



My Journey Back to Work

Credits

Series 01 Episode 04

Part Four: Time to Go Back

Originally published: Friday, June 5th 2026 at 02:15pm BST

CREDITS:

www.freesound.org is an incredible resource and the majority of SFX and Music tracks can be found there or are the producer's own.

Specific links for this episode can be found below.

A special shout out to [seth_makes_sounds](#) whose wide variety of music perfectly captured the different atmospheres across the series. More of their work can also be found on www.freesound.org

COVER ARTWORK IMAGE	
Main series image	https://unsplash.com/photos/woman-looking-at-map-while-standing-on-road-KeiUI9Lzo4
MUSIC	
breakfast scene	https://freesound.org/people/Drakensson/sounds/529601/
trailer music	https://freesound.org/people/Seth_Makes_Sounds/sounds/690476/
Outro music	https://freesound.org/people/Seth_Makes_Sounds/sounds/696111/
SFX	
printer in final piece	https://freesound.org/people/von_Gardener/sounds/473830/
Breakfast scene	https://freesound.org/people/LanDub/sounds/182428/



My Journey Back to Work

Credits

Series 01 Episode 04

Part Four: Time to Go Back

Originally published: Friday, June 5th 2026 at 02:15pm BST

CREDITS SFX cont:

baby laugh	https://freesound.org/people/FunWithSound/sounds/416702/
kettle boiling	https://freesound.org/people/LilMati/sounds/519123/
baby chatter	https://freesound.org/people/FunWithSound/sounds/416663/
remote control clicks	https://freesound.org/people/planetcomedy/sounds/334137/
TV muffled	https://freesound.org/people/milcahrawr/sounds/735844/
toddler chat	https://freesound.org/people/esperar/sounds/170785/
jacket zipping/rustling	https://freesound.org/people/fedsmoker/sounds/208689/
straps (for buggy)	https://freesound.org/people/khenshom/sounds/481078/
keys	https://freesound.org/people/rottako/sounds/693591/
door closing	https://freesound.org/people/LilMati/sounds/364920/
city street	https://freesound.org/people/NachtmahrTV/sounds/553248/
steps path	https://freesound.org/people/Sadiquecat/sounds/688594/



My Journey Back to Work

Credits

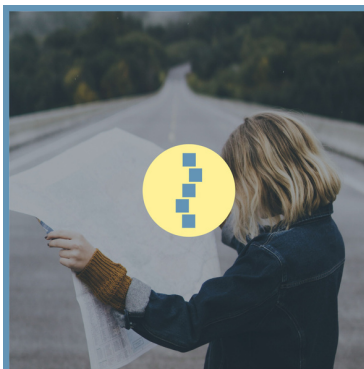
Series 01 Episode 04

Part Four: Time to Go Back

Originally published: Friday, June 5th 2026 at 02:15pm BST

CREDITS SFX cont:

buggy wheels	https://freesound.org/people/SpliceSound/sounds/218325/
baby cry	https://freesound.org/people/jamesmbock/sounds/458646/
female 'hello'	https://freesound.org/people/bectec/sounds/351611/
mum see you soon	https://freesound.org/people/girlhurl/sounds/339159/
baby cry mum	https://freesound.org/people/Repeal/sounds/698940/
Train announcement	Copyright MJBTW
bus	https://freesound.org/people/mzui/sounds/135056/
train pulls out of station	https://freesound.org/people/mycompasstv/sounds/474749/
London street noise	https://freesound.org/people/Walter_Odington/sounds/18021/
building lobby	https://freesound.org/people/soundmary/sounds/117618/
lift	https://freesound.org/people/GilPS/sounds/241762/
office typing	https://freesound.org/people/FunWithSound/sounds/361162/



My Journey Back to Work

Credits

Series 01 Episode 04

Part Four: Time to Go Back

Originally published: Friday, June 5th 2026 at 02:15pm BST

CREDITS SFX cont:

deep breath	https://freesound.org/people/eoinot/sounds/622731/
background phone	https://freesound.org/people/kyles/sounds/450042/
foreground phone	https://freesound.org/people/kyles/sounds/450042/
opening door from city to inside	https://freesound.org/people/evsecrets/sounds/336359/
office ambience	https://freesound.org/people/ChloePieterse/sounds/764492/
office ambience 2	https://freesound.org/people/DiArchangeli/sounds/108695/
footsteps	https://freesound.org/people/Rickmk2/sounds/164315/
office room tone	https://freesound.org/people/mzui/sounds/203305/
train announcement bells	https://freesound.org/people/stib/sounds/493698/

WHAT NEXT?

Add your story at www.myjourneybacktowork.com

Share with parents you know who might appreciate finding out more about the project.

Thank you!