**Track 1**

1. I've always dreamed of becoming a doctor, but that's not going to happen. My exam results just aren't good enough to study medicine. In spite of that, I'm not giving up. I'm still going to pursue a career in medicine – maybe nursing or even research.

2. I suffered a lot of setbacks as a kid. My parents divorced when I was very young and I got bounced around a lot. It wasn't easy. Sometimes I felt like giving up, but I decided early on to use that pain to achieve my dream of helping kids in similar situations.

3. I've always been a small guy. People told me there was no way I could ever play any sport professionally – football and basketball were beyond my reach. I guess they were right, but that hasn't stopped me. Gymnastics is every bit the sport that football is.

4. I know it can be tough for women in the world of business. That's why I decided to take a less traditional route than getting an MBA. I’m going to get an apprenticeship and I’m going to work my way up from the bottom. Watch out world – here I come!

**Track 2**

The Tennessee Tombigbee Waterway, also known as the Tenn-Tom, is a man-made waterway in the southeast United States. It was completed in 1984 by the U.S. Army Corps of Engineers at a cost of around two billion dollars. It was expected to bring business and jobs to this impoverished rural area.

Willie King of Pickens County, Alabama, said, “Talk I heard for years was that the Tenn-Tom was going to mean improvements for all the communities on the waterway, that it would bring jobs and make life a little better. Hear tell there are already one thousand new jobs because of the waterway, but we haven't seen any yet.” His great-uncle, Alex “Junior” Ivy, was still drawing cooking and washing water from a well as he had all his 90 years. Sharecropping – his former employment – had gone the way of the mule, and former cotton fields were planted in milo and soybeans by big owners with big machinery.

Boaters on the Tenn-Tom, like drivers on a broad highway, pass unawares through some rural counties that, by federal standards, remain among the most severely depressed in the nation. Counties in Alabama with populations of 10,000 to 25,000, no large towns, and few employers, count a high proportion of elderly and disabled citizens and single mothers with small children. Family income – frequently from government assistance – is often below the poverty line. High-school students in Greene County know that few job opportunities await them after graduation; some go into the military, others go to a big city like Birmingham or beyond seeking work.

The Army Corps helped the area during construction of the waterway with training programs and reached its goal of 30% minority hiring, but upon completion of the project those opportunities vanished. One small businessman noted, “Everyone has a shot at development, but the big guys are moving in; the little ones can't compete.”

Memphis, Alabama, is on a bend in the Tenn-Tom. Historians say it was once a bustling cotton town crowded with warehouses, saloons, stores and a hotel in the 19th century – a description of prosperity. By the turn of the century it was a ghost town.

And the waterway? In the early Corps' plans, Memphis was supposed to get recreational facilities, but revised plans left Memphis with only a boat ramp, a small gravel parking lot, and little hope for development. The Reverend J.T. Williams said, “We ain't dead yet. I'm still dreaming.”

In Sumter County, Eva Thomas dreamed too: “I'd like a cooking job,” she said as she prepared chicken and rice for a son, four daughters, and four grandchildren who shared her three-room cabin. A neighbor pleaded, “Let people in power know we're here. We need jobs.” Kenneth Smith, a local carpenter-songwriter, sang, “Taking the days as they come.”

**Track 3**

From Dreams of Travel to a Life at Sea

The Queen Elizabeth is a member of the Cunard fleet, an elite shipping line that dates from the 1840s. The ship is one of the largest cruise liners in the world. A marvel of engineering, it is equal in height to a 17-storey building and weighs more than 92,000 tons. It measures 965 feet (294 meters) from bow to stern. When traveling at capacity, it accommodates more than 2,000 passengers and nearly 1,000 officers and crew. At the helm is Inger Klein Thorhauge, the first and only female captain in Cunard’s 170-plus years of history.

Historically, the maritime industry has been overwhelmingly male-dominated. This is in large part due to the fact that careers at sea involve long periods away from home. Lack of support in schools and from companies is also cited as a major reason why so few women work in shipping and navigation. The situation is gradually starting to change. It is less common still for women to hold leadership positions, particularly aboard large cruise liners.

Captain Thorhauge grew up in the Faroe Islands, a remote archipelago in the North Atlantic which is part of Denmark. Watching the waves crash against the rugged cliffs around her home, she developed a fascination with the sea. When she was 16, she began working on cargo ships. She started out as a stewardess, cleaning cabins, and later took a job as a cadet. She worked her way up through the ranks and eventually pursued a Masters License, a demanding qualification that requires knowledge of navigation, meteorology, maritime law, health and safety, and an array of other subjects. In her view, it is a challenging degree no matter what your gender. After graduating, Captain Thorhauge spent more than a decade working on a variety of shipping lines, initially as a first officer and later as a staff captain. In August 2010 she was hired by Cunard as a deputy captain, and was promoted to full captain several months later.

On board the Queen Elizabeth, Captain Thorhauge has extensive responsibilities that include overseeing ship maintenance, complying with environmental regulations and interacting with passengers. These tasks are, of course, in addition to the hours that she spends commanding the ship from the vessel’s navigation center, the bridge. Captain Thorhauge is often asked about the challenges she has faced as a female commander. She explains that when she was first appointed, the most difficult part of her job was responding to the tremendous interest that passengers and the media took in her as a person. She wasn’t prepared for so many questions about her background, her professional trajectory, and her perspective on her work. Now that she has been in her role for a few years, she is more comfortable with this aspect of the position. She believes that because a female captain is still rare, it is logical for people to be curious. And, Captain Thorhauge is quick to point out, the vast majority of people are very supportive of her and her leadership.

Captain Thorhauge attributes her professional success to her people skills and her dedication. In addition, she believes that she has succeeded due to the support she has consistently received from family and friends. Curiously, her goal was never to command a ship. Instead, her ambition was to travel and see the world. She has explained, simply, that life took her in a different direction. She gives people the advice that, once their dreams come true, they should find new dreams to work toward. She believes that this constant striving is what drives people forward and motivates them to do great things. Her own journey is far from complete. In the future, she wants to continue traveling and dreams of visiting the Maldives, Madagascar and the Galapagos. She also hopes to support other women who want to pursue maritime careers.

**Track 4**

Bel Pesce: Five Ways to Kill Your Dreams

1. When we think about the dreams we have, and the dent we want to leave in the universe, it is striking to see how big of an overlap there is between the dreams that we have and projects that never happen.

2. Your overnight success story is always a result of everything you've done in your life through that moment.

3. No one else has the perfect answers for your life. And you need to keep picking those decisions, right?

4. When I launched my first book, I worked really, really hard to distribute it everywhere in Brazil.

5. When you're growing towards a peak, you need to work harder than ever and find yourself another peak.

6. And one last tip, and this one is really important as well: Believe that the only things that matter are the dreams themselves.

7. Yes, you should enjoy the goals themselves, but people think that you have dreams, and whenever you get to reaching one of those dreams, it's a magical place where happiness will be all around.

8. If every step becomes something to learn or something to celebrate, you will for sure enjoy the journey.

**Track 5**

B: What are you doing this summer, Ashley?

A: Well, even though I was offered an internship here, I decided to turn it down. Instead, I’m going

to work on a conservation project in Belize.

B: Really? That’s so interesting. Keep in mind, it will probably be hard work.

A: Yes, I think it will be. Even so, I’m really looking forward to it. I’m going to be away for about

two months.

B: When do you leave?

A: In just over a week.

B: Despite the fact that you have exams coming up?

A: Yes. I got special permission to leave early. I’m taking my exams this Thursday and Friday.

B: Wow. That’s quite soon.

A: I know. And yet, I haven’t studied enough! I’ve been too busy. I’ve done a lot of reading. Even so I still have so much to do.

B: I can imagine.

**Track 6**

1. A: What are your ambitions for the future?

B: I have a lot of ideas for the future, and yet, I’m not sure which goal to pursue first. On the one hand, I would like to study medicine. On the other hand, I would like to work overseas for at least a few years.

2. A: What is your dream job? Why?

B: I know for sure that my dream job is a profession where I can help others. Nevertheless, I’m not sure what specific work I want to do. I’ve thought about working as a nurse or a pharmacist. Sometimes I also think about a career in education.

3. A: In your opinion, what does it mean to be successful?

B: Although earning a lot of money and having a prestigious job would be nice, I don’t think those things are what really matter. In my view, being successful means feeling satisfied with what you accomplish each day.

4. A: Would you like to be famous? Why or why not?

B: Sometimes I think it would be nice to be famous, because it would be fun to live in a big house and to have people recognize me on the street. Nevertheless, I’m not sure it’s really for me. I value privacy, and I wouldn’t want to read about myself in the newspaper.

5. A: What aspect of your education has been the most fulfilling?

B: My time at school taught me to be a critical thinker. Mind you, I also learned a lot of practical skills. It’s hard to say which aspect of my education has been the most gratifying, because I enjoyed everything.

**Track 7**

1. Despite facing many obstacles, she was able to achieve her dreams.

2. She was able to achieve her dreams, despite facing many obstacles.

3. Even though he came from a humble background, he was able to attend college.

4. He was able to attend college, even though he came from a humble background.

5. In spite of several setbacks, she went on to pursue her career.

6. She went on to pursue her career, in spite of several setbacks.