Listening Part 1

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

Question 1
You hear a woman talking to a friend who is trying to repair his dishwasher.

(Man = M  Woman = F)

Pause
Tone

F: Hi Tom. Oh ... Whatever are you doing?

M: The dishwasher’s not working well, so I’ve found a help page online – I’m running through the checks it recommends. Seems pretty straightforward ...

F: Can’t you just call someone to come out and fix it? There must be loads of people available who’d do a good job.

M: Hmm ... But they generally cost a fortune, don’t they? So I’m giving this a go first, just to check it isn’t something really simple.

F: Well, fair enough – I just think you risk making the whole thing worse if you start taking it apart and then can’t put it back together.

M: Oh, don’t worry – I wouldn’t attempt anything that extreme!

Pause
Tone
Repeat
Pause

Question 2
You hear two friends talking about a sailing race they’re competing in.

Pause
Tone

M: How’re you feeling about the sailing race we’re competing in?
F: Well, I don’t want to start getting over-confident, but we have been out on the lake loads of afternoons, and our times for completing the course of the race have been amazing.

M: Hmm ... I just hope we’ve done enough. But I reckon with a bit of luck, we could be bringing home the winners’ cup.

F: Don’t forget, though, several of the other teams aren’t at all bad at racing. Beating them all may not be an easy matter.

M: Well, we’ve done it before … several times!

F: Hmm ... That’s true!

Pause
Tone
Repeat
Pause

Question 3
You hear a college lecturer talking to her class about their assignment.

Pause
Tone

F: Now, as you know, your next assignment is due in three weeks’ time. So let’s go over the feedback we discussed for your last assignment. You’ll remember I was impressed then by the way you’d gone through your writing and amended any errors in it – that’s very good practice. But in many cases there wasn’t evidence of sufficient research being done prior to your getting something down on paper. That meant that the answers were a bit thin as regards content, so you need to think carefully about that this time. But your answers did prove that you know how to write something that’s relevant to the topic, which is brilliant!

Pause
Tone
Repeat
Pause

Question 4
You hear two friends talking about a film they’ve just seen.

Pause
Tone

M: What did you think of the film? I was impressed by the music, although rock’s not normally my thing. I couldn’t always work out what was going on, though.

F: I didn’t find that too difficult. To be honest, I was mostly focused on the two guys playing the people in the film’s title. I couldn’t take my eyes off them.

M: I didn’t think they were that brilliant.
F: Oh, it was more that I'd never seen either of them play those kinds of characters before – but they were pretty convincing. I thought the rock stuff never quite matched what was happening on the screen, though.

M: Well, that was the whole point, I think...

Pause
Tone
Repeat
Pause

**Question 5**

You hear a scientist talking to his students about the discovery of a dinosaur.

Pause
Tone

M: Now, I've just been reading a research paper about the latest discovery of a dinosaur – or rather, signs that a particular species of dinosaur lived millions of years ago on a remote island off the British coast. There were no exciting fossils to look at, but it seems what was found was almost more significant – a perfect footprint preserved in rock, giving a really positive indication that dinosaurs did indeed once inhabit the area – and that kind of proof isn't something we come across so often. Anyway, more research may need to be done. I'll hand out a summary of the paper, so you can read about it for yourselves.

Pause
Tone
Repeat
Pause

**Question 6**

You hear a woman talking to a man about going to the gym.

Pause
Tone

M: Hi, Sophie! Where are you off to?

F: Oh, just to my daily session at the gym.

M: Really? I admire you for finding the energy to go so frequently.

F: I got into the habit during the winter and just carried on, I guess. I imagine it probably wouldn't appeal to you, though, would it?

M: You're right. I prefer cycling and being outdoors generally, really. I just feel it's more beneficial physically, somehow. I definitely feel a lot stronger than I was a year ago, when I started.

F: Well, if there are any tips you care to pass on about outdoor training, I'll definitely be interested. And it'll save me a lot of money!
**Question 7**

*You hear a man telling a friend about a bird he's seen.*

**F:** How was your birdwatching trip?

**M:** Good, thanks. I went to the usual place.

**F:** Don’t you get bored with that?

**M:** Oh, there’s always something different to see – and because I know the place so well, I tend to notice things more. For example, people have been talking about a bird that first appeared some time ago. I’ve caught sight of it several times, watched where it goes, its feeding habits – but it never stays still long enough to get any shots of it. Some people have said it’s not the normal species we see around here, but in fact, it’s nothing out of the ordinary – although it is beautiful.

**F:** Right.

**M:** And I don’t have to think about where to go – that’s all decided! The routes aren’t too far, usually, either. The only thing is, they’re sometimes a bit dull – whereas, amazingly, yesterday we saw some breathtaking landscapes. You’d love it!
M: Maybe, I’ve actually been thinking about joining!

Pause
Tone
Repeat
Pause

That is the end of Part 1.

Activity 2

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

Question 1

You hear a man talking on the radio about a play he’s seen at the theatre.

Pause
Tone

F: James, you saw the play *The Lantern* at the theatre last week. Tell us your views on it.

M: Well, I must admit, I’d been expecting to come here and criticise it! I’d read the novel, which is excellent, and often when a book’s made into a play or film, those can be less effective in some parts, so I was waiting for that to happen – but I was pleasantly surprised! But the book is a horror story, and I was actually quite enjoyably scared when I read it, so I was looking forward to that sort of thing again. But maybe because I knew what was coming, it didn’t have quite the same impact this time.

Pause
Tone
Repeat
Pause

Question 2

You hear a woman phoning a friend.

Pause
Tone

F: Hi Ben! It’s Alice. I’m just calling about the picnic in the park we’ve got planned for next week. I think you said you were free to come to that, didn’t you? Anyway, the thing is, I did say that if the weather was rubbish, everyone could come to my house – and I’ve just seen the long-range forecast for that day and it’s not looking great. I’ve contacted most people, and they’ve agreed that if they see anyone else, they’ll tell them. It’s a pity, but can’t be helped. Anyway, see you next week – same day, same time!

Pause
Tone
Repeat
Pause
Question 3
You hear a writer being interviewed about his latest novel.

Pause
Tone

F: So your latest novel’s finally on bookshop shelves! Are you pleased with your work?

M: Well, it’s got very few of the usual characters and so on, and the timeline that runs through it isn’t straightforward – it jumps around, which I must admit I haven’t done before. To be honest, I think I’ve taken a bit of a risk with it. So we’ll see what the reviews have to say about that – there’ve been a few in the newspapers already, but I always refuse to read them, and just go by what my usual readers say – and I’m fairly confident that they’ll find this a fascinating read!

Pause
Tone
Repeat
Pause

Question 4
You hear a woman talking to a friend about her last holiday.

Pause
Tone

M: How was your holiday?

F: Well, I went to a cottage in the countryside instead of my usual beach hotel. I had no idea what it’d be like – and I did wonder if I’d find enough to do.

M: Sounds wonderful to me …

F: Yes, but you love long country walks and stuff, don’t you? I’d never really enjoyed that – although I’ve since changed my mind! The thing about always going to the same place is that you never really get to look around and find new things – unlike on this trip!

M: And did you manage to wind down from work, like you’d hoped?

F: I was too busy – but that was OK!

Pause
Tone
Repeat
Pause

Question 5
You hear a woman talking to her brother about her bicycle.

Pause
Tone
**M:** Hi Laura. I got your message about your bike. What's happened?

**F:** Oh, thanks for driving out here, Tim. I was cycling along, when the chain came off. It's always doing that! I've tried fixing it again, like I always do, but I'm not sure I've done it right this time.

**M:** Let's see – hmm, I could have a go at riding it, to see if it's OK, but I guess that might make it worse. Shall we see if we can mend it here?

**F:** Well, I was wondering whether it’d fit in the back of your van, to go back to mine. I mean, thanks for the offer, but this might be a better solution.

**M:** Sure.

Pause
Tone
Repeat
Pause

**Question 6**

You hear two friends talking about a concert they’ve just been to.

Pause
Tone

**F:** What did you think of the band? That’s a new guitarist they’ve got, isn’t it? He wasn’t on their last album.

**M:** Oh, he’s been with the band a while. He was pretty cool tonight – great playing.

**F:** Did you think so? My problem was I was a bit distracted by the singers – I mean, they were brilliant, but you couldn’t always hear the band over them.

**M:** I can’t say I noticed, to be honest – too busy focusing on singing along to the band’s most recent songs. There’s certainly a lot of imagination in them.

**F:** I hadn’t heard anything like them before. I’ll be downloading them as soon as we get home!

Pause
Tone
Repeat
Pause

**Question 7**

You hear a student talking to a friend who is on her way to a sports centre.

Pause
Tone

**F:** Hi Jake!

**M:** Hi Sophie!
F: I’m just off to the sports centre to play squash. Are you going tonight?

M: Probably later. Do you go there a lot, then?

F: Oh, twice a week, roughly, if I can manage it. It really helps me to keep fit.

M: Oh, right – I find playing team sports more effective for that, outside at the centre – but I must admit it’s not great in the winter! Anyway, I guess you got the centre’s student discount when you got your membership, did you?

F: I don’t remember them mentioning that, actually.

M: Well, it’s worth enquiring about it, especially if you go a lot – makes a big difference.

F: OK ...

Pause
Tone
Repeat
Pause

Question 8

You hear a man talking to a friend about a picture she’s just drawn.

Pause
Tone

M: Have you just drawn that, Anna? It’s great!

F: Do you think so? It’s of that fantastic landscape that you can see just across the river.

M: Yes, I can tell – and you’ve drawn it brilliantly!

F: Well, I admit there’s not a lot going on in the picture, but I guess there’s still something about it that makes you want to look carefully at it.

M: Oh, absolutely.

F: I mean, there’s nothing I’d really change about it. It’s just that I had a very clear idea of what it would be like once it was finished, and it doesn’t really look like that at all.

M: But maybe it’s better?

F: Well … maybe!

Pause
Tone
Repeat
Pause

That is the end of Part 1.
Activity 3  You will hear people talking in eight different situations. For questions 1–8, choose the best answer (A, B or C).

**Question 1**  
You hear a man speaking on the radio about scientists.

Pause  
Tone

**M:** Usually, unless it’s an area I’m particularly interested in, I don’t pay too much attention to scientists. Often, clever, well-respected academics are not terribly good communicators, and they can take ten minutes to say what could be said in one. They also use a lot of technical language and this tends to lose a large section of their audience, me included. Therefore, I tend to be a bit suspicious of them, and I feel disillusioned and let down. That might be down to my lack of academic ability, but I think that possibly I’m in the majority.

Pause  
Tone  
Repeat  
Pause

**Question 2**  
You overhear two people talking on a bus.

Pause  
Tone

**M:** This traffic is terrible. You’d better phone Cathy and tell her we’re going to be late.

**F:** I can’t. My mobile phone’s disappeared. I had it when I phoned you from the car yesterday evening. Then I called in at the supermarket, and I suspect it was lifted out of my bag then, because when I wanted it in the office this morning, I couldn’t find it. I searched through every drawer in my desk, all my files, the wastepaper basket, everywhere!

Pause  
Tone  
Repeat  
Pause

**Question 3**  
You hear the beginning of a radio programme.

Pause  
Tone

**M:** How would you like to spend a week or two travelling slowly down a peaceful canal, through attractive villages and open fields? That was the subject of a programme I heard on the radio. Interestingly enough, I learned from it that many people are doing just like me and choosing this
altogether slower pace of life for their summer break. The presenter’s view was that we seem to have realised that travelling round the world is one thing, but we’ve completely forgotten what’s on our doorstep. And these holidays closer to home are a way for people to rediscover their local areas, while, at the same time, doing their bit to reduce their carbon footprint and save the planet.

Pause
Tone
Repeat
Pause

**Question 4**

*You hear an artist talking about his schooldays.*

Pause
Tone

**M:** One day at school, we were each given a piece of wood and told to do a sculpture. Everyone started cutting away at the outside, but I made a hole in my piece and started working from the inside outwards. The teacher was impressed with my approach and wondered what had made me do that – but I’d just done what came naturally. My sculpture was much admired. I felt I’d finally found something I was good at and began to pursue sculpture as a possible career, much to the disappointment of my mum and dad, who thought it was just a hobby and couldn’t see where it was leading.

Pause
Tone
Repeat
Pause

**Question 5**

*You overhear two students talking.*

Pause
Tone

**F:** I can’t believe we’re going to be leaving school soon – forever! What are you going to do?

**M:** Travel. It’s the best chance I’ll have to go away for a few months – you know, before university and stuff takes over.

**F:** Yeah, yeah – then it becomes much more difficult! But what about money?

**M:** I’ve saved up quite a lot over the past year, so I’m OK, I hope.

**F:** Oh, I’ll have to work for a bit, and then think about what I’m going to do. And I’ve been given a huge reading list to get through before university starts.

**M:** Poor you! You’re going to be busy.
Question 6
You overhear a swimming instructor talking to a learner about his swimming technique.

M: OK, now when you've kicked and you're flat in the water, you've got to really stretch out and make your body as long as possible. You're kicking ... it's a decent kick ... but then you're starting your arms again immediately afterwards. I want to see you kick, then get straight, and count for one second before you move your arms and legs again. I want you like a pencil floating on top of the surface. And remember what we said last week about leading with the hands in a circular movement. Your circle's OK, but take your time.

Question 7
On the radio, you hear a fashion designer talking about her life.

F: Well, fashion was always something I was interested in – I think I was almost born with it, you know. At six I was refusing to leave the house unless I felt my clothes would make me look cool – or so my parents say. I had very clear ideas even then – there was no negotiation. I think young children are actually more aware of what they and their friends are wearing than we realise. Even my brothers loved dressing-up games and wanted to imitate the dress of their TV heroes.

Question 8
You overhear a woman leaving a message on an answering machine.
F: Hi, Sarah, thanks for your message about Friday. I’m really sorry but I can’t do the other dates you suggested. Would you mind very much if we left it for now? Anyway, what I was wondering was, could you tell Lizzie I can’t make her party? I know you were intending to go, and it’ll sound better coming from you. It’s work mainly – there are a number of deadlines I need to meet, so I’m trying to clear my diary.

Pause
Tone
Repeat
Pause

That is the end of Part 1.

Activity 4 You will hear people talking in eight different situations. For questions 1–8, choose the best answer (A, B or C).

Question 1
You hear a man talking on the phone.

Pause
Tone

M: 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
Repeat
Pause

Question 2
You hear two people talking at an art exhibition.

Pause
Tone

M: This is great, isn’t it?

F: 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?

M: Yeah, the colours change too when you look at it from a different angle. That’s especially noticeable, look, if you turn round and compare it with the pictures on the other side of the room.
F: Don’t be in such a rush! Let’s read about this one in the catalogue before looking at those.

Pause
Tone
Repeat
Pause

**Question 3**

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

Pause
Tone

F: 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 percent haricot beans, twenty-four percent 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
Repeat
Pause

**Question 4**

You hear a man talking on the radio.

Pause
Tone

M: 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
Repeat
Pause
Question 5

You hear two journalists talking on the radio about fashion.

Pause
Tone

F: Celebrities are being targeted more and more by fashion brands trying to persuade them to promote their label. Take the famously laid-back actor Trevor Dean – like any cool-looking guy in the public eye, he’s been approached by dozens of designers.

M: Most brands throw everything they’ve got at celebrities. It’s entirely possible for famous people never to buy a single item of their wardrobe again.

F: So I’ve heard. But Trevor Dean’s never put his name to an advertising campaign before. He must believe the clothes are worth buying.

M: Unlike others, who just do it in exchange for huge sums.

F: Oh, I don’t know about that.

Pause
Tone
Repeat
Pause

Question 6

You hear a woman talking about yoga classes.

Pause
Tone

F: 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
Repeat
Pause
Question 7
You hear the weather forecast on the radio.

Pause
Tone

F: 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
Repeat
Pause

Question 8
You hear two friends talking about a shop.

Pause
Tone

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

F: I went last week, actually.

M: I went once but never again. It’s huge and there’s no one to help you.

F: 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.

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

F: 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
Repeat
Pause

That is the end of Part 1.
Activity 5 You will hear people talking in eight different situations. For questions 1–8, choose the best answer (A, B or C).

Question 1
You hear two friends talking about a vegan diet, which involves eating no meat, fish or dairy products.

(Man = M   Woman = F)

Pause
Tone

M: Are you still coming round to eat with me tomorrow?

F: Absolutely! Oh, you know I’ve recently changed to a vegan diet, don’t you?

M: Yeah – that threw me a bit at first. I wondered whether I’d be able to find something I could make. But it was easier than I’d imagined – and I might even be persuaded to join you, actually.

F: You wouldn’t find it hard – and there’s even lots of choice when I eat out these days. I’ve got plenty of cookbooks you could borrow.

M: Yeah, it’d be good to see what I could eat. So you think you’ll manage to stick to it?

F: Can’t see a problem, to be honest.

Pause
Tone
Repeat
Pause

Question 2
You hear a man talking to a friend about the coffee shop he runs.

Pause
Tone

F: Hi Mark, how’s the coffee shop these days?

M: Still hard work, but I love it. Though I need to make sure I don’t just spend all my time there, but do things with my friends and family too. That’s really difficult to get right. I’ve taken on two members of staff, which helps. Neither of them had any experience of catering work when they started, but they’re fast learners, luckily.

F: Great! I’m sure you serve good food, too.
**M:** I try – we keep changing the menu as trends in food change. But it means I never get bored! And I’m going on a course soon to learn about accounting software ...[fade]

Pause

Tone

Repeat

Pause

**Question 3**

You hear two young people talking about gardening.

Pause

Tone

**M:** I got into gardening when there was a campaign at my school to teach us about growing our own food.

**F:** I remember planting my first seeds – it was only some little pink flowers, but I couldn’t get over the fact that I’d grown something so beautiful. Mind you, I did have to carry a heavy watering can out to the garden every day – they wouldn’t have survived otherwise. But that’s what motivates me. After all, they’d only come from a little packet of seeds given to me by my grandparents.

**M:** To be honest, older gardeners always seem so concerned about making things look pretty. For me, the reward is being able to use what I plant.

Pause

Tone

Repeat

Pause

**Question 4**

You hear a scientist talking about birds.

Pause

Tone

**F:** The life patterns of many types of birds have developed over millions of years so that the young birds appear exactly at the time when food, such as caterpillars and other insects, are at their highest numbers. This provides the parent birds with more than enough food to give their hungry young. But due to climate change, seasons are shifting and in many countries, spring now often arrives earlier, so the caterpillars are appearing earlier too. This means that in some areas they’re no longer around when the baby birds arrive. Failing to find enough food can lead to a reduction in the bird population.
Pause

Tone

Repeat

Pause

**Question 5**

_You hear two friends talking about a singer._

Pause

Tone

M: I love that last song – she’s a wonderful singer...

F: It’s an interesting sound overall, but for me that comes from the guitar. Her voice is unusual – I’m still not sure how much I like it.

M: It’s from a live recording from a recent concert, you know – I like that she always seems so at home when she’s performing. And when you listen to what she’s saying - well, she really makes me think...

F: She has that effect on me - though I always think she looks a little nervous, you know? But the lyrics explain some of how she feels, and they’re really more like poems... Can you play that again?

M: Sure...

Pause

Tone

Repeat

Pause

**Question 6**

_You hear a man telling a colleague about a presentation he gave._

Pause

Tone

F: So how did your presentation go, Kevin?

M: Great, thanks! I mean I’m not saying I was that fantastic ... It’s just that in the end, despite not having much time to get all the material together, it went pretty well. And I was able to deal with people’s questions at the end. There weren’t that many, but I could answer them in some detail – mainly because it’s a topic I already know quite a lot about. That’s probably why I wasn’t at all nervous, though I’d certainly thought I would be. I still can’t quite get over the fact that I actually enjoyed it!
F: Fantastic!

Pause

Tone

Repeat

Pause

Question 7

You hear a man telling a friend about a recent flight.

Pause

Tone

F: How was your flight back from the States?

M: Okay, thanks. Only thing was, I hadn’t checked in online, so there were no window seats left, which I usually go for. I was able to stretch out in my aisle seat, though, so that didn’t turn out too badly.

F: You had to be back in time for an important meeting, didn’t you?

M: Yes, it was a bit stressful. The plane left exactly on time, although we lost half an hour due to head winds, apparently – and it’s a long journey as it is. Anyway, the person next to me turned out to be really entertaining, so I was back almost before I realised.

F: Right.

Pause

Tone

Repeat

Pause

Question 8

You hear two friends talking about going to see a film called Racing Game.

Pause

Tone

M: Hi Sally, I’m looking forward to going to the cinema tomorrow evening! What time shall we meet? Racing Game starts at seven.

F: Well it’ll be nice to go out, but Racing Game has had a few poor reviews.
M: Oh really? But I’ve already booked tickets! I thought it was the kind of film you like!

F: Never mind, we can go and find out for ourselves.

M: We don’t have to go – we could see something else.

F: That’s OK, though maybe you should have checked with me before going ahead and buying the tickets. But don’t worry, we might really enjoy it!

M: Yeah, I hope so!

F: And we can have a nice meal afterwards!

Pause

Tone

Repeat

Pause

That is the end of Part 1.

Activity 6 You will hear people talking in eight different situations. For questions 1–8, choose the best answer (A, B or C).

Question 1

You hear a woman telling a friend about her plans for next year.

(Man = M  Woman = F  Interviewer = I)

Pause

Tone

M: Hi Sarah, how are you?

F: OK... I’ve been spending a lot of time thinking about next year.

M: You said you were bored at work... Have you made any decisions?

F: I have, actually... I was thinking of maybe starting my own company, but... I’m not sure it’s what I really want... so I decided it would be better to talk to my boss and say that I think I’m ready to take on more responsibility and move up in the company. I just hope he’ll agree! He might say if I feel like that I should look elsewhere...

M: Well if he has any sense he won’t want to lose you to a competitor.

Pause

Tone
Question 2

You hear a man telling a colleague about an app on his sister’s phone.

Pause

Tone

F: How are your sister and her husband getting on?

M: Fine. The other day, she pulled out her phone – I thought it was going to be more photos, you know they get a bit repetitive – but actually she’s got something called a baby-tracker app. It helps them keep tabs on its weight, feed times, sleep patterns and stuff.

F: Do you really need all that if everything’s okay? I mean, babies are pretty good at letting you know if anything’s wrong. I mean, you are up all night!

M: Well, they’re all different – so the thing is that it tells them whether theirs is on track with the important firsts – you know words, crawling, stuff like that.

F: Oh right.

Pause

Tone

Repeat

Pause

Question 3

You hear a musician talking about a piece of jazz music.

Pause

Tone

F: Do you like jazz?

M: Oh yes. One of my favourite tracks is A Song For My Father by Horace Silver. My dad used to play it every Sunday morning when I was a kid. My brother and sister and my dad and me would always dance madly around the kitchen to it. It’s got a Brazilian rhythm so it’s very free and happy. The main thing about it for me, though, is I’ve heard it so often it’s become part of me. When I write songs for my own band, I’m sure I often try to recapture the spirit of the track without meaning to – and my band doesn’t even play jazz.

Pause

Tone
Question 4
You hear part of an interview with a man who runs a specialist food shop.

You only sell hot chilli sauces in your shop. How come?

M: Well, people like spicy foods cos on a brain-chemistry level, the buzz you get from tasting a hot sauce is unique. Once you’ve had the best, there’s no going back. And the majority of our sauces are hand-made in small batches. As you’ll see on our website, many of the makers have full-time jobs and do this evenings and weekends simply because they’re passionate about it. Basically, every sauce we stock is free from preservatives and additives – that’s our guarantee. So you won’t be doing an internet search to find out what the long words on the labels mean.

Question 5
You hear two friends talking about a new television drama series.

M: I love the basic idea of a theme park full of robots who look and act just like humans.

F: Yes, it’s great. Ever since the film that the series is based on came out, various movies have exploited the underlying concept, but it’s still fascinating.

M: I think it’s because the robots and humans are so similar that, as events take place, you’re never totally sure whether or not a human is in fact a robot.

F: And the other way round. It’s always at the back of your mind. It must take great skill to create that effect.

M: Yes, it’s actually done very subtly without all that computer-generated imagery you get in science fiction drama nowadays.
Repeat

Pause

**Question 6**

You hear a famous hairdresser talking about her career.

Pause

Tone

**F:** I grew up in a multicultural environment, so got experience of all sorts of hair types. That was useful when I went on to develop a career in show business. Before becoming a backstage hair designer, working on some top shows, I had a salon of my own. I even considered becoming a hairdressing teacher at one point, because I liked working with the young trainees. I've no regrets in that respect, but even today, I do keep up-to-date with all the new products and hair trends. I mean, that's key in any career cos there's always stuff to learn, no matter how well established you are.

Pause

Tone

Repeat

Pause

**Question 7**

You hear part of an interview about a new theatre.

Pause

Tone

Repeat

Pause

**F:** So what do you think of the new theatre in the town centre?

**M:** Well a lot of people have been waiting a long time for the building to open to the public. Interestingly enough, there's been little criticism of the way the building looks, despite the fact that it really stands out from the nineteenth century architecture which the town centre's famous for. I was particularly impressed, when I visited it last week, by the care that's been taken to ensure that modern-day theatregoers have all the facilities they need. There are three different areas where people can sit and eat before a show, for example.
Question 8

You hear a man telling a friend about his experience on a recent flight.

Pause

Tone

F: How was the flight? You were in the air for twelve hours, weren’t you?

M: Well, we left late but the pilot made up the time on the way. What made it bearable was the crew, who were attentive throughout. They changed my broken headphones within seconds of me saying something about it. And the meal wasn’t bad for airline food, which slightly made up for the lack of legroom. It felt pretty cramped – but there was nothing the staff could do about that because it wasn’t as if I’d booked business class or anything.

Pause

Tone

Repeat

Pause

That is the end of Part 1.

Listening Part 2

Activity 1  You will hear a student called Tom talking to other students about his experiences of learning to cook while he’s been at university. For the questions, complete the sentences with a word or short phrase.

You now have 45 seconds to look at Part 2.

Pause

Tone

Pause

M: Hi! My name’s Tom, and I’d like to tell you about my experiences of learning to cook. I hope by the end, you’ll feel it’s something anyone can do!

I realised I really needed to learn to cook when I moved away from my family home into university student accommodation, where I was sharing with two other students. We were studying a variety of degree subjects, ranging from medicine, a very tough subject, and engineering, which I was doing, to art history, which sounded fascinating. But the thing we couldn’t do was cook!

In my case, it was surprising I hadn’t learnt, as my best friend is an excellent cook, and my father runs a restaurant! He’d offered to teach me, but I’d never been interested. But luckily, I have a cousin that’s responsible for the cooking at a big hotel, and by the time I left, she’d shown me how to make some simple meals.
When I first arrived at the student flat, I also wanted to pick up a few extra tips to get me started. I watched a TV cookery programme, but the ingredients they used were too expensive – although I soon found stuff on a website that was more suited to my budget! People have since recommended a podcast they’ve found useful, but I’ve yet to try that.

The kitchen in our flat didn’t have much equipment. I’d bought a couple of quality saucepans – luckily, as none were provided – but trying to prepare vegetables without sharp knives really didn’t work, so they went onto my shopping list. We also discovered there weren’t any glasses, but we just used cups until we managed to get some.

I have to say, too, that some things I’d imagined would be easy to cook turned out to be harder than expected! Once I’d been shown some good ways to prepare potatoes, they didn’t pose a problem – but the same couldn’t be said for rice. I had several attempts at getting it right, and even now I’m not very confident! My pasta dishes have become famous on my course, though!

I also learnt to spend a bit more money on certain ingredients. Shopping for low-price fruit and so on was fine, as it didn’t seem to affect the flavour. But I found that didn’t apply to oil, for example. I was advised to get the good stuff – and it’s made a big difference to the flavour of things like eggs and sauces.

Anyway, my cooking style has developed since I started. I was very cautious at first – I suppose I felt nervous about the results. But I’ve since become adventurous, as I’ve learnt more about what I’m doing. I’m still not as brave as my two flatmates, though!

However, I’ve now got a few dishes I make for my family whenever I go home. And the one I prefer over all of them these days is curry, made with lots of different ingredients, such as fish or aubergines. I think my family were relieved I’d found something new to make – they were getting tired of the pie I made whenever I went home. But at least it did have different things inside it each time!

My friends have obviously realised how much I enjoy cooking now, so for my birthday recently, they asked what present I’d like that’s to do with cooking. It was hard to decide, as by then I’d already been given things like some spoons for cooking, and some really useful bowls to put desserts in. But I finally asked for some scales, as I was always guessing how much of each ingredient to add to dishes. So my cooking should improve even more now!

I’d really like to extend my knowledge of food now, so I’ve been looking at holiday courses. There are several teaching you how to make bread, but I think I could learn that from recipe books – which I certainly couldn’t when it comes to making cheese – so that’s the one I’ve chosen. Wish me luck!

Pause

Now you will hear Part 2 again.

Tone
Repeat
Pause

That is the end of Part 2.
Activity 2  You will hear a woman called Tessa talking about her experiences of learning to surf.  
For the questions, complete the sentences with a word or short phrase.

You now have 45 seconds to look at Part 2.

Pause
Tone
Pause

F: Hi! I’m Tessa, here to tell you about a new sport you can try – surfing! I recently went to the coast with a friend for a week’s surfing lessons. We hadn’t surfed before, so we were excited!

I’ve always been attracted to the sea. I’m a biologist, which gives me plenty of contact with the oceans of the world and marine life. And I can also use the skills I acquired as a diver, my previous job, which I’d chosen to ensure I spent as much time as possible under the sea. So I felt well prepared for surfing!

I was also interested in discovering more about surfers themselves – things I’d never really understood. What made people risk going out into huge waves, to ride their surfboards? I imagined it was the thrill of the ride – or maybe the achievement when you actually surf a huge wave without falling in. Whatever it was, their motivation was something I’d really admired whenever I watched them.

The weather was OK on the day of our first lesson. The grey clouds had largely cleared from the sky – and there was no sign of the lightning I’d spotted first thing that morning, luckily! And lots of seagulls were shooting across the sky, then disappearing underwater for food.

We met our instructor on the beach, and began our lesson with a bit of stretching, to warm up our muscles, and a few other gentle exercises. What I hadn’t expected was to do a bit of yoga as well, but it made us nice and calm, ready for the next stage.

We had a short briefing on safety, then picked up our surfboards and walked into the sea. I remembered from the briefing that I should attach the board to myself somehow, but then tied it onto my wrist when it should actually have been on my ankle! Anyway, having put that right, I walked into the sea up to my chest and waited for instructions.

On my first few goes at surfing, I practised lying flat on the board and paddling into shore with my hands. But getting into a standing position was another matter. After several falls into the sea, I started doubting whether I’d ever learn to surf. I wasn’t so concerned about my strength, as I’d done lots of training to improve my fitness, but I was disappointed to find my balance wasn’t as great as I’d thought – and that’s essential for surfing! So I feared my surfing days might be over before I’d even started!

Anyway, after many more attempts, I finally managed to stand up – and felt quite proud of myself! I’m sure I completely failed to look confident, and instead may have struck surfers nearby as being rather clumsy. But at least I’d managed it!

My friend, meanwhile, was making huge progress – and quickly got the hang of surfing the waves. Watching her surf back to the beach on numerous occasions, no one would’ve guessed she was a beginner. In fact, to me, she had all the appearance of a professional, the way she stood on the board.
Anyway, having finally managed to stand on the board and surf in to shore a few times, I suddenly got completely knocked over by a huge wave. Some people have said the experience of being rolled around in the water made them think of a washing machine, but it reminded me more of when I had a go at skiing – and fell over and rolled down the slope for ages! Anyway, on this occasion, I was fine – and felt like a proper surfer after that! But just as I was beginning to enjoy it, our week was over.

Anyway, I hope you might now consider learning to surf, too! It’s hugely enjoyable, and I’ll definitely keep improving my skills. And at the coast, I’d also seen people windsurfing, and even kitesurfing, which looked good fun. But what really caught my attention was people sailing, which I’ve never tried – so that’ll be my next new sport!

Pause

Now you will hear Part 2 again.

Tone
Repeat
Pause

That is the end of Part 2.

Activity 3  You will hear a man called Damon Walker talking about his job as the manager of a wildlife park called Harley’s. For the questions, complete the sentences with a word or short phrase.

You now have 45 seconds to look at Part 2.

Pause
Tone
Pause

M: Hello everyone. My name’s Damon Walker and I’m here to tell you about my job, which is managing a wildlife park called Harley’s in the north of England.

Before I started this job, I was employed by my father. He originally worked as a gardener for a company that sold flowers to supermarkets, but had always wanted his own business. He bought the land here when it was a farm, but never made much profit, so he decided to develop it as a wildlife park for the public.

The site was already suitable for animals such as lions and tigers – so my father set about constructing enclosures to keep them safe, before acquiring some from other wildlife parks. Then, after the park had been open for a year, he built three lakes, into which he put several varieties of fish, and at the same time he introduced many rare tropical birds.

As a child, I didn’t enjoy helping with the animals. I had to work in the park every weekend, but I didn’t want to. The lions and tigers looked beautiful, but I was nervous of being near them. The monkeys made me laugh, but the animals I really loved were the camels – especially riding them.
After I left school, my parents wanted me to become a vet, so I could work in the business, but the studying put me off. So, I trained as a diver, and then got a job at one of the famous beaches in Australia – somewhere I’d always wanted to go. I spent a couple of years there and found it a wonderful country. At weekends, I went on camping trips and saw so much wildlife. The beaches were superb, though I wasn’t keen on the sharks! But there were dolphins, and the experience of spotting them made a big impression on me. I returned to England and committed myself to running the wildlife park when my father retired.

People assume my job’s really exciting, but it’s actually very hard. We have over two thousand species, which have to be cared for daily. First thing, we check all the animals, then we start with the cleaning out, which has to be done in all weathers. The job’s tough, you get dirty and cold, and the smell is awful! I’m used to that now. But for me the long hours are the worst part of the job. You might plan some time off, but if there’s a problem with the animals, you can’t leave until you’re sure they’re OK.

I’ve worked with hundreds of people over the years. I have twelve park-keepers, but we have a fifty per cent annual turnover of staff. We never get fewer than twenty applications for jobs here every month, because people think it will be a lovely job – looking after animals, just like their family pets. Once they realise how hard it is, they sometimes leave within twenty-four hours.

One thing that matters deeply to me is to be involved with the local community. This year I’ve finally got round to setting up something that’s been on my list for ages, a conservation project with local schools. The children each study the habits of a particular animal. They spend hours watching them in the enclosures and taking notes. I find it very rewarding helping the children improve their understanding of wildlife.

In addition, I’m planning to install several video cameras, so the animals can be observed more closely by staff any time of the day or night. This will also help me to check on the animals more easily. We have so many valuable animals, we have to keep them 100% secure.

The park makes a healthy profit now, so I’m planning extras for our younger visitors – in fact, I’m in the process of creating a playground. And if we continue doing well, I might consider having a track laid for a little train to take children around the park, but that’ll probably have to wait for another two or three years.

**Now you will hear Part 2 again.**

Tone
Repeat
Pause

That is the end of Part 2.

**Activity 4**

You will hear part of a talk given by a woman called Kate Jenner, who practises the sport of parkour, or ‘free running’. For the questions, complete the sentences with a word or short phrase.

You now have 45 seconds to look at Part 2.

Pause
Tone
Pause
I’m Kate Jenner, and I’m a student from the USA, and in my free time I practise the sport of parkour. The word ‘parkour’ comes from the French for ‘obstacle course’ but is more commonly known as ‘free running’.

I’d never heard of parkour till I was on vacation in France and saw some young people practising it there. When I came back to the USA, I decided to take it up myself. The idea of parkour is to move from one point to another as efficiently and quickly as possible. We train to run and jump and climb over obstacles, like high walls, and anything in the natural environment, like rocks and trees.

I find parkour a thrilling mixture of gymnastics and cross-country running, both of which require 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. So, what do you need if you want to take up parkour? 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.

When you first start, there are so many things to learn, including how to deal with certain situations. The first one for me was learning how to fall without hurting myself, because, like with all sports, safety is a vital consideration. You’ve got to have every athletic skill there is – endurance, strength, flexibility, and you need the agility of a cat. I can do most things, but I do have trouble with balance, especially on any kind of narrow ledge. I’m getting better with practice.

I practise parkour in both the town and the countryside, 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 around shopping centres – but this is a lot more fun.

In general, parkour enthusiasts respect authority, and if we’re asked not to climb on a wall, for example, we don’t get into arguments, but just move along politely.

Nobody at my college knew about my hobby for a long time. But one day I started talking to my teachers about parkour, and they 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’ – a nice description. And this semester I’m doing research with our biomechanics professor to assess the effect on the body of various landing techniques.

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

Parkour is still growing in popularity; people around the world are joining clubs all the time, and it’s appeared in various TV adverts. 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.

Our club is hoping to become part of a national sports association, and for that we’ll need funding. We’re currently negotiating for five thousand dollars 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 2 again.

Tone
Repeat
Pause

That is the end of Part 2.

Activity 5
You will hear a presentation by an amateur archaeologist called Adam Ellis, who looks for historical objects on the banks of the River Thames in London. For the questions, complete the sentences with a word or short phrase.

You now have 45 seconds to look at Part 2.

Pause

Tone

Pause

M: Hi there. My name’s Adam Ellis and I’d like to tell you about my hobby. I’m an amateur archaeologist and I specialise in finding historical objects beside the River Thames in London.

The Thames is what’s called a ‘tidal river’. In other words, it contains seawater and has tides. This means that when the tide is low, some of the riverbed’s uncovered – just like the beach is at the seaside. That’s when you can find objects lying on the surface. Because I mostly find small bits and pieces rather than whole objects, I think of myself more as a detective than an archaeologist – but it’s just a hobby – I’m a laboratory assistant in real life.

I love my hobby though. I never know what I’m going to find because people have been throwing things into the river for thousands of years. If you want to try it, you need a permit from the London Port Authority, but there’s no equipment to buy. The only thing you really need is rubber gloves, because the river water is dirty. I always put kneelength boots on when I go to the river – but to be honest most of the time you’d be okay in old trainers.

On the riverbed, you find lots of small stones and pieces of glass, so you have to look carefully to find the objects. These are usually covered in mud – the chemical composition of which actually means objects survive at the bottom of the river for centuries without deteriorating.

So what do you find? Lots of fragments you can’t immediately identify, usually. People seem to think I must find something like a coin or a gold ring each time I go there, but those are very rare. Actually the first whole thing I came across was a horseshoe. There were a lot of those around in nineteenth-century London.

If you’re looking for metal objects, lots of people make the mistake of ignoring anything rusty or dull in colour and going instead for stuff which looks shiny. But, of course, it’s the older things you’re looking for as you get more expert, and sometimes they don’t look like metal at all until they’re cleaned up. That’s why another important thing I always carry with me is a toothbrush – that’s ideal for cleaning any tiny pieces of material you come across. Anything worth keeping, I can clean up later at home with fresh water and a soft cloth.
And, of course, pottery is another common material that we find. Again, you find lots of pieces of coloured pottery, some quite elegant-looking, often in a delicate blue colour, because that was very fashionable in past centuries. But actually it’s the pieces that look clumsy which the archaeologists are most interested in – because they could be much older. So, you always pick those up.

People always ask me what I do if I think I’ve found something ancient – something that might be Roman or even older, but it’s never happened actually. One rule we all follow, though, is that if a piece could be valuable, we inform the Museum of London – the experts there have a look and usually tell us we’re wrong!

I take photos of interesting things I find, and I share these online with other enthusiasts. We have a page on a social-networking site, and the best photos from that go into a magazine. Because that’s available to the general public, a publisher saw some of my photos and got in touch to ask if I’d like to write a book about my hobby. I jumped at the chance.

It was a lot of work, but I enjoyed researching the history of some of the things I’d found and I also wrote tips for anyone who’d like to take up the hobby. Thinking of a title for the book wasn’t easy. In the end, we went for *Hidden Treasure* because my first choice *Secrets of the River* had already been used for another book, so we couldn’t have that.

Anyway, if you’re interested in seeing … [fade]

Pause

**Now you will hear Part 2 again.**

Tone

Repeat

Pause

That is the end of Part 2.

**Activity 6**

You will hear a presentation by a musician called Rachel Holt, who performs a type of music called beatboxing. For the questions, complete the sentences with a word or short phrase.

You now have 45 seconds to look at Part 2.

Pause

Tone

Pause

**F:** Hi there. My name’s Rachel Holt and I perform a type of music known as beatboxing. Before I give you a performance, I’d like to explain a bit about what beatboxing is and my own background as a musician.
Basically beatboxing uses a microphone, together with the performer's mouth and voice to produce a beat, a rhythm and a melody. Today, beatboxing’s used in all sorts of music including mainstream pop and jazz. But it has its origins in New York in the days before rap music came in, when many teenagers couldn’t afford to buy musical instruments or have lessons. Hip-hop music was the big thing in those days and it could be produced just using a microphone and a cheap amplifier.

Growing up in England at around the same time, I had no idea about all this, however. My father was a professional musician who played the piano. It was the drums that I really concentrated on, but I learnt to play the piano too, as well as the guitar.

I’d spend all day practising, which must’ve driven my parents mad, though they never complained about it – or my sister’s trombone for that matter. It was the neighbours who politely asked if we could limit ourselves to a few hours a day – and that seemed fair enough. As a result, I’d spend my evenings practising rhythms in my mind, eventually using my voice to make sounds at the same time.

I studied physics at university because as a teenager I was also fascinated by things like astronomy and how electronic devices like phones work. When people ask why I didn’t study music instead, I point out that certain aspects of physics, like how sound waves function, have come in really useful in my beatboxing career.

Before I first heard about beatboxing, I’d always kept up-to-date with music though, playing my instruments whenever I could and watching online video clips about the latest styles and movements. Then, one day, I happened to watch a TV documentary about beatboxing. I was astounded to realise that it used exactly the same voice techniques that I’d developed as a kid. I lost no time in getting myself a microphone and an amplifier and got in touch with other beatboxers online.

From the very beginning, I knew that the voice and mouth are important, but what I didn’t realise was that the thumb has to be used properly. You have to curl it over the microphone to change the sound in different ways as you hold the mic – a technique that’s called ‘abusing the mic.’ I loved beatboxing from the word go and could see endless musical possibilities. Another useful technique was familiar to me from my attempts to play wind instruments as a child. In order to keep the notes going, you do what’s known as ‘circular breathing.’ My sister’d shown me how to do that.

My new beatboxing friends were already talking about doing public performances and I was keen to do the same. A move into advertising gave me the flexibility to start doing some concerts myself – before that, I’d been working in restaurant management, so didn’t have any free evenings.

Beatboxing’s great fun, and I’ve now become a full-time performer. People ask me if I lose my voice or get a sore throat, but actually it doesn’t happen that often. I generally drink mint tea if I begin to get a bit dry, and some performers say that honey and lemon can help.

I also get funny comments about the sounds I produce, which are quite varied. One of the favourite ones at concerts is what I call the ‘buzzing bee’, which people find incredible, but I had to laugh when one man said it sounded like his dishwasher. I said perhaps he should get the engineer in! But in general people are fascinated to hear what a range of sounds one person can produce with so little equipment.
So before I go on to … [fade]

Pause

**Now you will hear Part 2 again.**

Tone

Repeat

Pause

**That is the end of Part 2.**

**Listening Part 3**

**Activity 1**  You will hear five short extracts in which people talk about their experiences of visiting art galleries. For the questions, choose from the list (A–H) what each speaker says they most enjoy about their visits. Use the letters only once. There are three extra letters which you do not need to use.

You now have 30 seconds to look at Part 3.

Pause

Tone

**Speaker 1**

Pause

**M:** I often head for galleries at weekends, either by myself or with friends. We know the kind of stuff we like, and tend to look at that first, but I'll also spend ages gazing at paintings that aren't my usual thing. I get great pleasure from putting to good use all the research I've done – mainly biographical stuff, which gives me a real insight into their background. That way, I don't waste time trying to find out stuff when I get there. It doesn't mean I want to understand exactly what the painter meant in their work, though – I prefer that to be a bit of a mystery.

Pause

**Speaker 2**

Pause

**F:** I've always loved going to galleries to see paintings. I make sure I sit somewhere with a good view of a complex work, although I don't even attempt to understand its meaning. Then I'll examine really closely what's in the corners, or in the background. I'm always thrilled and amazed by the tiny things that the painter included here and there. Of course, I also get to hear what other visitors think of the same works, but I generally try and ignore what they're saying in case I disagree! Then I follow up at home by reading about their significance, or looking at the drawings I did in the gallery.

Pause
Speaker 3
Pause

M: I like both looking at art and doing it, and I sometimes get ideas for projects when I go to galleries – but that's not really the main motivation for going. I'm often drawn to very different pieces – paintings, sculpture, you name it – although I couldn't tell you exactly what their appeal is. But even if I go with friends, I also need time to wander alone, and think my own thoughts without being disturbed, so that I can become completely absorbed in the work I'm looking at. That really makes me happy. Then we'll usually meet up and briefly discuss our views at the end, before we rush home!

Pause

Speaker 4
Pause

F: I'm lucky enough to live in the middle of a city where there are loads of galleries, so I'm spoilt for choice, really. And I admit, I probably should find out a bit about what I'm going to see at a gallery and then visit it, but very often I can't be bothered – and sometimes I regret it! On the other hand, it does mean I indulge in my favourite occupation – sitting and thinking about the meaning of what I'm looking at, and why the painter made the decisions they did, then coming to my own conclusions, without being influenced by the views of an art critic, for example.

Pause

Speaker 5
Pause

M: When I wander into a gallery, I sometimes feel there's so much to see, I don't know where to start. So my preferred approach is to go into any room, stand at the door, away from other people discussing the artworks, and see which ones instantly appeal, then spend time just looking at those – superb! I've no idea what it is that draws me to those particular pieces – it could be the colour, the image, or a combination of things, but I don't tend to waste time thinking about that. And I guess this way I probably risk missing some important artworks, but I can always look them up online later.

Pause

Now you will hear Part 3 again.
Tone
Repeat
Pause

That is the end of Part 3.
Activity 2  You will hear five short extracts in which people talk about going on camping holidays with their friends. For the questions, choose from the list (A–H) what each speaker says about their holidays. Use the letters only once. There are three extra letters which you do not need to use.

You now have 30 seconds to look at Part 3.

Pause
Tone

Speaker 1
Pause

F: My friends had invited me to go camping with them, but since we usually book a comfortable holiday cottage somewhere – which doesn’t involve sleeping on the floor or general hard work – it wasn’t something I’d normally consider. Then my brother offered us a load of camping gear, and somehow I couldn’t resist the idea. I was nervous as we set off, though. Wet weather had been forecast, and the prospect of all of us struggling to put up tents in the rain didn’t appeal. But actually, the forecast was wildly inaccurate – the weather was superb, and I found being out in the countryside really helped me unwind. So I might go again!

Pause

Speaker 2
Pause

M: My friends and I often go birdwatching together, so a camping holiday sounded perfect. I’d camped before, and I was looking forward to a quiet break from work. Anyway, we arrived at the campsite, put up our tents, then decided to hike up a nearby hill before supper. We all felt we were in pretty good shape, so the steep climb didn’t bother us. But then it began to rain, so we turned back, all picturing our lovely dry beds waiting for us – only to find our tents had collapsed in the rain. So it was rather tougher than we’d had in mind. Incredibly, though, it hasn’t put me off!

Pause

Speaker 3
Pause

F: As it was our first camping trip, we weren’t sure what to expect. Anyway, we somehow managed to pick a really sunny weekend for the trip – which seemed a definite advantage. We packed our camping gear into the car and got to the campsite after a long drive. But it wasn’t long before we realised that, although the tent was warm inside during the day, it was absolutely freezing at night – and the camping heater we’d bought was still sitting on the kitchen table. Luckily, one of us had brought some really warm blankets, so it turned out to be less of an issue than we’d thought at first. Anyway, I got used to it, and it was well worth going as the surrounding countryside was breathtaking.

Pause
Speaker 4
Pause

**M:** My friends and I are really into wildlife, so our first camping trip was to a reserve where we knew we'd be bound to spot wild creatures. We had no equipment, though, so we did loads of research into everything we'd need, then bought the lot. Packing all the really heavy stuff into my friend's car, barely leaving room for us, wasn't the easiest thing we've ever done, but the prospect of a great holiday motivated us to put up with the discomfort during the journey – and our prize for our careful research was that we could enjoy the break without worrying about whether we'd left anything behind. So it definitely paid off!

Pause

**Speaker 5**
Pause

**F:** When we turned up at the campsite, there were the usual tents, but there was also the option of sleeping out under the stars on ready-made wooden beds – with tents nearby in case the weather changed. We clearly hadn't looked very carefully into what was on offer at the site, as none of us had realised those were available! Anyway, we opted for the outdoor beds – and the benefits were unbelievable. I deliberately stayed awake to watch all the nightlife around me, like owls and foxes that generally only appear after dark, not to mention the amazing night sky. We'd never have seen all that if we hadn't been at this extraordinary site.

Pause

**Now you will hear Part 3 again.**
Tone
Repeat
Pause

That is the end of Part 3.

**Activity 3**
You will hear five different musicians talking about writing songs. For the questions, choose from the list (A–H) what each speaker says. Use the letters only once. There are three extra letters which you do not need to use.

You now have 30 seconds to look at Part 3.

Pause
Tone

**Speaker 1**
Pause

**M:** I often start with a title. Once you've got a title, the rest of the songwriting process seems to come quite easily. Sometimes I'll get an idea for part of a song in my head but don't know what to do with it, so I play it to another member of the band. We usually end up doing half the song each. Often, we change things in the studio. Our hit, 'Flying away', originally had a completely different rhythm from the one everyone knows. When we first put it on tape, it just didn't work. Eventually, someone suggested slowing it down – and that's the song that took us to number one.
Speaker 2

M: Once I’ve got the melody, the words just seem to appear. I can’t imagine how other writers manage to write songs together. Songs are my way of telling the truth, my truth, as near as I can get to it. It makes it easier to write. Some writers think of a situation and write as if they were in that situation. I don’t think that works as well. Writing from a personal point of view is much more effective. It’s difficult for me to imagine myself in a situation. It’s like writing a story, and I’m not good at that. It has to be something inside me trying to get out.

Speaker 3

M: When I listen to my songs, I seem to have a special sense which lets me know which ones will be exciting and make you want to listen. It’s got to be something I’d like to hear myself, so my songs usually involve pleasing tunes. I can put a tune on tape and then do what I want with it. Strangely enough though, my most successful song was written using a different process from all the others. I created a bass rhythm first and then in the studio put the main tune using the keyboard over the top of it, instead of just sitting with the guitar and singing.

Speaker 4

F: I like the collaborative process because as a songwriter I’m a bit slow. Considering that I talk so much, it’s strange that I find it hard to get an easy flow of words. But to compensate for that, I can write melody all day long, and love doing it. Put some words in front of me, I could give you a tune in about half an hour, no problem. For me it makes more sense to write with other people. I’ve written many of my own songs when I’ve felt inspired, but I find working with other people helpful because writing can be a lonely business and it’s good to get feedback from others.

Speaker 5

F: Writing songs is an exciting process for me. I never have any idea what’s going to happen. I don’t wait until I get an idea. I say, today I’m going to write something – I go into my studio, pick up the guitar and start playing. You just have to believe that you can do it. I don’t think that the ideas we get really belong to us; they come through us from somewhere. Writers will often say the song just popped into their head. There’s no struggle for great songs – they just appear. There’s no shortage of new ideas and creativity. I can go on writing forever.
Now you will hear Part 3 again.

Tone
Repeat
Pause

That is the end of Part 3.

Activity 4 You will hear five people giving advice about camping at a three-day rock music festival. For the questions, choose from the list (A–H) what each person says. Use the letters only once. There are three extra letters which you do not need to use.

You now have 30 seconds to look at Part 3.

Pause
Tone

Speaker 1
Pause

F: 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
Pause

F: 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
Pause

M: 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!
M: 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

Pause

F: 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 3 again.

Tone
Repeat
Pause

That is the end of Part 3.

Activity 5 You will hear five short extracts in which people are talking about going to watch a football match for the first time. For the questions, choose from the list (A – H) what most impressed each speaker about the experience. Use the letters only once. There are three extra letters which you do not need to use.

You now have 30 seconds to look at Part 3.

Pause

Tone
Speaker 1  My boyfriend’s a big football fan, so I said I’d go to a match to see what it was like. From the TV, you get the idea of the thrilling atmosphere, you know, the roar of the crowd when there’s a goal. But I’d also heard reports of rival fans getting into fights and stuff like that, so I was a bit nervous to be honest. But I was fine once I realised how polite and friendly everyone working at the stadium was, from the girl doing the bag-search at the entrance to the guys serving snacks at half-time ... though there wasn’t a great choice of food on offer unfortunately.

Pause

Speaker 2  We don’t have a great tradition of soccer in the USA, so going to a match was fairly high on my to-do list when I went to Manchester. The fast-food outlets were a bit basic compared to big sports matches back home, but I did find some really cool souvenirs in the club shop – not cheap, but the stuff was better made than you sometimes find in these places, which reflects well on the club, I thought. In the game itself, the technical skill of the players was every bit as good as I’d expected. When the home team scored, there was an explosion of noise, just like I’d seen on TV.

Pause

Speaker 3  I know nothing about football, so when I won tickets to a match, I invited my friend Debbie to come along. We bought scarves in club colours online – just cheap imitations, cos the branded stuff costs a fortune! We got to the stadium early, I guess we thought there’d be entertainment and stuff, but apparently most fans hang out in the snack-bar `til just before kick-off. Anyway, the people round us were really friendly, and that’s what made the day really special actually. Once the match started, we joined in with the singing and shouting. It was hardly a brilliant game though, so it wasn’t always clear what all the fuss was about.

Pause

Speaker 4  I’m used to watching Australian rules football, and I can tell you the fans go wild when the home team scores. So the soccer match I saw on a trip to Europe was a bit of a disappointment. The stadium was only half full – there seemed to be more staff than fans in some areas, though it was good not having to queue up for burgers at half-time. Despite the rather flat atmosphere, the football itself was actually highly entertaining – had me on the edge of my seat. One word of advice – give the club shop a miss. I’m sure it’s all good stuff, but you certainly pay for it.

Pause

Speaker 5  My sons thought it was about time I went to a soccer game. I wasn’t enthusiastic because I thought it would all be a bit basic, but I couldn’t have been more wrong. The whole place’s recently been rebuilt and I was blown away by how attractive and practical it is. They’d booked us in for a meal in the restaurant before the kick-off and it was really quite fancy. We were in the most expensive seats just above the players’ tunnel, so we had a great view. I’m not a great soccer fan, but I enjoyed watching the fans’ reactions to things that happened during the game, even if we didn’t win.

Pause
Now you will hear Part 3 again.

Tone

Repeat

Pause

That is the end of Part 3.

Activity 6

You will hear five short extracts in which people are talking about their experience of learning photography. For the questions, choose from the list (A – H) what each speaker felt about their experience. Use the letters only once. There are three extra letters which you do not need to use.

You now have 30 seconds to look at Part 3.

Pause

Tone

Speaker 1

When I started out I bought myself what I thought was the best photographic equipment money could buy, and I don’t regret it. Included in the pack was a manual which was incredibly detailed. I was tempted to ignore it and just start taking photos straight away. But then I thought I’d better sit down and read it, and the explanations seemed reasonably clear actually. I did expect to master photography without too much trouble and I got impatient when I didn’t quite manage to produce perfect photos. I guess I probably needed to put in more time and effort, but then I got a new job and that has taken up all my time.

Pause

Speaker 2

When I took up photography there was no shortage of advice and encouragement from members of my local photography club, but I ignored it as they were all much older than me and quite traditional. I was determined to go my own way and so made plenty of mistakes, which sometimes had to be put right by editing and improving the images afterwards. I did find that process fun though. Anyway, I decided to attempt things I was told were too tricky for beginners, and by doing that I managed to win a competition in a wildlife magazine.

Pause

Speaker 3

I bought my first camera on impulse one day but it turned out to be totally right for me. I was lucky to have a few relatives and friends who gave me tips on how to get good photos. I found that the most interesting photos came from taking advantage of all of life’s little unexpected events. Usually I prefer to try and get it right first time rather than mess around on the computer to create what might be considered a better picture later. I can’t say I improved very quickly but learning as I went along is more my style anyway.

Pause
Speaker 4  I studied photography at university and we had a couple of big-name lecturers from the photography world. On my course there was a lot of emphasis on using the most sophisticated modern equipment, which wasn’t the most appealing aspect for me. We used it to edit and enhance photographs, but I felt I wanted my photos to look totally natural. I certainly dreamt of achieving great things when I left university, but I realised I was being unrealistic, given how competitive the world of photography is.

Pause

Speaker 5  Photography isn’t easy. Some people can’t make sense of the technical side however many websites they read. I guess I’m a bit like that, so right from the start I tried not to do challenging things that were beyond me. I kept things simple for quite a while and expected to make steady rather than spectacular progress. But I was putting in the hours: I was reading a lot, experimenting with my camera and attending courses. I got a lot of satisfaction from knowing that I was making the effort. Many photographers I know love adjusting or modifying their images after the event, while I prefer to be out and about, looking for inspiring ideas for good pictures.

Pause

Now you will hear Part 3 again.

Tone

Repeat

Pause

That is the end of Part 3.

Listening Part 4

Activity 1  You will hear an interview with a woman called Stella who has recently been on a weekend group trek through the hills with donkeys carrying their gear. For questions 1–7, choose the best answer (A, B or C).

You now have one minute to look at Part 4.

Pause

Tone

M:  I’m with Stella Morton, who's recently done a weekend group trek through the countryside – with donkeys carrying their gear! Stella, where did the idea come from?

F:  Well, it’s not so unusual! When I mentioned my trip to friends, it turned out they'd already done something similar – so that was reassuring! But I remember years ago being fascinated by the diary of an author who'd done a short trek – with donkeys. The experience sounded so memorable, I promised myself I’d have a go one day. Then I happened to hear of some people who ran exactly the kind of tour I had in mind – and they were virtually on my doorstep!
M: How did you feel as you prepared to leave?

F: Well, I’d previously always trekked on my own, so I’d expected to feel nervous at having to look after not only myself, but also a donkey – but then I was with a group, and a guide to handle the donkeys, so that feeling disappeared. The trek I’d opted for was a greater distance than some others on offer, but seeing the stunning countryside, I was relieved I’d made that choice. But the question remained – could my donkey and I get on together? If we couldn’t, I guessed the trek might not be much fun – but I was optimistic! And he turned out to be lovely!

M: How impressed were you by the donkey you were given?

F: Well, Caspar was a tough little animal, used to finding his way around that hilly environment, where he’d lived for years. Apparently, the donkeys had originally been kept by farmers for carrying produce to market. So I knew he’d be completely untroubled by carrying camping gear – which we deliberately kept light. What particularly struck me, though, was that he got up steep rocky paths far more quickly than me – amazing to watch!

M: So, was there anything you had to make sure of while walking with Caspar?

F: Well, I discovered more about him as we went along. I soon realised he wasn’t keen on walking through even shallow rivers, so we were careful to use bridges whenever necessary. And he chose which path he wanted to follow as we climbed, despite my efforts to persuade him to go another way! And he’d come to a sudden stop when he spotted a tasty snack by the track, so we all had to stop, too!

M: And what did you enjoy most during the trek?

F: Well, the pace was relaxed – new for me, as I’m always in a hurry to get somewhere! And because the days were so clear, we could see all the way to some far-off peaks, which featured wonderfully in my photos! That was the highlight for me. I tried to snap some of the birds and other creatures we spotted, which were great, but I wasn’t always sure what I was looking at. I had to check once I got home!

M: And you spent the night in the hills?

F: Yes, it was all planned. We put up our tents in open countryside, with a nearby field for the donkeys to rest. I think there was a sense of relief among the group that we’d got to the furthest point of the trip and that we’d soon be on the return leg, although I must admit, I never really doubted we’d get that far! And during the night, I’d occasionally hear the donkeys in the field, which helped me relax and sleep more peacefully, somehow. They welcomed us like long-lost friends the next morning when the time came to get ready to leave!

M: So, what would you recommend to anyone considering a similar trek?

F: You need the right kit, like good torches – very important during the night. But luckily, the companies running these things bring all that sort of stuff. I did make a mistake with my boots though, and put on brand new ones, which gave me slightly sore feet – to be avoided, I’d say! And I’d intended to take some games for the evening – but we were so tired, we wouldn’t have been able to stay awake to play them!
M: Thanks, Stella!

Pause

Now you will hear Part 4 again.

Tone
Repeat
Pause

That is the end of Part 4.

Activity 2 You will hear a discussion between two young musicians about playing with their bands at a local music festival. For questions 1–7, choose the best answer (A, B or C).

You now have one minute to look at Part 4.

Pause
Tone

F: Hi Nick! Great to see you and your band playing at last week’s local Greengrass festival.

M: Yeah, and you! But I thought you and your band had decided not to bother playing there.

F: Hmm, but then we changed our minds! We’d originally thought there wasn’t much point because so many big bands were playing, nobody would take much notice of a small band like ours. But then we thought about all the really original music we play, and knew it’d be different to lots of other bands there, so we wanted to give it a try. I’ve got a friend who helped organise the festival, and when I told him we were going, he was impressed – apparently, the festival’s great for launching people’s careers!

M: Well, let’s hope so! I worked hard to get publicity for the band beforehand and make sure people had heard of us and wanted to see us play! I put a couple of our songs online on the local radio station’s website – and they played them! And that also meant the festival organisers already knew our music when we turned up to play. Otherwise, I was ready to stick posters up at the college gigs I go to sometimes – but I decided not to, in the end.

F: Right ... So, how did you feel before you went to the festival?

M: Well, it took a while before we could believe we really were going! So, I don’t think we started seriously practising as soon as we could’ve done, but it didn’t matter, actually – we’d already spent loads of time working on the new songs I’d written, so we were totally familiar with them. I’d assumed, though, that everyone in the band would be really excited about the opportunity, but a couple had serious doubts about performing in front of such a big audience – which I really hadn’t expected. They were OK when it came to it, though. Anyway, I saw your band perform – you were fab!

F: Thanks!

M: How did you feel on stage?
It was great! I mean, before we went on, I was worried our guitarist wasn’t going to make it – stuck in traffic! But he did get there in plenty of time to play, so I calmed down at that point – and I’d say we played as well as we’ve ever done! And I’d been told that Tom Harris, a singer I really admire, was going to present the bands at the festival – but that turned out to be wrong, so I was a bit disappointed initially. But after that, I was too busy to worry about it.

Anyway, your band played well, too. Were you pleased with how it went?

Well, as you know, some of the coloured lights that the organisers had arranged for our appearance didn’t work, so that was a bit of a letdown, but apart from that, it was great! I wasn’t sure about the way we’d decided to dress, but the crowd seemed to like it – and I was really thrilled at how they all sang along to some of our older stuff.

Cool! And have you had any more invitations to perform live since the festival?

Well, I’ll be interested to see if we’re asked to return next year – apparently, they organise all that pretty early. I did meet a few people who might be able to help us, but it’s all a bit uncertain – but for me the biggest gain has been seeing where we need to be concentrating our efforts now, musically. That’ll be incredibly helpful.

So have you made any decisions about where you’re going next?

Well, the festival made me feel grateful to have a music degree, I think. With that behind me, I felt I could talk with more authority about what we should do as a band – and it’s obviously informed the way I compose songs, too. So it may be the time to gradually give up my day job and see if I can make a living singing full-time …

Well, if you don’t try, you’ll never find out.

Sure …

Now you will hear Part 4 again.

Tone
Repeat
Pause

That is the end of Part 4.
Activity 3  You will hear an interview with Sheila McLennan, whose daughter Liz takes part in gymnastics competitions. For questions 1–7, choose the best answer (A, B or C).

You now have one minute to look at Part 4.

Pause
Tone

M: Sheila McLennan is here with me today to talk about her daughter Liz. Sheila, tell us what it's like to have a teenager who's a national gymnastics champion and is tipped as a gold medallist in the next Olympics. How do you feel as a family when she's competing at such a high level?

F: Well, the three of us all react differently. I feel apprehensive for her and find it hard to cover that up, so I chatter on a lot, which rather gives the game away! My husband Bob, on the other hand, is quietly confident that she'll do well. And Liz herself never wastes any time worrying before a competition.

M: You must be very happy with Liz’s achievements.

F: Well, of course. I’m delighted she’s got such a good trainer, Natalie, who can encourage her along in a way I can’t. It’s a tough timetable for a nineteen-year-old. And it’s nice that Liz is still young enough to be based at home Monday to Friday, though, realistically, there’s hardly any opportunity for us to do things together. We’ve also had a lot of pleasure from her sport and followed her around Europe for competitions. It’s up to us whether we go, and we have to pay our own way, but we want to be there for her.

M: Was Liz interested in gymnastics when she was little?

F: As a tiny child she was forever hanging off the sofa upside-down. She was walking at eight months and hasn’t stopped moving since. When she was about seven years old, we looked at different physical activities for her. We let her try riding lessons, which she didn’t really take to. She had fun playing tennis. Then we tried her with ballet, which she loved, but didn’t seem to be naturally suited to. Gymnastics was the solution, which we discovered a year later.

M: Does Liz lead a fairly normal life apart from her training schedule?

F: Oh yes. She socialises a lot with team members or other competitors. She used to be shy and quiet, but she’s got over that. The training’s pretty stressful, though, and she has to really force herself to switch off afterwards. You’d think it’d be simple for someone like her to stay in good physical condition, but you should see how hard she has to work at it!

M: Are there sacrifices you’ve had to make to help Liz?

F: Since she was fifteen, she’s had training sessions five evenings a week and someone has to drive her fifty kilometres there and back and spend four hours waiting for her. Bob can’t take the time off work, so it has to be me in the family car – I’ve been able to negotiate a part-time contract with my boss. Originally, I was a keen hockey player, but I decided Liz had more of a sporting future than I did! I haven’t played since – I’ve put my own career and interests on hold, but I don’t regret it.

M: Gymnastics is a short career, isn’t it? Have you and Liz got plans for her long-term future?
F: It'll all be over by the time she's twenty-one. There are any number of avenues to explore. She helps out at a home for disabled kids just round the corner, when she can, and she wants to keep that up. But most likely she'll go to college and get a qualification so she can coach other youngsters starting out in gymnastics. Unless she goes for something completely different and opts for a job in the media, say. At the moment I can't see her turning her back on her chosen sport.

M: What do you think is the secret of Liz's success?

F: She's bright and takes things in well, but, having said that, she could never have succeeded in getting to this level if she weren't so determined and didn't make so many demands on herself. I've seen other girls far more talented than her drop out because they couldn't deal with it.

M: Thank you, Sheila McLennan, and good luck to Liz in her next competition.

Pause

Now you will hear Part 4 again.

Tone
Repeat
Pause

That is the end of Part 4.

Activity 4 You will hear an interview with a woman called Amanda Nixon who works as a firefighter. For questions 1–7, choose the best answer (A, B or C).

You now have one minute to look at Part 4.

Pause
Tone

F 1: Amanda Nixon has been a firefighter for ten years, and a crew manager in charge of a team of seven firefighters for the last three years. How did you get into this kind of work, Amanda?

F 2: 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!

F 1: But presumably you had some training.

F 2: 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.
F 1: How do firefighters deal with all the emotions you must have after dealing with an emergency?

F 2: 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.

F 1: And, of course, you have the demands of working day and night shifts, don’t you?

F 2: 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.

F 1: What happens when you respond to a call?

F 2: 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.

F 1: So, what would you say are the good points about the job then?

F 2: 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.

F 1: Hmm. So, how do you see your future?

F 2: 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.

F 1: Amanda, thanks for talking to us today.

Pause

Now you will hear Part 4 again.

Tone
Repeat
Pause

That is the end of Part 4.
Activity 5
You will hear an interview with a man called Mark Jones, who is a journalist.
For questions 1–7, choose the best answer (A, B or C).

You now have one minute to look at Part 4.

Pause

Tone

F: Today I'm talking to Mark Jones, who's a journalist. So Mark, hi – first of all, what made you want to be a journalist?

M: Well I have to admit I had no idea what I wanted to do until my last year at school. My parents had a friend who worked on the local paper, but in fact it was my English teacher who said I had a talent for writing. At that time my interest in what was going on in the world was pretty limited, I have to say – I was more into music and sport.

F: Now, a lot of young people who want to get into journalism do some unpaid work experience first. Did you?

M: Yes, I spent six months working unpaid for a newspaper in my home town. Luckily my parents were able to support me. Having a placement like that was interesting, and a useful way of deciding whether I really wanted to pursue this career. I was lucky to be made to feel part of the team. I promised myself I'd do that for other people in the same situation in the future. I saw what the workload's like for a journalist, and it was as demanding as I'd heard.

F: And after that had finished, how did you actually get your first paid work as a journalist?

M: It was difficult – so many people want to do it. Very few jobs are advertised. Editors I contacted were encouraging, but couldn't help much when it came to getting anything permanent. In the end it was a freelance journalist doing some work for our local paper – writing several pieces about the area, covering a different aspect of life there each week – well he asked me to work on them with him, and I actually got a fee for that! Really exciting!

F: I can imagine! And now you're a full-time journalist, what part of your work do you like doing best?

M: I love most of it – I mean I get the chance to look for information no-one else has covered yet, I get to talk to lots of fascinating people ... and then, really the most satisfying thing for me, I have to try and present it in a way that'll attract readers, and I get to suggest photos that could accompany my articles.

F: Ha! But there must be something about the work you're less keen on?

M: Not much, to be honest – colleagues complain about the stress of very tight deadlines, but I actually find it motivates me! I suppose maybe it's having to ask some people again and again for answers to my questions – and it can involve contacting one person after another to finally find someone who can tell me what I need to know. Other things, like making sure all the details included in an article are absolutely correct ... well I see that as vital, rather than dull.

F: And recently, you've written a long article about cycling in cities ...
M: Yes, actually I was nominated for a prize for that – I wasn't expecting that! In the end it went to someone else, but it was still a great honour. If it means that people who read it alter their views on cycling, then I'll feel I've done a good job – and maybe it's easier to do that in an article than expecting people to read a long book about it – well, we'll see ...

F: I know what you mean ... Finally, Mark, do you have any advice for other young people who'd like a job like yours?

M: Well yes – first of all, aim to work on a local paper. People often dream of working on a national paper from the very start, but that's unlikely to happen. And enrol on a course if you can – I didn’t, but it would have been useful to learn at college some of the techniques I now need. And concentrate on what you’re good at – employers want to know what you can offer, not that you can do everything.

F: Well thanks, Mark, it's been great talking to you – now ... [fade]

Pause

Now you will hear Part 4 again.

Tone

Repeat

Pause

That is the end of Part 4.

Activity 6 You will hear an interview with a man called Joe Hamblin, who designs computer games. For questions 1–7, choose the best answer (A, B or C).

You now have one minute to look at Part 4.

Pause

Tone

F: Here in the studio today is Joe Hamblin, who designs computer games. Thanks for coming in Joe. Tell us what skills you need to do a job like yours?

M: Of course a detailed knowledge of computer programming and gaming is essential, but it goes further than that. A designer needs an appreciation of art and some talent in that area if possible, in order to communicate effectively with colleagues dealing with animation and graphics. Growing numbers of universities are offering degree courses that combine these different aspects. These courses weren’t as readily available in the past.

F: The biggest challenge must be to keep coming up with ideas for new games.

M: Yes, it certainly is. Some designers examine what’s already available and try to improve on the best-selling games. It seems like a reasonable way to do things, though to be truly original I rely on getting my inspiration in a more informal way. Chatting with colleagues informally can give me plenty of bright ideas. For instance, I’ve heard books about life in the past can be helpful when designers are creating new worlds.
F: How do you test new computer games?

M: Well, when the first version of the game is ready, I often give it to friends or relatives. It’s easy and convenient to get their opinions first instead of going to professional gamers. The game they see is in quite a basic form which means that they won’t be distracted by spectacular graphics which are developed later. We’re just testing the main idea of the game. Sometimes their comments can be very negative but the key thing is to remember that they’re not experts and we shouldn’t be too upset if such a small number of people aren’t that keen on it. There will be more testing with larger groups at a later stage.

F: Let’s talk about the rules in computer games. They’re so important, aren’t they?

M: Having a reasonable number of basic rules is a starting point but that’s all. It goes without saying that I want them to be straightforward, and not something players have to think about before they play. Games shouldn’t just be about rules, you know. The fact is that nowadays players often prefer to have games which allow them to change the rules as they go along. It’s more entertaining.

F: In your games you have some very interesting characters.

M: I’m glad you think so, but although great effort goes into creating the way these characters look, at the end of the day it’s more about how you play. I might be curious about why someone chooses a particular character, but it’s not for me to question. Anyway, I’m more interested in tactics and style of play, which usually has little to do with the way a character actually looks.

F: I’m sure you love your job. Is that right?

M: Well, for me what is most fun is seeing players do things that you never imagined could happen in your game. People say that I must get satisfaction from the fact that computer games are considered as just another type of art, like literature or films, but I honestly wouldn’t be too bothered if it wasn’t like that. There’s always going to be criticism of computer games; I often hear it said they make people isolated, for example. In fact, they bring people together because most players compete against their friends.

F: What’s been the big lesson for you from doing your job over the last few years?

M: Before I started out I knew that I’d have to take on different responsibilities and develop new skills as I went along. That turned out to be right. I’ve also realised that a computer game is the result of team work and that my role in its creation is sometimes limited. I’m working alongside brilliant people so I no longer imagine I’m a genius. Other people in the office are the ones who will probably dream up the most amazing ideas and concepts.

Pause

Now you will hear Part 4 again.

Tone

Repeat

Pause

That is the end of Part 4.