

Part 1

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



SCAN FOR AUDIO

1. You hear part of an interview with a sportsman. What does he say about playing for the national team?
A He doesn't think it will happen soon.
B It isn't his main concern at the moment.
C The possibility of it happening has put him under pressure.
2. You hear the introduction to a radio programme. What is the speaker doing?
A contrasting weather forecasting in the past and the present
B explaining why weather forecasting has become more accurate
C joking about how people used to forecast the weather
3. You hear a man talking about reading aloud to children. What opinion does he express?
A Short stories are better than longer books.
B The choice of book may not be important.
C It's hard to know what will make children laugh.
4. You hear someone talking about work. What is his situation?
A He has just left a job.
B He is thinking of leaving his job.
C He has just started a new job.
5. You hear someone talking about his childhood. What does he mention?
A a habit he regards as strange
B regret about some of his behaviour
C how much he has changed
6. You hear someone talking about something that happened at a party. How did the speaker feel?
A upset
B amused
C frightened
7. You hear part of a talk about blues music. What is the speaker talking about?
A why it originated in a certain area
B how popular it was in the past compared with today
C its importance in the history of popular music
8. You hear someone on the radio talking about a website for consumers. What is the speaker's purpose?
A to encourage consumers to make complaints
B to inform consumers about a source of information
C to describe common problems for consumers

Part 2

You will hear a radio interview about indoor skydiving. For questions 9-18, complete the sentences.

Indoor Skydiving

The fans in the tunnel are normally used for putting air into **9**_____ .
 It has been said that the machine looks like a huge **10**_____ .
 The walls in the tunnel are made of **11**_____ .
 The only parts of the body that can get hurt in the tunnel are the **12**___ and ____ .
 You have to be **13**_____ years old to use the tunnel.
 You have to wear **14**_____ when you use the tunnel.
 Beginners have two **15**_____ lessons in the tunnel with an instructor.
 During lessons, you get into a position as if you have a **16**_____ in your hands.
 The person who created the wind tunnel refers to it as a **17**'_____'.
 Indoor skydiving has become a sport called **18**_____.

Part 3

You will hear five short extracts in which people are talking about how they use the Internet. For questions 19-23, choose from the list (A - H) which main use each speaker describes Use the letters only once. There are three extra letters which you do not need to use.

<p>A as a source of free entertainment B as a way of saving money C for watching TV programmes they missed D for downloading books E for communicating with people F for making online purchases G to help with studies H as a way of making new friends</p>	<p>Speaker 1 19 __ Speaker 2 20 __ Speaker 3 21 __ Speaker 4 22 __ Speaker 5 23 __</p>
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Part 4

You will hear someone giving a talk about taking up running as an activity. For questions 24-30, choose the best answer (A, B or C).

- 24.** The speaker says that when she was younger,
 A she envied people who did a lot of physical activity.
 B she knew that she ought to take up some kind of physical activity.
 C she hated the idea of doing any kind of physical activity.
- 25.** The speaker says that if people take up running,
 A she can guarantee that there will be certain benefits.
 B they will wonder why they didn't do it before.
 C it will become a long-term interest for them.

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26. The speaker says that, in comparison with other activities and sports, running is
- A more enjoyable.
 - B more convenient.
 - C more beneficial.
27. What does the speaker say about people who feel that they can't take up running?
- A They should talk to people who do run.
 - B They may be right.
 - C They know that their attitude is wrong.
28. The speaker warns people who take up running not to
- A be competitive.
 - B give up as soon as there is a problem.
 - C ignore pain.
29. What advice does the speaker give about running technique?
- A Change the position of your arms from time to time.
 - B Think of your arms as if they were parts of an engine.
 - C Pay more attention to your arms than any other part of your body.
30. What does the speaker say about breathing while running?
- A Some bad advice is sometimes given about it.
 - B It takes some time to develop the best technique for it.
 - C There isn't a correct or incorrect way of doing it.

Answer Keys

<p>Part 1</p> <p>1. B 2. A 3. B 4. A 5. A 6. B 7. C 8. B</p>	<p>Part 2</p> <p>9. underground systems 10. hairdryer 11. glass 12. elbows; knees 13. over/more than four/4 14. ear plugs 15. two-minute/2-minute 16. ball of air 17. smile machine 18. body flying</p>
<p>Part 3</p> <p>19. G 20. E 21. F 22. A 23. C</p>	<p>Part 4</p> <p>24. C 25. A 26. B 27. B 28. A 29. B 30. C</p>

Tapescript

The part of the text containing the answer is underlined with the question number given in square brackets []. If you still struggle with FCE Listening, please refer to [Listening tips](#).

Part 1

1.

Interviewer: There's been talk of you being picked for the national team again. Is it hard for you to put that to the back of your mind during games, when you know that the national coach could be watching?

Sportsman: Playing for your country is as big as it gets, and it'd be great to do that again. But at the same time you have to worry about the job on the day, and that's playing for your club. I've learned over the years that your focus should be on the game you're playing in and nothing else [1].

2.

Presenter: Now, what do you do if you want to know what the weather is going to be like? You probably turn on the television or look on the Internet. But meteorology is a relatively recent science, and not so long ago people, especially farmers, had to rely on their own knowledge of the seasons. [2] And no season was more important than spring. Many different rhymes and sayings were used for predicting the weather, and each month had its own sayings.

3.

Man: It doesn't really matter what you read to kids, they appreciate anything. I've been reading a book about history to my seven-year-old. He doesn't understand a word of it, but insists on having it every night [3]. Having said that, it does make a huge difference if you can find a book that you all enjoy together. My favourite is a series

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of short stories about a mad inventor who creates ridiculous machines. It's great to be able to read something that genuinely makes your children laugh.

4.

Man: So that's it. After all the months of worrying about it and discussing it with other people. I've finally done it. [4] To be honest. I'm not sure how I feel. A bit anxious about the future, sure, because I really don't know how things are going to go [4]. But I simply had to get out. You can't go on putting up with the sort of things I had to put up with. I still can't help thinking that it shouldn't have come to this. But it did. and I've dealt with it and it's time now to start looking ahead.

5.

Man: When I was a kid, I was always jumping out of windows and things and climbing trees. I had numerous injuries from things like that. Also, I went through a phase of wearing all my clothes back to front. Even to this day I don't know why I did it [5]. In fact, I occasionally still do. I put my clothes on back to front and just sit there on my own because it reminds me of when I was a kid.

6.

Man: Yes, it was completely unexpected. I had no idea he felt so strongly about it. I mean, as far as I'm concerned I just made an innocent comment and he suddenly went mad. He was shouting at me and pointing his finger and I thought at one point he might even get violent. How silly. He just succeeded in making a complete fool of himself. Everyone else was looking terribly worried but I thought it was all highly entertaining [6], borne of those insults he was shouting at me - so ridiculous. I expect he'll apologize eventually but I really don't care.

7.

Woman: Of course, without blues, you simply wouldn't have any of the various forms of popular music that have swept the world over the past few decades [7]. Rock'n'roll, soul, rap, hip-hop - they all owe their existence to the style of music that was created in a small part of the Deep South of the US - the Mississippi Delta. The musicians who developed the style were all more or less totally unknown outside their own area, although fortunately they made plenty of recordings that are still available today if you want to find out more. And you should, if you want to find out where a lot of today's music came from.

8.

Man: This is the first place to go if you need information about your rights as a consumer [8]. It has tips on dealing with dodgy workmen, faulty goods, shopping safely online and avoiding scams. It's relatively easy to navigate your way around it, has a useful links section and will help you get in touch with telephone advisers. It will not, however, take up individual cases.

Part 2

Presenter: OK, now we come to our regular spot on extreme sports, and this week our fearless reporter Tom Walker has been trying out something called indoor skydiving. And he's with me now. Tom, what's this all about?

Reporter: Well, it's the same as skydiving - jumping from an aeroplane and freefalling through the air without opening your parachute for some time - except that you do it in an indoor wind tunnel. And there's no plane, and no parachute, and, so I was told, no danger! So it gives you a taste of doing an extreme sport, but it isn't quite so extreme.

Presenter: Right, now where did you do it?

Reporter: I did it in a vertical wind tunnel at an adventure sports centre called Runway.

Presenter: What exactly is a vertical wind tunnel?

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Reporter: Well, it's a tunnel that gets filled with air. The air is provided by four enormous industrial fans of a kind that usually provide air for underground systems [9]. These fans produce a column of air that rushes through the tunnel from below at more than 160 kilometres per hour. When you're in the tunnel, you float on this air. The machine has been described as being like an enormous hairdryer [10]. It allows you to fly as if you had fallen from a plane, but you are only two metres off the ground.

Presenter: And it's completely safe is it?

Reporter: Yes. There are bars across the top of the tunnel to stop you flying off up and out of the tunnel. The tunnel is four metres wide and has glass walls [11]. The only small problem you might have is that you keep bashing into these walls. But you're not really going to hurt yourself a lot by doing this - the only injuries you are likely to get are sore elbows and knees [12]. In fact, it's so safe that the centre is open to anyone over the age of four [13]. In America, where the idea was invented by the military in 1994, pensioners in their eighties regularly have a go.

Presenter: Wow! So how did you get on when you went there?

Reporter: Well, when I got there I watched the training instructors running through their routine. They were doing all sorts of moves in the tunnel, such as 'barrel rolls', something they call 'helicopters' - spinning on their heads in mid-air, and back flips. Watching them do all that before I went into the tunnel left me feeling a little anxious. even though I knew the tunnel was safe. And the roar of the electric motors that power the fans, like a plane taking off and so loud you need ear-plugs [14], added to my fear.

Presenter: What happened when you went into the tunnel?

Reporter: Like all beginners, I was given a couple of two-minute sessions in the tunnel [15], which seems short, but since the average freefall from a plane lasts only one minute, you realise it is more than plenty. Held down by my instructor, I floated in the position I was told to keep to, with my hands out in front of me as if I was 'holding a ball of air' [16], for the whole session. The only time he had to correct me was on the occasions I threatened to fly out of reach or, as if by instinct, disappear out of the entry-exit door.

Presenter: Sounds exciting.

Reporter: Yeah, it's great fun. In fact the person who came up with the idea and set up the centre calls it a 'smile machine' [17], because nobody can go into the tunnel without smiling.

Presenter: So you recommend it?

Reporter: Yes, it's just like real skydiving, except that you don't have the view - or the expense! And it's good both for beginners and extreme skydivers. In fact, in some places it has developed into its own sport, known as 'body flying' [18]. There are already competitions in that sport.

Presenter: Thanks, Tom, If you want to find out more about the wind tunnel.

Part 3

Speaker 1: I find it really useful to help me with school work - especially when we're doing geography or history projects [19]. I know people of my parents' generation used to spend hours in the school or the town library finding the information they needed. My dad said the information was almost always out of date. The internet is fantastic - I've always found what I'm looking for. The only problem is that sometimes there's just too much stuff to get through. One of my friends said she'd once spent five hours looking for information. You've just got to know when to stop.

Speaker 2: I'm addicted to my computer mainly as a way of keeping in touch with people. It's just so easy to talk to your friends [20]. At the moment I'm chatting to my older brother who's in Thailand - he's told me incredible stories about what he's getting up to. It's almost as good as the phone and it doesn't cost anything. I've started

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talking to a few people I don't know, but I haven't made any new friends like that. I think it's a bit scary - the idea that you can get to know someone like this and then call them your friend. You don't really know anything about these people - I mean, everything they say could be lies.

Speaker 3: I use it for various things - you know, the obvious ones like emailing, getting the latest news, but at the moment mostly for buying things. The thing is, I really don't enjoy going shopping in town any more [21]. It takes me half an hour to get there on the bus and the shops are always really crowded. I buy all kinds of things from websites - like last week, I bought a DVD, a new pair of jeans and some makeup. It's so quick and easy - you just click on what you want, put it in your basket, go to the checkout and pay with your card. And most things don't take long to arrive. I said I'd show my brother how to do it tomorrow.

Speaker 4: Music, definitely. It has to be music. That's about all I use it for really, apart from occasionally checking the sports results. It's fantastic if you're into music of any kind. I go on some of the music sites and download all kinds of music files straight to my smart phone [22]. It's so easy these days. I can't afford to pay, but I don't download anything that you're supposed to pay for [22]. I know some people do. The music industry's trying to crack down on the illegal downloading. They say they're losing sales because people aren't buying CDs any more, or paying for downloads. I reckon they're fighting a losing battle.

Speaker 5: I use it for all kinds of stuff, but at the moment mainly catching up with programmes I couldn't watch first time round for some reason [23]. It's incredibly useful to be able to do that. Most of them you can still get for up to a week after they're first broadcast. The quality's not quite as good on my laptop, but at least you don't have to wait for ages until they repeat the broadcast. And of course, you can pause programmes and fast forward them so you can avoid the adverts.

Part 4

Speaker: As someone who didn't even own a pair of running shoes until I was in my twenties, I think I'm well placed to talk about the virtues of taking up running. After a childhood and youth spent - or misspent - avoiding physical activity and sport at all costs [24], I am now, a decade and a half on, fitter and healthier than ever, and have completed more than 100 races, including ten marathons. Through my running I have gained a wonderful sense of independence, greater confidence, discipline and focus, a sanctuary from daily stresses and some great friendships. I can't quite remember what it was that first motivated me to go huffing and puffing my way around the block - but whatever it was, I'm thankful for it now. And that's why I am so keen to persuade you to do the same.

You'll find that no other exercise variety gets results as fast as running. Give it a go and I promise you three things. Firstly, every muscle from the waist down will become stronger, tighter and firmer while excess body fat will be sent marching. Secondly, you'll feel great about yourself. You'll have more energy, you'll feel alert and focused and you'll experience a real sense of accomplishment as you gradually become fitter and stronger. Finally, you'll find that running is very easy to fit into your life [25]. Unlike that exercise class, you don't have to be somewhere dead on six o'clock, unlike swimming you don't have to get to the pool before closing time, unlike tennis or squash, you don't have to rely on someone else to make it happen [26]. You can go for fifteen minutes at lunchtime, or grab half an hour in the morning. You can hit the city streets or head for the park. All in all you can make running fit into your life without too much effort. And when you do, you'll be helping yourself not only to a healthier life, but a longer and happier one, too.

Is that a 'but' I can hear? 'But I'm too old/overweight/ embarrassed... etc.'. These are worries that people often reveal when they are faced with the prospect of taking up exercise. Well, I can't categorically say to each and every

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one of you 'no, you're not' [27] but I can tell you that I know people who have become runners in their 40s, 50s and 60s, and only wish they'd done it sooner. I know people who've gone out running in the streets in bad weather and risked funny looks from passers-by, in order to give running a go, and now wouldn't give it up for the world. After all, one of the greatest pleasures in life is overcoming fears and obstacles.

There is one warning, though. To reap these benefits, you have to approach running with patience and respect. Try to achieve too much too soon and you'll end up aching, disillusioned and possibly even injured. The golden rule is to start slow, and progress one step at a time. Some people improve quicker than others, too, so don't compare your progress to anyone else's [28].

Now we come to technique. If you remember only one thing about running technique when you're out there, remember to relax! It's impossible to run if you aren't relaxed. Unclench your fists, relax your jaw, keep your shoulders loose. Think 'up' before moving forwards. This helps you stay light on your feet, and makes you run tall rather than sinking into the hips. Remember to use your arms. Picture them as pistons, propelling you forwards [29]. Keep them bent to roughly 90 degrees. It's particularly important to think about your arms if you hit an incline - increasing the arm effort will help you get up the hill easier. What about breathing? Always a good idea, I find! Despite all the weird and wonderful theories about breathing in through your nose and out through your mouth, or breathing in time with your footfall, I recommend just getting the oxygen in whatever way feels most comfortable to you [30].

Now, I'm going to give you the details of the Get Running programme. This provides an 8-week schedule...