

LISTENING – TAPESCRIPT

AISLING BEA

You will hear Aisling Bea, a comedian, actress and writer, talking about different aspects of her personal and professional life.

I've been doing stand-up for nine years, writing for a decade and acting for about 17 years, so I feel grateful to finally get one of my TV scripts commissioned. My sitcom, *This Way Up*, starts with a woman who has fallen apart and follows her on her journey to getting herself back together. My co-star and co-writer, Sharon Horgan, plays my sister and I drew on my own close relationship with my sister. We were fascinated by how you can play one role in the outside world, then naturally fall into another when you're with your family.

I wanted to focus on different experiences of loneliness. My character is an English language teacher and I was interested in how lonely it is to be in a country where you can't communicate properly and are trying to make a better life for yourself.

We have to create ways of helping each other that don't rely on the government to fix the problem. We need to bring the conversation about mental health to the masses. Imagine if it was as accessible as all that toxic chat about celebrities' diets? We know how they got "beach-body ready" but not how they coped when they were declared bankrupt! Information about mental health should be available to everyone and it shouldn't be expensive.

I like the idea of turning your flaw into your gift - the same negative thing can also be positive. People may say: "She chats a lot" but, with stand-up, it's not a bad thing. I can beat myself up about mistakes I've made, but that also comes from a place of empathy, which is a good thing.

The idea of: "I am who I am and I'm not going to change for anybody" means you're not growing. If you want to get well, you need to conscientiously try – the people I've stayed friends with are those who are working on themselves. We're all so afraid of being taken for granted that we don't accept that, sometimes, it can be our fault: maybe I do talk too much! But if I accept it and people don't like me for being super chatty, then maybe this isn't the right situation. It's hard to work out the difference between it all because we get scared and try to protect ourselves.

We talk about how important it is to show empathy, but it needs to be directed at those who disagree with you. What will fix society is working with different types of people. That begins in our communities, with acts of kindness and giving people a chance.

ANSWER KEY

READING (1 point is awarded only if all completed words within a statement are correct):

- | | |
|-----------------------|-----------------|
| 1. troops/soldiers | 6. high incomes |
| 2. postwar/post-war | 7. immigrants |
| 3. childbearing | 8. workforce |
| 4. ten years/10 years | 9. delayed |
| 5. many of them | 10. war effort |

10 points

VOCABULARY:

- | | |
|-----------------|----------------------------|
| 1.D, 2.C, 3.B, | |
| 4. subscription | 8. Additional (additional) |
| 5. upcoming | 9. overseas |
| 6. renew | 10. Postal (postal) |
| 7. recipient | |

10 points

GRAMMAR:

- | | |
|-----------------|--------------|
| 1. for | 9. to |
| 2. up | 10. off |
| 3. out | 11. on |
| 4. too | 12. ever |
| 5. up | 13. Although |
| 6. before/until | 14. from |
| 7. then | 15. being |
| 8. has | |

15 points

LISTENING

1. c/
2. d/
3. b/
4. c/
5. d/

5 points
40 points

ROLE – PLAY

STUDENT:

You have been working on an important project together with your classmate for a while now. You were on friendly terms, but the situation has slowly been changing and you are becoming more and more irritated by his/her irresponsible behaviour. He/she often shows up late for meetings, and sometimes doesn't come at all. He/she is not sufficiently prepared and seems not to care about your common project at all.

You talk first.

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ROLE – PLAY

TEACHER:

You have been working on an important project together with your classmate for a while now. You were on friendly terms, but the situation has slowly been changing because your friend seems to be obsessed with the project, spending too much time on it and requiring you to spend all your energy on it, too. You want to deal with everything in a more relaxed way.

Your classmate talks first.

PICTURE – STORY

Based on the picture below, create a story about a student who used to be depressed every time she had an exam. Then something happened (a friend's advice and recommendations might have been useful), and she found the right strategy to master her time management and overcome stress.



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