Tracks

Unit 1 Personal Space

Track 1.
Listen carefully to the following information and complete the note-taking activity.

Scene Two friends are talking about cultural differences.

W1 Hello, Samantha. How are you doing?
W2 Hi there, Ai. I’m fine I guess.
W1 You don’t sound fine. What’s wrong?
W2 Well, remember how I was telling you about that cute guy I met last week? His name is Yoshi.
W1 I remember. You met at the bookstore. I thought you said he was nice.
W2 Well, he is. But it’s very strange. He always stands so far away from me when we talk. I don’t know why. I shower every day. I don’t think I smell bad! And he never looks me in the eye!
W1 Ha, ha! Well, in Japan, people do not usually stand very close together. And looking at someone for a long time can be seen as aggressive.
W2 You and I stand close all the time! You always look at me when we talk.
W1 Yes, but we are good friends. We are also both women. Men and women in Japan don’t stand very close, and we rarely touch in public. Maybe he doesn't want to offend you.
W2 Well, if you say so. Maybe I just need to spend more time with him so he can become more comfortable with me.
W1 I think you should ask him to go get coffee with you. He isn’t being rude. It’s just our culture. He is probably being respectful of your space.
Scene  Two friends are discussing where they would like to eat.

W  I am tired of studying. I’m also starving! Why don’t we take a break and grab something to eat?
M  That sounds like a great idea! Where would you like to go?
W  I’m not really sure what I want. There are a lot of great choices around the university. They are really convenient and cheap!
M  What about teishoku?
W  No way! That’s for old people and businessmen!
M  What about tonkatsu? I know a great place that is close to the library!
W  I don’t want anything fried. Maybe something with noodles . . .
M  How about ramen or soba? You can just have noodles or get ramen with pork. You may even be able to get your soba cold! Even though it is fall, the weather has been quite warm lately.
W  They both sound good. I still can’t decide what I’m in the mood for!
M  How about we go to an izakaya? That way, you can have a choice of many different types of food. Maybe we can even have a drink!
W  That sounds like a great idea! Maybe we can have John and Laura meet us there. They are foodies who love to try new things! Let’s go!
Track 5.
Listen carefully to the following information and complete the note-taking activity.

**Scene**  A teacher is explaining about a Japanese saying.

W Have any of you heard this saying before, “The nail that sticks up gets hammered down?” This is actually a saying from Japan. It means that a person who “sticks up or out” will be “hammered down” to be more like others. Something that is different than others needs to be changed to be like all others. This change may hurt the one who is different, like being hit with a hammer. When all things are the same, we see the group as having collective harmony.

But I have a question for you. Is Japanese society really like this? People who don’t know much about Japan might see this as true when they visit Japan. But the more you learn about different parts of the country, the more you can see that all Japanese people are not the same! Maybe Japan does not have big differences like some places in China or the United States, but there are differences.

And then there are also some “nails” in Japan that never get hammered down. Take, for example, Miwa Mori. She designs buildings. She is also the president of her own company. That is very different in her line of work in Japan. In her own words, Mori said, “If a nail is sticking out enough, if you are different enough, nobody can hammer it down.”
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Unit 4 Natural vs. Artificial Ingredients in Snacks

Track 7.
Listen carefully to the following information and complete the note-taking activity.

Scene A reporter is interviewing a nutrition expert.

M I’m interviewing Dr. Smith today. Dr. Smith is an expert about diet and food. Doctor, how is the diet of the average Japanese person? Is it good or bad?

W Well, it used to be very good. People ate a lot of fresh fruit and vegetables. There were many farms in the countryside, so it was all local. People ate a lot of rice and a bit of meat with their fruits and vegetables.

M And now?

W Japanese diets have changed a lot in the last twenty years. Fast food is very popular. People want their food to be convenient and tasty. The biggest problem is with our children. Many children only eat unhealthy snacks. It’s causing them to become fat, and they don’t eat foods that are good for them.

M What is your solution to this problem?

W I tell people to try and eat whole foods. As a rule of thumb, I say the more unprocessed, the better. Snack foods are filled with lots of chemicals that give no nutrients. We must teach our children to make the right choices about food. You are what you eat.
Track 9.
Listen carefully to the following information and complete the note-taking activity.

Scene  A man is giving a report about the new outbreak of bird flu.

M A new outbreak of bird flu is spreading through Asia. The Chinese government is trying to contain the disease, but people continue to get sick. Coughing, high fever, and stomach pains are some of the signs. Officials are telling people to be careful.

Follow these rules to keep yourself and your family safe. Wash your hands with soap and water often. The things you touch may be covered with germs. People touch their faces many times during the day. This is a common way to get sick.

If you are going to places with many people, wear a medical mask. Wearing a mask can stop airborne germs from entering your body and making you sick. It also protects the other people around you from catching germs from you.

If you feel ill, go to the hospital and talk to a doctor. Better safe than sorry. Don’t visit farms or places where chickens or other birds live. Bird flu comes from these animals, and it could be dangerous to be near them. Older people and children should be extra careful. They aren’t as strong as healthy adults.

Keep watching for more news about this story.
Scene  Two friends are discussing different kinds of green tea.

W  How about some green tea?
M  Do you think we have time to stop and get some?
W  Sure. This store sells bottles of green tea. Come on. Let’s go in.
M  Green tea tastes better when it’s fresh. Do you think any of these bottled teas are good?
W  If you want fresh tea in a bottle, you should buy this one.
M  I’ve never seen that tea before. It sure has a funny bottle.
W  This is fresh spring water in the bottom. The top part has matcha powder in it.
M  So how do you make the tea?
W  Turn the top. Then the powder falls down into the water. Shake it up, and you have fresh green tea.
M  That’s great! Usually, I brew sencha at home even though I know matcha is healthier.
   Matcha powder costs an arm and a leg. It’s just too expensive to buy very often.
   But now that I know I can get fresh matcha in a bottle at the store, I can drink it more often!
W  Maybe not . . . . Look at the price.
M  What? This bottled matcha costs five hundred yen! That’s over three times more expensive than a soda!
W  Don’t worry. I’ll buy it for you this time.
Track 13.
Listen carefully to the following information and complete the note-taking activity.

Scene  Two friends are visiting Harajuku and talking about the people they see.

M      I am so happy to finally be in Japan! What are we doing today?
W      I want to take you to a place where you will see something you probably don’t expect. Here we are!
M      Wow! People sure are dressed strangely here! Where are we?
W      This is Harajuku. It’s the best place to see the subcultures of Japan.
M      What group is that over there?
W      Those are gyaru girls. They love to wear western fashions. They also really like expensive bags.
M      How come that girl is dressed like Nami from One Piece?
W      Well, she is just into cosplay. They create their own outfits to look like manga and anime characters.
M      What about those girls over there? They are so cute. I love their dresses!
W      Those are Lolitas. They want to look like perfect dolls. There are many shops here that sell different clothes for the different groups.
M      That man is taking pictures of them. Is that OK?
W      Of course! He’s just otaku. They are into different subjects, and he probably just loves fashion.
M      Wow. Japan has a lot of different groups. I am really surprised!
Scene Two friends are talking about cram schools.

W     Hi, Satoshi! How’s it going? Where is little Hiro?
M     Hi, Kate. Hiro is studying right now.
W     But it’s vacation! He’s only nine years old! Why is he studying?
M     We placed him in a cram school. We want him to get into a good university. It is very competitive. He needs to start early so that he can be successful.
W     But children need to play and spend time with their friends! He needs time to be silly. He is missing out on his childhood!
M     I know. I am concerned about that. But we really should have put him in juku before elementary school.
W     Doesn’t he miss his free time?
M     Oh no! He says he really likes his teacher! She is more fun than his teachers at school. Plus, some of his friends already go there. He is also making new friends.
W     I don’t know if I agree with you. I went to a short exam-preparation course before I took my university exams. It was only four weeks long, and it was also a year before I graduated from high school. I understand our cultures are different, but . . . .
M     Well, I attended a cram school for a couple years. In the end, though, my parents were upset that I didn’t get into a better school. That is why I put Hiro into one so early. If he gets into a good university, he should be able to find a good job.
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Unit 9 Studying Abroad

Track 17.
Listen carefully to the following information and complete the note-taking activity.

Scene A teacher is explaining about a study abroad program.

M I’m glad to see that so many students came today to find out about our study abroad program. I hope that after you hear about our school’s study abroad program, some of you will give it a shot.

First, let me explain something about our school’s program. We have a sister school in Vancouver, Canada that exchanges students with us. In the spring semester, our sister school in Canada will send ten students here to Japan. We also have the opportunity to send ten students over there. Last year, only seven students applied, so we didn’t have to turn anyone down. If more than ten students apply this year, we will randomly select ten of you to go.

The thing that most students worry about is the cost. The program is a little expensive. Each student must pay ¥400,000 for school fees and housing. However, the government has agreed to support our program this year. They will award up to five students ¥100,000 each to help pay for the program. I have applications for those awards here on my desk.

Oh, and I should also let you know that the spring semester in Vancouver begins in late January. So students going abroad will be flying over there around January 15.
Scene  Two friends are talking about their morning.

M      What’s wrong? You look upset!
W      Well, you know I have a forty-five minute train commute to get to school, right?
M      Yeah. You usually study during that time, don’t you?
W      Exactly! But there was this rude guy on his cell phone the entire trip! He talked so loudly, I couldn’t even think! Even worse, he was speaking in English and making tons of grammar mistakes.
M      There are so many cool features on your cell phone! Why didn’t you listen to music on your headphones? Then you wouldn’t have heard the guy talking.
W      I forgot my headphones at home! And now I don’t feel prepared for today’s test! He should have known better! They make an announcement when the train leaves the station!
M      Maybe he isn’t Japanese, and he didn’t understand.
W      That’s no excuse! Don’t people from other cultures know that it’s rude to talk loudly in a train?
M      Not all cultures are collective cultures like Japan. People here think about how their behavior affects others. Not all cultures are like that. Maybe he doesn’t know cell phone etiquette in Japan.
W      Somebody should teach him. I came very close to giving him a piece of my mind.
M      Why didn’t you?
W      I didn’t want to upset the other people on the train by yelling at the guy.
Scene  A man is giving a company report.

M  As you all know, a large earthquake hit up north last week. I am happy to report that the new soft drink machines installed in that region worked great! Those machines have some of our newest technology in them. This short report will explain some of the features of those new machines.

Ever since the huge tsunami that we had a few years ago, power has been a big concern for us. We have been working on machines that can keep soft drinks cold even when the power is off. I’m happy to report that our new machines worked perfectly. There was a brief power loss after the earthquake, but that did not interrupt our vending machine services at all.

Another feature of our new machines is the information screen. Usually these screens show product information or ads. But with our Internet connections to these machines, we are able to switch all the screens to give emergency information. Even when the city’s power was out, the vending machine screens were still showing emergency information and the latest news. The screens on our machines never went down.

We have received a lot of good reports related to our new machines. The earthquake really put them to the test for us. And I’m happy to report that our machines have passed that test with flying colors.
Two friends are watching a TV show about robots.

W What are you watching?
M I’m watching a TV show on the history of robots. It’s really interesting! Things like robots have been around for hundreds of years!
W No way! I thought robots have only been around for forty years or so!
M Well, the first Japanese robots were mechanical dolls that were made for a puppet theater in the 1600s. Mechanical robots like we think of today have only been around since the 1960s. We’ve made a lot of great leaps in robotics in the past few years. Robots are mainly used in factories. However, Japanese inventors also developed robots to assist in homes.
W Really? I thought robots only wanted to take over the Earth! In America, all of the movies are about robots becoming smarter than humans! They usually take our jobs or kill us!
M Oh, no! Inventors are coming up with ways for robots to help in hospitals, assist the elderly, be pets for children, act as teachers, and clean homes! Some people believe that robots could help with the smaller workforce in Japan as well. Robots may be able to help with the jobs that no one wants to do.
W Look! That robot on the TV looks so life-like!
M Yes, scientists are working on humanoid robots that can change facial expressions and move around. They think that by 2020, robots could be working beside us!
Track 25.
Listen carefully to the following information and complete the note-taking activity.

Scene Two friends are discussing different kinds of manga.

M Why is your book bag so heavy?
W I have to go to the comic book store after class. All of the comics that I need to return are in there.
M How many comics did you rent? This bag weighs a ton.
W I try to limit myself to ten at a time. If I rent more than that at one time, then I can’t get all of my homework done.
M You’re just like my sister. She loves manga. Once she starts a series, she can’t stop until she finishes the whole thing.
W But you can stop in the middle of a series with no problem?
M Yeah. I enjoy reading comics every now and then, but I don’t get hooked on them like my sister. Well, let me take that back. There is one series that I have a hard time putting down.
W What’s that?
M It’s a series about a crazy pirate boy and his crew.
W You mean One Piece? That’s what I’ve got in my bag!
M You’re a fan of that series? I thought your bag was full of romance comics.
W Think again! I hardly ever read shojo manga. I like the shonen titles a lot better.
Track 27.

Listen carefully to the following information and complete the note-taking activity.

**Scene** Two friends are discussing their Friday night plans.

M1 John, I’m glad you came to Japan to visit me!

M2 I am too, Ryosuke! What should we do tonight?

M1 Well, some of my friends are going to sing karaoke. We could join them.

M2 Oh, no. I can’t sing! And I certainly don’t want to sing in front of a bar full of people!

M1 Actually, in Japan, most people rent a karaoke box for a few hours. It is a private room with only friends. You can even order drinks or snacks.

M2 I don’t know. It’s embarrassing. What if people walk out of the room?

M1 My friends are polite. They will encourage you. Even my extremely shy sister sings! We all just go and have a good time. There are loads of English songs, too. Everyone makes sure to let others have a chance to sing.

M2 But I still can’t sing.

M1 Hey, there is a new place that lets you bring instruments. You can borrow my guitar. Then you can plug the guitar into the karaoke machine and play the guitar. They have the chords on the screen!

M2 That sounds great! I can do that! As long as I don’t have to sing, it will be fun.

M1 Don’t worry. I’ll sing, and you can play. We’ll be our own rock band!
Thank you for visiting the Kenrokuen Garden today. Before we begin our tour of the garden, I would like to point out a few things. Did you know these were the gardens of Kanazawa Castle? Parts of the garden symbolize many different things: open space, age, water, large views, and solitude. There are many important designs in the garden. You will also see that there are many water elements. The bridges and water are surrounded by beautiful trees and flowers. This is meant to give one a feeling of serenity.

Notice how different this garden is from a Western garden. There is no one thing to look at. You must walk and reflect on everything.

Those who have visited other gardens in Japan will also notice how different Kenrokuen is from gardens such as Ryoanji’s famous rock garden. Maybe you have heard that to enjoy a rock garden, one should sit still in it. Actually, another interesting point about Ryoanji is that even though there are fifteen rocks, you never see all of them! No one really knows what it means.

Let me also suggest another very interesting Japanese garden to see. That is Kokedera. It is also called “the Moss Temple.” It has the same elements as a traditional garden. It is just covered in 100 different kinds of moss. Like many Japanese gardens, Kokedera has a teahouse in it. In a garden’s teahouse, one should stop and reflect on the garden.

Now, please come this way as we begin the tour of Kenrokuen.