

**Paper 4 Listening** (approximately 40 minutes)

*Part 1*

1 A    2 B    3 C    4 B    5 B    6 A    7 C    8 B

*Part 2*

9 rocks    10 gymnastics/gym    11 (healthy) diet    12 balance  
13 roof(-)tops / roofs    14 argue/disagree    15 landing    16 (the) insurance/assurance  
17 soft drinks(s) (commercial)/(company)/(industry)    18 video games

*Part 3*

19 E    20 D    21 A    22 F    23 B

*Part 4*

24 C    25 A    26 B    27 C    28 A    29 B    30 A

**Transcript**

*This is the Cambridge First Certificate in English Listening Test. Test Four.*

*I am going to give you the instructions for this test. I shall introduce each part of the test and give you time to look at the questions. At the start of each piece you will hear this sound:*

*tone*

*You will hear each piece twice.*

*Remember, while you are listening, write your answers on the question paper. You will have five minutes at the end of the test to copy your answers onto the separate answer sheet.*

*There will now be a pause. Please ask any questions now, because you must not speak during the test.*

*[pause]*

*Now open your question paper and look at Part One.*

*[pause]*

**PART 1**

*You will hear people talking in eight different situations. For questions 1 to 8, choose the best answer (A, B or C).*

**Question 1**

*One.*

*You overhear a man talking on the phone.*

*What is the man doing?*

*A offering someone advice*

*B showing someone sympathy*

*C reminding someone to do something*

[pause]

tone

You brought this on yourself, Patricia, you really did. I told you that you shouldn't go and study at a university so far away from home. How can your family give you help when you need it if you're living on the other side of the world? If you're as short of money as you say you are, then ask about a job in the university library. They're usually looking for part-time assistants and like to help students.

[pause]

tone

[The recording is repeated.]

[pause]

Question 2

Two.

*You overhear two people talking at an art exhibition.*

*What does the woman want the man to do?*

*A explain a picture to her*

*B spend more time with a picture*

*C stand nearer to a picture*

[pause]

tone

Man: This is great, isn't it?

Woman: Yeah, and much easier to understand than the stuff in the first room. It's clever the way you're given one impression when you stand here at a distance and then everything shifts slightly when you get close. Do you know what I mean?

Man: Yeah, the colours change too when you look at it from a different angle. That's specially noticeable, look, if you turn round and compare it with the pictures on the other side of the room.

Woman: Don't be in such a rush! Let's read about this one in the catalogue before looking at those.

[pause]

tone

[The recording is repeated.]

[pause]

Question 3

Three.

*You hear a woman giving a talk to a group of people.*

*What is the purpose of her talk?*

*A to advertise a new product*

*B to train them in cookery skills*

*C to advise them about health issues*

[pause]

tone

Let's have a look at this product – it's one which you'll all be familiar with. It tells you on the label that it contains forty-nine per cent haricot beans, twenty-four per cent reconstituted tomato puree, water, sugar, modified starch – that's maize – salt, onion powder, ground paprika and flavourings. You should always study the label carefully in the supermarket, so you know just what you're serving up and eating. By law it has to tell you exactly what's contained in the tin, so you'll be able to tell whether you're getting what you should eat as part of a balanced diet.

[pause]

tone

[The recording is repeated.]

[pause]

Question 4

Four.

*You hear part of a radio programme in which a man is talking about how he changed his lifestyle.*

*Where did he first hear about the island where he now lives?*

*A on the internet*

*B on the television*

*C in a newspaper*

[pause]

tone

Well, although we're Londoners, we'd always fancied the idea of living in the countryside, going back to nature. In fact, we'd been checking out possible places on the internet, and were planning to go to Scotland for a look round, when we saw the TV documentary about the Isle of Thorpe. There'd actually been advertisements in the national press, but somehow we'd missed all those. We got in touch straightaway and discovered they had lots of abandoned farms that needed doing up. Now we've got our own farm on the island and we love it here . . . no traffic, no pollution, we're really enjoying the work.

[pause]

tone

[The recording is repeated.]

[pause]

Question 5

Five.

You hear part of a radio interview about fashion.

What is the man doing when he speaks?

A denying an accusation

B reassuring us of his sincerity

C explaining why he refuses to do something

[pause]

tone

Woman: Top DJ Trevor Dean is famously laid-back. Like any cool-looking guy in the public eye, he's targeted by the fashion designers who want him wearing their stuff when he's mixing the music in the dance clubs. I asked him about it.

Man: Most brands just throw everything they've got at you. You could literally, once you're some sort of celebrity, never buy an item of clothing again. But this is the first time that I've put my name to an advertising campaign, ever. And what I'm saying is: trust me – you know what I'm about, you know that anything I do, I stand by. So we'll have to see how it goes.

[pause]

tone

[The recording is repeated.]

[pause]

Question 6

Six.

You hear a woman talking about yoga classes.

Who is the woman?

A a teacher

B a student

C a writer

[pause]

tone

The format of the classes is fun and creative. There are breathing exercises, games, singing and relaxation to ensure a balance – some periods of activity and also some quiet time. I did my training with an organisation that provided practice with all age groups, so that means learners in my care can be confident they'll get all the benefits. It's amazing what yoga can do for you – from developing a strong, healthy body to increasing concentration and attention. It's particularly useful for people with mentally demanding jobs, and a lot has been written about that.

[pause]

tone

[The recording is repeated.]

[pause]

Test 4 Key

Question 7

Seven.

You hear the weather forecast on the radio.

What will the weather be like in most places tomorrow?

A cold

B foggy

C wet

[pause]

tone

This morning has seen the wind coming from an easterly direction and temperatures will begin to drop. There is a chance, too, of freezing fog early on tonight, so go carefully on the roads as they may be icy. During the early hours the wind will swing round to the west, raising the temperature and bringing showers for most of us, and these will be with us for a while. A few places in the east will remain below zero all day.

[pause]

tone

[The recording is repeated.]

[pause]

Question 8

Eight.

You overhear two friends talking about a shop.

What is the woman's opinion?

A There aren't enough assistants.

B The items are reasonably priced.

C The furniture is well designed.

[pause]

tone

Man: Have you been to that new place, Homestore?

Woman: I went last week actually.

Man: I went once but never again. It's huge and there's no-one to help you.

Woman: Well, the idea is that you find things for yourself. That way they can reduce staffing costs and pass that saving on to the customer. It's all quite well signposted after all, and there's a help desk if you need it.

Man: Hmm. The tables and chairs look good – a nice modern style.

Woman: So people say. I was looking for some new pans for the kitchen, and they're amazingly good value if you compare them with the other outlets. It was a bit exhausting, though . . .

[pause]

tone

[The recording is repeated.]

[pause]

*That is the end of Part One.*

*Now turn to Part Two.*

[pause]

## PART 2

*You will hear a radio interview with an American woman called Kate Jenner, who practises the sport of parkour, or 'free running'. For questions 9 to 18, complete the sentences.*

*You now have forty-five seconds to look at Part Two.*

[pause]

tone

Interviewer: I'm talking to Kate Jenner, a student in the USA, who practises the sport of parkour, which comes from the French for 'obstacle course' but is more commonly known as free running. Kate, can you tell us about this unusual hobby?

Kate: I first heard about it when I was on vacation in France and took it up when I came back to the US. The idea is to move from one point to another as efficiently and quickly as possible. We train to run and jump and climb over obstacles, which can be anything in the surrounding environment, like high walls, rocks and trees. It's a lot about personal development.

Interviewer: I can understand the attraction.

Kate: Yes, it's an exciting challenge, a mixture of gymnastics and cross-country running, and it requires incredible stamina. People watch action movies and want to model themselves on characters like James Bond. Then they join a parkour club like the one I'm in and realise what dedication is involved in mastering those moves.

Interviewer: So what's needed to take up parkour?

Kate: To start training you have to be fit enough to run at least five kilometres. And it's really important to have a healthy diet to keep up your strength. The first thing I learnt was how to fall without hurting myself, because like with all sports, safety is a vital consideration.

Interviewer: You must need a lot of skills – and confidence.

Kate: You've got to have every athletic skill there is – endurance, strength, flexibility. You need the agility of a cat. I can do most things but I do have a problem with balance, especially on any kind of narrow ledge. I'm getting better with practice.

Interviewer: Do you practise parkour in the town or in the countryside?

Kate: Both, but I prefer doing it in town. When I'm walking along I scan every part of my surroundings, from courtyards up to rooftops, always on the lookout for possible locations to practise in. Parkour opens your eyes, makes you observant. Before, I was like other people – just looking in the shop windows, but this is a lot more fun.

Interviewer: You're a student. What does your college think of you doing parkour?

Test 4 Key

Kate: They didn't know for a long time. I didn't think they'd be interested, or they'd disapprove. But when they found out, I was surprised that they didn't make a fuss about it. In general, parkour enthusiasts respect authority, and if we're asked not to climb on a wall, for example, we don't argue, but just move along.

Interviewer: Did you actually get any encouragement?

Kate: People were really interested. I explained to our campus safety director how much planning goes into parkour, and gave him a demonstration. He called it 'architecture acrobatics', which I thought was a nice description. And this semester I'm doing a study with our biomechanics professor to assess the effect on the body of various landing techniques.

Interviewer: That sounds very positive.

Kate: I suppose the authorities recognise that parkour helps people to acquire desirable habits. People who practise it want to improve themselves and are focused on success. Anyway, the result is I'm hoping to be allowed to teach parkour classes at the college. I know there'll be a lot of interest, though insurance could be an issue.

Interviewer: Is the world at large familiar with parkour now?

Kate: Pretty well. It's getting more respectable. I've just spent a week in Los Angeles doing parkour for a soft drink commercial. I got a dozen T-shirts printed with our club's symbol and some incredibly expensive trainers as payment. And it's getting better known: people are joining clubs all the time.

Interviewer: And what about publicity?

Kate: Our club hopes to become part of a national sports association, and we're negotiating for five thousand dollars' worth of funding from a company that creates video games. If we get it, we'll use the money to spread the word about parkour and get beginners started with free instruction.

[pause]

*Now you will hear Part Two again.*

tone

[The recording is repeated.]

[pause]

*That is the end of Part Two.*

*Now turn to Part Three.*

[pause]

PART 3

*You will hear five people giving advice about camping at a three-day rock-music festival. For questions 19 to 23, choose from the list (A to F) what each person says. Use the letters only once. There is one extra letter which you do not need to use.*

*You now have thirty seconds to look at Part Three.*

[pause]

tone

*Speaker 1*

This was the first time I'd been to a festival, so I went with two friends. The camping facilities weren't great – it was really crowded and so our tent was very close to the one next to it. I think I took the wrong clothes as well – jeans and sweatshirts rather than T-shirts and shorts. I took the precaution of not packing my music player as one of my friends lost hers when she came to this festival last year. It's worthwhile remembering this, because you want to enjoy yourself, not be worrying about your stuff. I had a great time, despite the problems, cos the music was brilliant!

[pause]

*Speaker 2*

This was the first time I'd been to a music festival, and next time I'll do things differently. First of all, I'll make sure I get a good place to put up my tent. You need quite a bit of space if you and your friends all have your own tents, so my advice is to get to the festival site early. Get together at home beforehand and check everyone knows what they're doing and taking. I mean, these festivals are expensive, so you can't afford to waste time when you get there. The other thing I'll do is take more money, cos the food on site is very expensive.

[pause]

*Speaker 3*

I went to the festival with friends and we saw some great bands and the weather was brilliant – sunny all day and not too hot. It would've been really useful to have had sun cream and a sun hat, but I left them at home, which was a bit silly of me. Ironic really as I took loads of stuff more suitable for cold weather – like fleeces and jumpers – and I had to carry it all in my rucksack for miles to the campsite. I'd recommend travelling light. Anyway, we all had a good time – the music was great and, surprisingly enough, so was our tent!

[pause]

*Speaker 4*

When I said I was going to the festival with a group of friends, someone who'd been before suggested we stayed at the local youth hostel, but we wanted to camp cos it's by far the cheapest option. You're also much closer to the music and that makes a big difference when the last band finishes at midnight and you're really tired after standing up watching for eight or more hours. But you really must make sure you know where you set up camp. It's really dark at the campsite, and you don't want to end up sleeping in a field, especially if it rains in the night.

[pause]

*Speaker 5*

When we arrived at the festival campsite we were totally amazed at how big it was. Everyone was really friendly though, and we found a good place to put up our tent quite quickly, which was cool. The facilities weren't too bad, I suppose – apart from the queues for the showers. Security was excellent generally but I definitely felt better after we got to know the guys in the next tent – they were around a lot and so kept an eye on us and our things. Another good thing was that I didn't run out of money, which was amazing considering how expensive the food was on site.

[pause]

*Now you will hear Part Three again.*

tone

[The recording is repeated.]

[pause]

*That is the end of Part Three.*

*Now turn to Part Four.*

[pause]

**PART 4**

*You will hear an interview with a woman called Amanda Nixon who works as a fire-fighter. For questions 24 to 30, choose the best answer (A, B or C).*

*You now have one minute to look at Part Four.*

[pause]

tone

Interviewer: Amanda Nixon has been a fire-fighter for ten years, and a crew manager in charge of a team of seven fire-fighters for the last three years. How did you get into this kind of work, Amanda?

Amanda: A friend of mine mentioned it and said her husband had just started. So I suggested it to *my* husband, but he wasn't interested. When I saw my friend a few days later, she actually joked about *me* applying. So I wrote down a list of my strengths and weaknesses and found I was quite suited to the job. The only weakness I could come up with was the fact that I'm a woman, and that wasn't going to put me off!

Interviewer: But presumably you had some training.

Amanda: Oh yes! The course was pretty tough. On the last day, I was expected to carry one of my colleagues out of a three-storey building down a ladder. But the lightest person there was at least eighty-five kilos. I didn't manage it on my first attempt, despite the guy trying his best to make it easier for me. But when I realised that if I didn't do it that would be it, I just found something extra from somewhere. It was great to get through.

Interviewer: How do fire-fighters deal with all the emotions you must have after dealing with an emergency?

Amanda: Well, I don't think about it until it's over. Learning to stay calm comes with experience. I mean, some of the things we have to do are not what you want to see, but you have to get on with it. Some people like to talk things through with colleagues back at the station, but not me. I'd rather keep any anxieties I have to myself . . . It's nice to get home and put it all behind you. But I have to be careful not to get rid of all my emotions on my family.

Interviewer: And of course you have the demands of working day and night shifts, don't you?

Amanda: Yes. Scheduled duty nights are from five thirty p.m. to eight in the morning, then I'm on call twenty-four hours a day over Saturday and Sunday. Sometimes I get called at very inconvenient times. More than once my husband has been left in a restaurant eating by himself – which I still feel guilty about, though he seems to take it in his stride. And the last party we went to, I got called. When I arrived back three hours later, I'd missed all the fun – but they'd saved me some food.

Interviewer: What happens when you respond to a call?

Amanda: Well, you have to get to the station as quickly as you can. And you never know what the emergency is. Often, it's a false alarm, but you don't know that until you get there. But it makes me mad the way some people enjoy getting the fire service out just for a joke. I often have to calm my crew down as they get frustrated by it too. If it's two in the morning, that's even worse. I may only be away for an hour, but I can't get back to sleep when I get home, so I end up having very little sometimes.

Interviewer: So, what would you say are the good points about the job then?

Amanda: Well, no two days are ever the same, which is great. For instance, I've just been on an advanced refresher course for emergency driving, which I got a big thrill out of. But the real satisfaction comes from knowing that you're doing something worthwhile. There's a fantastic sense of achievement, knowing that you're highly trained to save someone's life. And people say it's made me a more confident person too.

Interviewer: Hmm. So, how do you see your future?

Amanda: Probably I'll be used more in the office, coordinating the crews rather than going out on the jobs. I think that's inevitable as I get older, but I hope it doesn't come too soon. The other route, which I'd rather take, is to do something with new recruits – help them really get to grips with the job. I can't see myself leaving the service and starting another career – but you never know, I suppose.

Interviewer: Amanda, thanks for talking to us today.

[pause]

*Now you will hear Part Four again.*

tone

[The recording is repeated.]

[pause]

*That is the end of Part Four.*

Test 4 Key

*There will now be a pause of five minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I shall remind you when there is one minute left, so that you are sure to finish in time.*

[Teacher, pause the recording here for five minutes. Remind your students when they have one minute left.]

*That is the end of the test. Please stop now. Your supervisor will now collect all the question papers and answer sheets.*