

# 1.

A. I don't think I've been sleeping enough for the last couple of years or so. Why? It's not like I spend my nights studying or doing my homework. Usually I just scroll the posts of my friends on social media or watch a new episode of whatever series are found in the net. Doctors say it's very bad because the screen emits something which prevents people from falling asleep. It's a horrible habit of mine and I don't really know how to get rid of it.

B. Sleep is a top priority for me. I strongly believe that a person can't function well if they don't get enough sleep. If I haven't slept well during the night for some reason, I feel it right away. I start feeling dizzy and get headaches and become irritable. I find it hard to concentrate or perform my daily routine that's why I'm always in bed at 10:00 PM sharp and get up at 6:00 or 7:00 in the morning and I sleep in a dark room and have a comfortable pillow.

C. Being young I don't really pay too much attention to whether I slept well or badly. My parents say that sleeping well is important and they feel bad if they haven't had a good night's sleep. Me - I can spend the whole night clubbing with my friends and feel fresh and energetic in the morning. I also like reading or watching films at night, but not every night of course. I suppose it's age related. Maybe when I'm 40 I'll be like them.

D. I find it difficult to fall asleep at night although I have a generally healthy sleeping routine. The thing is, I tend to think over the day before falling asleep and analyze it and then I think something like - what if or if only I and I think how many mistakes I've made and become nervous, and as a result, I can't fall asleep. I think I have to take up yoga or learn any other relaxation techniques because I sometimes get nervous even before going to bed.

E. Everybody says I'm a lucky person because I can fall asleep anywhere, anytime - it doesn't matter for me if it's noisy in the room or if somebody's snoring or whatever. I play sports and I have training sessions seven days a week which means I'm usually very tired by the end of the day and I sleep like a log. Really a lot of. My friends say they find it difficult to fall asleep and my parents say they're counting sheep at night but me - never.

A. F. I think it's hard for people who live in big cities to sleep well. Cities are too noisy. Traffic produces a lot of noise. Your neighbors can turn out noisy too and there are lots of lights everywhere. When I'm in a big city I can never sleep properly. I live in the countryside and I enjoy peace and quiet there. There's no noise but my relatives from London are staying with us. They always say they sleep very well here, in the countryside, and I can see why.

## 2.

Jack: Hello Mary. I haven't seen you for ages. How are you?

Mary: Hi Jack. It's so good to see you. It's been a year since I last saw you.

Jack: When did you come back?

Mary: I arrived in London a week ago and stayed there at my aunt's place for a couple of days and then took a train to Birmingham.

Jack: So, how was your exchange program? Which country did you go to?

Mary: Oh, Jack. I stayed in Russia for a year and I absolutely loved it.

Jack: Russia? Well, it's great. I mean it's exotic. Not many people here in Birmingham can boast of having visited Russia.

Mary: Well, Jack. I chose Russia not to show off but to study Russian culture more deeply. You know, I've always been interested in Russia. I have Russian roots. I was even given my name after my great grandmother Maria. She emigrated from Russia in the 19th century.

Jack: I didn't know that. So did you stay in Moscow?

Mary: No. I just visited Moscow as a tourist but I stayed in a small provincial town. However the school I went to was great and I didn't have many language problems. Everybody seemed to at least understand English and that was convenient.

Jack: How did you find Russian people?

Mary: Oh! There are simply amazing. They are very friendly and hospitable. If you are their guest they will treat you to the most delicious pastry. You can imagine they seemed to be quite reserved at first but as you get to know them better, you understand that they are very friendly.

Jack: That's great. Did you travel much around Russia?

Mary: Yes, I did. I can't say it's very cheap though; still it's affordable, so I visited Moscow, St. Petersburg, the Golden Ring and I also went to Sochi with my host family.

Jack: Sochi? It is the city which hosted the Winter Olympics of 2014?

Mary: Yes, that's right.

Jack: Your Russian must have improved greatly

Mary: I hope so. My host parents said I had done a great job learning Russian. I shared the room with their daughter Anna. Her passion is English, so we were able to learn from each other.

Jack: You must invite them to the UK.

Mary: I did. They hope to get their visas and visit us for Christmas. My mother is looking forward to meeting them already. Look Jack, I must go. See you later.

Jack: See you.

### 3.

+ Good afternoon everybody. Today, in our weekly program 'Hollywood secrets' we continue to explore the world of filmmaking. In our studio we have Pamela Smith who is a world renowned mythologist, speaker, consultant, writer, award winning producer and director with over the years of experience on features, TV series, commercials, documentaries, corporate and military films. Her credits and clients include Paramount, Disney and Universal.

Hello Pamela.

- Good afternoon. Thank you for inviting me here today.

+ As far as I know you have recently published the book 'Symbols. Images. Codes and Visual Media. There you discuss how powerful the silent form of communication is. Can you tell us about it?

- Communication is the most important aspect of human interaction and it is accomplished in a number of ways from utilitarian to artistic. Some of the most primitive yet still most effective modes of communication are visual. In our multicultural global village we speak hundreds of languages and thousands of dialects with diverse and specific cultural backgrounds. How can we communicate effectively across all of these borders? Symbols and images can help us. That's basically what the book is about.

+ How can it benefit writers?

- Because there is no particular rational attachment to them, visuals are universal language that engages our intuition and imagination. The more consciously you used symbols and images in your stories the more effective your message will be. Using appropriate visuals will heighten the emotional impact of your story and will connect your audience to the rich stream of meaning that flows through humanity and our arts.

+ Can you give us a few examples?

- Let's see like how the elements of air can be used in films, and their meanings. Air is the very essence of life itself. You can't see it but you can see its powerful effects as often give them godly status. When does the messenger of the gods, the ransom breeze, can bring illumination/ or the flight of birds spur inspiration.

+ So what is your favorite room in your home and outside environment? Can you describe them and tell us why you like them?

- My office overlooks the Bogan Villa ? (line/fine) visited by hummingbirds; pass the swimming pool and then will a wall of tall trees and flowering plants. In most in the mids busy Hollywood and the techno world of the web it is refreshing to look up and out to see peaceful beautiful nature.

+ What are some of your current and future projects that you can share with us?

- Besides doing consultations and writing on some very interesting client projects I am also working on two new books about symbols and images. I'll be speaking about them at the Southwest writers conference in September and the mostly teaching online classes on symbols at some universities.

+ Can you tell us about the future of story conference coming up in Los Angeles on August 27<sup>th</sup>? On what your role there is?

- The conference explores aspects of the arts and business of media making offering speeches from the authors, writers and film makers with many years experience in Hollywood. I'll be on the 1st panel, developing the story. As a mythologist I'm pleased to be able to bring the wonderful timeless tools of story to today's writers and film makers. We know they really work because we're still telling the stories from hundreds of years ago, from many different cultures.

+Thank you Pamela