



Transcripts

Track 1

Yes we can! 4, Delta Learning Copyright, 2022

Track 2 A Match the pictures 1-9 to the words in the box. Listen and check your answers.

1. considerate
2. honest
3. selfish
4. supportive
5. understanding
6. responsible
7. proud
8. patient
9. kind

Track 3 H Listen to the conversation and complete the missing information. Then practice and create your own conversation with a classmate.

- A** Are you coming to my birthday party?
B I don't think so. My parents won't let me go.
A Why? Are they strict?
B Yes, they are. If I don't get good grades, they don't let me do anything.
A Really? My parents don't care much about grades. They are always supportive and understanding.
B My parents are cool. They are kind and considerate, but they are also strict. If I don't follow the rules, there are always consequences.

Track 4 A Match the pictures 1-8 to the words in the box. Listen and check your answers.

1. Physics
2. Chemistry
3. Biology
4. Astronomy
5. Geology
6. Geography
7. Mathematics
8. Genetics

Track 5 H Listen and complete the descriptions with the information in the box.

Great discovery 1: Penicillin

It was accidentally discovered in 1928 by Alexander Fleming, a Scottish scientist. It has been used to treat infections since its discovery.

Great discovery 2: Insulin

Paul Langerhans was a German medical student who discovered the cells that produce this hormone. This hormone helps the human body regulate the glucose.

Great discovery 3: MMR Vaccine

The measles, mumps and rubella vaccine was developed by Maurice Hilleman. It is administered via injection. It protects the child from getting any of the three diseases.

Track 6 A Match the pictures 1-8 to the words in the box. Listen and check your answers.

1. flood
2. tornado
3. tsunami
4. drought
5. forest fire
6. hurricane
7. volcanic eruption
8. earthquake

Track 7 I. Listen to a nature blogger talk about a volcano. As you listen, mark (✓) the information Scott mentions.

My name is Scott Lions, I am a blogger. In my blog I always write about the most amazing places I've been to. This time, I'm going to tell you about The Xinantécatl or Nevado de Toluca which is an inactive volcano located near the city of Toluca in the State of Mexico. In the crater we can find two bodies of water, the Sun and the Moon lakes. This is definitely a very cold place.

You have to wear very warm clothes; otherwise, you will freeze. You have to be prepared, the pressure is very high. If your physical condition is not good, you will have lots of troubles to reach the top.

There are two ways to reach the top. The longest way is the best option if you really want to enjoy the beautiful landscapes. It is a physically challenging activity, but it's worth trying it.

Track 8 J. Listen and complete the conversation between Gary and Billy using the expressions in the box. Practice the conversation with a classmate.

Gary: Have you heard the project Mrs. Romero started?

Billy: The one about separating garbage and that stuff?

Gary: Yeah!

Billy: What about it?

Gary: She told us that garbage is becoming a huge problem. People do not separate it and consequently, it is impossible to be recycled.

Billy: That's true. Only by classifying the garbage, we will be able to reuse certain materials.

Gary: You're right. Tons of plastic bags and bottles go directly to the sea; as a consequence, many sea animals have died.

Billy: I also think that as a result, many species will go extinct.

Track 9 A Match the pictures 1-9 to the words in the box. Listen and check your answers.

1. Migraine
2. depression
3. gastritis
4. diabetes
5. anorexia

6. AIDS
7. acne
8. obesity
9. insomnia

Track 10 G Listen to the conversation between Lorena and Gilbert. Practice the conversation with a classmate.

Lorena: Have you watched the news recently?

Gilbert: No, I haven't. Why?

Lorena: Did you know that there's this new virus spreading across the country?

Gilbert: Really? Is it that bad?

Lorena: Yes, it is. Have you heard about the influenza virus?

Gilbert: Yes, I have.

Lorena: Well, this virus is much worse.

Gilbert: No way! What else do you know about it?

Augmented Reality 1

B Listen and complete the text with the missing information.

I am Albert Newton. I am a science teacher. My job is to teach my students about the history and concepts of science in a fun way. When I tell my students about how life was in the past, they hardly believe it. Nowadays, life is much better than it was for our ancestors. There have been lots of discoveries and inventions that have contributed to this. For example, all kinds of vehicles, means of communication, machines, vaccines, etc. For sure, one of the most revolutionary inventions of the last decade has been the worldwide web, or what we call "Internet". Internet does everything for you. You can communicate with others, watch movies, read books, do homework, learn different things, take online classes and much more. Could you imagine your life without the Internet?

Track 11 A Label the pictures 1-12 with the words in the box. Listen and check your answers.

1. eagle
2. whale
3. wolf
4. shark
5. monkey
6. dolphin
7. lion
8. butterfly
9. giraffe
10. horse
11. bear
12. tiger

Track 12 G Organize the paragraphs as you listen.

If I were a president

1 Barack Obama was the 44th president of the United States of America, and he was the first African American to serve as U.S. president. First elected in 2008, he won a second term in 2012. He has been one of the most popular presidents in American History.

Barack Hussein Obama II was born on August 4, 1961, in Honolulu, Hawaii. His parents are Ann Dunham and Barack Obama Sr. They married on February 2, 1961. Barack was born six months later.

While living with his grandparents, Obama enrolled in the Punahou Academy. He excelled in basketball and graduated with academic honors in 1979. After high school, Obama studied at Occidental College in Los Angeles for two years.

He then transferred to Columbia University in New York City, graduating in 1983 with a degree in political science. Obama entered Harvard Law School in 1988.

As a senator, Obama worked with both Democrats and Republicans to draft legislation on ethics, as

well as expand health care services and early childhood education programs for the poor.

On November 4, 2008, Barack Obama defeated all candidates for the presidency, he became the first African American man to be the president of the most powerful country in the world.

Nowadays he is one of the most remarkable politicians around the world; loved by many and hated by some others.

Track 13 A Label the pictures 1-8 with the words in the box. Listen and check your answers.

1. seat
2. pilot
3. airline
4. flight attendant
5. flight
6. luggage
7. passport
8. crew

Track 14 G Listen and complete the conversation. Then practice the conversation with a partner.

- A** Where are you going next vacation?
B Nowhere. I was going to Mexico, but my parents had to cancel our trip. I really wanted to go.
A Don't be sad. Now imagine you are in Mexico. What would you do if you were there?
B I would visit the capital city and all the museums. I would probably go to Teotihuacan.
A What about the beaches?
B I would definitely go to Cancún.
A Would you go to Tequila?
B Tequila? Isn't it a drink?
A It is a drink and a town.
B Really? That sounds amazing. I will go next year.

Track 15 A Label the pictures 1-12 with the words in the box. Listen and check your answers.

1. discrimination
2. unemployment
3. traffic
4. pollution
5. corruption
6. vandalism
7. poverty
8. overpopulation
9. bullying
10. hunger
11. climate change
12. crime

Track 16 G Read the texts and complete the missing information with the words in the box as you listen.

Social Issues

1. Discrimination, Mina Roo

I don't think discrimination is a social issue. I have never had a problem like that, not even as a child. I think that if someone were aggressive or a bully towards me, I would confront the person. We would talk and try to fix it.

2. Unemployment, Lucy Rivers

I think the problem is not the government or the authorities. The real problem is that people are unemployed because they don't want to work. They are just lazy. Our country offers a lot of opportunities, you just have to take them and work hard. If I were the president, I would remove all those programs to help poor people.

3. Traffic, Mark Lane

I always use public transportation. I have to commute every day and it takes me like an hour to get to my job when there is no traffic. I think authorities should do something to make

transportation more efficient. If I were the city mayor, I would have more control over this problem.

Track 17 A Label the pictures 1-8 with the words in the box. Listen and check your answers.

1. smart house
2. yacht
3. designer clothes
4. sports car
5. jewelry
6. private jet
7. gadgets
8. cruise

Track 18 F. Listen to the conversation and then practice it with a partner.

- A** Hi, Karl. How is it going?
B Everything is great. Check, I just bought this new laptop.
A It is really nice, Karl.
B I know. I bought a Mac because it is definitely the best brand.
A *I wish I could buy a new computer. Mine is quite old.*
B Well, I can lend you some money to buy a new one.

Augmented Reality 2

B Listen and choose the correct answer *T* (true) or *F* (false).

What if human beings could fly?

Flying is achieved only if the body has a pair of wings big and strong enough to lift the body weight. Sadly, our body is not designed to fly. But what if it were? What if we had wings? We wouldn't need to travel by plane. We would be free to go anywhere we wanted. We wouldn't need to see bridges, stairs, or elevators. We would need special suits to protect

or bodies and eyes from the air. Cars and many ways of transportation might not exist.

What if humans were immortal?

The time a person can live depends on the lifestyle and the genetics. A human being usually lives from 70-75 years. But what would happen if we lived forever? Well, people wouldn't die, so there would be overpopulation. There wouldn't be enough resources for everyone to survive. There wouldn't be enough room for everyone. We wouldn't have to worry about health problems, so doctors might not exist. The good thing is that we could spend more time with people we love.

Track 19 A Match the pictures 1-8 to the words in the box. Listen and check your answers.

1. afraid
2. jealous
3. worried
4. grateful
5. busy
6. keen on
7. careful
8. fed up

Track 20 F. Listen and complete the conversation with the words in the box. Practice the conversation with a partner.

- A Oh my God! There's a spider on the wall!
B Where? I can't see it.
A Next to the picture. God! I hate spiders.
B Why? They won't hurt you.
A I have always been afraid of spiders.
B Well, I have always been afraid of dogs.
A Dogs? Really?
B Yes. In fact, I have never had a pet in my life.
A That's sad. Dogs are so cute.

Track 21 A Match the pictures 1-9 to the words in the box. Listen and check your answers.

1. orchestra conductor
2. photographer
3. movie director
4. writer
5. TV host
6. painter
7. businessman
8. dancer
9. journalist

Track 22 H Listen to the descriptions and complete with the missing information.

Hipsters

Alec Mavick is a hipster. He is twenty years old. He lives in Mexico City. He has been a hipster for years. He is also a musician; he has studied music since he finished high school. He decided to become a hipster because he believes that hipsters have freedom of thought, they do not follow trends or fashion. They are against consumerism. Instead of buying products from other countries in huge supermarket chains, they support local economy. This social group has grown rapidly since 2010.

Gothics

Aline Marquez considers herself to be a gothic girl. She has had this look since she was fifteen, now she's twenty-two. She felt attracted to this kind of culture when she went to Los Angeles and saw how some girls dressed. They wore only black color outfits with spiked silver accessories. She has worn only black clothes ever since. She has spent a lot of money on clothes and accessories since she adopted this style. Aline also loves the music, the beliefs, and the way gothics approach to life.

Kpopers

Janeth Moso is an active kpopper. She has adopted the Korean culture in her everyday life. She has belonged to a Kpopper Club for three years. She became the leader of the fan club five months ago. Janeth has organized events to gather money in order to bring to Mexico more Korean

entertainment. The Kopper club has steadily grown since she became the leader.

Track 23 A Match the pictures 1-8 with the words in the box. Listen and check your answers

1. tuition fees
2. master's degree
3. degree
4. college
5. prom
6. certificate
7. dissertation
8. scholarship

Track 24 I. Listen to the interview and complete the missing information using the expressions in the box. Practice the conversation with a partner.

Interviewer: Hi, Anid. Thank you for your time.

Anid: You're welcome. It's a pleasure.

Interviewer: Anid, when did you start painting?

Anid: I have painted since I was four years old.

Interviewer: Tell us about your last exposition.

Anid: I'm exposing in New York right now. New York has always been my favorite city.

Interviewer: Have you exposed in any other important city?

Anid: Yes, I have already presented my work in Berlin and Tokyo.

Interviewer: Have you ever been to Mexico?

Anid: No, I haven't yet. But my friends have told me it's amazing.

Interviewer: Thank you very much, Anid.

Track 25 A Match the pictures 1-8 to the words in the box. Listen and check your answers

1. go scuba diving

2. travel around the world
3. go bungee jumping
4. do an extreme sport
5. go on a cruise
6. live in a different country
7. ride a roller coaster
8. fall in love

Track 26 H Listen and complete the text. Then answer the questions

Since I was a little girl, I knew I was made to be a city girl. I never enjoyed the natural places where my father used to take me when I was little. I have always found it difficult to cope with nature. All those insects flying around me, drive me crazy. I decided that I wanted to live in a city since the last time my dad took me to my grandma's house, where he was born. That was 20 years ago.

There are great cities where you can find all the facilities and leisure activities that you need, Paris is one of them. Now I live in this wonderful city. I have lived in Paris since I finished college.

By the way, I am Colombian. That means that I come from a country where you will always have this changing weather. The weather in Paris is not that hot. I love it, and that means that I can drink something that I really like, Colombian coffee. It is one of the products that has made my country famous. I have drunk coffee since I remember.

I am a technician. I work in a place where we fix all kinds of gadgets. It is great to work here, I learn and make money. My boss is from India. He is very intelligent. He is someone who I really trust. When I arrived in this city, it was really hard to make friends. Fortunately, I met Oliver and we have been friends since then.

Augmented Reality 3

B Listen and choose the correct answer T (true) or F (False).

For the adventurers, Baja California, on the Pacific Coast of Mexico, is the best place in the world to see whales in all their glory. These whales are playful and trusting. They are so used to seeing people that they do not represent a threat to humans. They feed themselves in the Arctic and give birth in Baja, for several months each year. The whales stay in Baja from December to the last days of March.

For a more cultural experience, Mexico City is the right place to be. Mexico City is undoubtedly one of the largest and most beautiful cities in the world. Tourists come to this city to see the dozens of museums that the city offers. In the heart of it, we find the Zocalo, surrounded by the National Palace, Templo mayor and dozens of historic buildings.

Chichén Itzá is one of the greatest pyramids in the world. It is in an important archeological Mayan site. It is located in the Yucatán Peninsula. It was named one of the New Seven Wonders of the World.

Track 27 A Label the pictures 1-8 with the words in the box. Listen and check your answers.

1. playing computer games
2. making videos
3. playing a musical instrument
4. taking photos
5. texting
6. practicing sports
7. watching tutorials
8. surfing the Internet

Track 28 G Listen and complete the text with the words in the box.

Si-Si: Youtuber

Her friends call her Si-Si. She is a very famous and influential YouTuber. She has her own channel with thousands of visits a day. We asked her what it feels like to be famous at such a young age, and this is what she said.

As you said people call me Si-Si, it is short for Silvana Sierra. I'm Mexican, I live in Monterrey. I'm 19 years old and I live with my parents and our two dogs.

Well, all this started a couple of years ago when my sister asked me to help her do her hair. When we finished, she posted photos on Facebook, and they went viral. I found out that I had a special talent. So, I decided to start making my own tutorials. Girls loved everything I uploaded. I try to do as many tutorials as possible.

But that is not the only thing I do. In my YouTube channel I also talk about sports, society, music, videogames, and stuff like that. For example, yesterday I made this tutorial in which I give my watchers some tips about how to beat other video gamers. I love playing video games too. In my channel I love talking about my favorite music, important people in our society, and books.

Track 29 A Label the pictures 1-8 with the words in the box. Listen and check your answers.

1. travel by plane
2. stay at an Airbnb
3. try local food
4. make a reservation
5. visit historic sites
6. buy souvenirs
7. go backpacking
8. hire a tour guide

Track 30 F. Organize the conversation from 1-8 as you listen, then practice the conversation with a partner.

What are you doing?

I'm packing. I'm going to Brazil. Mom didn't tell you?

She didn't tell me anything. But...it's great, bro.

What are you going to do there?

I would like to go to Sao Paulo.

I heard Sao Paolo is a beach.
Yeah. I would also like to go to a soccer match.
Me too. Can I come with you?
Not this time, bro.

Track 31 A Label the pictures 1-9 with the words in the box. Listen and check your answers.

1. take a nap
2. stargaze
3. get a massage
4. spend time with friends
5. color a mandala
6. walk barefoot
7. go for a walk
8. see the sunset
9. go on holiday

Track 32 Listen and complete the text with the words in the box.

Just relax

Coping with stress is not an easy thing to do. Many people have a hard time trying to find time to relax. The demanding pace of life keeps us busy all the time. People are extra productive and on the brink of physical and mental collapse. To avoid this, European lifestyle shares with the world their three healthy lifestyle approaches.

- A **Hygge** is a Danish word that describes a feeling of wellbeing. It is a lifestyle trend that encourages people to seek comfort, coziness, and relaxation. Hygge aims for a relaxing way of living in which it is essential to spend time with family and friends, take up the hobbies we want, or simply enjoy being on our own. Hygge is more a feeling of joy that something that can be explained.
- B **Gökotta** is a Swedish word that does not have an exact translation. The word meaning in Swedish would be “to rise at

dawn to go out and listen to the birds.” The concept of Gökotta refers to starting your day with good energy by immersing yourself in the energy of nature. You can incorporate to your daily routine the contact with nature in the mornings by listening to the birds, walking barefoot in your garden, meditating, or exercising.

- C **Niksen** is a Dutch word that means ‘doing nothing’ this concept mainly helps people who are extremely stressed to avoid burnout. Niksen requires you to do nothing. You just have to sit or lie down and give yourself time to be with your thoughts. Stop anything you are doing, sit down, look through the window, see people passing by, let your brain relax and be with yourself for 10 minutes.

Track 33 Match the pictures 1-9 to the words in the box. Listen and check your answers.

1. Sports show
2. TV series
3. cooking show
4. Sitcom
5. The News
6. Soap Opera
7. game show
8. cartoons
9. reality show

Track 34 I. Listen to the conversation between Karl and Nancy. Practice the conversation with a partner.

Karl: What would you like to watch?
Nancy: TV series
Karl: Would you rather watch *the Squid Game* or *the Witcher*?
Nancy: I would prefer to watch something less fictional.

Karl: What about a sitcom?
Nancy: I don't like sitcoms. I prefer to see drama or romance.
Karl: Ok. Let's see the options.

Augmented Reality 4

B Listen and choose the correct answer *T* (true) or *F* (false).

The world is full of places and people that we would like to see and know. These are the places that I would really like to know soon.

The number one would be New York City. I know it's the most important city in the United States. The places I would love to visit are the Statue of Liberty and Central Park. I think the Statue of Liberty is the most representative American Landmark.

I love soccer, so I would definitely like to go to Brazil. It would be great to see a soccer match of the Brazilian soccer selection. Everyone knows that the best soccer players are from Brazil. And something that would also be amazing would be to visit Sao Paulo and make a selfie in the Cristo Redentor.

The third country I would like to visit is France. My cousins went last year, and they told me Paris, which is the capital city, is the most beautiful city in the world. They posted some pics of the Eiffel Tower and Champs Elysees, and they are awesome.

Last but not least would be London. My favorite book is Harry Potter, so I would love to see things related to the movie. And of course, I would visit the Big Ben, the Tower Bridge and