



Unit 1

You will hear five people talking about their oldest friend. Choose from the list (A-G) what each speaker says. Use the letters only once. There are two extra letters which you do not need to use.

Speaker One

Old friends are wonderful; a bit like the best family! Mine come from the neighbourhood where I've lived all my life. My oldest friend is a woman that I met when we were both at primary school. We both come from single-parent families and always got on very well. We helped each other when life was difficult. Even when I thought my world was falling apart, my friend was there to lend a hand. She really is very important to me and I know I couldn't get by without her.

Speaker Two

I try very hard to keep in touch with my oldest friend, Joanna, who lives in Australia. We met while we were still studying at university. When we got our first jobs, we bought a house together in London. It was perfect because she was always so cheerful and never grumbled, even if she was sick and tired of her work. We both did our fair share in the house and rarely argued. Then she started going out with a young Australian colleague and a year later she moved to Australia! We still have a chat every week, but I miss her company.

Speaker Three

My oldest friend really is that: he is about fifty years older than me and a bit like the grandfather that I never had! He's a university professor, who I met while I was studying art. I find him really interesting and we always have amazing discussions. We argue too, but we both enjoy a good argument! He gives me good advice in my career as an artist, but often criticises my work, too. He always says what he thinks, which is something I admire in him!

Speaker Four

I met my oldest friend when my children were small. We both had school-age children and one day we just started talking at the school gates. We discovered that our children were in the same class and also got on well. Both our families were new to the neighbourhood. It was fun to get together with another mother who understood my problems. Our children grew up together and soon made more friends, and we also found that the local people were not unfriendly at all. Now our children have grown up, and we're both in our fifties; we still enjoy each other's company.

Speaker Five

My oldest friend and I were once very close; like brothers. We met when we played music together in a band after we'd just left school. We argued a lot and the band fell apart. We didn't speak to each other for a whole year! Later, I realised that life is too short to

We are both older and calmer now. We're like brothers again and often go away on holiday together with our families when we get a chance!

Unit 2

You will hear a speech about Halloween. For questions 1-8, complete the sentences with a word or short phrase.

Halloween, which takes place on the last night of October, probably started around 2,000 years ago as the ancient Celtic festival of Samhain. The Celts, who lived in the part of Europe that is now Ireland, the United Kingdom and northern France had celebrations at this time of the year. It was an important time of the year for them because it brought an end to the season when there had been plenty of food and was a sign that the cold, dark winter was about to begin.

A lot of our modern Halloween traditions are similar to the Celtic customs. For example, people dress in costumes for Halloween. The Celts believed that the night of Halloween was the time when ghosts came back to earth. People thought that they would meet ghosts if they left their homes after dark. They didn't want these ghosts to recognise them, so they used to wear masks. They thought that by doing this, they too looked like spirits. The idea was that the ghosts would be frightened of them!

Another custom for which Halloween is famous is the 'trick or treat' tradition. This probably arrived in America in the second half of the nineteenth century. This was a time when there were many Europeans arriving in America. Among them were many Irish, who were trying to escape the effects of a terrible famine in Ireland. This famine, which happened in the 1840s, meant that many Irish were starving. When they came to America, they brought with them many of their old Halloween traditions, including going from house to house and asking the neighbours for food or money. Today the idea is that families can stop the neighbourhood children from playing tricks on them by offering them treats, which usually consist of sweets or chocolate. This tradition has grown and is one of the reasons Halloween costs people a lot of money. Americans today spend around six billion dollars every year on the celebrations at Halloween!

In the 21st century, Halloween is more of a fun celebration than ever. This may be partly because, in the 1800s, parents were encouraged to change Halloween from a holiday about ghosts and superstitions into a more 'family-friendly' holiday. They started having parties with seasonal food and games and stopped a lot of the more frightening customs. Nowadays, it is a reason for a party and a chance for adults and children to dress up. Some people, especially teenagers, still enjoy scaring their friends with spooky costumes. They might look like characters from their favourite horror film and the effects of

Unit 3

You will hear a radio report and some questions. Before the report, you will have time to read the questions. Listen to the report about the game of Quidditch and choose the best answer from the answer choices (A, B, C or D).

On tonight's *Sports Report*, we're looking at a fairly new sport which is becoming more and more popular, especially among young people. It's the sport of Quidditch, a team game which is like no other. Taken from the Harry Potter books, it started being played for real in the USA in 2005 at Middlebury College in Vermont. Now it is played in many universities and high schools in North America, Australia and Europe.

The game takes place on a pitch with three goal hoops at either end, one set for each team. The equipment that they need to play the game is one quaffle, which is an ordinary ball like a volleyball, and two bludgers, which are large, soft balls for throwing at players.

Each of the two teams brings 21 players to a match so that players can replace those who are tired, for instance. There are seven players from each team on the pitch during play and one player that does not belong to either team, which makes a total of 15. This player is called the 'snitch runner'.

Each team of players consists of three chasers, two beaters, one seeker and one keeper. The three chasers score a goal worth ten points each time they throw the quaffle through a goal hoop. They move the quaffle down the field towards the three goal hoops by running with it, passing it to teammates, or kicking it. It is the job of the keeper of each team to defend the goal hoops. At the same time, the two beaters use bludgers to try to 'knock out' other players, that is, to stop them making progress with the quaffle. When a beater hits a player with a bludger, that player is out of play until they touch their own goals. Each team also has a seeker whose job is to catch the snitch. The snitch is a ball attached to the waistband of the snitch runner. This is the athlete that wears a yellow uniform, but is not a member of either team and tries to avoid being caught. This person is also the only one on the pitch who does not play with a broom between his or her legs! The snitch is worth 30 points and when a seeker catches it, it is the end of the game.

If all this seems strange, there is one more unusual thing about Quidditch. Teams consist of both men and women. In fact, there is a rule which says that for every five players who are men, there must be two women, or if there are five women, there must be two men. What this means is that teams must include both men and women. For once, men and women are playing the same game on the same pitch. So finally there is a level playing field for men and women in a sport, and what a sport!

- Number 1** **How many players are on the pitch during a Quidditch match?**
Number 2 **What is the name of the ball which scores goals?**
Number 3 **What is the job of the beaters?**
Number 4 **What is the snitch?**
Number 5 **What does the speaker mean when**

Unit 4

You will hear eight short conversations. After each conversation, a question is asked about what was heard. The answer choices are shown as pictures. Choose the picture (A, B or C) which answers the question.

- 1**
M What kind of fruit shall we get?
W What about some melons? Look, they're on sale. If you buy one, you get one free.
M Mmm, I don't think we can eat that much. What else is in season?
W Well, the peaches and the grapes look good.
M OK, let's get a kilo of each.
N **Which fruit will they buy?**
- 2**
W Look what I bought Helen for her birthday!
M It's lovely. What is it? Is it some kind of jewellery ... an earring, perhaps?
W No, I was thinking of buying her a ring, but then I saw this. It's a mobile phone accessory. Look, you put it on your phone ... like this. Girls love them!
N **What present did the woman buy?**
- 3**
M Oh look, here's the jacket that I bought last week. And it's in the sales!
W How annoying! How much did you pay for it?
M €80. How much is it now?
W Well, there's a 25 per cent discount, so that means it's only €60 now!
M That's a saving of €20. It's OK, though, because they no longer have it in my size.
N **How much does the jacket cost now?**
- 4**
W Oh dear. I don't know which packet of washing powder to buy.
M Why don't you just compare prices? If you look at the price per kilo, these small ones are actually cheaper than the larger size.
W So it makes sense to buy two smaller boxes.
M That's what I'd do.
N **What does the man advise the woman to buy?**
- 5**
M What are you doing? Are you shopping online?
W No, I don't like buying clothes online. I'm window shopping online! I'm just looking at this shop's website to see what I like. Then, when I go into town tomorrow, I'll go there and try on the clothes that I've seen online.
M Oh right. I know you love walking round that shop!
W Yes, I sometimes buy books online, but clothes shopping is different!
N **Where is the woman shopping tomorrow?**
- 6**
W I've just ordered those DVDs you wanted.
M Thanks. When do you think they'll arrive?
W Well, let's see. Today is Tuesday 5th and they deliver within two working days, so I expect they'll come on Thursday at the latest.
M That's good, so we'll be able to watch them on Saturday night, then?
N **Which day might the DVDs arrive?**

7

- M** I've been looking round the shops for hours, but I still haven't found a present for Dad. It's already 4 o'clock and I want to go home.
- W** Have you tried that shop that sells electronic gadgets?
- M** No, that's a good idea. But doesn't it close at 4.30 today?
- W** No, it's open for another hour, so you'd better hurry over there!
- N** **What time does the electronics shop close today?**

8

- W** Can you tell me how much this blue T-shirt costs? It's lost its price tag.
- M** Certainly, madam. It's €15 with the discount.
- W** OK, I'll take it.
- M** Don't you want to try it on?
- W** No, it says 'medium' on the label, and that's my size.
- N** **Which T-shirt does the woman buy?**

Unit 5

You will hear a radio report about the Aspinall Foundation. For questions 1-6, choose the best answer (A, B or C).

Perhaps you have heard of John Aspinall, a man who had a dream to help wild animals return to the wild. Now his son, Damian, who grew up among his father's collection of wild animals, has managed to make that dream come true. Damian Aspinall is now chairman of the Aspinall Foundation, which runs two wildlife parks in the UK. His latest conservation project involved taking a family of gorillas back to their natural habitat in the Gambon, Africa.

The gorillas, most of which were born in Aspinall's wildlife park in Kent, England, were a close family with a large male gorilla called Djala as the leader of the group. Djala had been rescued from the wild as a baby when he lost his mother. He was taken to the wildlife park in England where he grew up. He joined a group of three other gorillas that had also been born in the wild and soon the family started getting bigger, as the female gorillas had several babies. Today, Djala is the father of more than a dozen gorillas! In 2013, he and ten other members of his family were finally taken back to the wild.

The journey home was a long and complicated one. In twenty-four hours, the group of gorillas were taken by lorry, two aeroplanes, a helicopter and a boat all the way from Kent in England, to a remote part of Africa.

Their final destination was the Bateke Plateau National Park, in the Gambon. Even before their arrival, the Aspinall Foundation had been working with the government to protect wildlife from poachers, who sometimes hunt gorillas illegally. They were still in danger from other gorillas in the area, which could have fought the new arrivals, but probably the biggest problem they faced was the risk of disease.

Their first experience of a wild habitat was on a ten-acre island so that they could adapt to the climate

them, too, but they soon started to prefer the food which they found growing on the island. In this small area, the team were also able to check on their health and their progress. When the team felt that the gorillas were ready, it was time to give them access to the rest of the Bateke National Park on the other side of the river.

Everyone who worked on this project watched the gorillas' progress with great excitement. They were pleased that these animals they knew so well had taken to their new home. Those people who had taken care of the gorillas said that they would miss them, but they were also proud to have been part of such a successful conservation project.

Unit 6

You will hear people talking in seven different situations. For questions 1-7, choose the best answer (A, B or C).

1 You hear two people talking about a crime.

- M** Did you hear about the fire at the secondary school?
- W** Yes, do you think one of the students did it?
- M** No, though the police are looking for an arsonist. Witnesses saw a man in his 20s acting strangely around the school. They say he attended the school years ago.
- W** Well, perhaps it could've been a teacher, then?
- M** No, it can't have been a teacher; all of the men who teach at that school are over 40!

2 You hear a news reporter talking about some criminals.

Police say that one of the men who escaped from a high security prison on Sunday has been caught. He was arrested when he tried to escape from the country by boat. Two other prisoners are still on the run, but police believe they have not left the country. Police warn the public not to approach these men, who are armed and dangerous.

3 You hear two people talking.

- M** Oh no! What's happened?
- W** Well, I got in ten minutes ago and the cat was in the house. You know I never leave him in the house when I go out, so I immediately thought that was a bit odd. Then I realised that the window had been broken! Someone had broken in and, well, I think they were looking for jewellery, but they can't have found any because it's in the bank. The worst thing is my laptop is missing!
- M** No, I've got that. I took it to a friend's house to ask him to fix some problems.
- W** Ooh, that's a relief! You know, I don't think the thieves had time to really search the house.
- M** No, they must've heard the cat making a noise and left in a hurry!

4 You hear a reporter talking about a crime.

Three stolen paintings have been found in a private flat in the centre of a small German town. These paintings, by the 19th century French artist, Monet, are very valuable. They were stolen a year ago from a large collection of French paintings by artists

pleased that the paintings can now be returned to his collection. Police are questioning the owner of the flat where the art was found.

5 You hear two people talking.

M Where's your brother, then?

W Promise not to tell anyone; he's doing community service.

M Oh, I see. So he's working in a hospital or nursing home, is he?

W No, nothing like that. He has to clean up the park. He's cutting the grass, painting benches, picking up litter, that sort of thing.

M Oh, right. So what had he done, then?

W He and his friends were caught vandalising the park. So now they have to fix it.

M Oh, I see. Make the punishment fit the crime.

W Yes, and they deserve it.

6 You hear a policewoman talking to some cyclists.

Hello lads! These are your bikes, right? You know you really should register them to keep them safe. Thieves are always stealing bikes and selling them, and to prevent this, the police recommend that you register your bike. This means you are shown as the owner of the bike on a computer database. Thieves know that if they steal a registered bike, the police can find the real owner and the thief will be arrested. It's a free service, all you have to do is go online and go to 'bikeregister.com'.

7 You hear a man talking about an incident at an ATM.

I was in a real hurry the other day. It was Saturday and I went to get some money out of the cash machine, you know, the ATM. I looked at the screen, answered the questions and out came the €300 I wanted ... and my card. Only it wasn't my card! It was the person who had used the ATM before me; they had forgotten to remove their card and I had just taken money out of their account! It was a terrible shock because I had, accidentally, stolen money from someone else. Of course I went to the police and explained what had happened, but they just told me to return the cash and the card to the bank on Monday.

Unit 7

You will hear eight short conversations. After each conversation, a question is asked about what was heard. The answer choices are shown as pictures. Choose the picture (A, B or C) which answers the question.

1

M What are you reading? ... Oh, that's my favourite newspaper! Have you got a subscription?

W Well, I'm trying it out at the moment, and I've only paid 99 pence for the first month! I'm going to pay the full subscription next month. It's £20.

M Oh, that's definitely worth it, when you consider the fact that most print newspapers are around £40.

N **How much will the woman pay for her newspaper subscription next month?**

2

W No, I mean on the computer. I know you can close those pop-up ones; they aren't the problem. It's the ones that flash on and off in the corner of the page that are so annoying!

M I know! Just wait till they start appearing on your mobile phone!

N **Which advertisements annoy the woman most?**

3

M Who's your favourite TV newsreader?

W I like the one with the glasses and the bright ties. He's got a really clear voice.

M Oh, really? I can't stand him. I like the woman with the short hair; she seems really intelligent.

W Oh, yes. She's very bright, but I find her a bit too serious. But the worst one must be that grey-haired man who shouts a lot.

M Oh, I know, I can't bear him, either.

N **Which newsreader do neither the man nor the woman like?**

4

W You can find me on Facebook.

M Oh, I'm not on Facebook. I'd rather read a book than waste time on Facebook!

W Oh, I see. So you're not a fan of modern technology?

M No, I wouldn't say that. I just love reading, so I take my e-reader everywhere. It's my favourite gadget.

N **What does the man like most?**

5

M Are you watching your favourite soap opera?

W Yes, shush, it's an important bit.

M Why, is someone sick?

W No, silly! It's the wedding!

M Oh, did I miss it? Who's getting married?

W Be quiet. It hasn't started yet. Oh, the bride's arriving at the church!

M On a motorbike?

W Yes, that's her!

N **What is the woman watching on television now?**

6

W Oh, look! I've got post!

M You mean an email?

W No, a letter, or maybe it's a birthday card. How lovely, it is a birthday card, from my cousin in France, and she's written me a long letter. Three pages!

M By hand? Wow, that's old fashioned!

W It's wonderful, and much more personal than an email!

N **What has the woman received?**

7

M What time's the match?

W They've just said it'll start at 6 pm local time. That's in London, so let's see, I think it'll start at 4 pm here in Greece.

M No, you're wrong. Greece is two hours ahead of the UK, so it'll begin at 8 pm tonight. Here, look, if you don't believe me; it says so on the TV schedule.

W You're right. I always get confused by the time difference!

N **What time does the match begin on television**

8

W I want to buy a baby book for my friend.

M Why, is your friend very young?

W No, she's just had a baby and I want to buy him a present.

M But surely the baby can't read yet?

W No, it's not a story book for the baby. It's a book for the parents where they can stick photos, cards and comments about their baby as he grows.

M Oh, I see. Perhaps we should ask in the stationer's.

N What does the woman want to buy?

Unit 8

You will hear people talking in seven different situations. For questions 1-7, choose the best answer (A, B or C).

1 You hear a woman talking about a job interview.

I had an interview for a part-time job in a department store today. The weather was terrible and I was a bit stressed when I arrived. When I met the interviewer, the first thing he said to me was: 'Windy Day!' and I said, without thinking, 'No, Jane Green!' I felt such a fool because I thought he had said 'Wendy Day?' and was getting my name wrong! It was not a good start! I realised that they really want people who are looking for a career in the store, and as I only want a temporary job, I doubt they'll hire me. Oh well, at least my friends will laugh when I tell them about it!

2 You hear two people talking about an old friend.

M Guess who I saw when I was out shopping?

W Who?

M Your old friend, Mary.

W Oh, well, she always loved shopping!

M No, she was working in that big new toy shop!

W What! You're joking, surely! She was so ambitious; she wanted to go to university and have a serious career!

M I know, it's a bit of a shock, but she seemed quite happy to be working there.

3 You hear a woman talking.

Since I retired from my job last year, I've been having the time of my life! I'm doing all those things I never had time to do when I was working and I've even taken up chess! I still find time to keep up with my old friends from work. We meet up every weekend, so I don't miss out on any of the office gossip! I'm busier than I've ever been and I can't say I ever get bored. I volunteer at the hospital once a week and I've got a long list of things I still want to do. Next year I plan to go on a luxury cruise!

4 You hear two people talking about a job.

M So, if you're a nurse, that means you have to work nights, I suppose. That must be exhausting!

W No, I'm used to it. I don't mind actually because the hospital is really quiet at night. Also nurses only work nights for short periods.

M So do you sleep during the day?

W Well, of course. I just turn off my phone, close

5 You hear a woman talking.

I run my own business, which can be exhausting. I work long hours and employ twenty people. As the boss, I have to be responsible for everything and I can't just go off on holiday whenever I like. I can't remember the last time I took more than a day off! The work is very satisfying, though, and I love the fact that the business is getting bigger every year. This is the first time we've made a big profit and I'll need to hire some more staff soon! My son is keen to take over the company, but I don't think I will ever quit!

6 You hear a man talking.

I got another letter from a company today saying that they couldn't offer me the job that I'd applied for. For every job, they get hundreds of applicants. I must've applied for over sixty jobs since I left university! At first I was upset, but you don't get anywhere by sitting around feeling sorry for yourself! I know if I just keep trying, I'll get the career I want. I'm not going to give up now!

7 You hear a woman and a man talking.

M You know, that pizza restaurant has offered me a Saturday job and I think I'll take it.

W Oh, I wouldn't if I were you. You know I've heard they don't pay very well and you'll smell of pizza when you come home! Also, you'll never be able to go away at weekends if you work on Saturdays.

M You've got a point, but I need to earn some money.

W Well, why don't you apply for evenings in the local supermarket? A friend of mine works there and she says you can tell them which evenings you're available and you don't have to work every weekend.

Unit 9

You will hear someone talking about school summer holidays. For questions 1-10, complete the sentences with a word or a short phrase.

Many children look forward to the school holidays, especially the summer holidays. These are the longest holidays of the school year. In the UK, they are normally six weeks long, but in many other parts of Europe they are up to three months long. In France, the summer holiday starts in the first week of July and ends in the first week of September and in Germany they have six weeks, but the holidays start and finish at different times according to which part of Germany the school is in. On the other side of the world, in some parts of Australia, schools close in late December and don't open again until February.

What is the reason for such a long holiday? Well, it goes back to a time in the past when many people were involved in agriculture. They needed the children to help them with the harvest. It was the busiest time of the farming year and the children spent their summer holidays in the fields, picking fruit and vegetables.

Nowadays, children are not usually allowed to work and the summer holiday is an opportunity to relax and have fun. It may be fun for the children, but the summer holiday creates problems now that most families have two working parents. Parents have to find

alone. Many choose to send their children to summer camp. Summer camp was invented over a century ago in America. For a long time it has been a traditional part of growing up in that country and allows children to spend a few weeks getting back to nature and participating in sports. It has become popular in other countries, too. Not all children want to go to camp, though, and camp is not always free. In fact, summer holidays can be very expensive. Trips to museums, parks and playgrounds might be free, but these places are always very crowded. It's not surprising many parents prefer to allow their children to stay at home and spend the summer in front of a screen.

Those with plenty of money might send their children on summer courses to learn a new skill or language, or simply to keep up with their school work. A major problem with the long summer holiday is that children don't remember the knowledge that they learnt in the previous school year and get out of the habit of studying. Getting back into the school routine in September takes time and many teachers complain that the first month is wasted as students have forgotten what they did the previous term. Research suggests that some children are more badly affected by this than others. It is usually children from families with less money who seem to suffer more from forgetting their studies over the long summer holidays.

There have been suggestions to bring the school year up to date. Some politicians would like to see the school year change to suit parents' working lives. They recommend a shorter summer holiday and longer school days. If this happened, parents, especially working mothers, would have fewer problems. This would definitely be popular with parents. However, not everyone likes this idea, especially students and teachers!

Unit 10

You will hear a radio interview with a woman called Sally Green, who is the media correspondent for a radio station. For questions 1-7, choose the best answer (A, B or C).

- Int** Welcome to *The Culture Show*. Today Sally Green, our media correspondent, is going to talk to us about something new in the media.
- Sally** That's right. I've just come back from Norway, the country which is said to have invented 'Slow television' or Slow TV.
- Int** 'Slow TV', what is that exactly? Television programmes without breaks for advertisements?
- Sally** No, no, nothing like that. Slow TV simply means they show all of an event. For example, there was a chess match, the World Chess Championship to be exact, that was broadcast on a state channel. They didn't cut any of it; the whole of the championship was shown, every minute!
- Int** That must have been a long programme!
- Sally** Yes, it took two weeks for Magnus Carlsen to beat his opponent Viswanathan Anand, but the championship attracted record numbers of viewers. For example, out of a population of five million, more than 450,000 people turned on their TVs to watch five hours of chess!
- Int** Is this, do you think, because one of the players, the winner, is Norwegian?
- Sally** Well, I suspect that has something to do with it.

- Int** Well, no, I suppose not. What other examples of Slow TV are there? Was the chess championship the first show of its kind?
- Sally** No. The first Slow TV programme was a seven-hour train journey between the Norwegian towns of Bergen and Oslo. This was shown on TV in 2009. Surprisingly, it was very popular and many Norwegians watched it. Later they made a similar programme about the voyage of an arctic cruise liner along the Norwegian coast. This was 132 hours long and had 3.2 million viewers!
- Int** So it mostly involves long journeys, does it?
- Sally** Well, they have shown several more train journeys, but there's also something called 'National Firewood Night'. This shows people cutting and stacking wood in a pile for about four hours, then for eight hours viewers can watch a fire burning. This twelve-hour TV show about firewood was watched by around twenty per cent of the population for at least some of the time it was broadcast!
- Int** That is strange, don't you think? Why are these programmes so popular?
- Sally** Well, you know, firewood is a big part of Norwegian culture ... there was even a book about firewood that became a bestseller. Another important part of Norwegian culture is knitting.
- Int** Don't tell me there is a TV programme about that, too?
- Sally** There certainly is and you've guessed it ... it's called 'National Knitting Night'. They were trying to break a record to see how fast they could create a knitted jumper for the Guinness World Records category 'from sheep to sweater'. They didn't manage to break the record, but they did finish the sweater and the whole programme lasted nine hours. You know, these programmes may sound boring to us, but they're actually very calming. Today, when people are under so much stress, many people, young and old, find the speed and noise of modern TV programmes rather annoying. For older viewers, slow TV reminds people of programmes in the past; the kind of TV a lot of people grew up with. But it also appeals to the younger generation, who enjoy chatting about it on social media.
- Int** That is interesting. I wonder if it will become popular outside Norway. Thanks for that fascinating look into Slow TV.
- Sally** My pleasure.

Unit 11

You will hear five short extracts in which people are talking about gadgets. For questions 1-5, choose from the list (A-H) what each speaker says about their feelings about the gadget. Use the letters only once. There are three extra letters which you do not need to use.

Speaker One

I rarely leave home without my running watch. I go out for a run every day because I'm training to do a marathon. A running watch looks like an ordinary watch, but it does much more than tell the time. It gives you all sorts of useful information about your run including, of course, the speed, the average speed, the distance you

your progress. It's a bit like having a personal trainer by your side and it's a great gadget for any runner.

Speaker Two

I love gadgets, but especially ones that really work! I always carry my newest gadget with me wherever I go. It's a special kind of fork, called a hapifork and it is designed to help the user lose weight. It sounds crazy, but actually, I've tried a lot of things and this is something that is a bit like having a friend there all the time to remind you how to eat! It's a 'smart' fork, that is, an electronic fork, that measures how fast you are eating and warns you if you are eating too fast. When this happens, it lights up and vibrates gently. You can also upload the information about every meal onto your smartphone. It has really helped me slow down and enjoy my meals and I have changed the bad eating habits which caused me stomach problems as well as weight gain.

Speaker Three

I try not to use my car too much and instead I walk or ride my bicycle to the local shops for example. The problem is that in my neighbourhood there are a lot of dogs that are allowed to run free. They are not strays, but their owners are too lazy to take them out for walks. So these dogs are often very aggressive when you pass their home. They bark at you and chase you. Nowadays, I don't leave home without a 'dog repeller'. It's an electronic device that you point at a dog and it makes a very high-pitched sound that people can't hear. It scares dogs away and works from a distance of over ten metres. It doesn't hurt the dogs and lets you pass without being attacked.

Speaker Four

There is a gadget that I can't leave home without, and I really mean I *can't* leave home without it because I am not allowed to remove it. It's an electronic tag, which is like a bracelet that I have to wear around my ankle at all times, at least until next year. It's connected to a machine at my house which sends signals to the police and lets them know if I am at home. I have to stay at home for twelve hours overnight, though I am allowed out during the day, but I can't go far. I hate wearing it, but still, it's a lot better than being in prison.

Speaker Five

I don't go out without my personal alarm. It's very small and fits in my handbag. It looks like a can of hairspray, but if you press the button, it makes a horrible noise like the loudest siren. The idea is that if you are attacked in the street, it will frighten your attacker away. I live somewhere quiet and walking home from the bus stop in the dark is a bit spooky. I carry the alarm just in case anything happens. I hope that I will never have to use it, but if I did, I'm sure it would work and I'm glad I have it!

Unit 12

You will hear a short talk and some questions. Before the talk, you will have time to read the questions. Listen to the talk and choose the best answer from the answer choices (A, B, C or D).

Hello. First of all, a warm welcome to all of you. This is the first time we've had such a large group of teachers from other countries visiting the schools in our area of

big event called 'Red Nose Day', which we hope you'll participate in! From an early age, British children learn about helping others less fortunate than themselves. Schools play an important role in both teaching children about people who need help and encouraging children to raise money for charity. Many schools run regular events that raise money for charity and these become an important part of school life.

A traditional way to raise money is for children to take part in some kind of activity and get friends and families to sponsor them. For example, in a sponsored walk, people might agree to sponsor a child one pound for every kilometre they walk, or a few pence for every length of the swimming pool they complete in a sponsored swim. Also popular are events to see how long people can keep dancing. The longer someone keeps going, the more money their sponsors have to pay them. Others do chores at home and ask their parents for money for charity for every chore done. Some even ask people to sponsor them for giving up something like their mobile phone or social media for a day or more! When children ask people to sponsor them for charity, most people find it hard to refuse!

On certain days, the whole school organises an event to raise money for charity. One popular event is Mufti Day. This is a normal school day, except that the children don't have to wear uniform – remember that here in the UK, most schools have strict school uniform rules. They might be asked to come in silly costumes, or even in their pyjamas! They always have to donate a small amount of money to take part in this kind of dressing-up day, and if all the students in a school participate, this can add up to a large amount.

It's also very common to organise some kind of end-of-term celebration where students can sell their homemade cakes or arts and crafts to raise money. If the teachers are willing, there is sometimes an event where the students, for a price, get the chance to throw wet sponges at the teachers. This is usually quite a popular event with the schoolchildren, as you can imagine! Sometimes children organise talent shows and quiz shows and the money from the tickets goes to charity. The children may also have the chance to choose which charity they would like to support; sometimes schools let children vote on this.

Generally, informing children about the importance of giving – not just money, but also time – to help people in need is part of life in most British schools. The events that they organise are not only a good way to support charities, but also great fun. When the whole of Britain joins in to raise money for charity for events like Red Nose Day, it creates a real feel-good factor. Children enjoy raising money for charity and discover that helping people can make them happy. In this way, giving to charities is not just a lesson children learn at school, but it usually becomes a habit for life.

Number 1 What do schools do concerning charities?

Number 2 How do sponsored activities raise money?

Number 3 What is Mufti Day?

Number 4 What is one way to raise money at the end of term?

Number 5 What is true about raising money for charity?

Number 6 What does the speaker mean when

Quiz 1

Vocabulary

1b 2a 3d 4a 5a 6c 7c 8a
9c 10c 11c 12d 13d 14a
15c 16b 17d 18b 19d 20b

Grammar

1a 2b 3b 4c 5c 6b 7d 8b
9a 10b 11d 12c 13c 14d
15b 16c 17a 18b 19b 20a

Quiz 2

Vocabulary

1a 2b 3c 4b 5a 6d 7c 8b
9c 10d 11c 12b 13d 14c
15b 16c 17a 18b 19a 20b

Grammar

1c 2b 3b 4a 5c 6b 7d 8c
9c 10a 11d 12c 13a 14b
15d 16b 17c 18b 19c 20c

Progress Test 1

Reading

1D ... much of your time will be taken up with lessons, but then the same will be true for your classmates.

2D

3A

4B The right level of eye contact is important because it shows them you are paying attention.

5B While mobile phones and social media have their place ...

6C ... meeting new people and making friends can be challenging. However, there are things you can do to make it easier.

Vocabulary

1

1 remarkable
2 adoptive
3 biological
4 relatives
5 solve
6 evidence
7 discover
8 investigate

2

1 ashamed
2 cheerful
3 gossip
4 grumble
5 laundry
6 peers
7 make
8 proud

3

1 along
2 for
3 together
4 of
5 apart
6 about
7 out
8 into
9 At
10 by

Grammar

1

1 watches
2 are you always criticising
3 am not living
4 see
5 is thinking
6 are becoming
7 arrives
8 aren't being

2

1 who
2 which
3 whose
4 when
5 why
6 to whom
7 which
8 where

3

1 found
2 was crying
3 didn't stay
4 Was ... digging up
5 landed
6 wasn't doing
7 heard
8 Did ... solve

4

1 used

4 is

5 Did

6 use

Writing

Students' own answers

Quiz 3

Vocabulary

1d 2d 3a 4d 5a 6a 7b 8b
9d 10a 11d 12d 13d 14c
15b 16a 17b 18b 19d 20c

Grammar

1c 2a 3b 4b 5d 6c 7b 8b
9a 10b 11c 12d 13c 14d
15b 16b 17b 18b 19c 20c

Quiz 4

Vocabulary

1c 2a 3d 4c 5a 6d 7a 8b
9a 10b 11b 12c 13a 14a
15c 16a 17d 18d 19a 20a

Grammar

1c 2c 3a 4b 5b 6b 7b 8a
9b 10b 11d 12a 13b 14b
15c 16b 17c 18b 19b 20c

Progress Test 2

Reading

1C It's my chance to recharge my batteries ...

2D ... they are addicted to shopping ...

3B The mental picture of themselves cooking with a new saucepan, for example, will increase their self confidence and make the task less scary; If you picture yourself ... you will be more confident and are likely to perform better when you actually start.

4C Some people say that shopping is like a sort of mini break.

5A According to one study, more than half of Americans admit ...

6B Let's take a teenager who is going away to college