

transcript

level 1

This extra listening has no activities.

Up in smoke

Richard: And I think you've also got some more tips for stopping smoking, yes?

Jackie: I've got three um... three tips to help people to give up smoking. Number one is to throw away all your cigarettes, matches and ashtrays.

Richard: [laughs]

Jackie: No, you laugh but people don't. They give up smoking but they keep them. So if you really want to give up throw away everything to do with smoking.

Richard: Right.

Jackie: Number two is change your routine, do things differently. People always think about smoking at a particular time, for example...

Richard: Yes, I think my friends who smoke they always have a cigarette after a meal, or when they get up first thing in the morning, perhaps.

Jackie: Exactly, or if you drive to work... if that's when you have your cigarette then you should change your routine. So, for example, do something... even, even change the time you eat your meal, sit in a different chair, do something different after the meal, um...

Richard: Ok

Jackie: ...go for a walk for example. And the third thing, um... which I think is going to be easier now if... for people in the UK is to avoid people who smoke.

Richard: [laughs] Good advice, avoid those nasty smokers! All right Jackie, thanks very much for that!