

## TRANSKRYPCJA

### Zadanie 4.

#### **SPEAKER 1**

In a word, hitchhiking is just not acceptable behavior for me. Very risky to both parties. By law, truck drivers are not allowed to pick up anybody. Will they break this rule? Yes, if you're like a lingerie model. Otherwise, forget truck drivers. Serial killers and all sorts of nuts love hitchhikers. Not exactly a good demographic group to count on when you have to get from one place to another. So you'd better forget about traveling this way in the US. If your budget is that tight, perhaps you should save up a bit more and go for plane or a train.

#### **SPEAKER 2**

In the 80s and 90s I hitchhiked fairly often and never had a serious incident. But in retrospect, I was probably very fortunate. It's no longer safe to use your thumb to get around. Doing so is a major invitation to be victimized and particularly so if you are a woman. Additionally, nowadays it is illegal to solicit a ride in many cities and states. The police will remove you from highways or roads and you may even land up in jail. In some cities hitchhiking, "obstructing traffic" and vagrancy are regarded as kind of crime.

#### **SPEAKER 3**

My father was always willing to pick up a single hiker, if they looked clean-cut and were clean-shaven even if my mother and I were in the car. We met a lot of interesting people. But, as has been stated, times have changed and it's that trust no longer exists. Friends and I were stuck trying to hitch rides outside of a little town in Kansas, just across from the federal jail because of a very dead van. No one wanted to pick up 2 girls and 2 guys across from a prison. We felt like unwanted passengers.

#### **SPEAKER 4**

I've stuck my thumb out a number of times over the years in various places, and was always rewarded with a decent person who was just trying to help out. Well, I've also picked up dozens of boarders trying to get up to Big Apple from Phoenix. It's like everything else, keep your wits about you. Lean in before you get in and grab a sense of the driver. If you get an uneasy feeling, don't get in. If you're worried about a killer behind every corner, you're not safe in your home either.

#### **SPEAKER 5**

I did a lot of hitchhiking in the past. Now most states say it is illegal. Anyway, people try to share rides on sites like Craigslist.com, as I have shared them this way before. I will be doing some traveling down to Las Vegas in the next few months and I will consider sharing. It helps to have a passenger. I would never turn down someone that needed a ride unless I felt like it could be a bad thing. Some people just need a hand up to get where they are going, I was once given that hand up and feel deeply indebted.

*adapted from: <http://answers.yahoo.com>  
[www.travellerspoint.com](http://www.travellerspoint.com)*

## Zadanie 5.

**Interviewer:** Hello listeners! Today with us we have Kevin Clash, the man who plays and gives his unique voice to Elmo, one of the main puppet characters in *Sesame Street*.

Hi Kevin! The job of the puppeteer is usually to stay behind the scenes. Is that why you've made yourself the focus of a documentary?

**Kevin Clash:** Well..., I just wanted to show the joy, love and excitement that I've had over the years working with these brilliant people. There are obviously drawbacks of the trade as well, however I decided to exclude them from my story. And it's funny, when Steve Whitemere, who plays Kermit the Frog, saw it, he said you could've taken my head off and put his on and it would be his story. It really is a puppeteer's story and a puppeteer's journey. It's not just mine, it's all of us.

**Interviewer:** When we see puppets, we forget that you guys are even there. Even as adults.

**Kevin Clash:** Because you're looking at them the same way when you were kids! I love seeing celebrities on Sesame Street because these people who grew up watching the show turn into five-year-olds. They go crazy! Dressed in official suits or looking as if they just came back from their tailors they often act like a child. They go back to being on their little tricycle and watching the show.

**Interviewer:** In the documentary we see you were a great dresser as a kid. Very unusual for a shy puppeteer.

**Kevin Clash:** That's my mom. My mom, she always had us dressing a trendy way. She loved men's clothes. She really enjoyed dressing her sons and her husband. She sewed her clothes and stuff like that. She was very creative.

**Interviewer:** The documentary gives us some insight into how Elmo's character is a reflection of your mom and dad's love and support for you and your 3 brothers at home.

**Kevin Clash:** What's interesting is the love that my mom and dad gave us was making sure that we watched what I did, but as far as hugs and kisses, there was none of that in our household. Deeply emotional character of Elmo is something that I didn't get in the home. I got it through other ways, as far as knowing that mom and dad love me, but they were poor at showing tenderness.

**Interviewer:** Did you know that you had cracked some kind of sonic code as soon as you found Elmo's voice?

**Kevin Clash:** The first time I really knew that I had something was the sketch that I did when Elmo was packing his bags for a vacation and he was giving Luis goodbye and hello hugs. And the camera guys and the crew were amused when I was doing it. And you know, it's the same thing with a comedian: The first time you get laughs on stage, you get that confidence that you feel like you can do it. Once I heard those laughs, I was like, Okay, there's something in it.

**Interviewer:** Thanks Kevin, good luck and say 'hello' to Elmo.

*adapted from [www.nymag.com](http://www.nymag.com)*

## **Zadanie 6.**

The benefits of meditation are numerous and scientifically confirmed, and one of the fundamental benefits is that meditation is a process wherein the means is equal to the goal: they are one. People practise meditation to improve their health, raise self-awareness, help to clear the mind and get the feeling of spiritual uplift. The act of meditation is, in itself, a primary benefit of the process. However, most importantly, the results are instantly felt. One study revealed that meditation can even provide positive and beneficial results under extraordinary circumstances, with unlikely participants on the spot.

An interesting experiment, similar to a pioneering one conducted 10 years ago in Canada, was carried out at a high-security federal jail "Victorville" in the United States. A group of prisoners formed a meditation group which met once a month with a qualified instructor, and then weekly among the prisoner-students themselves, without the instructor. After only one session with their teacher, all students reported increased peace of mind and mental contentment, even though 90 percent of the prisoners had no previous knowledge or experience with any form of meditation practice. The prison administration monitored the group, and reported that, astonishingly, the participants of the experiment became more cooperative, more inwardly-focused on self-development, less anxious, and less apt to use drugs or alcohol or engage in any form of violent behaviour.

The participants referred to meditation as "a parole for the soul", and said that when they were in a meditative state, they felt free from the environment, tension, and emotional confinement of prison life. It was an escape for them, but not into denial and illusions of freedom, but into expanded awareness. Many even reported deeper understanding of their misdeeds and showed remorse which pushed them to admit to themselves what they did.

Meditation has also been shown to reduce the heart rate, calm the central nervous system, and reduce high blood pressure, while at the same time increasing circulation and strengthening the immune system. Psychologists use many forms of meditation to treat patients suffering from panic attacks, phobia, depression, and other disorders. Interestingly, however, latest opinion polls indicate that most people who regularly practice meditation do so not because they are suffering from physical, mental, or social problems, but as a simple and organic way to enhance their quality of life experience. Meditation clears the mind of unwanted static, and provides a feeling of well-being and a natural high.

*adapted from: [www.healthguidance.org](http://www.healthguidance.org)*