

### Dictation Contest (PRJr, 初級) No. 308

Hi, everyone! Welcome back to Inter-Tomas!

Today, I am going to talk more about Eric.

When they get to land, they sell all their leather and fur. They buy pottery, tin, and silk to take back with them. Eric's got silver coins so he buys presents for his mum and sister.

Here's a fact: Viking toys were made of bone or wood.

This is all for today. See you!

### Dictation Contest (PR1, 中級) No. 308

Hello, everyone! Welcome back to PR1.

Today, I have a text about a very interesting new type of shoe. Take a listen:

People usually wear gloves on their hands and shoes on their feet. These days, there is a popular kind of shoe that looks like a glove for a foot. The design is different from a usual shoe because there are five holes on each shoe – one hole for each toe. The shoe is very light and it fits naturally on the foot. People can use them for the gym, for outdoor activities, or for walking. These shoes can make someone's legs and feet stronger. It is difficult to put on and take off, but it becomes easier with practice.

Have you ever seen a glove-like shoe on someone before? I think I've seen it sometimes in the park when people are running, but not in the streets.

Well, that's all for today and I'll see you in class. Bye-bye!

**Dictation Contest (PR2 上級) No. 308**

Hello, everyone! How are you doing?

Welcome back to PR2. Today, I have a text talking about the link between optimism and health. Take a listen:

Generally speaking, an optimistic person will find it easier to make friends and be successful than a pessimist who continually grumbles or is full of apprehension about the future. Recently, scientific research has discovered that optimism provides many health benefits, too. Various studies attest that optimists, for example, have lower blood pressure and are less likely to be prey to heart disease. Even if they are afflicted, they are less likely to suffer from complications following surgery. Does this mean, then, that optimism is good for you?

In order to test this point, scientists have recently carried out more elaborate studies of people with frail health or chronic medical conditions. They have found that even among ill people, optimists take a very different attitude to their condition. What, then, is this reason? Some researchers believe that it may be biology. Others think that the reasons are more social. Optimists are more apt to lead healthy lives and to comply with their physician's instructions. They are also less likely to indulge in tobacco and alcohol and more likely to take precautions against becoming ill.

Well, that's all for today, and I'll see you in class. Bye-bye!