M: Hi! My name’s Maria. I’m from Segovia near Madrid. This is Anna. She’s my English friend. She’s 18 and she lives in Oxford. I’m going to visit Anna in Oxford. This is an email from Anna. Hi Maria How are you? We are really looking forward to your visit. Here is a video of my family. See you soon! Anna x

A: Let’s meet my family. This is my dad. His name’s Patrick. He’s forty-six.

A: Hi mum.

L: Oh, hi!

A: My mum’s name is Liz. She’s forty-four?

L: Anna! Thirty-nine, please!

A: Oh, OK! My mum’s name is Liz. She’s thirty-nine.

A: Hi!

J: Hi!

A: That sounds good!

J: Thanks.

A: My sister’s name’s Jessica. She’s sixteen.

A: Hi Tom! Hi Tom! Tom!!

T: Oh, hi.

A: Is it a good game?

T: Yeah, it’s OK.

A: Good! My brother’s name is Tom. He’s nine. Hello, Archie! Our dog’s name is Archie. He’s five months old. Archie is my friend. That’s my family! My mum, my dad, my sister and my dog. Oh, and my brother!

J: My name’s John Williams. I’m 32 years old. I live with my wife, Sarah, here in our house in Manchester. I get up at six o’clock. Sarah doesn’t get up. I give the cats breakfast. Then I go running. I like running. I don’t smoke! Tea?

S: Mm. Yes, please. Thanks.

J: Sarah gets up at seven o’clock and we have breakfast. We have cereal and a cup of tea. I get to work at half past eight. I work for a BMW dealer. I’m a salesman. I really like my job. I sell new and used cars. I work with Andy. Andy is a very good salesman. I sell one or two cars a week. I leave work at five o’clock and then I go home. I cook dinner. We don’t eat meat, but we eat fish. Sarah finishes work at six. She’s a doctor.

S: Hi!

J: Hi! Good day?

S: OK, thanks.

S: 40, 15. Game!

J: On Saturdays we play tennis. Sarah likes tennis.

M: Oh great, another email from Anna in England. Let’s see, what does she say? Hi Maria Thank you for your email. Here is a video of our house. See you soon!

A: Hi, this is my house. There’s a big garden and there are some trees. Here, Archie! Here, Archie! Here, Archie! Downstairs there are three rooms. There’s a living room, a study and a kitchen. And there’s a hall. In the living room there’s a piano, a fireplace and a television. Oh, and there’s an armchair and a sofa.

A: In the study there’s a computer and a bookcase. My mum works in the study. Oh, hi mum!

L: Hello, Anna. Yes, the study is my room.

A: In the kitchen there’s a table, a cooker, a sink, a dishwasher, a fridge and a freezer. Archie sleeps in the kitchen.

P: And we cook and eat in the kitchen.

A: Yes, of course.

P: Would you like a glass of orange juice?

A: Oh, yes please!

P: There.

A: Thanks, dad.

A: Upstairs there are four bedrooms and a bathroom. There’s Mum and Dad’s room, Jessica’s room, Tom’s room and my room. That’s Jessica’s room. It’s very nice. That’s Tom’s room. It’s, er, OK! In the bathroom, there’s a bath, a toilet and a sink. And in my room there’s a desk, a bed and a stereo. I love my room, it’s the best room in the house!

Day one

Today’s my birthday. I got this DV cam … so this is my video diary. I’m 25 today. That’s a quarter of a hundred. Today is the first day of the rest of my life. I’m going to get into shape. Eat less, exercise more. Oh, did I mention that I’m going to go out with David in two weeks’ time? Yes, David asked me out! And I’ve got to look good. So … this is my new fitness rota. I’m going to go running once a day … And I’m going to do exercises twice a day … morning and evening. And I’m going to go swimming three times a week. And I’m going to eat less. That’s every day. No snacks, no crisps, no sweets, and no cake. I start tomorrow. Well, today is my birthday …

Day two

It’s … six o’clock in the morning … and I’m going to go running. I feel … well, I feel a bit sick, actually.

Day three

This is really tough. My knees hurt. I’ve got a bad foot. My back aches. But … my stomach well, … it still feels a bit soft, actually. But no pain, no gain.

Day five

I can’t go running today. I’ve got a stomach ache from all those abdominal exercises … it really hurts … and er, well, it’s raining. It looks really cold. I’ll start again tomorrow.

Day eight

I’m into my second week now and er … well, I’m not following the rota. I haven’t got enough time. And I’ve got to have a social life.

I know, I know, I shouldn’t eat biscuits. But this isn’t a snack, it’s my dinner. I didn’t have time to make anything to eat this evening. I’m just too busy at work … And well, they are organic – look!

Day eleven

OK, I’ve got three days left. And I’m going to start running again. Seriously.

Day thirteen

This is the last day. My date with David’s tomorrow. I’ve got a bit behind with my training, so today I’m going to do everything.

Day fourteen

David’s going to call for me in … a couple of minutes. I’m really excited and I look … well I look OK, I think. Certainly better than I did a couple of weeks ago. I just hope we don’t go dancing. My body aches so much … Oh no, not again. Oh, oh dear, I guess I should turn it off. Ah! Ah, my back. I can’t move! Oh, that’s just perfect.