



**CAMBRIDGE ENGLISH**  
Language Assessment

◆ Authorised Platinum Centre

**SWISS EXAMS**  
AUTHORISED PROVIDER FOR  
CAMBRIDGE ENGLISH EXAMS



# CAMBRIDGE SPRING SEMINAR 2017

## C1 Advanced

Listening for Listening Skills

Listening for Speaking Skills

Roger Bourne  
roger.bourne@cambridge.ch

**13th Annual Cambridge English Spring Seminar 25 – 26 March 2017**  
Swiss Exams - Cambridge English Examinations Centre

## Listening Part 1

**Extract One**

- F: Hi Daniel – how are things? Have you applied for college yet?
- M: Well, I can't decide which one to go for. Lots of colleges have sent me their glossy brochures .... and I see they now go on about how environmentally-friendly they are; in fact they've got a star rating system for this one ...
- F: Mmm ... they're trying to attract as much interest as possible, though I'm not sure that would have much impact on my choice ... ultimately the course has to be the right one, though I can see they need to compete ...
- M: Well, yes, but if I was torn between two courses the new rating could decide it. It's good they're thinking about these issues .... and the marketing people are certainly shouting about it!
- F: It's getting like the commercial sector – those companies who sponsor a charity for example, trying to persuade consumers that just by buying their products, they're doing their bit for charity and can ignore other causes. I don't know if it increases sales, but the cynic in me reckons many companies just want to appear softer in the public eye, so they make a lot of noise about their charitable credentials.

**Extract Two**

- F: Are you still going to the gym, Frank?
- M: Yes, but not as often as I should be.
- F: That's the problem, isn't it? I've heard that the dropout rate among gym members is very high even in those really expensive, luxury health centres. Anyway, gyms aren't the answer. I'm sure the real key is to build exercise into your daily routine, by doing something simple like walking to the mall or taking the stairs rather than the elevator – or doing sport. And

another thing, people tend to think that a sixty-minute workout entitles them to laze around for the rest of the day or eat a lot and then undo all the good they might've done, but people who exercise little and often don't fall into the same trap.

M: That's all very well, Mary, but what about the people who don't give up on the gym and actually feel the benefit, and quite enjoy the comradeship? Each to his own, you know. If you'd just give it another shot, you might find it suited you too.

### Extract Three

M: What did you study at university, Alice?

F: Horticulture – plants and things. I was based at a regional one but spent time studying in the capital.

M: Seems a strange place to go if you want to grow things – the middle of a huge city.

F: Mmm, that's what my fellow students said! I mean, I know it wasn't ideal. It's a harsh climate – winters are bitterly cold, and the summer's sweltering, with little rain. But folks in the city are just determined to grow stuff – on rooftops, balconies, wherever. They'll just garden anywhere they can. It was a reminder of the strong spirit of gardeners.

M: Come to think of it, I do remember noticing the way some of the trees ... er ... were looked after there. Instead of bare bits of ground around urban trees, they seem to take great pride in filling the earth around them with flowers.

F: And all that's done by the residents themselves. It's as if every tree is to be celebrated.

M: I wouldn't go that far. Not all parts of the city are like that.

## Listening Part 2

Hi everyone. My name's Josh Brady, and recently I was lucky enough to go on a botany trip to South Africa with my tutor and other students from my university, to gather data for the research project we'd been involved in all year. I didn't post my diary or blog on the university website, because I'd promised to submit a report on my return, which would appear there, and I was working on that from Day One.

We were going to explore a beautiful region of coastal countryside that had previously been affected, not by drought as is common on some parts of the African continent I've studied, but by fire. We wanted to see how the flora and other life forms there had recovered - in fact, some plants growing there are dependent on this kind of event to trigger their germination.

When we first saw the landscape however, we felt rather confused. Much of the area seemed to be cultivated fields, principally of red tea rather than the colourful flowers we'd been led to expect. Sensing our confusion, our tutor reassured us that we'd soon be off to a wilder area where we'd see a more striking range of specimens. We'd imagined this would involve being taken around in a kind of minibus, or even a van and trailer, but in fact what we boarded was what I can only describe as a safari truck and we headed out into the natural vegetation.

When we arrived and started walking through the vegetation, I found the shape of the leaves rather a surprise - coastal plants can often be tough, with leaves coming to a point like sharp knives, but these resembled needles more than anything else. That meant I was inadequately dressed for walking through them, in thin trousers. I was also totally unprepared for the amazing scent that the plants gave off. By the end of that trip, I'd lost count of how many species we'd come across - small delicate pink specimens, bright yellow heathers, one with deep orange blooms, the mental image of which will stay with me forever, and bright crimson wild specimens.

The local farmers are totally committed to protecting the flowers and plants that have colonised the area. Conservationists call it shrubland, in other words a vast area of vegetation that now has a rich array of plant species, but that sounds a bit negative for a place that to me seemed like a paradise.

One drawback was that, although the bedrooms in our hostel each had a balcony, the view was of the back yard, with a small garden beyond - which was hardly impressive. But by way of compensation the roof offered a spectacular vantage point over the surrounding scenery. We spent every evening watching the sun go down from there - a magical end to each fantastic day.

Anyway, the trip was the most amazing I've ever done...

hi everyone my name is josh brady and recently i was lucky enough to go on a botany trip to south africa with my tutor and other students from my university to gather data for the research project we had been involved in all year i didn't post my diary or blog on the university website because i didn't promise to submit a report on my return which would appear there and i was working on that from day one we were going to explore a beautiful region of coastal countryside that had previously been affected not by drought as is common on some parts of the african continent i've studied but by re we wanted to see how the flora and other life forms there had recovered in fact some plants growing there are dependent on this kind of event to trigger their germination when we first saw the landscape however we felt rather confused much of the area seemed to be cultivated fields principally of red tea rather than the colourful flowers we had been led to expect sensing our confusion our tutor reassured us that we'd soon be on to a wilder area where we'd see a more striking range of specimens we'd imagined this would involve being taken around in a kind of minibus or even a van and trailer but in fact what we boarded was what i can only describe as a safari truck and we headed out into the natural vegetation when we arrived and started walking through the vegetation i found the shape of the leaves rather a surprise coastal plants can often be tough with leaves coming to a point like sharp knives but these resembled needles more than anything else that meant i was inadequately dressed for walking through them in thin trousers i was also totally unprepared for the amazing scent that the plants gave off by the end of that trip i'd lost count of how many species we'd come across small delicate the local farmers are totally committed to protecting the flowers and plants that have colonised the area conservationists call it shrubland in other words a vast area of vegetation that now has a rich array of plant species but that sounds a bit negative for a place that to me seemed like a paradise one drawback was that although the bedrooms in our hostel each had a balcony the view was of the back yard with a small garden beyond which was hardly impressive but by way of compensation the roof offered a spectacular vantage point over the surrounding scenery we spent every evening watching the sun go down from there a magical end to each fantastic day anyway the trip was the most amazing i've ever done

## Listening Part 2 - Stress

Listen and note down words or phrases you hear stressed.

*not by drought*      *but by fire*

*principally of red tea*

*but in fact*      *safari truck*

*needles*

*deep orange blooms*

*a bit negative*

*the roof*

## Listening Part 2 - Expressions

*to trigger*      *led to believe*      *a striking range of*

*in a kind of*      *gave off*      *we'd come across*

*the mental image of which / will stay with me forever*      *that to me seemed like*

*hardly impressive*      *by way of*

1. Could your students use these expressions when they are speaking?
2. Could your students learn to use intonation from listening to audio extracts like this?

What does Part 2 help the students with?

This is a monologue so it does have a structure that could be helpful for Part 2 of the Speaking Paper.

Look at the structure of some sentences

*We were going to explore a beautiful region of coastal countryside that had previously been affected, not by drought as is common on some parts of the African continent I've studied, but by fire. We wanted to see how the flora and other life forms there had recovered - in fact, some plants growing there are dependent on this kind of event to trigger their germination.*

Look at how the devices are used to great affect. In the second sentence he doesn't mention fire but refers to it.

*When we arrived and started walking through the vegetation, I found the shape of the leaves rather a surprise - coastal plants can often be tough, with leaves coming to a point like sharp knives, but these resembled needles more than anything else.*

Here he uses a series of phrases – normal this would not be a structure used in a written piece. (perhaps in a descriptive piece)

This is a more natural way of speaking.



## Listening Part 3

Int: Today we're looking at careers in journalism. My guests are Jenny Langdon and Peter Sharples, both regular columnists on major publications. Jenny, you made your name really young, didn't you?

F: Relatively, yes. I was a raw recruit on the local paper when a scandal broke concerning a celebrity living nearby. Out of the blue I found myself with a scoop on my hands. Basically, I found the guy, interviewed him, then hid him someplace where reporters on rival papers wouldn't find him. When the story broke next day, the editorial team had actually cobbled the front-page story together from my notes, but it was attributed to me by name. Before I knew what was happening, I'd been headhunted by a national daily. It was a turning point alright - but I can hardly claim it as a shrewd career move or anything!

Int: And the editor at that national daily was a notoriously bad-tempered individual...

F: Well, there's no denying he deserved that reputation! I mean, having landed a dream job, I was really thrown in at the deep end! My desk was right outside his office, so I was first in the firing line if anything went wrong - even stuff I'd had no hand in! But I knew better than to argue, and was thick-skinned enough not to take it personally. Anyway that's what the paper was like, always on the edge, and I really flourished in that environment.

Int: Eventually getting your own daily column...

F: ... and that's where I really came into my own. I mean, I'd done stints on the sports desk, been celebrity correspondent - the works. Actually, I only got offered the column as a stop-gap when my predecessor left under a cloud. But I was desperate to hold on to it. And it came at just the right time - if it'd been earlier, I'd never have had the nerve or the experience to make it my own.

Int: Let's bring Peter in here. You started off on the celebrity magazine called *Carp*, didn't you?

M: I did. Ostensibly thanks to a speculative letter to the editor when I was still a student. Actually, I'd been doing stuff for a student newspaper all through university. Skills I learnt there stood me in good stead. When *Carp Magazine* called me for interview, my approach to college news convinced them I was in touch with reality - you know, budgets, deadlines, all that - that's what swung it in my favour - it wasn't just having my finger on the pulse as far as youth culture was concerned - important as that was at *Carp*.

Int: Can I ask you both whether you'd say courses in journalism are worth doing? Jenny?



F: Well, I wanted to write and a journalism course seemed a reasonable enough starting point. Journalism is at least paid up front - unlike some forms of writing, and there's no denying that was an incentive. So, yes, I did one. And, you know, if I hadn't, who knows if I'd have been able to handle the stuff thrown at me when I first arrived at the newspaper - it does give you that grounding. But I wouldn't say it taught me everything I needed. Fortunately a stint on the student newspaper filled in the gaps.

M: ... as is so often the case. They're often criticised for taking too strong a line on issues, but they're invaluable because they give you that free rein, and you're generally writing from the heart rather than for the money. I'd say by all means do a course, theorise all you like in the classroom, but just bear in mind that it's no substitute for getting out there - for developing your own style.

Int: Now you've both recently published novels - is this a change of direction?

F: People keep asking that. I like to think that, much as I rate myself as a journalist and feel I have nothing left to prove, I'm still up for the next thing that comes along. I'll never be a prize-winning novelist, but having a go at it keeps me on my toes. It would be easy enough to get stale doing a column like mine, but that does remain my grand passion - I don't know about you Peter, but I'm hardly thinking of moving on.

M: Well, I expect there's people who'd say we should stand aside to give up-and-coming writers a chance. But, no, I'm not. I'd go along with the idea of diversification keeping you nimble though, and I'm not making great claims for my novel either. But I would take issue with the idea that journalism itself holds no further challenge. I wish I had your confidence Jenny - I'm always telling myself that I'm only as good as my last piece and there's no room for complacency.

Int: And there we must leave it. Thank you both... Coming up now...

*[fade]*

int today we re looking at careers in journalism my guests are jenny langdon and peter sharples both regular columnists on major publications jenny you made your name really young didn't you f relatively yes i was a raw recruit on the local paper when a scandal broke concerning a celebrity living nearby out of the blue i found myself with a scoop on my hands basically i found the guy interviewed him then hid him someplace where reporters on rival papers wouldn't find him when the story broke next day the editorial team had actually cobbled the front page story together from my notes but it was attributed to me by name before i knew what was happening i'd been headhunted by a national daily it was a turning point alright but i can hardly claim it as a shrewd career move or anything int and the editor at that national daily was a notoriously bad tempered individual f well there's no denying he deserved that reputation i mean having landed a dream job i was really thrown in at the deep end my desk was right outside his office so i was first in the firing line if anything went wrong even stuff i'd had no hand in but i knew better than to argue and was thick skinned enough not to take it personally anyway that's what the paper was like always on the edge and i really flourished in that environment int eventually getting your own daily column f and that's where i really came into my own i mean i'd done stints on the sports desk been a celebrity correspondent the works actually i only got offered the column as a stop gap when my predecessor left under a cloud but i was desperate to hold on to it and it came at just the right time if it'd been earlier i'd never have had the nerve or the experience to make it my own int let's bring peter in here you started on the celebrity magazine called carp didn't you m i did ostensibly thanks to a speculative letter to the editor when i was still a student actually i'd been doing stuff for a student newspaper all through university skills i learnt there stood me in good stead when carp magazine called me for interview my approach to college news convinced them i was in touch with reality you know budgets deadlines all that that's what swung it in my favour it wasn't just having my finger on the pulse as far as youth culture was concerned important as that was at carp int can i ask you both whether you'd say courses in journalism are worth doing jenny

f well A1 i A1 wanted A1 to A1 write A1 and A1 a A1 journalism B2 course A1 seemed B1 a A1 reasonable B1 enough A2 starting A1 point A2 journalism B2 is A1 at A1 least A2 paid A1 up A1 front A2 unlike B2 some A1 forms A2 of A1 writing A1 and A1 there A1 s no A1 denying B2 that A1 was A1 an A1 incentive C2 so A2 yes A1 i A1 did A1 one A1 and A1 you A1 know A1 if A2 i A1 hadn t who A1 knows A1 if A2 i A1 d have A1 been A1 able A2 to A1 handle B1 the A1 stuff B1 thrown A2 at A1 me A1 when A1 i A1 first A1 arrived at C2 the A1 newspaper A1 it A1 does A1 give A1 you A1 that A1 grounding but A1 i A1 wouldn t say A1 it A1 taught A1 me A1 everything A2 i A1 needed A1 fortunately B1 a A1 stint on A1 the A1 student A1 newspaper A1 filled in A2 the A1 gaps B1 m as A1 is A1 so A2 often A1 the A1 case A2 they A1 re often A1 criticised for A1 taking A1 too A1 strong A2 a A1 line A2 on A1 issues B1 but A1 they A1 re invaluable C1 because A1 they A1 give A1 you A1 that A1 free A2 rein and A1 you A1 re generally B1 writing A1 from A1 the A1 heart A2 rather B1 than A1 for A1 the A1 money A1 i A1 d say A1 by A2 all A1 means A2 do A1 a A1 course A1 theorise all A1 you A1 like A1 in A1 the A1 classroom A1 but A1 just A2 bear in mind B2 that A1 it A1 s no A1 substitute B2 for A1 getting out B1 there A1 for A1 developing B1 your A1 own A2 style B1 int now A1 you A1 ve both A1 recently B1 published B1 novels B1 is A1 this A1 a A1 change A1 of A1 direction B1 f people A1 keep A2 asking A1 that A1 i A1 like A1 to A1 think A1 that A1 much A1 as A1 i A1 rate B2 myself A2 as A1 a A1 journalist B1 and A1 feel A1 i A1 have A1 nothing A2 left A1 to A1 prove B1 i A1 m still A2 up A1 for A1 the A1 next A1 thing A1 that A1 comes along B1 i A1 ll never A1 be A1 a A1 prize A2 winning A2 novelist B2 but A1 having A1 a A1 go A1 at A1 it A1 keeps A2 me A1 on A1 my A1 toes A2 it A1 would A1 be A1 easy A1 enough A2 to A1 get A1 stale C1 doing A1 a A1 column B2 like A1 mine A2 but A1 that A1 does A1 remain B1 my A1 grand C1 passion B2 i A1 don t know A1 about A1 you A1 peter but A1 i A1 m hardly B1 thinking of B1 moving on C1 m well A1 i A1 expect B1 there A1 s people A1 who A1 d say A1 we A1 should A2 stand A2 aside B2 to A1 give up B1 and A1 coming A1 writers B1 a A1 chance B1 but A1 no A1 i A1 m not A1 i A1 d go A1 along A2 with A1 the A1 idea A2 of A1 diversification keeping A2 you A1 nimble though B1 and A1 i A1 m not A1 making A1 great A1 claims B2 for A1 my A1 novel B1 either B1 but A1 i A1 would A1 take A1 issue B1 with A1 the A1 idea A2 that A1 journalism B2 itself A2 holds B2 no A1 further A2 challenge B1 i A1 wish A2 i A1 had A1 your A1 confidence B2 jenny i A1 m always A1 telling A1 myself A2 that A1 i A1 m only A1 as A1 good A1 as A1 my A1 last A1 piece A2 and A1 there A1 s no A1 room A1 for A1 complacency int and A1 there A1 we A1 must A2 leave A1 it A1 thank you A1 both A1 coming up B2 now A1

### Listening Part 3

Q15 the editorial team actually **cobbled** the front page **together** from my notes.

Q16 so I was **first in the firing line** if anything went wrong - even stuff I'd had no **hand in**.

Q17 But I was desperate to **hold on to** it.

Q18 - that's what **swung it** in my favour –

Q19 Fortunately a stint on the student newspaper **filled in the gaps**.

but just bear in mind that it's no substitute for **getting out there** –

Q20 It would be easy enough to get stale doing a column like mine, but that does remain my grand passion –

I'm always telling myself that I'm only as good as my last piece and there's no room for complacency.



## CAE Listening Part 4

*Speaker 1*

*PAUSE 2 SECONDS*

After college I worked in a bank to make money. It's a great job if you like sitting at the same desk every day, surrounded by the same familiar faces. I got plenty of annual leave and the work itself was quite demanding, but one day I woke up and realised that it didn't amount to much, and was really pretty pointless. Handing in my notice was the next logical step. I set up as a freelance photographer - a job I'd always dreamed of. After the first six months or so of sheer panic, I feel much calmer; this will always be a risky job, but ultimately a far more rewarding one - not financially, mind you!

*PAUSE 3 SECONDS*

*Speaker 2*

*PAUSE 2 SECONDS*

The family car sales business was the obvious and safe career route for me, even though we didn't always see eye to eye. I'd no complaints about the money, but that didn't stop me looking at what other people were doing and thinking 'Now that's something I'd really like to get my teeth into'. And that's how I got into rally driving really. I went to rally school part-time, then got signed up by a rally team. That's when I left the motor business, not without a bit of soul-searching! I miss the family, but looking at myself now - travelling the world, may be even having the chance to make millions, living on the edge - what's not to love?

*PAUSE 3 SECONDS*

*Speaker 3*

*PAUSE 2 SECONDS*

I've always worked in the music industry - but was never made to feel very welcome in the marketing department. I guess my face didn't fit, although I was doing well enough. Then by chance I heard a band playing in my local venue and thought they were great - I got them signed up and suddenly realised this was exactly the type of work that suited me and my abilities - searching for talent, giving kids a start in the business I loved. So, after a while I left the company to do just that - on a freelance basis. Pay's not bad - it's possible to negotiate good percentages - but that's not why I do it.

*PAUSE 3 SECONDS*

Speaker 4

PAUSE 2 SECONDS

I worked in a busy studio as a radio copywriter - it was challenging and fun, but frustrating because it wasn't leading anywhere career-wise. I was spotted by one of the radio executives - he liked my way with words and gave me the chance of a presenting slot on a general interest show.

I jumped at it, but underestimated the skills involved - without training it's proving a steep learning curve! It would've been better to work as an intern for free for a while to learn the ropes, but it's all about seizing the moment - too good an opportunity to miss. Now I've got a foot in the door, I'm pretty optimistic about making a go of it.

PAUSE 3 SECONDS

Speaker 5

PAUSE 2 SECONDS

I had a responsible job that I'd worked hard for - most people would consider being an eye surgeon pretty rewarding, both financially and emotionally. I wasn't keen to leave, but the long shifts and the sheer volume of patients got me down. I wanted to use my knowledge and experience in other ways. I did some research on the effects of sunlight on children's eyes and eventually started up my own business. We manufacture a range of sunglasses designed to protect children's eyes against harmful rays. I'm my own boss, so I call the shots, which suits me down to the ground. I have to be strict with myself about taking holidays though!

PAUSE 10 SECONDS— \*\*\* —

*There'll now be a pause of 5 minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I'll remind you when there's 1 minute left, so that you're sure to finish in time.*

after A1 college A2 i A1 worked A1 in A1 a A1 bank A1 to A1 make A1 money A1 it A1 s a A1  
great A1 job A1 if A2 you A1 like A1 sitting A1 at A1 the A1 same A1 desk A1 every A1 day A1  
surrounded B1 by A2 the A1 same A1 familiar B1 faces A1 i A1 got A1 plenty B1 of A1 annual B1 leave A1  
and A1 the A1 work A1 itself A2 was A1 quite A2 demanding B1 but A1 one A1 day A1 i A1 woke up A1  
and A1 realised that A1 it A1 didn't amount B1 to A1 much A1 and A1 was A1 really A1 pretty A2  
pointless C1 handing in B1 my A1 notice A2 was A1 the A1 next A1 logical B2 step B1 i A1 set up B1  
as A1 a A1 freelance photographer A2 a A1 job A1 i A1 d always A1 dreamed A2 of A1 after A1 the A1  
first A1 six A1 months A1 or A1 so A2 of A1 sheer C1 panic B2 i A1 feel A1 much A1 calmer B1 this A1  
will A1 always A1 be A1 a A1 risky B2 job A1 but A1 ultimately C1 a A1 far A2 more A1 rewarding B2  
one A1 not A1 financially B2 mind you C2

the A1 family A1 car A1 sales A2 business A1 was A1 the A1 obvious B1 and A1 safe A1 career B1 route B1 for A1 me A1 even A2 though B1 we A1 didn't A1 always A1 see A1 eye A1 to A1 eye A1 i A1 d no A1 complaints B1 about A1 the A1 money A1 but A1 that A1 didn't A1 stop A1 me A1 looking at B2 what A1 other A1 people A1 were A2 doing A1 and A1 thinking A1 now A1 that A1 s something A1 i A1 d really A1 like A1 to A1 get A1 my A1 teeth A1 into A1 and A1 that A1 s how A1 i A1 got into B2 rally C2 driving A1 really A1 i A1 went A1 to A1 rally C2 school A1 part A1 time A1 then A1 got A1 signed up B1 by A2 a A1 rally C2 team A2 that A1 s when A1 i A1 left A1 the A1 motor B2 business A1 not A1 without A2 a A1 bit A2 of A1 soul A2 searching B1 i A1 miss A1 the A1 family A1 but A1 looking at B2 myself A2 now A1 travelling A1 the A1 world A1 may A1 be A1 even A2 having A1 the A1 chance B1 to A1 make A1 millions living on B2 the A1 edge B1 what A1 s not A1 to A1 love A1

i A1 ve always A1 worked A1 in A1 the A1 music A1 industry B1 but A1 was A1 never A1 made A1 to A1 feel A1 very A1 welcome A2 in A1 the A1 marketing B2 department A2 i guess B1 my A1 face A1 didn't A1 fit A2 although B1 i A1 was A1 doing A1 well A1 enough A2 then A1 by A2 chance B1 i A1 heard A1 a A1 band A1 playing A1 in A1 my A1 local B1 venue B2 and A1 thought A1 they A1 were A2 great A1 i A1 got A1 them A1 signed up B1 and A1 suddenly B1 realised this A1 was A1 exactly A2 the A1 type A2 of A1 work A1 that A1 suited B2 me A1 and A1 my A1 abilities B1 searching B1 for A1 talent B1 giving A1 kids B1 a A1 start A1 in A1 the A1 business A1 i A1 loved A1 so A2 after A1 a A1 while A2 i A1 left A1 the A1 company A2 to A1 do A1 just A2 that A1 on A1 a A1 freelance basis B2 pay A1 s not A1 bad A1 it A1 s possible A1 to A1 negotiate C1 good A1 percentages B2 but A1 that A1 s not A1 why A1 i A1 do A1 it A1

i A1 worked A1 in A1 a A1 busy A2 studio B1 as A1 a A1 radio A1 copywriter it A1 was A1 challenging B1 and A1 fun A1 but A1 frustrating C1 because A1 it A1 wasn't A1 leading B1 anywhere A2 career B1 wise B2 i A1 was A1 spotted B2 by A2 one A1 of A1 the A1 radio A1 executives C1 he A1 liked A1 my A1 way A2 with A1 words A1 and A1 gave A1 me A1 the A1 chance B1 of A1 a A1 presenting B2 slot C1 on A1 a A1 general B1 interest B1 show A1 i A1 jumped at C2 it A1 but A1 underestimated B2 the A1 skills B1 involved B1 without A2 training B1 it A1 s proving B1 a A1 steep B1 learning A1 curve B2 it A1 would A1 ve been A1 better A1 to A1 work A1 as A1 an A1 intern for A1 free A2 for A1 a A1 while A2 to A1 learn A1 the A1 ropes B2 but A1 it A1 s all A1 about A1 seizing B2 the A1 moment A2 too A1 good A1 an A1 opportunity B1 to A1 miss A1 now A1 i A1 ve got A1 a A1 foot A1 in A1 the A1 door A1 i A1 m pretty A2 optimistic B2 about A1 making a B2 go A1 of A1 it A1

i A1 had A1 a A1 responsible B1 job A1 that A1 i A1 d worked A1 hard A1 for A1 most A2 people A1 would A1 consider B1 being A1 an A1 eye A1 surgeon C1 pretty A2 rewarding B2 both A1 financially B2 and A1 emotionally B2 i A1 wasn't A1 keen B1 to A1 leave A1 but A1 the A1 long A1 shifts B2 and A1 the A1 sheer C1 volume B1 of A1 patients B1 got A1 me A1 down A1 i A1 wanted A1 to A1 use A1 my A1 knowledge B1 and A1 experience B1 in A1 other A1 ways A2 i A1 did A1 some A1 research B1 on A1 the A1 effects B1 of A1 sunlight B2 on A1 children A1 s eyes A1 and A1 eventually B2 started A1 up A1 my A1 own A2 business A1 we A1 manufacture B2 a A1 range B1 of A1 sunglasses A2 designed to B2 protect B1 children A1 s eyes A1 against A2 harmful B2 rays B2 i A1 m my A1 own A2 boss A2 so A2 i A1 call A2 the A1 shots B2 which A1 suits A2 me A1 down A1 to A1 the A1 ground B1 i A1 have A1 to A1 be A1 strict B1 with A1 myself A2 about A1 taking A1 holidays A1 though B1



## TED Talk - Why bother leaving the house

0:11 I essentially drag sledges for a living, so it doesn't take an awful lot to flummox me intellectually, but I'm going to read this question from an interview earlier this year: "Philosophically, does the constant supply of information steal our ability to imagine or replace our dreams of achieving? After all, if it is being done somewhere by someone, and we can participate virtually, then why bother leaving the house?"

0:38 I'm usually introduced as a polar explorer. I'm not sure that's the most progressive or 21st-century of job titles, but I've spent more than two percent now of my entire life living in a tent inside the Arctic Circle, so I get out of the house a fair bit. And in my nature, I guess, I am a doer of things more than I am a spectator or a contemplator of things, and it's that dichotomy, the gulf between ideas and action that I'm going to try and explore briefly.

1:10 The pithiest answer to the question "why?" that's been dogging me for the last 12 years was credited certainly to this chap, the rakish-looking gentleman standing at the back, second from the left, George Lee Mallory. Many of you will know his name. In 1924 he was last seen disappearing into the clouds near the summit of Mt. Everest. He may or may not have been the first person to climb Everest, more than 30 years before Edmund Hillary. No one knows if he got to the top. It's still a mystery. But he was credited with coining the phrase, "Because it's there." Now I'm not actually sure that he did say that. There's very little evidence to suggest it, but what he did say is actually far nicer, and again, I've printed this. I'm going to read it out.

1:50 "The first question which you will ask and which I must try to answer is this: What is the use of climbing Mt. Everest? And my answer must at once be, it is no use. There is not the slightest prospect of any gain whatsoever. Oh, we may learn a little about the behavior of the human body at high altitudes, and possibly medical men may turn our observation to some account for the purposes of aviation, but otherwise nothing will come of it. We shall not bring back a single bit of gold or silver, and not a gem, nor any coal or iron. We shall not find a single foot of earth that can be planted with crops to raise food. So it is no use. If you cannot understand that there is something in man which responds to the challenge of this mountain and goes out to meet it, that the struggle is the struggle of life itself upward and forever upward, then you won't see why we go. What we get from this adventure is just sheer joy, and joy, after all, is the end of life. We don't live to eat and make money. We eat and make money to be able to enjoy life. That is what life means, and that is what life is for."

3:00 Mallory's argument that leaving the house, embarking on these grand adventures is joyful and fun, however, doesn't tally that neatly with my own experience. The furthest I've ever got away from my front door was in the spring of 2004. I still don't know exactly what came over me, but my plan was to make a solo and unsupported crossing of the Arctic Ocean. I planned essentially to walk from

the north coast of Russia to the North Pole, and then to carry on to the north coast of Canada. No one had ever done this. I was 26 at the time. A lot of experts were saying it was impossible, and my mum certainly wasn't very keen on the idea. (Laughter)

3:39 The journey from a small weather station on the north coast of Siberia up to my final starting point, the edge of the pack ice, the coast of the Arctic Ocean, took about five hours, and if anyone watched fearless Felix Baumgartner going up, rather than just coming down, you'll appreciate the sense of apprehension, as I sat in a helicopter thundering north, and the sense, I think if anything, of impending doom. I sat there wondering what on Earth I had gotten myself into. There was a bit of fun, a bit of joy. I was 26. I remember sitting there looking down at my sledge. I had my skis ready to go, I had a satellite phone, a pump-action shotgun in case I was attacked by a polar bear. I remember looking out of the window and seeing the second helicopter. We were both thundering through this incredible Siberian dawn, and part of me felt a bit like a cross between Jason Bourne and Wilfred Thesiger. Part of me felt quite proud of myself, but mostly I was just utterly terrified.

4:35 And that journey lasted 10 weeks, 72 days. I didn't see anyone else. We took this photo next to the helicopter. Beyond that, I didn't see anyone for 10 weeks. The North Pole is slap bang in the middle of the sea, so I'm traveling over the frozen surface of the Arctic Ocean. NASA described conditions that year as the worst since records began. I was dragging 180 kilos of food and fuel and supplies, about 400 pounds. The average temperature for the 10 weeks was minus 35. Minus 50 was the coldest. So again, there wasn't an awful lot of joy or fun to be had.

5:07 One of the magical things about this journey, however, is that because I'm walking over the sea, over this floating, drifting, shifting crust of ice that's floating on top of the Arctic Ocean is it's an environment that's in a constant state of flux. The ice is always moving, breaking up, drifting around, refreezing, so the scenery that I saw for nearly 3 months was unique to me. No one else will ever, could ever, possibly see the views, the vistas, that I saw for 10 weeks. And that, I guess, is probably the finest argument for leaving the house. I can try to tell you what it was like, but you'll never know what it was like, and the more I try to explain that I felt lonely, I was the only human being in 5.4 million square-miles, it was cold, nearly minus 75 with windchill on a bad day, the more words fall short, and I'm unable to do it justice. And it seems to me, therefore, that the doing, you know, to try to experience, to engage, to endeavor, rather than to watch and to wonder, that's where the real meat of life is to be found, the juice that we can suck out of our hours and days. And I would add a cautionary note here, however. In my experience, there is something addictive about tasting life at the very edge of what's humanly possible. Now I don't just mean in the field of daft macho Edwardian style derring-do, but also in the fields of pancreatic cancer, there is something addictive about this, and in my case, I think polar expeditions are perhaps not that far removed from having a crack habit. I can't explain quite how good it is until you've tried it, but it has the capacity to burn up all the money I can get my hands on, to ruin every relationship I've ever had, so be careful what you wish for.

6:56 Mallory postulated that there is something in man that responds to the challenge of the mountain, and I wonder if that's the case whether there's something in the challenge itself, in the endeavor, and particularly in the big, unfinished, chunky challenges that face humanity that call out to us, and in my experience that's certainly the case. There is one unfinished challenge that's been calling out to me for most of my adult life.

7:19 Many of you will know the story. This is a photo of Captain Scott and his team. Scott set out just over a hundred years ago to try to become the first person to reach the South Pole. No one knew what was there. It was utterly unmapped at the time. We knew more about the surface of the moon than we did about the heart of Antarctica. Scott, as many of you will know, was beaten to it by Roald Amundsen and his Norwegian team, who used dogs and dogsleds. Scott's team were on foot, all five of them wearing harnesses and dragging around sledges, and they arrived at the pole to find the Norwegian flag already there, I'd imagine pretty bitter and demoralized. All five of them turned and started walking back to the coast and all five died on that return journey.

7:58 There is a sort of misconception nowadays that it's all been done in the fields of exploration and adventure. When I talk about Antarctica, people often say, "Hasn't, you know, that's interesting, hasn't that Blue Peter presenter just done it on a bike?" Or, "That's nice. You know, my grandmother's going on a cruise to Antarctica next year. You know. Is there a chance you'll see her there?" (Laughter)

8:21 But Scott's journey remains unfinished. No one has ever walked from the very coast of Antarctica to the South Pole and back again. It is, arguably, the most audacious endeavor of that Edwardian golden age of exploration, and it seemed to me high time, given everything we have figured out in the century since from scurvy to solar panels, that it was high time someone had a go at finishing the job. So that's precisely what I'm setting out to do.

8:46 This time next year, in October, I'm leading a team of three. It will take us about four months to make this return journey. That's the scale. The red line is obviously halfway to the pole. We have to turn around and come back again. I'm well aware of the irony of telling you that we will be blogging and tweeting. You'll be able to live vicariously and virtually through this journey in a way that no one has ever before. And it'll also be a four-month chance for me to finally come up with a pithy answer to the question, "Why?"

9:13 And our lives today are safer and more comfortable than they have ever been. There certainly isn't much call for explorers nowadays. My career advisor at school never mentioned it as an option. If I wanted to know, for example, how many stars were in the Milky Way, how old those giant heads on Easter Island were, most of you could find that out right now without even standing up. And yet, if I've learned anything in nearly 12 years now of dragging heavy things around cold places, it is that true, real inspiration and growth only comes from adversity and from challenge, from stepping away from what's comfortable and familiar and stepping out into the unknown. In life, we all have tempests to ride and poles to walk to, and I think metaphorically speaking, at least, we could all

benefit from getting outside the house a little more often, if only we could summon up the courage. I certainly would implore you to open the door just a little bit and take a look at what's outside. Thank you very much. (Applause)

[http://www.ted.com/talks/ben\\_saunders\\_why\\_bother\\_leaving\\_the\\_house/transcript?language=en](http://www.ted.com/talks/ben_saunders_why_bother_leaving_the_house/transcript?language=en)

I essentially drag sledges for a living so if it doesn't take an awful lot to flummox me intellectually but I'm going to read this question from an interview earlier this year philosophically does the constant supply of information steal our ability to imagine or replace our dreams of achieving after all if it is being done somewhere by someone and we can participate virtually then why bother leaving the house I'm usually introduced as a polar explorer I'm not sure that's the most progressive or 21st century of job titles but I've spent more than two percent now of my entire life living in a tent inside the arctic circle so I get out of the house a fair bit and in my nature I guess I am a doer of things more than I am a spectator or a contemplator of things and it's that dichotomy the gulf between ideas and action that I'm going to try and explore briefly the pithiest answer to the question why that's been dogging me for the last years was credited certainly to this chap the rakish looking gentleman standing at the back second from the left george lee mallory many of you will know his name in he was last seen disappearing into the clouds near the summit of mt everest he may or may not have been the first person to climb everest more than years before edmund hillary no one knows if he got to the top it's still a mystery but he was credited with coining the phrase because it's there now I'm not actually sure that he did say that there's very little evidence to suggest it but what he did say is actually far nicer and again I've printed this I'm going to read it out

the A1 first A1 question A1 which A1 you A1 will A1 ask A1 and A1 which A1 I A1 must A2 try A2  
to A1 answer A1 is A1 this A1 what A1 is A1 the A1 use A1 of A1 climbing A2 mt everest and A1  
my A1 answer A1 must A2 at A1 once A2 be A1 it A1 is A1 no A1 use A1 there A1 is A1 not A1  
the A1 slightest B2 prospect B2 of A1 any A1 gain B1 whatsoever C1 oh A1 we A1 may A1 learn A1 a A1  
little A1 about A1 the A1 behavior of A1 the A1 human B1 body A1 at A1 high A2 altitudes and A1  
possibly A2 medical B2 men A1 may A1 turn A2 our A1 observation B2 to A1 some A1 account for C2  
the A1 purposes B1 of A1 aviation but A1 otherwise B1 nothing A2 will A1 come A1 of A1 it A1 we A1  
shall A2 not A1 bring back A2 a A1 single A2 bit A2 of A1 gold A2 or A1 silver A2 and A1 not A1 a A1  
gem nor B2 any A1 coal C1 or A1 iron B1 we A1 shall A2 not A1 find A1 a A1 single A2 foot A1 of A1  
earth B1 that A1 can A1 be A1 planted B1 with A1 crops B1 to A1 raise B1 food A1 so A2 it A1 is A1  
no A1 use A1 if A2 you A1 cannot A1 understand A1 that A1 there A1 is A1 something A1 in A1 man A1  
which A1 responds B2 to A1 the A1 challenge B1 of A1 this A1 mountain A2 and A1 goes out A1 to A1  
meet A1 it A1 that A1 the A1 struggle B2 is A1 the A1 struggle B2 of A1 life A1 itself A2 upward C1  
and A1 forever B1 upward C1 then A1 you A1 won't A1 see A1 why A1 we A1 go A1 what A1 we A1  
get A1 from A1 this A1 adventure A2 is A1 just A2 sheer C1 joy B2 and A1 joy B2 after A1 all A1 is A1  
the A1 end A1 of A1 life A1 we A1 don't A1 live A1 to A1 eat A1 and A1 make A1 money A1 we A1  
eat A1 and A1 make A1 money A1 to A1 be A1 able A2 to A1 enjoy A1 life A1 that A1 is A1 what A1  
life A1 means A2 and A1 that A1 is A1 what A1 life A1 is A1 for A1 mallory's argument B1 that A1  
leaving A1 the A1 house A1 embarking on A1 these A1 grand C1 adventures A2 is A1 joyful and A1  
fun A1 however A2 doesn't A1 tally that A1 neatly C1 with A1 my A1 own A2 experience B1 the A1  
furthest B1 i've ever A2 got away B2 from A1 my A1 front A2 door A1 was A1 in A1 the A1 spring A2  
of A1 i A1 still A2 don't A1 know A1 exactly A2 what A1 came over C1 me A1 but A1 my A1 plan A2  
was A1 to A1 make a B2 solo B2 and A1 unsupported crossing A2 of A1 the A1 arctic ocean B1 i A1  
planned B1 essentially B2 to A1 walk A1 from A1 the A1 north A2 coast B1 of A1 russia to A1 the A1  
north A2 pole C2 and A1 then A1 to A1 carry on B1 to A1 the A1 north A2 coast B1 of A1 canada  
no one A2 had A1 ever A2 done this A1 i A1 was A1 at A1 the A1 time A1 a A1 lot A1 of A1  
experts B1 were A2 saying A1 if A1 was A1 impossible B1 and A1 my A1 mum A1 certainly A2 wasn't  
very A1 keen B1 on A1 the A1 idea A2 laughter B2



the A1 journey A2 from A1 a A1 small A1 weather A1 station A1 on A1 the A1 north A2 coast B1 of A1 siberia up A1 to A1 my A1 final A2 starting A1 point A2 the A1 edge B1 of A1 the A1 pack A2 ice A2 the A1 coast B1 of A1 the A1 arctic ocean B1 took A1 about A1 five A1 hours A1 and A1 if A2 anyone A2 watched A1 fearless C2 felix baumgartner going up B1 rather B1 than A1 just A2 coming down B2 you'll appreciate B2 the A1 sense B1 of A1 apprehension as A1 i A1 sat A1 in A1 a A1 helicopter A2 thundering north A2 and A1 the A1 sense B1 i A1 think A1 if A2 anything A1 of A1 impending doom C2 i A1 sat A1 there A1 wondering B1 what A1 on A1 earth B1 i A1 had A1 gotten myself A2 into A1 there A1 was A1 a A1 bit A2 of A1 fun A1 a A1 bit A2 of A1 joy B2 i A1 was A1 i A1 remember A1 sitting A1 there A1 looking A1 down A1 at A1 my A1 sledge i A1 had A1 my A1 skis B1 ready A1 to A1 go A1 i A1 had A1 a A1 satellite B2 phone A1 a A1 pump B1 action B1 shotgun in A1 case A2 i A1 was A1 attacked B1 by A2 a A1 polar bear B2 i A1 remember A1 looking A1 out of A2 the A1 window A1 and A1 seeing A1 the A1 second A1 helicopter A2 we A1 were A2 both A1 thundering through A2 this A1 incredible B1 siberian dawn B2 and A1 part A1 of A1 me A1 felt A1 a A1 bit A2 like A1 a A1 cross A1 between A1 jason boume and A1 wilfred thesiger part A1 of A1 me A1 felt A1 quite A2 proud B1 of A1 myself A2 but A1 mostly B1 i A1 was A1 just A2 utterly C1 terrified B1 and A1 that A1 journey A2 lasted B1 weeks A1 days A1 i A1 didn't B2 see A1 anyone A2 else A2 we A1 took A1 this A1 photo A1 next A1 to A1 the A1 helicopter A2 beyond B2 that A1 i A1 didn't B2 see A1 anyone A2 for A1 weeks A1 the A1 north A2 pole C2 is A1 slap B2 bang B2 in A1 the A1 middle A2 of A1 the A1 sea A1 so A2 i'm traveling over A2 the A1 frozen B1 surface B2 of A1 the A1 arctic ocean B1 nasa described A2 conditions B1 that A1 year A1 as A1 the A1 worst A2 since A2 records A2 began A1 i A1 was A1 dragging B1 kilos A2 of A1 food A1 and A1 fuel B1 and A1 supplies B2 about A1 pounds A2 the A1 average B1 temperature A2 for A1 the A1 weeks A1 was A1 minus A2 minus A2 was A1 the A1 coldest A1 so A2 again A1 there A1 wasn't an A1 awful B1 lot A1 of A1 joy B2 or A1 fun A1 to A1 be A1 had A1

one A1 of A1 the A1 magical B2 things A1 about A1 this A1 journey A2 however A2 is A1 that A1 because A1 i'm walking A1 over A2 the A1 sea A1 over A2 this A1 floating B1 drifting C2 shifting C1 crust of A1 ice A2 that's floating B1 on A1 top A2 of A1 the A1 arctic ocean B1 is A1 it's an A1 environment B1 that's in A1 a A1 constant B2 state B2 of A1 flux the A1 ice A2 is A1 always A1 moving A2 breaking up B1 drifting C2 around A2 refreezing so A2 the A1 scenery B1 that A1 i A1 saw A1 for A1 nearly A2 months A1 was A1 unique B2 to A1 me A1 no one A2 else A2 will A1 ever A2 could A2 ever A2 possibly A2 see A1 the A1 views A2 the A1 vistas that A1 i A1 saw A1 for A1 weeks A1 and A1 that A1 i guess B1 is A1 probably A2 the A1 finest A1 argument B1 for A1 leaving A1 the A1 house A1 i A1 can A1 try A2 to A1 tell you what C2 it A1 was A1 like A1 but A1 you'll never A1 know what C1 it A1 was A1 like A1 and A1 the A1 more A1 i A1 try A2 to A1 explain A2 that A1 i A1 felt A1 lonely B1 i A1 was A1 the A1 only A1 human B1 being A1 in A1 million A2 square A2 miles B1 it A1 was A1 cold A1 nearly A2 minus A2 with A1 windchill on A1 a A1 bad A1 day A1 the A1 more A1 words A1 fall A2 short A1 and A1 i'm unable B1 to A1 do A1 it A1 justice B2 and A1 it seems B2 to A1 me A1 therefore B1 that A1 the A1 doing A1 you A1 know A1 to A1 try A2 to A1 experience B1 to A1 engage C1 to A1 endeavor rather B1 than A1 to A1 watch A1 and A1 to A1 wonder B1 that's where A1 the A1 real A2 meat A1 of A1 life A1 is A1 to A1 be A1 found A1 the A1 juice A1 that A1 we A1 can A1 suck C2 out of A2 our A1 hours A1 and A1 days A1 and A1 i A1 would A1 add A2 a A1 cautionary note A1 here A1 however A2 in A1 my A1 experience B1 there A1 is A1 something A1 addictive C1 about A1 tasting B1 life A1 at A1 the A1 very A1 edge B1 of A1 what's humanly possible A1 now A1 i A1 don't A1 just A2 mean A2 in A1 the A1 field A2 of A1 daff macho edwardian style B1 derring do A1 but A1 also A1 in A1 the A1 fields A2 of A1 pancreatic cancer B1 there A1 is A1 something A1 addictive C1 about A1 this A1 and A1 in A1 my A1 case A2 i A1 think A1 polar expeditions B1 are A1 perhaps A2 not A1 that A1 far removed from C2 having A1 a A1 crack B2 habit B1 i A1 can't A1 explain A2 quite A2 how A1 good A1 it A1 is A1 until A1 you've tried A2 it A1 but A1 it A1 has A1 the A1 capacity B2 to A1 burn up B2 all A1 the A1 money A1 i A1 can A1 get A1 my A1 hands A1 on A1 to A1 ruin B1 every A1 relationship B1 i've ever A2 had A1 so A2 be A1 careful A2 what A1 you A1 wish A2 for A1 mallory postulated that A1 there A1 is A1 something A1 in A1 man A1 that A1 responds B2 to A1 the A1 challenge B1 of A1 the A1 mountain A2 and A1 i A1 wonder B1 if A2 that's the A1 case A2 whether B1 there's something A1 in A1 the A1 challenge B1 itself A2 in A1 the A1 endeavor and A1 particularly B1 in A1 the A1 big A1 unfinished chunky challenges B1 that A1 face A1 humanity C1 that A1 call A2 out A2 to A1 us A1 and A1 in A1 my A1 experience B1 that's certainly A2 the A1 case A2 there A1 is A1 one A1 unfinished challenge B1 that's been A1 calling A2 out A2 to A1 me A1 for A1 most A2 of A1 my A1 adult A1 life A1



many of you will know the story this is a photo of captain scott and his team scott set out just over a hundred years ago to try to become the first person to reach the south pole no one knew what was there it was utterly unmapped at the time we knew more about the surface of the moon than we did about the heart of antarctica scott as many of you will know was beaten to it by roald amundsen and his norwegian team who used dogs and dogsleds scott's team were on foot all five of them wearing harnesses and dragging around sledges and they arrived at the pole to find the norwegian flag already there i'd imagine pretty bitter and demoralized all five of them turned and started walking back to the coast and all five died on that return journey there is a soft of misconception nowadays that it's all been done in the fields of exploration and adventure when i talk about antarctica people often say hasn't you know that's interesting hasn't that blue peter presenter just done it on a bike or that's nice you know my grandmother's going on a cruise to antarctica next year you know is there a chance you'll see her there laughter but scott's journey remains unfinished no one has ever walked from the very coast of antarctica to the south pole and back again it is arguably the most audacious endeavor of that edwardian golden age of exploration and it seemed to me high time given everything we have figured out in the century since from scurvy to solar panels that if it was high time someone had a go at finishing the job so that's precisely what i'm setting out to do this time next year in october i'm leading a team of three it will take us about four months to make this return journey that's the scale the red line is obviously halfway to the pole we have to turn around and come back again i'm well aware of the irony of telling you that we will be blogging and tweeting you'll be able to live vicariously and virtually through this journey in a way that no one has ever before and it'll also be a four month chance for me to finally come up with a pithy answer to the question why

and our lives today are safer and more comfortable than they have ever been there certainly isn't much call for explorers nowadays my career advisor at school never mentioned it as an option if i wanted to know for example how many stars were in the milky way how old those giant heads on easter island were most of you could find that out right now without even standing up and yet if i've learned anything in nearly years now of dragging heavy things around cold places it is that true real inspiration and growth only comes from adversity and from challenge from stepping away from what's comfortable and familiar and stepping out into the unknown in life we all have tempests to ride and poles to walk to and i think metaphorically speaking at least we could all benefit from getting outside the house a little more often if only we could summon up the courage i certainly would implore you to open the door just a little bit and take a look at what's outside thank you very much applause

This will be the website where you will find content from my workshops.

<http://cambridge-spring-seminar.weebly.com>