



TRACK 7  
SPEAKER DEREK ALLEN  
C1 ADVANCED

## INTERVIEW JULIE'S WORLD

Dr. Julie Bradshaw is a therapist, counselor, motivational speaker and sports coach<sup>1</sup>. She's also a very good swimmer. When she was 15 years old she broke the British junior record for crossing the English Channel, which she did in 10 hours and nine minutes. She has since broken more records and she helps other swimmers in her capacity<sup>2</sup> as secretary of the Channel Swimming Association. We asked her what she thinks about when swimming across the Channel:

### Julie Bradshaw

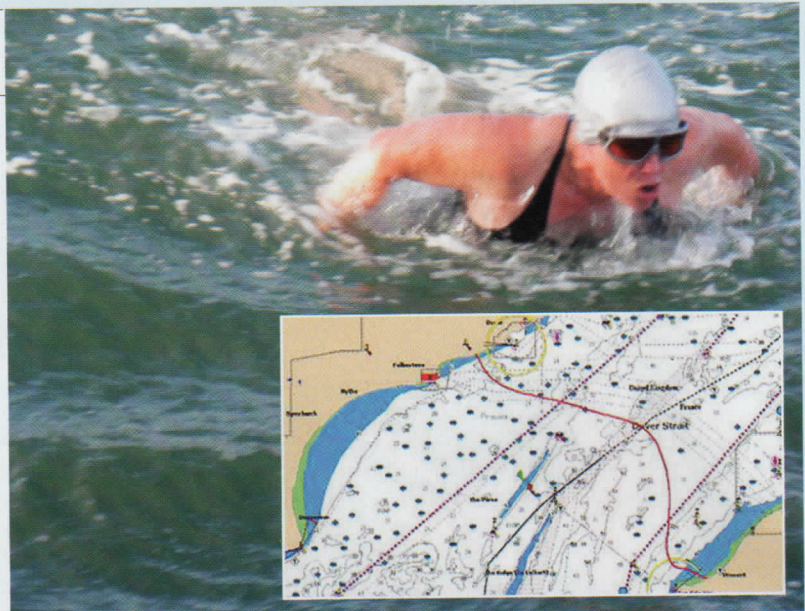
(Standard British accent)

It's my time, I can go into my own world, and into what I call "Julie's World." It's like being in a trance 'cause people often say, "What do you think about when you're swimming for all that time?" It's about keeping my mind positive and keeping it active, yet sort of being in my own world. So I may do just whatever's going on my life. When I did one Channel swim, I was actually writing a book in my head. Another swim, when I did (Lake) Windermere, I was actually... in fact it was headlines<sup>3</sup> in, I think, *The Daily Mail* or something: "Julie's French lesson goes swimmingly" 'cause I was translating the side of the boat into French. So any silly little thing just to keep me focused. I feed<sup>4</sup> every hour, so it's kind of working up to that feeding time<sup>5</sup> and that time, after I've been swimming for quite a while, just goes by, so like an hour becomes like five minutes. I lose all idea of time, if that makes sense<sup>6</sup>.

The English Channel is the world's busiest shipping lane<sup>7</sup>. Presumably swimming across it must be pretty frightening?

### Julie Bradshaw

I mean, I'll be totally honest, I hate jellyfish! I can't stand them. I always have been (afraid), ever since I was little and I think I've got a little bit worse as I've got older because I know more of what they can do and what's in there. However, I



Left: in 2006 Dr. Julie Bradshaw received an MBE (Member of the British Empire) at Buckingham Palace for "services to swimming." Above: Bradshaw in action and (inset) the recommended route for crossing the Channel.

always say the fear: people can have fear, but it's about that fear holding you back<sup>8</sup>. For me, fear's never held me back. It's when the fear holds you back from doing something, then it becomes an obstruction, so to speak. So, yes, I don't like jellyfish. I've been in... well, having said that, the last two Channel swims I've done, I've not seen any. ☹

Guarda il video di Julie Bradshaw  
[www.speakup.it](http://www.speakup.it) > magazine extras

### Julie's French lesson goes swimmingly

La lezione di francese di Julia va a gonfie vele. Questo titolo di giornale è un gioco di parole tipico dei quotidiani popolari inglesi. *Swimmingly* è un avverbio che significa molto bene, senza problemi e quindi si applica perfettamente a Julie Bradshaw, in quanto famosa nuotatrice. La lingua inglese è piena di espressioni nautiche. Per quanto

riguarda il mondo del nuoto, c'è anche *to be thrown in at the deep end*, "essere buttati nella zona profonda (della piscina)": si dice di una persona che si trova in una nuova esperienza (di lavoro ad esempio) ma senza preparazione. C'è anche *We'll all sink or swim together* (cioè affondiamo oppure nuotiamo assieme). È l'equivalente inglese di "siamo tutti sulla stessa barca".

## GLOSSARY

- 1 coach:** allenatrice
- 2 in her capacity:** in qualità di...
- 3 it was headlines:** ha fatto notizia
- 4 I feed:** mi nutro
- 5 it's kind of working up to that feeding time:** si tratta di arrivare al momento del cibo
- 6 if that makes sense:** se così si può dire, se si capisce
- 7 shipping lane:** rotta di navigazione
- 8 it's about that fear holding you back:** il problema è quando la paura ti impedisce (di fare le cose)

## Speak Up EXPLAINS