

I don't know if it is a sign of ageing but I have been listening to more of Radio Four recently. Most mornings I listen to the today show while getting ready for work.

There are two programmes that are definitely worth a listen and both available on podcast.



Excess Baggage - this programme is hosted by Sandi Toksvig in which she interviews people who have travelled or carried out research in different parts of the world. This podcast provides a great source of nuggets of information about different places in the world.



From our Own Correspondent - this programme is hosted by Kate Adie and usually focusses on three different stories that have been in the news in the preceding week.

These are a great free resource and as a geography teacher allows me to keep my global knowledge up to date.