

# Activities to do **BEFORE** you listen to the podcast

## A

Complete these five expressions with the correct preposition.

1. to cook \_\_\_\_\_ (to create)
2. to drool \_\_\_\_\_ (to show pleasure)
3. a bunch \_\_\_\_\_ (a few)
4. connected \_\_\_\_\_ (related in some way)
5. transition \_\_\_\_\_ (change)

## B

Match these expressions to their meaning.

- |                      |  |
|----------------------|--|
| 1. to choke          | a) to give only the main points                            |
| 2. to find [my] flow | b) to join a company or business                           |
| 3. in a nutshell     | c) to discover what works for you                          |
| 4. coping mechanisms | d) to panic, especially in a performance or presentation   |
| 5. come onboard      | e) something which helps you adapt to stressful situations |

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## C

Now you've heard how Akel uses the expressions from exercises A and B choose four of them and write your own sentences using them (remember to change the tense of the verb if necessary).

## D

Answer these questions from what you heard in the listening, listen again to check if you want to.

1. Akel was born in Trinidad and moved to London, which does he consider as more his home?
2. What expression does his wife use to say that people in England don't speak clearly?
3. He met his wife in London when they worked together. What was her job and what was his?
4. What's the big difference between the UK and Slovakia when travelling to work according to Akel?
5. What did he mean when he said Bratislava is a "metropolitan village"?
6. What's his second job, apart from running his company Bango music, and where did he start this second job?
7. How did the opportunity to work in a brand-new gym come to him?
8. Why have his music career steps, goals, and targets "skyrocketed" since coming to Slovakia?
9. What music competition has he entered and what's the next step of the competition for him?
10. Does he think he will still be in Slovakia in 10 years' time and why?

### KEY

**A:** 1-up, 2-over, 3-of, 4-to, 5-to

**B:** 1-d, 2-c, 3-a, 4-e, 5-b

**D:** 1-London, 2-they speak as though they have *hot potatoes* in

*our mouth*, 3-she was a bartender and he was a waiter in a Mexican restaurant, 4-in the UK people think nothing of travelling more than an hour and a half to work and in Slovakia they wouldn't do this, 5-it's busy but everyone knows everyone, 6-he's a personal fitness trainer and he

started in London, 7-one friend connected him to another friend, 8-due to the connections and people he's been talking to, trying different things and the small exposures, 9-Superstar, the next step is to perform on TV in Prague, 10-yes, he's growing his roots and bought a property here

