

LISTENING TEST

Listen to the instructions for each part of the paper carefully.
Answer all the questions.

While you are listening, write your answers on the question paper.

INFORMATION

There are four parts to the test.
Each question carries one mark.
You will hear each piece **twice**.
For each part of the test there will be time for you to look through the questions and time for you to check your answers.

PART 1 01:02

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

- 1 You hear a young man talking about his hobby of rock climbing. **01:18**
How does he feel about it?
A satisfied with his level of expertise
B concerned about doing a dangerous sport
C proud when he copes with difficult conditions **01:57**
- 2 You hear a public announcement at a family theme park. **02:46**
What does the announcement **conclude**?
A a change to a timetable **03:23**
B details of a new attraction
C instructions about a location
- 3 You hear two people talking about a **course they have attended**. **04:27**
What was the topic of the course?
A book illustration
B journalism
C publishing **04:47**
- 4 You hear two people talking about a film they have both seen. **05:47**
What do they **agree** about?
A The story wasn't very original.
B Reviews of the film weren't accurate. **06:07**
C The message wasn't very positive.
- 5 You hear a man being interviewed about a **new project** he has set up in his home town. **07:07**
What is the purpose of the project?
A to reduce the amount of litter on a town's streets
B to increase the inhabitants' awareness of recycling
C to stop shopkeepers using plastic bags for customers' purchases **07:43**
- 6 You hear a man talking on the radio about salespeople. **08:39**
What does he say about them?
A They take pride in forming good relationships with buyers.
B They keep one objective in mind at all times. **09:17**
C They prefer people they think are easy to sell.
- 7 You hear two friends talking about a student website. **10:10**
What do they **agree** about it?
A It is visually attractive. **10:30 10:40**
B It has a lot of useful advertisements.
C It is easy to navigate round.
- 8 You hear a chef talking about taking part in a cookery competition. **11:35**
What did he find surprising?
A how nervous he felt
B how rushed he felt
C how tired he felt **12:14**

Part 2

You will hear a man called Chris Graham talking to a group of students about a vacation job he had in Australia.

For questions 9 – 18, complete the sentences with a word or short phrase.

MY VACATION JOB IN AUSTRALIA 01:12

- Chris thinks the best place to find a job like he had is the (9) **INTERNET**. **01:30**
- Chris is studying (10) **HISTORY** at university. **02:05**
- For most of the time he was working for the travel company, Chris lived in a (11) **CARAVAN** outside of the town. **02:21**
- Chris was often asked to go to a (12) **PARTY** at the weekend. **02:36**
- In the mornings, Chris had to drive tourists to see the (13) **SUNRISE** in the desert. **02:50**
- Many of the tourists were **unaware** of the need to keep their **SHOULDERS** (14) covered up when they were in the sun. **03:10**
- The tourists particularly wanted to know how to tell the difference between the (17) **TRACKS** of the wild animals.
- In the afternoons, the tourists were able to see some (16) **PLANTS** that had more than one use. **03:49**
- Chris says that the local government would like to have a larger **AIRPORT** (17) to attract tourists. **04:11**
- Chris advises other students to send off their job application forms in the month of (18) **JANUARY** at the latest. **04:36**

Part 3

You will hear five short extracts in which people are talking about happiness. For questions 19 – 23, choose from the list (A – H) what each person says happiness means to them. Use the letters only once. There are three extra letters which you do not need to use.

- A** Having a happy personality allows you to cope effectively with problems. **02:53**
- B** Happiness comes from having someone special to share your thoughts with. (19) Speaker 01 **D**
- C** Happiness is all about the experience of overcoming problems. **04:06** (20) Speaker 02 **H**
- D** Happiness is a short escape from everyday routine. **01:22 01:36** (21) Speaker 03 **A**
- E** True happiness lies in making others happy. **02:31** (22) Speaker 04 **G**
- F** Older people are also happy than younger ones. **03:07** (23) Speaker 05 **C**
- G** Happiness is being thankful for what you have. **03:48** **03:34**
- H** Happiness comes from achieving your goals. **02:20**

- 01 – 01:22** – Get away from it all for an hour and so. **01:36** – But that brief moment of happiness helps me to reflect and makes sense to my life
- 02 – 02:20** – For me it is all to do with setting yourself a list of things to get through and then you've completed them, now you can be happy.
- 03 – 02:53** – But in my experience happy people get through life more easily. If you take things seriously all the time that's when you get stressed or have health issues maybe.
- 04 – 03:22** – I also get moments when I am just, say, sitting on a train and suddenly I think about my children's smiling faces and realize how lucky I am, how happy they make me and my husband too, of course. **03:34** – My life could've turned out much worse as it has for many people.
- 05 – 04:06** – It's all about your life not being too easy.

Part 4

You will hear part of a radio interview with an author called Mickey Smith, who is talking about becoming excellent at sport. For questions 24 – 30, choose the best answer (A, B or C).

- 24 When asked about his theory on talent, Mickey says that
A he is doing further research with other people.
B he realises some people disagree with him. **01:48**
C he has not yet fully proved his ideas.
- 25 Mickey believes that outstanding football players
A have better levels of concentration than other players.
B are aware of the positions of other players on the pitch. **02:36**
C are faster runners than other players.
- 26 How did Mickey feel when he first became successful at gymnastics?
A convinced he had a natural aptitude for the sport **02:58**
B conscious that others in his area didn't have the same chances
C lucky to have had one of the best training routines
- 27 Mickey says that the motivation to continue training for long periods of time
A develops at an early age in people who become experts.
B depends on your personal attitude towards success. **03:47**
C does not come naturally to most people.
- 28 Mickey says that coaches working with young people need to understand that
A children and adults have different thought processes.
B young people have a built-in drive to succeed in areas like sport.
C it is important to focus on mental rather than physical techniques. **04:08**
- 29 Mickey says that many people who play sport don't bother to try hard because
A they feel incapable of reaching the same levels as sports stars. **04:46**
B they don't have time to put in the necessary effort.
C they are not confident in their ability to deal with success.
- 30 According to Mickey, what can cause some sports people to fail at important events?
A They haven't trained enough.
B They are inexperienced at dealing with pressure.
C They can become too aware of their actions. **05:19**

Cambridge English: First – Listening Sample Test 2

Narrator: I am going to give you the instructions for this test. I shall introduce each part of the test and give you time to look at the questions. At the start of each piece, you will hear this sound: [Sound]. You will hear each piece twice. Remember, while you are listening, write your answers on the question paper. You will have five minutes at the end of the test to copy your answers onto the separate answer sheet.

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

PART 1

Narrator: Now open your question paper and look at Part 1. You will hear people talking in eight different situations. For questions 1 to 8, choose the best answer (A, B or C).

Question 1

Narrator: You hear a young man talking about his hobby of rock climbing.

Young Man: It's not for everyone, but I love the physical aspect. I started hooked by accident. My uncle took me to an indoor climbing wall, and I was hooked. The start of any climb still gives me a real buzz. I've never settled for being less than the best at anything I've tried, and that's what pushed me to the standard I am now. Which doesn't mean I don't think I can still improve. I get a huge sense of achievement when I finish a particularly demanding climb. And though other climbers get nervous sometimes, like when there's ice or the weather's bad, that never puts me off.

[The recording is repeated]

Question 2

Narrator: You hear a public announcement at a family theme park.

Sonya Lee: Attention everybody, this is Sonya Lee, and I'm events manager for today at Sea World Center. If you hurry to Zone D, you can catch the spectacular riding with Dolphins event. The next one's on at five past eleven, but don't worry if you miss that because you've got three more chances to see it today. We'll now be feeding the Sea Lions at 2:15; that's 45 minutes later than scheduled according to your programs. And whatever you do, don't miss the ever-popular Penguin Walkabout. That starts in half an hour. You've never seen anything like it. See you there!

[The recording is repeated]

Question 3

Narrator: You hear two people talking about a course they have attended.

Woman: I enjoyed that. **Man:** It was a bit too "businessy" for me. I know everything's about profits these days, but I still think producing books should be more about creativity than making money. **Woman:** Everything's going the same way whether you like it or not. A friend of mine did a course on book illustration, and she said the first lecture was about costs. **Man:** Anyway, this speaker said if we're going into the book trade, we should get practice in as many aspects as possible. **Woman:** I agree with that. They need an editor for the sports page on the student newspaper, and I think I'll go for it.

[The recording is repeated]

Question 4

Narrator: You hear two people talking about a film they have both seen.

Woman: Well, what did you think of that film? **Man:** I had mixed reactions. Really. From what I'd read, I expected it to be funnier. **Woman:** I know what you mean. Just shows how different people's tastes can be, I guess. Good twist at the end though. I wasn't expecting that, were you? **Man:** Kind of guessed what was coming, to be honest. There were a lot of references to other films in the storyline, I thought. **Woman:** Oh, you think so? I wasn't quite sure what message it was trying to convey though. One minute it seemed to be saying one thing, and the next it was saying the opposite. **Man:** Yeah, I agree.

[The recording is repeated]

Question 5

Narrator: You hear a man being interviewed about a new project he has set up in his home town.

Suzy: Stephen, this new environmental project you're running, what are you hoping to achieve? **Stephen:** Well Suzy, the town I live in, Melbourne, is a very pleasant place to live – clean and tidy. The problem really isn't with Melbourne as such, but is a wider problem: that of the dangers of rubbish to wildlife. So I got all the retailers in the town together and showed them a film I'd made on this subject. And as a result, they've agreed to use paper bags instead of plastic ones. Recycling was introduced very successfully last year, so I'm hoping that my new project will have similar success.

[The recording is repeated]

Question 6

Narrator: You hear a man talking on the radio about salespeople.

Man: Professional salespeople can sell anything to anyone, and they do this by using very basic psychological techniques. Buyers normally have certain requirements by which they will judge the suitability of a product. The seller therefore attempts to find out what these conditions are by building a bond, asking questions about hobbies, family, and the like. But you need to remember: the seller is only interested in closing the deal. At its most extreme, salespeople will even attempt to mirror the body language of the buyer. If the buyer laughs, then so will the seller.

[The recording is repeated]

Question 7

Narrator: You hear two friends talking about a student website.

Man: The college website is up again. Have you seen it? **Woman:** Yes, they've been working on it for a month, and it's better now. I thought if they'd got sponsorship from local companies, there'd be too many advertisements, but it's okay. **Man:** Yeah, that's not a problem. They must have got someone in from the design department to work on it because there's some real improvements. It's not so dull. **Woman:** Especially the artwork on the homepage. They want people to send in ideas so they can change the layout regularly. **Man:** Okay, so long as it doesn't get too complicated and you waste time figuring out how to get to the page you want.

[The recording is repeated]

Question 8

Narrator: You hear a chef talking about taking part in a cookery competition.

Interviewer: How did you find the competition? **Chef:** Tough, but I really enjoyed it. I was convinced the dishes I'd chosen to prepare would go down well. I decided to focus on using local ingredients, as people nowadays worry a lot about what they're eating, and it's really important to know where the food comes from. It was my first time competing against others, and it was fun being under pressure to come up with things under strict time limits. I hadn't expected to be so worn out though. I think it was having to be on my feet for so long. But it's definitely something I'll do again.

[The recording is repeated]

Narrator: That is the end of Part 1.

PART 2

Narrator: Now turn to Part 2. You will hear a man called Chris Graham talking to a group of students about a vacation job he had in Australia. For questions 9 to 18, complete the sentences with a word or short phrase.

Chris Graham: Hello everyone. My name is Chris Graham, and I spent my last vacation working in Australia. The place I was in is a popular tourist spot, so there are lots of student jobs advertised in the newspaper – from hotel work to being a tour guide. I saw my job, for a **bus driver, on the internet**, and so I applied. I'd recommend you do that too. The whole idea of getting to know another country really appealed to me, and I'm really pleased I had the opportunity to go.

I worked for a company which tries to help tourists understand what life used to be like before Europeans arrived – a time before clothes, cars, and electricity. Many of the local people, the Aborigines, work for the company. Studying tourism at university wasn't essential to get the job; in fact, my subject's History. What I *did* do was a short training course when I first arrived, though, to learn about the local plants and animals.

At first, I was given a room in a hotel in town, but I found that I felt quite lonely, so I moved into a caravan on the outskirts. Lots of other staff lived on the site, and I got to meet lots of the local people there too. Everyone was really friendly, and as there wasn't a cinema or restaurant nearby, people frequently had a party on Saturday night, and I was always invited.

I worked six days a week, and I had to get up really early in the morning when most people, and even the birds and animals, are asleep. This is so the tourists can get to take photos of the sunrise. I used to pick them up from their hotels around 5:00 AM and then head out of town and into the desert. The tourists were from all over the world and often had no experience of the heat. They knew, of course, about covering their head and neck with a hat, but often left their shoulders uncovered, which wasn't very sensible, especially if they hadn't been in the country for long and weren't used to the sun.

After we had been into the desert, I would take the tourists to the local cultural center, where they had the opportunity to ask questions. The tourists were especially keen to find out how to distinguish the tracks of kangaroos from wallabies and wild dogs.

After the morning session, I usually went back home, had a shower and a rest, then started again around two in the afternoon. I used to take the afternoon group to a water hole, where they were shown which plants could be eaten and which were also used to make weapons for hunting.

At one time, there were very few tourists in the particular area I worked in because you needed to get a coach from the small railway station in the nearest large town, a good 200 kilometers away. There's now an airport, but the local government is keen to get one built which can take more flights, especially from abroad. I'm not sure about that, as I think it's busy enough as it is, but it would be good for the local economy, no doubt about it.

Anyway, I really recommend working in Australia during your vacation. The busy tourist season in the area where I worked is from May to October, so you need to make sure your application is in by the January of the year you're hoping to work. You might not hear until March, as it takes a while to process the applications and get references, but make sure you don't leave it too late.

[The recording is repeated]

Narrator: That is the end of Part 2.

PART 3

Narrator: Now turn to Part 3. You will hear five short extracts in which people are talking about happiness. For questions 19 to 23, choose from the list (A to H) what each speaker says happiness means to them.

Speaker 1: What is happiness? From an early age, happiness for me is sitting in a boat in the middle of a lake on a summer's day and doing some serious fishing. All alone, just me and my thoughts. No stress. Get away from it all for an hour or so. But maybe not completely aimless. Not just lying on a beach somewhere, but having some task to do. Then when it's all over, it's back to normal life and problems and hassle, and having to fight to get what you want. But that brief moment of happiness helps me to reflect and make sense of my life.

Speaker 2: I think to be happy, you do obviously need some financial security – not rich, I didn't say that, 'cause there's an important difference. Um, also I'd say you need humor in your life. That's kind of obvious too. Having lots of free time to do what you want? Not sure there. I'd say quite the reverse actually. For me, you really appreciate your moments of leisure when you've done lots of hard work. If it's all play and no work in your life, then you don't enjoy it. So for me, it's all to do with setting yourself a list of things to get through, and then you've completed them. Now you can be happy.

Speaker 3: I sometimes wonder if being happy is something to do with age. Very young children are happy most of the time. Very old people are happy when they think of fond memories, and also they're happy when they see their grandchildren happy. So happiness is not just specific to one age group. That's certainly the case with my family. But in my experience, happy people get through life more easily. If you take things seriously all the time, that's when you get stressed or have health issues maybe. And sometimes life can be a real pain, let's be honest.

Speaker 4: Happiness comes in many shapes and forms. Personally, I'm happy when I'm active, doing my sports and feeling all healthy. But maybe that's a rather self-centered view. I also get moments when I'm just, say, sitting on a train, and suddenly I think of my children's smiling faces and realize how lucky I am. How happy they make me. And my husband too, of course. My life could have turned out much worse, as it has for many people. Will I still be happy when they've all grown up and gone away? I'm sure when that time comes, I'll find a new form of happiness.

Speaker 5: It's sometimes said that you make your own happiness, and I've got some sympathy for that view. But in my experience, it's something more than that. It might sound strange, but I honestly think it's all about your life not being too easy. If everything in your life is handed to you on a plate by rich parents, then I actually don't think you're as happy as someone who's had to struggle a bit in their life. When you can share your struggles with others and laugh about how you got through them, that's when you're truly happy. That's certainly how it's worked out for me.

[The recording is repeated]

Narrator: That is the end of Part 3.

PART 4

Narrator: Now turn to Part 4. You will hear part of a radio interview with an author called Mickey Smith, who is talking about becoming excellent at sport. For questions 24 to 30, choose the best answer (A, B or C).

Interviewer: Today on the program we have Mickey Smith, author of the book "The Power of Practice". Mickey, in your book you talk about what makes a champion sports person. Your argument is that talent – a natural aptitude or skill – doesn't exist, right? **Mickey Smith:** Right. I know that's controversial because it's thought that people are born with natural abilities. I have my critics, but the evidence from research I've done backs up my argument. If you look at anyone who's reached a high level in any complex task, you'll find they've spent many years building up to it. This has started other people thinking and doing their own research. I've no doubt they'll reach the same conclusions I have. **Interviewer:** What about physical abilities like speed? Isn't that what makes one footballer better than another, for example? **Mickey Smith:** There are physical issues that are significant in some activities. However, in virtually all complex tasks, the limiting factor is a mental thing. People don't become the greatest footballers because they move around the pitch quickly. While he may not realize it, the way a great footballer understands where his teammates are around him on the field is what helps him score goals, rather than speed. **Interviewer:** In your book, you also talk about geographical areas where lots of people become experts in the same activity. Gymnastics, for example. **Mickey Smith:** The town I grew up in produced the top gymnasts of my generation, myself included. My initial reaction when I got to the top was, "Wow, I must have been born with this ability to do gymnastics." But what about the others? What I now understand is that this excellence was down to having access to a fantastic coach and a seven-day-a-week gymnastics club, where we transformed ourselves from ordinary to extraordinary. Opportunity is another factor determining success.

Interviewer: Your argument is that to become excellent, you have to practice for thousands of hours. That's a lot of training. **Mickey Smith:** That's right. How successful you are is down to how long you've prepared to work. Evidence suggests those who make it believe excellence relies on practice. If you believe being good at something is down to natural ability, when you fail, you'll think you don't have enough of it, and you're more likely to give up. If you believe excellence is about effort, when you fail, you're going to see it as an opportunity to grow. **Interviewer:** What approach should coaches take when training youngsters in sport? **Mickey Smith:** The way to go about it is to ensure the child enjoys what they're learning, that it becomes an internal desire to progress. Coaching young people is more about psychology than it is about the technical side of things. It's making the young performer really care about where they're going, motivating them in the right way that will enable them to actually get there. Little difference from how you encourage adults, really. **Interviewer:** Why don't more people who play sport try harder to improve? **Mickey Smith:** Well, they see sports stars and assume they were born brilliant. But there's no evidence to suggest that. You just win games on the painstaking process it took to get them there when they're winning games on your TV screen. If you did, their brilliance wouldn't seem so miraculous. The illusion is to think they got there quickly and think, "Oh my goodness, I could never get up that slope." **Interviewer:** Given everything you've said about top performers, why do they sometimes fail at crucial moments? That's called "choking", right? **Mickey Smith:** Yes. It's to do with the expectation to succeed, no matter how many times they've done it before. When you first practice a skill, you have to exert conscious control over it. When you become proficient, you're able to do it subconsciously. When you choke, you become so anxious that instead of delivering your skill automatically, you become conscious of what you're doing, and it's like you've never done it before. **Interviewer:** Thank you very much.

[The recording is repeated]

Narrator: That is the end of Part 4. There will now be a pause of five minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I shall remind you when there is one minute left, so that you are sure to finish in time.

[Pause]

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