

**Overview**

Watch the video podcast. Who do you most identify with?



1 Complete Natalie's introduction with the words from the box. Then watch the video podcast from 0:00 to 0:26 and check your answers.

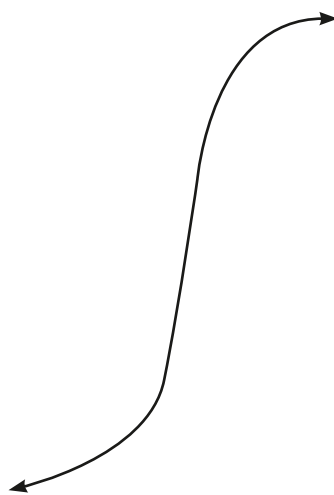
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My life has changed a lot in the <sup>1</sup> last ten years. I've moved <sup>2</sup> \_\_\_\_\_ from home and into <sup>3</sup> \_\_\_\_\_ London, and that's <sup>4</sup> \_\_\_\_\_ me feel much <sup>5</sup> \_\_\_\_\_ independent. How about you? In <sup>6</sup> \_\_\_\_\_ ways do you feel different today <sup>7</sup> \_\_\_\_\_ you <sup>8</sup> \_\_\_\_\_ ten years ago?

2 In what ways do you feel different today than you did ten years ago? Look at the people and the extract summaries 1–7. Then watch the video podcast from 0:26 to 2:50 and match the people to the correct summaries.



- 1 She tries to take life more easily than she did ten years ago, and feels more positive about things going right for her. C
- 2 She's now retired so she doesn't have to work anymore and is enjoying being free. \_\_\_\_\_
- 3 She's happy that she doesn't have to depend on her parents anymore. \_\_\_\_\_
- 4 His life is much less stressful than ten years ago because he's no longer responsible for a small business. \_\_\_\_\_
- 5 Ten years ago, he was feeling rather nervous about his new profession as a freelance artist. \_\_\_\_\_
- 6 He'd intended to play football professionally but realised it wasn't possible and now he's a very unfit rock star. \_\_\_\_\_



**3 What's the best time of life do you think?** Look at the people below and read the statements about them. Then watch the video podcast from 2:50 to 4:41 and tick the correct statement, a) or b).



- 1a) Nina says the best time of her life was when she went abroad.  
b) She's now free to live her life exactly as she chooses. ✓



- 2a) Greg thinks the best time of life was when he was a lively, mischievous two-year old.  
b) He thinks his young son is at the best time of his life because he's always excited and open to new experiences.



- 3a) Jen believes the saying that if you worry about the past and the future, you never experience living in the present moment.  
b) She definitely lives for the present and never worries about the future, nor regrets anything in her past life.



- 4a) Ed thinks the best time of life is when you're a young graduate, just starting out in your career.  
b) He believes that living in the 'now' is always the best time, whenever it is.



- 5a) Roland thinks that each stage of our lives has good, positive things.  
b) He believes that the happiest time of his life was when he was a business student.

**Glossary:** *mischievous* = someone who is mischievous likes to have fun/play tricks on people

**4 In what ways has ageing affected your life?** Look at the people in Exercise 3 and read extracts from their answers below. Then watch the video podcast from 4:43 to 5:26 and complete the extracts with the words you hear.

- A **Chanté:** Hopefully I'm becoming wiser, but er, others may disagree <sup>1</sup> *with* that!  
B **Greg:** I think as I <sup>2</sup> \_\_\_\_\_ older, the responsibilities that I have, are sort of making me a little <sup>3</sup> \_\_\_\_\_ more boring, erm – mean that I can't get away <sup>4</sup> \_\_\_\_\_ things and do the things that I used to do when I didn't have the responsibilities.  
C **Nina:** I thought I'd be devastated to be <sup>5</sup> \_\_\_\_\_ old as I am but, actually, I'm not.  
D **Wayne:** As I get older I'm noticing you're <sup>6</sup> \_\_\_\_\_ clever as you think you are! And there's always time for improvement.  
E **Jen:** In <sup>7</sup> \_\_\_\_\_ getting older, I think I just see it as an opportunity to, um, yeah, to go <sup>8</sup> \_\_\_\_\_, to have a family and to, to see a <sup>9</sup> \_\_\_\_\_ of the world.

**Glossary:** *devastated* = extremely shocked

The way we speak

5 Look at the people below and read their answers. Watch the video podcast from 0:26 to 2:50 and notice how often speakers repeat words and revise what they say in natural speech. Cross out the words in italics that they DON'T say.



About ten years ago, I guess I was *just, kind of kind-of*, starting out uh, along the road of being a freelance artist, and, um, *a little bit quite* nervous at that stage uh, and, sort of scared of the future a little bit.



I suppose I feel more grown up, more worldly-wise. Erm, I've seen a lot more of the world. Erm ... But in many ways *I feel, I feel* just the same – I can't believe that I'm actually ten years older. If I think about *that, that, you know* kind of 21-year-old self, *I, it* seems strange.



I was just trying to think back *to what, to what* I was doing ten years ago. Erm, so, I'd just started a new job, erm, I was actually in the middle – I had just been diagnosed with cancer, so erm, I guess *from, from* ten years ago exactly to today I feel a lot more mature. I feel *very much, very much* glad of the life that I have, erm, which *could have been, could have been* taken away. Erm, and I feel more ready to tackle the ups and downs *that life that life* throws at me.

**Glossary:** *worldly-wise* = having a lot of experience about life so not easily shocked or deceived; *tackle the ups and downs* = deal with the good and bad situations

Personalisation

6 Write a paragraph answering Natalie's questions. Use language from the podcast to help you.

- In what ways do you feel different today than you did ten years ago?
- What's the best time of life do you think?
- In what ways has ageing affected your life?

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**BBC LINK**

Youngsters look out. The OAPs – old age performers – are here!  
<http://www.bbc.co.uk/news/entertainment-arts-14589329>