

[Transcript] Global News Podcast / Taiwan president meets US House Speaker amid China tensions

Hallo, das ist der Global News Podcast von der BBC World Service mit Rapporten und Analysen von across the world, die letzten News 7 Tage a week.

BBC World Service Podcasts

Hallo, hier ist eine Nachricht von Hannah und Natasha, die Co-Moderatoren des L UK Podcasts Why I Move in Partnerschaft mit Nike. Wir machen eine Pause von unseren alltäglichen L-Rollen, um mit ein paar unglaublichen Frauen von Filmstars bis hin zu Modeikonen darüber zu sprechen, wie sie Bewegung in ihren wahnsinnig hektischen Alltag einbauen und vor allem, wie sie sich dabei fühlen. Außerdem werden wir von Nike Coaches und Trainern hören, die ihre Experten Tipps dazu geben, wie jeder Bewegung in sein Leben einbinden kann. Ich habe ein gutes Gefühl. Ich auch. Why I Move in Kooperation mit Nike. Jetzt anhören!

Das ist der Global News Podcast von der BBC World Service.

Zyls Former-Präsident Jair Balsanaru has been giving evidence to police about alleged attempts to bring millions of dollars worth of jewellery into the country.

And one of the world's biggest online criminal market places, Genesis Market, has been taken down in an operation by police in 17 countries.

Also in this podcast.

I honestly thought initially it was my water bottle leaking and when I looked back down I saw the head of the snake receding underneath the seat.

The unsettling realization at 3000 meters up that there was a venomous snake on the plane.

Democracy is under threat, a warning from the president of Taiwan, Tsai Ing-Wen, as she met the US House Speaker Kevin McCarthy on Wednesday in California.

Ms Tsai also said Taiwan was grateful that the United States was by its side.

It is no secret that today the peace that we have maintained and the democracy which have worked hard to build are facing unprecedented challenges.

We once again find ourselves in a world where democracy is under threat and the urgency of keeping the beacon of freedom shining cannot be understated.

Kevin McCarthy is the most high profile American official to welcome a Taiwanese president on US soil and the meeting took place in defiance of threats from China.

So how significant is this meeting? A question for our US correspondent David Willis.

Kevin McCarthy is the most senior American politician Jackie to meet Taiwanese leader since 1979 and China doesn't like that one little bit.

It regards Taiwan of course as part of China and any dealings between Taiwan and the United States are seen as a challenge to China's claims of sovereignty.

And this week the Chinese leadership warned that the United States was playing with fire, as it put it, by engaging with President Tsai in this way.

And it won't have like the messaging that emerged from that meeting, the strong signs of support with President Tsai saying that this visit was a sign that Taiwan wasn't isolated and was not alone. And Kevin McCarthy telling reporters that the two nations held a shared belief in democracy and freedom and that their relationship was a matter of profound importance, as he put it, to the free world.

As you say, it was clear beforehand that the Chinese would see this as a provocation. So what was the US calculation here?

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Well the Biden administration is attempting to downplay this visit. It makes the point that the Taiwanese president is holding these meetings whilst in transit following a trip to Latin America and that the meetings are quite normal, they're private and unofficial and that, I have to say, hasn't assuaged China's suspicion, however, of one little bit.

And a short while ago, China's state media said that its vessels had launched joint patrol and inspection operation in the Taiwan Straits.

So how would you characterize the current state of relations between Washington and Beijing?

Well, to put all this into context, it comes at a time when relations between the United States and China have reached probably their lowest point in decades.

And also it comes amid growing international concern that China might perhaps be seeking to emulate Russia's move on Ukraine by attempting something similar itself with Taiwan.

There was a lot of concern about that. Hence President Tsai's comment that to preserve peace, we must be strong, I would add.

She said that we are stronger when we are together.

That was David Willis.

The former Brazilian President Jair Bolsonaro has been giving evidence to federal police in connection with a jewellery scandal. It concerns gifts which Mr. Bolsonaro and his wife received from Saudi Arabia back in 2021.

Mr. Bolsonaro returned to Brazil last week from the US, where he spent three months in self-imposed exile following his defeat in the presidential election.

Mr. Bolsonaro said that he didn't know about the existence of the items until December, a year after they entered the country.

He added that he had made a concerted effort to avoid a diplomatic incident with Saudi Arabia, which could be offended if they found out that the gifts had been seized by customs.

Our America's regional editor Leonardo Roshia told us more about the scandal.

That was first broken by a newspaper in Brazil about a month ago, and it's been basically fascinating people in Brazil, the details of the jewellery.

Three lots of jewellery that each one is possibly worth three million dollars, Rolex watches, incrustative diamonds, necklaces for the first lady.

And what we had is like two lots of jewellery that President Bolsonaro or someone close to him managed to bring into the country.

And there was one lot that was in the rucksack of one of his ministers on a different trip, and that's the one that triggered the whole thing.

Police custom stopped him, and then he said, oh, this is for the first lady.

That's the allegation, and basically they seized that, and then the whole investigation started.

President Bolsonaro, he says he hasn't done anything wrong.

There are separate investigations into his conduct in the run for the election afterwards, aren't there?

There are many investigations.

The two most serious, I mean, this might get him into trouble if he can't prove, but it's not as serious as the others.

There are two serious investigations.

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One is that he was behind the attacks against the Congress Building and Presidential Palace on the 8th of January in Brazil.

So, that would be very serious, that could lead him to serious trouble.

And the other one would be the production of fake news against the Supreme Court calling for a military coup that's been going on for a while.

He's always been a very divisive character, hasn't he?

How is his popularity looking in the country right now?

Amazingly, it's stable.

He was away, and of course the new government is struggling to implement its measures, the left-wing government of President Lula.

So, I think President Bolsonaro himself, he doesn't want to come back and run for election, but maybe one of his children,

who our politicians might do it, so the Bolsonaro legacy might live on.

And I'm sure with this trial, there will be parallels that they will make with the Trump trial in the U.S.

and their victims of a justice system that goes against them.

Fernando Rosha.

Four young children have been killed in an attack on a nursery school in the south of Brazil.

Four others were injured and are in a stable condition.

President Luisa Nassio Lula da Silva called the attack in the city of Blumenau a monstrosity.

Camilla Mota reports from Sao Paulo.

According to the police, Luisa Hikijelima climbed the school's walls and attacked children playing in an outdoor area.

He hit the infants in the neck with a hatchet.

The victims were aged four to seven years old.

In a press conference, local authorities said Mr. Lima had a criminal record with at least four different offences.

He had been arrested in the past in possession of cocaine, had assaulted a man in a bar, stabbed his stepfather and hurt a dog with a knife.

Now he'll be charged with murder and attempted murder.

Camilla Mota reporting.

Cybercrime is a big problem around the world.

Every minute of the day millions of people are logging on to their bank accounts or shopping online, but lurking in the background can be a network of criminals ready to steal IDs and passwords.

Now one of the world's biggest criminal marketplaces used by online fraudsters to buy passwords has been closed down in a global law enforcement crackdown.

Genesis Market sold login details, IP addresses and other data that made up victims so called digital fingerprints.

In Operation Cookie Monster, law enforcement agencies from 17 countries worked together to carry out 200 searches and made 120 arrests.

Rob Jones is a senior official from Britain's National Crime Agency

and he says the operation should send a strong message to cybercriminals.

For too long criminals have stolen credentials from innocent members of the public.

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We now want criminals to be afraid that we have their credentials and they should be. Our correspondent Daniel Sanford has been explaining how this marketplace worked. Genesis Market was a website and it wasn't on the dark web, it was on the normal open web and if you were sent an invite to it by a criminal friend or criminal accomplice that would give you an opportunity to log in and there you would see the list of hundreds and hundreds and hundreds and thousands of people's digital identities. So there login details, passwords and then a whole load of other information which would help you to impersonate them online. So, for example, information about their browser, about the IP address they regularly used, about their physical location, which meant that if you had that information and you logged in using that information, as far as the bank or the shopping service was concerned, you were that person, you weren't somebody you had their login, you were actually that person and these details, depending on how fulsome they were and how detailed they were, could sell for hundreds of dollars but sometimes if it was one single login it would just sell for a dollar on the website. So basically it was hackers buying information in a giant sort of shopping list of people's digital identities. And would everybody whose details were on that, would they know or could they still be oblivious? No, most people would have absolutely no idea that their digital identities were for sale on Genesis Market. There is now a way of checking that. The Dutch police have set up a portal on their website which you can put in your email or emails and it will email you back if you're somebody whose data was for sale on there. But many people who've been hacked or had incorrect transactions happening on their kind of bank accounts or shopping accounts, even now they won't know how someone got hold of that information. So, tell us about the operation to close it down, because this was a big deal, wasn't it? It was. I mean, this was probably the most notorious and biggest of the really open website selling financial information. And eventually Dutch police and the FBI in the United States got together to shut it down and then through the FBI working with their Five Eyes Alliance so Canada, Australia, New Zealand and the UK and the Dutch working with their European friends they got 17 different countries together, there's been arrests. About 120 people have been arrested across all of those countries and the FBI have put a notice up on the Genesis Market website. If you try and go there today, it actually says this website's been seized. Operation Cookie Monster and that's the name of the policing operation which is a reference to the fact that one of the things you could buy on this website was people's cookies, which would again make shopping websites think that you were the original user and not the hacker. How big is the international operation generally

to try and keep a lid on cybercrime? How much cooperation is there?

Well, I think the answer is that they've been behind the curve and they've been pretty slow.

I think there's been a recognition now that because people do so much of their work because people do so much of their lives online whether it's their Netflix account for entertainment, Paypal accounts for paying, Amazon accounts for shopping so much of what people are doing is either on their laptops or on their smartphones and tablets.

There is a feeling that not enough has been done internationally so people are starting to cooperate more and to realise that if they don't do that then it's going to become a pretty ungoverned space.

Das ist Daniel Sanford.

A new medical trial is underway for people suffering from progressive multiple sclerosis. MS is caused by the immune system attacking the brain and nerves and there's no cure.

It's two to three times more common in women than in men and is usually diagnosed between the ages of 20 and 40 although it can develop at any age.

The BBC's Caroline Wyatt, who has MS herself met one of the first patients in the new trial.

Hi, Winnie.

Hi, Winnie.

Hi, Winnie.

Elsa Geedy und ihr Mann Robert haben zusammengeführt, seit sie an der Universität Manchester studiert.

In 1997, Elsa's Eiseite wurde blöd, als sie die erste Wachstumme des Wachstums entgegenholt hat.

2 Jahre später, ein Neurologist hat sie eine life-changing Diagnose gegeben.

Sie hat gesagt, ihr habt eine sehr milde MS.

At the time, my eyes filled up with tears, and he said, why are you crying?

I was like, because you've just told me I've got MS.

But he said, it's because it's very mild.

But for me, I was like, I'm 24 and lots of my friends are in the pub.

Obviously, relatively from the neurologist point of view, it wasn't as bad as it could be.

But for me, there was not a good thing to be told.

Last year, Elsa was told, that her MS had moved from relapsing remitting, which is a stage when symptoms come and go,

into secondary progressive, with more permanent disability.
She didn't qualify for the one drug that might help.
So now, Elsa's one of the first patients
to join the new drugs trial,
Professor Jeremy Chattoway,
is leading at the National Hospital of Neurology
and Neurosurgery in London.
The trial is being called Octopus,
because it has several arms,
meaning it can test more than one drug at a time,
against a single placebo.
That design was first used in prostate cancer here,
and then the race to find treatments for COVID-19.
In multiple sclerosis, particularly progressive multiple sclerosis,
there's a limitation in terms of the current treatments available.
And what we need to do is to get hold of medications
that can protect the nervous system
and ultimately repair and remyelinate the nervous system.
That's the goal.
The first two medications are high dose metformin,
a diabetes drug that may help regenerate myelin
in people who have MS.
The other is a version of high dose algalipic acid,
a food supplement that's been approved in Germany
for treating neuropathy,
the weakness, pain or numbness caused by damaged nerves.
The MS Society is giving 13 million pounds of funding for the trial,
as its Assistant Director of Research, Emma Gray, explains.
So, this is going to be a multi-stage trial,
and it's been used really successfully in COVID
and in cancer studies.
And it speeds up how quickly we can test treatments,
and we thought this might be fantastic to trial
in people with progressive forms of MS,
where there hasn't been as much progress,
and it enables us to run several treatments at once,
but also combine the trial stages,
making it a much more efficient way of running,
and also cheaper.
I think that's all anonymized.
You've given a code number here.
So, here is your medication and your code.
Thank you very much.

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After a brain scan and several other tests,
Elsa receives her first dose of medication.
What she doesn't know is whether she's on a placebo
or one of the first two trial drugs.
I hope that when I'm on the trial,
it will keep me where I am,
because that would be fine.
You know, I've got difficulties walking
and things like that, but I can cope with those,
and I can live with it.
I don't want it to get any worse.
So, for Elsa and her family,
it's well worth taking part,
if only for the hope that the Octopus trial offers,
as it opens 30 sites recruiting across the UK.
That report by my colleague Caroline Wyatt,
who herself has multiple sclerosis.
Still to come.
Great frozen cobwebs in the garden.
Tonight's salopian tippie is Shropshire Lady.
At last, the Hyacinths.
One of the world's oldest libraries,
the Bodleian in Oxford,
will now be archiving Tweets, the online variety.
We'll be back right after this.
Live's Less Ordinary
is the podcast from the BBC World Service
that seeks out extraordinary stories
from around the globe.
I'm in a trench in Ukraine
with shells flying overhead, petrified.
It's a window into other people's worlds.
It can't be separated from the addictive nature
of my personality.
And it's available now.
Feeling incredibly alive
when death was at its closest.
Search for Live's Less Ordinary
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President Zelenski
has thanked Polish companies
which have continued operating in Ukraine
since Russia's invasion.

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He was speaking during a visit to Warsaw,
where Poland promised to send more fighter jets
to the Ukrainian Air Force.
He is our Eastern Europe correspondent, Sarah Rainsford.
Poland's support has been vital to Ukraine
ever since Russia's invasion.
It is the route in for western tanks and weapons,
which have been the route out for millions of Ukrainian refugees.
So Volodymyr Zelenski's first formal trip
to Warsaw, met there by a military band,
was to say thanks for not abandoning Ukraine,
as he put it, but instead standing with Kiev
shoulder to shoulder.
Despite any threats,
despite the circumstances at the time of the Russian aggression,
to all those who believe in our country
and believe not only in the future,
but in our present, I want to thank you and applaud you.
Thank you very much.
Poland's President called his guest
a unique man with a unique mission,
which he described as saving Ukraine and Europe
from Russian aggression.
I'm glad, Mr. President, that we can welcome you here
in Warsaw today.
We hope that there will be no physical border
between Poland and Ukraine after this war.
And that people who are going from Ukraine to Poland
and from Poland to Ukraine
won't even be able to see where this border used to be.
Poland was the first to send battle tanks to Ukraine,
then meek fighter jets,
and is pledging more as officials in Kiev
talk of preparations for a renewed military offensive in the East.
There the long and brutal battle for Bakhmut goes on.
And in Warsaw today Volodymyr Zelenski admitted
the situation was extremely tough.
But he denied Russian claims that its forces are in control.
In Poland there is still overwhelming support for Ukraine,
both from the public and the government.
But in rural regions there are growing complaints
that a surge in Ukrainian imports
is forcing down local grain prices.

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And today that dispute led Poland's agriculture minister to resign.

Sarah Rainsford.

Around the world senior politicians found themselves under scrutiny and under pressure until they dealt with the Covid-19 pandemic.

On Wednesday Fadil Novalich, who leads one of Bosnia's two regions, was sentenced to four years in prison, in a case involving the purchase of Chinese ventilators in the early days of the pandemic.

The government had bought 100 ventilators through a company that usually specializes in fruit and vegetable preservation.

And the devices turned out to be unsuitable for use with seriously ill patients.

Our Balkans correspondent, Guy De Laune, began by explaining what exactly Fadil Novalich was convicted of.

Convicted of abuse of office, so that he overstepped the mark in terms of influencing the procurement process, so that it was won by this company called, of all things, Silver Raspberry, who as the name implies, have got nothing to do with medical equipment, but are in fact a fruit processing company, who previously had absolutely no experience whatsoever in procuring medical equipment.

And they were chosen to source these medical respirators at the start of the COVID pandemic.

And as you say, when they eventually arrived after this controversial process, which cost the people of Bosnia more than 5 million euros, these things didn't work.

He wasn't the only one involved, was he?

No, he wasn't.

There were other people who were found guilty as well.

Two other people, Fahrudin Solak, who was an official in charge of procuring equipment to combat the pandemic.

And Fikret Hodgic, who was the manager of this very same Silver Raspberry Company,

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they have also been given jail sentences for their part in the affair.
One person was acquitted of all charges.
That's the Federation of Bosnian Herzegovina, Finance Minister Jelke Milicevic.
Now Fahrudin Novalic can appeal, can't he?
But what are the likely political consequences of this sentencing?
Well, it's been a very political case.
And straight away we've seen Mr. Novalic's party, the SDA, which is the largest party of Bosniak Muslims, saying that the case was politically motivated, that a senior Bosniak Muslim person has been deliberately targeted in this case, and basically they're saying that it's all a stitch-up, and they expect it to be overturned on appeal.
The interesting thing is that Mr. Novalic is actually able to stay in office as the Prime Minister of the Federation of Bosnian Herzegovina.
And he could be in that post still for some time, he could be in all sorts of shenanigans in terms of forming the government of Bosnia and Herzegovina in the Federation region, following last year's elections.
And it's further worth noting that they haven't really had a functional government there since 2018.
So it's adding to all of the turmoil that you have in terms of governing that particular part of the country.
That was Guy de Lorne.
Now to a story that's been making the headlines across Spain and beyond.
A bitter debate has been taking place in der der 68-Jährige-Aktur, Anna Obrigón, in der USA, dass sie ein Baby von Sorraguse hat. Die Praxis ist illegal, wenn es in Spanien ist. Ein Interview mit der Spanisch-Magazine hat gesagt, dass die Mädchen in den Fall ihre Granddaughter ist. In Madrid hat wir von unserer Reporterin Geij Hedgeko erzählt. Was wir in den letzten Revelationen gefunden haben, ist, dass sie der biological Grandmother dieser Kinder ist. Dass der Vater dieser Baby ist Anna Obrigóns own son, Alessandro,

who died three years ago
after a battle with cancer at the age of 27.
She says that he told her on his deathbed
that he wanted to have a child live on after him,
after his death.
And so Anna Obrigón says that she,
in having this child via Sorraguse,
she is fulfilling the dying wish of her son,
who died three years ago.
And the biological mother, as far as we know,
is an American woman of Cuban descent,
who lives in Florida.
The legal picture is quite complicated, isn't it?
Because having a woman give birth on your behalf
is illegal in Spain,
but adopting a child born abroad is lawful.
But there are further complications
as a grandparent, is that right?
It is a very tricky legal area, this.
Spain's civil code does say that.
They are not allowed to adopt a direct descendant.
Now, Anna Obrigón says that she is doing this all legally,
because she is legally the baby's mother,
even though biologically she is the grandmother.
Also, I think you have to take into account the fact
that this process has taken place in the United States
and not in Spain.
So the Sorraguse itself,
that was allowed to happen,
because it took place in the United States
and it was a legal issue.
At the moment, what she has said,
is that this is absolutely above
and beyond any reproach legally,
but there has been a lot of debate.
Yes, the government has condemned her, hasn't it?
What sort of other reactions have there been?
Yes, I mean, we've heard from the equality minister
Irene Montero, for example,
in the leftist government said that
Sorraguse is a form of violence against women.
We've heard very similar comments
by other ministers in the government.

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Wir haben von der Opposition gehört, der Hauptopposition, die Populärpartei, die eine konservative Partei ist. Sie haben ein bisschen mehr Nuancen genommen. Sie sagen, dass es ein komplexes Subjekt ist. Es braucht eine tiefe Debatte und etwas, was öffentlich und über Zeit diskutiert wird. Guy Hedco in Spanien.

Eines der weltweit ältesten und bekanntesten Bibliotheken, The Bodleian, in der englischen Stadt Oxford, wird jetzt die Archivierung Tweets. Es beginnt mit drei Accounts, und das von der britischen Historikerin, Mary Beard. Sie hat ein Beispiel von einer von ihren Tweets, mit den Audioeffekten. Great frozen cobwebs in the garden. Tonight's slopium tippie is Shropshire lady. At last the hyacinths. The holly tree next door is looking great. The turkey is being cooked, according to Katie Stewart's Times Cookery book, Kirke 1972. The Bodleian, guardian of some of the world's rarest books and manuscripts. Obviously thinks public opinion, as featured on Twitter, is of historic importance, but why? Paul Henley spoke to Susan Thomas, head of archives at the library. So much of ordinary life and exceptional events in our lives play out on Twitter. And it's really inconceivable that we might have an archive that documents the 21st century without Twitter. But how are you going to choose what to conserve, or does it all go in the archive? That can't be feasible. I think we're not looking at a comprehensive archive, and we're also looking at a distributed archive. So the Bodleian libraries are not the only library to collect Twitter, and more and more libraries I think will be in the future. So I think it's looking at the kinds of individuals who have an impact, looking at ordinary individuals, but also looking at events. I think Twitter is very interesting for the way we see sort of things like citizen journalism popping up. We see instant response to events on the ground, being reflected in Twitter. So it's a really good way of capturing immediate responses. Prominent Historians have long said, haven't they, that trivial notes from history steered them in interesting directions? Yeah, I think that's very true. I think it connects us with people as human beings as well. We tend to put historical figures on pedestals, don't we? But they are people like the rest of us.

I think we were talking with Mary Beard earlier about her Twitter account and how it sort of talks about her making the Christmas dinner, the turkey and all the rest of it.

And I think those are sorts of things that we want to know about people.

It's instinctively as a human connection, isn't it?

How will users of the library access this feature?

Well, I think that's going to evolve.

To start with, I think we'll be looking at public access for public data.

But we're also conscious that there's private data in full Twitter accounts.

And that kind of content might not be suitable for access immediately in a public kind of way.

So that might need a bit more mediation.

And will there be the proviso when people access it that this is an archive of opinion and not necessarily a fact?

I think it's always important to approach archives of any medium whatsoever with that in mind, really to kind of question the sources that you're exploring and look at them with a very critical lens and ask questions of them and consider their reliability.

Should all social media users, do you think, be archiving their tweets as a matter of course?

For some people Twitter is a really important part of their life and potentially their personal history and a piece of their family history they might want to hand on to their children and their children's children.

So I think that's certainly something that people want to think about. And not just Twitter either.

People who are intensive users of things like Instagram, great collections of family photos that might have been stored in a shoebox or two in the attic in years gone by and now in sort of social media spaces on cloud storage. So these are things that people really need to think about if they value those things.

Oh sorry, I was just archiving my cat tweets.

That was Susan Thomas, Head of Archives at the Bodleian Library in Oxford.

Now a warning for those of you who are afraid of snakes or have a fear of flying.

This next story involves a small plane and a highly venomous Cape Cobra snake.

Rudolph Erasmus was flying four passengers from South Africa's western Cape

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to the northeast of the country.
The journey was uneventful.
They were cruising at around 3,000 meters.
Then, as he told Audrey Brown,
he felt something against his hip.
I honestly thought initially it was my water bottle leaking.
And yeah, when I looked back down,
I saw the head of the snake receding underneath the seat.
I registered immediately what was going on.
So I couldn't see the colouring that great,
but I could see its tongue flickering about
as it went down underneath.
So I informed the passengers that listen,
we've got a bit of a situation on board.
The snake is underneath my seat.
So we're going to have to try and get the aircraft
back on the ground as soon as we can.
Luckily I must have all of the passengers
who were quite calm as well.
Luckily no one was panicking with fear.
And how long would you have had to live with the snake
under your seat?
I really can't remember the amount of time it took.
It felt like an eternity,
but it was probably something like 10 minutes
or 15 minutes at most.
That's a very long 15 minutes, right?
100%.
Were you scared though at any point
that the snake might come out
and get aggravated or annoyed
and harm you, bite you?
It was definitely an idea that I had in my head.
But I was mainly concerned just getting the aircraft back down
on the ground as safely and quickly as possible.
Is this the closest you've ever been to a snake?
I think so,
most definitely a venomous snake.
But we faced another challenge.
As we got out of the aircraft
our sword was called up underneath my seat.
And eventually when the snake catches it arrived
to try and remove the snake from the aircraft

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it had completely disappeared.
Oh no, where had it gone?
It either went back down
through the rudder pedals
or from one of the vents.
And we will never know.
The pilot Rudolf Erasmus
who has been praised as a hero
for his bravery and skill
in landing the plane safe.
And that's it from us for now
but there will be a new edition of the Global News Podcast later.
If you would like to comment on this edition
or the topics we covered
do please send us an email.
The address is globalpodcast
at bbc.co.uk
You can also find us on Twitter
at Global NewsPod.
This edition was mixed by Nick Randall
from the Chefry.
Our editor is Karen Martin.
I'm Jackie Leonard and until next time.
Hallo, hier ist eine Nachricht von Hannah und Natasha.
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Die Co-Moderatoren des L UK Podcasts
Why I Move
in Partnerschaft mit Nike.
Wir machen eine Pause
von unseren alltäglichen L-Rollen
um mit ein paar unglaublichen Frauen
von Filmstars bis hin zu Mode-Ikonen
darüber zu sprechen,
wie sie Bewegung in ihren
wahnsinnig hektischen Alltag einbauen
und vor allem, wie sie sich dabei fühlen.
Außerdem werden wir von Nike-Coaches
und Trainern hören, die ihre Experten-Tipps
dazu geben, wie jeder Bewegung
einbinden kann.
Ich habe ein gutes Gefühl.
Ich auch.

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Why I Move in Cooperation mit Nike.

Hallo, hier ist eine Nachricht von Hannah und Natasha.