

SOUND	SCRIPT/SYNC/SUMMARY	
TEMPLE BELLS		Commented [TO1]: The programme starts with natural sound. Radio is about sound. Try not to start your programme with script.
REPORTER SCRIPT	When I was a little girl growing up in Bangkok my grandma and my mum used to get up very early in the morning to make food for the local Buddhist monk. When the food was ready, they would lay it neatly on a tray with other offerings like flowers and money. And then before the monks arrived my mum had a very hard job to do. She had to get me and my brother out of bed to stand barefoot on the road in front of our house to give the food and other offerings to the monks who were collecting alms.	Commented [TO2]: This opening section helps us to understand the reporter's connection to the story. It's not necessary to have a section like this , but if you <i>are</i> connected to the story in some way it can help.
MUSIC		Commented [TO3]: If you want to use music, be careful. It shouldn't get in the way. Notice how sparingly music is used throughout this programme. Notice <i>when</i> it is used.
SYNC:	So the belief in the culture is that devoted Buddhists in Thailand when they offer food they think about making merit for their deceased family members. They have to think about which food their family members like and that food is very unhealthy normally....	Commented [TO4]: Sync is another word for soundbite. At this stage it's not clear who is speaking.
SYNC:	I offer the monks curries and stir-fried food like bamboo shoots and stir-fried pineapple... I choose food which looks delicious.	Commented [TO5]: Another unidentified soundbite.
REPORTER SCRIPT	The giving and receiving of alms has been part of daily life in Thailand for centuries. The Thai people are meant to look after the monks' physical health by giving them food and in return the monks take care of the spiritual health of the nation...	
MUSIC		
	But now this ages old tradition has become corrupted by modern life – and there is now an obesity crisis in Thai temples.	Commented [TO6]: Stories are about problems.
	My name is Sucheera Maguire and I'm in Thailand for the BBC World Service to find out why the Buddhist monks in this country are now more obese and more unhealthy than the people who feed them.	Commented [TO7]: The "research question" of the programme. It explains the story in a sentence.
	END OF PROGRAMME INTRODUCTION	Commented [TO8]: The first two minutes of the programme have been spent "setting it up". The programme makers explain the story and try to persuade us to keep listening. They don't want to slow this down by naming everybody we hear speak at this point.

STREET SOUND		Commented [TO9]: More natural sound. Notice how it is being used as punctuation.
LOCATION STAND-UP	It's half past six in the morning and <i>here I am</i> on a small street in Thailand's capital city Bangkok... It's still quite dark here. I can tell that the sun is not fully awake yet and neither am I.	Commented [TO10]: The reporter's voice recorded on location. It proves she is there, in the middle of the story. It's also a different audio texture; a different <i>feel</i> to the sound.
POP UP STALL	Reporter <i>describes</i> food that's on sale and the monk who is standing nearby. She explains what's happening. People are donating food and flowers.	Commented [TO11]: Remember, your audience can't see what you can see. Sometimes you need to paint pictures with your script. I think the reporter does a really good job of that here.
MONK GIVES BLESSING		Commented [TO12]: A good example of "show don't tell." We hear the actuality of the monk giving the blessing. The reporter then explains what is happening. This is direct reportage of something happening and – right at the start of the programme – the reporter is showing us how the story occurs.
REPORTER SCRIPT	The blessing is something in the meaning of wish them good luck, better health or something good in their life. Once the blessing is done... they can leave the scene quietly. It may sound like quite a lot of things to do but the whole process doesn't last more than a minute.	
SYNC	<i>The contributor introduces himself and explains how he gives alms to the monks.</i>	Commented [TO13]: We now have the first contributor. He introduces himself with his name, age and occupation. It's a good idea to get everybody you interview to do this, but you don't have to use it in the final programme. Doing so is a stylistic choice. But if you haven't recorded it, you don't have that choice.
REPORTER QUESTION	WHY <i>is it important for you to give alms?</i>	Commented [TO14]: Why? is always a great question. Ask it often.
	MALE ANSWERS... <i>"...it has many benefits."</i>	
REPORTER SCRIPT	"Ah yes... getting up early... She buys it."	Commented [TO15]: Notice how the reporter deals with interview clips in another language. The contributor speaks, and then after a second or two the volume (level) of the interview falls and the English translation starts above it. The sound of the original interview continues at low level but it rises again when the translation stops at the end of the soundbite.
SYNC	"Yes. City life is full of rush: it's impractical to get up at five o'clock to cook food. We have to find something convenient like buying food for monks. It much faster and we have more time to sleep."	Commented [TO16]: Notice the <i>tone</i> of the reporter's words and voice here. It's quite informal. This won't work for every story, so don't feel you have to copy it. There's more personal background from the reporter but she makes the important point that many people don't cook the food they donate to the monks any more. And that means the food isn't as healthy.

SYNC	My name is xx. I am seventy years old. I sit down and wait for monks... this morning I offered a lot of sticky rice balls in sticky coconut milk."
REPORTER SCRIPT	Good grief! It's no wonder Thai monks are getting fatter and fatter. Does she ever consider the health of the monks she's feeding?
SYNC:	I have never thought of that... I just buy food and offer it to the monks. I choose the best"
SYNC	"Most people are not concerned about the health of monks... I thought they don't suffer from any illnesses."
REPORTER SCRIPT	But monks in Thailand <i>do</i> suffer from illnesses and they are illnesses that are often associated with obesity such as high blood pressure, cardiovascular diseases and diabetes. In fact, one in two monks is obese compared to one in three ordinary Thai people.
MONKS CHANT	
REPORTER SCRIPT	At (name of temple) the monks are preparing their meal from the food they've received at alms.
NATURAL SOUND: PACKAGES RUSTLING	
REPORTER SCRIPT	You can hear them opening packets of shop-bought food, much of it high in fat and sugar. So why do they eat it when it isn't good for them? It's all down to <i>sangha</i> rules. The Buddhist discipline.
SYNC	<i>Monk introduces himself and explains the rules about food for monks. In particular monks can't refuse food.</i>

Commented [TO17]: The second contributor is another "real person" who illustrates the story. But notice how she is different to the first contributor: she's a woman and she is older. Variety. She also explains **why** she donates food and gives a detailed description of the food she gives. Although it's long, it's important. It's making the point that the food is unhealthy. The reporter challenges her about this. Good journalism.

Commented [TO18]: The male contributor returns to confirm that ordinary people like him don't realise there is a health problem with Thai monks. The point is being reinforced.

Commented [TO19]: An important piece of scripting. There is a real problem here. This story is important.

Commented [TO20]: We are at the end of a "chapter" in the documentary. The natural sound is like a punctuation mark. Pause and reflect about what has been achieved. The reporter has shown us the problem and how it happens using two "real people" who are very different. We are about a third of the way through the programme. Now we move on, to consider things from the monks' point of view. Hopefully you can see/hear that the structure is logical and clear?

Commented [TO21]: "Sangha" means Buddhist community

Commented [TO22]: The first monk is an older man. He has been a monk for a long time.

STREET SOUND		Commented [TO23]: This short moment of street sound is there to bridge between two soundbites. Nice.
SYNC	<i>Hotel worker and temporary monk introduces himself.</i>	Commented [TO24]: Notice how the second monk is very different to the first. Notice how their viewpoints about food are different.
REPORTER SCRIPT	Yes that's right. XX was a monk for only fifteen days.	
SYNC	<i>The second monk explains how it's possible to be a monk for a short period of time and get "merit" for your family.</i>	
REPORTER SCRIPT	But being a monk wasn't easy for xx.	
SYNC	<i>The second monk explains the challenges of living on the food that has been donated: "Monks don't know what's good to eat and what's bad to eat. Most monks don't pay attention to the food they eat."</i>	
	But you know, it's not all about eating naughty food that is causing Thai monks to put on weight. Obeying sangha rules means they are not allowed to exercise like the rest of us.	Commented [TO25]: An important new part of the story. A new idea/argument.
SYNC	"Going out to seek alms is already exercise... only in private could he do exercises."	Commented [TO26]: We're back with the first, older monk here (I think). The reporter should have made this more clear, in my opinion. It's best to be 100% clear about who's speaking, if possible.
MUSIC		
REPORTER SCRIPT	But obviously many Buddhist monks in Thailand are not exercising enough – even in private. The twin evils of bad food and lack of exercise are clearly to blame for obesity and poor health in temples across the country.	
MUSIC		
REPORTER SCRIPT	Buddhist monks are deeply respected in this country and in the past ordinary people would not have dared to suggest that they were getting fatter. But a growing number of monks with heart disease and diabetes can	Commented [TO27]: A slightly odd moment here. The reporter reintroduces herself. I think this is because the documentary will have been broadcast with a commercial break in some countries. You do not need to do this.

	no longer be ignored and so the Thai government has decided to do something about it.
NATURAL SOUND	
REPORTER SCRIPT	And the first step is a special clinic just for monks like this one in Bangkok where you can hear me explaining to an elderly monk that we are making a radio programme to tell foreigners why Thai monks are obese.
ACTUALITY	Sound of reporter talking in Thai.
SYNC	<i>A female doctor/academic introduces herself.</i>
ACTUALITY	A male voice speaking in Thai.
SYNC	<i>The female doctor/academic explains what happens at the clinic. Underneath her interview is the natural sound/actuality of her talking to a monk.</i>
REPORTER SCRIPT	The doctor at this clinic has just told the elderly monk that his blood pressure is too high. He has to go to hospital in the morning...
ACTUALITY FROM CLINIC	
REPORTER SCRIPT	...The elderly monk has also been having headaches and there is concern that he could have a brain haemorrhage in the future. But if he takes the right medication his blood pressure will be under control and he won't get any more headaches.
MUSIC	
	Sangha rules say that monks can't have physical contact with women, which is why they try to avoid going to normal hospitals. The special clinics encourage them to get a health check before it's too late.

Commented [TO28]: A new chapter in the programme. A possible solution to the problem.

Commented [TO29]: Not sure what this sound is.

Commented [TO30]: Notice there are three layers of sound here: the natural sound recorded at the clinic, the doctor's interview and the reporter's voice. Notice how all three work together.

SYNC	We have to convince members of the community that monks are just like ordinary people. If monks eat food that contains a lot of sugar and fat they will become ill – just like ordinary people.
REPORTER SCRIPT	And the reason why the food that monks receive as alms is high and sugar and fat is because a lot of it is convenience food and we don't appreciate just how healthy it can be. As Thailand becomes more affluent the growing middle class is spending more time at work and less time in the kitchen and a lot of time eating out, which is why Doctor XX is trying to persuade more people to do more cooking at home.
SYNC	"We advise people about the food they prepare for monks... if monks and people are willing to make changes the monks will lead a healthier lifestyle."
SYNC	"My name is... so we really have to focus on the way lay people offer food and recently we create a TV programme that can do the nutrition education effectively and this TV programme is now on WBTV – World Buddhism Television of Thailand and now on air every week."
REPORTER SCRIPT	Professor XX is not only in charge of the Healthy Monk Healthy Nutrition project – she also presents the television programme.
SOUND OF TV PROGRAMME	
REPORTER QUESTION	So why is it that Thai monks are more obese than the general population?
SYNC	<i>The professor outlines four reasons why Buddhist monks are more obese. What's really new here is the third one – the loose clothes the monks wear mean they don't realise when they are putting on weight.</i>

Commented [TO31]: I think this sync is a bit too long.

Commented [TO32]: Notice how the sound of the TV programme fades up under the professor.

Commented [TO33]: This makes her a bit more interesting than the usual academic doesn't it?

Commented [TO34]: Not sure why she asks this question here. I feel we've already had the answer.

Commented [TO35]: This is a very long soundbite (two minutes and thirty seconds) and difficult to follow, with so many numbers etc. Think carefully before having really long answers like this in your documentary. Are they really adding to the story or are you just using them to fill time?

REPORTER QUESTION	So from the findings of your research what sort of advice are you giving now to the monks to help with their health?
SYNC	<i>The professor explains the project's "Walk More" strategy and the smart belt.</i>
REPORTER SCRIPT	In fact there are two different types of smart belt and the first is a simple one that monks can make for themselves.
SOUND FROM VIDEO	
	The main in this video has just told us that having a big belly can be bad for your health.
MORE SOUND FROM VIDEO	
REPORTER SCRIPT	<p>He holds up the belt to show that it is the same length as his height. He puts the middle of the belt against his belly, wraps the ends around his back and then brings them to the front of his body. If the ends of the belt touch in front of his belly button then he is OK, but if they don't if they fall short, well sorry to say this but his belly is too big and he must do some exercise.</p> <p>Your waist line should be no bigger than half your height and research has shown that if your belly is too big then you are more at risk of developing diseases such as diabetes and high blood pressure, which is why Professor Xx has created her ingenious smart tape. It works on a traffic light system.</p>
SYNC	<p>So let me show you... so if you draw it out like this and we put this tape around the waist there are four zones and if the end of the tape lands on the green zone but if it falls to next one – yellow is a warning – orange the belly is quite big and if it is red it is a real warning that your belly is too big. Red zone is like you have to do something on that – so we have four traffic light zones on our smart tape.</p>
MUSIC	

Commented [TO36]: Another very long answer. I think some of this might have been explained better in script.

Commented [TO37]: A lot of explanation here. I'm not sure it works very well.

Commented [TO38]: A good example of Show don't tell.

REPORTER SCRIPT	So all the information is out there. There is advice for people who people who offer food to the monks and there is advice for the monks about eating that food, doing exercise and watching their waistline. So are the monks going to change their habits?
SOUND OF MOTORCYCLE	
SYNC	It's true most monks who come for food in my area are fat. They eat a lot. They eat fatty food and then they go back to the temple by motorcycle.

Commented [TO39]: Some concluding script to bring the documentary to a close.

Commented [TO40]: Not clear who this speaker is.