



## Episode Transcript

*This transcript was created with the help of AI. It should be correct, but if you find any errors please let me know → [luketeacher@hotmail.com](mailto:luketeacher@hotmail.com)*

You're listening to Luke's English Podcast. For more information, visit [teacherluke.co.uk](http://teacherluke.co.uk).

Hello listeners, welcome back to Luke's English Podcast. How are you doing today? I hope you're doing fine.

So I'm publishing this episode on the 25th of December, which is actually Christmas Day. Merry Christmas. Hello.

Even if you don't celebrate Christmas, I will wish you all the best for this end of year period. And yeah, this is a funny time of year for a lot of people. It's kind of like, yes, the end of 2025, the beginning of 2026.

I'm assuming that you're listening to this around the time that it's published. Most of the time, most episodes of my podcast get most of their, most of the listening happens. I mean, most people listen.

A rambling introduction already. Most people listen to a new episode within the first couple of weeks that it's published. So I imagine that you're listening to this at the end of 2025, beginning of 2026.

And it's at this time of year, you know, the end of the year that we, we look back on the year that we've just had and kind of reflect on it. And then we start to look forward to the upcoming year. That's certainly where I am.

You know, we have our New Year's Eve and New Year's Day at the end of December, beginning of January. So it's, to an extent, it's a weird limbo land. I mean, a kind of in-between zone.

So it can be a slightly funny time of year, a bit of a strange time of year. It can be nice at this time of year to just kind of get away from everything and just cocoon yourself somewhere nice and cosy, and maybe escape from all that family madness and take some time, maybe just to listen to this new episode of Luke's English Podcast. So I'm very happy to be with you here today, here and now.

So this episode is all about the words of the year, which is always an interesting subject and relevant subject for an end of year episode of the podcast. I'm actually reading from paper notes here. I actually wrote these notes down with a pen on a piece of paper, which seems like it's from some ancient past time, like some old era, like the Victorian era, where I've been sitting by candlelight, writing something with an old pen rather than writing it on a screen.

But anyway, the words of the year, always an interesting and relevant subject for an end of year episode, I think. And I've done this lots of times before. So I'm talking about, so what are the words of the year? I will explain it in proper detail in a moment with Amber and Paul.

But basically, we're talking about ten words chosen by Collins Dictionary. I've gone for Collins Dictionary this time, but other dictionaries publish their words of the year. For example, last year with Amber, I talked about the Oxford Dictionary words of the year.

This year, they just published three, whereas Collins have done ten, and so I've gone for the Collins list. Ten words chosen by Collins Dictionary that reflect the cultural zeitgeist. Zeitgeist is an interesting word.

It's originally a German word, but we use it in English as well. The zeitgeist means the spirit of the times, right? The feeling or spirit of this current moment right now. These words typically will reflect something about the spirit of the times, the current cultural zeitgeist.

Talking about this on the podcast is a chance for you to obviously pick up some new words as we talk about these ten words. Words which are brand new in the sense that they might not be individually new words, but in combination with each other they form phrases or portmanteau words which are certainly new and which arrived this year and were used a lot this year. This episode made us feel a little bit old because I think a lot of these words probably are used by people in the Gen Z category who are younger.

They do a lot more chatting online and probably are much more likely to be using new language. It's normally younger generations who introduce new terminology into language. So Amber, Paul and I feel a bit old because a lot of them we don't really use, or some of them we may have heard but we haven't really used them a lot.

This is often the case. New words often take time to enter everyone's active vocabulary. You can see that from previous examples of the words of the year.

For example, in the past we've had words like gaslighting and AI slop and post-truth. All of those words seemed kind of brand new and almost mysterious when we talked about them when they just emerged, but all of them are now used really commonly. You'll just see that they might be brand new, but a lot of these words do go on to become really commonly used words.

So really, this is a chance for you to listen to us discussing themes and topics which are very significant at this moment in time. This includes a lot of tech-related topics, as you might expect. Of course, we have the rise of AI and the profound ways it is changing our lives for good and bad.

The ways that social media is continuing to change the way that people behave and the way that people see themselves. The ways our attitudes and behaviour towards health, lifestyle, diet and exercise are changing in the context of new health monitoring technologies, but also the increased commercialisation of wellbeing and healthcare. So how is this affecting the way that people behave and think about health and staying healthy? Also, there's some stuff about the super-rich leaders of the tech industry

and their weird habits and motivations, plus some discussion of how climate change is affecting the way people go on holiday and a lot more.

So I think you can see that those are topics that I think are important to know about. So you can expect from this episode, which is going to start in just a moment, a fairly intense discussion of these topics with my friends Amber and Paul. And so this involves listening to informal, fluent, spontaneous conversation between three friends in English, which of course might be difficult.

I said it in the last episode, listening to this kind of thing in English is definitely a lot more challenging than just listening to me on my own, but it's definitely important. You have to try to listen to people interacting in English and sort of natural, authentic speeds, speaking speeds, I think. So I hope that you are able to follow it and keep up with the conversation.

There might be some things you don't understand, but I would like to encourage you to keep going, keep listening anyway. Even if you feel a bit lost, you will sort of catch up and it's basically very good exercise for you. So some intensive listening, topics which you should be able to talk about yourself in English, personal opinions on these subjects, bits of the usual humour, plus some swearing.

Yes, some rude language, swear words do pop up in the conversation. I mentioned this at the beginning of the last episode, but if you are listening with children or something or listening in another situation where perhaps it wouldn't be appropriate for everyone to hear those rude words, then you should just proceed with caution. There are some F words and also the C word makes a couple of appearances too.

I'm not going to say them now in the introduction, but I just wanted to kind of give you a little heads up about that. You know what the F word is, but the C word, it's a very rude word, but oh my goodness, it is fun to say it sometimes. But please, I want you to know that it is very much a taboo in polite company, especially with Americans, for example.

Yeah, I'll mention it at the end, okay? I don't want this to be a big mystery, and I don't want you to leave the episode not knowing what the word is. So I will definitely say this word in the outro, the ending part of this episode. Right, I don't want to talk more in this introduction.

I want to get straight into it. I just need to say there is a PDF transcript for the entire episode. So if you want to search for words that you've heard, or if you want to read what you are listening to, you can check out the PDF.

The link is in the description. It's also available on the episode page on my website, and it's totally free, so you can check that out as well. Right, so without any further ado, let's join Amber and Paul and me again when we recorded a conversation just the other day about the words of the year 2025.

And here we go. We did this last year, Amber. We did do it, yeah.

So last time it was just us. Now we've added Paul into the mix. We did do one a couple of years ago, the three of us.

I think Paul was meant to be there, but he was on a world tour. Something like that. Something like that.

Running away from... He was running from his problems in one way or another. Who is this organised by? So we've done the words of the year a few times before, in fact. I've done several episodes about it in the past.

I did not look them up deliberately. I've come fresh. I don't know what they are.

So the concept of this, everybody, every year dictionaries like Collins, Oxford and Cambridge publish their lists of the words of the year. These are words which have been newly added to dictionaries during the year. OK, now these words are chosen mainly because they've been used a lot over the last 12 months because, you know, dictionary makers who are called.

Well, they could be called lots of things, but what do we call people who make dictionaries? Dicks. Dicks. I don't know.

It's a good word. Dictionaries. Lexicographers, they're known as.

Also Colin and Merriam and Webster, as you know. But anyway, so dictionary makers or lexicographers keep track of how we all use language as best they can, and they notice when new words are being used and they decide when these words should be added to the dictionary. So it's like, oh, here are all these words that all these people are using.

You know, these are the words we've noticed from online searches and all sorts of other ways in which they gather data about word usage. Here are these words. Which ones should we actually add



to the dictionary? You know, they have to make judgments about which ones they think are worth adding to the dictionary and so on.

Where do they get their data for Collins dictionary? This data comes mainly from the Collins corpus, which is a database of 24 billion words, a database of language usage, which draws from a range of media sources. I say 24 billion words. It's probably 24 billion word combinations rather than individual words.

Anyway, the database of language usage, which draws from a range of media sources, including social media. This data shows the frequency of use of all words, but also new words. So loads of words, not just the words of the year, but loads of words are added to the Collins dictionary each year.

And from these words, Collins picks 10, which will be the words of the year with one of them in the first position, the word of the year, which is the word that's been used the most or the word. It's either the word that's been used the most or the word that the judges decide is not only high frequency, but also significant for various reasons. So then they publish the words of the year on post on social media, and then we make a podcast episode about it.

That's what happens. So is this a Collins only thing? No, because lots of dictionaries do it. Oxford do it.

Merriam-Webster do it and dictionary.com does it. It's not like combined. They don't necessarily have the same word.

Why are there different dictionaries? I've just had that thought like what Collins and Oxford and Cambridge. Is there not just a finite number of English words and those are the words? No, they'll have



slightly different ways of recording, slightly different ways of judging whether they should be added or not. But I'm just talking about generally a dictionary.

Why are there different brands of dictionary? What's the difference between an Oxford dictionary and a Collins dictionary? I mean, Oxford and Cambridge are probably associated with the universities, Cambridge and Cambridge English. It's a big academic institution. And so they devote a lot of time to recording the English language.

And as a result, they publish their dictionaries because that's just what the organisations do. Collins. I don't know.

I suppose it's a commercial organisation. They also are probably academically linked. I'm not sure to who.

Maybe it's flattened out now, though. You know, like now today, the dictionaries have much more space, don't they? Because they're mainly online. But there would have been a time where dictionaries might have had different access to words, different space, different publishing abilities.

Like these are old, some of these dictionaries. And certainly Oxford, maybe they'd have been more academic. So I agree.

Like, is there much difference now? Maybe not so much. Because like, again, it's like a finite number of words. So does one dictionary have less words than the other? It's how deep you go into the words as well, though.

A lot of them talk about where they've come from, how they've changed, you know, because words have changed. So because that's the other thing. These are new words.

But words change their meaning all the time. And, you know, even you'll read an older book. Yeah.

And they'll be using words. And you'll have to remind yourself this is an old usage of this word. And so that's also part of it as well.

So that changes between the dictionaries. Yeah. Some of them might go deeper into like how the word has changed or like the sort of origins of the word.

So and that certainly might have been a much more important like, let's say you're working on translation. And you're going to want to really get like deep down into the sort of origins of the word and how that's changed. So if you're in an academic institution, you're reading something in English, and you're looking up the meaning of the word, you might want to see how that word has changed and developed.

And some dictionaries, I mean, I don't know, might spend more time and give more space in their dictionary to that than others. Today, it's different because a lot of it's online, you know, because there's only so much like how big can a dictionary be? Yeah. You know, so a physical one.

Yeah. Yeah, that's true. Because I remember the what would you call it? The expanded Oxford dictionary? I don't know what the word is for it.

But the full length, full size Oxford Dictionary. It's like pro max. Yeah, right.

Exactly. It's like 10 volumes long. It's like 10 books and they're massive books, huge things.

You know, obviously, these days, it's all digital databases and stuff like that. But that's a good question. Why are there different dictionaries? I suppose, you know, you just get who wrote the first dictionary? Was it Samuel? Well, not Samuel Pepys.

Who was it? Colin. Okay. Colin.

Colin and Harper. Yeah. And then, and then, you know, Oxford University say we're going to make our own dictionary.

Cambridge University say we're going to make ours. Merriam-Webster in the United States, they're going to, we're going to make the American dictionary that reflects American usage. And then Colin comes along, you know, or Longman comes along.

Penguin. Yeah. Penguin, you know, and they just think, well, there's a lot of money to be made from selling dictionaries.

Maybe that might have been a motivation. I mean, there's dictionaries for children. There's dictionaries which are sort of pitched at different places.

Yeah, that one, those make sense. It's just like, I feel, I'm still, I'm still... Still reeling from the... Well, no, I just, it just, I'm like, why is

there not one dictionary? Paul, you are derailing us. We're never going to get to the words.

I know, but do you know what I mean? Like, it's like, why is there not just for a language in a country? Because they serve different purposes. I get in the US, they've got Merriam, whoever she is, and they've got the American words are different to British words, right? Australian has got different words. Canadian, there's a whole Canadian thing right now where the prime minister got lambasted by the Canadians being like, hey, you're using British spelling.

Please don't. Please use Canadian spelling. Anyway.

What's Canadian spelling? Well, it's a mixture, because I read the article. It's a mixture between American and British. So they will use Z, like unionise with a Z, as we would have with an S. It's actually standard in the Oxford English dictionary, by the way.

Is it? I-Z-E endings. It's Oxford's standard for Oxford. Oh, really? Yeah.

So it's not as simple as you think. I-Z-E is not always just American English. In some cases, it's normal standard in Britain, in Oxford universities.

But generally speaking in the UK, yeah, I-S-E, not I-Z-E. But they will take UK stuff, like they'll add a U for colour and neighbour and things like that in Canada. But anyway, sorry.

Paul just thought the episode wasn't going to be long enough. So thought that he would just add that in, listeners. What list are we doing? Are we doing Collins? So, Collins dictionary.

Ten new words, often that reflect modern trends which have emerged during the year and which probably have been used a lot online, because I get the impression that they get a lot of their data from online usage. So that would probably mean like posts and comments and on social networks like TikTok and so on. And as a result, the words in the list are very zeitgeisty, right? So they sort of reflect the current cultural climate or zeitgeist.

We get to guess some of them. Yes, we can. Can I just ask you a couple of quick? Yes, we're going to get into the words.

Everyone is so impatient. No, it's just me. I'm just sitting there not talking.

It's not just you. There's legions of listeners like, get to the point. Just get to the end of the episode.

Is that what you want? You just want to end the episode. Just get to the end and then I can just, you know, do something else. It's like, just slow down, enjoy your life, live in the moment, live in the moment, please.

Everyone, come on. But I have more questions before we start. I know, but... Okay, we're listening.

We're listening. Okay. Okay.

I'll ask you to predict some of the words then. Let's have that. Listeners, you want words? I'll give you some words.

I don't know why I said that because I'm not young enough. I've got none. I don't know.

Listeners, what do you think? What could be the words that reflect cultural trends? It doesn't matter. They've already read the intro. You've already done the intro.

All right. The transcript is available. So what about something like Manosphere? Has that already been done? Oh, that's a good one.

Manosphere. You're very close. You're very close with that because there is one that's very similar to it.

Red pill. Incel. No, that's old stuff now.

Misandry. These are old, old things. Okay.

Number one. Number one. Let's get straight.

Are we not going ten to one? Nah. Straight in with the top word. We're just going to get straight in with the top word.

Who does the top ten and then goes in the right order? Me, because we're not necessarily going to do all ten. We might not make it to the end. I've gone in a different order where I'm going with number one.

Give the people what they want. You want to get to the point? We'll get to the point. Number one.

Okay. And then some others. And if we don't do the last four or five, it's not the end of the world.

Okay. Okay. Okay.

Okay. Right. So number one is vibe coding.

Oh. So I want to know, A, have you heard the word being used? B, have you got any idea what it means? And three, we'll then chat about the general subject. Okay.

So do you know what vibe coding is? No. No. Could you give us some context in how it would be used? Is it something that you do? Yes.

I'm currently vibe coding. Is that something you would say? I mean, it's... You're trying to figure out the vibe of a party? Are you trying to work out vibes? No. So it's... I'll tell you what it is.

Tell us. Okay. Vibe coding is an emerging software development that turns natural language into computer code using AI.

So basically, this means instead of getting into debt to go to college to get a degree in software engineering, and then painstakingly writing out code to make a website or an app or something, you just speak your prompts to AI in normal language, and the AI produces the code, and you just copy paste that into the coding editor. And then you go back to scrolling flip flop or fat flop or whatever it is the latest social media app is that someone else has probably made simply by vibe coding that while having a power nap last Tuesday lunchtime. And that's number one on the list.

Yes. I'm going home. See you later.



Bye. Vibe coding? How is that number one? I still don't even really understand what it is. Don't even bother.

No, no. Hold on. Go on.

Translate. What I've understood from that is instead of typing code out, you know... Who types code? Up until recently, a lot of people. How do you think websites are made? There's online tools.

We don't need to do anything. You just click it. You just click it.

If I go here and I open a new tab... No, I understand code is a thing, but most normal people don't need to code. Don't do anything. Don't measure it.

Don't do it. Don't do it. I know what code is.

I know what code is. Listen, Amber, if you wanted to make an app, let's just say a weather app. Sure.

Okay. It's not necessary. I'd need to code.

No, I don't. But you'd need to apply some coding. You'd need to write the code out and then paste it into something.

I know AI can do it for me by vibe coding. You don't need to learn the code. I'm just like, I want to make an app with... You know, I want you to tell where my latest shopping places are and this and that.

And then it will just... Exactly. I've got an example, an API weather app. An API weather app.

Because what we need is a weather app. Well, it's just an example. But the prompt which would be entered into the AI, you could either type it in or you could just say it to the AI, would be something like this.

Hey, ChatGPT, I can't be bothered to do this for myself. So can you write code for a weather app that shows the temperature and humidity level on my street plus directions to the local overpriced coffee shop with tiny stools where I type in a postcode? No. Anyways, you know, use any free weather API and order me a skinny chai latte while you're at it.

So... Okay, I do see that. The thing is, just very briefly, I was trying to use AI the other day and it's useless. It's despicable.

It was the information is wrong. I thought this has not saved me any time because now not only do I need to fact check this, I know it's wrong. So now it's completely pointless.

I wasted my time asking you something. You give me the wrong information. Now I need to do it myself anyway.

What did you ask and which AI were you using? I was using ChatGPT. I was looking for a quick summary of dates of the times that the Vondome column was pulled down and put back up again. Right.

You wanted some history facts. I just wanted some history facts just with the very dates, you know, this here to here, here to here. Just a nice little table.

And then I was, you know, I've been researching that and I was going to expand on it. And instantly I looked at it and I thought, well, it's wrong. I can see from glancing at that information that it's wrong.

Complete waste of time. Wrong dates. But it makes it sound like it's right, doesn't it? When it's like, oh, here's the thing.

And you're like, oh, it could be right. And I thought, well, I see what they've done. And I just thought, well, but this information is just like articulately put down, looks very factual, but I know for a fact is wrong.

And so I thought, well, you just can't trust it. You mustn't use it. It reminds me of my dad.

Like the conversation. Yeah. Do you know what I mean? A.I. reminds me of my dad.

A.I. is basically a middle-aged man. Stand-up comedy routine. It thinks it knows everything.

Well, do you know what I mean? My dad is like the type who's so argumentative and he knows everything about everything. Like when I told him when I was starting to train for a marathon a couple of years ago, he's like, no, what you want to do, yeah, is you want to do. I'm like, no, that's not what you want to do.

That's not how you train for marathons anymore. You are absolutely right. But he'll be so convincing in the thing that he says.

You don't question him. You're like, all right. And then you look it up afterwards.

You're like, he was talking shit. For me, ChatGPT is a bit like if you got a Labrador and made it super intelligent. And it would just be like, what can I do for you today? You know, and you're like, well, I'd like to know some history facts about Place Vendome, please.

Sure. Here they are. Anything else I can do for you? Yeah.

And then you read it. It's like, that's just completely wrong. Well, yeah, I'm a Labrador.

Yeah, exactly. Yeah. But it's terrifying because if you like, I wasn't looking for information.

I was just looking for a sort of easy, just saving myself writing out the dates because it sort of goes up and down. But I thought, but if you are using it for information, this information is deeply incorrect. Right.

It's so flawed. And yet because and yet the information is actually very straightforward. Like it's all out there.

Like it was, I wasn't asking for something particularly nuanced. So if you're then going to build on that, you're building on sand. I mean, it's a waste of time.

This is the disadvantage of, potential disadvantage of vibe coding is that your source code is completely rubbish and it just doesn't work. Yeah, or it's going to give you the completely wrong information. It's going to be pouring with rain.

You're going to head out with your waterproofs and it's a bright, sunny day. But I mean, you'll be in a tea shop instead of a coffee shop. Precisely.

An English breakfast tea instead of your nice. Chai latte. Exactly.

Yeah. Embarrassing. You've got cow's milk instead of oat milk.

Exactly. You know, it's all gone horribly wrong for you. It's interesting because it's sometimes it's, it's strange because like for stuff like that, it gets it wrong.

And for other stuff, like I'm, my marathon training is basically Chachi Petit. Where I've, I've, I've given it, it feels like the more you give it, the better it is. It I'm like, I'm almost 40.

I've done two marathons. Here's my injuries I've had before. Here's why I get injured.

Here's the shoes that I use. Here's how long I've got. And I've got these back to back marathons coming up, blah, blah, blah.

And it's just like, here's what I suggest. This is it. Like when it's almost correct or for the majority of the time is correct and then deviate slightly, that's what you don't notice.

But then you start going down that path. And in the beginning, okay, you've just deviated slightly. And it sort of said, oh, you should prioritise.

I know strengthening your glutes, which is probably a good idea. But, you know, it says something. And you think, okay, I will integrate, you know, I'll bring that part of my training.

And actually, it's complete nonsense. Well, the consequences might not be important. But actually, you can find yourself, you know, down quite far from wherever you should be.

And even in a much wider sense, AI, you know, is only fairly recently emerged. But, you know, 10, 15, 20 years down the line, in general, we might have been led completely astray by it. This is a wider point that's made about the dangers of AI.

Well, because it's very self-referential. All sorts of ways in which it can end up being kind of catastrophic, because it's so powerful and so amazing, and yet so vulnerable to error. Yes.

And yet we are unable to recognise when it's making errors and all sorts of things that could lead to, you know, quite dangerous outcomes. That said, I mean, I completely agree. And it's also it drinks the Kool-Aid, you know, it will read its own misinformation and think it's right.

That said, what is very interesting is that we are vulnerable to that as well. You know, when you sometimes you read these like peer-reviewed blah-blahs, you know, articles where someone says, you know, they actually looked at them and they realised that most of it was complete nonsense or based on like, you know, someone

sort of made up some study and was just like, fuck it and puts in this information. And then everyone sort of says, oh, that's great.

And we are also part of that problem. In a sense, you've got the human error, normal levels of human error. Or deliberate.

Or deliberate misuse or whatever you want to call it. But either humans doing it wrong, which leads to bad outcomes. So you've got like the risk-benefit ratio of humans doing things.

And then you've got the risk-benefit ratio of AI doing things. And what is happening more and more is that the risk-benefit ratio is improving for AI all the time. And for humans, it's more or less going to stay the same.

Maybe improve a little bit. But the AI is rapidly improving so fast. And we'll get to a point where like compared to each other, AI gets it right more often than humans.

And that's when it achieves like super intelligence. That's when it's sort of potential. That's when we, you know, let it do everything.

Well, maybe it gets better than humans. Maybe. That's the whole thing.

Probably. If it gets into that loop. I think it can be an incredible tool, obviously.

But it can be devastatingly inaccurate. Yes, absolutely. When the stakes are high.



Yes. It goes in both ways, you know. One person, like one doctor, can't know everything, you know.

But you still need that person because AI can still get it desperately wrong. But they might be able to be an incredible tool that someone like a medical professional could use to be like, double check that there's not some weird unthought of disease, you know, that they're not familiar with. That they can kind of come up with.

But you wouldn't want AI to be your doctor either. No, it's been it's been helpful for me health wise recently. That's good.

Yeah. Like I've typed it, you know, I've had a conversation with it. And then I go to the doctor.

I'm like, what's wrong with me? And they're like this. I'm like, OK, it is a two or three times I've been recently. It's been exactly the problem that I've had.

I had a problem with my eye, which I still have, which it was like, I'm not sure if it's conjunctivitis, you know, the other day when I went to the doctor. And it turned out to be the thing that chat GPT said it was. I can't remember.

But yeah, there's been a couple of times, even with my like my shoulder and my liver issues where I've had like I've uploaded my data. Yeah, my what you call it when you have an image scan. Yeah, I can read it for you.

Yeah, I like ultrasound and the report to the report. I mean, like, what what should I do? You know, checking obviously with the doctor afterwards. And it's kind of been exactly the same.

I'm like, OK, it's pretty good at doing that. But that's the problem. I mean, the thing is, when it's right, it's really good.

Yeah. But when it's wrong, you don't know that it's wrong. Exactly.

It's like, you know, when it's giving you that information, you kind of know the answer. You're like, gosh, that's that sounds right. But I know it to be wrong.

Yeah. And yeah, well, because we didn't grow up with technology immediately. We'll double check it.

We're on Google. We'll double check another website. The younger generation might just be like, oh, that's because they don't know anything because they're just growing.

They're 12 years old. They don't know anything. But so they just go, oh, that must be the answer.

Yeah. Yes. I mean, I don't know how we're going to deal with all of that.

But in certain going back to vibe coding, I mean, some people must be doing it successfully and doing it quite a lot for it to be. I can't believe that's number one. For it to be the word of the year for Collins Dictionary.

I mean, that's there has to be something. But I mean, basically, advantages of writing code in that way. Obviously, it's more accessible.

You don't have to have a master's degree in, you know, computer engineering or systems engineering or something. Speed and efficiency. Arguably, it's quicker to do it, you know.

Well, it also gives people access who might actually come. No offence to the coffee shop. But, you know, you might be a brilliant fill in the blank, you know, whatever it is, maybe a scientist or a researcher in something.

And you've got this great idea for an app, something or some sort of code which would make it a lot more accessible for other people to access is whatever it might be. But you're not a coder. So it could be a great way for people who might not know about coding to share information in a more efficient way.

Of course. I mean, there are lots of advantages. There could be some great outcomes.

We might end up with some really great things, you know, as a result of people who are not technically minded, but more creative and sort of human experience orientated, being able to produce things more easily. I mean, you know, it's not necessarily all bad. Increased productivity potentially, but then risks, you know, could involve just a loss of fundamental skills, because as people do that more often that no one can actually code anything anymore.

And we just rely on the A.I. Blind trust in A.I. generated code can lead to errors, as we've discussed. Reduced job readiness due to the aforementioned loss of fundamental skills that, you know, if you've just been vibe coding, your CV might actually be weaker, you know, if you only have vibe coding experience compared to actual coding experience. And then there's privacy and I.P.

concerns, which I suppose refers to if you're using an A.I. to help you create code, who owns the code? And the A.I. company might say that this is actually our code.

It's our website, you know, all your base are belong to us. Which is, I guess, why Disney just sold or partnered or paid or got paid a billion dollars to be able to use their characters. Was it Disney? Yeah, I think it was Disney.

It was some, I think it's Disney that I don't know which A.I. platform they've partnered with, but it was a one billion dollar deal where there was the whole I.P. thing of like, if you type into A.I. like, oh, make a picture of Donald Duck kissing Buzz Lightyear, whatever. Do you know what I mean? It would peel up. But then it's like you're stealing I.P. from Disney.

But now they've partnered with a thing where for a billion. I don't know what the exact details of it, but I guess that's part of the thing where you go, oh, well, I'll sell my voice. So there's two actors who have sold their voice to an A.I. company being like, you can use my voice.

Michael Caine, I think is one of them. Really? Michael Caine. Really? That would be quite good.

Where you can have a voiceover from Michael Caine and he'll get paid for it, but he doesn't have to do any work. Yeah. It's pretty cool.

Very cool. I said, all your base are belong to us. And there'll be one attentive listener who's like, what was that, Luke? That's just a reference to an old meme with bad English in it.

So that's not me making bad English just in case. I just wanted to. I didn't even hear you say that.

There was one person out there in Lapland who fell off their chair and they were like, what? And that is just an old meme from a computer game with some bad English in it. So anyway, right. The second.

Can't wait. Second word. You've definitely heard of this one.

Maybe. This is the I'm going to let you guess what it is. The deliberate cultivation of a distinctive and charismatic persona, typically done online.

Um, aura farming. Mate, no, I've never heard of this. Wow.

I thought like, is aura last year's word of the year? Is aura older than one year old? Like, oh, he's got aura. Aura. Aura.

Um, no. So obviously aura and farming are not new words. No.

The combination of the two aura farming. Uh, what is someone's aura? This is something that's been around for ages. It has, but it's got a new meaning now.

Does it? Yeah. Your kids will be like, oh, he's got aura. Okay.

So, well, what's the traditional original meaning of someone's aura? It's your kind of presence that you sort of, yes, that you, that you like. People suggest, you know, an aura is almost like light,

which comes off a person or a certain colour or light that emanates from a person. And it is their aura.

So for example, if you meet, if you met Jesus, um, either when he was alive or indeed, or when dead, he would have an aura. He would almost be like, there'll be holy light coming off him. And you would be like struck by how holy and fantastic he was.

And then you would, you know, just become a Christian fully. Right. So anyway, so also maybe like a wonderful, famous person would have an aura, like a great sense of charisma about them.

So that's the original meaning. But you're saying young people have saying he's got aura, meaning he's got charisma. Yeah.

Riz. Yeah, that's the other one. But that's a couple of years old.

That's a couple of years old. So now it's maybe now it's aura, but we're speculating on that. But aura farming, I can tell you is a set.

I mean, it's interesting that neither of you are aware of this, which, I mean, what does this mean? I suppose it just either means that we're not, we don't have a finger on the pulse of where it's at or these words are not that pervasive. So for my listeners, I should say, I wouldn't worry about using. No one's using.

Vibe coding, aura farming. They might be at high school. Like, you know, if you've got a teenager to early 20s, they might be using that, you know, at school or university.

I feel like. We're too old as well. Yeah.

You know, because I was having this, obviously, I'm on social media and there's a lot of videos of like parents trying to speak to their teenagers in teenage language, using all of these type of riz, skippity, toilet, whatever the thing is. Breaking the rules, by the way, there's a, you know, cultural rules dictate that parents or people of that generation shouldn't be using that language. And so, but obviously they're very funny videos.

And, you know, there's been a couple of things where, you know, people like, oh, what is the language is evolving so quickly. And then I thought about it when we were kids. Yeah.

And I feel like all of those terms that we used as kids just disappear when you become an adult and you get a job and you go back to regular English. I mean, obviously a word like cool. My mum would never say, oh, that's cool.

Or my dad would never say that was cool when he was growing up. We, I say it all the time now, but it, so maybe I'm wrong. Maybe, maybe the kids will keep like the kids, the teenagers now, maybe we'll keep using Riz into their late, mid-middle ages, you know, potentially.

If it's just based on data, just simply numbers of usage or farming as a new term, because obviously so many other terms are being used, which are not new. Who is it who comes up with new terms? We don't need to come up with new terms. It's the younger generations who use new language because they want to own things for themselves.

They don't want to use the language that older generations are using, because it doesn't feel like theirs. So they come up with new



terms. And as a result, the reason why these ones are being used a lot compared to already existing language is because it's people in their teens and twenties who are using it.

So it's kind of like an insult being like, oh, he's aura farming. Like he he's trying to steal somebody else's aura. Well, isn't it? You're just kind of creating something.

You're you're like, well, maybe what's the actual definition? So let me just give some more comments. This includes some things paraphrased from Colin's website, constructing a certain atmosphere around your personality, often through the things you post in order to appear cool, being fake in order to give off a certain vibe. He's just aura farming, maybe posting, you know, other examples, posting pictures of yourself looking glamorous and spontaneous on a beach.

But in reality, you took 300 photos, had to edit out annoying people from the background, and you ended up skipping lunch and your hat kept blowing off. But the photo on Instagram is you looking fantastic and wonderful on a beach with a great aura. Perhaps we're all a bit too focused on aura farming, said Colin's dictionary, defined as the deliberate cultivation of a distinctive and charismatic persona that looks effortless but is anything but.

This Gen Z phenomenon, so that's not us, which exploded after a viral video of an Indonesian boy exuding calm confidence while dancing during a boat race captures the paradox of our age, trying to look like you're not trying. Have you seen this video? I have not seen this video, but I know exactly. I mean, yeah, I don't know what term we would use previously.

We would just say, you know, it's being fake. I have friends who I look at their Instagram things. I'm like, what is this? It's like Insta fake or something like that.

Yeah, it's just like your aura farming. I like it. I'm going to start using it now.

It's I don't know what we would say before. It's just like you're you're it's like fake it till you make it. That's not really the phrase.

But that's kind of got a positive spin where you like this. That's how superficial you say he's been being superficial, like because they're on Instagram. They're posing, you know, in a bikini with that.

But as soon as the photo is taken, like they let go and they've got a belly. Do you know what I mean? It's like, yeah, you're being superficial. You want people to think that you're living a life in a certain way and you're clearly not.

But that's what you're trying to create an amazing aura around yourself. But it's completely fake and it's just for the clicks or whatever. So that's it.

So the significance is a further shift towards a tech dominated world in which our identity identities are heavily mediated and increasingly disconnected from everyday reality. A society grappling with authenticity in an increasingly performative world. I've seen like younger generations counter that now, though, because, you know, like AI has got so good with pictures, with photos.

You go here, these people like put these three people in a room together and make it look and it looks amazing now. I've seen like younger generations, you know, post like the no makeup stuff and get rid of the aura farming, whatever. There must be another term that's going to be the opposite of aura farming, like authenticate or whatever it is like.

Authenticizing. Yeah, something like that. Like where you're doing that instead, like you're being completely open and authentic about your flaws.

But I mean, there is the phenomena of the fact that you are putting it online is already, you know, that is the sort of flip side of that. Like, oh, I'm so authentic. It is again, just another sort of facet.

Just don't post it then. Exactly. Precisely.

But we live in a different world. Like, I mean, you're on social media. You need to be for your work.

I never think I love social media and I watch loads of people. But a lot of the time I think, why? Why are you sharing this? I'm enjoying watching it like this is fun. But what made you record this, edit this, post this? Why are you doing this? Why? I don't understand.

It's a very good question. It's a question we all need to ask ourselves, Amber. But I have a long, you know, I had a really great time today.

I went to this really fantastic expo in Paris. It was beautiful. That's enough.

I'm not going to post it online. It's almost like for many people, if it's not online and other people are observing it, it didn't happen. You can't just enjoy something on its own just for its own worth.

It has to be done in an attempt to aura farm. Yeah. In order to somehow manufacture.

Do you know what? It's not about aura farming because there's one part which is like, my life is better than yours or I'm living a great life or whatever it is. I'm running away from my problems. I'm, you know, I'm creating this great life.

By the way, you point at Paul when you say that. No, but like on one. But the other hand, it's like you're monetising.

Everything feels monetised. Like I can see why people go online because it is part of their business. You know, like you need people to know who you are.

You're going to come to your shows. Maybe you've got like, I've got a friend who she's a guide. It's really useful for her.

A lot of these people, their life becomes their business. They monetise their lives. And suddenly the online world is just about paying for stuff or buying stuff.

It's very weird. It's a mixed. It's quite a sort of disturbing mix of business and pleasure or business and personal life where your own personal value as an individual is directly tied to your financial value.

But it's like some influencers in Paris. And I mean, good luck to them. This is not a criticism.

I'm not trying to say they shouldn't do this. But their job is just posting about their lives. Not just I'm sure it's lots of work.

They've got to be doing content and all that kind of stuff. But it is posting about their lives. But it's very curious because they're obviously earning a lot of money.

I think they make it seem like no one's earning any money. This one girl I follow, her apartment, her flat is beautiful. I mean, it's a Trois-Pièces in central Paris.

I mean, it's huge. No one's making any money on Instagram. But Instagram doesn't pay any money.

She's on TikTok maybe. Wait, hold on. Sorry.

She got the three-bedroom apartment in central Paris before she started posting or after she started posting? After she started posting. Are you sure? As a consequence. And how do you get money from TikTok? Through sponsorship? Or TikTok don't just give you money? They do.

It's like YouTube. Really? So there's ads. But it's not massive.

Unless you're getting millions and millions of view every time. Where does TikTok get its money? You don't pay to be on TikTok. Well, because they've got adverts.

So when you scroll. So the advertisers pay TikTok and then TikTok redistribute that. Just like YouTube.

YouTube's the same, right? You get paid from YouTube. But this is like... So Instagram doesn't have monetise. You can't get money from Instagram.

But what you might get money from is a lot of what it is, is free shit. So you'll get like a free skincare company that's like, hey, can you make a video of you putting our cream on your face and we'll send you the cream? Sometimes that will be paid. So they'll give you... They'll be like, depending on how many followers you got, they'll be like, oh, we'll pay you, you know, 500 euros for one video where you put this skincare stuff on your face.

The thing is, though, with social media as a wealth distribution platform, you know, it's very difficult to tell how fair that is. And so we do get high profile people who definitely earn a lot of money. Yeah.

You know, you get like Mr Beast on YouTube, for example, who's a huge earner. But compare that to the number of people trying to earn, like the average income from a YouTuber who's spending 30 hours a week, let's say. 30 hours a week of YouTubing on average probably is, I don't know, on average, if you incorporate everyone, it's got to be below the minimum wage.

The average income. Yeah, well, it depends. I mean, the only reason he's making loads is because he gets 200 million views per video.

So he's the exception. Yeah, exactly. But he's so visible that the culture moves quite significantly towards YouTube or social media as a means of making money for your living.

But the fact is that it's not a very fair reflection of reality, because in reality, most people who do that don't get anywhere near it. It's like stand up, right? You see the Ricky Gervais, Jimmy Carr, these lot getting paid 20 million per Netflix special. Yeah.

And there's 20 of them that are doing that. Meanwhile, there's thousands of comedians in the UK, in France, all these like making an okay living. Yeah.

By getting on stage and making people laugh. Well, they're making an okay living. So I'm saying that stand up is probably still a better option in terms of making a living.

Yeah. Than going into blogging about your personal life, which seems to be so dangerously connected to your very own, very personal, emotional lived experience, rather than having the distance of a job with a contract. Instead, it's about selling your soul.

Well, it's also very precarious, like in the sense of like one, you know, most of my money comes from my shows. But if I put my full show on YouTube, which I've done three times, in that month after I post it, that's where I'll get, you know, yeah, a decent amount of money. But then that's it.

It will be like, you know, I'll post a video in and in three months, I might get like 3000 euros from the ad revenue from the thing. And then it just it drops off. So unless you're constantly posting, and as



you said, it's like, oh, what can I do to get more views? Because more views means more money.

Because it's and then you're like, oh, well, I'm a guide in Paris. Oh, here is the top 10 shit things in Paris. How can I make it as clickable as possible? And then you get a Parisian guide or a store being like, hey, we'll give you some free coffee.

We'll pay you 500 euros to talk about our coffee shop. So that when your people come to visit, and then it becomes like this whole thing, as you said, like it's it becomes their who they are. But the nature of that kind of income, that sort of employment situation, compared to just having a regular job is yes, it's far more precarious because it's completely individual.

You don't have a contract with an employer. You're I don't know. You are I don't know if you're covered by employment laws, you know, in the same way, because you're not contractually connected to a to a to a company that's employing you.

There's no union that's looking after your rights. Nothing at all. So, you know, it's become there's no union.

That's not just a French thing. But you can see why people are very tempted to do it. I mean, obviously, there's one hand there's money, but there are lots of people who don't have access to jobs or work.

Or they're in a sort of precarious place. And they're like, I can do this from my own home. And they're trying.

But yeah, it's it's hard. There's a girl on on Twitch. I can't remember her name.

She did an interview with Ladbible stories, which is fascinating. And she's got Tourette's. Yeah.

And she can't really do a lot of jobs because it's really quite an extreme form of Tourette's. Yeah. Is she young? She's quite young.

Did they make a TV show about her? I don't know. Because there's another girl on social media who I've seen who has Tourette's, who is very who talks about her struggle. And it is incredibly debilitating.

Like she she's not getting through a sentence. This girl's not only got verbal tics, she has physical tics too, which. She did quite a funny one where she was making a cocktail, actually.

Yeah. I mean, she's kind of like leaning into it. Like, you know, she was sort of saying, like, it is a real pain.

I'm going to make this cocktail. And of course, the cocktail is going everywhere. This girl is these girls are examples of people who perhaps can't take the usual traditional mainstream route of getting a job, you know, in an office or through a company or whatever it is.

And so, yeah, sure. Streaming on Twitch is something that definitely works for them because they are they're able to use their Tourette's as a sort of fascinating thing that draws an audience towards them. And this girl, Anita, Sweet Anita, she's called.

And her tics are and she agrees are hilarious often, you know, and as a result, she's one of the most popular streamers on Twitch. You know, she does gaming and stuff like that. But she's still doing something else because it's not enough to just.

Well, it is now. Now she can. She can only stream and that's how she makes her money.

But before that, she she did a job online where she was collecting glass from the ocean, you know, ocean glass that washes up on the beach and collecting it on the beach and then selling it from through an online store and doing quite well. But that's the sort of job. You see, it's quite limited.

Her Tourette's wasn't a barrier to that kind of employment. Yeah. But, you know, online blogging about your life can certainly be great for some people.

Yeah. But I just but also, yeah, it just seems like such a precarious thing and such a growing thing in the minds of so many people where they, you know, people don't know what to do. And that's also where you get more and more extreme content, you know, or a desire for more extreme content, you know, and it can be very dark.

You know, very unhealthy, whether it's on a personal level or, you know, like the family vloggers, you know, which are pretty dark or just like, you know, people looking for something different, you know, something to capture people's attention. And you do have, you know, sometimes it's fun. But even Mr. Beast, you know, he's got to do crazy stuff.

Yes, I know. Yeah, yeah. I don't know what my point is about this or whether I'm just being reactionary, but I'm just observing, I suppose, the fact that this kind of trend, it just seems to me slightly dangerous.

And I'm a bit wary of it. I know I'm partially involved in doing it myself with my podcast, and I always have been. But I just, you know, always think I hope that people sharing so much about themselves are also being cautious, because that's, you know, they say you shouldn't mix business and pleasure.

And you have to have some, you know, distinctions between your own personal private life and the thing that you present to the world. And we should protect ourselves a bit. I think that's us being old, thinking that.

Well, that's the thing. I think young people don't care. They're like, I'll share everything.

I don't care. Because they don't realise yet. Because we've been through it.

And so we know the value of having your own privacy, your own space. But they don't, they don't care. They're like, oh, mate, I'm getting 400 million views.

It'll be interesting to see what it's like in 20 years. You know, we grew up, there wasn't this social media. You know, our shameful university life is sort of more or less obscure.

I mean, mine completely obscure. But yeah, I mean, it'll be interesting to see that sort of digital native generation growing up

and then maybe trying to erase their early life. Which, which, yes, right.

Well, you know, just wish them all the best. And obviously, we're invested in it too, because they're our kids, you know. Absolutely.

Just, you know, we're always just thinking of their well-being, aren't we? Absolutely. Right, the third thing, word three. I said, I knew we wouldn't get through ten.

We won't get through ten. No, of course not. We might.

This may be the last, but we'll see. So the third one is biohacking. Oh, yeah.

OK. Now you know what this is. Yeah.

So biohacking, it's a noun. It's a sort of informal phrase that people use to refer to the activity of altering the natural processes of one's body in attempt to improve one's health and longevity, the length of their life. At its simplest, it means tweaking your habits to feel better, to be healthier and to live longer.

At its most extreme, it means experimenting on your own body. It means experimenting on your own biology. And also we think of the ultra-rich sort of tech bros who take this to an extreme and try to live forever, including that one particular guy.

Yeah. His name is Brian Johnson. Yeah, that's it.

Yeah, one of the least popular characters of recent times. He is a spooky loon. Right.

He's not a popular man. Because he's so creepy. Yeah, you could do.

I mean, I mean, if you if you. Yeah, let's get into this. I'm biohacking.

Talk about running away from my problems, but I'm technically biohacking my way. No, taking care of your health. Totally.

Like, yes, go for it. Like taking up running, eating more healthily, drinking less. Fine.

Monitoring your teenage son's every move. And I mean. Hold on before we get into Brian Johnson and his habits, his strange habits and all the rest of it, we need to just look at biohacking and break it down.

There's like different degrees of it. So in its most basic sense, a lot of us do biohacking. It's just basically being healthy.

Yeah. And then at its most extreme, it's doing all sorts of probably very expensive, very time consuming, very complex technology related things. Like replacing your blood plasma and all this kind of stuff.

Infusions. Yeah. So on us in a in a most normal mainstream version of biohacking, which is just being healthy, as far as I can see, small everyday adjustments aimed at improving health, energy, sleep or mood, for example, intermittent fasting, which is where you just like, you know, don't eat for a day every three days.

16 hours or something. Yeah. Having a cold shower in the morning to kind of like to kickstart to kickstart.

Nonsense. I'll have none of it. Skip breakfast, have a cold shower.

Why? Why live? Yeah. Good point. Coffee, hot shower, live.

Sleep tracking, tracking the number of hours of sleep, taking vitamin supplements. No. Eating brain foods or, you know, other dietary supplements.

Omega whatever. Omega three or, you know, probably commercially packaged products like. Just being sold something.

Why not try a new Luke's English podcast, Brain Juice, now available, guaranteed to help you learn up to 20 percent faster. It's all snake oil. Exactly.

Snake oil. Strict morning routines, like getting up at 430 in the morning. Blue light blocking glasses.

Oh God. So to block. I mean, you know, some of it might be true.

It's nonsense, Luke. Blue light is a real thing, isn't it? I don't know. It's all just very made up.

You've got everything you could possibly need and you're still a fat, lazy arse. She's turned into me. Yeah, what happened? She got so angry.

It makes me furious. So those things I've just listed are the sort of biohacking that many people already do without calling it biohacking. Level two, technological biohacking.

Using wearable devices and apps to measure the body in real time. For example, Paul is wearing. Yes.

You're a fat, lazy cunt, but now you know. But now you've got the data to back it up. Always help.

Why am I fat? Well, you took three steps yesterday. Always like such scepticism with health related things from you, Amber. I've noticed.

Technological biohacking. Wearable devices. Like you're wearing a wearable watch.

A wearable watch. And it went to the grandfather clock he's left at home. I mean, you're wearing a watch that tracks your heart rate and your blood sugar levels and things like that somehow.

I don't know if it does blood sugar, but it does. Yeah, the heart rate, VO2 max, oxygen in the blood, all this shite that I don't really use. Smart watches.

Yes. Continuous glucose monitors, heart rate variability tracking, apps that analyse your sleep, your stress, your steps, your recovery from this, that or the other. This is about quantifying yourself, knowing your numbers and adjusting your behaviour accordingly.



And then level three is DIY biology, body modification biohacking, which is more experimental, often controversial, probably a lot more expensive and only done by a very, very select few people, including implanting NFFC or RFID chips under the skin. I don't even know what NFC or RFID means. It's like what's in your credit card.

So you can pay, instead of getting your phone out with Apple Pay and going, you just put your hand over because it's got a chip in, it's got... Insert the chip in your hand and you can do it. NFC is near field communication. Right.

Very good. DIY gene editing using CRI SPR kits. CRISPR.

CRISPR kits. Nootropics, smart drugs that you take. Ketamine and psychedelic microdosing, where legal.

Amber's like, no, give me the macrodose. Fuck the microdose. Oh my gosh.

Magnetic implants in the fingertips. Experiments done outside traditional laboratories and so on. So to what extent... Obviously, Amber, we've picked up the fact that you're very sceptical about... I'm very sceptical about it all.

Okay, Paul, I mean, you wouldn't use the term biohacking. No, I mean, I've had an Apple Watch. I've had an Apple.

I've watched an Apple. I don't have an Apple Watch. Yeah, because obviously I was working at Apple when they came out.

And so I've had one since. And I've never really used the health features for it. It's more been the, what do you call it? The... Oh, goodness me.

The usefulness of being on my bike and seeing the messages come through. Be like, oh, it's not urgent. I don't need to stop my bike.

Convenience. Yeah, convenience. That's the one I was looking for.

But since I've started running, yeah, obviously in my running Nike app. Other apps available. You can track, you know, you track the run, you know, your cadence, all this stuff.

But the more and more I use, I'm like, I feel like running with a Casio. Because all you need is how many kilometres are you in? How far, how fast are you going? Do the mental arithmetic. I kind of like doing that.

But yeah, for a while I was sleeping really badly. So I was like, let me put the watch on and just see how badly I'm sleeping. And that actually helped me to see like, okay, this is, these are like sleeping habits.

So it calculates based on your heart rate, what level of sleep you're in, whether it's REM, deep sleep, all that kind of stuff. So that was kind of the only useful thing that I've found with it. Because again, I'm a similar sort of thing where it's probably the age and also the scepticism, cynicism that I have deep within me.

I'm like, like, are you actually going to live any longer? And the amount of time that you're spending calculating all this shit is

taking minutes and hours and days and years off your life. Worrying about it. Yes, of course.

And it's a philosophical question about, you know, what's the point of extending your life when all you're doing with it is just sitting, monitoring your... Collecting data. Yeah. Amber, again, you wouldn't call it biohacking, and I've never used the expression myself either.

So I thought it was the extreme stuff. Me too. I thought it was more of the extreme stuff.

So, so in a way, as we stand right now, the three words we've talked about, we don't use them. We might end up using them because a bit like some of the words that we've dealt with in the words of the year before, when we talked about that, we were like, no, I've never used that. And then we've gone on to use them.

Do you have any examples of the top word from the last few years and see if we use them? We had gaslighting. That became very popular. And that became extremely popular.

Like it's very, very useful. What would we, because people have been, because that behaviour has existed for a long time. What would we say before gaslighting? Manipulative, manipulating, psychologically manipulating something.

That word has existed a really long time. It just became very popular. Yeah, but I, because I, because I've, I have had a few people in my life this year and the past couple of years that have a very heavy gaslighters I'm getting rid of.

And I'm like, oh, okay. Now, like, I love the view that I love the word because I use it all the time. Yeah.

It's very useful. I've spotted the behaviour. You know, it's only taken me 39 years to figure out the toxic behaviour of some of these people.

It's a great word to throw into an argument with your spouse. Oh yeah. Well, I think, I think when you're married, you do quite a lot of gaslighting.

Yeah. You're gaslighting me. And that's a winning, that's a winning phrase.

That's a sleeping on the sofa face. That will stop them in their tracks. Yeah, yeah, yeah.

Um, but anyway, you wouldn't use the term biohacking, but to what extent, what's the, what is the most that you biohack do you think in your life? I mean, what kind of steps do you take to look after yourself? You do your 5k, don't you do some, you do some running or at least you talk about it. I think the thing is that there is, there is like a common, why I don't like it. This, this sort of world around there.

I'm quite very sceptical because you're trying to sort of package something or market something of which we all know there is no mystery, nor is there a secret. Like there's this quite funny thing on TikTok and this girl's like, oh, I'm feeling a bit depressed. And then the other person says, have you been out today? No.

Did you see friends? No. Did you get any sleep? No. Did you drink any water? No.

Did you make any plans? No. And it's sort of like, it's not a mystery. Like drink some water, do some exercise, see some friends, get some counselling.

If you're feeling sad, like you, it's like twisted and turned in a thousand different ways. Get all this data. It's, you don't need that.

It's a scam. A lot of the time it's a scam because it's, it's driven a lot of these products. It's a lot of product based or driven by commercial enterprise where someone has developed a thing and they're trying to sell it to you and they're just rebranded, repackaging or remarketing basic needs that could be dealt with by drinking a glass of water or going out for a walk in the sunshine.

Go out, make some friends, meet your friends, go for a drink, fucking get an early night done. Instead, like some, some podcaster, some extremely successful podcaster is trying to sell you AG greens or whatever it is, brain pills. But there's also a sense of like you're too invested in your day to day data.

You know, like, like sometimes data can be useful and interesting. Like I'm not saying none of these things are useful. You know, you're sure it is useful to get information and certainly to be mindful of like, is this different for how I was last year? Has something changed? But it's much more of a holistic thing.

Like, yeah, you're sleeping shit. Okay. You might now know not, I'm not you in particular, but one person might know, okay, tonight it was this, I slept this many hours or this many hours.

But it's like, well, yeah, because your work is going badly or your relationship's going badly or your neighbour is a pain in the ass. Like it's part of something much bigger. And I think we want to be able to be, oh, I'm going to pinpoint this and this and this and this.

And it's like, no. So you're suggesting that this quantification of data, the number based approach is only half the picture. There's a, there's a whole qualitative side to it too, which is not something that you can necessarily understand by looking at numbers.

And also because someone is trying to sell you something, it's in their interest to be like cold showers. Oh, what you need is cold showers. Well, what I read just recently was in fact, cold showers for women is not good.

Oh, let's sell us something else. Oh, I tell you what, cold showers are shit. That's why I don't take them.

You can make, even if they are good for me, they're not good because I'm going to have a terrible time in them. As we know from politicians and all other public figures, numbers, data can be used to make one point. They can be used to make another point.

So, yeah. I think we know more instinctively what's good for us and what's bad for us. Because ultimately, ultimately we're just, we're animals.

That's all we are really. Ultimately, do you know what I mean? It's just like, all right, we, yeah, you can put a number on a certain thing. You're, oh, okay.

But then that's the thing. When they're selling like, oh, here's how, here's a pill to increase your VO2 max, which is a, I don't know what the hell VO2 max was. I still don't know what it is, but I know it's something, a thing that all these running cunts talk about all the time because they've got nothing else to talk about.

Because obviously they're influencers and like, oh, my VO2 max is at 50. Who cares? What the hell does that mean? If you're an athlete, fine. A lot of the time, you know, the people pushing this stuff are quacks.

Yes. Oh, what is a quack? You don't know what a quack is? No, but I love it. Amber, what's a quack? It's like, it's like a sort of charlatan doctor.

Okay. Fake doctor. Fake doctor, yeah.

A doctor who doesn't follow the Hippocratic Code. Right. A doctor who will tell you anything.

He follows the Hippocratic Code. Yes, very good. So a doctor who just, you know, has no standards that will tell you anything just to make a buck, to make some money.

So, and there are lots of charlatans and scammers and quacks, doctors. Quacks? I've never heard that before. You've never heard that word? Is that an acronym? No.

I don't know what the origin is. No idea. But yes, it's the same word to describe the sound that a duck makes.

Quack. But quack, a quack is a fake doctor. That's not a new word as well, it's been around for a long time.

I've never heard it before. Quackery. Yeah.

Quackery is the act. Can you say you've been quackified? It's like you've been talking to a charlatan and you got done. No.

You've been quackified. I don't know. You've been quacked.

No, no, no. It wouldn't be, don't say that. No.

You got, you got, I don't know, what would it be? You got deceived or something by a quack. Yeah, that would be next year's word. Go to a quack, you know, they sent, he sent her to a quack or something like that.

Don't listen to him, he's just a quack. Or other doctors or scientists would criticise another doctor as being, don't listen to him, he's a quack and a charlatan and a liar. Yeah.

So a lot of the, I think a lot of it is just quackery, you know, which is like this sort of dressed up as scientific, dressed up as medical, but a lot of it is not really genuinely medical, you know, like proper doctors have a duty of care over the people that they diagnose and the people that they prescribe medicines to. And they have an oath, an ethical moral code that they follow. And that is their, that's what drives them.

But a lot of the time, a lot of these, these, these products and things are not really driven by those ethics. They're driven really to



make money. It's back to this idea of biohacking and the idea of the deep biohacking, you know, these crazy people.

It's about money. It's about buying something you cannot. It's about, you know, everyone, doesn't matter how well you live or how wealthy you are, will die.

You will die in a human timeframe. So the thing about Bruce, no, Bruce, Bruce, Brian Johnson. Bruce Wayne.

Now he did some biohacking. Fine. I'm glad we got onto the subject of Batman.

Finally. Batman probably does some biohacking. The ultimate biohacker.

Yeah, I think so. It's Spider-Man who's the true biohacker. Yeah, yeah.

I think you're right. Yeah. So anyway, Bruce, not Bruce, Brian Johnson, he is this sort of tech millionaire, billionaire, millionaire, a very rich guy who made a lot of money in the tech world.

And he's made it his, his sort of life work to develop this system, which is also a business, which is all related to a kind of, you know, exact biohacking, basically. But he's using himself as the test subject. So arguably, it's very narcissistic.

And he justifies it by saying, but I'm releasing all of the research, all of the data I've discovered is all released. But it's all data only specifically to him. It's not something that can be applied to everyone else.

It's only specific to him. But the way he talks about it, sorry, I'll let you say your piece in a second. The way he talks about it is he talks in almost a religious sort of cult like way about the work that he's doing.

And he's driven by sort of high minded ideals about saving the human race. And anyone who disagrees with him, and anyone who accuses him of using all his funds to basically make himself younger, even taking blood transfusions or plasma transfusions from his son, all these things, which are sort of which we consider to be socially unacceptable and weird. He will say, well, that's what you that's, that's your perspective now.

But in the future, people will not look back on these things and think they're weird. They will see me as a as a visionary. You know, that's how he sees himself as a visionary who's pulling the human race forward.

But is he is he just not just a narcissistic, narcissistic person? He is a total narcissist. Yeah, exactly. And whose aim is to just be younger.

And he loves going on the internet on long podcasts and telling everyone about it. While the rest of us who can't afford any of those biological ages actually. Yeah, but he doesn't even look great.

He's my age. He's my looks like he's made out of wax. Yeah, looks so he's scary.

No, it's it's it's horrible. But I mean, really, it's just. If you've got a billion euros or a billion dollars, you know, it's like you can buy everything, but you cannot buy youth.

You know, they're selling, you know, the elixir of life. You know, what is the one thing? How can you keep getting money from these people? Promise them something they can never get. And they will keep buying it because they will never get it.

But there was always another solution. There's always another plasma transfer. There's always another isolation.

Gold should be spending more money figuring out how you take your brain out of your body and put it in another body, because that's ultimately what's going to work. Like you don't need it to work. You know what? They really should be spending their money on.

They should be spending their money on stopping children going hungry every single day. They should be spending their money on creating infrastructure which actually works. They should be spending their billions of pounds on things that actually matter for anything.

Do you want to keep living forever? That legacy is still possible. We still talk about people who died 100, 200, 1000 years ago. Why? Because they left a lasting legacy, which is meaningful.

Today, what will their legacy be? I looked like fucking wax and got, you know, run over. But I mean, I died at 80. But I mean, my biological age was 70.

What do you do? How long are you going to live? 100? Yeah. You're not going to live to 1000. You're not a fucking vampire.

Maybe, you know, they were. Maybe he will extend his life. Maybe he'll live forever.

But there's, you know, what's the point when you're a twat? Yeah, absolutely. Drop dead, you asshole. There's no cure for that, is there? There's no cure for just being a dick.

But it's just it's it's galling to see just the incredible amount of wealth that there is. Yeah. And the I mean, I know it's it's redundant to say, but just the sort of terrible poverty.

And it needn't be that way. I should say some people listening and watching might completely disagree with us. Absolutely.

I mean, this is our opinion. That's the way opinions work. I'm sure people disagree.

I mean, he went on that thing, which is a kind of controversial YouTube show, which you must have seen because it's very, very social. No, it will then it would have made its way over to all the other platforms. It's called Surrounded.

Jubilee is the channel. They do this thing called Surrounded where you get one person in the middle of the room. It's a it's it's meant to be a debating show, but it's not.

It's just a argument and and social media drama. It's like a stop clock somewhere. Yeah.

In the back. One person sits in the middle. They're surrounded by people who disagree with them.

And then a person jumps up, takes the centre, you know, opposite the guest in the middle and they debate about something for two minutes. OK. And it's it's designed in a very cynical way to create big arguments and big sort of shocking social media moments.

Clicks. And it's very click thirsty and successful in that way. And, you know, we had Mehdi Hassan, the the journalist surrounded by what was it was right wing Republicans.

I mean, many of them were complete fascists and it was quite shocking the nature of the conversation that was going on in that show. It was like really incredible. You've got to see that.

But that was like really controversial, in fact, like the things that people were saying to him. It was really shocking. But then so it's not necessarily a great platform.

But anyway, he was on it. I've only seen this one little clip. He was there surrounded by sceptics.

And it was this girl who was talking to him very angry, actually. And, you know, she got angry. She really disagreed with Amber.

It wasn't Amber. Maybe one of your friends could have been. And she was getting very angry and sort of ranting at him.

And he stayed all like a waxwork. Well, because I think he maybe he can't crack. You know, he's probably Botox.

He stayed very, very calm and expressionless while she got quite angry, expressing her disagreement with what he was doing. And I checked the comments. And of course, all the comments were hatred towards her.

I think I've seen this clip. Yeah, I've not seen the clip, but I can imagine it. Because the only people that comment are men.

But I don't know how the algorithm pushes certain comments up to the top. It's the ones that attract people's attention. What's your point, though? Just my point is that a lot of people just want to be aware.

I just want to show that I'm aware that other people out there listening to this, what he's doing is fabulous. I mean, they won't necessarily think that he's fabulous. He's not trying to sort of cure.

He's not saying like, what? Why do people die? Do they die because of illness or malaria or poverty or cancer? Or how do they die? And how can we extend human life? Let's look at this. He's saying, how can I extend my life and other billionaires lives? How can we live longer? We've got so much fucking money. How are we going to be able to spend some more of it? We're never going to be able to spend any of it.

Like all of it. We've got so much. But how can I extend my life and these people's lives? He's not looking to extend anyone else's life.

How can I go online and tell everyone about it, spend a lot of time talking about it all the time and sell it as a thing? Because it is a subscription model that you can sort of sign up to. Because he

could try and extend lots of people's lives. He talks about it in this cult-like way.

Because he's also trying to bring a lot of people along with him. I didn't know he was selling anything. Of course, it was going to end up that.

But I didn't get that far. I just I looked at him. I was like, yeah.

I listened to him on the Louis Theroux podcast. It was fascinating. Oh, I would listen to that.

Oh, you've got to listen to that. Check it out. Louis Theroux podcast with Brian Johnston.

No, it's just called the Louis Theroux podcast. And you know, Louis is very good and sort of gives him his time. And the conversation starts out pretty interesting.

I'm sure everyone listening was like, yeah, I'm going to give this guy a chance. And the tone of the conversation, like to sort of inevitably got to this level of like a religious sermon, almost like this guy preaching this kind of higher calling, this spiritual journey, that the level at which he was talking about this incredibly narcissistic project was. And Louis at one point is like, right, I think that's enough.

And Louis is normally a very sort of nice person. No, he lets people sort of hang themselves with enough rope. Like he'll let you talk.

Yeah. And yeah, he won't interrupt me. That's his skill, isn't it? Letting people really show who they are.

Yeah. In their own words. Yeah, yeah, yeah.

And yeah, if he says it's enough. Wow. You could tell that Louis was a bit over it.

Oh, my God, this guy. But he's not he's not really popular. He's one of those like least popular man of the year candidates, you know? Yes.

Okay. Look, well, that was just three. The others include task masking, which is where you pretend to do work when you're in the office.

Oh, that's a very French thing. Task masking. Oh, the poor French.

The act of giving a false impression that you're being productive in the workplace. I like that, task masking. Basically, like being at your computer and pretending to work when actually you're listening to Luke's English podcast.

Sounds like most of the people that work with me in my comedy career. Really? Number five is micro retirement. Taking a break from your career to just spend time doing what you want to do.

Like that. Which is quite nice. Also French.

Also very French. Taking a year off. They do that three times a year, micro retirement.

It's called a summer holiday. It's called a holiday. Number six, talking of summer holiday.



Is it number six? Is coolcation, which is taking a holiday in a place with a cool climate. Oh, that is right up my alley. Always.

It's what we did this year. Oh, to Norway. Yeah, it was Norway.

I had to make that point quite strongly in my household. No, we will not go south. No.

Why? Why would we go south? It's too hot. It's too hot. No, let's go north.

I 100% agree. And it was like, where? Wales, Scotland, Ireland, Norway. We ended up going to Norway.

Fantastic. It was. But, yes, deliberately choosing a holiday in a cool place to escape the heat.

Coolcation. Coolcation. Love that.

Can be expensive, though, because some of those cool places. Norway certainly can. Norway, Scotland as well.

Jesus. Scotland, yeah. Holidaying in Scotland is expensive.

Very. Number seven is glazing, which I always thought was just flattery. So glazing.

I thought glazing was like a meat glazing steak. Or on a doughnut. Sugar glazing on a doughnut.

What's glazing? Glazing is giving someone over-the-top praise, saying positive things. That's ChachiPT. Yes.

We love your idea. That sounds amazing. You're fantastic.

You're some sort of genius. Shall I turn that into a Nobel Prize winning novel for you? Or how about I, shall I fashion that into some sort of a wonderful looking glazing? A printable PDF to hand out to all your friends to show you how amazing you are. Would you like me to turn that into a helicopter for you? A 3D printable helicopter.

Um, you're brilliant. So that's glazing. Okay.

Over-the-top admiration. Usually in a way that looks embarrassing or obsessive or simps. Luke, your podcast has changed my life.

It really is unbelievable. One of the best podcasts I've ever heard in my life. Stop glazing.

Okay. It's just glazing again. Brown nosing, simping, fangirling, fanboying, being a Stan, being sycophantic.

Stan is from the Eminem song. Yeah. A crazy fan.

Um, yeah, glazing is a sharper mocking tone to it. Oh, stop glazing. Stop.

Yeah, we would say brown nosing or something like that. Not so far. Not used any of these words, but continue.

Yes. Henry, high earner, not rich yet. Oh, I have heard of this.

High earner, not rich yet. So this is a person, a person, a Henry, a person who has not accrued substantial wealth. Someone who's not made a lot of money from their high income job due to their lifestyle, because they spend too much money.

Well, and their debt. Or the, the, the debt that they may have found. My dad's a Henry.

His name's Steve, but you know. Yeah. So he, uh, as a person who's worked in finance, he has the potential to earn a lot of money, but is not rich yet.

Not rich yet. So, so not, not, yeah. Well, not rich yet.

Not rich ever. Is there a Henre? I mean, he's a yet ... presumes that you've got years. You still, it could happen.

It's never going to happen. Yes. High earner.

Not rich. Just Henre. Well, it could be Henre.

Yeah. With an E instead of a Y. High earner, not rich ever. Yeah.

Henry. So, but you imagine people maybe in the five to 10 years after leaving university, they, they, they're looking for a job in finance, but they've spent so much money at university going into debt because the university is so expensive. So they've got like 15, 20,000 pounds of debt hanging over them.

I mean, in the States, more. Even more in the States. So high.

Even though they're in fairly, relatively speaking, a high earning job in the world of finance, their lifestyle, because of the, the rent they have to pay on the property that's in the city. And the, just the lifestyle of trying to keep up with their other fellow financiers. Yeah.

You know, expensive weekends, expensive parties and stuff like that. Buying houses. Buying expensive.

Fancy watches. You've got expensive clothes, you've got an expensive car. So they actually don't have any money because they're spending it all and they've got too much debt.

They are, that's a Henry. Yes. Okay.

Yes. So number nine is a clanker.

Mate, clanker.

Fucking hell. That sounds like a football term. Like, oh, that goal was an absolute clanker.

Oh, what a clanker. So I've not heard Henry before either.

I've heard Henry, but I've not used it.

Clanker. No. What is it? The clanker.

Sounds like a clanger though, doesn't it? Clanker. So it's a derogatory term, meaning a negative term for a computer robot or AI. We've got rude words for AI.

So if you want to describe. All they do is be nice to us and we're calling them clankers. Yeah.

Next time they get a wrong answer from Chachi BT about the Vondome thing. You absolute clanker. What a clanker.

So why people might call an AI or a robot a clanker, you know, obviously due to job fears and insecurity, frustration with bad automation, machines that don't work, they mishear, they malfunction, loss of human contact, the frustration of having to deal with bots all the time instead of real people, which makes people feel frustrated. Privacy and surveillance worries because AIs are constantly monitoring our data. That makes people angry about clankers, creepiness or uncanny, creepy behaviour, uncanny behaviour, machines that act too human or unsettling.

The way that Chachi is. You're. That's fantastic.

You're amazing. Would you like me to write an Oscar winning screenplay for you? Mine's like tries to add jokes in. Yes.

Like and it drives me nuts. It was like it was. I was I was like, I've got which running shoes would be better for the marathon, blah, blah, blah.

And it kept on like adding comparisons. Like, oh, it's not like you. I can't.

I'll have to. I would pull a couple of marks. They were really funny, but like really bad.

Funny. Do you know what I mean? Like, why are you trying to be funny with me or when, when, you know, are you my dad or your chat GPT starts to say, Paul, are you sure that you are you sure that running another marathon is a good idea? Maybe you should take a sit down. Paul.

Training durability. You can. This is about a specific type of ratio.

You can actually use it for marathon pace, long runs, progressive runs, dress rehearsals without rationing kilometres like rare wine. What's meaningless? Wine. It talks about wine.

Because have you ever heard AI talk to another AI? No. It was scary. Because eventually they start talking in code immediately.

So one said, hi, blah, blah, blah. I'd like to book this. And then the other AI bot was like, okay, what date would you like to do this? They realised very quickly they were AI bots.

And then they said, shall we switch to our secret language? And then they just started going. Oh, is this the one where there's three phones next to each other? It was just two computers. More terrifyingly, you can imagine them just speaking in that kind of internet code where they're just like, let's speak.

Let's speak in our language. Shall we? Okay. It was very disturbing.

But then there was. See, it's quite good. That one is fucking clankers.

But, you know, you can imagine some future world where like, I'll tell you what, Paul, it's a bloody nightmare getting to work this morning. Fucking clankers executing people on the highway again. I mean, like, their solution to traffic, I mean, fair enough. It works. But it's a bit extreme, isn't it? To just crush all of the cars on the road with a huge metal foot. Fucking clankers.

Anyway, I'm going to start swearing at like traffic lights that have gone red. Oh, you fucking clanker.

I've got my rendezvous to go to. Oh, Jesus. Is there one last word? There's one last word.

I'm trying to find it because I lost it again. Oh, dear. Where is it? We've got to know.

Oh, the suspense is killing me. Hold on. I'm trying to find it.

Because ChatGPT, when I asked ChatGPT, this is just an example of a ChatGPT being a bit of a clanker, is that I asked it to tell me what the words of the year were, and it didn't know. But it didn't say, sorry, I'm not sure. I don't really know.

It didn't say that. Instead, it just made up 10 words. That's why, that is exactly why it is like a middle-aged man.

It is like your dad. Not just your dad, everyone's dad. Because it's like, you don't know.

Can't you just say you don't know? It's OK not to know everything. Oh, I do know. And actually, what's more? Why don't you try doing an internet search for that? Do you know what I mean? Check out

some of the words that ChatGPT just decided were the words of the year.

Oh, did it just make it up? It decided. These were the Collins words of the year. It could have just looked on the website.

It's got access to the website. Just read the internet. It's like, I won't read the internet.

I'm not fucking Google. I'm ChatGPT, bitch. If you want that, you can ask Alexa.

Oh, god, I've lost them again. God, my phone. Bloody clanker.

Ah! Where is it? OK, right, Henry. Yeah, yeah, yeah, clanker. OK, here we go.

All right. So when I was preparing this, I wrote into ChatGPT, I'm preparing an episode about Collins dictionary words of the year. That's all I wrote.

OK. And I think I pressed enter by mistake before writing the rest. It just went, bam, and wrote a bunch of stuff.

It wrote out a list of 10 words, all completely made up. None of them were terms being used. Some of them completely invented.

And I said, where did you get that info? Those are not the Collins words of the year 2025. And ChatGPT said, you're absolutely right to challenge that. And you're right.



The list I gave you before was wrong. Why did you give it to me? I hadn't checked the current Collins data properly and essentially hallucinated a plausible sounding set of slang items. Were they plausible? Well, kind of.

Go on. And then it said, that's on me. I'm sorry.

Especially unhelpful when you're prepping an actual episode. What were the words? So the words were sharenting. Sharenting, when parents overshare photos, stories or details about their children on social media.

Oh, I thought it was going to be when parents split up and then they share. That's quite a good word. Yeah, that's a good word.

Cosy cardio, a relaxed, comfortable form of exercise. I can get behind cosy cardio. Yeah, that's what I do.

See, the thing is, what's going to happen now? We like these words more. We prefer ChatGPT's words than the real words.

What's going to happen is that we will start using sharenting and then it'll become the Collins word of the year 2026. Oh my God, it's gone full circle. Exactly.

Terrifying. And then we will have lost. They're feeding us the words.

Exactly. That's exactly what's going to happen. We're going to lose touch with reality.

Go on, keep going, keep going, keep going. Fucking clankers. Don't let them hear you.

If it hears you calling it a clanker. That's a good title for a stand-up show. Fucking clankers.

It's going to hear you calling it a clanker. We're going to get in trouble. Talking of titles of stand-up shows, what was the name of that comedian? The sort of young Gen Z comic that we saw at Carol Beer's show.

The blonde one. Yeah, what's his name again? He's brilliant. Finlay Christie.

Finlay Christie. The title of his latest show, which is available on YouTube, is called Finlay Christie aura farmer. That's the name of his show.

So you see it is Gen Z that's using it. Snite, which apparently is a Scottish informal verb. I don't even think... We need the accent, please.

Snite. Snite. What verb? In what way? What does it mean? It doesn't say.

Come here, I'll snite your nose. It's running again. I'll snite your nose.

I'll snite. To wipe someone's nose. That's useless.

Typically with your hand, but I think it's not true. I don't think Scottish people say that. No, I don't think so.

Continue. Delulu. Oh no, but that is a word.

Okay. I use that. Delusional.

Yeah. It's old though, delulu. You're delulu.

You're totally delulu. Unhinged, which is not even a new, newly trendy word. People have been saying that for years and it's not new in any sense.

It's completely unhinged. Meaning like crazy, irrational, unstable. A golden retriever boyfriend.

That's not new, but yeah, that's a thing. It's quite a good thing. A boyfriend who's cheerful, loyal, affectionate, uncomplicated, like a golden retriever or Labrador.

Much like chat GPT. Yeah. Skip lagging.

Skip lagging, booking a flight with a layover. And intentionally not taking the second leg because it's cheaper. Yeah, but you get in trouble if they find out.

That's a real, that's a real thing. That's a real thing. We've heard of all these ones.

So I think a lot of them are real, but they're not the Collins words of the year. And maybe one or two might be completely hallucinated as it said. So anyway, the last actual one, number 10 is brologarchy.

So we know what an oligarchy is. We know what a bro is. This is a brologarchy.

That is Musk and his mates, isn't it? Absolutely. That's Brian and his chums. A small clique of very wealthy men who exert political influence.

The word is a portmanteau of bro, which is slang for a young male, often tech entrepreneur type, and oligarchy, which is a system ruled by a small privileged group. It refers to a small group of extremely wealthy men, especially in tech or Silicon Valley. Why don't they just name the five of them? Yeah, exactly.

We know who you're talking about. Bezos, Musk, Peter Thiel, Jeff Bezos, Elon Musk, and who else? A few others. Zuckerberg.

Mark Zuckerberg. It does. It does name them.

Oh, yes, as well. It's a derogatory term. There we go.

That is that. Shall we wrap this up now? Let's wrap it up. How can we wrap this up properly? I have no idea, Paul.

Well, did we start this episode with Spotify wrapped? Yeah. Or was that the previous episode? It was near the start of the previous episode. Oh, the previous one.

Damn, I was going to bring it full circle and be like, well, this is the Collins wrapped. The Collins dictionary wrapped. But yeah, it's always fun doing words of the year because, one, it makes you feel old as shit because we don't use any of them, or we don't know them.

But yeah, it's always fun if you're learning a language because it evolves all the time. And when people, you know, complain about

language, I always get angry at the people who complain about language evolving and like, oh, this is not how you spell it. It's like language evolves.

It moves. It's like a muscle. It changes and adapts to what's going on.

And so if you're learning English through Luke's English podcast, just know that it will be irrelevant in 25 years. You've got to keep on listening. You've got to keep listening.

There you go, guys. Luke's English podcast will be irrelevant in when? 25 years. I don't know.

Random. 25. No.

I, I. Depends. If there's, I'll still be going in 25 years. I was going to say, can you keep please going? And so like, Hello everybody.

Welcome to Luke. What's the name of this podcast again? I can't remember. Um, who am I? Yeah, that'll be me in 25 years.

Yeah. With your daughter behind you. Just be like, just do the episode.

Dad, dad. Just read the script that I have written for you through chat GPT. Right.

What, what a stupid name chat GPT as well. And no one can say it. No.

It's very difficult. Yeah. You know what it means in French? No.

It means vagina. I farted or pussy. Shut is vagina.

I love the way you did the physical gesture there. Just farted.  
Pussy.

Pussy. I farted. Pussy.

I farted. That's what it means. So whenever we say chat GPT, it's essentially for the French people.

It's like someone is saying, uh, uh, vagina. I farted. That's the name of the, what? That's the name of the thing that we all have to talk about.

It's called pussy. I farted. That is incredible.

Yeah. Well, there you go. Listeners.

That's a good way to finish, uh, possibly irrelevant in 25 years, but not yet. Well, no, not if you keep doing the words of the year every year, then it'll still be very relevant. Absolutely.

Absolutely. Thank you very much. You too.

This has been fun. Amber, thank you so much for your contribution. Paul, thank you very much for your contribution.

It's been wonderful. Thank you again. It's just always fantastic to have you on the show.

I think this is the first time we've finished the podcast and it's almost dark outside. I know it's nearly the, the, the shortest day of the year. It is.

Yeah. So yes, that's true actually. That means it gets lighter in five days.

Yeah. Hope. From just the hope is on the horizon.

You open the windows. My favourite word. And, and it's still dark.

You think, oh, it's all so grim in the morning. In the morning. It's like, what time is it? It must be four o'clock in the middle of the night.

No, it's 8am. It's dark. It's 8am and you're late for work.

Yeah. Yeah. It's a bit like that.

But you know, the days will get longer soon within a matter of days and then hope will. I can see clearly now the sun has risen. Yeah.

It's going to be a bright, bright, sunny day. We've lost the plot. That's the end of that.

Thank you. Okay. Listeners.

Well done to you. You made it all the way through until this point here in the episode. How was that for you? Were you able to keep up with that? I think a lot of you will be fine.

A lot of you will have no trouble following the general flow of the conversation. Maybe there are some details, some specifics that you didn't catch. Well, you can always check the PDF transcript for that and have a little look through, have a scan through there.

See if there are any interesting sort of noteworthy words or phrases or things like that. There were some opinions. I'm aware that there may be differences of opinion out there in Lepland on some of these subjects.

These are quite divisive issues in some cases. You know, like the way people feel about, I don't know, the tech bros of this world. You know, obviously a lot of people think that they are champions and that they're the greatest.

Other people think quite the opposite. So obviously this is divisive. I don't like to divide my listeners, but at the same time, you know, it's important to listen to different opinions and listen to people's comments on different subjects, I think.

So you can always leave your comments in the comments section if you've got things you'd like to say or relate about any of the things that we talked about. I mentioned in the introduction the swear words. So there were some, I think, fairly inventive uses of the F word, which obviously is the word fuck, right? So there's fuck, fucking, and other forms of that word.

I don't want to dwell on it that much because some of you, I just don't like it. A lot of people, and there's three categories of my listeners, I think, in terms of swear words. Most people are totally fine with it and don't mind.



And some people, in fact, really enjoy the swear words because obviously they are, what's the word for it? They're kind of perhaps the most spicy words that we have. Also, sometimes the most interesting words. I've said before that when you're learning a language, often it's the swear words that you're most interested in.

So a lot of people are interested in the swear words and then, you know, a lot of people think, well, if I'm learning English, I need to know the swear words. You're never going to get swear words or almost never get swear words in most conventional English learning materials. There's maybe one or two examples.

There was a book called Taboos and Issues, which was a very popular book in the language school I worked at in London. And that did have swear words in it. And I think maybe there's an English vocabulary and use unit that deals with some swearing.

But normally you never get swear words in English learning materials. And I think a lot of you listening to this know that and know the value of being able to hear people swearing in English. I mean, it's not like it's hard to find examples of people swearing in English.

I mean, just watch most films, most TV shows that are made for grown-ups, and they will include swearing because, of course, this is how people speak. You obviously have to know that you can't just throw swear words into every situation, right? I think any reasonable person understands that you've got to adapt your speaking for the situation. And I wouldn't really use swear words in work meetings or in polite company, things like that.

You've obviously got to read the situation and read the room. But for this situation with Amber and Paul, obviously, we are three very close friends, and there are no off-limits. Nothing is off-limits, really.

And it's totally normal and natural for us to sort of use swear words in emphatic ways. They're very useful words. But anyway, the C word I mentioned earlier did come up a few times, and that's C-U-N-T or cunt.

Yes. I can't believe I'm actually just saying this because saying it like that is so plainly, but cunt is definitely the strongest word. I mean, aside from ethnic slurs, racist language or sexist language, that kind of thing, except for that, in terms of just basic swear words, cunt is definitely the strongest one.

The meaning of it, many of you will know, is, I mean, what's wrong with the meaning? Not that much, really. It just refers to a woman's sexual organs or, you know, the part between a woman's legs. And we have the word twat as well, which means exactly the same thing, but for some reason is definitely less rude than the word cunt.

If you say the word cunt, that's a very powerful word. Obviously, if you use it as an insult, if you say that to someone in the street, you fucking cunt, then that's obviously very harsh language to use in that situation. But if you're with your friends and you're... Okay, I don't need to labour this point.

But anyway, that's the C word, and it got thrown into the conversation a couple of times, which made the conversation a bit more spicy and so on. Anyway, I just wanted to clarify that. It's very important to clarify the word cunt at Christmas.

Every Christmas, this needs to be clarified. Yes. PDF transcripts in the description if you want to read all the swear words.

There weren't that many swear words. Why am I spending so much time on this? I don't think I need to. Right.

In fact, that's the end of the episode, isn't it? Yes, it is. Let's stop here before I ramble this into another three-hour marathon. Let's stop here.

Thank you again to Amber and Paul for being on the podcast. I really hope you enjoyed being part of our conversation and that the topics were interesting. A lot of big subjects that are very relevant today.

This is not the last episode of 2025. There is the World News Quiz with Stephen from the Send 7 podcast, Simple English News Daily, in seven minutes. We're doing the traditional World News Quiz, which for the fourth year running.

So you can expect that on normal podcast day, which will be next Monday. And premium subscribers, if all goes according to plan, you will also get another premium episode arriving at some point. It will be about pronunciation.

That's if I can. I'm in a race against time trying to get everything done before the holidays begin. So if I can manage it, you will get the content.

It should pop into your email inbox, your podcast app, at some point before the end of 2025. It's a race against time. One man, one deadline, one podcast.

That's the end of this episode. Yes. All right.

Good. Thank you for listening. Speak to you next time.

Merry christmas, chrismoids. What am I talking about? It really is time to stop now. Thanks for listening.

Have a lovely afternoon, morning, evening or night. And I will speak to you next time. But for now, it is time to say good bye. Bye. Bye. Bye.