

LISTENING - Part 1

You will hear three different extracts. For questions 1-6, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

You will hear two friends talking.

1 Why did Karen want to go riding with Annie?

- A to improve her daughter's riding skills
- B to strengthen her relationship with her daughter
- C to spend time with her friend who is a riding instructor

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2 How did Karen feel when she rode her horse?

- A inadequate compared to the other riders
- B relieved that it had gone better than she'd expected
- C concerned about accidents

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Extract Two

You will hear part of a radio interview with an actor, about how he tries to keep fit.

3 Bob goes to the gym because

- A he isn't disciplined enough to go running.
- B he enjoys the social aspect of it.
- C he is trying to lose weight for a particular event.

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4 Bob believes that New Year's Resolutions

- A can never have a worthwhile effect on people.
- B do more harm than good.
- C can inspire people to make a change.

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Extract Three

You will hear two people talking about a new activity they have taken up.

5 George decided to go ice skating

- A because he'd always wanted to try it.
- B because he'd bought his daughter a pair of ice skates.
- C to find out if he was still good at it.

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6 Alison was surprised when she went line dancing because

- A it was a better workout than she had expected it to be.
- B the music during her first lesson was very contemporary.
- C most people were wearing strange clothes.

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LISTENING - Part 2

You will hear a radio report about panic attacks. For questions 7-14, complete the sentences.

- People tend to have a panic attack when their brain tells them they are in a 7 .
- The first sign of a panic attack is often an abnormal beating of 8 .
- It may be useful to keep a diary of any 9 you have so that you can analyse them.
- You should not 10 from places that cause you to panic.
- If you tense and relax all your 11 your whole body will actively relax.
- Holding a 12 to your face can help you breathe during an attack.
- 13 for 10 to 15 seconds will calm hyperventilation.
- 14 such as herbs, camomile tea and aconite can relieve panic attacks.

LISTENING - Part 3

You will hear part of a radio interview with a psychologist, about friendship. For questions 15-20, choose the answer (A, B, C or D), which fits best according to what you hear.

15 According to the presenter

- A we have to adjust our friendships as our lives change.
- B new books are being written to teach people how to manage friendships.
- C it's almost impossible to keep childhood friends for life.
- D the most important friends are childhood friends.

16 Barbara warns that foul-weather friends

- A never want you to be happy.
- B engineer bad situations so that they can feel superior.
- C have their life perfectly organised.
- D can spoil the times when you are feeling good about life.

17 The danger of a trophy friend is that

- A he or she will inhibit your social life.
- B you may develop unrealistic expectations.
- C he or she will push you to be a higher achiever.
- D he or she will expect you to become more popular.

18 A sisterly friend

- A can be relied on but may be too involved in your life.
- B will resent other close friendships in your life.
- C will be as close to your family as she is to you.
- D will want to go out on dates with you and your new partner.

19 According to Barbara, a good friend

- A probably needs to be someone that you see very often.
- B tends to ask for your help slightly more than you would like but you tolerate it.
- C doesn't expend too much of your time or energy.
- D never puts you in a serious mood.

20 When making new friends

- A try to be as funny as you can.
- B don't mention serious issues before you have got to know them well.
- C be sensitive to their need for space.
- D spend as much time with them as you can.

LISTENING - Part 4

You will hear five short extracts in which people are talking about their weight.
While you listen you must complete both tasks.

TASK ONE

For questions 21-25, choose from the list A-H the person who is speaking.

A	a hair stylist	Speaker 1	21	
B	a car park attendant			
C	a police officer	Speaker 2	22	
D	a primary school teacher			
E	a shop assistant	Speaker 3	23	
F	a receptionist			
G	a driving instructor	Speaker 4	24	
H	a gardener			
		Speaker 5	25	

TASK TWO

For questions 26-30, choose from the list A-H what each speaker is expressing [which statement most accurately reflects what the speaker says].

A	I enjoy the encouragement people give each other.			
B	Job satisfaction inspired my weight loss.	Speaker 1	26	
C	We aren't meant to talk while we are working.			
D	I eat at work because I am bored.	Speaker 2	27	
E	Special events encourage me to eat badly.			
F	Convenience food has made me fat.	Speaker 3	28	
G	I didn't realise I could find help for my illness.			
H	My job involves working with food so I eat too much.	Speaker 4	29	
		Speaker 5	30	