



## Adele Opens Up about 30, Divorce and Her Struggle with Fame

Adele is a famous English singer and songwriter. She has released 4 albums, all of which are named after Adele's age when she wrote the songs for each album: "19", "21", "25", "30". Adele was born in the North London district of Tottenham, and she speaks with a London accent. A real London accent is often referred to as a 'Cockney' accent, although Londoners often distinguish between different London accents.

This specific interview is about Adele's new album at the time, titled "30". The interviewer is half Irish half Canadian, so he also speaks with an interesting accent which is a mix between an Irish and a North-American accent.

Watch the video in the link below, and answer the questions with as much information as possible:

<https://www.youtube.com/watch?v=vwPDsSPaDsY>

**Vocabulary to check before answering the questions:**

**overwhelmed** - if you feel overwhelmed, you feel like something is too much for you, and it is too difficult to manage

**teary** - full of tears, crying

**to ride something** - to be carried by the momentum of something

**to 'bank up' your experiences** - to collect your experiences

1. **(00:00-00:28) INTERVIEWER:** How does the interviewer describe the album from his perspective, and what does he want to talk about in the interview?
2. **(00:28-00:38) INTERVIEWER:** What is the interviewer surprised about, and what example does he give to illustrate this?
3. **(00:38-00:54)** The interviewer asks "how are you with it all", in a sense asking how Adele is dealing with the release of her new album "30". What are the exact words that Adele uses in her response?
4. **(21:05-22:12)** The interviewer talks a little bit about his anxiety. What was Adele's strategy for dealing with anxiety, and what activities does she list?
5. **(22:12-22:28)** What is the title of the book that really helped Adele, and what is it about?



6. **(22:28-23:12)** What advice did Adele’s friend give her when Adele had to speak to her ill father, how should you approach such conversations?
7. **(23:17-23:37)** What factor does Adele say is also important in helping us to deal with difficult conversations?
8. **(23:37-23:56) INTERVIEWER:** What does the interviewer claim to be one of the great ‘gifts’ on the album?  
  
**(23:56-24:10) BONUS QUESTION:** Why does the interviewer ask Adele for forgiveness? (very challenging)
9. **(24:23-24:43) INTERVIEWER:** Why did everyone laugh at the interviewer before the interview?
10. **(25:02-25:44)** How do people feel when they are going through anxiety or a heartache, and why was her album “21” so successful?