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Listening 1

You will hear five people talking about what they do for the environment. Match the speakers (1 - 5) to the correct statements (A - F). Note that there is an extra statement.

Speaker 1

I don't have time to do volunteer work, but everyone in my family takes care of the planet by recycling paper, glass and plastic. My parents also donate money to a charity called Water Aid. We all try to save electricity and water at home and I encourage my friends at school to do the same. It's sad because not many of them seem to care about the environment or poverty and disease.

Speaker 2

I found a youth group on the Internet that organises activities to help the environment. Every Saturday I go with them to pick up the rubbish in the park. It's fun and I've met lots of people who are interested in the same things as I am. I wish we could do something about the air pollution in this city, though, but that's up to the car drivers and the factory owners, not us.

Speaker 3

I spend a lot of time trying to raise awareness about the quality of the air in our city. Living here causes all sorts of health problems – for example, both my brothers have chest infections at the moment. I've set up a website to tell people about the problem and I also make leaflets and hand them out in the city centre.

Speaker 4

I didn't use to care about the environment, but now I go to regular meetings of the charity Green Fields. My cousin encouraged me to go with her once and I guess I'd never realised what a state our planet was in before. Now I'm a volunteer for Green Fields.

Speaker 5

Tomorrow's leaders need to be equipped for tomorrow's challenges, so we must prepare our children for the future. This is why I do presentations to students at schools about taking care of the environment. I want them to know that the future is in their hands.

Listening 2: Listen to a programme about "laughter yoga" and state whether the following statements are true (✓) or false (X).

Kate: I'm Kate Colin and joining us today is A BBC reporter, Rob Crossan. Hi Rob. Now you are familiar with the idea that laughter is supposed to be healthy, isn't it?

Rob: Well, laughing is meant to be good for stress levels and I know from personal experience that you always feel better after a good laugh – it just gives you a natural high.

Kate: Indeed, well, this principle has led Dr. Madan Kataria in India to devise a new type of activity.... laughter yoga.

Rob: Yes. This is a type of exercise which combines laughter with breathing and is carried out in a group with other people. There are now more than one hundred laughter clubs across India and they are increasing in number all the time.

Kate: Well, according to research, laughing releases endorphins into the body which bring on a natural high. Endorphins are a chemical naturally released in the brain which can reduce pain and make us feel relaxed or energetic.

Rob: True. I tried laughter yoga while I was in India, it is very beneficial for the health. The fellow who started up the whole concept of laughter yoga, Dr Gore Bredan believes that laughter can boost the immune system, it can act as an anesthetic, it burns calories and it's a muscle relaxant...

Kate: Well it all sounds good to me! But how does it work? Does everyone just wait for someone else to say something funny? What actually causes people to laugh in the first place?

Rob: Well, apparently people all round the world are learning to laugh for no reason. You don't need a sense of humour or indeed any jokes. Rather than just waiting for someone to say something funny, which often can take quite a while, let's just do it deliberately. Well, I did think I'd be awfully British about it and feel incredibly uncomfortable. It's amazing, when you have a group of thirty or forty other people all doing silly things with you. All they really have to do is look you in the eye and laugh, and it's incredibly contagious.

Kate: Well, it seems to work and Rob seemed to really enjoy his laughter yoga. I think we could all probably do with some laughter yoga. Maybe we should suggest it to our boss in our lunch breaks. That's all we have time for today. Thanks for listening and Goodbye!