

**Part 1.**

1.

This next piece of local news will be of interest to musicians. Some of you will have heard of the Big Bang. You may even have been lucky enough to see them play since they started a year ago. If you have, then you'll know what a brilliant folk group they are. Well, now there's an opportunity to meet them in person at their workshops on the first Sunday of the month, where you can learn to play some of their entertaining tunes. Don't get your hopes up of joining the band though, they aren't taking on anyone new at the moment. But why not go along and benefit from their expertise?

2.

Woman: I've just read this article about having hobbies.

Man: What did it say?

Woman: Well, although exercise is good for us, there's evidence to suggest that the more you do, the more injuries you suffer. Sounds like a good reason not to worry about only doing a couple of hours a week.

Man: Interesting.

Woman: The article mentioned loads of hobbies I'd never heard of. I can't say anything particularly appealed, but there was one other thing. You know how people go on about not doing too much gaming, don't you? Well, apparently, it makes you smarter. So, I'm no longer concerned about my health, and I'm going to buy a new game.

3.

Woman: It always amazes me how many interests you have. I'd be exhausted.

Man: I've only got two or three I do regularly. I can't live without sport, but I'm sometimes exhausted afterwards. I often get back home and just sit down on the sofa for a couple of hours.

Woman: Well, it's good to have time to empty your mind.

Man: You're right. I used to pack as much as I could into my time off. I must have tried every hobby there is! But now I need time to chill out.

Woman: Me too. You don't need to be busy all the time. Getting out of the house for a walk helps me relax sometimes.

Man: And me.

4.

Girl: You're a diver, aren't you?

Boy: Yeah, but in a swimming pool, not deep-sea diving.

Girl: Oh, I see! The sort of diving where you jump off a diving board and twist and turn in the air before entering the water? That must be terrifying!

Boy: I never suffered from nerves, though I can see why standing on the 10-meter board might make some people want to climb back down again. You just have to go for it. There's nothing like knowing you've got it just right. It's incredible. You want to do it like that every time.

Girl: It's amazing watching really experienced divers do their stuff.

Boy: I watch them to analyze their moves. It's a different experience when you're a diver yourself.

5.

Man: Are you off hiking this weekend?

Woman: Yeah, I find it very relaxing. It helps to clear my mind.

Man: I've just joined a walking group myself. I know so little of the surrounding area despite having lived here several years now. I've heard some of the hills around here can be pretty hard going, but I'm sure the exercise won't do me any harm.

Woman: And there are some fantastic views.

Man: Mmm, the truth is I find looking down from heights petrifying. I'm hoping this will cure me of that. If I'm honest, that's my main motivation for giving it a go. Anyway, I'm sure I'll enjoy the views and the fresh air.

6.

Woman: Have you got any interesting hobbies?

Man: Actually, I'm quite passionate about woodwork.

Woman: That's pretty unusual. What kind of things do you make?

Man: Small pieces of furniture mainly. I use wood from sustainable sources. Some woodworkers enjoy restoring things, making them look like new. That's not for me. I tend to make stuff that I give away. I don't sell it. I haven't got space in my house, so I don't do it because I need more cupboard space or anything. It's just for fun. I find that it helps to balance the dullness of my job where there isn't much room to express myself.

Woman: Oh, fantastic!

7.

This week's film of the week sees Ricky Riley return as the hero in Mark Martin's latest thriller, *Midnight*. I'm sure you all remember Riley's stunning acting in *Redwood* last year. Well, I'm afraid to say that despite the complex plot and satisfying closing scenes, Riley's performance fails to live up to expectations this time. That isn't to say the film isn't worth seeing—it most certainly is. Though I personally would have liked to see some of the beautiful mountains and lakes of the area the film is set in, rather than the inside of the main character's apartment, which is where most of the action takes place.

8.

Girl: You take loads of photos, don't you? Do you upload onto the instant photo site?

Boy: Yeah, I do. I've got this amazing phone with loads of different apps on it. You can create all kinds of weird and wonderful effects with it. It's brilliant for experimenting with. People do loads of crazy stuff, though I tend to avoid looking closely at pictures posted by mates in case I'm too influenced by them.

Girl: You've got to start out with a decent photo in the first place though, haven't you?

Boy: Yeah, it helps. You'll only get either negative feedback or none at all if the composition or lighting are no good, and no one wants that.

## **Part 2.**

Tonight, we're going to look at several parts of the world that you don't often see in holiday brochures or on popular travel websites, but which, in our opinion, are definitely worth a visit.

We start in Bosnia. The city of Mostar is full of history, though it still bears the scars of the Bosnian War of 1992 to 1995, when large parts were destroyed. In the old city, which developed as a 15th-century Ottoman frontier town, many of the buildings have been rebuilt or restored in the 25 years since peace was re-established in the region. It has also become a tradition for local and international artists to decorate any remaining damaged structures with colorful murals.

Mostar's most tangible landmark of peace is the 16th-century Stari Most, meaning Old Bridge. Rebuilt in 2004, the "Old One," as it was affectionately known, has huge symbolic importance to local people, especially as it links the two culturally different sides of the city. Nowadays, the Stari Most is occasionally the setting for a traditional midsummer diving competition, where brave young people jump the 24 meters from the bridge into the waters below.

With its splendid Italian Renaissance architecture, it's little wonder that the southern Czech Republic town of Telč is sometimes referred to as the Czech Florence. It's positioned midway between Prague to the north and Vienna to the south, and originally grew in importance during the 14th century, when it was on the crossroads of well-frequented trading routes between Bohemia, Moravia, and Austria. Thanks to its stone walls and complex system of man-made fish ponds, Telč's historic town center is now a protected UNESCO World Heritage site.

The triangular marketplace is surrounded by pastel-colored townhouses, which were originally made from wood, but rebuilt with stone after fire completely destroyed the town in 1530. From the square, it's a short walk to the Telč Chateau. This is a former Gothic castle, which was transformed into a

Renaissance jewel by a wealthy couple, whose love of Italian style inspired the castle's elaborate decorations and artwork. Much of the work was carried out under the supervision of Italian artists. Classic destinations for tourists in Egypt, like the pyramids near Cairo, attract huge crowds. At Abu Simbel, however, you still get the feeling of having the place to yourself. This site is in the far south of Egypt, near the border with Sudan. Temples here were originally cut into a cliff during the time of the Egyptian Pharaoh Ramses II, in about 1300 BCE.

As well as being archaeological treasures, they demonstrate the wonders of modern engineering. The temples were buried by sand for thousands of years until they were uncovered by archaeologists in 1813, and later saved from the waters of Lake Nasser, which were rising due to the Aswan Dam being built on the River Nile. The five-year project to move and restore the temples was a joint effort between the Egyptian government and UNESCO, starting in 1964.

Now you can wander from one chamber to another inside the 30-meter-high Great Temple, which is guarded by four gigantic figures of Ramses II. You can also stop and admire images of the Pharaoh and his queen Nefertari engraved on the walls more than 3,000 years ago.

### **Part 3.**

**Interviewer:** And the next hobby turned business we're talking about today is upcycling—turning outdated and ugly furniture into something modern and beautiful, and, most importantly, profitable. Janine and her family know everything about it, and they're here to share their story. So, Janine, how did the family get into upcycling?

**Janine:** Oh, I'd been thinking about upcycling some furniture around the house for a good while, mainly because my best friend Claire had mentioned that she'd had great fun with it in her own home. But in fact, it wasn't until my son, who was 15 at the time, came home with an old and tattered-looking lamp a couple of years ago with the idea of making it look good again, that I decided I'd give it a go. Where we live, people leave old furniture in the street on Thursdays for others to collect if they like. Well, my husband's very first reaction when Jack brought home that monstrous lamp was to throw it back out into the street, where it seemed to belong! I might have thought that too on a normal day, but I'd had a tedious day at work and I needed a distraction. What I really did think when I saw it was that I wanted to learn its history. I did a bit of internet searching, and it turned out the company that made it had gone under over a hundred years ago, so it was quite old. So we decided to bring it back to life. We ended up upcycling using some purple fabric. We originally tried simply masking the old color with paint, but that didn't really work, so we decided to restore the natural wood. Anyway, we meant to keep it, but then a friend asked if she could buy it. We've been selling our pieces online ever since.

**Jack:** I'll be honest, the best way is often the most modern way. Forget reading magazines, or, as my mom's best friend says, "taking classes." Watching online tutorials is by far the most hassle-free way to learn the ins and outs of upcycling, and of course, it's free. That's how we've learned everything we know.

**Jack:** Of course, we've had some really tricky projects, like when that wardrobe gave us more than a few headaches, remember Mom? I don't know how we ever completed it.

**Jack:** I'd say start small and see if you like it before you make a real investment in it. Paint, tape, finishers, and stains are the bare essentials, and a good paint stripper, of course. Leave the expensive stuff for after, such as paint sprayers, stencils, and brushes.

**Janine:** Oh, absolutely. My son Jack, of course, is my partner in crime, and even my eight-year-old Ella has started helping out. We do get quite animated when choices need to be made, but it never really turns into an argument—more of a heated discussion. The usual complaint is that I struggle with letting go of something that I have spent a lot of time fixing up. But in truth, it's because I never think it's good enough, so I never want to stop improving it.