get a job in a restaurant or coffee shop. Hey no, wait, you're bilingual. Why not make use of your Spanish? You know, you could teach or do some translations or something.

Damien: Do you really think there's much demand for Spanish?

Carmen: Sure! What about all the students who need help with Spanish? And you know, there's that big Spanish department here, and one of the Spanish professors is a good family friend. He might have some ideas, too.

Damien: Do you think so?

Carmen: Absolutely! Get your CV together and I'll forward it to him.

Damien: Ok, that sounds like a plan!

Listening, Part 2

Moderator: Welcome to the fourth in our series of 'Where are they now?' talks which follows the success stories of our former students. Tonight we welcome Jeff Santiago whose book "Sprouts to Savings" has spent five weeks on the best seller list. Since graduating seven years ago, Jeff has been involved in the field of sustainable agriculture. Today, Jeff will talk about growing your own food, even in student accommodation, and how it helps the environment, your health and your wallet. So, please welcome Jeff Santiago.

Jeff: Thank you. It's great to be back here.

My love of gardening goes back to my grandmother. She planted a garden every spring, and I always helped her put down seeds, pull weeds and dig up potatoes in autumn. It was fascinating, as a kid, to see how one little seed could provide food for the whole family. Grandma always wondered why anyone would buy canned peas when garden-fresh ones tasted so much better. For her, it was about saving money and, at the same time, eating well.

Years later when I was a student here, before I'd written "Sprouts to Savings," I helped a local primary school develop a garden program. The kids were excited to take home the aubergines and courgettes they'd grown, but they didn't understand how good these things could taste. They didn't know anything about garden produce. These kids spent a lot of time alone while their parents were at work so when it came to food, nutrition

gave way to convenience. Instead of fresh vegetables they'd grown themselves, kids were eating ready-made meals full of salt, sugar and artificial additives.

It was disheartening. I decided to reintroduce people to fresh food. Working with the school district and local grocers, I created a farm-to-table program where kids grew organic vegetables and learned the science behind it. We also brought in botanists, biologists and even beekeepers to discuss water quality and environmental issues. Then, each week, we took kids into the kitchen to make simple dishes using fresh ingredients. We sent them home with recipes for their parents. The goal was to make the link between what grows out of the ground and what ends up on the plate more visible.

The point I first made was when you cook with fresh vegetables, especially if you can grow your own, you really maximize every pound. Consider that one tomato plant costs 3 or £4 pounds, and you might get eight kilograms of tomatoes from that one plant. All that for hardly any effort! And, it certainly offers more nutritional value than £3 or £4 spent on processed cafeteria food or a fast-food meal. Anybody can offset their supermarket costs by planting a small garden or putting a few seeds in pots – even if you live in student halls or shared flats. This is especially true for herbs. Fresh coriander, basil or dill can be expensive, but you can grow your own organic herbs in a small pot and enjoy flavour at a fraction of the price. The British Gardening Association says a food garden provides an estimated £500 annual return when you consider the investment versus the price of buying produce at the market. Next slide, please ...

When I started writing "Sprouts to Savings," I wanted to teach people about that economic impact. But I quickly learned that gardening yields other benefits, too. By eating healthier, you will feel healthier. You'll be getting more nutrients, and replacing processed foods with fresh fruits and vegetables helps you lose weight, as well. This leaves you less likely to suffer from obesity, diabetes and heart disease – research says slimming down by just five to ten percent makes a difference. The key advantage is reducing your medical expenses. You might not be thinking of that now, when you're in your teens and twenties, but establishing healthy habits in your youth will serve you well in 20 or 30 years.

Also impressive is the environmental impact. One carrot might travel 1,800 miles to get to your table. Think about that. How much fuel does that require? What carbon footprint does that one carrot have? Then, add in the resources used in creating packaging for that carrot – packaging that you'll just throw away. It's pretty wasteful. By growing your own carrots, you eliminate many environmental stresses. Plus, you save money by not having to drive to the shop. We know that fruits and vegetables start losing nutritional value as soon as they are harvested, too, so the farther something travels to get to your plate, the fewer vitamins and nutrients you ultimately receive.

So, all of this should encourage us to make the effort to grow our own vegetables. As it turns out, more and more people are doing this. Going back to some of the British Gardening Association figures, we've seen a 19 percent increase in households planning their own vegetable gardens this year versus last year. That's two million new families growing their own basics... Tomatoes are popular. So are peppers and beans. Lettuce

and onions are high on the list, too. These are simple, nutritious foods that can be used in all sorts of home-cooked dishes.

Ok. So we understand why we should garden. But how do you start if you have no background and don't know how to keep plants alive? The advice I give to new gardeners, and especially student ones, is this: start small. You can grow herbs and vegetables on a balcony or a windowsill wide enough to hold a few pots. The best bet for beginners is to stick to something simple such as lettuce. Look for leafy mixes or baby greens rather than heads of lettuce and make sure to plant them in the shade. The leaves only take a few weeks to grow, and, after you cut them to eat, they'll grow back a few more times. Herbs are also an excellent choice, especially if you grow them in the kitchen window, because you can snip what you need as you cook. Try chives, rosemary or oregano, which add lots of flavour to your dishes. If you've got a sunny window, get a hanging tomato planter. If you're short on light, try growing mushrooms – some varieties even thrive in dark spaces. There really are options for any situation. Gardeners with more space can try bigger planter boxes or even greenhouses. These are especially handy for protecting plants in harsh weather conditions. They also keep plants safe from pests such as snails, slugs, and beetles. Slugs, for example, will eat your leafy crops. Greenhouses can be easily bought readymade from any do-it-yourself store. Or you can make one yourself from old wood, plastic sheets and with some basic tools. Then, get yourself some seeds, or better yet, give your garden a jump-start by planting seedlings that are already a few weeks old. From there, all the traditional growing rules apply.

Gardening really is easy if you just give it a try. And, it's important. I'd like to wrap this up by sharing one more story from that school garden project I mentioned earlier. After the first year of the project, one of our ten-year-old participants told me that her favourite lessons included learning how photosynthesis works, growing her own popcorn and helping to build a compost pile. She and other students made marinara, and they tried vegetables like broccoli and Brussels sprouts that they'd grown themselves. And remember, this girl was only ten years old. She shared all that information she learned with her family. After one of our sessions, her father came to me and said, "You know, Jeff, these classes are really making a difference for all of us. I'm much more conscious of the types of food I'm preparing. When you see how excited these kids are getting about vegetables and gardens and healthy habits, you really start to pay attention yourself." His comments really motivated me to continue my work.

Whether you're trying to be a good example for friends and family, or you simply want to save some money while eating better, gardening is a great way to make it happen. Thank you for joining me today, and good luck with your own gardens.

Moderator: And thank you, Jeff. We're so happy you could share a few stories.