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صفحة الفيسبوك

مجموعة التلغرام

بوت التلغرام

قناة التلغرام

رياضيات على التلغرام

Listening scripts

Unit 1:

Low temperatures – tents – freezing - injuries – polar bear – slides – lack of food – snow storms – back bags

Lamees Nijem

North Pole Expedition, April 2018

If I were to describe myself, I would say that I am an outgoing and hardworking person. I thrive on carrying out and fulfilling tasks. New adventures excite me. Life experiences and challenges have helped me evolve and pushed me to go beyond the limits of my comfort zone.

Familiarity doesn't interest me. The thrill of exploration is what keeps me alive. I enjoy adapting to and living in the wilderness. I feel it makes me stronger and wiser. It also makes me more appreciative of life. For these reasons I decided to undertake a new challenge: an expedition to the North Pole!

On April 2018, I embarked upon a lifetime adventure with 11 women from different countries. Our leader was Felicity Aston, a former Antarctic Scientist. She told me that forming an international team of women from across the Middle East and Europe on an expedition was a dream of hers.

Our expedition was self-guided. This means that we planned our trip with no help from anyone. We were aware that the planning required a lot of physical and mental preparation. This was obviously important in order to survive the harsh conditions. Training took place in both Iceland and Oman. We learned polar travel skills such as setting up tents for 4 persons, starting up the stove, melting snow, cooking in tents, drying our clothes, coping with the cold, keeping warm and how to cross country ski.

The North Pole expedition is not an easy journey. Our bodies were constantly put under pressure and it was a struggle to keep warm. When I felt cold, I'd put on my feather jacket until I adjusted my body temperature. I always carried an extra pair of gloves, so whenever my hands started sweating, I wore the new pairs to avoid cold hands.

In addition, we had to be careful to avoid Polar Bear attacks and Breaking Ice. The constant moving sea ice makes it hard to navigate using a GPS. The main challenge of the journey was having unpredictable route. Every morning we put on our skis in preparation for an unpredictable ten - hour journey. On some days we faced very flat terrain with repetitive scenery, on other days we encountered a route filled with obstacles.

Despite all these challenges, nothing stopped me from reaching my goal and destination. I was lucky to be surrounded by very strong and inspiring women .We all successfully managed to support each other in accomplishing this dream ; stepping foot on latitude 90 degree.

The Top of the World is unlike any place I have ever seen. The snow crystals and ever-changing colours of frozen water is incredibly beautiful.

Unit 2

There are many factors to consider when discussing the matter of e books vs. traditional books, but we all know that it refers to the reader's preference. Fans of paper books claim that there's still nothing like the smell of paper as the reader flips its pages with his fingers. You can't do that to the digital pages of e books. Both have beautiful designs & copyrights. Paper books have headers and footers while e books don't.

On the other hand, those who prefer the e book often say that the device takes a whole lot of weight from their shoulders. The hard cover of the paper books makes packing books for trips is bad. With the e book, however, a reader can take hundreds of books with them on the journey, and only take up a few square inches in their carry-on bag.

Listen to decide the TONE of the author in the following sentences:

- 1- You must respect your parents, do not talk to them that way!**
- 2- Oh no! It is all my fault. If I had listened to them, I would not have lost everything.**
- 3- Ha Ha Ha. That is ironic. Instead of finding your lost ring, you found your lost earrings.**
- 4- What! What did he say? Did he agree? Come on tell me!**
- 5- Sir, May I suggest something? Why don't we do extra research?**

Unit 3:

Manal Al-Musalam interview:

Part 1

Reporter: Hello Mrs. Manal, congratulations on receiving the Hope Makers award. Can you tell us what the award is for?

Manal Al-Musalam: Hope Makers is a prestigious award from His Highness Sheikh Muhammad bin Rashid to highlight models of Arab youth who have Humanitarian projects. The reward is one million dirhams, which we received with the trophy at the celebration and Sheikh Muhammad bin Rashid Al Maktoum himself, handed us the award on the stage.

Reporter: There were more than 80,000 participants for the award, how does it feel to be among the 5 winners?

Manal Al-Musalam: I am very thankful for this award and I believe that this was possible for me because Kuwait is a Humanitarian country. His Highness Sheikh Subah Al-Ahmad, our Humanitarian leader has provided us with many opportunities to do voluntary work in Kuwait. If not for that, we would not have been able to start a voluntary team this fast, or this easily. The award has given me a push to do even better than before.

Part 2

Reporter: Can we ask why you started the Dana Voluntary Team?

Manal Al-Musalam: Dana voluntary team started in 2016, but I began doing voluntary work in 2013, in Dana's name. It started when I lost my 5-year-old daughter, my husband told me we had Dana's Eid money in the bank, and asked what we could do with it. The first thing that came to my mind was to help poor children and families outside Kuwait. We worked by ourselves for three days helping 450 families. When asked about the name of the campaign, I said, let's call it the Dana humanitarian project. This project was annually repeated. In the winter of 2016, my close friends and cousins offered to help. Soon more people asked to join in, so I decided to license the project and went to the International Islamic Charity Organization, which is founded under Al-Amiri Diwan, and started the Dana voluntary team. We started the team in November 2016 and our charity campaigns have been going on since then.

Reporter: It's extraordinary how you turned a personal tragedy into a positive message of hope. How does the Dana voluntary team help those in need?

Manal Al-Musalam: We receive donations from people through the International Islamic Charity Organization. The campaign usually has many goals, number one is to give aid through food supplies. In Ramadan for example we give out food and dates.

Another goal is to provide medical supplies, especially if there isn't enough medication. If there are people who can't afford treatment, we might pay for their treatment.

Our other goal is education. We support education and fund a primary school abroad, and in every campaign we have a celebration for orphans and poor children. We play games and have fun with the children, we have face painting and other fun activities. We try to fill their day with good memories and give them hope for the future.

Part 3

Reporter: How is the Dana Junior Team different from the Dana Voluntary team?

Manal: The idea behind Dana Junior Team started in April 2018, after we attended a workshop for children. My 7-year-old daughter Yasmeen told the trainer that she used to go with us to help children but she can't go anymore because the campaign is only for adults.

That's when the idea clicked in my mind, why don't we form a junior voluntary team? I went back to the organization to start and license the team. The volunteers' age ranged from 7 to 14. They joined with either their parents or with their older siblings. I had never imagined that young boys and girls would have so much ability and potential for giving.

Our first mission was in June 2018, we organized a Eid celebration for 350 orphans, and the volunteers did all the preparations. We visited a centre for children with special needs and gave medical supplies to those living with their family at home. We came up with the idea of 500 smiles, we collected 500 positive messages from the children in Kuwait, to the children in need, and we put a message in each gift. That was one of our most wonderful successes, and inshallah we will have more campaigns.

Reporter: Thank you for all your humanitarian efforts, and we wish you good luck in your future campaigns. Is there anything you'd like to say to our listeners?

Manal Al-Musalam: Many thanks to you for your interest in our work, and for showcasing examples of voluntary and Humanitarian work for our youth. I'd like to add at the end that everyone, especially our youth have the ability to give to others, so support others with love and let's build hope and spread peace so we can make a better society together. This is my message to everyone.

Unit 4:

1- This is the only country that is also a continent. It is very large, and its rocks are very old. It has a lot of flat plains and is extremely dry. Two-thirds of the country is desert. It has some unusual animals, such as the kangaroo. Most of the population live in cities and towns on the eastern coast. Major cities include Sydney, Melbourne, and Canberra. The climate is hot in the summer, and people enjoy surfing and swimming. The first inhabitants were Aborigines, and Europeans arrived in the 18th century. The population is about twenty million, extremely low for such a large country. The main language is English.

2- This country is on the Western edge of the Pacific Ocean. It is a long island with about a thousand smaller islands. The population is around 130 million, and most people live in crowded cities and towns. It is a highly industrialised country and manufactures cars, kitchen appliances, and electronic goods. The climate is varied because it covers 17 degrees of latitude. It has 200 volcanoes – the most famous one is Mount Fuji. The national flag is white with a red circle in the middle. The currency is the yen, and the capital city is Tokyo.

3- This country is in Central America. It shares a land border with the USA. It borders the Pacific Ocean and is popular for seaside holidays. The population is about 100 million, and most people speak Spanish as their main language. The geographical landscape is varied, with snow-covered mountains, hot, dry deserts, and rainforests. It has been home to many ancient cultures, including the Maya and the Aztecs. It came under Spanish rule in the 16th century. It exports coffee and sugar while producing many metals. Its capital city is large but crowded. About 20 million tourists visit it each year.

Unit 5:

The role plastic products play in our daily life is continual. More than 300 million tons of plastic are consumed each year, but the consequences are still unbelievably dangerous.

A mere walk on the beach can give anyone an idea about how astonishing our addiction to plastic has become as bottles, cans, bags, lids and straws are ever-present. In some countries the situation is more frightening since the remains of animals can frequently be observed. The plastic things that many of them had eaten or had been caught in are still visible long after their death.

According to a study from Plymouth University, plastic pollution affects at least 700 marine species and around 100 million marine mammals are killed each year from plastic pollution.

Like many other marine animals, sea turtles mistake plastic waste for a good food source, sometimes causing problems in their digestive system, and die because of it. A study found that 15 percent of young examined turtles had eaten enormous quantities of plastic that their digestive system had been blocked.

Marine creatures can become entangled in a variety of plastic remains including fishing nets and lines. Still, there is a number of seals and sea lions that become entangled in plastic bags or plastic packing bands leading to injury and death.

Plastic pollution leads to the deaths of millions of marine bird species each year. The Laysan albatross, for instance, has been deeply affected by plastic remains through their hunting techniques. When the albatross dive into the ocean for food they use their beak to skim the surface, they pick up plastic along the way. Shockingly, 98 percent of studied albatross had eaten some kind of plastic debris. Once the plastic is ingested, it causes fatal problems

Fish also are increasingly at risk to tiny plastic remains as they bring in water through their gills. Of course, plastic pollution deeply affects species of fish; the animal that's commonly eaten by humans.

Whales also often mistake plastic things for a food source. The whales mouth is so large that it unknowingly picks up plastic debris leading to starvation and death.

Unit 6:

Ramadan is much more than a fasting period: it is a holy month deeply rooted in culture, faith and history. Across the globe, Muslims mark this time with celebrations that are unique to their region and passed on through generations. In Kuwait, The Holy Month has its own taste with a set of typical customs and rituals kept existent by the people. Several Kuwaiti families still organize Ramadan celebrations because of their pleasing and delicious effect on both the young and the adults. Garga'aan, for instance, a three-day vibrant traditional celebration two weeks into the holy month, is held on the 13th, 14th or the 15th of Ramadan when the moon is full. Children knock on the doors of neighbours' homes and sing in exchange for sweets and nuts.

Dressed in their beautiful traditional clothes, children begin their visits just after Iftar. Visits to neighbours give them an opportunity to show off their costumes, as they stand on doorsteps and sing songs blessing their hosts' families holding cloth sacks to be filled with goodies. There are two traditional songs that can be altered to include the names of the hosts' children. Some homes expect so many visiting children that they distribute much more sweets and nuts in special garga'aan packages.

Garga'an has become more than just a tradition. So as to preserve this folk heritage the people celebrate the event by giving away folk dishes, sacks of garga'an sweets and nuts and by playing games. Many Venues, clubs and even Hotels have begun to celebrate the night and invite the public to join the celebrations.

Not only in Kuwait but also in the rest of the Gulf countries Garga'an has been celebrated since old times. It known as Garanga'oh in Qatar and Bahrain, it is also referred to as Haq al Layla in the UAE which is celebrated a fortnight before Ramadan, Al Garangashooh or Al Tolba in Oman and Garga'an in Saudi Arabia in Kuwait.

Although the origins of the words are unknown, some people think the word originates from “gerga’ah”, meaning clatter. This is a reference to the sound of children knocking on doors or the rattle of sweets inside their gerga’aan packages.

Unit 7:

First eat regular healthy meals, your body needs the correct balance of iron, calcium and vitamins before you can feel happy. Eat lots of nuts, bananas and avocados.

Socialise. meet up with your friends and do things with them.

A smile actually makes you feel happier, so make sure you smile at people.

Do some exercise, go for a walk, go swimming, or do a sport.

Be grateful and try to understand other people, say thank you, try to forget bad things. And if you do something wrong say sorry.

Do something to help the community, give to charities and help people who need your support.

Make sure you talk to your family and friends. Communicating with people makes you feel happier.

Unit 8:

Getting fit and healthy should be fun. Listen to find out how to enjoy yourself while exercising.

Steps

1

Be prepared and motivated! Make sure you are ready to practice a sport. You should try it first even if you are not very much interested in it. Have everything ready, like all the equipment you need and a bottle of water.

2

Select Your Sport. There are so many 'fun' sports, so I am sure you will find the one you like. Horse riding or diving are good if you like the challenge and have patience. Ball sports

are great fun, but you can get too tired if you play too much. Don't overexercise and you will enjoy the game.

3

Learn how to play the sport. After you have selected your sport, start looking at how the professionals play it on TV and get tips about the sport. Enroll in a club in your area. You will both learn new skills and have new friends.

4

Practice makes perfect. Schedule practicing your sport. Twice or three times a week to be able to play it well. You won't get in shape if you don't play the sport on a regular basis.

5

Play various Sports. Instead of playing one sport, Try other different sports. As sports vary in rules, they also vary in activities and skills. So, why don't you play a different sport every now and then. This will make you fit and help you build new skills.

Unit 9:

Interviewer: Here we are in the Royal Hospital. It's health awareness week, and we're asking some students what the most important medical discoveries are.
Hello.

All students: Hello.

Student 1: I think the discovery of blood groups is the most important.

Interviewer: Blood groups?

Student 1: Yes. Blood saves thousands of lives every day. The first blood transfusion happened in the early 19th century, but it was very dangerous and people often died. The problem is that if you receive blood from the wrong blood group, you die. And no one understood that.

Interviewer: So when were blood groups discovered?

Student 1: In about 1900, an Austrian doctor identified the groups – A, B, AB, and O. and since then, giving blood to patients has been safe.

Interviewer: Any other discoveries?

Student 2: Well, I think it's antiseptic. We use it every day. Without it, our patients would die. Antiseptic kills bacteria, and without it, even simple operations can kill people.

Interviewer: Do you know when it was discovered?

Student 2: Yes, in the late 19th century, by a doctor called Joseph Lister. He started doing surgery with antiseptics, and it was very successful. It saved lots of patients' lives.

Interviewer: Interesting.

Student 3: I agree they are both important. But what about vaccination?
Vaccination was developed by an English doctor in the late 18th century. Since then, we've developed vaccines for most dangerous diseases. Millions of people would die without vaccination.

Interviewer: Well, that's true. What about you? What do you think?

Student 4: Well, I'm training to be a surgeon. And I couldn't operate without anaesthetic! It's only been around for about 150 years. Before that, people had to be awake during surgery! Imagine that! Nowadays, anaesthetic is really safe. No one feels pain during surgery any more!

Interviewer: Thank you all very much. That was very interesting.

Unit 10:

(frightened- sensed –upset – autumn –daylight)

A smart squirrel was collecting food “Today, I will go farther away to get some food. “The squirrel found a big **oak** tree. “Wow, there are so many acorns here. He started to pick acorns off the oak tree one by one. “I must hurry up .It is going to get dark soon. “Just a moment, the squirrel danger. “Oh no, there is an owl over there! “cried the squirrel. The squirrel got and hid in the forest. The owl slowly opened his eyes and inhaled the air. “I smell a squirrel nearby. But it’s too sunny for me to catch it.” The owl closed his eyes again. The squirrel had found a cave to hide in.” I can’t just **give up** all those acorns. “Suddenly the squirrel **came up with** an idea.” I’ve got it! “The owl can’t catch me in the “So the squirrel went back to pick the acorns every day in the middle of the day .Every night the owl got “That little squirrel is taking all my acorns .I’ll get him next time. “It wasn’t long before; the squirrel had gathered lots of **acorns**. “This is enough for the winter,” he said to himself. So, what happened to the owl? “OH, my ! The squirrel has picked all the acorns! I guess I’ll just have to catch him next” Then he slept

Unit 11:

Upon graduation from the University of Rome in 1890 Maria Montessori became Italy’s first woman doctor. At the time, if women succeeded in male professions, they were looked down upon and belittled. Montessori was determined to use her abilities for the good of society, so she turned her attention to the education of children with disabilities and learning difficulties. “If children with disabilities were given special education, maybe they would learn just as well as other children,” she thought. Montessori believed that children learn best when they were happy, and so she devised theories that allowed them to learn at their own pace. She invented special equipment that helps children learn using senses. Her system was a huge success. Children with disabilities learned how to read paint, and sing as well as other students. Later, she opened a school called “The

Children's House" that gave children the freedom to learn in an engaging and lively way. If Montessori hadn't changed society's view of disabled children, they would never have been given the opportunity to become full members of society. Her ideas have been influential across the world and her theories have provided a creative and successful approach to the education of children.

Unit 12:

Artificial Intelligence

A

I think the possible consequences of creating something that matches or exceeds human intelligence scares me. Scientists are already teaching computers to learn by themselves. In the near future, their intelligence could grow faster and faster. In the short term, robots will probably occupy millions of jobs and create a large number of unemployed people. In the far future, the machines could decide that the world would be better without humans.

B

In my opinion we are still far from developing the computational power of fully independent artificial intelligence. I believe this may take place in the 3020s. We may maintain control of technology and help solve many of the world's problems. However, no one really knows what happens when machines become smarter than humans. I think that artificial intelligence will have a positive effect on our future lives, but if this is true, it will depend in part on our decisions.

C

I personally find it wonderful to see how we can accelerate artificial intelligence. Imagine if you could put a computer inside our brain! That would improve our athletic skills, audiovisual awareness and memory. Recent developments include self-driving vehicles and drones carrying rescue equipment to people at sea. Of course, there have been a few accidents with robots and self-driving cars. However, advances are always worth it, and for me there are more advantages than disadvantages.