

TASK 1: LEARNING ON YOUTUBE

EXTRACT	1	2	3	4	5	6	7
HEADING	B	D	F	H	I	E	G

TASK 2: NEW MOM´S REALIZATIONS

QUESTION	8	9	10	11	12	13	14	15	16
LETTER	A	A	B	B	B	A	A	C	B

TASK 3: THE PUBLICATION OF HARRY POTTER

17	PAPER
18	DAUGHTER
19	FRIENDSHIP
20	EVIL
21	BIG
22	SERIES
23	OFFERS
24	SUCCESSFUL
25	EXHIBITIONS

** No se penalizarán los errores de ortografía que no alteren esencialmente el significado de la palabra, frase o expresión requeridas.*

TRANSCRIPT:

TASK 1: LEARNING ON YOUTUBE

Example: WHAT A RELATIONSHIP SHOULD FEEL LIKE [J]

So...what's an emotional word that represents this relationship that you want? Ease. It's easy to be in a relationship like that. It just feels comfortable, it feels secure, it feels real, it feels true, honest and deep. It feels good, soft, gentle and sure. It feels like love, it feels like me, it feels like home...

Extract 1: COSMETICS CAN HELP YOU FEEL GOOD [B]

I just simply sat down today and I just wanted to do my make-up. And I wanted to do it because make-up to me is a form of therapy...and...sometimes I find myself feeling a little bit down...but when I sit there in my own little space and I apply my make-up and I take my time and I see how it's all blending and I see how it's all going... it makes me feel very happy and I just wanted to film that. And the look I'm doing is one that I always...

Extract 2: IDENTIFYING TOXIC RELATIONSHIPS [D]

I've five ways that I've thought about that really indicate someone is poisonous for your life. The first one: In an argument, they look to inflict damage, not solve problems. Number two: they treat everything like it's an attack. Three: instead of admitting that something is their fault, they'll make YOU the problem, and they could make you believe that things are your fault that have nothing to do with you. Number four...

Extract 3: NOBODY CAN MAKE YOU FEEL HAPPY BUT YOURSELF [F]

Whether or not a person is happy is deeply and totally out of your control. This false romantic concept that somehow when we got married that we would become one and what we realized is that we were two completely separate people, on two completely separate individual journeys and that we were choosing to walk our separate journeys together. But her happiness was her responsibility and my happiness was my responsibility.

Extract 4: STOP FEELING LONELY [H]

I found that with depression one of the most important things you could realize is that you're not alone. And oftentimes it happens, you just, you feel like you're alone and you feel like it's only you...and, and I wish I had someone at that time who could just pull me aside and: hey, it's gonna be OK! So I wish I knew that. Just *gotta* remember: Have faith! And on the other side of your pain is something good.

Extract 5: THINGS TO CONSIDER ABOUT NUTRITION [I]

So, before you even start eating, we recommend that you ask yourself a few questions.... The first one is "Am I even hungry"? (Host- Yeah!) So you think about: Is your stomach growling? Are you low in energy? You know, deciding whether you should even start eating... The "Is it healthy for me"? is another component...(Host- Absolutely...) Expert: Is it something that I'll feel good after I eat (Host- Right...) or will I feel bad?...

Extract 6: LOSING WEIGHT MAKES YOU FEEL GREAT [E]

Hi guys! So I wanted to film a weight-loss update. Today I reached my first goal, I lost 10 kilograms. Erhm, I started gaining weight, you know, when I was here in Switzerland...I think I just didn't care anymore about what I looked like. I was just kind of depressed...I didn't care...I didn't even have a scale at home, so I had no idea how much weight I was gaining, I just, I realized I knew I had to keep buying new clothes because...(pause) I started losing weight this year in January... I'm just completely happy and I'm just going to keep going with it. I totally encourage you guys who are thinking about losing weight and who've given up...

Extract 7: SET LIMITS TO PROTECT YOURSELF [G]

You are gonna wanna have some boundaries. You wanna limit your accessibility to this person. Now, that doesn't mean you can't see them or you can't talk to them, but you wanna get some space. Maybe instead of going on a...weekend vacation, you meet them for coffee; instead of picking up and talking every time that person calls, returning calls when you want to return the calls. It doesn't just benefit you to put yourself first, it benefits everybody else.

Adapted from © youtube.com

TASK 2: NEW MOM'S REALIZATIONS

Hello! I am a mom to a 9 months old little girl named Mila. She is the love of my life, the light of my day. But, when she arrived...I got hit with chaos, and overwhelm, and reality. So, here's some of the realizations that I've come across and wanted to share with you.

As a new mom, you will deal with a lot of new identity and exhaustion: the first few months, I think around five months is when I found the love for myself. I just realized who I was. The realization of being a new mom sometimes takes a while to process, 'cause you change your whole life as soon as the baby is in your arms. So... that was quite hard; but it is something that I like to think back about.

You'll start to really appreciate "you" time. I like to take a minute every morning and enjoy a good cup of coffee while I collect my thoughts and plan out the day. And it now became one of my favorite daily rituals.

Of course, your body will change because you...are supporting another life besides yours now! So your time will be spent on many more different things including your gym and workout time more. Your plan out for dieting, it might not work out very well right away. I, I find myself a little bit more and more getting into a healthier direction but I'm not worried about it too much: as long as I'm healthy I find it to be more important right now.

Another thing about your body: your hair might fall out. Mine fell out around three months or so after, erhm, well, post-partum three months. So, I have to use like a lot of different products (laughs) to even it out and to kind of push it back in so it doesn't stand like a crown. (Laughs) So, your hair will fall out, girls. Sorry. (Laughs).

Your music choices and your movie choices might change. It was quite weird for me to realize that, but I found myself leaning towards more, I think, romantic movies and comedies now, and country songs versus something like scary movies, thrillers... Now, it's, it's very hard for me to watch them. So, that changed completely for me and now I am a new person! (Laughs)...isn't that fun?

Everything is going to be filtered through your "mama heart". Yes! So, every story, that I now hear, specially if it's a bad story, anything that concerns children, I just start crying, 'cause I cannot imagine anything bad happening to my daughter, and as soon as I do, even the slightest little thought about it, my mama heart comes in and I cannot deal at that moment: I don't know how to deal...I don't know if I'll learn a different thing, I'm sure I'll get used to it in some way...

You're going to get so much advice! Wow, wow, wow! There're a lot of "experts" who know how to deal with everything and, while in some cases, it might help, a lot of times it's just common sense. And you have to realize that it's up to YOU. Nobody will actually help you fully besides YOU: it's your family, it's your child.

I've learnt to adapt: you will never have a golden rule that just applies to everyone evenly. You really just need to adapt to your kid and just go with the flow of, of your

baby. And...I've found myself so much happier when I just let go of the expectation of what I'm supposed to be doing by "expert advice".

So, I found that I need to be helping her instead of changing her in the spot, if that makes sense. Because it's a person you're dealing with, erhm..

I know it's sometimes easier said than done, but truth is you just need to fill for your baby's wants, not for what other people suggest you do, but whatever feels right for you at that moment, cause it might change tomorrow as well, and that's fine.

Adapted from © <https://www.youtube.com/watch?v=Ri6r9CIcWqw>

TASK 3: THE PUBLICATION OF HARRY POTTER

Host: This week, we're leafing through some of the books from the past which have shaped our world and, for chapter one, we're going back to 1996 and the moment which changed the global landscape of the publishing industry itself. In that year, after many rejections, an unknown author called JK Rowling at last found a publisher for her first Harry Potter novel. Louise Hidalgo has been speaking to the literary editor Barry Cunningham, who spotted the boy with its potential and, in doing so, helped create a global phenomenon.

Louise Hidalgo: It's a rainy August night in London in 1996, and publisher Barry Cunningham receives a manuscript, wrapped in a brown paper bag.

Barry Cunningham: ... And,.. I read the first two chapters and people often say "How much do you have to read before you know something is good? Actually, I think you know after two or three chapters. And.. I gave the manuscript to my daughter Alice, and she couldn't stop reading! so I had to tear it off the next morning, well, I said I think I'm gonna buy this, what do you think? She said "That's a good idea."

The thing I really liked about the story was the friendship, you know, I like the owls and the boarding school and the magic and Hogwarts, but it was the friendship between the children that really moved me, really, and I thought that would appeal to children.

Louise Hidalgo: JK Rowling famously had the idea for Harry Potter sitting on a delayed train, the story of a boy wizard, who with his friends overcomes the forces of evil in Voldemort. Barry Cunningham says the fact that the publishing company that he worked for, Bloomsbury, was just starting out also helped. Bloomsbury couldn't compete with the big names in publishing, they needed something different.

The morning after he read the manuscript, Barry Cunningham rang JK Rowling's agent. At their first meeting in London, a nervous JK Rowling revealed that Harry Potter was more than a book, it was a series, and she'd already worked out the whole story.

A year later the first Harry Potter book, *Harry Potter and the Philosopher's stone*, was published in Britain with, Barry thinks, an initial print of five thousand. Within the year, JK Rowling was getting offers from America.

Host: There are in total, seven Harry Potter books now, which have sold more than 450 million copies, the films of the books are some of the most successful of all time and have made more than five billion dollars. Barry still publishes children books and has his own publishing house, he was speaking there to Louise Hidalgo.

But what is it about Harry Potter that made it such a world-spanning success? Not just books, but the films and the theme parks and the exhibitions, and an incredibly devoted fan base who wear sweatshirts with their Hogwarts house on them and write fan fiction imagining the characters in different situations... why Harry Potter, of all the books in the world?

Adapted from © www.bbc.co.uk