TRANSKRYPCJA NAGRAŃ

Zadanie 4.

When I decided to set up my own business, I thought of *Survival Academy* – a kind of school for people who want to prove themselves in extreme situations. It was a natural choice for me. As you can imagine I've built up quite a lot of experience due to my various projects on TV: I hosted *Born Survivor* and *Man vs Wild*, and took part in filming a few seasons of each in different parts of the world. But when a local TV station learnt about my plans and offered to film my *Survival Academy* I turned the offer down. I don't want my course participants to be distracted by cameras.

I found the ideal place for my *Academy* when I was on holiday three years ago in the Scottish Highlands. I realised that it offers numerous advantages like rugged scenery and capricious weather, both perfect for setting demanding tasks. And there was one more reason for choosing this area. I've never done any professional assignments there and I am eager to test myself in a completely new location. I also appreciate the distance from civilization as I don't want reporters to spy on me and compare my past survival TV shows with what I'll be doing in Scotland in a few weeks. That is when the first course will start.

I believe that surviving in extreme situations requires two abilities: an adequate reaction to danger and appropriate survival skills. The first – the right reaction – is actually difficult to teach. Everyone reacts differently. I've met a lot of real survivors and I'm sure that simply sharing their experiences with those who can't imagine real danger makes little sense. Instead, I intend to actually put participants in life-threatening situations so that they can discover how they are likely to react themselves. What I can teach them then are the practical skills crucial for survival, like building their own shelter or finding edible plants.

I'm sure that I can make my *Academy* relatively safe. But there are always risks. The wild is unpredictable and accidents will happen, usually when you're least expecting them. I also take it for granted that some participants will merely treat the *Academy* as an exciting adventure. They may put their lives in danger trusting the coach to come to their rescue when things get out of control. The *Academy* is not for wimps but if someone takes unnecessary risks to show off, we will have to say goodbye to them.

adapted from telegraph.co.uk

Zadanie 5.

One
One of the first things that strikes you when you enter a supermarket is the mouth-watering smell. There is a good reason why the bakery section is always near the store entrance. A bakery gives off an attractive smell, and that smell is likely to make you hungry. The supermarket knows that if you feel hungry, you are likely to buy more than if you are full.

Two
Manufacturers of brand name products pay a lot to have their goods placed on the supermarket displays at eye level. They are willing to pay because they know you are more likely to buy something that you can easily see as you are walking down the aisle than something you have to look for. The result is that the products placed at eye level are usually the most expensive, but not necessarily the best quality.

Three
Have you ever noticed that when you only have the need to buy a few basic items you have to travel the whole supermarket area to find them? Shoppers want to get the item they came for as quickly as possible. However, the supermarket layout is often rearranged. The customers, in search of their usual purchases, go down many aisles and as a result pick up a few extra items along the way. This practice makes it impossible even for regular customers to plan their shopping route in advance.

Four
Just because something grabs your attention doesn't mean you have to buy it. Supermarket managers know that shoppers think that larger packets often equal a better deal and they take advantage of this. However, such packets are often less value for money. Before taking the product off the shelf, take the time to calculate the per unit or per weight cost. More often than you would expect, smaller packs of an item are actually better value than the same item in a larger pack.

Five
Supermarkets will promote certain items to make you come to the store. But don't get fooled into thinking that everything that has a big label *sale* or *amazing offer* above it is really a bargain. You can sometimes find similar products that are even cheaper than goods offered in a sale. It's important to focus on the price of a product and not on the appealing slogans promoting it. Otherwise, you may easily be taken in.

adapted from www.whatprice.co.uk

Zadanie 6.

Man: **Many people dream about quitting their jobs for a life in paradise. Our guest today is a woman who didn't just dream about it, she actually did it. Meet Noelle Hancock who gave up a $95,000 job and moved to the Caribbean island of St. John to scoop ice cream. Few people have enough courage to make such a big change. But you did. What made you do it?**

Woman: It all began four years ago after I finished writing my book. I was a 31-year-old journalist living in Manhattan in a lovely neighbourhood with every imaginable convenience and form of entertainment. Still, I was beginning to feel more and more disheartened and lonely. It was getting me down. When the book was published, I got an attractive job offer, and although it was very tempting, I chose adventure and packed my bags.

Man: **There are about two million people living in Manhattan. How can one feel lonely there?**

Woman: New York is a competitive city – you have to spend most of your time working to afford to live there. And a downside of living among so many ambitious people is they're often overscheduled. Sometimes I didn't see my closest friends for months. Trying to negotiate a time to meet a friend for a chat was harder than getting into college. I know it's ironic to feel lonely in such a big city, but it seemed I spent my life staring at screens: laptop, phone, iPad. I was just fed up with that.

Man: **What's the island you're living on like?**

Woman: It's really small. The island's main town, Cruz Bay, has just a few winding roads and a handful of open-air bars and restaurants. There are no traffic lights, no chain stores and access to Wi-Fi is limited. Shoes are optional. We get everywhere on foot or by car, mainly in beaten-up Jeeps because no one cares what kind of car you drive. We shower and wash our stuff in filtered rainwater collected in cisterns attached to the house. I have plenty of time to see my friends and on my days off, I hike, dive, or go boating to the nearby islands.

Man: **And where do you see yourself in the future?**

Woman: That question reminds me of my job interviews. I was often asked, "Where do you see yourself in five years?" It always seemed a depressing notion to know what you'd be doing five years in the future. Lately I've been thinking of moving somewhere entirely different. Europe, perhaps? There are so many places to go! Who knows where I'll end up? Living abroad has exposed me to a different approach to life, one in which you're not expected to settle down or tie yourself to a place by running a business or having a long-term contract.

Man: **And the last question. What message would you like to pass on to our listeners?**

Woman: Well, many people aren't living in the moment; they're waiting for some indeterminate time in the future when they've saved up enough vacation days and money to take a trip somewhere. But if you're constantly longing for a vacation, maybe what you really want is a new life. You should seriously take this option into consideration.

adapted from www.cosmopolitan.com