

LISTENING - Part 1

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

Extract One

You will hear two friends talking.

1 Why did Karen want to go riding with Annie?

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

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2 How did Karen feel when she rode her horse?

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

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Extract Two

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

3 Bob goes to the gym because

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

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4 Bob believes that New Year's Resolutions

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

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Extract Three

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

5 George decided to go ice skating

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

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6 Alison was surprised when she went line dancing because

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

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LISTENING - Part 2

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

People tend to have a panic attack when their brain tells them they are in a 7 .

The first sign of a panic attack is often an abnormal beating of 8 .

It may be useful to keep a diary of any 9 you have so that you can analyse them.

You should not 10 from places that cause you to panic.

If you tense and relax all your 11 your whole body will actively relax.

Holding a 12 to your face can help you breathe during an attack.

13 for 10 to 15 seconds will calm hyperventilation.

14 such as herbs, camomile tea and aconite can relieve panic attacks.

LISTENING - Part 3

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

15 According to the presenter

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

16 Barbara warns that foul-weather friends

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

17 The danger of a trophy friend is that

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

18 A sisterly friend

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

19 According to Barbara, a good friend

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

20 When making new friends

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

LISTENING - Part 4

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

TASK ONE

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

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

TASK TWO

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

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