

 **Track 1A** You are going to hear James Davies, an expert on social networks, talking to a group of teens about how to protect themselves on the internet.

Choose the best answer according to the recording. Only one answer is correct.

0 What initial advice does Mr Davies give about social networks?

- A We shouldn't post photos of cats.
- B We ought to be mindful about what we post.
- C We should be friendly to everyone.
- D We shouldn't tell people what we're doing.

1 A password should

- A be easy to remember.
- B be the same for all your sites.
- C contain your name.
- D be a mix of letters and numbers.

2 Your username

- A can have your name and age in it.
- B shouldn't tell people where you are.
- C must be generated by the website.
- D could be same as your password.

3 What should you do in the settings?

- A Make them more complicated.
- B Let everyone know what you're doing.
- C Only let your friends see what you post.
- D Limit the people you are friends with.

4 What should you never post?

- A Your phone number or location.
- B Information about strangers.
- C What you're doing at the moment.
- D Your name.

5 How can people you don't know see your photos?

- A If you post them on a social network.
- B If one of your friends 'likes' them.
- C If they post a photo of you on the internet.
- D If a friend takes a photo of you.

6 Potential employers

- A might post photos of you on the internet.
- B check university websites for candidates.
- C are not allowed to check your social networks.
- D can check what you posted on the internet.

7 What does Mr Davies say about friends?

- A They can be strangers.
- B They will protect your privacy.
- C Their privacy should be protected.
- D They don't want to go on social networks.

8 What is the biggest risk of social networks?

- A Not enjoying yourself on them.
- B Not studying with them.
- C Wasting your time on them.
- D Not eating properly.

Track 1B and 1C You are going to hear two friends talking about the future of mobile phones.

Choose the best answer according to the recording. Only one answer is correct.

- 0 What will one advantage of 'wristwatch phones' be?
- A They'll tell the time.
 B The screens will be small.
 C It'll be harder to forget them.
 D They'll have a built-in camera.
- 1 One disadvantage is
- A it'll get wet in the shower.
 B it won't take photos.
 C it'll have a small memory.
 D you can't use it with both hands.
- 2 People love
- A using Facebook.
 B taking and posting photos.
 C using a special lens.
 D carrying around cameras.
- 3 Lenses will
- A be built into a smartphone.
 B be part of the phone's screen.
 C be attached to the phone.
 D have built-in video.
- 4 Bigger screens are useful for
- A taking better photos.
 B reading books.
 C showing things to other people.
 D using tablets.
- 5 What will you be able to do with mobile phone screens in the future?
- A Fold them up.
 B Take them off.
 C Leave them in your pocket.
 D Cover them up.
- 6 You'll be able to control apps
- A with your voice.
 B from your house.
 C by speaking to your friends.
 D and watch science-fiction films.
- 7 What does the woman think will be 'handy'?
- A Controlling your central heating.
 B Opening the windows.
 C Forgetting your keys.
 D Being able to open the door of your house.
- 8 What is the man afraid of?
- A People not knowing where you are.
 B People always knowing where you are.
 C Phones getting smarter.
 D Losing his mobile phone.

Tip

Predicting topic content

Before you listen to something, think about the topic area that it deals with and predict words and phrases that you can expect to hear related to that topic.

- 1** You are going to hear a conversation between two friends about the future of mobile phones. Here are some things they talk about. What do you think they'll say about them? Discuss with a partner.

flexible screens • wristwatch phones • camera lenses • controlling your house

- 2** **Track 1B and 1C** Listen. Were your predictions correct?

- 3** **Track 1B and 1C** Listen again. Are the following statements true or false?

- | | |
|--|--------------------------|
| 1 The woman has never forgotten her mobile phone. | <input type="checkbox"/> |
| 2 Wristwatch phones will have limited functions. | <input type="checkbox"/> |
| 3 You'll be able to get your wristwatch phone wet. | <input type="checkbox"/> |
| 4 Companies are making special lenses for mobile phone cameras. | <input type="checkbox"/> |
| 5 A lot of mobile phones are almost like tablets in size. | <input type="checkbox"/> |
| 6 Smartphone screens will be thicker so you can fold them. | <input type="checkbox"/> |
| 7 Mobile phone apps will be controlled by your voice. | <input type="checkbox"/> |
| 8 You'll be able to open the front door of your house with your phone. | <input type="checkbox"/> |

- 4** Work with a partner. Discuss the questions.

- 1 What do you think of the different developments in Exercise 1? Do you think they will be useful? Why?/Why not?
- 2 What developments or improvements to smartphones would you like to see?

 **Track 2A** You are going to hear a radio programme in which people talk about their favourite teachers at school.

Choose the best answer according to the recording. Only one answer is correct.

- 0 The radio station is called
- A KPR FM.
 - B CPR FM.
 - C CPA FM.
 - D KPA FM.
- 1 What might Mary O's job be?
- A A teacher.
 - B A bookseller.
 - C A writer of books.
 - D A nurse.
- 2 Bill's PE teacher
- A made him a good football player.
 - B didn't just teach them about sports.
 - C told them that football was his life.
 - D gave up football to become a PE teacher.
- 3 Jennifer's favourite teacher taught
- A Maths.
 - B Economics.
 - C Statistics.
 - D All of the above.
- 4 Mrs Henderson's lessons were helpful to Jennifer later in life because
- A they were very funny.
 - B they were all about Economics.
 - C they helped her in her university classes.
 - D she became a Maths teacher too.
- 5 Why was Mr Jennings such a good teacher?
- A He could remember a lot of dates.
 - B He taught only the facts.
 - C He could draw pictures of events.
 - D He helped students imagine what really happened.
- 6 Pete
- A is a History student.
 - B is a soldier.
 - C lives in London.
 - D is a History teacher.
- 7 Nikki had a special talent for
- A Science.
 - B remembering things.
 - C drawing.
 - D writing.
- 8 How did Nikki feel when she met her old primary school teacher?
- A Sad because she was very old.
 - B Surprised because she hadn't forgot Nikki.
 - C Embarrassed because she didn't remember Nikki.
 - D Happy because of the funny stories she told.

 Track 2B and 2C You are going to hear a talk about the life of Nelson Mandela.

Choose the best answer according to the recording. Only one answer is correct.

- 0 When did Mandela's presidency end?
- A 1994
 - B 2013
 - C 1918
 - D 1999
- 1 The name 'Nelson'
- A was given to him by his first teacher.
 - B was the name of his clan.
 - C was not his original name and meant 'troublemaker'.
 - D is the English for 'Madiba'.
- 2 Why was Mandela impressed at the ANC meetings?
- A Because there were a lot of black people there.
 - B Because he was interested in African culture.
 - C Because there were so many different people there.
 - D Because he wanted to attend university.
- 3 Apartheid meant that
- A black people weren't allowed to take buses.
 - B blacks and whites were completely separated.
 - C black people didn't go to school.
 - D black people were very poor.
- 4 At university Mandela studied
- A African culture.
 - B law.
 - C politics.
 - D religion.
- 5 Mandela was sent to prison for
- A acting against the government.
 - B political activism.
 - C speaking out against apartheid.
 - D creating opposition to apartheid abroad.
- 6 When was Mandela released from prison?
- A 1989
 - B 1994
 - C 1993
 - D 1990
- 7 Which of these problems are black people in South Africa still facing?
- A Discrimination
 - B Poverty
 - C Lack of education
 - D Disease
- 8 Where was Mandela's memorial service held?
- A In the USA.
 - B At his home.
 - C In a stadium.
 - D Near Johannesburg.

- 1** You are going to hear a talk about the life of Nelson Mandela. What do you know about him? Work with a partner and make notes.

- 2** **Track 2B and 2C** Listen. Were your notes correct?

Tip

Reading the questions carefully

Before you listen, read the questions carefully. This will help you to predict what the listening is about and to know what information you need to find out.

- 3** **Track 2B and 2C** Read the questions carefully. Listen again and make notes. Then compare your notes with your partner.

1 When was Mandela president of South Africa?

2 How did he get the name 'Nelson'?

3 What impressed him most about the ANC meetings?

4 What was apartheid?

5 Why was Nelson Mandela sent to prison?

6 What happened when he got out of prison?

7 What is the situation like for black people in South Africa now?

8 Where was Mandela's memorial service held?

- 4** Work in pairs. Choose the answer that most closely matches your answers in Exercise 3.

1 A From 1994 to 2013.

B From 1999 to 2013.

C From 1994 to 1999.

2 A It was given to him by his first teacher.

B It was the name of his clan.

C It was the English for 'Madiba'.

3 A There were a lot of black people.

B Everyone was interested in African culture.

C There were so many different people there.

4 A black people being unable to take buses.

B blacks and whites being completely separated.

C black people not going to school.

5 A For political activism.

B For acting against the government.

C For speaking out against apartheid.

6 A He became president with FW De Klerk.

B There were democratic elections and he jointly won the Nobel Peace Prize.

C He worked with FW De Klerk, who had won the Nobel Peace Prize.

7 A A lot of them still live in poverty.

B They still can't work with white people.

C There is still a lack of education.

8 A In the United States of America.

B Near Johannesburg.

C In a stadium.

- 5** Work with a partner. Discuss the questions.

1 Why do you think Nelson Mandela was such an inspiration to so many people?

2 Who is an inspiration for you?

 **Track 3A** You are going to hear a specialist talking about the Mediterranean diet.

Choose the best answer according to the recording. Only one answer is correct.

- 0 The Mediterranean diet
- A is about eating one type of food.
 - B is probably just a fashion.
 - C is not new at all.
 - D involves eating lots of protein.
- 1 The sort of food and quantities we should be eating
- A are not important.
 - B are represented in a pyramid.
 - C are not in the Mediterranean diet.
 - D depend on where you live.
- 2 Cereals
- A should be eaten every day.
 - B include fruit and vegetables.
 - C shouldn't be eaten in large quantities.
 - D can be left out of your diet.
- 3 What does the specialist say about fruit and vegetables?
- A You should eat more fruit than vegetables.
 - B They should be green.
 - C You should eat more vegetables than fruit.
 - D You should eat no more than five a day.
- 4 Unsaturated fat is
- A bad for you.
 - B in olive oil.
 - C made from nuts.
 - D something we eat too much of.
- 5 Dairy products
- A can be eaten several times a day.
 - B should not be eaten every day.
 - C can be eaten a couple of times a day.
 - D are not in the Mediterranean diet.
- 6 At the very top of the pyramid
- A are sweets, chocolate and cake.
 - B is food that's hard to find.
 - C is chicken and turkey.
 - D is red meat.
- 7 Heart disease
- A kills more people in the UK and the USA than anything else.
 - B leads to other diseases, like cancer and hypertension.
 - C kills a third of the population in the UK.
 - D has been reduced by a fifth in the USA.
- 8 What does the specialist recommend combining with the Mediterranean diet?
- A Lots of wine.
 - B Dementia.
 - C Staying at home.
 - D Exercise.

 **Track 3B and 3C** You are going to hear two friends talking about 'food personalities'.

Choose the best answer according to the recording. Only one answer is correct.

- 0 Your food preferences
- A have been described by a scientist.
 - B are directly related to your personality.
 - C are mostly about the food you don't like.
 - D have led to different theories.
- 1 People who like salty food
- A don't mind waiting for things.
 - B are very independent thinkers.
 - C are not very ambitious.
 - D want quick results.
- 2 A preference for spicy food
- A is dangerous.
 - B can be boring.
 - C means you like danger.
 - D means you are easily frightened.
- 3 If you like helping other people, you probably
- A like spicy food.
 - B like sweet food.
 - C like to mix sweet and spicy food.
 - D like ice cream.
- 4 Creative people
- A eat a lot of ice cream.
 - B probably mix sweet and spicy food.
 - C prefer spicy food.
 - D prefer sweet food.
- 5 Strawberry ice cream eaters
- A have a busy life.
 - B are creative.
 - C are very private.
 - D have low self-esteem.
- 6 Hirsch
- A has carried out tests on 80,000 people.
 - B is 24 years old.
 - C is a neurologist and psychiatrist.
 - D wrote a book called *Sensa*.
- 7 *Sensa*
- A is a kind of food.
 - B makes you want to eat more.
 - C replaces food altogether.
 - D helps people to lose weight.
- 8 How would you describe the man's attitude to what his friend is telling him?
- A He is sceptical.
 - B He believes some of it.
 - C He's indifferent.
 - D He's convinced in the end.

1 Work with a partner. Discuss the following statement.

What you eat says something about your personality. So people who like salty food, for example, have the same personality. By analysing what kind of food you like, an expert can describe your personality.

2 **Track 3B and 3C** Listen to the conversation. How would you describe the man's attitude to what his friend is telling him?

- A He's sceptical.
- B He believes some of it.
- C He's indifferent.
- D He's convinced in the end.

Tip

Not getting stuck on a question

When listening, make sure you don't miss the answer to later questions by getting stuck on one question. The answers will come in chronological order, so always read ahead to the next question. This way you will realise if you have missed the answer to a question when you hear that they are beginning to talk about the issue dealt with in the following question.

3 **Track 3B and 3C** Listen again. Put the things they talk about in the correct order, 1–8.

- A strawberry ice cream
- B people who like sweet food
- C Alan Hirsch
- D people who like salty food
- E *Sensa*
- F people who like spicy food
- G people who mix sweet and spicy food
- H broccoli

4 **Track 3B and 3C** Match the food and personality traits. Listen again and check your answers.

- | | |
|------------------------|---------------------------|
| 1 salty food | A generous and intuitive |
| 2 spicy food | B impulsive and private |
| 3 sweet food | C love risk and adventure |
| 4 chocolate ice cream | D creative and ambitious |
| 5 vanilla ice cream | E shy and opinionated |
| 6 strawberry ice cream | F impatient and ambitious |

5 Work with a partner. Talk about what kind of food and ice cream you like and whether you agree with the personality traits Alan Hirsch associates with them. Do you think he's right?

 **Track 4A** You are going to hear two colleagues talking about television.

Choose the best answer according to the recording. Only one answer is correct.

- 0 Chloe
- A knows Patrick already.
 - B works in the television industry.
 - C works in the same department as Patrick.
 - D has only joined the company recently.
- 1 Why doesn't Patrick have a television?
- A Because his girlfriend took his.
 - B Because it broke.
 - C Because he doesn't like watching TV very much.
 - D Because he couldn't get cable or satellite.
- 2 He listens to a lot of music because
- A he's a musician.
 - B he writes for a music website.
 - C he has his own blog.
 - D he gets bored.
- 3 Now Patrick
- A reads more books than he used to.
 - B takes longer to finish a book.
 - C doesn't like going to cinema.
 - D is going to close down a cinema.
- 4 Patrick watches some TV series
- A on the internet.
 - B on a neighbour's TV.
 - C on DVD.
 - D while he's cooking.
- 5 Does Patrick miss TV?
- A Yes, quite often.
 - B Yes, always.
 - C Yes, occasionally.
 - D No, never.
- 6 Chloe
- A doesn't remember what she watched last night.
 - B didn't enjoy watching X Factor.
 - C chatted to her friends last night.
 - D spent last night reading *Twitter* posts.
- 7 Patrick uses *Twitter*
- A to keep in touch with friends.
 - B when he gets bored.
 - C to check what's on at the cinema.
 - D to see what people are saying about TV programmes.
- 8 At the end of the conversation,
- A Chloe invites Patrick to the cinema.
 - B Chloe and Patrick go to the cinema.
 - C Patrick invites Chloe to the cinema.
 - D Patrick decides to help Chloe with her work.

 **Track 4B and 4C** You are going to hear a TV critic talking about the success of the sitcom *The Big Bang Theory*.

Choose the best answer according to the recording. Only one answer is correct.

- 0 43 million people watched *The Big Bang Theory*
- A in the USA.
 - B in the USA and Canada.
 - C in 2012.
 - D in English-speaking countries.
- 1 The fact that it is so popular is surprising because
- A it's about physicists.
 - B it's very different from *Friends*.
 - C it's set in California.
 - D it's not especially original.
- 2 What is 'a sitcom favourite'?
- A Mixing people with different personalities.
 - B Having a beautiful girl living near the main characters.
 - C Having characters who fall in love.
 - D Having characters who are quite nerdy.
- 3 What do Sheldon and the actor who plays him have in common?
- A They're both physicists.
 - B They're both from Texas.
 - C They both have obsessive behaviours.
 - D They've both won many awards.
- 4 What has turned out to be one of the keys to the success of the sitcom, according to the TV critic?
- A Leonard's relationship with Sheldon.
 - B Sheldon's relationship with Penny.
 - C Penny's relationship with her neighbours.
 - D Leonard's relationship with Penny.
- 5 How is Howard different from his friends at Caltech?
- A He's very successful with girls.
 - B He's a doctor.
 - C He lives on the International Space Station.
 - D He doesn't have a Doctorate.
- 6 The new characters
- A are mostly women.
 - B marry characters on the show.
 - C appeared in the first series.
 - D live with Penny.
- 7 Another feature of the series is
- A its debates about films and TV series.
 - B that it mentions different aspects of popular culture.
 - C that the characters love comic heroes.
 - D the characters get involved with girls.
- 8 What is the TV critic's conclusion about *The Big Bang Theory*?
- A The characters are the most important thing.
 - B The plot is very strong.
 - C It's a very intelligent show.
 - D The characters love each other.

- 1 What do you know about the TV sitcom *The Big Bang Theory*? Discuss with a partner.
- 2 **Track 4B and 4C** You are going to hear a TV critic talking about the success of the sitcom *The Big Bang Theory*. Listen and put the parts of her talk (A–E) in the correct order, 1–5.
 - A other central characters
 - B audience figures
 - C the main characters
 - D comparisons with other TV sitcoms
 - E what makes the series so successful

Tip

Listening for what you need

While you listen, pay attention to the parts that are relevant to the questions and don't worry too much about the rest. This reduces the amount of information you have to process and so makes the listening task easier.

- 3 Where will you find the answers? Match the questions with the parts of the talk in Exercise 2. Write 1–5.
 - A What is 'a sitcom favourite'?
 - B In what way is Penny's relationship with her neighbours important?
 - C How did Amy and Sheldon meet?
 - D Is *The Big Bang Theory* very different from other sitcoms?
 - E Who are Howard and Raj?
 - F How many people watch the TV series in the UK?
 - G What do Sheldon and the actor who plays him have in common?
 - H What is the TV critic's conclusion about the series' success?

- 4 **Track 4B and 4C** Answer the questions in Exercise 3 in your own words. Listen and check your answers.

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

- 5 What TV programmes do you enjoy watching? Tell your partner what they're about.

 **Track 5A** You are going to hear Dr Elizabeth Plant, a specialist in adolescent medicine, talking about children of a certain age.

Choose the best answer according to the recording. Only one answer is correct.

- 0 Dr Plant
- A works at a clinic in London.
 - B was a doctor sixteen years ago.
 - C is retired.
 - D has worked with adolescents for ten years.
- 1 Tweens
- A are usually girls.
 - B are not teenagers yet.
 - C don't go to school.
 - D aren't the same as pre-adolescents.
- 2 Dr Plant says that
- A boys are too young to be tweens.
 - B girls at this age are interested in boys.
 - C boys and girls should go to the same schools.
 - D girls have changed more than boys at this age.
- 3 Which of these changes has Dr Plant not observed?
- A Children are maturing faster.
 - B Children are changing physically earlier than they used to.
 - C Ten- and eleven-year-olds are behaving like teenagers earlier.
 - D Many ten- and eleven-year-olds have psychological problems.
- 4 What are parents doing wrong, according to Dr Plant?
- A Letting children take over.
 - B Behaving like teenagers.
 - C Being too strict.
 - D Expecting too much.
- 5 Another 'major factor' is
- A violence.
 - B language.
 - C technology.
 - D education.
- 6 Why might mobile phones or tablets be a problem?
- A Tweens can become addicted to them.
 - B Tweens can watch things that they shouldn't.
 - C They are not appropriate for children.
 - D Parents are too strict with their tweens.
- 7 Tweens copy the behaviour of other tweens because
- A they want to be accepted.
 - B they don't respect their parents.
 - C they want to look sexy.
 - D they want to make their parents worry.
- 8 What should parents do?
- A Ask a doctor to talk to their child.
 - B Discuss rules and limits with their child.
 - C Take away their child's mobile phone.
 - D Buy their child a video game.

 **Track 5B and 5C** You are going to hear a radio programme about summer holidays.

Choose the best answer according to the recording. Only one answer is correct.

- 0 Jane and Fiona
- A went on holiday together.
 - B are both writers.
 - C have published a book together.
 - D both write for a newspaper.
- 1 Why can't Fiona's holiday memories be 'real'?
- A Because she didn't always go on holiday to England or Wales.
 - B Because those memories aren't all good.
 - C Because it's impossible that the weather was always good.
 - D Because she doesn't remember things very clearly.
- 2 Which of these activities does Fiona not mention?
- A Having picnics on the beach.
 - B Exploring the sand dunes.
 - C Spending too much time in the sun.
 - D Playing watersports.
- 3 How many brothers and sister does Fiona have?
- A 2
 - B 3
 - C 4
 - D 5
- 4 What did they do in Wales?
- A They went to the beach.
 - B They visited a farm for a day.
 - C They went walking in the countryside.
 - D They stayed away from animals.
- 5 Fiona thinks
- A her memory is not reliable.
 - B they didn't go to Wales.
 - C she did some bad things.
 - D it's always sunny in England.
- 6 Jane
- A lived in the country.
 - B didn't go on holiday with her parents.
 - C doesn't remember her holidays.
 - D doesn't have very happy memories of her holidays.
- 7 Jane's dad
- A loved living in Birmingham.
 - B was very fond of hiking.
 - C wanted to visit Birmingham.
 - D loved the rain.
- 8 Jane used to walk two miles
- A to see her boyfriend.
 - B to get out of the rain.
 - C to talk to her boyfriend on the phone.
 - D to get some money for a new phone.

- 1** **Track 5B and 5C** You are going to hear a radio programme about summer holidays in England. Here are some things the guests talk about. What do you think they'll say about them? Discuss with a partner.

the weather • food • activities

- 2** **Track 5B and 5C** Listen. Were your predictions correct? How are the two speakers' memories different?

Tip

Listening for key expressions

While you are listening, try to listen out for key expressions which give a clue to what will follow.

- 3** **Track 5B and 5C** Listen and complete the sentences with the expressions the speakers use.

- 1 Well, _____ I have wonderful memories of my summer holidays.
- 2 _____ that in my head, the sun was always shining.
- 3 _____, this was all before seat belts and child car seats and so on.
- 4 _____ it wasn't all perfect.
- 5 Well, _____ ? I don't! My memory is of it always raining.
- 6 _____ when I was a teenager because it was even worse then!

- 4** **Track 5B and 5C** Listen again. Match the expressions in Exercise 3 with their functions (A–F).

- A to introduce something that is extra information
- B to introduce a surprising point
- C to change the topic or to continue with a different point
- D to show an important point
- E to question someone else's point
- F to begin a point

- 5** Work with a partner. Talk about your memories of your summer holidays. Talk about one summer you particularly remember. Do you have any bad memories?

 **Track 6A** You are going to hear part of a radio programme about sporting history.

Choose the best answer according to the recording. Only one answer is correct.

- 0 Elaine is going to talk about
- A cheating in sport.
 - B drugs.
 - C negative images of sport.
 - D good sportsmanship.
- 1 The first story is about
- A the long jump.
 - B running.
 - C gymnastics.
 - D the high jump.
- 2 Jesse Owens was
- A a German athlete.
 - B a black American athlete.
 - C Adolf Hitler's favourite.
 - D born in 1936.
- 3 Lutz Long helped Jesse Owens by
- A fouling his jumps.
 - B teaching him to jump better.
 - C advising him to try again.
 - D advising him to measure his run again.
- 4 Verdasco
- A was losing.
 - B was serving.
 - C was playing badly.
 - D was in the semi-final.
- 5 What happened when Verdasco served?
- A He broke his racket.
 - B He hit the umpire.
 - C The umpire said he served a double fault.
 - D He hit Roddick.
- 6 Why didn't Paolo Di Canio score a goal?
- A Because the goalkeeper stopped the ball.
 - B Because the referee stopped the match.
 - C Because he wanted to stop the match instead.
 - D Because he got injured.
- 7 What did Abel Mutai do in the race?
- A He stopped running before crossing the finish line.
 - B He got lost.
 - C He went into the crowd.
 - D He came second.
- 8 What did Iván Fernández do?
- A He paid attention to the crowd.
 - B He won the race.
 - C He stopped running.
 - D He pushed Mutai towards the finish line.

 **Track 6B and 6C** You are going to hear about the first man to swim across the Channel.

Choose the best answer according to the recording. Only one answer is correct.

- 0 Which of these statements is not true?
- A The Channel is the sea between Great Britain and France.
 - B More people have swum across the Channel than have climbed Mount Everest.
 - C The Channel is thirty-two kilometres wide.
 - D It has taken between six and twenty-eight hours to swim across the Channel.
- 1 William Burgess
- A swam across the Channel fifteen times.
 - B was the first person to swim across the Channel.
 - C was the captain of a steamship.
 - D had tried to swim across the Channel fifteen times.
- 2 Why was Matthew Webb famous in Britain?
- A He had tried to swim across the Atlantic Ocean.
 - B He was the captain of a steamship.
 - C He had tried to rescue someone in the Atlantic Ocean.
 - D He had fallen into the ocean from a steamship and was rescued.
- 3 How did he learn to swim?
- A He taught himself.
 - B He jumped off a ship.
 - C He was trained by a professional.
 - D He fell into a river.
- 4 He started his successful attempt
- A in early August.
 - B from Calais.
 - C a fortnight after his first try.
 - D from London.
- 5 What did he put on his skin?
- A Brandy.
 - B Dolphin skin.
 - C Sand from the beach.
 - D Oil from a porpoise.
- 6 What did some people do when he finally reached Calais in France?
- A They gave him some brandy.
 - B They sang Rule Britannia.
 - C They played cricket.
 - D They took him back home in another boat.
- 7 Captain Webb died when he tried to swim
- A across the Niagara Falls.
 - B from the USA to Canada.
 - C across the Niagara River.
 - D over the Niagara Falls.
- 8 Webb's body
- A was found after four days.
 - B was never found.
 - C was lost in the Niagara River.
 - D was taken to Shropshire.

1 Why do you think people do these things? Would you like to try any of them? Discuss with a partner.

climb Mount Everest • swim across a lake • ski off a mountain • run across a desert

2 **Track 6B and 6C** You are going to hear about Captain Matthew Webb, the first man to swim across the Channel. Listen and answer the questions.

- 1 How many times had he tried to swim across the Channel? _____
- 2 How long did it take him to swim across the Channel? _____

Tip

Familiarising yourself with key words

Before you listen, go through the questions saying the key words and any numbers to yourself to familiarise yourself with the way they sound.

3 **Track 6B and 6C** Say the following names, places and numbers to yourself. Then listen and match them with the definitions according to the recording.

- 1 2,671
- 2 Thomas William Burgess
- 3 *Emerald*
- 4 £100
- 5 the Severn River
- 6 24 August
- 7 *Rule Britannia*
- 8 1883
- 9 £12,000

4 Work with a partner. Do you remember the first time you did something difficult? What was it? How did you feel?

 **Track 7A** You are going to hear a talk about the rise of Benidorm as a tourist resort.

Choose the best answer according to the recording. Only one answer is correct.

- 0 What's the main reason people from northern Europe come to Benidorm?
- A The hotels.
 - B The swimming pools.
 - C The sun and beaches.
 - D The food.
- 1 No city in Europe has ... than Benidorm.
- A more tall buildings
 - B more swimming pools
 - C more beaches
 - D more tourists in summer
- 2 The population of Benidorm in summer is
- A 30,000.
 - B 41,000.
 - C 400,000.
 - D 71,000.
- 3 Why did Pedro Zaragoza decide to try to build up tourism in Benidorm?
- A Because the town was very small.
 - B Because Benidorm had great beaches.
 - C Because the fishing industry was starting to collapse.
 - D Because Benidorm had very tall buildings.
- 4 Why did Zaragoza want to build tall buildings?
- A Because it meant he could create green spaces around them.
 - B Because he thought he could get more people into a smaller area.
 - C Because he wanted to copy Manhattan.
 - D Because tall buildings were easier to build.
- 5 What was one of the main problems in Benidorm?
- A The city had no water supply.
 - B There was water under the city.
 - C The city had too many swimming pools.
 - D The climate was very dry.
- 6 Why were Spaniards shocked by the first tourists?
- A They were very large.
 - B They didn't go to church.
 - C They didn't have their own customs.
 - D The women wore bikinis.
- 7 Why was the bikini issue so important?
- A Tourists would not want to come to Benidorm if they couldn't wear bikinis.
 - B Bars were losing business by allowing women in wearing bikinis.
 - C Bikinis were very expensive in Spain then.
 - D Local people wanted to wear bikinis like the tourists.
- 8 What did the mayor of Benidorm do?
- A He asked Franco to come to Benidorm.
 - B He gave a motorbike to Franco.
 - C He convinced Franco to allow women to wear bikinis.
 - D He took off his shirt in front of Franco in protest.

 **Track 7B and 7C** You are going to hear a conversation about flights into space.

Choose the best answer according to the recording. Only one answer is correct.

0 What did Kevin want to be when he was a child?

- A A footballer.
- B A millionaire.
- C A rock star.
- D An astronaut.

1 How do you sign up for space flights?

- A You go to a company called Virgin Atlantic.
- B You can't sign up yet.
- C On the Virgin Galactic website.
- D You have to pay a deposit first.

2 How much does a space flight cost?

- A \$46,000
- B \$71,000
- C \$650
- D \$250,000

3 How does SpaceShipTwo get into space?

- A It flies on the back of another plane.
- B It has special rocket engines.
- C It uses gravity.
- D It doesn't actually go into space at all.

4 What height above Earth does SpaceShipTwo reach?

- A About 71,000 metres.
- B More than twenty-one kilometres.
- C 71,000 kilometres.
- D About 46,000 feet.

5 What is a Russian company planning to do?

- A Build a space station.
- B Turn the International Space Station into a hotel.
- C Build a hotel in space.
- D Destroy the International Space Station.

6 How long will you be able to stay in the space hotel?

- A Seven days.
- B As long as you want.
- C Up to a few months.
- D Only a few days.

7 What will hotel guests be able to do at the hotel?

- A Learn to make food in space.
- B Visit the moon for the day.
- C Relax by the swimming pool.
- D Go on space walks.

8 Kevin doesn't know

- A how much the hotel will cost.
- B where to go on holiday next year.
- C what guests will do at the hotel.
- D when to go on holiday.

1 Would you like to travel into space? What would a holiday in a space hotel be like? Discuss with a partner.

Tip

Using all the information on the page

- In listening exercises you are usually told what the general topic is.
- If there are pictures, use them to help you.
- Remember to read the questions before you listen.

2 Read all the questions on this page and the true/false statements in Exercise 4. What do you already know about the recording before you listen? Make notes.

3 **Track 7B and 7C** Listen. Were your notes correct?

4 **Track 7B and 7C** Listen again. Are the following statements true or false?

- | | |
|--|--------------------------|
| 1 When they were younger, Kevin and his friends all wanted to be the same thing. | <input type="checkbox"/> |
| 2 The woman thinks Kevin will never be an astronaut because he's too old. | <input type="checkbox"/> |
| 3 There isn't a lot of interest in space flights so far. | <input type="checkbox"/> |
| 4 The SpaceShipTwo doesn't fly directly into space on its own. | <input type="checkbox"/> |
| 5 The space hotel will be closer to Earth than the International Space Station. | <input type="checkbox"/> |
| 6 The hotel will cook food for you in space. | <input type="checkbox"/> |
| 7 Guests will be able to visit the moon from the hotel. | <input type="checkbox"/> |
| 8 Kevin is going into space for his next summer holiday. | <input type="checkbox"/> |

5 Work with a partner. Discuss the questions.

- 1 What did you want to be when you were a child?
- 2 Would you like to travel to space? Why?/Why not?

 **Track 8A** You are going to hear a conversation about fracking.

Choose the best answer according to the recording. Only one answer is correct.

- 0 Where is Rebecca going?
- A To an exam.
 - B To a shopping centre.
 - C To a demonstration.
 - D To school.
- 1 What is fracking used for?
- A To obtain gas and oil.
 - B To extract drinking water.
 - C To fill in holes in the ground.
 - D To break rocks.
- 2 What's happening in the USA according to Rebecca?
- A They have an economic crisis.
 - B They're at war with Saudi Arabia and Qatar.
 - C They have enough oil for the next hundred years.
 - D They don't have enough oil.
- 3 What are they using fracking for?
- A To extract natural gas.
 - B To get more oil.
 - C To heat their homes.
 - D To extract oil in Saudi Arabia and Qatar.
- 4 What's the main problem with fracking projects?
- A They are inefficient.
 - B They are dangerous.
 - C They use a lot of water.
 - D They produce carbon dioxide.
- 5 What's the problem with transporting the water?
- A They need a lot of oil.
 - B The trucks use a lot of fuel and they pollute the environment.
 - C They lose a lot of water on the way.
 - D They use about 400 gallons of water.
- 6 Which of these chemicals is not mentioned?
- A Lead.
 - B Sulphur.
 - C Hydrochloric acid.
 - D Sodium chloride.
- 7 What happens to these chemicals?
- A They mostly cause air pollution.
 - B They are recycled.
 - C Most of them return directly to the surface.
 - D A lot of them stay in the ground.
- 8 What is the greatest danger for people?
- A The chemicals affect the water that we drink.
 - B The chemicals turn into drinking water.
 - C The chemicals don't stay in the ground.
 - D Our rivers and lakes are contaminated.

 **Track 8B and 8C** You are going to hear a talk about a kind of waste that is becoming a major global problem.

Choose the best answer according to the recording. Only one answer is correct.

- 0 What kind of waste has the speaker just finished talking about?
- A Chemical waste.
 - B Household waste.
 - C Glass.
 - D Electronic waste.
- 1 What does the speaker ask the audience to do?
- A Give a definition of e-waste.
 - B Count how many electronic devices are in their homes.
 - C Count how many mobile phones they've had.
 - D Give examples of e-waste.
- 2 Which of these devices is not referred to as e-waste?
- A A computer.
 - B A television.
 - C A washing machine.
 - D A fridge.
- 3 How much e-waste are we generating every year according to one estimate?
- A 30 million tonnes.
 - B 50 million tonnes.
 - C 100 million tonnes.
 - D 22 million tonnes.
- 4 How often do Americans replace their mobile phones?
- A Every two years.
 - B Every year.
 - C Every five years.
 - D Every three years.
- 5 How many electronic devices are there in an Australian household?
- A 50.
 - B 20.
 - C 22.
 - D 28.
- 6 What part of e-waste do we know how to recycle?
- A Plastic.
 - B Electronic components.
 - C Metal.
 - D Glass.
- 7 What could be worth \$60 million?
- A A gold mobile phone.
 - B The silver in mobile phones.
 - C Recycling mobile phones.
 - D The gold and silver in mobile phones that Americans throw out every year.
- 8 What do they do in China?
- A Recycle the gold and silver in waste electronic devices.
 - B Dismantle the waste electronic devices for re-use.
 - C Make new mobile phones from recycled parts.
 - D Generate tonnes of e-waste.

- 1** Make a list of all the electronic devices in your house. What do you think happens to them when you throw them out? Discuss with a partner.

- 2** **Track 8B and 8C** Listen. Were your notes correct?

Tip

Missing information

Before you listen, think about what kind of information is missing – a number, the name of a place, a verb? This will help you know what to listen for.

- 3** Read the sentences. What kind of information is missing: a number (nu), the name of a place (p) or a noun (n)? Write *nu*, *p* or *n*.

- | | |
|---|--------------------------|
| 1 The speaker asks the audience to count how many electronic devices they have in their _____ . | <input type="checkbox"/> |
| 2 It is thought that, globally, we are currently generating _____ tonnes of e-waste each year. | <input type="checkbox"/> |
| 3 30 million computers are thrown out every year in _____ . | <input type="checkbox"/> |
| 4 In Europe we throw out more than _____ mobile phones each year. | <input type="checkbox"/> |
| 5 In _____ , the average household has twenty-two electronic devices. | <input type="checkbox"/> |
| 6 We know how to recycle some parts of e-waste, such as _____ . | <input type="checkbox"/> |
| 7 Every year in the USA, people throw out mobile phones with _____ worth \$60 million. | <input type="checkbox"/> |
| 8 A lot of e-waste is taken to _____ for dumping and recycling. | <input type="checkbox"/> |

- 4** **Track 8B and 8C** Listen and complete the sentences in Exercise 3. Sometimes more than one word is missing.

- 5** Work with a partner. Discuss possible solutions for the amount of waste we generate.