



There is a video that goes with this podcast

🎵 Includes a song and worksheet A British icons podcast

Number and name	Description	topic	topic
190			
189			
188			
187			
186 The new normal	How has life changed after the pandemic?	lifestyle changes	comparing past to present
185 Hair-raising!	Some great body idioms to talk about how we feel	idioms: parts of the body	feelings
184 Flying high	The incredible story of bird migration	animals: birds	
183 AI	It's not only humans making the decisions; is that a problem?	artificial intelligence	
182 Birdlife	How have 10 birds shaped the lives of humans?	animals: birds	historical events
181 The 2022 quiz	How much does Richard remember about last year?!	questions and answers	remembering 2022
180 Dark days	How to stay cheerful during the winter months	mindfulness	SAD
179 The corgis	Queen Elizabeth loved her faithful, furry friends British icons?!	British culture: the Queen	animals: dogs
178 Heroism	Just who are the real life heroes, and what makes them so?	heroic personality traits	Malala, Uncle Tom
177 Vital vitamins	But how necessary are vitamin supplements really?	marketing	health: vitamins
176 Tilting towers	An ancient and modern building that share the same problem...	places: Italy / USA	architecture
175 Ukraine	Some facts about the country that's in the headlines	country: Ukraine	
174 Beijing 2022	Skating, skiing, snowboarding: are we watching the Winter Olympics	sport: Winter olympics	
173 Unwanted gifts	Why are women so often disappointed with their presents?	gender differences	
172 The golden web	Spiders' webs: not just for Hallowe'en!	science: spiders' webs	
171 A tourist hot spot	Richard talks about an amazing volcano he visited	travel: Mexico	places: Paracutin volcano
170 Mind your language!	Everyone's happy to be speaking the same now, right?	adopting foreign words	culture: language
169 It's footie time!	Jackie and Richard are enjoying the 16th UEFA European Championship	sport: football	Euro 2020
168 The dig	Jackie and Richard go underground in search of the past	archaeology	history



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167 Would I lie to you, honey?	Can you tell if someone said something that wasn't true?	lie detectors	behaviour
166 P@\$\$word\$	Have you forgotten your password yet again?!	problems and solutions	computer hacking
165 Lockdown	How to talk about the Covid-19 rules and restrictions	vocabulary: COVID-19	
164 Honesty is the best policy	How would the world look if everyone did the right thing?	telling the truth	behaviour
163 Waterways	Jackie and Richard enjoy the slow life on the canals	canals around the world	culture: British canals
162 A wall, a bridge and a tower	Three British icons that define our history	culture: British monuments	history
161 A walk in the woods	Can mother nature help us when we're feeling down?	science: biochemistry	lockdown
160 There will be blood	Why giving blood is a small thing that makes a big difference	anecdote	blood types
159 No gym? No problem!	Burn calories, lose weight and feel great - at home!	exercise	lockdown
158 Techno car	So how are Jackie and Richard getting on with their new, modern car?	technology: modern cars	personal experience
157 Which car?	Jackie and Richard are thinking about getting a new car, but which one?!	technology: modern cars	making choices
156 Open Sunday's	The English language is going downhill; does it matter?	English grammar / spelling	
155 Location, location, location	Jackie and Richard talk about the difficulty of buying a new home	house hunting	
154 Off the beaten track	There's just one problem when Richard and Jackie go on a countryside walk...	personal experience	walking
153 A regency gentleman	Meet Zack, a very unusual young man indeed	hobbies: dressmaking	fashion: men's
152 Privacy: have we lost it?	Everybody now knows everything about our private lives	social media	public surveillance
151 Food for free	A feast of plants can be found when foraging!	nature: plants	
150 Playing pranks	With April 1 coming up we talk about fooling people	Aprils Fools' Day	anecdotes
149 The good drone	Following the negative press here's just one example of a positive use for drones	new technology	countries: Australia
148 Just say no	There's no Planet B: some practical advice on how to make your life more plastic free	environment: plastic pollution	
147 Look before you eat	The festive period can be a nightmare for those who have food allergies	food labelling / allergies	
146 My family tree	Does Richard have any interesting or famous ancestors? Listen and find out!	family: ancestors	DNA
145 Tutor Youtube	Is the popular website as good a learning resource as school or university?	Internet: Youtube	self-learning
144 Feeling hot, hot, hot!	Jackie and Richard compare this year's sweltering heatwave to that of 1976	Places: UK in the past	weather: heat



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143 British icons: Stonehenge	Why are a circle of prehistoric stones the place to be for the summer solstice?	culture: British heritage	places: Stonehenge
142 No smoking	It's over a decade since the no smoking ban; has it made a difference?	culture: British	health: smoking
141 British icons: Stephen Hawking	Jackie and Richard celebrate the life of the Master of the Universe British icons	science: physics	cosmology
140 On the piste	Jackie and Richard go on a ski trip for the first time in many years	sport: skiing	
139 Ask me another	It's the 2017 quiz! How much can you remember, and can you beat Richard?	questions and answers	remembering 2017
138 A podcast about poo	Jackie and Richard talk about the smallest room in the house for World Toilet Day	environment: human waste	
137 Plastic fantastic?	The omnipresent material we can't live with or without	environment: plastic	
136 My left hand	Pam talks about living in a right-handers' world for International Left Handers Day	personal experience	
135 The firefighters	We salute the men and women who do one of the world's toughest jobs	jobs: firefighting	job requirements
134 The light fandango	Are LED bulbs the bright future, or a dull headache?	light bulb evolution	science: LED
133 Looking is seeing	Jackie and Richard talk about wearing glasses and visiting the optician's	optician's	personal experience
132 Stand and sing	Jackie and Richard talk about national anthems; how much do you like yours?	singing	patriotism
131 Culture shock	Jackie and Richard share their experiences of being in a different culture	travelling worldwide	personal experience
130 Forza Italia	Linda talks about holidaying in Italy, listen and find out what she likes so much	places: Italy	
129 Parkrun, what's that?	Listen to Jemma talk about an event that's becoming more popular by the week	sport: running	personal experience
128 Fear of flying	Listen to Sue talk about her experience on a long haul flight to South Africa	phobias: flying	personal experience
127 The streets of Kolkata	Join Richard among the hustle and bustle, taste and sounds of this amazing city	places: Kolkata, India	
126 Chocolate, yay!	We celebrate World Chocolate Day with a podcast about the world's favourite flavour	food: chocolate	
125 The dancing queen	Listen to Nora talk about her unusual life as a professional dancer	jobs: dancer	travel: cruise ships
124 British icons: Yorkshire	Join Pam and Jackie in one of the nicest parts of the UK	places: Yorkshire	culture: British
123 No news is good news	Why is our daily dose of news always dominated by gloomy headlines?	good news v bad news	culture: the news
122 Shaken not stirred	British icons: James Bond, the world's favourite spy	culture: British cinema	
121 Ashes to ashes	Everybody goes to a funeral, even if it's only their own!	culture: funerals	personal experience



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120 The refugees	Thousands are travelling but where are they from and where do they want to go?	politics: immigration	civil war
119 The ballot box	We look at the pros and cons of three different voting systems	politics: voting	
118 Rain stopped play	Richard explains how to play one of the UK's most popular sports - cricket, of course!	sport: cricket	culture: the Ashes
117 The Hatton Garden Heist	Over the Easter weekend in London nine thieves made a daring raid and stole millions	crime: British	
116 Below the line	Do you comment online? Do you use your real name? Why not?!	culture: online	
115 A place in the Sun	The pie team talk about their experience of being on a TV show	culture: British TV	personal experience
114 You are what you eat	Do you want to lose weight? We talk about diets and dieting	diets: Atkins / Mediterranean...	nutrition: fat, protein, carbs...
113 Blowin' in the wind	Where is the windiest place in the world? Watch a BBC video and find out	geography: Mt Washington	numbers
112 Knit 1, purl 1	Get out your needles and yarn, Jackie and Helen are talking about knitting!	hobbies: knitting	personal experience
111 Cool blue	The blue LED won the Nobel Prize for Physics. What's so special about that?	science: physics	Nobel Prizes
110 Jo's motors	Jo talks about cars and driving; buckle up and enjoy the ride!	anecdote	transport: types of cars
109 The picnic	When the sun shines there's nothing better than eating outside!	remembering the past	culture: British
108 No more umpires!	With modern technology there's no need to have umpires or referees anymore, is there?	technology: hawkeye	sport: tennis & football
107 Dial 999	Join Sue in her kitchen and find out why she called the fire brigade	anecdote: kitchen fire	insurance
106 No connection	How did Jackie and Richard survive when the Internet went down?	technology: internet	
105 That sinking feeling 🎵	What could be worse than the Earth opening up and swallowing you?	geology: sinkholes	places: US & UK
104 Don't look down...	and hold on tight as Nicky talks about rock climbing	extreme sport: rock climbing	personal experience
103 The Winter Olympics	You don't need to come from a snowy country but you're unlikely to win a medal	sport: Winter olympics	comparing Summer games
102 That was the year 2013	We look back at last year with a quiz, how many questions can you answer?	remembering 2013	
101 Poetry	Powerful or pointless? Is there still a place for poetry these days?	culture: poetry	Bob Dylan Wilfred Owen
100 Citizenship	Why Gareth decided he wanted to be French as well as British	culture / nationality	
99 Pick a pocket or two...	How to survive your holiday from the increasing number of pickpockets	crime: pick pocketing	places around the world
98 The yellow jersey	Pelotons, polka-dots and Paris - it's the Tour de France. Allons-y!	sport: cycling	
97 Boy George	Rob talks about the challenges of being a father with a young son	family: fatherhood	personal experience



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96 Yummy umami	Helen and Jackie get their tongues around a new taste sensation	food: taste	
95 Trial by jury	Is having 12 strangers the best way to resolve a criminal case?	justice: juries	
94 Samba sensation	Put your dancing shoes on and join us at the world's biggest carnival!	festivals: carnival	places: Rio de Janeiro
93 The tube	Happy anniversary: The London Underground is 150 years old this week	transport: the underground	places: London
92 Coffee break	Richard has several ways of getting his caffeine fix in the morning	drink: coffee	
91 On yer bike!	Helen and Jackie share past and present memories of getting on their bikes	sport: cycling	remembering the past / anecdote
90 Harvest moon	Autumn's full moons are cause for celebration in both the East and West	astronomy: the moon	seasons: autumn
89 The Eagle has landed	We recall the amazing Apollo 11 mission to commemorate the death of Neil Armstrong	science: space	astronomy: the moon
88 London Olympics	It's here at last, but not everyone's greeting the Games with flag-flying enthusiasm	sport: Olympics	places: London
87 20/20 vision	Jemma can see clearly now - but that hasn't always been the case	senses: sight	anecdote
86 Douze points	The UK wants Baku to vote for 'The Hump' at the Eurovision Song Contest	culture: Euro pop songs	
85 The long-distance runner	Jemma talks about how wonderful it feels running a marathon	sport: marathon running	personal experience
84 Sisters are doin' it for themselves 🎵	Or are they? We talk about International Women's Day	gender: inequality	
83 A garden bench	Richard needs his saw, drill and lots of patience for this woodworking project	hobbies: woodworking	
82 British icons: the panto	Actor David talks about one of Britain's winter highlights	culture: British theatre	tradition: New Year / Christmas
81 Lord of the lip	How has Adam been fundraising for the Movember campaign?	charity campaigning	
80 Fire! Fire!	Peter describes his narrow escape from a forest fire	personal experience	anecdote
79 The big mac	Are Apple computers the best designed in the world?	technology: computers	
78 Going Dutch 🎵	Meet Hendrik, who doesn't come from Holland!	nationality	places: The Netherlands
77 Ironman!	He's fit and he's tough; James tells us what he does to become an Ironman!	sport: triathlon	personal experience
76 Festival fun	Will the pie team be joining the festival crowds this summer?	culture: British music festivals	
75 India, incredible India	Rosie talks about living and working in one of the world's most exciting countries	living in places: India	personal experience
74 Vanishing bees	Does it matter that bees around the world are buzzing off?	hobbies: beekeeping	environment: pesticides
73 Red Nose Day	Why is Richard's sister wearing pyjamas to work for Red Nose Day?	charity campaigning	culture: British



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72 The name game2	Forget John and Mary, here's Brooklyn and Peaches!	family: names	
71 The name game	Why are so many Brits changing their names?	culture / identity	
70 Happiness	Feeling happy? Enjoying life? How do you know?!	well being	
69 Los 33	What happens now to the San Jose miners?	places: Chile	disaster
68 Is that a Mango t-shirt?	Jo talks about her love of high-street brands	culture: shopping	
67 Big boys don't cry...	but why not? Surely men should be able to snivel too?	gender: inequality	
66 DIY	The pie team are hammering away in their new home!	hobbies: home improvement	
65 Forty-love	Forget the football - let's see if we can do any better at Wimbledon!	sport: tennis / rules	longest match ever
64 The moneyless man	Mark Boyle decided last year he wouldn't spend any more money - how does he do that?	alternative lifestyle	
63 Troubled waters	The BP oil spill is a disaster for the seafood industry, as this video explains	places: The US	environmental disaster
62 An American in Spain	Scott talks about the highs and lows of Spanish living	culture: US / Spanish lifestyle	
61 Spring forward, fall back	The pie team look forward to longer summer evenings	daylight saving time	
60 Relationships	Why does Sandra think romance is such a tricky affair?	gender	
59 A history of the world...	in 100 objects. The pie team talk about a great British Museum project	history	culture: British Museum
58 Yes, you can!	Phillipa believes everyone can learn English - and has some great advice	learning English	
57 A click away	The pie team talk about how the Internet has changed their lives	technology: computers	remembering the past
56 Liquid gold	Witness the pie team's first olive harvest	agriculture: olive trees	
55 The colour purple	Jackie has a rant about the fashion trade	culture: fashion	
54 Open wide!	Richard visits the dentist - the man that everyone dreads!	everyday life: the dentist	
53 The music biz (part 2)	Why did Nigel leave for the less glamorous world of teaching?	culture: British pop music	
52 The music biz (part 1)	Nigel talks about his rock star days	culture: British pop music	
51 Banksy: artist or vandal?	The pie team talk about Britain's spray can maestro	culture: British art	
50 An artist in Italy	Join Julian as he paints the Tuscan countryside	hobbies: painting	places: Florence
49 The tipping point	Sarah confirms that Americans are great tippers	lifestyle: eating out	culture: US / UK



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48 The Emerald Isle (part 2)	Michael returns to talk about the differences between the North and the South of Ireland	culture: Irish	
47 The Emerald Isle (part 1)	Michael talks about Ireland - and St Patrick's Day of course	culture: Irish	
46 Highlights of Cyprus	The pie team talk about what they liked most about the island	places: Cyprus	holidays
45 An Englishman in Cyprus	Why a Brit left Blighty and settled down in Cyprus	living in places: Cyprus	
44 The year ahead	How do Richard's mates feel about the next twelve months?	looking forward	
43 Happily ever after	Love is in the air as we talk about romantic fiction	romance	jobs: author
42 Dear President-elect	Children write letters to Obama about their hopes for the future	politics: US elections	
41 Up, up and away	Audrey goes hot-air ballooning during her holiday in Turkey	places: Turkey	personal experience
40 Operation catsnip	Richard finds himself unexpectedly taking part in an operation	science: biology	animals: cats
39 Bad hair day	Wash, cut and blow-dry - Jackie and Becky have been to the hairdresser's	everyday life: the hairdresser's	anecdote
38 Diplomatic pass	Stefano assures us it's not all cocktail parties at the Italian Embassy	jobs: diplomat (Italian)	anecdote
37 Edinburgh festival	Graham talks about the biggest arts festival in the world	culture: theatre	places: Scotland
36 A fruity red or a crisp white?	Jackie tries her hand at wine tasting	hobbies: wine tasting	personal experience
35 Desert drive	Join the pie team at the Baghdad Cafe in the middle of the Syrian desert	places: Syria	holidays
34 Going green (part 2)	Sonia offers some solutions	environmental issues	places: Jordan
33 Going green (part 1)	Sonia believes Jordanians should be more aware of the problems	environmental issues	places: Jordan
32 To be or not to be	How come Shakespeare's still so popular and relevant today - even in the Middle East?	culture: Shakespeare	
31 University life (part 2)	Advice on how students can make the most of their university experience	student life	
30 University life (part 1)	A university lecturer outlines the problems foreign students have when studying in the UK	student life	
29 Radio ham	Frank talks about his love of amateur radio	hobbies: radio	
28 Two wheels good	Zoom into 2008 with a crash course on motorbiking	transport: motorbikes	
27 Resolutions	People talk about the resolutions they have or haven't made for the year ahead	looking forward	
26 Mrs President	Are the United States going to vote for their first female president in 2008?	politics: US elections	gender
25 Super jumbo!	A passenger on the first commercial flight of the Airbus 380 describes his experience	transport: planes	personal experience

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24 Under the sea	Swimming with sharks and seals in the Irish Sea	hobbies: Scuba diving	personal experience
23 Ramadan	Asha talks about the most important month in the Muslim year	religion: Islam	
22 British icons: the pub	The pie team talk about pubs and chat to Jack the bartender British icons	culture: British pubs	
21 Paint a picture	A Canadian artist is inspired by the old quarter in Hanoi	jobs: artist	places: Hanoi
20 Podcasting	Meet the man who inspired the pie team to start podcastsinenglish.com	business: entrepreneurship	
19 Buddhism	Monks, merit making and the colour for Monday	religion: Buddhism	places: Thailand
18 What a wonderful world	Take part in choosing the new 7 wonders of the world	places: around the world	architecture / building
17 Mike the musician	There's more to playing the guitar than Jackie realises	hobbies: guitar playing	music
16 A childhood at war	Robert tells us what it was like as a young lad during the 1940s	history: WW2	personal experience
15 Living in Japan	Steve gives his impressions of the land of kimonos and hello kitty	living in places: Japan	architecture / building
14 The learner who teaches	Lynda tells us what it's like on both sides of the teaching divide	jobs: teacher	
13 And the winner is...	Jackie and Richard predict the winners of this year's Oscars	culture: films	
12 The lucky dog and the plucky duck	How two of our animal friends escaped certain death and why dog owners lead a healthy life	animals: dog / duck	anecdote
11 The level 3 quiz	Ten questions to test your knowledge of the pie level 3 podcasts.	quiz, asking questions	
10 Casino Royale	The new beefier, blond Bond comes up trumps in the latest movie	culture: British films	James Bond
9 Jingle bells	Peter compares his family Christmases in the past to the present	tradition: Christmas	
8 Hallowe'en	The night of witches and ghosts has an interesting history	tradition: Hallowe'en	
7 The thunderbolt kid	Author Bill Bryson reads an excerpt from his book about growing up in America in the 1950s	places: The US	personal experience
6 Down the pub	Join the team for some traditional pub grub	food: pub	anecdote
5 Pottery village	An ancient art is uncovered in a quiet corner of Bangkok.	craft: pottery	places: Thailand
4 Chatuchak market	Join the team as they stroll through one of Asia's biggest markets	places: Thailand, street market	
3 Joe's tattoos	Joe tells us all about his tattoos	culture: tattooing	
2 Working and living abroad 2	Christine describes her new business venture	jobs: boat rental	places: Thailand
1 Working and living abroad 1	Christine tells us how a holiday destination turned into a new life abroad	places: Thailand	