



## Answers

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?  
**He says that it is very personal and vulnerable with a lot of really interesting textures. He wants to talk about the sound of the record and where the songs come from.**
2. **(00:28-00:38) INTERVIEWER:** What is the interviewer surprised about, and what example does he give to illustrate this?  
**He is surprised about how big it all is. There is a convenience store near to where he lives in Toronto, and there are around 30 posters up all around.**
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?  
**[see page 5 for a transcript and an accent breakdown]**
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?  
**She tried any activity that other people found productive. If anyone that would listen to her suggested an activity, she would ‘give it a go’. The activities included: Pilates, therapy, meditation, sound baths, an hour bath reading a self-help book.**
5. **(22:12-22:28)** What is the title of the book that really helped Adele, and what is it about?  
**The title of the book was “Crucial Conversations”, about how to approach a conversation that you need to have, whether it is work, love-life, children, friends, therapists.**
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?  
**Her friend said that everything you think is going to happen is not going to happen; it is going to be the opposite. Even the colour of the front door will probably be different.**  
  
**How you approach a situation decides the outcome. You have to admit that you don’t know what is going to happen, and you have to be open to what is going to happen.**



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7. **(23:17-23:37)** What factor does Adele say is also important in helping us to deal with difficult conversations?  
**Getting older, because if you start ‘banking up’ your experiences you know that things are never like what you expect them to be.**
8. **(23:37-23:56) INTERVIEWER:** What does the interviewer claim to be one of the great ‘gifts’ on the album?  
**Knowing that other people have been through the things that you are going through.**
- (23:56-24:10) BONUS QUESTION:** Why does the interviewer ask Adele for forgiveness? (very challenging)  
**He says: “Forgive me, I’m going to try to quote your lyrics back to you”.**
9. **(24:23-24:43) INTERVIEWER:** Why did everyone laugh at the interviewer before the interview?  
**Because he thought that there were tomatoes in the flowers, and everyone laughed and didn’t tell him what they were.**
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?  
**You feel like you are the only person going through it, but you also think that you are the only person that exists, because you are so consumed by everything that you can’t pay attention to other people and what’s going on. She believes that “21” was so successful because it made people feel less alone.**



## Answer to Question 3 and Guide to Some Features of a London Accent

Transcript of the video (00:38-00:54)

### Key - Some differences between the Essex accent and Standard English:

**Blue text** 'I' replaced by a 'ww' sound

In many southern and central UK accents, an 'I' is replaced by a 'w' when it is followed by a consonant sound. This can be heard also in formal English and professional settings.

**Green text** 'th' replaced by a 'f' or 'v' sound

In accents across the UK the 'th' sound is replaced with an 'f' or 'v'.

**Red text** 't' replaced by a 'glottal stop'

This occurs in many southern and central accents of the UK. When a 't' is at the end of a word or followed by a consonant, it sounds like it is simply deleted. However, it is replaced by a hard stop in the middle of the word called a 'glottal stop'. This causes a lot of difficulties for listeners to understand. This can be heard also in formal English and in professional settings.

**Brown text** 'or' sounds are pronounced more like an 'uw' sound

This is a classic characteristic of vowels in London accents. Words such as 'sort', 'fort' and also 'bought', 'caught', 'taught' are pronounced with a 'uww' sound.

**Small text** 'filler' words such as 'are / to / a / can / of / for / from' are reduced to very quick sounds which are hard to hear. Each of these words contains some form of 'schwa' sound, which is a kind of lazy 'uh' sound. This occurs in all accents, including US accents. This lazy 'uh' sound is in fact the most common vowel sound in both British and American English. It is used also in formal and professional settings, and it is in fact essential to maintain the natural rhythm of the English language. You can see it a lot in the text below.

Grey text

The real transcript of the video

(Interviewer on 00:36)

How are you with it all?

(Adele on 00:38)

Good, I mean I'm kind of I'm settling back into it. It's been like maybe like three weeks

now since I've felt like it's all kicking off and stuff like that. At first I was like exhausted

and overwhelmed, a bit teary all the time, 'I don't want to do it',

But it was too late so I just have to sort of get comfortable with it and ride it.