

Dictation Contest (PR Jr, 初級) No. 750

Hi, everyone! Welcome back to PR Junior.

Today I will continue the second part of the story of *The Lion and the Mouse*. Let's start!

The little mouse said, "Forgive me this time. I shall never repeat it and I shall never forget your kindness. And who knows, I may be able to do you a good turn one of these days!"

The lion was so tickled by the idea of the mouse being able to help him that he lifted his paw and let him go.

Let's continue the story next time. Bye-bye!

Dictation Contest (PR 1, 中級) No. 750

Hi, everyone! Welcome back to PR1.

Now, take a listen:

One day, four students went to a hamburger shop near a museum to have lunch. When Ellen and Brian ordered, Lisa started to help them. Yusuke stopped Lisa.

"This is a good chance for them to practice their Japanese," Yusuke said.

Ellen and Brian began to order their lunches in Japanese. Ellen pointed to pictures on a menu.

Brian used a gesture to show that he would eat in the shop\*.

When Ellen and Brian sat down at a table with Lisa and Yusuke, Brian said, "We got out lunches!"

Ellen said, "Understanding spoken Japanese is difficult for me. I have to study more."

But she looked happy. Lisa realized that practicing a new language is fun.

Okay, this is the end for today. How was it? See you next time!

\* We usually say 'restaurant' (or café, bar etc.), not 'shop'

Dictation Contest (PR2 上級) No. 750

Hello! Welcome back to PR2.

We will continue our talk about the writer's block today, so let's begin!

The body and brain need to be nourished with healthy food and pure water. Junk food is unlikely to increase mental output. Obviously, distractions have to be completely eliminated – phones turned off, the Internet disconnected, the desk or workspace uncluttered – because good writing needs focus and undivided attention.

Consider also that the subconscious mind is continually problem-solving even while a person is sleeping, so writing for twenty minutes prior to bedtime and thinking about the difficult bits before falling asleep might just induce the subconscious to resolve the issue overnight, the writer waking up with a fresh perspective in the morning. The best time for writing is early in the morning; tackle the most complex task first, and the easier stuff should just flow.

A tired writer will accomplish less and is more likely to suffer from a block – a good eight-hour sleep at night is optimal but not always achievable. In this case, the best and most successful remedy is the caffeine nap. Researchers at Loughborough University in the U.K. found that a cup of coffee followed by a fifteen-minute nap is an effective way to reboot the brain.

Alright, that's it for today. See you next time, bye!