TRANSKRYPCJA NAGRAŃ

Zadanie 1.

One

Living in a castle was nothing like what movies portray it to be. It would have been full of pomp and ceremony, but also very cold and smelly! When you're visiting a castle these days, it's hard to believe just how busy and how crowded that same castle would have been at the height of medieval times. To find out more, have a look at *Life in Britain's Medieval Castles*, by Joseph Giles. Unusually for academic work, this book is really easy to follow! It'll take you through the history of British castles, and will provide lots of insights into medieval life.

adapted from www.exploring-castles.com

Two

Interviewer: There's a lot of evidence that colours have the ability to influence our emotions. But it seems few of us realize the potential of colours for sport organisations. Amanda Reeds from Columbia University has got some interesting findings.

Amanda: Yes, our research shows that what allows a colour to produce a desired emotional response during a sporting event is often the colour next to it. Different colours placed together can be far more powerful than one colour alone.

Interviewer: That's interesting…

Amanda: We've also discovered that colours change under certain conditions. Colours that appear attractive in the changing room look different in the background of a football stadium. I believe many sports teams fail to recognise this fact.

Interviewer: So, I guess clubs should try to take it into consideration when selecting colours which will best represent them.

Amanda: That's right.

adapted from http://fulltext.ausport.gov.au

Three

Have you ever wondered why some people get anxious when they see in the calendar it's the 13th and others don't? Of course not everyone is superstitious. However, there is also another reason. In different countries, different numbers are thought to be unlucky. In China it is number four because its pronunciation is similar to that of the word "death". That's why many buildings in China skip the fourth floor. Nine is feared in Japan because it sounds similar to the word "suffering". Then, some Italians are superstitious about Friday the 17th because when you rearrange the Roman numeral for seventeen that is XVII, you can make the Latin word "*vixi*" which means "my life is over".

adapted from wwe.nationalgeographic.com

Zadanie 2.

One
When I went to Tibet for the first time, I was surprised to see my Tibetan host sticking out his tongue when he greeted me. Don't be alarmed – it's a common greeting. Tibetans used to believe that people with black tongues intended to poison somebody, so by sticking out their tongues they are showing that they aren't planning to harm you. Another form of greeting is a slight bow of the head accompanied by opening your hands at waist level. The form is commonly used no matter who you're greeting. Interestingly, when Tibetan families are united after being apart, there are no hugs, patting or shaking hands. Instead, bows and murmured words of greeting are exchanged.

Two
On your first visit to Japan, you'll notice people greeting each other by bowing. The bow can range from a small nod of the head to a long complete ninety degree bend at the waist. The depth and length of a bow depends on the relationship and degree of respect. While a small head bow is common among younger people, especially students, as a casual and informal welcome, a deep bow is meant to greet people with a higher social status and at formal receptions. Don't worry about how to bow, as most Japanese don't expect foreigners to know proper bowing rules and a simple handshake is acceptable.

Three
When you arrive in the Philippines, you'll have the opportunity to witness one of the most unique welcoming customs. When you greet an elderly person, you must bow a little, grab the person's right hand with your hand and raise it so that your knuckles touch the elder person's forehead. The gesture must be a gentle one so as not to harm anybody. Don't get anxious, as for foreigners a handshake is a standard greeting between both sexes; however, a man should wait for a woman to extend her hand first.

Four
When visiting Thailand, you'll find that the most common Thai greeting custom requires one to make a slight bow of the head with palms pressed together in a prayer-like fashion. The gesture was originally meant to indicate the absence of weapons but it is still used extensively throughout Thailand as a form of salutation. The higher the hands in relationship to the face, the higher the level of esteem reflected. Performing the Thai greeting might feel strange at first, but you'll soon come to enjoy it.

adapted from www.news.com.au

Zadanie 3.

Interviewer: As the admission process to colleges and universities across the USA is about to begin, students are looking for some way to stand out. Most do a good job of putting their academic records in the best light, but there are always some who make basic mistakes that drive admissions counsellors crazy. I'm sure you would like to learn more about it. Today I'm talking to Tom Drake, vice president for students affairs from the University of Arizona…

Tom: First of all, don't be someone you're not. I become skeptical about a candidate when I notice his or her list of extracurricular activities increase significantly during their senior year. Shortly before application time, it seems the student has a huge interest in serving the poor, working with children with special needs, protecting the rain forest and participating in the drama or chess club! I don't doubt the authenticity of the student's list, but I do question the candidate's dedication to so many causes in the last grade. As admissions officers we want to know which of these activities are truly a passion. We are trying to shape our university community to include a diversity of interests and getting clear information about the student not only helps us – it helps the student find the right kind of environment.

Interviewer: Apart from the required documents, should students provide some additional information?

Tom: If they want to, they can include such information in the so-called personal statement. Otherwise, we will be lacking important information about them. It sometimes happens that we have a student whose number of points is on the borderline, and who does not share a personal statement. This student may have worked 30 hours per week to support his or her family financially, or maybe a difficult family situation contributed to a semester or year of below-average grades. With the statement, we can consider such additional circumstances.

Interviewer: Is there anything that you find especially annoying in the application process?

Tom: Yes, it's when I receive emails or calls asking me about deadline dates, whether or not we have a certain major, or what is required to apply. With all this information plainly stated on our website and in all our printed materials, I can't help but wonder how the student will navigate the complexities of college life. Perhaps some students think they need to send emails or make a phone call to show interest. That's not the case at all. We want them to display that they have a meaningful understanding of our institution and the independence necessary to use resources they have access to, like the library or the Internet.

Interviewer: And the last question: what's the worst thing that can happen to a candidate in your opinion?

Tom: Once there was an applicant who wrote about our exciting school spirit, fun football games, and tremendous academic programmes. And then he mentioned Cleveland as a great town to live in. Definitely not good, since this is Tucson! This is a classic mistake, using a ready-made essay for similar schools and forgetting to change the name.

Interviewer: Thank you, Tom, for your time and sharing all this information…

adapted from www.usnews.com