

Tapescript

Unit 1: Listening for Gist

Practice 1

Listen to a short news and answer the following questions.

Sharul Azma Che Samon, 42, a company manager escaped unhurt after the Porsche he was driving crashed into an elephant at Kampung Kolam, Setiu, Kuala Terengganu, leaving the animal injured in one leg. The Porsche Cayenne's windscreen, bumpers and lights were damaged, in addition to dents in the bonnet and fenders. Preliminary investigations found that the accident is believed to have occurred while the victim was travelling from Rhu 10 to Lembah Bidong, and upon arrival at the location of the incident at KM45, he did not have the time to avoid the animal, which was on the road. The Friday night incident, which was captured on video, saw the elephant struggling to get up from the road as other vehicles passed by. The female elephant was captured by the Besut Department of Wildlife and National Parks (Perhilitan) around Telaga Papan, Setiu the next day. According to Perhilitan, the elephant was caught in an oil palm plantation, near a village, which is about 20km from the location of the accident. When contacted by Bernama, Perhilitan will relocate the elephant either to Gerik, Perak or Hulu Terengganu, away from human settlements.

Practice 2

*Listen to the news report again. Choose **T** for **True** and **F** for **False** statement.*

Sharul Azma Che Samon, 42, a company manager escaped unhurt after the Porsche he was driving crashed into an elephant at Kampung Kolam, Setiu, Kuala Terengganu, leaving the animal injured in one leg. The Porsche Cayenne's windscreen, bumpers and lights were damaged, in addition to dents in the bonnet and fenders. Preliminary investigations found that the accident is believed to have occurred while the victim was travelling from Rhu 10 to Lembah Bidong, and upon arrival at the location of the incident at KM45, he did not have the time to avoid the animal, which was on the road. The Friday night incident, which was captured on video, saw the elephant struggling to get up from the road as other vehicles passed by. The female elephant was captured by the Besut Department of Wildlife and National Parks (Perhilitan) around Telaga Papan, Setiu the next day. According to Perhilitan, the elephant was caught in an oil palm plantation, near a village, which is about 20km from the location of the accident. When contacted by Bernama, Perhilitan will relocate the elephant either to Gerik, Perak or Hulu Terengganu, away from human settlements.

Practice 3

Listen to a conversation between a customer and a clerk. Then, choose the correct answer.

- Customer : Excuse me. May I know what dress is this?
 Clerk : This is *Nyonya Kebaya*. A traditional outfit that is often associated with the women of the Chinese Peranakan community.
 Customer : I see. What is this blouse made of?
 Clerk : The *kebaya* top is a translucent blouse that is usually made from voile, which is sheer, lightweight fabric of plain weave that comes in various colours and shades. It is often decorated with embroidered motifs known as *sulam*, which are sewn on using a combination of stitches, including cutwork, running, satin and buttonhole stitches.
 Customer : Wow, that's nice. What are the *sulam* motifs and how long does it take to complete the work?

- Clerk : The popular motifs for *Nyonya Kebaya* include flowers, butterflies, phoenixes, dragons, insects and even people. The intricate embroidery work usually takes weeks or even months to complete.
- Customer : Really? No wonder they look so detailed. How about the bottom?
- Clerk : Traditionally, the *kebaya* top is paired with a *sarong* skirt featuring batik designs that are either drawn by hand or machine printed. Hand-drawn batik cloths from Java are the most sought-after materials for making sarongs. The Javanese batiks are believed to be of superior workmanship and feature designs that the *nyonyas* favour.
- Customer : Are they expensive?
- Clerk : Well, the price depends on how intricate the embroidered motifs are. If it requires more time and skill to complete the work, it will be more expensive. Would you like to purchase one?
- Customer : Oh, I do not mind paying if the *Nyonya Kebaya* has an exquisitely detailed embroidery work.
- Clerk : That's nice to hear! Let me take some pairs and let you choose.
- Customer : Thank you!

Practice 4

*Listen to a speech and fill in the blanks with **ONE** suitable word.*

Good morning dear students and fellow academicians. Thank you for attending An Eye on Artificial Intelligence or AI conference. With the advent of AI and machine learning, today's machines are engineered for complex decision-making that historically only people could handle. We no longer just demand equity and fairness from each other; we demand it from our machines. Aware of the global nature of technologies and the evolving policy landscape across borders, The Higher Education Ministry is looking into setting up a polytechnic for artificial intelligence (AI) in Malaysia. At the moment, a study is being conducted on the feasibility of setting up Malaysia's first AI polytechnic. For your information, The University of Tsukuba, which is one of the leading institutes in Japan with its own research centre, will also be establishing a branch here. As a start, the varsity will conduct its programme at Universiti Malaya this year. During my recent visit to Japan early this year, I had a discussion with The National Institute of Technology, Tokyo College (Tokyo Kosen) to understand the curriculum and to see how the ministry can upgrade technical and vocational education and training (TVET) in Malaysia. To realize that, our education system's curriculum from the preschool to tertiary level is in need of urgent reform. We must work together across different sectors regardless of borders to share knowledge and resources we hold for the benefit of everyone involved. By bringing together academia, industries and policymakers, we are able to cultivate global citizens who are equipped to address the complexities of our time and to implement solutions that benefit the economy and the environment.

Practice 5

*Listen to a talk show. Then, choose the best **two (2)** main ideas mentioned by the speaker.*

- Alex : Good morning. Welcome to another episode of Health is Wealth! Today we have Dr. Zita, from Medi Clinic with us to talk about salt and kidney. Welcome to the show, Dr. Zita.
- Dr. Zita : Thank you, Alex.
- Alex : Alright Dr. Zita. Let's get to the topic for today which is salt and kidney. Can you tell us more about it?
- Dr. Zita : Hello viewers and listeners. For our body to function well, sodium is one type of mineral that our body needs. When we combine sodium with chloride, which is another mineral, the two make table salt. Many recipes call for salt in the ingredients, and many people add table salt to their food for flavor.
- Alex : I see no harm adding in table salt into our food, right Dr. Zita?

- Dr. Zita : Yes, you are absolutely correct, Alex. However, adding too much salt to our diet is not a good thing.
- Alex : Why is that Dr.?
- Dr. Zita : A recent study in the Journal of the American Medical Association found that adding salt to our food can increase the risk of chronic kidney disease as our kidney works to balance the amount of sodium in our body. If you're getting too much, it builds up in your blood. Your heart works harder to pump and increases blood pressure, raising the risk of heart disease, stroke and kidney disease.
- Alex : That sounds very serious to me, Dr. Zita.
- Dr. Zita : Indeed Alex. Chronic kidney disease – that's the way we describe what occurs when the kidney has issues with filtering wastes and toxins from the blood.
- Alex : But Dr. Zita, what type of food that contains a lot of sodium?
- Dr. Zita : Well, most processed foods have it and in a lot of condiments too.
- Alex : That means, it is very easy for us to get more sodium than what we actually need, right, Dr. Zita?
- Dr. Zita : If you consume a lot of processed foods, yes, it is!
And it's very easy for us to get a dangerous amount of sodium that has some impact on our blood pressure or our overall health.
- Alex : So, Dr. Zita, how to limit or put a stop to this bad habit?
- Dr. Zita : You cannot put a total stop to it. What you can do is to limit the daily intake of sodium to 2,300 milligrammes, or about one teaspoon. You have to read food labels too and start using salt-free seasonings, instead of salt shaker.
- Alex : Well there's a saying: prevention is better than cure, right Dr. Zita?
- Dr. Zita : It sure is Alex! We do not want things to become worse so, watch what you eat.
- Alex : Dear viewers and listeners, you have heard what our expert, Dr. Zita has warned us. It's up to us now to care for our body.
Well, Dr. Zita, thank you very much and we really appreciate you coming on the show and we sure we learnt a lot from you.
- Dr. Zita : You're most welcome and thank you for inviting me on to the show, it has been an amazing sharing with all of you on the thing that matters to us the most, health!

Student Learning Time

Practice 1

*Listen to a podcast and choose **T** for **True** and **F** for **False** statement.*

Isn't online shopping just amazing? I think we have truly mastered the art of retail therapy without having to leave our house. I mean, who needs a single carefully selected jacket when you can order a jacket selection with zero shipping fees, trying it all at home and return the ones you don't like? And let's not forget, the thrill of unboxing an outfit that cost you less than your lunch. So great, right? Well, there is a hidden cost to this level of convenience and our mother earth, is not so proud with that. Forty garbage trucks full of clothes went to a landfill. By the end of today, that number will be eighty-six thousand and this is because fashion is one of the most polluting industries in the world. This waste is rooted from overconsumption and overproduction. Fast fashion as we call it, describes low-priced but stylish clothing that moves quickly from design to retail stores to meet trends. The collections are often based on styles presented at Fashion Week runway shows or worn by celebrities. Fast fashion allows mainstream consumers to purchase a new look at an affordable price and this leads to overconsumption. Due to this, fast fashion encourages a "throw-away" consumer mentality as many fashionistas in their teens in which this is the age group the industry targets, admit they only wear their purchase once or twice. Hence, this is bad for the environment. Fast fashion contributes to pollution and waste due to its cheap materials and manufacturing methods. The garments cannot be recycled because they are predominantly over 60% made of synthetics. The question is, who benefits from fast fashion? Consumers who enjoy the latest fashion with the convenience of low prices benefit, but the primary beneficiaries are investors, owners, and other stakeholders who profit from the practice. The bottom line is, as consumers, we have to decide

for the future of our mother earth. The debate around fast fashion and its alternatives will continue as long as consumers seek to buy high styles at low prices. Protecting our mother earth starts with us, the consumers. Thank you.

Practice 2

Listen to a conversation and answer the questions that follow.

- Zaki : Hi, Amirah. What are you doing here so early in the morning?
 Amirah : Oh, Hi Zaki. I am reading some information about Endau-Rompin National Park.
 Zaki : Do you plan to go there anytime soon?
 Amirah : Yes, during the semester break, somewhere in April, Zaki.
 Zaki : Wow, that's great but, any interesting facts about the park?
 Amirah : Do you know that the park covers a total land area of approximately 870 km², making it the second-largest national park in Peninsular Malaysia after Taman Negara?
 Zaki : Wow, really? I didn't know that. How to get there, Amirah?
 Amirah : There are two official entry points to the park. One is Kampung Peta entrance which is located along the eastern boundary in Mersing District, and the other one is Selai entrance which is at the southwestern boundary in Segamat District.
 Zaki : Is it safe to go there at any time, Amirah?
 Amirah : Oh, the park is closed to the public during the monsoon season from November till March. During the mating season, fishing is banned and that is from September till October.
 Zaki : I see. That's interesting. Any other facts you want to share with me?
 Amirah : Yes, Zaki. Endau-Rompin National Park is one of the oldest tropical rainforest complexes in the world and features rock formations some 248 million years old.
 Zaki : Wow, 248 million years? Is that for real Amirah?
 Amirah : Yes, Zaki. Another fact is the park used to have the largest remaining population of the threatened Northern Sumatran rhinoceros species on the Malay Peninsula, but they are now extinct in the wild for the whole of Malaysia.
 Zaki : That is sad to hear about the extinction of the Northern Sumatran rhinoceros.
 Amirah : Yes, it is, Zaki. Oh, I just noticed that it is almost 2pm! I got to go to class now.
 Zaki : Oh, you better hurry Amirah. Thanks for sharing with me some interesting facts about our national park!
 Amirah : You're welcome, Zaki. See you later at 4pm's class!

Practice 3

*Listen to the conversation again and choose the best **two (2)** main ideas.*

- Zaki : Hi, Amirah. What are you doing here so early in the morning?
 Amirah : Oh, Hi Zaki. I am reading some information about Endau-Rompin National Park.
 Zaki : Do you plan to go there anytime soon?
 Amirah : Yes, during the semester break, somewhere in April, Zaki.
 Zaki : Wow, that's great but, any interesting facts about the park?
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- Zaki : That is sad to hear about the extinction of the Northern Sumatran rhinoceros.
- Amirah : Yes, it is, Zaki. Oh, I just noticed that it is almost 2pm! I got to go to class now.
- Zaki : Oh, you better hurry Amirah. Thanks for sharing with me some interesting facts about our national park!
- Amirah : You're welcome, Zaki. See you later at 4pm's class!

Practice 4

Listen to the news item and choose the correct answer.

Amid the ongoing drought, several areas have been issued a Level 2 heatwave alert for a consecutive period of three days, even as electricity bills are spiking. The Malaysian Meteorological Department (MetMalaysia) said the Level 2 heatwave would affect the whole of Perlis along with parts of Hulu Perak and Beaufort, Sabah. The Level 2 heatwave occurs when the daily maximum temperature is expected to be between 37°C and 40°C. Earlier, MetMalaysia said that Kubang Pasu, Padang Terap, Pokok Sena, Sik, Baling and Kota Setar in Kedah were issued with a Level 2 heatwave warning. A total of 33 areas in Peninsular Malaysia, Sabah and Sarawak were issued with a Level 1 heatwave warning with the maximum temperature expected to be between 35°C and 37°C during the same period. Level 3 heatwave warning will be issued if the daily temperature exceeds 40°C. Health director-general Datuk Dr Muhammad Radzi Abu Hassan has since called for all outdoor activities in schools to be suspended at areas hit by the Level 1 heatwave warning.

Practice 5

Listen to a talk and choose the correct answers.

Good morning listeners. I am thrilled to share with you one of my favourite snacks I enjoyed back in my hometown, Penang. When I was growing up in Penang, my mum would make *cucur kodok pisang* (banana fritters) for my father as a snack. I would help her out in the kitchen and there would be the usual squabbles between mother and daughter as she would complain that I got in her way. By the time I was in my teens, I could make this on my own. These days, when I make this banana snack for my own children, it brings back fond memories of the times I shared with my mum in the kitchen. Funny story, when there was one time when a schoolmate dropped in to visit back in the day, mum made some *cucur kodok pisang* for us. In Penang, they call this *kuih kodok*. My friend refused to eat this as she was horrified at the thought that we were eating actual *kodok* (toads in Malay)! For this snack, after mixing all the ingredients together, you can shape the mixture into small ping-pong balls for frying. The trick is to dip your fingers in cold water before shaping the batter, so it doesn't stick to your hands. Alternatively, you can also scoop up a spoonful of batter and pan-fry this into mini pancakes. This taste great as a dessert with a dollop of ice-cream!

Vocabulary Workout

Listen to the colours idiomatic expressions and match the statements with the correct answers.

English is a language full of idiomatic expressions. It abounds with sayings that might not make literal sense, but convey a deeper meaning, often based on cultural references. One way that English does this is by incorporating references to colours. Colourful idioms can spice up your speech and make it more interesting, not to mention more fun.

No.	Idiomatic expressions	Meaning	Example of sentence
1.	to look for/see the silver lining	trying to find a positive result or outcome from a difficult situation	<i>The exam was challenging for me, but I'm looking for the silver lining and hopefully, my hard work will pay off.</i>
2.	white lie	a harmless lie that somebody tells to make another person feel better.	<i>I had to tell her a white lie and say that her dress was beautiful, even though I thought it was terrible.</i>
3.	in the black	doing very well financially or having a good money situation.	<i>The company is in the black after they changed the strategy.</i>
4.	to be blue	to indicate a deep sadness that might have been brought on by something out of the person's control and has left them feeling dejected, despondent, and lonely.	<i>After my father passed away, I was so blue and felt like a part of me had gone too.</i>
5.	to be green	It often refers to being naive and lacking in wisdom as well.	<i>Siti remembered that she was a bit green when she started the job but eager to learn.</i>

Unit 2: Listening for Specific Information

Practice 1

Listen to a podcast and complete the sentences below.

In today's episode, we highlight a relatively unknown and fascinating species to showcase the beauty, diversity, and remarkable characteristics of our shared planet Earth. Known as the corpse flower due to its offending smell, the world's biggest flower, *Rafflesia* is a kind of flower with 28 known species, the second largest of which is *Rafflesia Kerrii*, found in the Tenasserim-South Thailand Semi-Evergreen Rainforests ecoregion, with blooms measuring 70 to 110 cm across, or over three feet. Only *Rafflesia Arnoldii* of Sumatra, found in the Sumatran Montane Rainforests ecoregion, exceeds its dimensions slightly, becoming the largest single flower on Earth. *Rafflesia* is endemic in Malaysia, Thailand, Indonesia and the Philippines. Every once a year, *Rafflesia* grows to its maximum diameter with five leathery and red spotted petals around a bowl-like centre and swallows flies and insects for further sustenance. Thriving in rainforests, *Rafflesia* is in danger of extinction due to habitat loss as well as poaching where its buds are harvested and sold for medicinal properties. The plant cannot grow in captivity, and, as most occurrences of *Rafflesia* contain only male or female flowers, pollination is rare. A fly must land first on a male flower, avoid being eaten, and then transport the pollen to a female flower. If pollination does occur, the flower produces a smooth-skinned fruit, which is actually a berry about 5-inches in diameter. Fortunately, squirrels and birds enjoy this fruit, and are therefore able to help with seed dispersal.

Practice 2

*Listen to the podcast again. Choose **T** for **True** and **F** for **False** statement.*

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Practice 3

Listen to a chef sharing a local recipe. Then, complete the diagram below.

Hello listeners! Today's chosen recipe is Malay chicken curry. To prepare the dish, we need 30ml sunflower oil, 250g chopped onion, 15g crushed garlic, 11g turmeric, 250ml water, 5g ground cumin, 400g tomato puree, 50g fruit chutney, 3pc cardamom pods, 1 cinnamon stick, 5pc cloves, 10g chicken stock, 1.5kg chicken pieces and 10g finely chopped coriander. Now that we have all the ingredients ready, let's begin cooking. First, heat oil in a pan, add onions and fry for 5 minutes until softened. Next, stir in garlic and ginger and cook for a further 5 minutes. Ensure that you stir frequently. Add cloves, turmeric powder, white pepper, cumin, cardamom pods, cinnamon stick and fresh chilli then pour in tomato puree with 250 ml of water. Next, add the chutney and chicken stock. Finally, add the chicken pieces, cover the pot and let it simmer for 25-30 minutes. Stir well, add some potatoes then cook uncovered for a further 15 minutes or until the potatoes are tender. Before serving, stir in coriander.

Practice 4

*Listen to a student's presentation and fill in the blanks with **ONE** suitable word.*

Good morning to my respected lecturer and all my friends. My topic for today's presentation is climate change. What is climate change? Climate change refers to big, long-lasting changes in how the weather works all around the world. Global warming is a big part of this—it's like the Earth's atmosphere getting warmer because it's holding onto more heat from the sun. Think of it like this: normally, the Earth's atmosphere acts like a cosy blanket, keeping just the right amount of warmth around us. But lately, humans have been making changes that are putting an extra-thick blanket on our planet, making it too warm. This extra warmth messes up a lot of things. We see climate change affecting our planet from pole to pole. For example, when the oceans get warmer, they make bigger storms like hurricanes and typhoons. And as the ice at the North and South Poles melts because it's too warm, it makes the sea level rise, which can cause floods in places where people live. In the urgent battle against climate change, finding sustainable solutions is paramount. While efforts to reduce carbon emissions are crucial, it's equally essential to actively remove carbon dioxide from the atmosphere to combat climate change effectively. Reducing carbon emissions is undeniably a critical component of any climate action plan. Transitioning to renewable energy sources, improving energy efficiency, and implementing policies to limit

emissions from industry, transportation, and agriculture are all vital steps in curbing our carbon footprint. However, even with aggressive emissions reduction efforts, the carbon dioxide already present in the atmosphere continues to contribute to climate change. This is where the concept of carbon removal comes into play. Actively removing carbon dioxide from the atmosphere is essential for stabilising our climate and averting the most severe impacts of global warming. While natural processes such as photosynthesis and ocean uptake naturally sequester carbon, human intervention is needed to enhance these processes and develop additional carbon removal technologies. As we confront the daunting challenges posed by climate change, it's imperative that we pursue a multifaceted approach to mitigation—one that encompasses both emissions reductions and carbon removal. By embracing sustainable solutions and harnessing the power of innovation, we can forge a path towards a cleaner, more resilient future for generations to come.

Practice 5

*Listen to the presentation again. Then, choose the **T** for **True** or **F** for **False**.*

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Student Learning Time

Practice 1

*Listen to a talk by a counsellor and choose **F** for **Fact** or **O** for **Opinion***

Good morning everyone. Welcome to this workshop on Tips for Success. I'm Anis Ahmad, one of the counsellors at Student Support Service, here in Maju College.

We'll get started by talking about time management and I will share with you some ideas on good study skills. Let's go back to your school years, shall we? At that time, both your parents and teachers made sure you did your homework and you got to school right on time, right? They pretty much managed your schedule and your time.

However, in college, you are on your own. Due to the freedom that you have here in college, that's not always easy to manage. The first tip I can share with you is to use a planner or a calendar. It would be better if you write down your weekly schedule from classes, social plans, exercise and appointments. For important deadlines or meetings, you can set your smart phone to remind you a day before, or an hour before. The second tip is to make a to-do list every day. Make a habit to write down all the things you plan to do that day, or you can also put them in your smartphone. Begin with the most important task first. However, you need to remember that do not write everything – just keep your goals reasonable. When you have finished something, just cross it off your list and before the day ends, try to start a new list for the next day. Lastly, tip number three is to learn to say no. With so many friends to hang out with and so many things to do on campus, it's hard to stick to a schedule. But sometimes, it's necessary to just say no and do what you have planned. That would be all from me for today's workshop. Thank you.

Practice 2

Listen to the talk again and complete the following diagram.

Good morning everyone. Welcome to this workshop on Tips for Success. I'm Anis Ahmad, one of the counsellors at Student Support Service, here in Maju College.

We'll get started by talking about time management and I will share with you some ideas on good study skills. Let's go back to your school years, shall we? At that time, both your parents and teachers made sure you did your homework and you got to school right on time, right? They pretty much managed your schedule and your time.

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Practice 3

Listen to the news item and answer the questions that follow.

IPOH: The charred body of an individual was found in a car that caught fire after plunging into a ditch in Jalan Teluk Intan, Kuala Bikam in Teluk Intan, on Monday. Perak Fire and Rescue Department assistant director of operations Sabarodzi Nor Ahmad said the department was alerted to the accident at 10.35pm on the same day. Almost an hour later, firefighters reached the scene, about 25km from the nearest fire station. He said the identity of the victim has yet to be established. The accident involved a car that skidded into a ditch, resulting in 98% of the car catching fire, with one charred body found, in a statement made by Sabarodzi the next day. He said firemen called off the operation at 12.16am after extinguishing the fire. The body was retrieved and handed over to the police for further action.

Practice 4

Listen to the conversation and choose the correct answers.

- Aina : Look. It's pouring again! I kind of hate this weather. When is our next semester break?
- Aiman : Semester break? I think it's only in October.
- Aina : October? And we're only in July now? I need a break from studying for a while.
- Aiman : Yeah. Me too. Where can we go swimming and snorkelling and get a great tan. That's the kind of perfect vacation idea for me.
- Aina : Well, I can't swim very well. I want to go somewhere warm and lie on the beach for a week. Somewhere where it's sunny and dry. I just want to feel the heat of the sun and the breeze of the ocean.
- Aiman : Oh really? I prefer the mountains, especially in winter. I can go snowboarding too. In fact, I'm planning to go to Tiger Mountain with some friends. Do you want to come along?
- Aina : No thanks, Aiman. I heard from my brother that the weather can be extremely cold the whole time. Anyway, I don't know how to ski very well. I tried, but I fell about a hundred times.
- Aiman : Oh really? I have to check the weather forecast from time to time then. By the way, what's the weather like for tomorrow?
- Aina : The same as today. Cloudy, cold, and a 90 percent chance of rain.
- Aiman : I better get ready with my umbrella then. See you around Aina!
- Aina : Alright, see you Aiman.

Practice 5

Listen to a documentary and choose the best answer.

The calm and serene Lake Timah-Tasoh is a popular spot among locals and tourists in the northernmost state of Malaysia. Many flock here in the early morning and late evenings to enjoy the picturesque views of the waters. The lake, with views of undulating hills in the distant horizon, is a perfect place to catch some peace and quiet. The place has always been referred to as "Malaysia's Guilin" due to its beautiful hilly backdrop. Over the decades, Lake Timah Tasoh has also become a sanctuary for hundreds of migratory birds. The birds flock to the picturesque surroundings during the winter season in the northern hemisphere. Bird watchers and nature lovers would be delighted to know that the lake has been declared an important area for birds and biological diversity by the International Bird Life.

Vocabulary Workout

Listen to the animal idiomatic expressions and answer the following questions.

Animals have been a part of human life and culture for centuries, and it's no surprise that they've also made their way into the English language. Let's find out some cool and quirky animal idioms and expressions that are commonly used by English speakers.

No.	Idiomatic expressions	Meaning	Example of sentence
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1.	the elephant in the room	A sensitive issue or problem that everyone is aware of, but no one wants to discuss openly.	<i>The country's financial troubles were the elephant in the room at the board meeting.</i>
2.	a whale of a time	To have a very enjoyable or exciting time.	<i>My family had a whale of a time at the amusement park yesterday.</i>
3.	butterflies in your/his/her stomach	To feel nervous or anxious, especially before a performance or event.	<i>Before her big speech, she had butterflies in her stomach.</i>
4.	let the cat out of the bag	to reveal a secret or information that was supposed to be kept hidden.	<i>I accidentally let the cat out of the bag and told Sarah about the surprise party.</i>
5.	make a mountain out of a molehill	to exaggerate or make a big deal out of something that is trivial.	<i>I think you're making a mountain out of a molehill, it's just a minor setback.</i>

Unit 3: Categorising / Grouping Information

Practice 1

Listen to a news item and choose the correct answer.

Police have busted eight members and two leaders of a drug syndicate in various locations, seizing narcotics worth RM4.5mil in total. Perak police chief Commissioner Datuk Mior Ismail said the suspects, aged between 32 and 37 years old, were arrested in several locations including houses and vehicles. He said the arrests were made between 11am and 5.30pm on March 21 in, among other places, Simpang Pulai, Meru and Jelapang. The modus operandi of this group is to bring in the supply through the land route from Pahang for distribution in Perak and Kedah. He said the syndicate is believed to have been active since the middle of last year. Commissioner Mior Ismail said the drugs seized were syabu, heroin and ketamine and could be supplied to more than 620,000 addicts. Urine tests on all the ten suspects came back negative, but five of them have records for drug and criminal offences. Assets including five cars, three pieces of jewellery and cash amounting to RM42,300 were confiscated during the raids. The case is being investigated under Section 39B of the Dangerous Drugs Act 1952, and the suspects have been remanded for seven days.

Practice 2

Listen to a talk on internet personality. Then, answer the following questions.

Good morning everyone. As a country that prides itself on food, there are naturally plenty of food content creators around. They could be pages dedicated to finding the best eateries, or everyday Malaysians sharing recipes. But none have surprisingly reached the heights of a Kota Bahru native Khairul Amin Kamarulzaman, better known as Khairul Aming who is famous for his viral Ramadhan cooking series, entitled "30 Hari 30 Resepi". What makes him so popular? Are his cooking videos just that good? There are five reasons why Khairul Aming has become one of Malaysia's best-known food content creators. First, his marketing feels genuine and aligns with his niche. As with most influencers, Khairul Aming decided to also use his platform to conduct business. The success of his Ramadhan series drove him to try his hand at selling what is now a famous condiment in the local Malay community—Sambal Nyet. His first product has since made over RM21.5 million in sales following its launch two years ago. Second, he is open to criticism and acknowledges his faults. As an influencer, everything you post is subject to the criticism of people online. Even when it's constructive, navigating them isn't the easiest. Some influencers may become very defensive, while others calmly address criticism. Khairul Aming has shown that he is of the latter. For example, he was recently called out by a medical doctor for the amount of cooking oil used

in his videos. In response, Khairul Aming appeared to take it in his stride and accepted the feedback while explaining his perspective on the issue. It might not be the healthiest recipe out there, he pointed out that people still had the decision to follow his recipe or tweak it to be healthier for themselves. This tactful response further earned him the respect of his supporters and reassured them that he had their best interests at heart. Third, he is very persistent with his goals. Before launching his namesake brand, Khairul Aming was working in the logistics industry. He tried various side gigs like selling home cooked meals, clothes, and resume templates to earn some extra income. But none of them took off. So, he decided to make cooking videos instead, on his first food channel on Facebook called *Rasapop*. He later developed an earlier version of Sambal Nyet and tried leveraging his platform to sell it. But for some reason, that later plummeted too. Driven to achieve this goal, though, Khairul Aming tried again once his new brand was stable. This perseverance and willingness to try again served as an inspiration for many of his followers. It also showcased how Khairul Aming isn't just chasing fast money, but that he has a goal and continuously strives to reach it, leveraging his resources appropriately. Fourth, he has an approachable online personality. Scroll through Khairul Aming's Twitter and you'll see that he's quite an open character. The influencer presents himself as a relatable and approachable person by posting simple everyday updates about his life and doesn't hesitate to interact with his community on the regular. The way he interacts with others online also remains unpretentious, and most times, it feels like you're observing just another person with his circle of friends. Finally, he takes good care of his employees. While employee benefits are not a new concept, it's interesting to see how this young entrepreneur runs his business. Last year, Khairul Aming shut down the Sambal Nyet factory and brought all 60 of his staff members to go Raya shopping. Along with that was a company *buka puasa* dinner at an undisclosed hotel, and later a 4D3N company trip to Genting Highlands. This routine continued this year, when the entrepreneur brought his team for a vacation in Langkawi. Employees were also given shopping allowances and the opportunity to take part in water-based activities.

Practice 3

Listen to the talk again. Then, complete the diagram below with the correct adjectives.

Good morning everyone. As a country that prides itself on food, there are naturally plenty of food content creators around. They could be pages dedicated to finding the best eateries, or everyday Malaysians sharing recipes. But none have surprisingly reached the heights of a Kota Bahru native Khairul Amin Kamarulzaman, better known as Khairul Aming who is famous for his viral Ramadhan cooking series, entitled "30 Hari 30 Resepi". What makes him so popular? Are his cooking videos just that good? There are five reasons why Khairul Aming has become one of Malaysia's best-known food content creators. First, his marketing feels genuine and aligns with his niche. As with most influencers, Khairul Aming decided to also use his platform to conduct business. The success of his Ramadhan series drove him to try his hand at selling what is now a famous condiment in the local Malay community—Sambal Nyet. His first product has since made over RM21.5 million in sales following its launch two years ago. Second, he is open to criticism and acknowledges his faults. As an influencer, everything you post is subject to the criticism of people online. Even when it's constructive, navigating them isn't the easiest. Some influencers may become very defensive, while others calmly address criticism. Khairul Aming has shown that he is of the latter. For example, he was recently called out by a medical doctor for the amount of cooking oil used in his videos. In response, Khairul Aming appeared to take it in his stride and accepted the feedback while explaining his perspective on the issue. It might not be the healthiest recipe out there, he pointed out that people still had the decision to follow his recipe or tweak it to be healthier for themselves. This tactful response further earned him the respect of his supporters and reassured them that he had their best interests at heart. Third, he is very persistent with his goals. Before launching his namesake brand, Khairul Aming was working in the logistics industry. He tried various side gigs like selling home cooked meals, clothes, and resume templates to earn some extra income. But none of them took off. So, he decided to make cooking videos instead, on his first food channel on Facebook called *Rasapop*. He later developed an earlier version of Sambal Nyet and tried leveraging his platform to sell it. But for some reason, that later plummeted too. Driven to achieve this goal, though, Khairul Aming tried again once his new brand was stable. This perseverance and willingness to try again served as an inspiration for many of his followers. It also showcased how Khairul Aming isn't just chasing fast money, but that he has a goal

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Practice 4

Listen to a commercial and choose the correct answer.

What do you do when you crave a smoothie in the middle of the night? Or what do you do when you feel like drinking smoothie for a quick breakfast in the morning, but you are in a rush? Can't imagine what to create out of the random items available in your fridge? Not to worry! Now, with QuickMash you can make the most of what you already have in the fridge by reading your ingredients out loud and listen as QuickMash presents you with custom smoothie recipes from its extensive database. QuickMash is the smart blender that talks to you. Hard to believe? Well, you have to! You can evade the roaring blender sound, since the QuickMash plays upbeat music while it prepares your smoothie, alerting you when it's ready. Sounds so cool, right? So, why settle for a boring blender when you can have QuickMash and discover how to easily blend an assortment of smoothies that are jam-packed with nutritious ingredients that taste out of this world. What are you waiting for? Get your own QuickMash on our website or at any home appliances around you now! When you're enjoying your favourite smoothie, do not forget to tag us with #QuickMashforQuickMorning.

Practice 5

Listen to the commercial again. Then, fill in the blanks with the correct verb.

What do you do when you crave a smoothie in the middle of the night? Or what do you do when you feel like drinking smoothie for a quick breakfast in the morning, but you are in a rush? Can't imagine what to create out of the random items available in your fridge? Not to worry! Now, with QuickMash you can make the most of what you already have in the fridge by reading your ingredients out loud and listen as QuickMash presents you with custom smoothie recipes from its extensive database. QuickMash is the smart blender that talks to you. Hard to believe? Well, you have to! You can evade the roaring blender sound, since the QuickMash plays upbeat music while it prepares your smoothie, alerting you when it's ready. Sounds so cool, right? So, why settle for a boring blender when you can have QuickMash and discover how to easily blend an assortment of smoothies that are jam-packed with nutritious ingredients that taste out of this world. What are you waiting for? Get your own QuickMash on our website or at any home appliances around you now! When you're enjoying your favourite smoothie, do not forget to tag us with #QuickMashforQuickMorning.

Student Learning Time

Practice 1

Listen to a news item and fill in the blanks with the correct noun.

Four people were killed with one of them burnt to death in an accident involving two vehicles at KM58.4 at North-South Expressway. Pendang OCPD Deputy Superintendent Arriz Sham Hamezah said in the 2am incident, police received a distress call from the public informing them of a fatal accident between two vehicles at the highway near Pendang, north bound. In a statement, Arriz said that investigations found that the first car was driven by a man who lost control, causing it to swerve and collide head on with the second car. He added that the crash resulted in the first car skidding to the right side of the road and crashing into the highway road divider. The second car involved in the accident burst into flames with the driver still trapped in the car. He said the victims were all pronounced dead at the scene of the incident and police are looking for witnesses to the accident and the next of kin of the deceased.

Practice 2

Listen to the news again and choose the correct answer.

Four people were killed with one of them burnt to death in an accident involving two vehicles at KM58.4 at North-South Expressway. Pendang OCPD Deputy Superintendent Arriz Sham Hamezah said in the 2am incident, police received a distress call from the public informing them of a fatal accident between two vehicles at the highway near Pendang, north bound. In a statement, Arriz said that investigations found that the first car was driven by a man who lost control, causing it to swerve and collide head on with the second car. He added that the crash resulted in the first car skidding to the right side of the road and crashing into the highway road divider. The second car involved in the accident burst into flames with the driver still trapped in the car. He said the victims were all pronounced dead at the scene of the incident and police are looking for witnesses to the accident and the next of kin of the deceased.

Practice 3

Listen to an article and match the statements with the correct answers.

Nini Marini Ramlan's studio is just as you would imagine an artist's creative space to look like, filled with brightly-coloured works in various mediums, with painting tools taking up corner spaces and paint splatters forming a masterpiece of their own on the black and white chequered floor tiles. The multi-artist herself is a commanding presence, swaying around the space in a colourful kaftan from her *Malaysiana* collection, enthusiastically explaining the ideas behind her newest weavings and paintings, and showing the artworks produced by her five-year-old students. Playing multiple roles as an artist, teacher and an advocate for traditional Malaysian textiles, Nini also had a great two-decade career in production in Media Prima, which she left in 2019 to pursue art full-time. From sports production to branding and marketing, and going on to heading the content department, she rose the ranks to becoming the general manager for innovation and distribution. It was in the final few years of her tenure with the company when her two loves – corporate and creative – began to merge as brands would approach her to collaborate with them on projects in her capacity as an artist. Nini's art extends to her *Malaysiana* collection, made up of art-inspired gifts, accessories and clothing designed with her most vibrant creations, inspired by flora found in Malaysia and Asia.

Practice 4

Listen to an article again and fill in the blanks with suitable adjectives.

Nini Marini Ramlan's studio is just as you would imagine an artist's creative space to look like, filled with brightly-coloured works in various mediums, with painting tools taking up corner spaces and paint splatters forming a masterpiece of their own on the black and white chequered floor tiles. The multi-artist herself is a commanding presence, swaying around the space in a colourful kaftan from her *Malaysiana* collection, enthusiastically explaining the ideas behind her newest weavings and paintings, and showing

the artworks produced by her five-year-old students. Playing multiple roles as an artist, teacher and an advocate for traditional Malaysian textiles, Nini also had a great two-decade career in production in Media Prima, which she left in 2019 to pursue art full-time. From sports production to branding and marketing, and going on to heading the content department, she rose the ranks to becoming the general manager for innovation and distribution. It was in the final few years of her tenure with the company when her two loves – corporate and creative – began to merge as brands would approach her to collaborate with them on projects in her capacity as an artist. Nini's art extends to her *Malaysiana* collection, made up of art-inspired gifts, accessories and clothing designed with her most vibrant creations, inspired by flora found in Malaysia and Asia.

Practice 5

Based on the same article that you have listened to, find 10 nouns in the word search below.

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Vocabulary Workout

Listen to the idiomatic expressions to express feelings and emotions. Then, answer the following questions.

Feelings and emotions can be both positive and negative. Every day we experience this or that feeling, and sometimes there are days that are so joyful or exciting that we simply bask in positive emotions.

These emotions and feelings, whether positive or not, are what make us alive, so let's learn to speak about them in English and share our joys and sorrows with loved ones and friends.

There are some English idioms that can be used to express feelings and emotions. Learning this is a chance to add to your collection of English idioms and make your speech more diverse and interesting.

No.	Idiomatic expressions	Meaning	Example of sentence
1.	Be as hard as nails	To describe a person who is very strong and determined.	<i>Aron will be great in this new business because he is as hard as nails.</i>
2.	Chip on your shoulder	To describe a person who is offended, deeply unhappy or feels he is not treated as well as he deserves to be.	<i>He will not be getting any help if he acts like he has a chip on his shoulder.</i>

3.	To be in a stew	To be extremely concerned or upset about something	<i>I am in a stew! My son is not back home yet!</i>
4.	To carry the torch for	To be in love with someone. It is often used to describe a situation where the feelings aren't mutual.	<i>Alice carries the torch for Alex but he has no clue about it.</i>
5.	Mixed feelings	To describe a state where you have more than one feeling – you are happy, but at the same time sad, anxious, worried, etc.	<i>I had mixed feelings about moving to another university. I was excited, but sad to be leaving all my friends.</i>

Unit 4: Interpreting Information

Practice 1

Listen to a conversation and determine whether the following statements can be inferred or not.

- Hele : Hi Alia, what are you reading?
n
- Alia : Oh, I came across this article this morning. The title is 'Women Continue to Outpace Men in College Enrollment' in Forbes.
- Hele : Okay, so what's interesting about that? I think that's how it is now. More women than ever
n are going to college.
- Alia : What's interesting about this is the author also mentioned that in 1979, about 200,000 more women were enrolled in college than men. By 2021, that difference had grown to about 3.1 million more women than men in college.
- Hele : Wow, the gap continues to widen. Am I right?
n
- Alia : You are absolutely correct, Helen. What is more interesting is in the 50s, people were very reluctant to educate women.
- Hele : Why is that Alia?
n
- Alia : Education at that time was meant only for males. To prepare them to be leaders and to increase their skills and knowledge. As for females, they were to stay at home, learn to manage the children, cook and sew.
- Hele : But why can't they learn like the males?
n
- Alia : They can, but only limited to fiction and literature. They can also write, but their writings are not meant to be published.
- Hele : That's very different from what we have now. Just look at the numbers.
n
- Alia : Yes, Helen. We have surely come a long, long way.

Practice 2

Listen to five short conversations and tick the correct inference that can be made.

Conversation 1

- Maria : What do you like to do during your free time Jessy?
Jessy : Oh, my only hobby is shopping.
Maria : I see, do you shop alone or with your friends?
Jessy : Well, it does not matter actually.

Conversation 2

: Johan, hurry up. You will miss the school bus.
Mom
Johan : Okay mom. I'm getting ready for school now.
Mom : Go and get your shoes.
Johan : Oh mom, the sky is getting dark!

Conversation 3

Arielle : Wow, this is what I've been looking for!
Jamil : Don't tell me you will buy that CD. We don't even have a CD player at home.
Arielle : I'll buy this for my 40th birthday.

Conversation 4

Teacher : Don't forget that we have netball practice tomorrow!
Syira : Oh, my leg hurts.

Conversation 5

Hadi : I don't really know how to make new friends.
Kamal : Well, you can learn. Just be yourself.
Hadi : Nah, I don't think so. I am comfortable on my own.

Practice 3

Listen to five short conversations and answer the following questions.

Conversation 1

Mary : Hi Aaron. Have you found the book you needed?
Aaron : I think I need more time. There are plenty of books here.
Mary : You need to look under its call number.
Aaron : Oh okay. It is easier now.

Conversation 2

Zahid : Are you okay? Looking for something?
Zarif : Yes. I am actually looking for Lecture Hall D. I've been walking around for quite some time now.
Zahid : Oh, is this your first time?
Zarif : Yes, I registered last weekend. By the way, I'm Zarif.
Zahid : Nice to meet you Zarif. I'm Zahid. Let me show you the way to get there.
Zarif : Nice to meet you too and thanks a lot for helping me.

Conversation 3

Munir : Hey Akmal, look at this!

Akmal : Wow, it's the new model, right?
 Munir : Yes, I have been waiting for this for so long.
 Akmal : It's expensive, though.
 Munir : I think my savings are more than enough. I will add this to my camera collection.

Conversation 4

Simon : Oh, look at him! Too cute!
 Jake : But he has a lot of fur. It will be difficult to look after him.
 Simon : Yes, you're right. Let's take the one next to him then.

Conversation 5

Waitres : Can I take your order, please?
 s
 Susan : Do you have something sweet?
 Waitres : Yes, we do. Here is the menu.
 s
 Hadi : Wait, I thought that you don't eat sweet food?
 Susan : Yes, but I accidentally ate spicy fried rice just now and I need something sweet to ease my tummy.
 Hadi : Oh dear, I think you should.

Practice 4

Listen to a news headline and predict what you expect to hear for each headline. You can tick more than one answer.

This is the news on TV Five. Here are the main stories today. Hundreds of TikTok videos on bullying are removed daily in Malaysia. Minimum wage should be at least RM2000 for Malaysians and wet weather to continue as squall hits the country.

Practice 5

Listen to a conversation and choose the best answer to the following questions.

Zita : Hey Sarah, do you notice something different about me?
 Sara : Well, let me see. Hmm...nothing is different...but, I think I haven't seen this before. This
 h scarf is new, right?
 Zita : You are absolutely correct. I know you will notice it! I bought this with a 50% discount, can you believe it?
 Sara : Really? It must be from the same shop, right?
 h
 Zita : Yeah. It's not that I really need it, but it's on sale!
 Sara : The colour really looks nice on you.
 h
 Zita : Thanks Sarah. And I don't have this in my collection.

Sara : Do you think the sale is still on-going?
h
Zita : I'm sure they do! I'll bring you there right after our class today.

Student Learning Time

Practice 1

Listen to three short conversations and tick the correct inference that can be made.

Conversation 1

Diana : Jack, I'm calling to ask if you feel stomach cramp and nausea after our dinner at Astronomy Café last night.
Luqman : Oh yes, and in fact I'm at a clinic now, getting treatment.
Diana : Yeah. I think some of our friends are having the same symptoms.
Luqman : You better go to the clinic and get proper medicine.
n

Conversation 2

Mom : Are you waiting for someone, Ming?
Ming : Not someone, but, yes, I'm waiting for something.
Mom : What is it that you are waiting for?
Ming : Hah, the postman is here!

Conversation 3

Mom : Oh no, I can see the cake is all over the floor! And it's all over your mouth too.
Dani : Sorry, mom.
Mom : You have to help me clean afterwards.
Dani : Okay, mom.

Practice 2

Listen to three statements and tick the correct inference that can be made.

1. When the phone rang and Lana picked it up, she was all smiles.
2. Julia, a worker at a pet store, owns four cats, a lizard, a dog, and a rabbit.
3. Zalia is hosting a dinner at her house. Most of her guests asked for seconds.

Practice 3

Listen to a short conversation and choose the correct answer.

Mom : Where are you going Adam?

Ada : Oh, I have football training in 10 minutes time.
 m
 Mom : I thought you have a test tomorrow?
 Ada : Yes, but I have done my readings. The training is only for a few hours, mom.
 m
 Mom : (*firmly*) You have a test tomorrow.

Practice 4

Listen to five statements and answer the following questions

- 1 It is reported that only 2% of Malaysians read in a year and this statistic will decrease if we continue to ignore.
- 2 This skincare product is said to be very suitable for Asian skin. It contains minerals that can't be found in any other products.
- 3 Scientists have proven that if farmers plant marigold next to tomatoes, it will help to produce more tomatoes.
- 4 The sale that shop is having is extended to three more hours.
- 5 According to the weather forecast, there is a chance of some rain in the city and the temperature is around 10°C.

Practice 5

Listen to a news headline and predict what you expect to hear for each headline. You can tick more than one answer.

This is the news on TV Ria. Here are the main stories today. Man runs amok with cleaver at KTMB Ipoh station, meth found in sweets handed out by New Zealand charity and AirAsia aims to make KK a 'mini Dubai'.

Vocabulary Workout

Listen to the behaviour idiomatic expressions and match the statements with the correct answers.

When describing someone's personality, it might be useful to expand the description using idiomatic expressions that can describe the behaviour. Let's listen to some useful idiomatic expressions about behaviour.

No	Idiomatic expressions	Meaning	Example of sentence
1.	add fuel to flames	You do or say something that makes a difficult or unpleasant situation even worse.	<i>He forgot to buy his wife a birthday present and coming home late only added fuel to the flames.</i>
2.	all ears	To say that you are all ears means that you are listening very attentively.	<i>I'm all ears to your suggestions!</i>
3.	bark up wrong tree	Doing the wrong thing, because their beliefs or ideas are incorrect or mistaken.	<i>You are barking up the wrong tree if you think that I took his wallet.</i>
4.	balancing act	When you try to satisfy two or more people who have different needs and keep everyone happy.	<i>Mothers are performing a balancing act between work and family.</i>

5.	bide your time	Wait for a good opportunity to do something.	<i>He is just biding his time for the price to drop.</i>
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Reinforce Your Listening Skills I

PART A

Listen to the news items and answer the following questions.

News Item I

Good evening. This is KL Popular Station with breaking news. An earthquake with a magnitude of 7.2 has struck northern Japan, causing widespread damage and significant casualties. The quake hit early this morning, with the epicentre near the coastal city of Sendai. Reports indicate that at least 50 people have been confirmed dead, and dozens more are injured. Emergency services are working around the clock to assist those affected. In addition to the immediate destruction of homes and infrastructure, there is a possibility of a tsunami. Authorities have issued a tsunami warning for the coastal areas, urging residents to move to higher ground. Buildings in several cities have sustained severe damage, with numerous structures collapsing and many roads rendered impassable. We will continue to monitor the situation closely and provide updates as more information becomes available. Our thoughts are with those affected by this tragic event.

News Item II

Good evening, sports fans! The excitement is building as the countdown to the Summer Olympics draws closer. This year's Games promise to be one of the most thrilling yet, with a record number of sports and disciplines featured. For the first time, the Olympics will showcase new events such as skateboarding, surfing, and sport climbing, reflecting the evolving interests of athletes and fans alike. These new additions are expected to bring fresh energy and dynamic competition to the Games. In traditional sports, we'll see the return of classic events like athletics, swimming, and gymnastics where world-class athletes will compete for gold in a showcase of talent and dedication. The swimming finals are particularly anticipated, with several world record holders aiming to break their records. Additionally, the Games will highlight the importance of sustainability and inclusivity. This year, the Olympic Committee has implemented several green initiatives, including a focus on using renewable energy and minimising waste. There's also a renewed emphasis on accessibility, ensuring that athletes with disabilities are given equal opportunities to shine. Stay tuned as we bring you updates and highlights from the Games, featuring interviews with athletes, behind-the-scenes coverage and live results. The stage is set for an unforgettable Olympic experience—let the countdown to greatness begin!

PART B

*Listen to an announcement and choose **T** for **True** and **F** for **False** statement.*

Attention all employees: We are pleased to announce that the annual company retreat will take place from September 15th to 17th at the Green Valley Resort. This year's retreat will focus on team-building activities, leadership workshops, and strategic planning sessions aimed at fostering collaboration and innovation. All employees are encouraged to participate, as this is an excellent opportunity to connect with colleagues, develop new skills, and contribute to the company's future success. Please confirm your attendance by September 5th. Additional details, including the schedule and accommodation

arrangements, will be sent via email. We look forward to seeing everyone there for what promises to be an inspiring and productive retreat!

PART C

Listen to a talk on the radio and fill in the blanks with ONE suitable word.

Good afternoon, everyone. I'm thrilled to be here today to discuss the importance of sustainability in our everyday lives. Over the past few decades, the issue of environmental degradation has become increasingly critical. Scientists have been warning us about the long-term effects of climate change, and we have seen its impact through rising temperatures and extreme weather events. Despite these warnings, many people still underestimate the importance of making small, sustainable changes in their daily routines.

For instance, switching to energy-efficient appliances can significantly reduce your carbon footprint. By using LED light bulbs and reducing water waste, we can collectively make a substantial impact on the environment. In addition to these changes, adopting sustainable practices such as recycling, composting and supporting eco-friendly products can help preserve our natural resources for future generations. It's not just about making a difference today; it's about ensuring a healthier planet for those who will come after us.

Furthermore, businesses also play a crucial role in this movement. Many companies have started to adopt greener practices, from reducing waste in their production processes to sourcing materials responsibly. By supporting businesses that prioritize sustainability, consumers can drive more companies to follow suit.

In schools and communities, education about environmental issues and sustainable practices can foster a culture of responsibility and awareness. Engaging in local clean-up projects, planting trees and encouraging the use of public transportation are just a few ways communities can contribute to environmental conservation.

In conclusion, while individual actions may seem small, they are part of a larger movement towards a more sustainable future. By understanding the significance of our choices and taking responsibility for our environmental impact, we can contribute to a positive change. I encourage each of you to consider how you can incorporate sustainability into your daily lives, support green businesses, and participate in community initiatives to help make a lasting difference.

PART D

Listen to the dialogue between Jamie and Alex and answer the following questions.

- Alex : Hey Jamie, I've been thinking a lot about organ donation lately. It's such an important topic, but I know a lot of people are still reluctant to become donors. Have you ever considered it?
- Jamie : I have, but I've heard so many different opinions and concerns. Many people are hesitant to register as living donors as they fear health complications in the future.
- Alex : Yes, others worry about the surgery-related risks such as pain, bleeding, infection, blood clots, allergic reactions or damage to nearby organs and tissues and in rare cases, death.
- Jamie : That's interesting. I hadn't thought about those concerns. But I also heard that some people don't know enough about how organ donation actually works.
- Alex : I guess many are still unsure of the procedure.
- Jamie : What are the benefits of organ donation to society?
- Alex : Organ donation can save lives and improve the quality of life for many people. For example, a single organ donor can potentially save up to eight lives. Besides, organ transplants can

help reduce the need for long-term medical treatments and improve patients' overall well-being.

Jamie : Wow, I didn't realise it could make such a big difference. How does society benefit from people registering as organ donors?

Alex : By increasing the number of registered donors, we can reduce waiting times for transplants, which in turn decreases the number of people who die while waiting for an organ. It also helps to ensure that organs are used efficiently and ethically.

Jamie : That makes a lot of sense. It seems like such a simple way to contribute to a cause that can truly save lives.

Alex : Absolutely. It's a small action that has a huge impact. Besides, talking about it and educating others can help address some of the misconceptions and fears surrounding organ donation.

PART E

*Listen to the instructions and complete the table summarizing the steps involved in making a Wau Bulan. Write your answer in **not more than THREE words**.*

Creating a *Wau Bulan*, the traditional Malaysian moon kite, is a process that requires skill, patience, and creativity. The first step involves selecting a suitable bamboo, which is then split and shaped into a lightweight frame, forming the kite's wings and body. Once the frame is assembled, a layer of coloured paper or cloth is meticulously glued onto it, creating the kite's surface. Traditional designs, often featuring intricate floral or geometric patterns, are then hand-painted or pasted onto the kite, showcasing the artist's craftsmanship. Finally, the kite is balanced by attaching a long tail and string, ensuring it flies gracefully when launched into the sky. The completed *Wau Bulan* is not just a kite but a piece of cultural art, celebrated for its beauty and the skill involved in its creation.

Reinforce Your Listening Skills II

PART A

Listen to the news items and answer the following questions.

News Item I

The Sabah government will look into measures, including installing a total of 423 new telecommunication towers that will be built in Sabah while 2,221 existing transmitters will be upgraded to 4G technology under the first phase of National Digital Network (Jendela) plan. Science, Technology and Innovation Minister Datuk Yakubah Khan said this is among the initiatives that will be rolled out in phases to improve connectivity in Sabah from now until 2022. This would also benefit the poor or underprivileged students who lack such technology for their online studies. Besides the new towers, the government's plans via Jalinan Digital Negara (Jendela) also includes providing them with good Internet connection as well as suitable learning gadgets that they can use for online classes. Earlier, he acknowledged the need for people and students, especially in rural parts of the state, to have good Internet connectivity especially during the movement control order.

News Item II

A drug syndicate, masterminded by a woman, was busted following the seizure of RM7.8 million worth of heroin-based material. The 38-year-old woman who was also fluent in other languages was arrested along with five men during raids conducted in Kuala Lumpur and Selangor on Friday, February 19. Bukit Aman Narcotic Crime Investigation Department (NCID) deputy director Deputy Comm Datuk Kamarul Zaman Mamat said the 240 slabs of heroin-based material, which weighed about 87.86kg, could have been processed into "Heroin No. 3" drug and to be distributed in the streets. Initial investigations revealed

that the syndicate imported the drugs from a neighbouring country. DCP Kamarul Zaman urged members of the public with information on drug-related crimes to contact the police as soon as possible.

PART B

*Listen to an announcement and choose **T** for **True** and **F** for **False** statement.*

Hi everybody. The company is pleased to inform all of its esteemed workers that Miss Maria is going to be promoted to the post of Regional Customer Service Manager from next month. She has been one of the most consistent and efficient members in the respective department of our company in the last five years and hence the decision has been taken by the Senior Head Managers. Some new responsibilities are going to be added in her role which include overseeing the Customer Care division across Singapore and Malaysia, responsible for our after-sales revenue streams, responsible for hiring and retaining top-performing customer care members, and responsible for quality of service across the region through communication strategies. We really hope that she would be a perfect fit for the provided designation and would prove herself a worthy choice. I request every one of you to value her credential and support her in gracing this promoted position.

PART C

*Listen to a talk and fill in the blanks with **ONE** suitable word.*

Hello everyone. Today, I'll be sharing with you about TikTok and everything you need to know about this app.

Like many other well-known video production applications, TikTok has enjoyed a dramatic rise to become one of the most popular social media applications on the planet, despite only launching in 2018. Young people, in particular, love its short-form video focus, and it is now one of Generation Z's favourite tools of expression.

How does TikTok work?

Users don't need an account to watch videos on TikTok but if they want to like, comment, customise their feed or create their own video content, they'll be prompted to sign up for a free account. Like most social media platforms, TikTok requires its users to be at least 13 years old, although there's no robust age-verification in place. When logging in for the first time, the user will be asked to log in using either their email, their Google account, or by linking TikTok to one of their other social media accounts, for instance Facebook or Twitter.

After entering their date of birth and selecting which topics they're interested in – such as sports, pop culture, music or gaming – the user will be dropped straight into the feed. In contrast to most of its competitors, TikTok doesn't require the user to add any information to their profile as they will be issued with a user number, but whether they add a name, profile picture or any other personal information is their choice. Users are given complete creative control of their content. Putting together a video is very easy and there's a range of tools available to spruce up the content, such as filters, effects, text and stickers.

Depending on their age and how they've adjusted their settings, users can share their content with their follower base and/or the larger TikTok community – and even reshare their content on other platforms such as Instagram or YouTube.

Alright, now we know what TikTok is and how it works. Next is the question of risk.

Although connecting with new people on social media is not harmful, TikTok has previously been in the news for failing to remove sexual messages sent to teenagers. The platform's guidelines include a section devoted to 'Minor safety', which states "We are deeply committed to child safety and have zero tolerance for predatory or grooming behaviour toward minors." To further address concerns, TikTok introduced a feature that prevents under-16s from both sending and receiving private messages – but nothing stops young users from faking their age.

There is a live-streaming feature of TikTok that is only available for users aged 16+. Users can start a live-stream or respond to another user with their own live-stream. While live-streaming can be a fun and immediate way to engage with others, there is a risk that younger users could be live-streaming with adults in an unsupervised environment.

So, how to be safer on TikTok?

Although TikTok has significantly stepped up its efforts to keep young people safe, it's important that you are aware of the risks you could encounter and know how to respond. First of all, you have to be mindful of what you share and who you share it with. If you choose to have an open profile, you need to understand what that means – everyone can see what you post. TikTok also has a feature that allows other users to save their videos, although this is no longer available for content posted by under 16s. Older users can disable this option by going to the Privacy and Safety options and turning off 'Allow your videos to be downloaded'.

Social media can be hotbeds for misinformation and scams, so you need to think critically about the things you see in your feed. If something seems too good to be true, chances are it probably is. It might seem obvious but reassuring to find support if you have any questions about the app or have had an uncomfortable experience. And last but not least, make sure that you know how to report videos or users if you stumble across inappropriate content and how to block users who are bothering you.

PART D

Listen to the dialogue between Susan and Afiq and answer the following questions.

- Susan : Hi Afiq, I didn't see you in class this morning, where have you been?
- Afiq : Oh, hi Susan. Well, I woke up late this morning and I didn't even have time to get ready for class.
- Susan : I see. Hmm...I think this is your ... third time for not attending Mdm Syifa's class, am I right?
- Afiq : Yes, you are correct Susan. The thing is, I am worried about the upcoming exams. I think I have little preparation for that. Did you discuss the questions in today's class Susan?
- Susan : Yes, we talked about the questions for the exam preparation this morning. But Afq, why have you not prepared for the exams?
- Afiq : I am having a difficult time focusing on my studies since I have started working part-time this semester.
- Susan : Oh, I didn't know that you have already started working Afq.
- Afiq : You know that I have to Susan. I can't afford to ask my parents for money all the time. But it's quite challenging, you know.
- Susan : Well, it is okay to work while you are studying but you must manage your time well.
- Afiq : Can you help me Susan as I am at a loss?
- Susan : Sure Afq. I think the first step of improving your time is to list absolutely everything that you have to do. There's probably an app that can either do it for you or make it a lot easier.
- Afiq : You mean, I have to create a to-do-list?

- Susan : Yes, this can help you prioritise your task and see how much time each priority will take out of your schedule. If you're using the app, it can help to track your progress, organise tasks, and set reminders too!
- Afiq : Oh, that's great and I think I can do that Susan.
- Susan : Good. Next is to be flexible but at the same time realistic.
- Afiq : What do you mean by that, Susan?
- Susan : As a student, you are expected to dedicate certain hours a week for lectures and seminars. Apart from that, it will be good if you can allocate some time for independent study too. Some tasks take longer than expected, so I think you must allow a little extra time in case you spend longer on a task than you thought you would.
- Afiq : Hmm... I think I got your point Susan. But how about my part-time work?
- Susan : That's why I said earlier to have a list, Afiq. When you already have the list, you have to religiously follow what you have planned. Avoid procrastination and distraction.
- Afiq : Can you explain a bit about that Susan?
- Susan : Since you are also working, you must complete all the class assignments on time. You can study in groups to help increase motivation thus avoiding procrastination. As for distraction, you have to try to leave your phone away from you, so you won't be tempted to scroll through your Facebook or Instagram feed.
- Afiq : Susan, can you count me in your study group? I really need to boost up my motivation.
- Susan : I see no problem with that Afiq, you are most welcome to join!
- Afiq : What else can I do Susan?
- Susan : Let me see... oh ya, another tip for you is to manage your stress. I know that working while studying is stressful for you isn't it Afiq?
- Afiq : You are absolutely true Susan. There are times when I feel like no one understands me.
- Susan : Afiq, I can say that nobody performs at their peak under excessive stress. You need healthy ways to manage the pressures of study while maintaining productivity for both of your work and study time.
- Afiq : How do I cope with this Susan?
- Susan : You have to get enough sleep and exercising is a great way to keep stress at bay and actually, that can help you make learning more efficient.
- Afiq : Wow, you surely have boosted up my motivation today, Susan!
- Susan : Well, that's what friends are for, isn't it Afiq?
- Afiq : It surely is Susan. Thank you for all the advice. I really appreciate it. Now I think I know what to do.
- Susan : I'm glad to know that Afiq. Well, it's almost lunch break, let's have lunch together, shall we? We can go to class after that.
- Afiq : That is great! Let's go.
- Susan : Okay Afiq.

PART E

*Listen to the instructions and complete the table summarizing the steps involved in making slime. Write your answer in **not more than THREE words**.*

Making homemade slime is an easy and fun sort of science experiment to keep the kids busy. Once you've mastered the basic technique, there's no limit to the ideas you can come up with together. This slime makes the perfect sensory toy and is safe for little hands to make but do remember that it isn't edible, so keep an eye on youngsters. First, squeeze the glue into a mixing bowl and add the bicarbonate of soda and mix well. Add a drop or two of your chosen gel food colouring. Less colouring gives a pastel colour; the more you add, the brighter the colour. Mix until well incorporated. Add 1 tsp contact lens solution and for a minute, mix it really well. Once the slime begins to form, keep mixing and it will go

stringy before coming away clean from the bowl into a ball. Once it has formed, take it out and knead it in the bowl with your hands. It will be very sticky at first but after about a minute or so you'll have a smooth and pliable ball and it should come away clean from your hands. Add some glitter at this point, if desired, and work it in with your hands. Store in a pot with a lid.