TAPESCRIPTS
Listening One. You are going to listen to a lecture on the fast paced lifestyle. You have 30 seconds to look at the note-taking headings.

Good morning everyone. You all know that we live in a world where both time and speed are valued. Our cars are faster, we eat fast food, and hundreds of time-saving devices and concepts from washing machines to internet shopping have been developed to help us keep up with the fast pace of life.   So, in today's lecture, I am going to talk about the fast paced lifestyle that has become an inevitable part of most modern societies in the western world. I'll start by giving the reason why life in the modern world is so fast, then the effects of a fast-paced lifestyle on individuals, and finish up with what is being done to slow down the pace of life.

Ok, let's start off then by looking at the reason behind this fast-paced life. I mean how did we start to live at such a fast pace? Well, many people are quick to blame things like urbanization, consumerism, and technology, but I think we need to look beyond those things because urbanization or consumerism or technology are simply symptoms of a bigger, underlying issue, which is how we think about time itself. In fact, what makes us live faster depends on how we perceive or see time. So how do we see time, then? Well, people in the modern world view time as linear. Let me spell that for you: L-I-N-E-A-R, linear. What I mean by linear is we see time as a straight line. It goes on and on. We can't see the end of it and we can't stop it. When it is gone, it is gone forever. We treat time like a limited resource, running out very quickly. You either use it or lose it.

And how do we respond to this? I mean how do we respond to time's being a limited resource? Well, first of all, we speed everything up. In this way we believe we use our time effectively. We don't waste it. In fact, speed, today, is valued so much so that the opposite—being slow—has even taken on a negative meaning in many cases. Being slow is often viewed as being lazy. And worse, being slow is sometimes synonymous with being stupid. The comment, "He's a bit slow" actually means "He's not very smart" or "He's kind of dumb." In addition to speeding things up, we try and do more and more with less and less time. Take our schools, for instance. In order to be successful, students have to be busy all of the time. The idea is that if we put more hours into our studies, we can learn more and accomplish more, which will make us more successful in the future. We are told that students have to constantly study or do homework, and if they are not studying, they have to participate in extracurricular activities that are things they do outside class like art clubs, sports teams, or so on. So, there is no time for leisure for today's modern students. Taking time to relax is seen as a waste of time by both teachers and parents, something only lazy students do.

Ok. You now know how people living in modern societies see time and how they respond to it. Well, how was the situation back in the past, then? I mean how did people living centuries ago see time, how did they used to see time? This will make it much easier for you to understand the reason why the modern world is getting faster and faster. For people living long before the industrial revolution, I mean people who used to rely very much on farming and the rural lifestyle, time wasn't seen as a straight line. It was seen as a cycle—moving in big, slow circles. It could renew and refresh itself. It could come back to these people, like the seasons of the year. Let's say it is winter now, and we all know that winter will disappear into spring, which will disappear into summer, and summer will disappear into autumn, but that doesn't mean that winter is gone forever. We will have another winter. Well, then how did this affect people living in those times? Anthropologists studying traditional cultures say that in the past, people were more patient and less ambitious than people today. In the past, people were very much dependent on nature. They knew, for instance, they had to wait for another year to eat fresh tomatoes. Life wasn't competitive, either. People living in the same village used to share the land. It wasn't anyone's land. It was everyone's land. So they didn't have a strong sense of individuality but they had a sense of community. They didn't need to change or improve their way of living. We, however, in the modern world, knowing that time is passing by, feel the need to rush to do better, earn more and go further as if time will never come back to us. We continue with our hurried lives, unaware of the negative impact it may have on us, and that's what I'd like to talk about next: the effects of a fast-paced lifestyle on individuals.

A fast-paced lifestyle, first of all, affects our health. There are two factors I'd like to mention here. First of all, take the type of food most of us prefer, for instance. We are in such a rush that we rely on fast food or pre-packaged frozen meals. These are appealing to people who are busy, but consider the health impacts of not eating fresh and nutritious food. Too many essential nutrients and vitamins

are lost when these foods are processed. Even though people's stomachs are full, they are not getting the proper nutrition their bodies need to stay healthy. In addition to eating unhealthy food, the second factor is stress. People may be so busy with work that they end up with extremely high levels of stress, and this can be very dangerous and in extreme cases, it can be fatal. Continuous stress can lead to conditions like anxiety, high blood pressure, and heart attacks.

Well, health issues are definitely a concern, but so are relationship issues, and this is another negative effect of a fast-paced life. Sometimes people get so busy that they don't invest time in their personal relationships. They simply can't find the time or the patience to sit down and listen to their loved ones and value their presence and ideas. And when this happens, relationships with them slowly break down. Children may stop coming to their parents for advice. Couples may get divorced. Well, depression is on the rise in our culture. Could this depression be linked to failed relationships caused by our speedy lifestyles?

The final negative effect I would like talk about is the way we live our lives. Experts believe that we just do what we have to do and ignore how we do it and why we do it. I mean we forget to take pleasure in what we are doing. We just fulfill our responsibilities like robots. Let me give you an example. Harvard, one of the top universities in the U.S. has recently noted that the quality of the high school graduates coming to their school is falling. While these students might do well in exams and have wonderful marks, they lack something important that students from previous generations possessed. These new students lack spark. What I mean by spark is that they lack the ability to think creatively. Students today are so focused on doing activities and accomplishing tasks that they no longer seem to have the ability to dream and get the most out of life. In order to combat this way of thinking, Harvard University has started sending out a letter to all new students telling them they'll enjoy life more, and benefit more from Harvard, if they simply slow down or spend some time doing nothing. This is just one example of how people are starting to recognize the importance of slowing down, so this brings me to the final part of my talk today: ways to slow down the pace of life. In this part, I'm going to look at what's referred to as the International Slow Movement and its emphasis on Slow Food and Slow Cities.

Right now, all across the world, there are people who are involved in what is known as the "International Slow Movement." So let's take a look at what is going on inside of this "Slow Movement." For starters, instead of fast food, there is now an intentional return to the idea of "Slow Food." This concept started in Italy, but it has now spread across the world with a very simple message: We get more pleasure and more health from our food when we grow it, cook it, and consume it at a reasonable pace. Over the past few years there has been a rise in the popularity of organic farming and an increase in the number of farmers' markets across the world. This demonstrates that more and more people these days are against food which is grown, processed and consumed in an industrial manner.

And out of the "Slow Food" movement came the idea for "Slow Cities", which also started in Italy, by the way. This Slow Cities concept has spread across Europe, then to the States and now Australia. City councils are giving a new look to their cities so that people are encouraged to slow down and connect with one another. For example, more parks are being created, some streets are being cut off to traffic, and benches are placed in streets all around the cities. All these things are done to send a clear message to the residents that it's okay to sit down, relax, and take a break. When a city intentionally takes on these types of changes, it's saying to the rest of the world and to the people in that particular town that slowness has a role to play.

It's not just city councils that are taking a stand against the fast-paced way of life. Individual businesses and schools are also starting to see the benefits of slowing down. Let's start with how businesses or companies are starting to change. More and more companies are now realizing that they need to allow their staff to work fewer hours. They find that their employees are more productive and more successful when they are allowed to take longer lunches or go to sit in a quiet room without their laptops. When companies do not require their employees to keep their mobile phones on in the evenings and on weekends, they have discovered that their workers have time to relax and recharge, and this actually enables them to become more creative and more productive. So I've mentioned the business world now let's take a look at what some schools are doing. In some places in the United States, extracurricular activities like drama or music clubs are banned for students one Saturday a month. It is just one day a month but it enables parents and children to slow down and come together to have quality family time. And homework is another thing. There are homework bans being

implemented all over the world. Many well respected schools around the world have discovered that no homework for certain age groups can be very effective. A high-achieving private school in Scotland, for instance, banned homework for every student under the age of 13 and the parents were shocked and complained, thinking their kids would fail. However, after implementing this homework ban, the students' scores in math and science went up by 20% on average. So, all these examples show that having a break and slowing down helps people at any age to become more productive and efficient.

Well, today we have looked at some reasons, results and possible solutions for the fast pace of life. Before I close, I'd like say that if we manage to slow our lives down, we will be healthier and happier. Next week, we will analyze reactions to the International Slow Movement. See you then. Thank you for listening.

LISTENING 2

Good morning, in today's lecture, I will be talking about the hippy movement under three broad subtopics: these are the factors that led to the hippy movement, the hippy movement itself and the effects of the hippy movement on society.

Right, to understand the origins of the hippy movement, you've got to appreciate the social and the political climate of America in the mid 60s you've got to understand what is referred to as the American Dream. To do this, we need to go back to the 1950s. Now for many people, the image of the 1950s is characterized by the TV series "Happy Days." Have you seen it or heard of it? Basically it's all about clean cut, all-American boys and girls living in the suburbs without a care in the world. These relaxed, carefree people were appreciating a period of calm, prosperity and wealth after having lived through the chaos of World War II. Now that those bad days were over and the country was doing well. Great advances were being made in all sorts of areas such as medicine, science and technology. People were experiencing the American Dream. This term was actually coined by an American historian in 1931, a man called James Adams, who said that life should be better and richer for every American and that all Americans should have the same opportunities regardless of their social class or race. However, James Adams' definition didn't match the reality of life in the 50s and 60s because some Americans…well… mostly African Americans and minorities from other different backgrounds couldn't get even close to what is defined in the American dream because they were suffering both racial discrimination and economic problems. But even many of those who had actually achieved the American dream and were living the Happy Days lifestyle in the 1960s, they were not satisfied. In spite of having everything they wanted, many were unhappy and started to question the American dream and this is one of the factors that led to the hippy movement.

OK…. That's a bit about the social and the economic background of the 50s and 60s in America. Now let's look at another factor that led to the hippy movement - the Vietnam war. Now for many people the Vietnam war, was a senseless conflict. Initially, the United States had little interest in Vietnam and Southeast Asia. However, when a communist system took control of Vietnam, the US decided to get involved. The Americans wanted to prevent the influence of the Soviet Union, to prevent it from spreading in that part of the world. There was a danger that communism could spread from one country to another. So stopping it was crucial for America and so soldiers were sent to Vietnam. So they had to fight and die in a country very far away from home to stop the spread of communism in Asia. "Die for what?" many people were asking. The older generation didn't question this because they had been raised under different circumstances, they had experienced, they'd lived through a world war and most of them had an unquestioning faith in America and its politics. But, somehow, the younger generation couldn't blindly commit themselves to a cause, which they felt, was wrong.

OK now the second factor that was influential in starting the hippy movement was racial prejudice.. As I mentioned before African Americans, and other minority groups were not part of the American dream and they were ready to fight for their basic human rights. What they needed was a spark. And Martin Luther King Junior was that spark. People were really inspired when he made his famous speech 'I have a dream', in which he shared his dream about social and legal equality between races. His famous speech created a greater awareness about racial discrimination. Now this awareness about racial discrimination, did not happen just in the poorer sections of society but throughout society, even among wealthy, educated white middle class Americans. Some of these wealthy, educated people supported the movement because they didn't like what they saw happening in society and

wanted basic rights for all members of society. So this support for human rights was also very influential in triggering the hippy movement.

Now let's talk about the actual Hippy movement itself, the movement began in San Francisco in 1965. During the mid 1960s, a growing number of young people started to reject the long-established values of society, and started to drop out of society. They left the comfort of their homes and families and moved out into the countryside or to the older, cheaper – lower rent neighbourhoods in the big cities such as San Francisco, which is the city most commonly associated with the early hippy movement. Hippies didn't simply change their life styles, they rejected the clean-cut American image and its values, the good life that their parents were leading. They believed living a good life didn't mean having a lot of possessions and luxuries. They wanted to enjoy a carefree life style where nothing mattered. Now in the early hippy movement, there were many idealists, those who were against the war and who wanted basic rights for everyone, but gradually the movement turned into something else, which was mainly the pursuit of pleasure, or what we call Hedonism.Let me spell it. H-E-D-O-N-I-S-M, Hedonism. Just looking for pleasure in life. The idea of living a carefree life just for pleasure, seemed so different and exciting that the hippy movement soon spread all over the world and became very popular with young people everywhere. So the hippy philosophy, in time, turned gradually into a concept that is almost identical to hedonism and that's why when we think of hippies this is what we remember although of course there were still many in the hippy movement who were considered to be idealists but hedonism was the driving philosophy.

Finally, I'd like to talk about the effects of the hippy movement on society. I'll start by looking at hippy fashion in the 1960s, which was defined by a carefree, non-conformist attitude toward life. It also reflected the social traditions and attitudes of the time which were considered "relaxed" compared to the more conservative fashion trends of the 1950s. The new image of women wearing colorful, long dresses and lots of jewellery quickly replaced the image of the neat looking women of the 1950s. Similarly, the traditional 1950s 60s look of men in suits with hair neatly combed back was replaced by men with long hair and baggy trousers. Hippy fashion was also what we call Earth-friendly. There is actually a broad parallel between the ideals of today's environmentalists and hippies, and many people consider hippies to have been the pioneers of the environmentalist movement.

Another effect of the hippy movement was on the psychology of the individual. As I said earlier, the hippy movement started to move away from the idealism of the early days and focused more on the individual and pleasure. You may have heard the phrase, the famous phrase "if it feels good, do it". Have you ever wondered where it came from? It actually came from the hippy movement, and it means to be more concerned about "my" own happiness, "my" pleasure, getting what "I" want, not doing anything "I" don't want to do. It soon became a philosophy which was well-accepted by many psychologists. Psychologists used their influence to spread this: "if it feels good, do it" philosophy of the hippies to people in different social positions. There were dozens of books written about self-fulfilment. These books emphasized getting what you want, and told the reader not to feel guilty about finding   your   own   personal   happiness.

The final point I'd like to mention is music. Hippies used music to express themselves. They believed music could help them convey their message, could unite them. There were different rock groups representing these different views within the hippy movement. On one hand the Beatles sang about love and peace and inspired the idealists in the hippy movement and then there was the Rolling Stones, the Stones sang about anarchy, and absolute hedonism. The majority of hippies chose to listen to the Stones rather than the Beatles because their songs better reflected their views on life.

Rock groups greatly influenced the development of the hippy movement. In the beginning, hippies used to get together at beaches and parks, and they would sit in groups playing music and talking about the music. However, this gradually changed over time. As these events or gatherings, as they were called, got bigger and bigger, rock groups started to come there to play their music. And since the music they played was completely overwhelming, I mean it was so loud that it was impossible to sit around and talk about the music anymore, listening to them became the only activity the participants performed. They were not creative 'participants' anymore, they were simply the members of the 'audience'. The entire atmosphere was controlled by the rock groups and the kind of music they played.

So where are we today in terms of the hippy movement? Where are the hippies today, the hedonists?.

Well we don't see many of them today, most of them have adopted the values that they once rejected and are now in search of materialistic possessions trying to live a "better" life. This was something they couldn't escape. And the idealists? Well the efforts of the very few remaining idealists to become a positive social force and change the world have not really had the effect that they expected. So, basically the hippy movement of the 1960s lasted for about 15 years but gradually lost its influence as the early hippies began to integrate back into mainstream society.

Well, that brings me then to the end of the lecture. Thank you for listening.

That was the end of the listening section. You now have 25 minutes to answer the questions that will be distributed.