

Tapescript Part 1 (9EL1 / 9EL3)

Narrator *You are a reporter for your school magazine. You want to write an article about sun protection. To help you know more about this, your editor has prepared an excerpt of an interview for you to listen to.*

Listen to the interview and answer the questions in Part A and Part B. The interview will be played twice. Do as much as you can the first time and answer all questions the second time. You now have 30 seconds to read the questions in Part A and Part B. (music 30 secs.)

The recording will begin now.

[Radio Teens Hong Kong Host – Peter] Welcome to *Radio Teens Hong Kong*. I’m your host, Peter Chan. Joining us today is Dr Leung from HK Hospital. Welcome, Dr Leung.

Dr Leung Thanks for having me, Peter.

Radio Teens Hong Kong Host – Peter As we head into the sunny season, it’s important to know how to enjoy the sun safely. Dr Leung, what is sunburn?

Dr Leung Good question, Peter! Even though the sunlight feels warm and nice, some of its rays can actually damage our skin. Sunburn occurs when our skin is exposed to the sun’s UV radiation for too long.

Radio Teens Hong Kong Host – Peter I see. So, what happens to our skin after sunburn?

Dr Leung Well, when our skin gets damaged by the sun, our body tries to repair it quickly. It sends more blood to the damaged area, which is why sunburnt skin looks pink or red and feels warm. The area can also feel quite sore, and the skin sometimes peels off as it heals. It usually gets better within seven days.

Radio Teens Hong Kong Host – Peter That doesn’t sound pleasant at all! What should I do if I get sunburnt?

Dr Leung There are a few steps you can take to ease sunburn symptoms. First, get out of the sun as soon as possible. Then, cool your skin with a cold shower, bath or damp towel. Keep in mind that you shouldn’t put ice directly onto sunburnt skin as it may worsen the damaged area and cause further irritation. Once you’ve cooled the skin, apply aftersun cream or spray, and remember to drink plenty of water to prevent dehydration and heatstroke.

Radio Teens Hong Kong Host – Peter

So, what can we do to prevent sunburn?

Dr Leung

There are several ways to prevent it. One of the easiest ways is to limit our time in the sun between 10 a.m. and 4 p.m. when UV radiation is the strongest. Another good tip is using sunscreen.

Radio Teens Hong Kong Host – Peter

Ah, sunscreen! I always hear about it, but how exactly does it work?

Dr Leung

Sunscreen can come as a lotion, cream or spray. It works by either absorbing the harmful rays like a sponge or reflecting them like a mirror.

Radio Teens Hong Kong Host – Peter

With so many different products, how should I decide which one to buy?

Dr Leung

All sunscreen products help protect us from sunburn, but only the regular use of broad-spectrum sunscreens with an SPF of 15 or higher protects us from skin cancer and early skin ageing, such as wrinkles and dark spots, caused by the sun.

Radio Teens Hong Kong Host – Peter

That's helpful to know. Any tips on how to apply sunscreen correctly?

Dr Leung

Definitely! Most experts recommend applying sunscreen at least 10 minutes before going outside. It's important to apply plenty of sunscreen and cover all exposed areas of your body. Don't forget often-missed spots like your ears and the back of your neck.

Radio Teens Hong Kong Host – Peter

Great advice! How often should we reapply sunscreen?

Dr Leung

It's best to reapply sunscreen every two hours, especially after swimming, sweating or drying yourself with a towel. If you're indoors, you can reapply less often – about every four to six hours.

Radio Teens Hong Kong Host – Peter

With these precautions, we can all enjoy the sun safely. Before we wrap up, is there anything else you'd like to add, Dr Leung?

Dr Leung

Yes, Peter. Remember, no sunscreen completely blocks UV radiation, so it's important to stay in the shade where possible and have additional protection like wearing long-sleeved shirts and sunglasses.

Radio Teens Hong Kong Host – Peter

Thank you, Dr Leung, for sharing this valuable information. (*fade out*)]

Narrator

Now, listen to the recording again. *{Repeat []}*

You have 30 seconds to check your answers. *(music 30 secs.)*

This is the end of Part 1.