



## CAMBRIDGE SPRING SEMINAR 2017

# C1 Advanced

Listening for Listening Skills

Listening for Speaking Skills

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### 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 re. We wanted to see how the ora 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 o 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 o . 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 At everyone A2 my A1 name A1 S josh brady and At recently B1 | A1 was A1 lucky A2 a At botany trip A2 to A1 south A2 africa with A1 my At tutor B2 and At other At students At from At my At university At to At gather 82 data 82 for A1 the A1 research 81 project A2 We A1 involved B1 in A1 all A1 year A1 I A1 didn t post A2 my At diary A2 or A1 blog B1 on A1 university A1 website at because at i at d promised to 82 submit 82 a A1 report 81 on At return A2 which A1 would A1 appear B1 there A1 and A1 A1 was A1 working on B2 that A1 from At day At one At We At were A2 going to A2 explore B1 a A1 beautiful A1 region B1 of A1 coastal B2 countryside A2 that At had At previously B1 been At affected B2 not A1 by A2 drought c2 as A1 is At common B1 parts A1 of A1 the At african continent B1 I A1 Ve studied A1 but A1 by A2 We At wanted A1 to A1 See A1 how A1 the At ora and At other A1 life A1 forms A2 there At had At some At plants A1 growing A2 there A1 are At dependent 82 this At kind At of At on At event B1 to A1 trigger C1 their At germination when A1 We At first A1 saw A1 the A1 landscape B1 We At felt At rather B1 confused B1 much A1 of A1 the A1 area A2 seemed B1 to At cultivated c1 fields A2 principally of A1 red A1 tea A1 rather B1 than At the A1 colourful B1 flowers A1 led to B2 expect B1 sensing C2 our A1 confusion B2 our At tutor B2 reassured C1 us A1 that A1 We At soon At be At wilder A2 0 to A1 a A1 area A2 where A1 We At d see A1 striking B1 range B1 of At specimens c2 We At d imagined B1 this A1 would At involve B1 being At around A2 in At a At kind A1 of A1 minibus OF A1 even A2 a At van B1 and A1 trailer but A1 in At fact A2 what A1 we A1 boarded B1 was A1 what At i.A1 can At only At describe A2 as A1 a A1 truck B1 and A1 we A1 headed B2 out A2 into At the A1 natural B1 vegetation C1 when A1 arrived A2 and A1 started A1 walking A1 through A2 the A1 vegetation c1 i At found At the At leaves A1 rather B1 a A1 surprise A2 coastal B2 plants A1 can At often A1 be A1 tough B2 leaves A1 coming to B2 a A1 point A2 like At sharp B1 knives A1 but A1 these At resembled c1 than At anything At else A2 that At meant A2 A1 Was A1 inadequately dressed A2 for A1 walking A1 through A2 them A1 in A1 thin A2 trousers A1 i A1 was At also A1 totally B1 unprepared amazing A2 scent 82 that At the A1 plants At gave At 0 by A2 the A1 end A1 of At that At trip A2 I A1 d lost A2 count B1 of A1 how A1 many A1 species B2 we A1 d come across 82 small At delicate 82 the At local B1 farmers A2 are A1 totally B1 committed 82 to A1 protecting 81 the A1 flowers A1 the At plants At that A1 have A1 colonised area A2 conservationists Call A2 it A1 shrubland in A1 other A1 words A1 vast 82 area A2 of A1 vegetation C1 a A1 that A1 now A1 has A1 a A1 rich A2 array plant A1 species B2 but A1 that At sounds A2 bit A2 a At negative A2 for A1 a A1 place At that At to A1 seemed B1 like A1 a A1 paradise C1 one A1 drawback c1 was A1 that A1 although B1 the At bedrooms At in At our At hostel B1 each At had A1 a A1 balcony B1 the A1 view A2 was A1 of A1 a A1 small A1 garden A1 beyond B2 which A1 back At vard B1 with At was At hardly B1 impressive B2 but A1 way A2 of A1 compensation the A1 roof C2 offered A2 a At spectacular B1 vantage point A2 the At surrounding B1 scenery B1 We A1 spent A2 every A1 evening At watching At the A1 Sun A1 go down B1 from A1 there A1 a A1 magical B2 end A1 to At each At fantastic A2 day A1

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## Listening Part 2 - Stress

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## Listening Part 2 - Expressions

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- 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 o 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 A1 we A1 re looking at 82 careers B1 in A1 journalism B2 my A1 guests A2 are A1 jenny langdon and At peter sharples both at regular B1 columnists on A1 major B2 publications B2 made A1 your A1 name A1 really A1 young A1 didn t you A1 f relatively B2 raw 81 recruit C1 on A1 the A1 local B1 paper A1 when A1 a A1 scandal 82 broke A2 concerning 82 celebrity B1 living A1 nearby B1 out of A2 the A1 blue A1 i A1 found at myself a2 on At hands At basically B2 | A1 found A1 the At guy A2 interviewed B1 him At then At where At reporters 81 on At rival C1 papers At wouldn t find At him A1 story A2 broke A2 next A1 day A1 the A1 editorial team A2 had A1 actually A2 cobbled story A2 together A1 from A1 my A1 notes A1 but A1 it A1 Was A1 attributed c2 to A1 me A1 by A2 name A1 before A1 i A1 knew what C1 was A1 happening A2 i A1 d been A1 headhunted by A2 a A1 national A2 daily A2 it A1 was A1 a A1 turning A2 point A2 airight A1 but A1 i A1 can A1 hardly B1 claim B2 it A1 as A1 a A1 shrewd C2 career B1 move A2 or A1 anything At int and At the At that At national A2 daily A2 was A1 notoriously at A1 8 A1 bad A1 tempered individual B1 f well At there At that A1 reputation B2 A1 mean A2 S no A1 denying 82 he A1 deserved B1 landed B1 a A1 dream A2 job A1 i A1 was A1 really A1 thrown A2 in A1 at A1 the A1 deep A2 right A1 outside A1 his A1 office A2 i A1 Was A1 SO A2 first A1 in A1 the A1 firing B2 line A2 if A2 anything A1 went wrong 81 even A2 stuff B1 | A1 d had A1 no A1 hand in B1 but A1 i A1 knew better 82 than A1 to A1 argue B1 and A1 was A1 thick B1 skinned enough A2 not A1 to A1 take it C2 what A1 the A1 paper A1 was A1 like A1 anyway A2 that A1 S always A1 on A1 the A1 i A1 really A1 flourished C2 in A1 that A1 environment B1 int eventually 82 and At OWN A2 your At daily A2 column B2 f and A1 that A1 s where A1 i A1 really At came into c2 my A1 OWN A2 A1 mean A2 A1 d done stints on A1 the A1 sports A1 desk At been At celebrity B1 correspondent the At works At actually A2 | A1 only A1 got A1 offered A2 the A1 column B2 gap 81 when A1 my A1 predecessor c2 left A1 under A1 a A1 cloud A2 but At Was A1 I At to A1 hold on B1 to A1 it A1 and A1 it A1 came A1 at A1 just A2 the At right A1 time A1 if A2 been A1 earlier A2 A1 never at have at had at the at d nerve C1 or A1 the A1 experience B1 to A1 make it C1 my A1 OWN A2 int let A2 bring A2 S peter in A1 here At you At started At 0 celebrity B1 magazine A2 called A2 didn carp t you at m I A1 did A1 ostensibly to A1 a A1 speculative letter A1 to A1 the A1 editor B2 when A1 i A1 was A1 still A2 a A1 student A1 actually A2 A1 d been At doing At stuff B1 for A1 a A1 student A1 newspaper A1 university A1 skills B1 i A1 learnt there At stood A2 me At in At good A1 stead when At called A2 me A1 for At interview B1 my A1 approach B1 to A1 college A2 news A2 convinced B1 them At i At was At in At touch B1 with A1 reality B2 you A1 know A1 budgets B2 deadlines B2 all A1 that A1 S what At swung 82 it A1 in A1 my A1 favour B1 it A1 wasn t just A2 having A1 my A1 finger A2 on A1 the A1 pulse C1 as A1 far A2 as A1 youth B1 culture B1 was A1 concerned B2 important A1 as A1 that A1 was A1 at A1 carp int can A1 i A1 ask A1 you A1 both A1 whether B1 you A1 d say A1 courses A1 in A1 journalism B2 are A1 worth B1 doing A1 jenny

well A1 I A1 wanted A1 to A1 write A1 and A1 a A1 journalism B2 course A1 seemed B1 reasonable B1 enough A2 starting A1 point A2 journalism B2 is A1 at A1 least A2 paid A1 up A1 front A2 some A1 forms A2 of A1 writing A1 and A1 there A1 s no A1 denying B2 that A1 was A1 so A2 yes A1 I A1 did A1 one A1 and A1 you A1 know A1 if A2 I A1 hadn t knows at if az i at d have at been at able az to at handle bt the at stuff bt thrown az at at me at when A1 i A1 first A1 arrived at C2 the A1 newspaper A1 it A1 does A1 give At you At that At 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 invaluable C1 because A1 they A1 give A1 you A1 that A1 free A2 rein and A1 issues B1 but A1 they A1 re generally 81 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 At keep A2 asking 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 | A1 have A1 nothing A2 left A1 to A1 prove B1 | A1 still A2 up A1 for A1 m next At thing At that A1 comes along B1 | A1 | II never At be A1 a A1 prize A2 winning A2 novelist B2 but A1 go A1 at A1 it A1 keeps A2 me A1 on A1 toes A2 it A1 would A1 be A1 having A1 a A1 my 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 81 my A1 grand C1 passion 82 | A1 don t know A1 about A1 you A1 peter but A1 i A1 hardly B1 thinking of B1 moving on C1 m well A1 i A1 expect B1 there A1 s people at who at d 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 At i At m not A1 i A1 d go A1 along A2 with A1 the A1 idea A2 of A1 diversification though B1 and A1 | A1 not A1 making A1 great A1 claims B2 for A1 m either B1 but A1 i A1 would A1 take A1 issue B1 with A1 the A1 idea A2 that A1 journalism B2 itself A2 further A2 challenge B1 i A1 wish A2 i A1 had A1 your A1 confidence B2 jenny i A1 m holds B2 no A1 always At telling At myself az that a1 i A1 m only A1 as A1 good A1 as A1 my A1 last A1 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 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 work A1 itself A2 was A1 quite A2 demanding B1 and A1 the A1 but A1 one A1 day A1 and A1 realised that A1 it A1 didn t amount B1 to A1 much A1 and A1 was A1 really A1 pointless C1 handing in B1 my A1 notice A2 was A1 the A1 next A1 logical B2 step B1 photographer A2 a A1 job A1 i A1 d always A1 dreamed A2 of 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 be A1 a A1 risky 82 job A1 but A1 ultimately C1 a A1 far A2 more A1 rewarding B2 will A1 always A1 one A1 not A1 financially 82 mind you c2

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 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 stop A1 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 how A1 | A1 got into B2 S rally c2 driving A1 really A1 i A1 went A1 to A1 rally c2 school A1 part A1 time 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 82 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 At to A1 love A1

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i A1 worked A1 in A1 a A1 busy A2 studio B1 as A1 a A1 radio A1 copywriter challenging B1 and A1 fun A1 but A1 frustrating c1 because A1 it A1 wash t leading B1 anywhere A2 wise 82 i A1 was A1 spotted 82 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 presenting 82 slot c1 on A1 general B1 interest B1 show A1 i A1 jumped at C2 it A1 a At 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 at would at ve been A1 better A1 to A1 work A1 as A1 an A1 intern while A2 to A1 learn A1 the A1 ropes B2 but A1 it A1 s free A2 for A1 a A1 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 foot At pretty A2 optimistic B2 about A1 making a B2 go A1 of A1 it A1 In A1 the A1 door A1 | A1 m

At had at a At responsible Bt job At that At i At d worked At hard At for At most Az people At consider B1 being A1 an A1 eye A1 surgeon C1 pretty A2 rewarding B2 both A1 financially B2 and A1 emotionally 82 A1 wasn t keen B1 to A1 leave A1 but A1 the A1 long A1 shifts B2 and A1 the A1 sheer c1 of A1 patients B1 got A1 me A1 down A1 i A1 wanted A1 to A1 use A1 volume B1 my A1 knowledge B1 and A1 experience B1 in A1 other A1 ways A2 | A1 did A1 some A1 research B1 On A1 effects B1 of A1 sunlight B2 on A1 children A1 s eyes A1 and A1 eventually B2 started A1 my A1 GWII A2 business A1 we A1 manufacture 82 UD A1 a A1 range B1 of A1 sunglasses A2 children at s eyes at against A2 harmful B2 rays B2 | A1 m SO AZ I A1 Call A2 the A1 shots B2 which A1 suits A2 me A1 down A1 to A1 the A1 ground B1 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

A1 essentially B2 drag B1 sledges for A1 2 A1 living A1 SO A2 IL A1 doesn't At take At an At intellectually c2 me At but at i'm going to A2 read A1 this A1 earlier A2 year At philosophically constant 82 information A2 steal Az OUT A1 ability B1 to At imagine B1 achieving B1 after A1 all A1 if A2 We At can A1 participate B2 virtually B2 then At usually A2 the At i'm introduced Bt as At a A1 polar explorer i'm the At 21st century A2 of A1 titles 81 most A2 progressive B2 OF A1 job A1 but At spent A2 more At two At percent 81 entire 82 now At of At my At life A1 circle A2 50 A2 I A1 get out of B2 the At house At bit A2 a A1 fair A2 i guess Bt I A1 am At a A1 doer of At things At more At than At contemplator things A1 and A1 it's dichotomy gulf cz and At action 81 that At im going to A2 pithiest the At question A1 last At years At was A1 credited certainly A2 to A1 this At chap looking A1 gentleman B2 standing at C1 the A1 back A1 second A1 from A1 will A1 know A1 VOU A1 his A1 name At in At the A1 clouds A2 near A1 the A1 summit c1 into At of A1 mt everest have At been At the first person 82 0 A1 Climb A2 everest edmund hillary по опе а2 if A2 knows At he At got to B2 the At top A2 mystery 81 but At he At was At credited with A1 coining c2 the A1 phrase B1 because A1 i'm not At actually A2 sure A2 that A1 he At did At little A1 evidence B2 to A1 suggest B1 it A1 but A1 what A1 he A1 actually A2 far A2 nicer A1 and A1 again A1 ive printed A2 this A1 i'm going to A2 read A1 It A1 out A2

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 all answer All is All this All what All is All the All use All of All climbing Az mt everest and All my At answer At 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 az medical 82 men at may at turn az our at observation 82 to at some at account for cz purposes B1 of A1 aviation but A1 otherwise B1 nothing A2 will A1 come A1 of A1 it A1 we A1 shall az notat bring back az a at single az bit az ofat gold az orat silver az and at notat a at nor 82 any A1 coal c1 or A1 iron B1 we A1 shall A2 not A1 find A1 a A1 single A2 foot A1 of A1 gem earth 61 that A1 can A1 be A1 planted 61 with A1 crops 61 to A1 raise 61 food A1 30 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 at responds B2 to at the at challenge B1 of at this at 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 at from at this at adventure az is at just az sheer ct joy bz and at joy bz after at all at is at the At end At of At life At we At don't At live At to At eat At and At make At money At we At eal at and at make at money at to at be at able az to at enjoy at life at that at is at what at 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 fun A1 however A2 doesn't A1 tally that A1 neatly C1 with A1 my A1 own A2 experience B1 the A1 ever A2 got away B2 from A1 my A1 front AZ door A1 was A1 furthest B1 ive in at the at spring az of A1 IA1 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 82 solo 82 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 az had at ever az done this at i at was at al at the at time at a at lot at of at 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 82 you'll appreciate 82 the A1 sense 81 of A1 apprehension as A1 IA1 sal A1 III 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 iA1 sat A1 there A1 wondering B1 what A1 on A1 earth B1 iA1 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 at had at my at 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 and at cross at between at jason bourne and at wilfred thesiger part at of at me at felt at 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 IA1 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 AZ 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 82 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 environment 81 that's in A1 a A1 constant 82 state 82 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 (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 at know what cr it at was at like at and at the at more at i.a. try az to at explain az that at i.a.t. felt at lonely bt i.a.t. was at the at only at human bt being at in at million at square at miles bt it at was at cold at 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 daft 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 az not at that at far removed from cz having at a at crack az habit at i at can't at explain az 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 IA1 can A1 get A1 my A1 hands A1 on A1 to A1 ruin B1 every A1 relationship B1 iVe 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 82 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 81 in A1 the A1 big A1 unfinished chunky challenges 81 that A1 face A1 humanity C1 that A1 call az oul az tu at us at and at in at my at experience at that's certainly az the at case az there A1 is A1 one A1 unfinished challenge B1 that's been A1 calling A2 out A2 to A1 me A1 for A1 most az of at my at adult at life at

many A1 of A1 you A1 will A1 know A1 the A1 story A2 this A1 is A1 a A1 photo A1 of A1 captain B1 - scott and A1 his A1 team A2 scott set out B1 just A2 over A2 a A1 hundred A2 years A1 ago A2 to A1 try A2 to A1 become A2 the first person B2 to A1 reach B1 the A1 south A2 pole C2 no one A2 knew what c1 was A1 there A1 It A1 was A1 utterly C1 unmapped at A1 the A1 time A1 we A1 knew A1 more A1 about A1 the A1 surface B2 of A1 the A1 moon A2 than A1 we A1 did A1 about A1 the A1 heart A2 of A1 antarctica scott as A1 many A1 of A1 you A1 will A1 know A1 was A1 beaten B1 to A1 it A1 by A2 roald amundsen and A1 his A1 norwegian team A2 who A1 used A1 dogs at and at dogsleds scott's team at were at on at foot at all at five at of at them at wearing A1 harnesses and A1 dragging B1 around A2 sledges and A1 they A1 arrived at C2 the A1 pole C2 to A1 find A1 the A1 norwegian flag B1 already A2 there A1 i'd imagine B1 pretty A2 bitter B1 and A1 demoralized all A1 five A1 of A1 them A1 turned A2 and A1 started A1 walking A1 back A1 to A1 the A1 COast B1 and A1 all A1 five A1 died A1 On A1 that A1 return A2 journey A2 there A1 is A1 a A1 sort A2 of A1 misconception nowadays B1 that A1 it's all A1 been A1 done in A1 the A1 fields A2 of A1 exploration and A1 adventure A2 when A1 i A1 talk A1 about A1 antarctica people A1 often A1 say A1 hasn't A2 you A1 know A1 that's interesting A1 hasn't A2 that A1 blue A1 peter presenter B2 just az done it at on at a at bike az or at that's nice at you at know at my at going on 81 a A1 cruise 81 to A1 antarctica next A1 year A1 you A1 know A1 is A1 there A1 a A1 chance B1 you'll see A1 her A1 there A1 laughter B2 but A1 scott's journey A2 remains B1 unfinished no one A2 has A1 ever A2 walked A1 from A1 the A1 very A1 coast B1 of A1 antarctica to A1 the A1 south A2 pole C2 and A1 back A1 again A1 it A1 is A1 arguably the A1 most A2 audacious endeavor of at that at edwardian golden az age at of at exploration and at it seemed az to at me at high az time A1 given A1 everything A2 We A1 have A1 figured out B2 in A1 the A1 century A2 since A2 from A1 scurvy to A1 solar B2 panels C1 that A1 it A1 was A1 high A2 time A1 someone A2 had A1 a A1 go A1 at A1 finishing A1 the A1 job A1 SO A2 that's precisely 82 what A1 i'm setting out 81 to A1 do A1 this A1 time A1 next A1 year A1 in A1 october A1 im leading a B2 team A2 of A1 three A1 it A1 will A1 take A1 US A1 about A1 four A1 months A1 to A1 make A1 this A1 return A2 journey A2 that's the A1 scale B2 the A1 red A1 line A2 is A1 obviously B1 halfway to A1 the A1 pole C2 we A1 have A1 to A1 turn az around az and at come back az again at i'm well at aware Bz of at the at irony cz of at telling A1 you A1 that A1 We A1 will A1 be A1 blogging B1 and A1 tweeting you'll be A1 able A2 to A1 live A1 vicariously and A1 virtually B2 through A2 this A1 journey A2 in A1 a A1 way A2 that A1 no one A2 has at ever a2 before at and at it'll also at be at a at four at month at chance by for at me at to A1 finally A2 come up with B2 a A1 pithy answer A1 to A1 the A1 question A1 why A1

and A1 our A1 lives A1 today A1 are A1 safer A1 and A1 more A1 comfortable A2 than A1 they A1 have A1 ever A2 been A1 there A1 certainly A2 isn't A1 much A1 call for B1 explorers nowadays B1 my A1 career B1 advisor at A1 school A1 never A1 mentioned B1 it A1 as A1 an A1 option B1 if A2 i A1 wanted A1 to A1 know A1 for A1 example A1 how A1 many A1 stars A2 were A2 in A1 the A1 milky way A2 how A1 old A1 those A1 giant B1 heads A1 on A1 easter island A2 were A2 most A2 of A1 you A1 could A2 find A1 that A1 out A2 right A1 now A1 without A2 even A2 standing up B2 and A1 yet A2 if A2 Tive learned A1 anything A1 in A1 nearly A2 years A1 now A1 of A1 dragging B1 heavy A2 things A1 around A2 cold A1 places A1 if A1 is A1 that A1 true A2 real A2 inspiration B2 and A1 growth B2 only A1 comes from A1 adversity and A1 from A1 challenge B1 from A1 stepping B1 away A2 from A1 what's comfortable A2 and A1 familiar B1 and A1 stepping B1 cut A2 into A1 the A1 unknown B1 in A1 life A1 we A1 all A1 have A1 tempests to A1 ride A1 and A1 poles C2 to A1 walk A1 to A1 and A1 iA1 think at metaphorically speaking at at at least az we at could az all at benefit at from at getting at outside at the At house at a At little At more At often At if Az only At we At could Az summon cz up A1 the A1 courage B2 i A1 certainly A2 would A1 implore you A1 to A1 open A1 the A1 door A1 just A2 a A1 little A1 bit A2 and A1 take A1 a A1 look at B2 what's outside A1 thank you A1 very A1 much A1 applause C1

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