

CD 1 – TRACK 2

TEST 1

Now open your question paper and look at Part 1. You'll hear people talking in eight different situations. For questions 1–8, choose the best answer A, B or C.

One. You hear a woman talking about her job. How does she feel about it?

- A It's boring.
- B She likes it.
- C She finds it difficult.

Before I came here I worked in sales and really I found the monotony getting to me. Every day was essentially the same. So I took a complete change of direction, retrained and here I am. It's been almost 4 years now and I can honestly say that no day is like the one before. What's particularly rewarding is that I'm helping people who find themselves in difficult situations, due to any number of reasons... health problems, unemployment, to name just two. What's great is that, more often than not I can make some sort of difference to their lives.

REPEAT

Two. You overhear a man telling a friend about a film he saw recently. What type of film was it?

- A a romance
- B an action film
- C science fiction

Well, it was OK I suppose. But to be honest, if you've seen one, you've seen them all. And the final scene was just awful. They're looking up at the stars with far away looks on their faces, when suddenly all these rockets and fireworks start exploding in the sky. He's a tough New York cop and she's an investigative reporter, and at the beginning they hate each other, but you've guessed it, he saves her from a professional killer and it's not long before they're running into each other's arms in a crowded subway station.

REPEAT

Three. You hear a man telling his colleague about his holiday. What was the problem with it?

- A He became ill.
- B He argued with his partner.
- C He couldn't see all the things he wanted to see.
- F So... how was it?
- M It wasn't exactly the best two weeks I've ever had. On the first night we went out to a local restaurant and by the time we got back to the hotel Beth was feeling sick and dizzy. The hotel doctor had a look at her and said it was food poisoning.
- F How awful!
- M It wasn't so bad. It meant that I could just sit around the pool and relax while she was sleeping, instead of dragging me around to see every monument and museum like she usually does.
- F You're terrible!
- M Don't worry; she got her revenge on the second week. I just wanted to relax but we had to see as much as we could in the time we had left... we ended up shouting at each other in the middle of an ancient convent and then didn't speak until we got home. It's all OK now though. We're both just glad to be back.

REPEAT

Four. You overhear a conversation in a supermarket. What are they discussing?

- A Returning an item.
- B Breaking an item.
- C Buying an item.
- M There you are. I was beginning to worry.
- F Sorry. I was just looking at one of those vases on sale. They're really cheap and I thought it would look good on the TV. And if it didn't I could just bring it back with the receipt and get

my money back. But just as I turned it over, the handle came off in my hand. So I just put it down and came back here. I hope nobody noticed me.

- M Well, let's just pay for all this stuff and get out of here as soon as we can.

REPEAT

Five. You hear an advertisement on the radio. What is being advertised?

- A a festival
- B a new music album
- C a cake

All this week in Abbey Road Park you can sample locally made biscuits, cakes and desserts including last year's prize winning carrot cake. Dozens of rides and stalls for all the family as well as music on the main stage from 8. Local band Freddy and the Pacesetters will be performing songs from their new album Phenomenal. Tickets cost 8 pounds for adults, 4 pound for under 16's.

REPEAT

Six. You overhear a woman talking on the phone about her new boss. What is she worried about?

- A Losing her job.
- B Being given extra work to do.
- C Her boss is inexperienced.

I know, but that's not really that important... she's only my age and hasn't been doing this very long, but management seem to think she's quite capable, and I suppose they must know what they're doing. It's more that with all these cuts she proposing... most of the junior staff will be out of work and will have to look for other jobs, and who's going to do their share of the work here? You've guessed it... I'll be stuck with it and expected to finish everything on time as always.

REPEAT

Seven. You hear an actor talking on the radio about his new film. What does he say about preparing for the role?

- A He had to learn a new skill.
- B He did lots of research.
- C It was physically challenging.

It seemed like quite a challenge when I heard about the project; I mean playing somebody like Buster Keaton who performed all his own stunts... having to jump from a horse onto a train... it's a bit too much for me, I can't even ride a horse. But after reading the script I was relieved to see that wasn't necessary at all. It's mainly focused on his personal life and so I wouldn't have to face such physical torments. Instead I spent hours every day, for about three months in fact, watching DVDs of his old films, studying his mannerisms and facial expressions. And to be honest with you, I'm more than a little proud of the result.

REPEAT

Eight. You overhear two people talking about a car. Why are they talking about the car?

- A It's the man's first car.
- B It's a brand new car.
- C It has broken down.
- F So I know you're dying to tell me... how's the car?
- M To tell you the truth, I'm beginning to think I should have waited a bit longer. I may have made a mistake and rushed into buying it. I just imagined it there in my garage and had to have it.
- F Why do you think you've made a mistake?
- M It's just that I've spent everything I had on it. I could've just bought something second hand or kept my old one running for another year or so. If I have to take it for repairs any time soon, I don't know how I'll be able to pay for it.

REPEAT

That's the end of Part 1. Now turn to Part 2.

CD 1 – TRACK 3

You'll hear a talk about an endangered species. For questions 9-18, complete the sentences. You now have 45 seconds to look at Part 2.

The most endangered cat species is the Iberian Lynx, sometimes called the Spanish Lynx. Should this species die out it would be the first feline extinction since the Smilodon, commonly known as the Sabre-Toothed Tiger, 10,000 years ago. Recent studies estimate the number of surviving Iberian lynx to be as few as 100, which is around 400 less than there were in 2000. What does an Iberian Lynx look like? Their leopard-like spots particularly distinguish it from its cousin, the Eurasian Lynx and it is also smaller, with a head and body length between 85 and 110 centimetres. Males can weigh between 12.9 and 27 kilograms, which is about half the weight of the average Eurasian Lynx. The lynx can live up to a period of thirteen years. The Iberian Lynx's size means that it typically hunts for animals no bigger than rabbits or hares. Rabbits would account for more than 70% of the Lynx's food, but due to Spain's declining rabbit population, the lynx has been forced to attack larger mammals such as young deer or roebuck. The Iberian Lynx hunts alone and follows its prey even up to distances of 100 kilometres. Or it lies in wait for its prey for many hours. It uses the four sets of whiskers on its ears and chin to sense its victim. They are active at night. They stay active in winter and their fur becomes thicker and paler. In extreme weather, they take shelter in caves or trees. The Iberian Lynx was once widespread all over the peninsula but it is now restricted to very small areas, mainly mountainous areas covered with vegetation. Its recent drastic decline over recent decades is due to loss of habitat, reduction in prey and high nonnatural mortality from road kills, predator control and hunting, although it is under legal protection and it is no longer legal to hunt them. It was recently thought that the only breeding Iberian lynxes were in the Doñana National Park in Andalucía, southern Spain, but in 2007 a previously unknown population was discovered in Castilla-La Mancha in central Spain. In March 2005, for the first time Iberian Lynxes managed to

breed in captivity. 3 healthy cubs were born at a breeding centre in Doñana. In 2009 it was announced that 3 more cubs had been born in the same centre. Typically a mother will give birth to 3 cubs after a gestation period of 60 days. Iberian Lynx conservation is now under way through political campaigning and lobbying from individuals and organizations such as SOS Lynx. Important progress has been made in a number of ways. The foundation of the breeding programme in Andalucía, prevention of further construction in areas the Iberian lynx lives, and the halting of proposals for new roads in problematic areas, such as the new motorway that had been planned between Ciudad Real in La Mancha and Córdoba in Andalucía. Despite these successes, challenges and conflicting pressures remain. The World Wildlife Foundation has been urging Spanish authorities for over two years to close a road which crosses the Doñana national park, as Callum Rankine of the WWF says, 'With such a small population, the accidental loss of just one individual on the road brings the species closer to the brink of extinction.'

That's the end of Part 2. Now turn to Part 3.

CD 1 – TRACK 4

You will hear five different people talking about holidays they have had. For questions 19-23 choose from the list A-F how each person feels about the holiday. Use the letters only once. There is one extra letter which you do not need to use. You now have 30 seconds to look at Part 3.

Speaker 1

It came as a complete surprise. Right out of the blue she came home and told me she'd been made redundant from work and said why didn't we just take off for a year and travel around the world. Well, it just all seemed to make sense. I wasn't enjoying my work at the time and was thinking about doing something else. Her company had given her quite a generous redundancy package and also we could rent out our house for the year; that would give us enough to live on for the year as long as we were careful with our money. And I'm pleased to say that we were, apart

from the occasional few luxuries here and there... you know, meals in expensive restaurants for special occasions like birthdays or anniversaries, that kind of thing.

Speaker 2

It's something I'd been looking into for some time. To tell you the truth, it's something I've wanted to do ever since I was a kid. It just never seemed that it would be something I could realistically do, so it just remained a dream. But after somebody told me how cheap it was when you actually got there I started to do some serious research. And really, although actually getting there is very expensive, the price of the hotels, restaurants and travelling around the country is so low compared to places in Europe, it means that in total you're not paying much more than you would for a cheap holiday on the beach in Greece or Spain. And it's a lot more interesting than just lying around on a beach somewhere. It was great. I'm going back there next year. I didn't think I would ever be able to say that.

Speaker 3

It's not every day you go on honeymoon, but if you ask me it was all a bit over the top. We had our own private beach and the staff couldn't do enough for us; they wouldn't let us do a thing for ourselves. For example if I tried to pour myself a drink, somebody would suddenly appear and take the bottle out of my hand and finish pouring it. I know it's all these luxuries that you're paying for but it's a bit much for me and wasn't something I was comfortable with. I suppose you must just get used to it after a while, but all the time I kept thinking that it would have been a better idea if we'd used that money to buy a washing machine and some new furniture instead of going to all that expense.

Speaker 4

To tell you the truth, the hotel was a bit of a letdown. The pictures in the brochure were flattering to say the very least. The restaurant was supposed to be five star but I can honestly say I've had better food in a motorway service station. It wasn't all bad though, the area itself was lovely. The beach near the village was lovely

and had everything you could ask for... clean white sand, beautiful blue sea, palm trees. And the locals were really friendly and really made a fuss of the kids. I think we'll go back there soon, but we'll definitely stay in a different hotel, that one wasn't good value for money at all.

Speaker 5

I'd really been looking forward to going there and I wasn't disappointed. Not in the least. From the moment you arrive there you feel immersed in its history. It's the birthplace of civilisation after all, and every street you walk down reminds you of this. I know some people wouldn't find it much fun, to be going from boring museum to boring museum, but it wasn't like that. When you see some of the collections they have in the museums, and you see it in context to the city itself, well, it's an extraordinary feeling. The weather wasn't great but I don't think that spoiled it for us at all. It's not like you go to a place like that just to sit on the beach and get a tan. We had a week there, but really you'd need a month just to see everything.

That's the end of Part 3. Now turn to Part 4.

CD 1 – TRACK 5

You will hear an interview with a member of a sporting association. For questions 24-30, choose the best answer A, B or C. You now have one minute to look at Part four.

F It's been described as the fastest ball game in the world, and is played in places as far away as Australia and South Africa but it actually comes from our western neighbours over in Ireland. Many of us know next to nothing about this sport so it will come as a surprise to learn that it has been played competitively all over our country since the 19th century. Sean McGinn of the British Gaelic Athletic Association is here to tell us a bit about the sport of hurling. Hi, Sean, thanks for coming. Could you give us a brief description of hurling?

M Sure. Well, it's played on a pitch of around 140 metres long and 85 metres wide, although for youth matches it's considerably smaller. There are two teams of 15 people and each player has a slim bat called a hurley which is made from ash wood. Players use the hurley to propel a small leather ball, which is slightly bigger than a tennis ball. There are two ways to score points during a match – by scoring into the goal and past the goalkeeper, whose hurley is slightly bigger than the outfield players'... just to give him a chance... or you can score by hitting the ball over the bar but between two long posts. A goal scored past the goalkeeper is worth 3 points while putting it over the bar is worth 1.

F Well that all sounds relatively easy. Is it?

M Not so easy as all that I'm afraid. As you said earlier, it is the fastest ball game in the world. A good hurler can hit the ball up to 150 kilometres an hour and the ball can travel as much as 110 metres. There are also a few rules that make the whole thing trickier for the players. You can't just pick up the ball from the floor, you have to flick it up using the hurley. You can't carry the ball in your hand for more than 4 steps, so you have to run while balancing the ball on the hurley, which is no easy thing. There are also restrictions on the way you can tackle another player, so all in all it's a sport that requires a high level of skill and years of practice.

F And tell us how popular the sport is outside Ireland.

M Well the history of Ireland is dominated by emigration. While the country itself has a population of less than 7 million, it's often claimed that there are over 70 million people around the world with Irish ancestry. Nearly 11% of Americans see themselves as Irish-Americans. My own parents came over to Britain from Galway in the West of Ireland in the 1930s. Wherever these emigrants went, they took their sport with them. So now

hurling is played in places such as Britain, the USA, Canada, Argentina, Australia, New Zealand, South Africa, as well as places in continental Europe – for example there are teams from Brussels, from Luxembourg, from Munich, Paris and Zurich.

- F And what would you say the appeal of the sport is?
- M As well as the cultural aspect: keeping in touch with your roots, the game itself is so fast moving and so skilful that it's hard to take your eyes away from the action for even a second. Also in these days of the commercialisation of sport when you have footballers or formula one drivers earning more in a week than most of us will see in a lifetime, it's important to remember that even at the very highest level, hurling players are amateurs. That and the absence of violence between supporters... even in the most important matches there's no segregation between rival fans... gives the sport a purity and nobility that I don't think you get in other sports.
- F Thanks, Sean. I think we all know a little more about what sounds like a fascinating sport. That was Sean McGinn of the British Gaelic Athletic Association talking about the sport of hurling.

That is the end of part 4.

CD 1 – TRACK 6

TEST 2

Now open your question paper and look at Part 1. You'll hear people talking in eight different situations. For questions 1-8, choose the best answer, A, B or C.

One. You hear a woman talking about a young man. What is her relationship to him?

- A his mother
- B his teacher
- C his neighbour

I don't know what's got into him. He used to be such a sweet boy. He'd come round to the house at Christmas time and sing such lovely carols. My husband used to take him fishing on Sunday mornings... if you could get him out of bed on time of course. Now he hardly says a word to either of us and he's been getting into terrible trouble in the classroom. The headmaster has asked them all to come in for a meeting. We're all worried he's going to be expelled from school.

REPEAT

Two. You hear a man talking about a house. Why did he decide not to buy it?

- A It was too expensive.
- B It wasn't big enough.
- C It was too far away.

In the end I just decided it wasn't really what I was looking for. Sure, if you compare it to places in the centre of town, it certainly wasn't bad value for money. But, at the end of the day, it's just me, no wife, no kids, why would I need two extra bedrooms? I know it's more expensive to stay here in town, but I don't really want to spend an hour or more commuting from the outskirts rather than just walking half an hour to work.

REPEAT

Three. You hear someone talking about a concert they went to. How did they feel about the concert?

- A It was too short.
- B She enjoyed it.
- C The music was disappointing.

All my friends laughed when I told them I'd bought tickets. 'How old are you?' they asked, and I suppose they've got a point – I think the lead singer is only a couple of years younger than my granddad. But I've always loved their music... well... their early stuff from the 60s and 70s... that's why I felt really let down when they spent 40 minutes playing songs from their new album, which I have to say, isn't great. But once that was out of the way they went on to play just about every song they've ever written. You've got to admire

their energy... I can't imagine my granddad running around on stage for that long.

REPEAT

Four. You hear somebody talking about a trip they are about to take. Why are they going?

- A on business
- B on holiday
- C for a family wedding

I've been there before, I went there with my wife to celebrate our third anniversary, which was five years ago now. We had a great time just sitting around in the squares, getting a tan and seeing the sights. I don't imagine I'll get to see many sights this time, unless you count a hotel room, the inside of a taxi and a conference centre as sights. Luckily it's only 4 days and I'll be back on Saturday... I'd better be, my brother's getting married and I'm the best man!

REPEAT

Five. You hear a television quiz programme. How much does the contestant win?

- A nothing
- B ten thousand pounds
- C two thousand pounds

M So Brian, this is it... here comes the final question. Let me remind you, you've used all three life lines and if you choose to play and get the answer wrong you'll walk home with nothing. If, after hearing the question, you decide not to play, you keep the two thousand pounds you've already won. But... if you get the answer right... you win the jackpot of ten thousand pounds. OK? Here it is... who won the European Football Cup in 1979 and 1980? Was it A: Real Madrid B: Liverpool or C: Nottingham Forest

M Well... I think it was Nottingham Forest but I'm not absolutely sure... so I think I'll keep what I've already won. I've had a

lovely day, thanks for everything.

- M Well, Brian, you're a cautious man... and you were right... it was answer C: Nottingham Forest. A round of applause everybody for Brian Smith, a worthy winner.

REPEAT

Six. You hear somebody buying a train ticket. What kind of ticket do they buy?

- A a single**
B a fixed return
C an open return

M Hello Scottish Rail, how can I help you?

F Hi, I'd like to buy a return ticket to Glasgow please.

M When were you thinking of travelling back?

F I'm not exactly sure, maybe next Monday but it's not really definite.

M Well, an open return is £67.20 which means you can come back any time before the end of next month. If you decide to buy a fixed return for next Monday that's £43.50. But you know, a single is £25... so if you buy a single and then another single when you decide to come back, you're only spending £6.50 more than the fixed return.

F Ah... that's what I'll do then. Can I have one of those please.

M Sure. That's £25 please.

REPEAT

Seven. You hear a young woman talking about her decision to leave home. Why did she decide to leave home?

- A because of her relationship with her parents**
B to be nearer to work
C because she wanted to live with a friend

I've been really surprised by their reaction to be honest. They've been really supportive, Dad even lent me the money for the deposit and helped me move all my stuff in. That's the odd thing, they have such an old fashioned attitude I thought that never in a million years would they let me. I think that's what made me decide to leave really, we never seemed to see eye to eye on anything and would get on each other's nerves and row about almost everything.

My new place is a little nearer to the office, but only about another 10 minutes on the bus. What's great is that now I have my own space and I can just invite a friend round, cook dinner, watch a DVD, that sort of thing, without having to check with mum and dad if it's OK... and possibly having a blazing row about it.

REPEAT

Eight. You hear a radio advertisement. What is it advertising?

- A a soft drink**
B a holiday
C a pizza restaurant

Wellco Supermarkets are offering another sensational summer savings sizzler. In our East Park, Church Street and North Road branches, buy 2 one and a half litre bottles of premiocola for just £1.40, that's a saving of nearly 50%... and that's not all. Collect the tokens on each bottle top and for every 6 you'll get a free margherita or tex mex pizza at PizzaNation in the high street. Enter our free draw to win a holiday for two in Punta Cana, Mexico when you spend over £25 on any Wellco own-brand products.

REPEAT

That's the end of Part 1. Now turn to Part 2.

CD 1 – TRACK 7

You will hear a radio news item about a hot air balloon manufacturer. For Questions 9-18 complete the sentences.

Douglas Finch is to be awarded the Honorary Degree of Doctor of Business Administration in recognition of his outstanding scientific, design, and entrepreneurial achievements and their important contribution to the history and reputation of Bristol.

Douglas Finch was born near Glasgow and attended Allan Glen's School before reading aeronautical engineering at Glasgow University, from which he graduated in 1961. He gained a Master's Degree in Industrial Engineering at Cornell University, USA in 1963 before returning to the United Kingdom and joining the Bristol Aeroplane Company.

He joined the Bristol Gliding Club and in 1965 received the Silver 'C' Gliding Badge. In 1967 he helped build the 'Bristol Belle', a red and white striped balloon which made its first flights at Weston-on-the-Green near Oxford. It was the first modern hot air balloon in Western Europe. In 1968 Doug Finch was issued with the first ever Private Pilot's Licence for Hot Air Balloons.

The success of Doug Finch in translating his ballooning expertise into a commercial concern is reflected in the birth and success of his company, Finch Balloons of Bristol, which was formed by Finch in 1971 – five years after he constructed his first balloon. The new company was based in Dutton, Bristol, where a total of twenty-nine balloons were made in the basement of the property. 1971 also saw Finch build Golden Falcon, a balloon designed specifically to fly across the Sahara.

In 1972 Doug Finch received the Royal Aeronautical Club Bronze Medal, the first awarded for hot air airships. A year later he was awarded the Royal Aeronautical Club Silver Medal for the first balloon flight over the Alps. In the same year he received the Lighter Than Air Society (USA) Achievement Award for the development of the first hot air ship. Five years later he attempted the first Atlantic crossing by balloon for which he received the Royal Aeronautical Club Gold Medal. In 1978 his attempt to make the premier Atlantic crossing by balloon ended when bad weather forced his heated helium balloon 'Zanussi' down after a 2,000 mile flight from Canada.

The Finch company moved to its present site in Gellingborough in 1983 and in the following years all of the records for distance and duration were taken by pilots flying Finch balloons. In 1989 Finch Balloons Limited received the Queen's Award for Export, confirmation that Doug Finch had made Bristol the undisputed balloon manufacturing capital of the world.

During the 1990s interest in becoming the first to fly around the world by balloon became intense and almost all the contenders have used Finch helium/hot air balloons.

Doug Finch has advanced the science, technology and art of balloon flight to the highest level. His factory in Bristol is the world's largest and last year he was awarded the Prince Philip Design Award.

Doug Finch will receive his Honorary Degree of Doctor of Business Administration at the award ceremony at Bristol Business School on Tuesday 20 November at 11.30 am at Bristol Cathedral.

That's the end of Part 2. Now turn to Part 3.

CD 1 – TRACK 8

You will hear five different people talking about the place where they live. For questions 19-23 choose from the list A-F to say what each person feels about where they live. Use the letters only once. There is one extra letter which you do not need to use.

Speaker 1

People tell me I should cash in on it, sell up and move out to the country. Prices have gone up so much around here that I could get a lovely place somewhere rural. I don't know though, it had never really occurred to me before. I've lived half my life here and don't really see much reason for a change. But while you might say the area has gone up-market and improved, with these new bistros and shops, well it's lost something too. A lot of the character it used to have... I mean, now I don't even know my neighbours' names and they don't know mine. So I'm not sure if I should stick around now. Moving... well, it's food for thought.

Speaker 2

There was a time around here that you could leave your front door open morning, noon and night. Kids just played in the street unsupervised and only came home when it got dark or their dinner was on the table. Everybody knew everybody else... and their business... so it wasn't all great! ... But over the last few years it's got worse and worse and I've no idea why, I really don't. Mrs Peters at number 36, she was mugged just last Thursday, 50 pounds and her mobile phone she lost.

Speaker 3

When we saw it we just fell in love with it. The old wooden floors, the heavy oak doors, the delightful bay windows... and the garden... the garden's going to be glorious in spring. We'll have picnics, maybe even barbecues. Of course there's lots of work to be done before it's perfect, if it ever will be... But we seem to be settling in. Most of the local shopkeepers seem to know our names now and most people say hello in the street. It's such a change from living in the city. And when the kids go back to school there's a really good one at the other end of the village. I'll probably have to walk them there though... the high street is very busy with cars and I don't want to risk them crossing a busy road on their own.

Speaker 4

Well, with the kids now, there's just not enough room for all of us. We had to do it really. Obviously, I would have liked to have stayed here, but it's for the best. It was just impractical really. And now we'll have a lovely place. I've lived here since I left home. I never imagined then how much my life would change. Look out of the window, see that shop, that's where I bought my first suit for my first day of work, and there's the café where I met Karen, my wife. The idea of moving was hard at first, leaving all these memories behind. Still, it's for the best and it's not like we're moving to the other side of the world. It's only a ten minute drive and I can pop back whenever I like.

Speaker 5

I realise now it wasn't the right thing to do. We jumped in too quick; we

just took one look at the cottage and the village and we fell in love. We didn't really think about the practicalities. It all seemed so idyllic really. Country houses with beautiful gardens, cricket on the village green, the village fete, the duck pond... it seemed like we were going back in time. But once you're used to all that, spent a year or so here... well... that's when the realities kick in. There's not really much to do. If we want to go to the cinema it's a half hour drive to the multiplex on the ring road. If we want to eat in a good restaurant or see an exhibition we have to go into town, which with traffic can take over an hour and a half. And while the kids don't mind it now, I dread to think what they'll be like when they're a bit older... there's literally nothing for teenagers to do here. I guess we should have given it a bit more practical thought before we dived in and moved.

That's the end of Part 3. Now turn to Part 4.

CD 1 – TRACK 9

You will hear an interview with an athlete talking about his sport. For questions 24-30, choose the best answer A, B or C.

- M We've all heard of fun-runs and half marathons, maybe we've even competed in them... but how many of us have heard of ultra-marathons? My guest today is Stan Woodcock who is going to tell us all about ultramarathons. Hi, Stan, thanks for coming. Maybe I could start by asking you the obvious question... what exactly is an ultra marathon?
- M Hello Roy, thanks for inviting me onto the programme. Well, you know there's no straightforward answer to your question. Not all ultra marathons are the same. The simplest answer I can give you is that it involves running further than a normal marathon, which is 42.195 kilometres. Basically you could divide them into two types as well, those that cover a specific distance and those that take place within a specific time period, with the winner being the runner who has covered the most distance.

M What sort of distances and time periods are we talking about here?

M Well, the timed events range from 6, 12 and 24 hours to 3 and 6 days. In terms of the distance races, the most common distances are 50 and 100 kilometres.

M 6 days? Surely here in Britain, we'd run out of anywhere to run to!

M No – timed events are generally run on a track or a short road course, usually about a kilometre in length.

M And how popular are ultra marathons?

M More popular than you'd think. In Europe alone there were more than 200 ultra-marathons last year. There are a few in Africa, including the world's oldest, the 89 kilometre 'comrades marathon' in South Africa which attracts about 12,000 runners a year and a 250 kilometre race in Namibia called 'racing the planet'... it's becoming more popular in Asia. Taiwan, Japan and Korea have all hosted ultra-marathons, and India held its first in Bangalore in 2007. There's even an ultra-marathon held in Antarctica!

M And I believe you've just returned from the United States; tell us about that. From what you told me before the programme, it sounds impossible!

M Well, I took part in the Badwater Ultra-marathon. Which is a terrific test of your personal endurance. It's a 215 km course which starts at 85 metres below sea level and ends at the top of Mount Whitney in Death Valley, California... 2,548 metres above sea level. What makes it particularly tricky is that it's held in July, when temperatures can reach 49 degrees in the shade. A guy called Al Arnold pioneered the course, first attempting it in 1974, but he failed to finish due to dehydration. He tried again the following year but sustained a knee injury, but in 1977 he was the first to finish it, with a time of eighty hours.

M That sounds like quite a trial, Stan. Can I ask you just one last question, and I hope it doesn't sound rude... but, why do you do it, it sounds crazy?

M Don't worry, I'm asked that all the time. Maybe I used to ask myself too. But I can tell you this... it has taught me how I can take responsibility for my life and thereby guide my own destiny instead of blaming other people and being victimised by my own imperfections. It confirmed that the anger and rage that exists in most of us is based on our inability to accept our own inadequacies. It has taught me that we all have the strength and conviction to deal with adversity – if we can just tap into it. But more than anything, it has left me feeling profoundly grateful for my family and friends, appreciation of what I have, who I am, and where I am going in my life.

M Stan Woodcock, thanks for coming in and speaking to us.

That is the end of part 4.

CD 1 – TRACK 10

TEST 3

Now open your question paper and look at Part 1. You'll hear people talking in eight different situations. For questions 1-8, choose the best answer, A, B or C.

One. You hear someone talking about something he saw on television. What did he see?

- A a magic trick**
- B a drama**
- C a sporting event**

It was one of those 'must-see' moments. Everybody I knew watched it, and everybody at work the next day was talking about it. It was just like that soap opera years ago when the guy got shot and all you could hear the next day was people discussing who shot him. There were even t-shirts printed 'Who shot BJ?' they said. Or like that world cup final where the England player used his hand to score a goal and the referee

said the goal was valid. I'm sure there must be something to explain how she did it though, you can't just make Buckingham Palace disappear into thin air. But it was really dramatic to say the least.

REPEAT

Two. You hear a woman complaining about something. What is she complaining about?

- A types of mobile phones**
- B teenagers**
- C the public transport system**

I just don't see the point of them. You get on the tube and some adolescent sits next to you and all you hear is this tinny repetitive beat. Why can't they just put headphones on? Why do they imagine that the rest of us want to hear their music? It's not as if I've ever heard anybody using them to play decent music. I used to think their ringtones were annoying, but it's nothing compared to these. It really ruins my journey to work sometimes. Not that it was ever really a pleasure.

REPEAT

Three. You hear somebody talking on the phone. What is the purpose of their phone call?

- A to complain**
- B to arrange to meet someone**
- C to apologise**

I know exactly how you must feel. But just let me explain... I know, I know... I got the two thirty train and I was supposed to get the connecting train at two fifteen, but there was a delay at the train station and we didn't get there until half past two and I'd missed it. The next one wasn't until 5. Can you believe it? I've a good mind to write a letter of complaint to the company and tell them how angry I am; it's not as if the tickets are cheap either. You know how much I wanted to meet you, how can I make it up to you? What? Yes, I know... of course I had it with me... just that I forgot to charge it last night and it ran out of batteries, so I couldn't call you. Hello? Hello?

REPEAT

Four. You hear somebody talking in a shop. What kind of shop is it?

- A a health food shop**
- B a greengrocer's**
- C a chemist's**

It's because I have these allergies. I've tried everything. Creams, pills... you name it. The doctor told me he wasn't sure what was causing it, he even suggested it was all in my head. But surely I'm not imagining the rashes I get when I eat them. It just started a couple of years ago, I used to eat plenty of them with no problem. I suppose it must be something to do with the fertilizers and pesticides they use these days. So, no, those look nice and I'm sure they're fine but I don't want to risk it, I'll have the organic ones instead. A kilo should be enough.

REPEAT

Five. You hear a man talking about his sister. What is his sister's biggest fault?

- A She talks too much.**
- B She's too serious.**
- C She gets easily annoyed.**

Seriously, there are times when I think I just can't take any more. I love her to bits of course, but at times, well, you can imagine, I just have to take a deep breath and count to 20 or I'll just explode or end up walking out. She's always been the same, ever since we were little kids. You just can't get a word in edgeways. She'd kill me if she knew, but sometimes when she calls I just put the phone on the table, go away and make a cup of coffee and when I come back she's still going on and on and none the wiser.

REPEAT

Six. You hear 2 people talking. What is their relationship?

- A They're related.**
 - B They go to college together.**
 - C They go to the same gym.**
- F John! I haven't seen you for ages. How are you?

M Sara! Hi! You look great. I suppose you must still be taking those classes.

F I sure am! I've lost 5 kilos since I last saw you. Anna's a real dictator in her classes; she really makes you work and sweat. But I have plenty of time these days since I finished at university. What about you? How come I haven't seen you there for so long?

M Well, time is the big problem really. I've got so much work to do, I ended up finishing so late and then taking work home with me. There just don't seem to be enough hours in the day. But I do seem to be putting on a bit of weight, so maybe I'll try to get down there at least once next week.

REPEAT

Seven. You hear a man talking to his partner on the phone. When is he going to leave work?

- A 8.30**
- B 8**
- C 9.30**

I know I said I'd be home by 8 but it just can't be done. I've got a huge stack of work on my desk and I promised my boss I'd have it done by Wednesday. I'm going to have to come in early before he gets here at eight thirty tomorrow and get some more of it done. Look, it's half past eight now, I'll just put in another hour and then I'll finish, OK? Do we need anything from the shops on my way home?

REPEAT

Eight. What is the speaker describing?

- A a documentary**
- B a visit to a national park**
- C a friend's holiday**

It's quite breathtaking really. You could almost be there. It's such a beautiful park, the valley looks gorgeous. You can see why it attracts so many visitors. Only last week John was asking me if I fancied

going camping with him there for a long weekend. But that's why they made it really, to highlight how so many visitors going there every year is eroding a lot of the natural vegetation that the wildlife there rely on for food and shelter. Really did make me think. And the music they used is great, really complimented the images. You should see it.

REPEAT

That's the end of Part 1. Now turn to Part 2.

CD 1 – TRACK 11

You'll hear an information announcement about facilities offered at Blackpool Airport. For questions 9-18, complete the sentences.

Checking in at Blackpool airport couldn't be easier. The majority of check-in desks at Blackpool Airport are located on the first floor of the terminal building. Air UK operates its UK, London and German flights from check-in Area 14, which is located on a level beneath the Arrivals Hall. To save time, have your tickets and passport ready, and ensure your hand luggage contains only the items you may need during your journey. Ensure that carryon luggage does not contain any liquids, gels or pastes that exceed 100 ml. You can also use the self-service check in desks. Self-service check-in is available to passengers departing from the Airport travelling with certain airlines. A number of scheduled airlines offer self service check-in and internet check-in technologies in order to facilitate their passengers with early check-in, seat selection and issue of boarding passes. Please select from the airline links below to see if this service applies to your destination. Airline staff are on hand should you require any assistance. Sit back and relax in the Eric Morecambe Departure lounge. Enjoy the comfort and relaxing atmosphere of the Eric Morecambe Lounge for up to three hours – for only €25 per person. We offer an excellent service to all passengers regardless of airline or class of ticket. And there's a 20% discount for the over 60's who can take advantage of our facilities for only 20 euros per person. Facilities include: complementary refreshments;

newspapers and magazines; Free Wi-Fi access throughout the lounge and notification of delays and flight times. A left luggage facility is available in the Car Park Atrium, directly across the road from the Terminal, for short and long term storage of luggage. The facility is open from 6 a.m. to 11 p.m. daily and rates vary depending on the size of baggage. A car key holding facility exists for passengers, at a charge, with Greencaps, in the Car Park Atrium. The keys must be collected by the person nominated to do so. This person must have photographic identification when collecting the keys. Those leaving keys must also provide a reference of where their car is parked. Blackpool airport boasts a variety of cafés and restaurants, such as the Cosy Café located on the mezzanine floor. Relax in this modern light filled restaurant and choose from a wonderful selection of modern Irish classics such as; Pan fried Chicken with creamy smoked bacon and Leek sauce, freshly cooked pasta dishes, or Pan Asian delights such as Thai style prawns. Full English breakfast is served from 4 a.m. The airport is conveniently located approximately 10 km north of Blackpool city centre. It is served by a large number of buses, coaches and taxis all allowing you to get to and from the airport with ease. Over 21 million passengers travelled through Blackpool Airport last year.

That's the end of Part 2. Now turn to Part 3.

CD 1 – TRACK 12

You will hear five different actors talking about their first stage performance. For questions 19-23 choose from the list A-F to say what each person felt during the performance. Use the letters only once. There is one extra letter which you do not need to use.

Speaker 1

I thought I'd be a lot more anxious than I was. I couldn't sleep for a few days before it. I kept going over the worst possible scenarios in my head. Everything from forgetting my lines, to throwing up all over the stage... I even imagined a fire in the theatre. I suppose it's only natural really. I mean it's your very first time in front

of an audience, how are you expected to feel? There were hundreds of people there! But at the end of the day, you've done your preparation. You've spent months with the play, living the part... so when I stepped out on the stage I was surprised at myself. I didn't even notice the audience; I just went out and played my part as though it was the most natural thing in the world. And that's how it felt, it wasn't me up there on stage, I was the character and every line was my own.

Speaker 2

I couldn't wait to get out there. Seriously. We'd rehearsed it so often I was eager to show people what we'd done, what a classic play it was. The play was set during the first world war and was about a group of soldiers all from the same village who all get killed on the same day. We'd read so many letters, plays and books from the men who were actually there and what we noticed was that in the early days of the war, how so many men were so keen to go out and fight, even if it meant certain death. At the time I remember thinking they were crazy... but it's strange, the more we practiced on our own in an empty theatre... the more we just wanted to go out and do the real thing in front of a real audience... even if it proved to be a total disaster. Which it wasn't, I'm pleased to say. We got very good reviews in the following week's local paper.

Speaker 3

It was maybe the most frightening moment of my life. I was waiting in the wings, I knew my cue was coming up any minute. My mind went blank. I started hyperventilating. My stomach was in knots. I started to sweat. I nearly ran away there and then. I just wanted to hide and wished I'd never put myself in this position. I couldn't though, I couldn't let all those people down. The people who'd bought tickets but more importantly all my fellow actors and the director... we'd all worked so very hard to make this production. So I took a few deep breaths and when the time came I went onto the stage. I'd like to say I delivered a breathtaking performance but the truth is I was terrible. It did get better after that first performance though, thankfully.

Speaker 4

I wasn't supposed to be appearing that day. I was the understudy to Jake Collins, the Hollywood film star. He was in London to perform in this play and the publicity it got was astonishing, you couldn't turn on the television or open a newspaper without seeing his picture or an article about the play. So a lot of excitement had been created in the city. I imagine a lot of the audience had bought tickets simply to see a Hollywood star up close. They must have been rather disappointed when it was announced that he wouldn't be performing due to food poisoning. But for me it was a wonderful opportunity, and you can't imagine how great standing in for such a famous actor made me feel. Especially as when the play finished nobody I saw leaving the theatre looked in the least bit disappointed.

Speaker 5

It was a nightmare from the beginning to the end. I couldn't focus, I had trouble remembering my lines, I could barely move. Honestly, I was shattered. I had given up my job as a teacher just 9 months before to pursue my dream of being a professional actor, and as luck would have it my wife announced that she was pregnant just a week later. I'll have to make a decent job of this I thought, I've now got more responsibility than I've ever had. We were both so happy when I got this part, it was quite a prestigious production and it looked like I might have a future. Of course, fate had other ideas. My wife went into the hospital the day before the first performance. I was up for 30 hours straight that day, pacing up and down the corridors. She gave birth to our daughter, Chloe, just 2 hours before curtains up. I literally had to run all the way from the hospital to the theatre. Luckily everybody understood and I actually received an award for that role.

That's the end of Part 3. Now turn to Part 4.

CD 2 – TRACK 1

You will hear an interview with the creator of a web-based music service. For questions 24-30, choose the best answer A, B or C.

F Steven Pride is a difficult man to track down. The co-founder and CEO of MusicFlow is busy travelling around Europe on business. Founded in 2008, MusicFlow is quickly gaining a legion of loyal fans and it is easy to understand why. The musicstreaming program gives users instant access to a huge catalogue of music from all over the world, free of charge. Unlike the majority of similar websites, MusicFlow's beauty lies in the fact that it works with music companies and rights holders so that its operations are wholly legitimate. This explains why MusicFlow has been welcomed with open arms by both producers and consumers of music alike. Just this past Wednesday saw Steven Pride attending the Brit Awards in London, mingling with the *crème de la crème* of the music industry. This would never have been the case for the likes of Phapster or Pirate Ship. So it was with great satisfaction that Steven Pride, very much the man of the moment, took some time out to answer our questions. You are often described as a hardnosed businessman, are there any other things you are also guilty of?

M Right now, with all the travelling I'm doing, I'm not getting enough sleep at night, so I'd have to say falling asleep in meetings. My wife might tell you I work too hard, but I don't think that's true. I'm just doing what I love.

F Who has most inspired you?

M In terms of music I would have to say The Beatles. I don't think we'll ever see any group produce such a body of work ever again. Almost every song is a classic. In terms of business, I think my father has been my biggest influence, he always told me I should just do what makes me happy. And for everything else, my wife. She's been my rock, my inspiration, an oasis of stability over the last few years, which have been crazy.

F Go on, give us a quick look into your music collection. Who are you listening to right now?

M There are some fantastic artists coming through, such as We are Scientists, Vampire Weekend, Bats for lashes, Fleet Foxes and The Black Keys. Leonard Cohen's latest is awesome and I've just started listening to Little Feet's new album, which just hit MusicFlow today.

F MusicFlow was yours and Marta Pirez's brainchild, did it come about quickly from a chat you both had or was the idea a long process development?

M It's something we'd been thinking about for a while. One thing that became obvious to us about person to person file sharing was the fact that people consumed more music than ever from a bigger diversity of artists. The influences in terms of what they were listening to were coming more from friends than from radio stations. They were consuming music like crazy but weren't necessarily paying for that music. The underlying demand for music was bigger than ever. The reason we set up MusicFlow was to cater for that demand but to also, at the same time, create a functioning revenue stream.

F What has been MusicFlow's biggest challenge since start-up?

M Well obviously signing the various record deals was a huge step for us. We want to be the alternative to music piracy and to have the support of the record labels, both the majors and independents, to allow us to realise that aim. Since then, probably dealing with the surge in users has been one of our biggest challenges, as well as adding on average 10,000 tracks a day to the MusicFlow catalogue. Putting all the world's music in one place is a big job.

F Who do you see as your biggest competition?

M Depending on who you speak to, we will be compared to different services. In the UK, we get compared to First.fm; in France a lot of people compare us to Geezer, while in the US a lot of people see us as similar to Phapster. I honestly believe that we don't have a main competitor on that level as no one is currently offering what we are offering in terms of an ad-supported model and a subscription model as one.

F What have you got planned for next year?

M Lots of stuff. We've got some unbelievably cool exclusive content available for our users coming up over the next few months, plus we're also going to provide our MusicFlow Premium subscribers with some special extra services.

That is the end of part 4.

CD 2 – TRACK 2

TEST 4

Now open your question paper and look at Part 1. You'll hear people talking in eight different situations. For questions 1-8, choose the best answer, A, B or C.

One. You hear a woman talking about her pet. What is the problem with it?

A Her neighbours have complained about it.

B It is sick.

C It is noisy.

I can't get a wink of sleep and I'm so sleepy at work. Even my boss has noticed it. I'm worried sick. Really, I don't know what's got into her. She never used to be like this. OK, when the postman came she used to do it, but not at night, not every night at least. I'm amazed the people next door haven't come round and said anything about it, I know I would have if it was me. A car or a motorbike drives past the house and she's off, barking for hours. I don't know if there's something they can do at the clinic, some pills or something. I'll phone them, see what they suggest.

REPEAT

Two. You hear someone talking about their job. What do they do?

- A a nurse**
- B a firefighter**
- C a police officer**

It is rewarding I must say, but it does take it out of you. Not just physically but emotionally as well. You see the most terrible things. Usually people who've been involved in traffic accidents, but also house fires and industrial accidents. Of course, there's sometimes very little we can do except try to make them as comfortable as possible. It would be a crime not to do whatever we could. There are lots of success stories too. A lot of people are saying we're the best burns unit in the whole country.

REPEAT

Three. You hear a man talking on the radio about a local school. Why is the school being pulled down?

- A There aren't enough students.**
- B It has become dangerous.**
- C A new school is being built.**

Residents of Eddington were sad to hear of the local council's decision to demolish Saint Xavier's secondary school. While it is acknowledged that student numbers had steadily been declining over the past few years, it was still felt that there was sufficient need for a secondary school in the village.

Unfortunately, after careful assessment by the ministry of public works and their surveyors, it was decided that the building had become structurally unsafe and should be closed with immediate effect.

A local action committee has been pressuring the council to construct a new school on the same site. However, a spokesman for East Ridingshire council has declared that there are insufficient funds in the budget for such a project, for the foreseeable future at least. They have, however, agreed to fund a

special bus service for pupils who will now need to travel to school in nearby Mettingborough.

REPEAT

Four. You hear someone talking about a famous actor. How does she know him?

- A they went to drama school together.**
- B They went to university together.**
- C They went to school together.**

People ask me that all the time... did I know how famous he would become? Well, of course not. How could I? He was very good looking obviously, but that's not everything is it? I suppose you have to have the talent, oh and some luck too. I think he's worked very hard to get where he is today. We actually appeared in a few plays together at that time, we were both members of the drama group. Funnily enough it was me that everybody thought would become a star. We hadn't seen each other for years actually. I went off to study theatre and drama at college, and I'm not sure where he went, we just sort of fell out of touch. But then one day, oh I don't know how many years ago now, and there he was on the television playing a young university professor who is being blackmailed by his student. I was amazed, he was incredible... so charismatic and convincing. And guess what I'm doing now? Yes, I'm a drama teacher, I just never seemed to get that part to launch my career, so I gave up after a few years. I enjoy my job now of course, but you can't help thinking back to when we were kids and how things might have turned out differently.

REPEAT

Five. You hear someone ordering a meal in a restaurant. Which dish doesn't have salad included?

- A the burger**
 - B the fish and chips**
 - C the fried chicken**
- M Are you ready to order, madam?

F Yes, we are. We'll have the beef half pounder burger with texas sauce, the fried cod and chips with tartare sauce, and the southern rancher fried chicken with lemon dressing, please.

M Very good, madam. And what would you like to drink?

F Just a bottle of mineral water, please.

M Of course.

F Oh and could we have 3 side salads please?

M You realise the half pounder and the southern rancher are served with salad, madam?

F Oh, in that case just one salad then please.

REPEAT

Six. You hear a tour guide talking to a group of visitors in a gallery. What does he tell them about the gallery?

- A Large groups aren't allowed in certain areas of it.**
- B It's advisable just to visit one section of it.**
- C They could get lost in it.**

Well that's enough about the history of the building itself. Now it's time for you to have a look at what you really came here to see, the pictures themselves. We'll meet back here at 12 and then proceed back to the coach.

If you look in your guide packs you'll find a map of the gallery. It's quite clear and colour coded so it makes it easy to find exactly what you're looking for. I would warn you though, that in a building this size and with so many different sections dedicated to different art movements it would be impossible to see it all in just one morning. You'd have to be here for days really. It's best to decide on which parts you'd really like to see and then just concentrate on those. Otherwise you'll have to run around the gallery and not really have a chance to really look at any of the pictures properly. Also it's best to divide yourselves into smaller

groups, otherwise I'm sure nobody will be able to agree what you all want to see. Also, it gets very crowded around this time of day, so it wouldn't be very practical if you all just stuck together. OK, see you here at 12.

REPEAT

Seven. You hear a television weather forecast. What is the weather going to be like today in the east of the country?

- A rainy
- B sunny
- C snowy

Well for much of the country it's going to be a lovely day, with temperatures reaching as much as 28 degrees. Not bad at all after all that wintery weather we've been having lately. Leeds was reported to have received as much as 6 inches of snow in the last month. But that looks to be behind us now as a belt of high pressure comes in from the west, spreading eastwards as the week goes on. It looks a bit bleaker on the east coast until tonight, I'm afraid, as you're set for a day of grey clouds and showers, sometimes heavy. It might be a good idea to take your washing in but don't worry. By tomorrow afternoon you'll be out in the garden barbecuing with the rest of us.

REPEAT

Eight. You hear a girl talking to her mother. Why does she want her mother's hat?

- A to wear it to a party
 - B It's fashionable.
 - C She needs a new hat.
- F Why on earth would you want this? I must've bought it 30 years ago. It's ancient. Besides, surely you have enough hats, there are at least 10 in your wardrobe.
- F But I love it, mum, it's gorgeous.
- F You're not going to a Halloween party and dressing up as a hippy, are you?

F Retro is all the rage now – everybody's wearing things like this. Anyone who knows how to dress at least.

F OK, take it. But don't say I didn't warn you if people give you funny looks.

F Don't worry, mum. I'm going to be the coolest girl in my class.

REPEAT

That's the end of Part 1. Now turn to Part 2.

CD 2 – TRACK 3

You'll hear a radio interview with a plastic surgeon. For questions 9-18, complete the sentences. You now have 45 seconds to look at part 2.

F Mediwatch recently caught up with Dr Nigel Bryan, founder of the Bryan Plastic Surgery Medical Center in Tarantino, New Mexico. Dr Bryan is an accomplished plastic surgeon and has been on the Board of Directors for the American Academy of Facial Plastic and Reconstructive Surgery and on the surgery credentials committee of the American Board of Facial Plastic and Reconstructive Surgery. Dr Bryan, thank you for taking the time to speak to Mediwatch. You have been practicing facial plastic surgery since 1977 and have over 30 years of experience in this field. That's a great track record! How did you decide to become a plastic surgeon and choose facial plastic surgery as your specialisation?

M I first became interested in facial plastic surgery when I was in residency training at UCLA. My major inspiration came from Michael Howish, MD who was an extraordinary teacher and surgeon.

F Where did you receive your plastic surgery training?

M I attended Medical School at Idaho University in Springton, followed by general surgery at the University of Eastern Idaho

and finally my fundamental training came from the division of Head and Neck surgery at UCLA.

F What changes have you seen in your long career, in terms of techniques, technology and trends? Was plastic surgery as popular 30 years ago?

M There have been many changes in plastic surgery over the years. There is a tendency to swing from radical and exotic to minimal and less invasive and then back again. Many of the fundamental surgical techniques have not really changed because they are based on solid surgical principals. On the other hand, new procedures and materials are almost a daily occurrence. Perhaps, the most impressive of the trends is the widespread use of Botox and the filler substances available today. The popularity of plastic surgery is increasing daily. 30 years ago, the general consensus among those who could afford it, was to get a facelift at 50. Today, there is something for everyone, from Botox to filler substances, to facelifts. More importantly, the general population of women and men considering cosmetic procedures is closer to 35.

F You are a specialist in facial plastic surgery. Facial plastic surgery includes several procedures – face lifts, rhinoplasty, otoplasty, brow lift and many others. Which procedure in facial plastic surgery is the most difficult to perform? And, which procedure do you find the most interesting?

M There is no question that rhinoplasty is the most difficult plastic surgical procedure from head to toe. Therefore, it is clearly the most interesting and most challenging to perform.

F Is there any procedure that is more popular than the others?

M Botox is by far the most popular cosmetic procedure today. It is affordable with no downtime and patients love the results.

- F You've mentioned in your website that cosmetic surgery can help a person with poor self-esteem. To what extent does having cosmetic surgery help improve a person's psychological health? Would you like to tell us about any incident where surgery has helped a person immensely?
- M Plastic surgery is not at all about what your spouse or friends think. It is about how you feel about yourself when you look in the mirror. There is no question that people who look good and feel good about themselves are generally more successful than those who don't.
- F Do you also perform facial plastic surgery on accident victims or patients with birth defects?
- M Yes I do, but my son Nigel Bryan Jr. just returned from a trip to Columbia where he helped treat 50 patients with cleft palates and cleft lip deformities in less than a week.
- F As with any surgery, plastic surgery entails some risks – reaction to anesthesia, infection, hematoma, seroma, embolism and necrosis. Is there any particular procedure that has more risks than the others? How do you minimise these risks?
- M As a facial plastic surgeon risks really come in two categories. The risks are the anticipation of the patient and real medical risks. Serious medical complications rarely if ever occur in competent hands. Patients' anticipation and expectation is much harder to judge. We minimise the expectation risks by fully explaining all procedures and their results to each individual patient. On the medical side, our operating room facilities are fully certified by AAAASF and I have had experience in over 10,000 cases.
- F What kind of follow-up measures need to be taken in facial plastic surgery?

- M All patients need to be treated postoperatively as any other surgery patient would be. Photographic records need to be kept and frankly, there is a lot of hand holding for the emotional issues that occur. In general, most patients are thrilled, happy and require minimal care.
- F How important is it for a patient to feel comfortable with the surgeon? What kind of rapport do you share with your patients?
- M Being comfortable with the surgeon and his team, including everyone in the office is essential. Our rapport is excellent, the support of the staff is excellent. We try to listen to each patient and address that patient's individual needs.
- F Your son, Dr Nigel Bryan, Jr. has joined your practice. How does it feel to work with him?
- M It is a thrill and a privilege to be able to work with my own son. It was easy to assess his education, but you never really know how well another surgeon can operate. He is a gifted and meticulous surgeon.
- F Thank you, Dr Bryan, for taking the time to answer these questions.

That's the end of Part 2. Now turn to Part 3.

CD 2 – TRACK 4

You will hear five different people talking about what they like about London. For questions 19-23, choose from the list A-F the reason each speaker gives for why they like the city so much. There is one extra letter which you don't need to use.

Speaker 1

I remember the first time I went there it was the thing that struck me most, and it still does to this day, and I've lived here nearly 10 years now. You can just walk down the street and there's an Indian restaurant, next to a Lebanese restaurant, next to a

Turkish restaurant... you name it. It's like the whole world is here. I was in the butcher's the other day and the guy behind the counter was speaking to me in English, to an elderly woman in Arabic and to some young Senegalese guys in French. Now, I'm from a small village up north and most people there have lived there for generations, I mean, my teacher at school also taught my dad, so it's a real contrast and something I think gives the place its verve.

Speaker 2

Never a dull moment, that's all I can say. If you have the time and the money, you'll never be bored. On Monday I can go to the South Bank and see an exhibition. On Tuesday I can pop into the British Museum. Wednesday, maybe catch an opera. Thursday go out for a meal. Friday go and see a film in one of the massive cinemas in Leicester Square. Saturday, go to a football match and then on Sunday just have a walk in Regent's Park – it's beautiful there, so many trees and flowers, so relaxing.

Speaker 3

There's just this buzz about the place. Walking down the street you see a famous singer, you might be in the newsagent's and an actor from some famous TV series pops in to buy his copy of the Guardian. There are always new restaurants or clubs opening. All the different parts of the city have their own special feeling. North London with its Irish community, and the West Indian parade in Notting Hill. I know some people get annoyed with how people rush about and the general mayhem on the tube, but for me it's what London is all about, its electric.

Speaker 4

Well, I have heard there are more green spaces in London per capita than anywhere else. I'm not sure if that's true, but it's certainly an improvement on the city I grew up in. In our local park you could walk every inch of it in about half an hour. In London though, you're spoilt for choice. I'm not sure which park I would say was my favourite, it would depend on my mood. I do have a soft spot for Primrose Hill, you know the one you often see in films, that has a view all over London.

Speaker 5

I remember people saying it was a monstrosity. I can't believe they really think that, it just matches the skyline so beautifully. They call it the Gherkin and I can see how it might be a bit modern for some tastes, but really, to call it ugly is insane. But I read that people complained about the Eiffel Tower when that was first built, and can anybody think of Paris now without it? I'm sure people will come to think of it in the same way as they do Saint Paul's cathedral or the Tower of London – as a beautiful building that could only be in London.

That's the end of Part 3. Now turn to Part 4.

CD 2 – TRACK 5

You will hear a talk from the director of an animal sanctuary . For questions 24-30, choose the best answer A, B or C.

'Why do Llamas need to be rescued? I thought they were worth lots of money...' That's usually the first question we hear when someone finds out about the work of LlamaCare. It's a difficult question to answer because the reasons are many and some very complex. The simple answer to the first part of it is that they need rescuing, because there are too many... now. To the second part, they used to be, but aren't now.

About 25 years ago, give or take, llamas came upon the scene in the United States as unique, 'exotic' animals. No one really knew what they were 'for', but lots of people thought they wanted one... or a herd. They were beautiful, different from your usual farm animal, had wonderful long eyelashes, big eyes, and an air of mystery.

What we are seeing now is primarily the result of over breeding. Simply put, the supply began to outweigh the demand. Indiscriminate breeding, along with the fact that these animals can live 18 to 25 years or more – a fact none of us paid much attention to when either buying or selling them, during those days – has brought a lot of llamas to need rescuing. There were certainly responsible, caring breeders and there still are, but many people bought llamas not knowing a thing about them except that 'the babies

sure were cute' and oh, 'let's have a few more'. We get calls from neighbours about people letting their llamas starve and actually having dead llamas lying around their pastures. We get calls about llamas being tied to a post and beaten, or lassoed, or kids being allowed to ride them and harass them until the llamas scream. These are the dire cases.

We have one llama called Cybil. She was attacked by a cougar and found near death. Those are the worst of her wounds, partially healed. Her body was covered in scratches and bites. Her owner was out of town, but fortunately his caretakers nursed her until he returned. Her owner felt that he could no longer guarantee her safety, so gave her to LlamaCare to complete her recovery and spend her retirement in a quiet, peaceful environment. During 2004 we made the decision to become a 'forever' sanctuary. The llamas who come to us, stay with us. After working to find good new homes for many llamas, we have come to the conclusion that virtually all who come to us have had enough of moving around and being separated from their companions and families and will be much happier joining a herd that they never have to leave. We are however, still willing to help people find someone who offers the service of placing their animals if that is what they want for them. All llamas who come to us are examined by a vet, receive all necessary shots, and any other veterinary attention needed. They are then evaluated for personality traits, level of training required, and where they might fit best in the herd. We are not in the business of making more llamas for the market. We are here to save the lives of those who find themselves in situations where their lives – or the quality of their lives are in danger. Like any rescue, we are in constant need of monetary donations. Volunteers range from mentors and veterinarians, to those who spend a day interacting with the animals and cleaning barns – great exercise and fun for those city dwellers who can't own llamas, but enjoy them. There will always be a llama here who wants to be the centre of your love and attention.

That is the end of part 4.

CD 2 – TRACK 6

TEST 5

You'll hear people talking in eight different situations. For questions 1-8, choose the best answer, A, B or C.

One. You hear someone talking about a new road. What is her opinion of the road?

- A She thinks it will make her journey to the shops longer.**
- B She is in favour of it.**
- A She's worried it will harm local wildlife.**

Of course I can understand their concerns, it's bound to have an effect on some of the wildlife there, but at the end of the day you've got to balance that out with the positive effect it will have on the village. It will be a lot more pleasant for all of us here when we don't have to wait an hour just to cross the road to get to the post office.

REPEAT

Two. You hear someone talking about their degree. What did they study?

- A Medicine**
- B Fine arts**
- C Science**

My parents tried to convince me to study Medicine, and I went along with them right up until the final moment when I had to submit my university application. Although I'd always been quite good at science I'd never really enjoyed it that much and I couldn't see how medicine would be that different. Of course, at that age I never fully appreciated how hard it would be to get a degree in Fine Arts... but sometimes you've just got to follow your heart.

REPEAT

Three. You hear a man speaking to someone. Who is he speaking to?

- A a customer**
- B a student**
- C his cleaner**

So, if you look closely you can see that just by applying a small quantity of it to the surface and rubbing it ever so gently in a circular motion with a kitchen cloth, the final result is as clean as if you'd been scrubbing it for hours. It's a marvel of modern science, it really is. And at just under two pounds a bottle, you can't say fairer than that. So how many bottles would you like?

REPEAT

Four. You hear a woman talking to her neighbour. What does she want her neighbour to do?

- A Look after her cat.
- B Feed her son.
- C Water her plants.

If it's no trouble... oh that's great... thanks ever so much. You just have to check there's enough water in the bowl. I'll be back by Monday, so you only need to go round there twice. And if you leave him some food in the bowl every other day, that'll be great. Is there anything you'd like me to bring you back? (pause) Sure no problem. Bye.

REPEAT

Five. You hear a woman talking about going to a beauty salon. What is she going to have done?

- A Get a new hairstyle.
- B Have a manicure.
- C Have a massage.

I'd had my hair done there before and I loved it. They really take care of you in there. I had a lovely cup of coffee while I was waiting and they even gave me a head massage before the styling. So, as it's my birthday and I'll be going out this evening I thought why not get my nails done there... then go home, put on my best dress and some make up and hit the town.

REPEAT

Six. You hear someone talking to her colleague. Why is she upset?

- A Something is missing.
- B Something got wet.
- C Something is broken.

I'd put it in my drawer because I didn't want to take it outside with me and risk it getting wet if it suddenly started raining. I thought it would be fine if I just left it there... but when I got back after lunch there was no sign of it. I haven't got a clue who could've done something like that. It's really put me in a fix, it really has.

REPEAT

Seven. You are in a computer repair shop. When will your computer be ready?

- A Friday
- B Monday
- C Tuesday

Well, leave it with us. We'll have a look at it as soon as we can. It doesn't sound like it's anything too serious. We're a bit busy at the moment but we can definitely get round to it by Friday. So if you come around on Monday then I'm sure we'll have it up and running for you by then. Oh, hang on, Monday is a holiday and we're closed, so pop round the next day then.

REPEAT

Eight. You hear someone talking about his journey to work. How does he feel about it?

- A It's relaxing.
- B It's stressful.
- C It takes too long.

I know most people hate it... it's stressful, it takes too long... it's hell they say. But for me... well... it's the only time I get to myself really. When I'm at work the phone's ringing nonstop... at home the kids are either screaming or wanting help with their homework. So it's a time I can just slip on some good music and sort of switch off. Actually I wish it took two hours instead of one!

That's the end of Part 1. Now turn to Part 2.

CD 2 – TRACK 7

You'll hear part of a radio documentary about a dessert. For

questions 9-18, complete the sentences.

Pavlova is a meringue-based dessert named after the Russian ballet dancer Anna Pavlova. It is a cake similar to meringue with a crispy crust and soft, light inner. The dessert is believed to have been created to honour the dancer during or after one of her tours to Australia and New Zealand in the 1920s. Where it was created and the nationality of its creator has been a source of argument between the two nations for many years, but research indicates New Zealand as the source. The dessert is a popular dish and an important part of the national cuisine of both countries, and is frequently served during celebratory or holiday meals such as Christmas lunch. All currently available research suggests the recipe originated in New Zealand. Keith Money, a biographer of Anna Pavlova, wrote that a chef in a hotel in Wellington, created the dish when Pavlova visited there in 1926 on her world tour. Professor Helen Leach, a culinary anthropologist at the University of Otago in New Zealand, has researched the pavlova, and has compiled a library of cookbooks containing 667 pavlova recipes from more than 300 sources. Her book, *The Pavlova Story: A Slice of New Zealand's Culinary History*, contains a timeline of pavlova history which gives 1935 for the first Australian pavlova recipe and 1929 for the recipe in the rural magazine *NZ Dairy Exporter Annual*. It has been claimed that Bert Sachse originated the dish at the Esplanade Hotel in Perth, Australia in 1935. A relative of Sachse's wrote to Leach suggesting that Sachse possibly got the year wrong when dating the recipe, but Leach replied they wouldn't find evidence for that, 'simply because it's just not showing up in the cookbooks until really the 1940s in Australia.' Of such arguments Matthew Evans, a restaurant critic for the *Sydney Morning Herald* said it was unlikely a definitive answer about the pavlova's origins would ever be found. 'People have been doing meringue with cream for a long time, I don't think Australia or New Zealand were the first to think of doing that,' he said. Pavlova is made by beating egg whites to a very stiff consistency before folding in caster sugar, white vinegar, cornstarch, and sometimes vanilla, and slow-baking the mixture

similarly to meringue. This makes the outside of the pavlova a crisp crunchy shell, while the interior remains soft and moist. The pavlova's internal consistency is thus completely different from that normally associated with meringue, having more of a soft marshmallow texture. This difference is due to the addition of cornstarch, the use of which is the defining feature of a pavlova recipe. Pavlova is traditionally decorated with a topping of whipped cream and fresh fruit, such as strawberries and kiwifruit. Raspberry is a popular topping in the United Kingdom, with the tartness of raspberries contrasting with the sweetness of sugar. Factory-made pavlovas can be purchased at supermarkets and decorated as desired. A commercial product is available that includes pre-mixed ingredients for baking the meringue shell, requiring only the addition of water and sugar. Te Papa, New Zealand's national museum in Wellington, celebrated its first birthday in February 1999 with the creation of the world's largest pavlova, named 'Pavzilla', cut by the Prime Minister of New Zealand of the time, Jenny Shipley.

That's the end of Part 2. Now turn to Part 3.

CD 2 – TRACK 8

You will hear five different people talking about their first job. For questions 19-23 choose from the list A-F to say what each person says about it. Use the letters only once. There is one extra letter which you do not need to use.

Speaker 1

It was only a summer job when I was at university; just a couple of months work and the pay was awful. I suppose I was just young, I didn't take it seriously... I think if I'm honest, I thought it was beneath me... I was an academic after all... I thought I could do it with my eyes closed. Anyway, one day the boss came over and told me that if I didn't improve he would have no choice but to sack me. I think I was so embarrassed that I began to take it seriously and everything turned out OK. I spent the money I'd earned on a holiday in Greece.

Speaker 2

I suppose it was a bit of a silly thing to do really. I put it on my CV that I spoke fluent French. Rather stretching the truth, to say the least. I could just about order a coffee if I had to. Well, I didn't think much about it, doubted I'd ever have to prove it, but one day the boss called me over and said he had an important new client with a French wife who didn't speak a word of English, and would I show her around the city for the day while her husband was in a company meeting. There was nothing I could do about it. I couldn't just tell him the truth. So I spent the day with her. Luckily she didn't let me get a word in edgeways and I just smiled and nodded at appropriate moments. The next day I was sure my boss would ask to see me and that would be it; I'd be history. But he never did – I don't think the wife even noticed I hardly spoke a word.

Speaker 3

It was a work placement really, but I'd still consider it my first job. I mean, I worked the same hours as everybody else, mucked in with everybody else. I'd never really thought about the work they did before, but that time really opened my eyes. By the time the placement ended and I had to leave, I'd made up my mind. There was no way I was going into a boring 9 to 5 office job just for the money. I was going to spend my life helping people. And that's why I became a paramedic.

Speaker 4

Some friends and I went to France to spend the summer picking fruit, just moving from place to place wherever the work was. I suppose we had an over-romantic idea about the whole thing. We had no idea just how back-breaking the work would be. The amount of different things we picked – strawberries, grapes, apples, raspberries, pears – it didn't matter what it was – at the end of the day you could hardly move. Anyway we had to cut the whole thing short and come back to Scotland. I got a twig caught in my eye while we were picking pears and the pain was unbearable, there was no way I could carry on working after that.

Speaker 5

A dogsbody, that's the word! I suppose you have to expect it at that age and in your first job, but at the time it really got to me. I don't know if I expected to be doing more important things or what, but I'd come home boiling with rage thinking 'that's it! Tomorrow I quit!' 'Cup of tea, Darren, fill up the photocopier with paper, Darren, clean the shelves, Darren.' It was non-stop and I'd never know from one day to the next what I'd be spending my day doing.

That's the end of Part 3. Now turn to Part 4.

CD 2 – TRACK 9

You will hear an author talking about his time at school. For questions 24-30, choose the best answer A, B or C.

When I was 8 years old my family followed the ancient family tradition and packed me off to a moderately expensive public school in Cumbria. I hated almost every day that I spent there. My very first term was a disaster and I found it very difficult to settle in. Life in a boarding school can be almost impossible, especially if you aren't that happy at home, which I wasn't at the time. I did miss a nice home-cooked meal though; the food at the school was dreadful. Apart from having to follow all the rules and time-honoured customs, you were never left alone, even for a minute – you were always with another boy at all times. I have always enjoyed my own company and a bit of solitude, so day-to-day life at school was very hard for me, although the other boys didn't seem to mind it. In the first term there I developed a nasty cough. The school nurse said it was nothing and gave me some pills to take. However, a short time afterwards, playing rugby in a snowstorm, I suddenly felt I couldn't breathe properly and was taken to hospital with a nasty dose of bronchitis and pneumonia. As soon as I arrived at the hospital they put me into a small room with another boy who was also very ill. He eventually died and I'm told, so did I nearly. My main memory of my time in hospital was that the nurses on duty in the evening used to get together in my room and play scrabble and chat. That they were keeping me awake with the light on

and their talk didn't seem to worry them in the slightest. When I had recovered I was sent home for a few weeks to convalesce and so missed almost all the school term. When I eventually returned to school, I was sent to bed early because of my illness... and so finally I got to have a brief period to myself every day. Later in the term I was allowed to go to the school library alone which was another great improvement. The day I left school the headmaster came up to me to say goodbye and asked if it was a sad day for me. I told him that in fact it was the happiest day of my life. He said that he was sure that I would come to think of my time at the school in a completely different light. I told him that I was sure I would not. Although of course over the last thirty years I have had dreadfully unhappy days in my life, I found that my conclusions then – that there was nothing that could ever be so bad as my time in boarding school – were indeed proved to be quite correct.

That is the end of part 4.

CD 2 – TRACK 10

TEST 6

Now open your question paper and look at Part 1. You'll hear people talking in eight different situations. For questions 1–8, choose the best answer A, B or C.

One. You hear part of a nature programme on television. What does it say about the Scarlet King Snake?

- A It's not poisonous.**
- B It's poisonous.**
- C They are very big.**

The Scarlet King snake is a type of king snake that is found in the Eastern portion of the United States, particularly Florida. It is a subspecies of the milk snake. They are found in pine flatwoods, hardwood hammocks, prairies, cultivated fields, and suburban areas. It is significantly smaller than some of the other king snakes, usually well under 20 inches long. The maximum recorded length was 68.5cm (27 inches). Neonates (newborns) can be as small as 3 and a half inches. The snake has a tri-colour pattern of black, red, and

yellow bands that imitate the venomous coral snake. A method to help differentiate between venomous and non venomous tricolour snakes in North America is found in the popular phrases 'red on yellow, kill a fellow; red on black venom lack' or 'if red touches yellow, you're a dead fellow; if red touches black, you're all right, Jack' and 'Red and black is a friend of Jack'. Juvenile specimens of this snake usually have the same colours as adults, but often have rings that look more 'off white' than yellow. As they become mature, their rings turn more yellow.

REPEAT

Two. You hear two friends meeting. Where are they?

- A at the cinema**
- B in a restaurant**
- C in a shop**

M Hi Tony, I didn't expect to bump into you here. How's it going?

M Fine thanks. Well, I just read about it in the local paper, I thought it sounded interesting.

M Me too. From the review I didn't expect to be able to get a table.

M Me neither, but if you look at these prices, I can see why people were put off.

M You reckon? it doesn't seem unreasonable to me. And look over there, that's Brett Flick. It's not every day you can say you spent the evening in the same place as a Hollywood star.

M I suppose not. Anyway, I'd better be getting back. We're sitting over there, near the entrance.

REPEAT

Three. You hear someone talking about buying clothes. How does he choose his clothes?

- A He chooses the most fashionable.**
- B He chooses the most expensive brands.**
- C He buys comfortable clothes.**

Well, people often say to me that I must be a dedicated follower of fashion. They say I always buy fancy designer stuff. But that's not really the case. OK some of them might happen to be all the rage at the moment, but that's not why. I'm not throwing my money around on a whim. Over the years I've come to trust certain brands. I'm quite comfortable paying a hundred pounds on a pair of jeans if I know they're going to last me for years. If I got some supermarket own brand jeans, they'd be falling apart in 6 months, so it's not really saving you any money in the long run. They cost more because they're better quality, you get what you pay for really, and that's the reason they might have become fashionable.

REPEAT

Four. You hear a traffic report on the radio. Which road is closed?

- A the A613**
- B the B403**
- C the A614**

And now traffic news for motorists travelling in North Nottinghamshire. Due to a building fire at a farm close to the B403 High Street in Repton, traffic is closed both ways on the A613. Police are directing traffic. Motorists travelling between Nottingham and Worksop are advised to take the A614 or alternatively leave the B403 at Collymore before joining the A630 at Sheringham. Now for rail news...

REPEAT

Five. You hear a young woman talking about a man she has just met. What does she think of him?

- A He's fascinating.**
- B He's intelligent.**
- C He's boring.**

Well, I didn't really know much about him. I'd seen him around the office of course, you couldn't help noticing him... those piercing blue eyes and long, dark hair... honestly he looks like a film star. So I was thrilled when he asked me to dinner. All the girls in my department were envious. But as it turns out, you can't judge a book

by its cover. I thought he'd be really interesting, that we'd hit it off really well... then we'd get married and have children...[laughing]. Well from the moment we arrived at the restaurant, the only thing he talked about was his ex-girlfriend and football. Do I look like I'm going to be that interested in football? Really, I couldn't wait for the evening to end.

REPEAT

Six. You hear a theatre director talking to an actor. How does she want him to do the scene?

- A in the same way as before
- B very differently
- C like a famous actor did it before

It's just... well... too reminiscent of Sir Larry Guilgood really. I know he made this part his own. It's the touchstone performance, one we can't really forget about. The image of him as Hamlet is probably the one we all think of when we think of Hamlet on stage. But it was over 50 years ago, we can't just go on doing it in the same way. You're your own man, John, a great actor in your own right. I believe you can go all the way, so you're just shooting yourself in the foot really if you mimic Sir Larry. I want to see more of you in Hamlet and less Guilgood. OK. That's it for today, rehearsals start at 7 tomorrow, everybody. And don't be late.

REPEAT

Seven. You hear a conversation between a man and a young woman. Who is the man?

- A a doctor
- B a chemist
- C her father

M Well, I must say that doesn't look very comfortable, young lady. How did that happen?

F I was out in the garden and I must have just fallen asleep. I had sunblock on as well, factor 20.

M That just means how long you can spend in the sun without

running the risk of damage to the skin. If you were asleep for more than 40 minutes, you were bound to burn.

F It really hurts, and I look ridiculous. What's Nigel going to say when he comes round, I'm supposed to be meeting all his new friends from medical school tonight at a party. I just can't go, he'll be so ashamed of me.

M There, there, don't be silly, I'm sure he won't be in the slightest. Listen, I'll have a rummage around in the bathroom, see if we've got any cream we can put on it for you.

REPEAT

Eight. You hear someone talking to their friend about dreams. What happens in her dreams?

- A She flies.
- B She falls.
- C She loses her teeth.

I was reading about it in a magazine, apparently it's really common. One of the big three. There's the one in which you can fly, just zoom off into the air... this means you're content with life and feel you have the potential to succeed, then there's the other side of the coin, where you plunge down from the sky, which expresses fear of failure or lack of self esteem. Now mine is considerably worse. I wake up with such a fright and have to go to the mirror to make sure they haven't all fallen out. Apparently it reveals great anxiety and the fear of getting older.

REPEAT

That's the end of Part 1. Now turn to Part 2.

CD 3 – TRACK 1

You will hear a promotional talk about a language school. For questions 9-18, complete the sentences.

Learn Hungarian in beautiful Budapest.

Come to our office and we will be happy to assist you in any way we

can during your stay in Budapest. Here is some information about us. Our two-week courses of Hungarian language and culture were first offered in 1997. Initially, we offered one two-week session during winter 1997 and one during summer 1997. They met with broad interest and were very well received. We therefore scheduled two two-week sessions during both winter and summer 1998. Since then the number of sessions and the numbers of groups and language levels in every session have continued to grow, and we now offer 5-6 sessions in winter/spring (February to April) and 8-9 sessions in summer/autumn (July to October). In the period from February 1997 to October 2008 over 2,500 people participated in our Bulgarian courses. Our courses continue to attract more and more interest, and the number of participants (who have been between 18 and 71 years of age) is constantly rising. The high standard of our courses and their attractiveness are shown not only by the fact that many participants have returned to Budapest several times to continue studying Hungarian with us (returning participants constitute 15-20% of all course participants), but also by the results of surveys which are conducted at the end of every session. The surveys assess all components of the course, and the average overall mark given to the course by the participants is usually around 4.5 on our 5-point grading scale. Both Hungarian and Russian language courses are conducted by qualified native speakers. The level of instruction is adjusted to your needs or those of the group. We are also open to your suggestions concerning vocabulary and subjects covered; here, too we are willing to accommodate your needs and expectations. You are free to choose dates, duration and intensity (number of lessons per day) of an individually arranged course. Lessons can start on any working day. The only limitation: the minimum length of an individualised course is five days of classes (not necessarily on consecutive days) and the minimum number of classes per day is 2, each lasting 45 minutes. The fee per lesson (of 45 minutes) depends on the length and intensity of the course and on the number of people in a group. For a typical individual course of 20 lessons (5 days, 4 lessons a day) the fee per lesson is 14 Euros,

or a total of 280 Euros. For a much longer and more intensive course, the fee per lesson may be somewhat lower, and for group lessons it may be somewhat higher (the fee is understood as per lesson per group; the fee for the individual participant will then be substantially lower). The exact fee will be negotiated individually, depending on the specific circumstances. (For example, if you wish to register and start a course at short notice, or for a time when demand is especially high, it may be difficult or impossible for us to offer you the price quoted above.) Please consult the Cultural program page on our website for the regular two-week sessions (and the websites mentioned there). We can offer most of the components listed there, and other options depending on your interest, but since the individually arranged courses do not constitute a package (as regular two-week sessions do), there will be additional charges.

If you participate in an individually arranged course during a time period when our regular sessions take place, you will be able to participate in the regular cultural program at a modest fee. We will also gladly advise you on cultural events in Budapest and help you plan your free time in Budapest. Please consult the Accommodation page on our website for the regular two-week sessions. We can offer you the same three kinds of accommodation when you participate in an individually arranged course. In this case the price for lodgings is not included in the course price. Charges will then be as follows:

For the first week in a single room in a private flat or house, 80 euros a week and 50 euros for additional weeks. Or for a separate, self-contained flat, 130 euros for the first week and 100 euros for every additional week.

That's the end of Part 2. Now turn to Part 3.

CD 3 – TRACK 2

You will hear five different people talking about cosmetic surgery. For questions 19-23 choose from the list A-F to say how each person feels about it. Use the letters only once. There is one extra letter which you do not need to use.

Speaker 1

If you wake up after surgery with the face of a 20-year-old, where does it stop? What's wrong with growing old gracefully? The lines around my eyes come from years of laughter. And the marks on my tummy are the result of my two beautiful daughters. I'm happy, healthy and, in my 50s, more comfortable in my skin than ever. Why would I want to risk that? I am a 50-year-old woman and nothing's going to change that. I admit I like to look good, but I believe you put in to get out. I go to the gym three times a week and I'm training for a 10K race. I believe being outdoors is good for the mind, body and soul and that shows in your face.

Speaker 2

I was confident about my body in my 20s and with good reason. I had a great figure and worked as a part-time model. I didn't worry about losing my looks – I just never imagined it would happen. Six months after marrying John I became an air hostess. Then, eight years later, I became pregnant and gave up flying. Free of the pressures from work to stay slim, I indulged in all my favourite treats. In my mid-40s I didn't turn heads any more and I no longer felt attractive. I got talking to a friend who'd had a facelift and decided I wanted surgery. The results were lifechanging. I felt like I had rolled back 20 years and having a smooth neck and tighter skin made me feel like the old Libby I knew and loved. I felt like I had turned the clock back.

Speaker 3

If you ask me, having plastic surgery doesn't address the heart of the matter. Obviously people who go through it are insecure about something - lacking in self-esteem. I know we live in a society obsessed with how you look, but giving yourself a smaller nose or a larger chest, I don't see how that can make you feel any better about yourself in the long term. It all seems a bit shallow to me. I think as long as you value yourself and love yourself for who you are, that's the most important thing. The rest is just trivial. I mean, we never fall in love with people just for their looks, do we? We fall in love with the person themselves.

Speaker 4

Plastic surgery can and often does improve one's appearance – rhinoplasty, for example, has improved many a big nose or bump in a nose. If you are having plastic surgery to correct a flaw or defect that has seriously affected your life, then as long as you are fully informed of all the risks, then by all means go for it... Here's another thing to consider about any surgery – I was born with several deformities and congenital defects that were operated on numerous times during my life (I'm 56 now) ... there are long term affects of these surgeries... I have severe problems with my heart and my lungs now, and have been told that if I need another operation where they use general anesthetics, I could die... so, if you are having plastic surgery, I would really think seriously of the long term affects... all those people who are on that TV show where they go into it looking old, fat or with big noses and come out beautiful... well no one knows what the effects of this surgery will have on them 30 years from now.

Speaker 5

We've been doing it as long as there have been humans. People used dyes on their faces, piercings on various parts of their bodies. You name it. In certain parts of the world people elongate their necks, in others they put plates in their lips to make them bigger. And I know in the east it was very common to bind the legs of children so that the feet wouldn't grown big. We all want to look good and if the technology is in place to achieve that, then we're bound to seriously consider it. I don't really see it as any different to getting a tattoo or having your ears pierced. I wouldn't consider it myself though, but that's because I'm scared of needles and surgery. But I fully understand why people do it.

That's the end of Part 3. Now turn to Part 4.

CD 3 – TRACK 3

You will hear an interview with an expert on maritime disasters, June Harmann. For questions 24-30, choose the best answer A, B or C.

M I think if we thought of a

maritime disaster, June, most of us would tend to think of the *Titanic*, why is that, was it the worst such tragedy?

F Well, it was a terrible tragedy, Keith, there's no denying that. It claimed the lives of more than 1,500 people, but in terms of the number of fatalities, there are far worse disasters. The *Tek Sing* in China in 1822 left 1,600 dead; more recently the *Le Joola* in Senegal with 1,800 deaths and a few others until you get to the worst peacetime maritime disaster in history, the *Doña Paz* in 1987 which left an estimated 4,341 dead. I think the reason we all think of the *Titanic* is of course because we've all seen the films and read about it, but moreover because we're rather parochial and often are more concerned with things closer to home, after all, it was a British ship travelling to New York, than we are with events which are somewhat off our radar, occurring on the other side of the world.

M You might be right there, June, I can't say I've heard much about the disasters you mentioned. Tell us more about the *Doña Paz*, how could so many people have been on the ship, and how could so many have died?

F In terms of the number of people on the ship, that's an issue of some dispute. The original passenger capacity of the ferry when it was built and called the *Ryukyu Kaiun Kaisha*, was 608 people. But after it had been sold to a ferry company in the Philippines, it was renamed the *Doña Paz* and officially had a capacity of 1,492 passengers and 60 crew. But a revised passenger manifest showed 1,583 passengers and 58 crew, with 675 more passengers getting on at Tacloban City and another 908 at Catbalogan. There have also been claims that it was quite common for the crew to sell further places aboard the ship. Why so many of these people lost their lives is due to a combination of reasons. What happened was this: during the night, as passengers slept,

many on the floor of the corridors and the decks, the *Doña Paz* collided with an oil tanker on its way from Bataan to Masbate. The *Vector* was carrying 8,800 barrels of gasoline and other petroleum products. Upon the collision, the tanker's cargo ignited and caused a fire that spread onto the *Doña Paz*. Survivors claimed that the lights onboard the *Doña Paz* had gone out, that there were no life jackets on board the ferry and that none of the crew were giving any orders. People who survived the fire had to jump into the shark infested water below.

M You said earlier that these were the worst peacetime disasters. What about wartime?

F Well for the worst disaster, in terms of loss of life, you'd probably have to look at the failed Spanish Armada in 1588. Spain lost between 15 and 20 thousand soldiers and sailors. Some were sunk by English ships but the majority of losses came about due to unusually strong Atlantic storms which led many of the Spanish to drown, while many others died from starvation and disease as their ships were unable to anchor along the coasts of Scotland or Ireland. As the Spanish King said in the aftermath 'I sent the armada against men, not God's winds'.

M So just how safe are we at sea, June?

F Oh I'd say pretty safe, relatively speaking. If you're travelling with a reputable company and in a boat equipped for the environment it's in, you're statistically safe. Look at it this way, an estimated 1.5 million people in the UK travelled on cruise ships last year alone. And we're no longer so much at the mercy of bad weather.

M And one last thing, June. It seems a strange thing to have written a book about, can you tell us why exactly you became interested in this field?

F It's difficult to say, I suppose

I've always had a bit of a morbid fascination with the sea. It always seemed a bit of a dangerous, mysterious place to me. And I do remember seeing an old black and white film about the *Titanic* when I was a kid, which I remember I found spellbinding. But to be honest I'd say the truth is much more mundane, simply, I was contracted to write the book by the publisher's, so I did my research and here you are... *A History of Maritime Disasters* by June Harmann.

That is the end of part 4.

CD 3 – TRACK 4

TEST 7

Now open your question paper and look at Part 1. You'll hear people talking in eight different situations. For questions 1–8, choose the best answer A, B or C.

One. You hear a man talking about a sport. Why did he stop playing the sport?

A Because of injury.

B He no longer enjoyed it.

C He doesn't have enough time.

Well, I've got to say, much as I liked taking part, it got a bit too much in the end. What with training twice a week and then the match on Sunday... and I'm not getting any younger. I found I needed Monday and Tuesday just to recover from all the aches and pains. And I've got so much on my plate at the moment... I've found that since I stopped it has really freed up my week and I can see a lot more of the family than I did.

REPEAT

Two. You hear a woman talking about a recent purchase. Where did she buy it?

A in a shop

B on the Internet

C at a local market

I just browsed their catalogue on

their website, made a note of the model number and drove into their out-of-town place to pay for it and pick it up. I must say they're certainly doing good business... queues like you wouldn't believe. You can see why the local furniture market is suffering; the whole town must have been in there buying things for the house or garden.

REPEAT

Three. You hear somebody talking about a new school. What does the person think about it?

- A It is needed.
- B It isn't needed.
- C It's too far away.

About time too, we've been crying out for this for years. Kids have had to travel into Nottcaster. It took my nephew close to an hour to get in there by bus and after his various sports teams he wasn't getting home until nearly nine o'clock. Finally it looks like they're doing something for this community instead of spending money on things there's no real need for. I mean, that procession last year... what was that for? A waste of money if you ask me.

REPEAT

Four. You hear a woman talking about her job. What is she worried about?

- A She doesn't have the necessary skills.
- B She has too much work to do.
- C She might lose her job.

Well, there have been rumours flying around for months. You just hope that it's not going to be you. I know it sounds selfish but our department is one of the most productive in the whole company; we don't get a moment's peace. But... it turns out that the whole company is suffering and there'll be large scale redundancies. Hopefully if they let me go I can find something similar; I'm too old now to retrain and do something completely different.

REPEAT

Five. You hear an advertisement for a holiday. What kind of holiday is being advertised?

- A a cruise
- B a safari
- C an activity holiday

How would you like to sleep on the banks of majestic Lake Victoria, listening to the gentle lapping of the lake on the shore, and the wildlife of the nearby National Reserve Park? Just what you need after an action-packed day of canoeing, rock climbing or scuba diving. Lake Victoria Hotel offers 2 weeks in its luxury compound, where you can do as much or as little as your heart desires. See our website for further details.

REPEAT

Six. You hear somebody discussing a radio programme. What kind of programme was it?

- A a political debate
- B a quiz programme
- C a comedy

It's a joke really, they were putting so many questions to him and he didn't have a clue. I really don't think he stands a chance of winning the next election if he carries on like this. I had to laugh when they asked him about his foreign policy... his answer just seemed to make no sense at all. He came over as a bit of a clown.

REPEAT

Seven. You hear somebody talking about a piece of furniture. How does he feel about it?

- A It's too big.
- B It was difficult to assemble.
- C It was too expensive.

Well, I thought that at that price you can't go wrong. But I started to regret it once I saw the size of the box, it only just fit into the car. The thing with these flat pack things... there's just so many bits and pieces. When I got home and started looking at the instructions... well... I didn't know which was up and which was down.

Finally I got it all together and it fits quite well next to the sofa. Hopefully it will stay upright for a while, although I can't be certain it will.

REPEAT

Eight. You hear somebody talking about their plans for the weekend. What are they going to see?

- A a concert
- B a film
- C a football match

Well, when I saw the adverts for tickets, I jumped at the chance. It's years since they've played here. I suppose it's all down to their new manager, he's really got them playing well. What an atmosphere it will be... the lights, the singing, the drama of it all... I can't wait. It's great that this town can stage an event like this. And they've got a really good chance of going all the way and winning the cup this year.

REPEAT

That's the end of Part 1. Now turn to Part 2.

CD 3 – TRACK 5

You'll hear a talk about an arts festival. For questions 9-18, complete the sentences.

Brian Daniels, co-founder of The Wentworth Art Fair, has announced that a controversial collection of Phillipa West will be the subject of this year's Wentworth art festival symposium. The two-day event will bring together an international panel of experts to view the Marta Costello Collection made up of approximately 1,200 drawings, journals, letters, paintings and other items whose owners maintain are made by Phillipa West. Some experts on the artist's work have questioned the authenticity of the collection. The panel will present an overview of the methods and challenges of authenticating newly revealed art works. Of particular interest, in conjunction with the Wentworth Art Fair symposium, a group of the disputed objects will be on view for the first time in the United Kingdom. The symposium will take place Saturday, February 6 and Sunday,

February 7, from 10:00 am to 12:00 noon at the Cheeseman Gallery at Dame Doris Brown High School for the Performing and Visual Arts, 13 Church Street. Admission is included in the purchase of an Art Fair ticket. Daily tickets are 10 pounds and a three-day pass is 25 pounds. Doors will open at 9:30 a.m., seating is limited and is on a first come, first served basis. Visit www.wentworthartfestival.com for further details. Approximately 20 objects from the Marta Costello Collection, including paintings, drawings, journal pages and other items, will be exhibited, and for the first time will provide experts the opportunity to examine the controversial material. The Wentworth Art Fair Symposium panels will bring together the owners of the Costello material, experts they have enlisted to examine the material, the publisher of a recently released book on the collection, plus scholars and art dealers who have followed the controversy since it began. The moderator will be Michael Edward Hall, art historian, critic and correspondent for *Art Newspaper*. Moderator and journalist Michael Edward Hall says, 'The discussion will range from the specific – a description of the Costello archive – to general questions about how newly discovered artworks are received and evaluated by the scholarly community and the market.' Welsh artist Philippa West is among the most popular and beloved women painters of the 20th century. Her paintings, which can command large sums, describe a life full of joy and love for her husband, the painter Donald Rivers. Today she is an icon, and even scraps of paper associated with her are valued not only financially but also as relics of a legendary historical figure. Her reputation is such that the Welsh Arts Council has designated her work 'National Patrimony' and restricted its trade and export. Little wonder that the Costello collection of Philippa West material has come under such intense scrutiny. Even before the works became widely known with the April release of the illustrated book *Finding Philippa West* the collection became the focus of numerous articles in major publications in Europe. Some reports celebrated the discovery of new material related to West while others questioned the authenticity of the objects and

challenged their publication. The Wentworth Art Fair Symposium will look into the issues surrounding the collection and its still unresolved status.

That's the end of Part 2. Now turn to Part 3.

CD 3 – TRACK 6

You will hear five different people talking about a television programme. For questions 19-23 choose from the list A-F what each person says about it. Use the letters only once. There is one extra letter which you do not need to use.

Speaker 1

It's a bit of a guilty pleasure really. It's not the sort of thing I would normally have any interest in. I just happened to be browsing through one of the tabloids when I was at the dentist's and I noticed that one of the people in it went to my old school. Not that I knew her of course, I must be at least ten years older than her. But that evening I switched it on and I've been hooked ever since. I don't think I'd ever really understood the appeal before... but the thing is, they've put ordinary people in an unreal situation and you can't help but wonder how you'd react in the same situation. It's quite compulsive, it really is.

Speaker 2

Don't get me started on that... I can't tell you the amount of arguments I've had with my flatmates about it. They have it on for hours every day. Day in day out. I think it's ludicrous. What on earth people find so fascinating about it, I'll never know. They just spend hours sitting around chattering about the most trivial things. And the people they get to go on it... I wouldn't want to have to spend half an hour sitting next to them on the bus, let alone choose to watch them on television. They just want to be famous without actually having any sort of talent. No, why it's become so popular is beyond me.

Speaker 3

These days I can't say I watch it. I used to when it first started. Then it seemed to have some sort of

intellectual facade... like it was a social experiment. They'd have a psychologist analysing each of the housemates' behaviour and I found that really interesting. What's more I'd notice some of that behaviour in my everyday life and I'd be able to relate what I'd learnt... I've always been fascinated in body language and things like that. But the last few series they seem to have just forgotten about that side of things and it's just entertainment, a circus act for people desperate for their 15 minutes of fame.

Speaker 4

The first couple of series, I never missed an episode but I must say that my interest has faded a bit. I have it on every now and again but I can't say I could even tell you all the names of the contestants. Though there's one guy called Tony of course. I remember him because he looks like my boyfriend's brother and they even have the same name. He's rather embarrassed about it actually... people keep coming up to him and asking him if he's Tony... and what can he say? He is Tony. We were all at the cinema with him last week when somebody asked him for his autograph... I thought he'd just explode!

Speaker 5

I couldn't tell you a thing about it I'm afraid. I know it's tremendously popular and I'm always hearing people at work or on the train talking about the people who are on it... and the way they talk about them... you'd think they were friends or neighbours. I've got nothing against it really, and there must be something to it if so many people are addicted to it... it's just that I've been going to pilates classes three times a week and by the time I get home it's nearly over... and besides, my favourite detective show... McCallister is just about to start on the other side, so I sit down and watch that, I never miss it. It's great!

That's the end of Part 3. Now turn to Part 4.

CD 3 – TRACK 7

You will hear an interview with a psychologist about sharing houses. For questions 24-30,

choose the best answer A, B or C.

- M Moving away from home is a big step and one most of us make when we go off to college or university. The chances are you'll find yourself sharing a house or a flat. We've invited Dr. Victoria Millington into the studio to discuss problems with sharing accommodation and strategies for anticipating and dealing with them.
- F Sharing a house or a flat can be daunting, but it can be fun, too. One of the most rewarding things about living in a shared household is the social side. There's always someone to talk to; you never have to be alone unless you wish to be. Among the best times you'll have living with others is when you share with friends. Also, it's very handy to share if you want to move out of home, but can't afford your own flat. And as long as the basic rules and routines are clear, it's much more interesting than living on your own.
- M What's the most common problem people face when sharing?
- F One of the most contentious areas when living in a shared household has got to be cleanliness, or lack thereof. Some people are, frankly, lazy. At the other end of the scale, some flatmates hover over you while you're eating your dinner and when you pause at the end of your meal, they demand you wash up your plate *immediately*. There are several approaches to this problem and you and your flatmates will have to decide which is the best approach for you. Maybe the best and most obvious idea is to make a rota. Some people find this restrictive, but it's a fair system and if you work it out well beforehand, it can really pay off. It's up to you how you arrange it: you could make sure each person takes responsibility for one room or alternate all the jobs that need to be done. However, it is essential that everyone sticks to the plan, otherwise half of you will feel resentful and the others will feel

guilty. Sometimes it can be difficult to keep up with the rota due to changing circumstances, so factor in some flexibility – think about taking turns for having a week off, for example.

- M What are other common problems?
- F Space is another serious matter. In order to get on well with your flatmates, communal space is important. Just think about it. Living in a flat with no meeting place other than a small kitchen, say, will mean that you'll never get friendlier than just saying hello politely and exchanging a few words. It's a bit sad when everyone goes back to their own room. So when you're choosing somewhere to live, think about whether or not you want to be sociable. Your own space is important too. In the beginning, if you're finding it tough to live with other people, your own space is a haven. It's somewhere where you can relax. In your own room, you can calm down if you're feeling rather 'frazzled', which will make you better company for when you meet up with your flatmates. It also means that you're not always getting under each other's feet.
- M And what kind of people is it best to live with?
- F Once you've made friends and have been living with them for a while, you'll come to realise that group dynamics are important. There are two options as regards living arrangements: you can live with friends or you can live with strangers. Some people couldn't share a place with someone they don't know. For one thing, you can be more accommodating to people you already know and like. For another, you might not know how much you can trust them. However, moving in with friends comes with a warning. What if you fall out over the washing up? Realising that you could easily destroy a great friendship as housemates, and preparing for that, is one step towards harmony. But you might not want to risk the cost of a

friendship and you could decide that living with strangers is the best thing to do. After all, it could be fun, you never know who you might meet. It's just as well to meet up with your new flatmates before you sign anything though. Think about going out with them for the evening. Or at least chat to them while you're looking around the place. Sometimes fate throws you together with people and you get on famously. However, it can be a shock when you have to live with people who you have nothing in common with or who do things that you consider to be anti-social or odd. If you have a choice, try to choose people to live with whose behaviour you think you can bear. If you don't like people playing heavy rock or acid house music all day and night, don't live with them. If you think it's fine to leave dirty socks out in the sitting room, then make sure that you choose people who are similarly untidy. Being considerate is one of the fundamentals to living with other people, but it helps if you have a similar outlook and attitude to life. It's no good if just one of you likes partying all night. Much better that you all do. If you're all into hiking or cycling, you'll understand better that equipment left all over the hall is a fact of life.

That is the end of part 4.

CD 3 – TRACK 8

TEST 8

Now open your question paper and look at Part 1.

You'll hear people talking in eight different situations. For questions 1-8, choose the best answer, A, B or C.

One. You hear someone talking about something he has given up. What has he given up?

- A coffee
- B sweets
- C a hobby

I wouldn't say I lead a particularly unhealthy lifestyle, but on the other hand I wouldn't say it's particularly healthy either. I've never really eaten enough fresh fruit or vegetables, but then I've never really had much of a sweet tooth either so I've never found it particularly hard to avoid chocolate or candy. I play tennis almost every week and I can't see myself stopping for any reason. It's just that I think I was drinking too much of it and I've heard it can be bad for your liver as well as staining your teeth, so I just decided to stop.

REPEAT

Two. You hear a woman talking about a place she went to. Why did she visit it?

- A to meet a friend
- B for work
- C to go shopping

Well, Joan who I went to school with, was always raving about it – she lived there for a couple of years after university. So, when I heard the annual company general meeting was going to be there, I couldn't wait. Not that we got much free time to go sightseeing or anything. I'd really wanted to hit the shops; Joan said they were great with all sorts of bargains. But in the end the only thing I managed to buy was a T-shirt at the airport.

REPEAT

Three. You hear somebody talking about a song. What does the person think about the song?

- A He prefers the original.
- B He prefers the current version.
- C He likes the film it comes from.

I'd say it's quite a rare thing. Cover versions are usually awful. So, I was a bit sceptical at first, but I have to admit they've done a great job and I'd rather listen to this new interpretation. It's like films and film sequels... every so often a sequel comes along that outshines the original... like *SeaChase 2* is a much better movie than the first one. I love it.

REPEAT

Four. You hear two people discussing a restaurant. What do they agree on?

- A It's expensive.
- B The service isn't good.
- C The food isn't very good.

M Really? I thought it was delicious... a real culinary experience.

F Maybe I went on a bad night then! I thought it was very disappointing – especially at their prices.

M Well, it's certainly not cheap... but every so often you have to splash out... push the boat out. I certainly couldn't afford to eat there every week.

F You can say that again! I couldn't believe the bill when it arrived. And the waiters were so snooty. You'd think it was too much trouble just to bring me a clean spoon.

M Are you sure we went to the same place? They couldn't do enough for us when we went.

REPEAT

Five. You hear a weather forecast on the radio. What will the weather be like on Sunday?

- A cloudy
- B sunny
- C rainy

The weekend will start out chilly and overcast for much of the region but by Saturday lunchtime the clouds should give way and temperatures will begin to rise, leaving us with a lovely bright weekend... and the good weather should stay with us until the middle of the week. From Wednesday, pressure moving in from the west will see a drop in temperatures from mid-afternoon bringing with it the threat of wintery showers.

REPEAT

Six. You hear an announcement at a train station. What time will the train leave?

- A 4.40
- B 4.20
- C 3.50

The delayed 15.13 service to Rocheston will now arrive at platform 4b, 20 minutes later than scheduled, departing at the later than advertised time of ten to four.

On behalf of RailTime UK we'd like to take this opportunity to apologise for any inconvenience this may have caused our clients.

REPEAT

Seven. You hear two people discussing their new language class. How do they feel about it?

- A The teacher is boring.
- B It is too difficult.
- C They like the teacher.

F Yes, I agree... She's much better than Riccardo.

M Well that wouldn't be hard... all he did was drone on and on about grammar points... I thought I'd fall asleep sometimes.

F Ha! Me too! But I suppose it must be difficult to make some of that material interesting.

M Sure! But Ana seems to be able to do it. I really enjoyed that activity we did using the old paintings.

F Yeah! Come on, we'd better get back... the break is nearly over.

REPEAT

Eight. You hear somebody talking about a dress. What does she say about it?

- A It's fashionable.
- B It doesn't fit her.
- C She wears it regularly.

I'm always thinking... when will I get to put it on, but there's not much chance of it these days... it's not as if we go to fancy places all that often... especially with the kids being the age they are. I think I was just so thrilled

that I could still get into it after 20 years. I dug it out of the attic when I saw that style had made a comeback. Every stylish young lady is wearing them these days. Though of course I'm not sure if I count as a young lady any more.

That's the end of Part 1. Now turn to Part 2.

CD 3 – TRACK 9

You will hear a lecture about cheese-making. For questions 9-18 complete the sentences.

Cheddar cheese is one of the great cheeses of the world. It is usually made with cow's milk, but I frequently make it from goat's milk. Goat's and ewe's milk both produce a slightly softer curd than cow's milk, and they require slightly reduced temperatures. The curds from these milks also need slightly less pressing. Sterilise all the equipment in hot water and ensure that the room is not subject to cold draughts. Give yourself plenty of time, without the possibility of interruptions. To make approximately half a kilo of Cheddar you will need 5 litres of full cream milk, 5ml of liquid starter, 3ml of rennet and 10g of salt. Pasteurise the milk to destroy unwanted bacteria. Cool to 21 degrees. Stir in the starter and leave the milk, covered in a warm place for about an hour so that it can acidify. Don't leave it for much longer than this otherwise the cheese may be too dry and crumbly. Increase the temperature to 28 degrees for goat's or ewe's milk, or to 30 for cow's milk. Mix the rennet with two teaspoonfuls of previously boiled and cooled water and then stir it in. Give it another stir 5 minutes later to stop the cream collecting at the top. Cover the container and then leave the milk to set in a warm place. The curd is normally ready when it is firm to the touch. The curd is cut in order to release the liquid whey. Cut down into the curd, from top to bottom one way then cut it at right angles to form square columns. Stir gently with the hand for a couple of minutes. Gradually increase the temperature over the next 30-40 minutes. The curds then gradually sink to the bottom and collect at a central point. Turn off the heat and leave the pan until all movement has ceased in the liquid. Using a spoon take out as

much of the liquid whey as possible, then place a sterilised cloth over a stainless steel bucket or large basin and pour in the curds. Make the cloth into a bundle by winding one corner around the other three. Place the bundle on a tray which is tilted at an angle to let the whey drain away. Leave for about 15 minutes. Untie the bundle and the curds will be seen to have formed into a mass. Cut this into four slices and place one on top of the other then cover with the cloth. After about fifteen minutes place the outer slices of the curd on the inside of the stack, and vice versa. Repeat this process several times. Sprinkle 10g salt onto the milled curds, rolling them gently without breaking them further. You then need to press the cheese. Pressing cheese is essentially a process of compacting the curds while extracting the liquid whey. For the first hour, apply a light pressure so that the fats are not lost with the whey then increase it to the maximum and leave until the following day. Remove the cheese from the press and cloth, and dip it in hot water for one minute in order to consolidate and smooth the surface. Place it in a protected area and leave it to dry for a day or two until a rind begins to form. Once the rind has formed, the cheese can be sealed to prevent it becoming unduly desiccated while it is maturing. The last stage is often the all-important one. A cheese, which is tasteless and bland when freshly made, is full of flavour and body after being left long enough. Leave to mature in a cool, dry place.

That's the end of Part 2. Now turn to Part 3.

CD 3 – TRACK 10

You will hear five different people talking about an internet website. For questions 19-23 choose from the list A-F to say what each person feels about it. Use the letters only once. There is one extra letter which you do not need to use.

Speaker 1

If you ask me, if something is in unlimited supply then it can't be stolen. These music companies will just have to adapt their business model... move with the times. In fact in the long run I would say that it

helps the artists themselves rather than hindering them... the people that use this website and listen to new music on it are far more likely to fork out for concert tickets or T-shirts or whatever. I don't think it's the artists themselves who are complaining, more their record companies who are afraid sooner or later the artists and the public are just going to cut out the middleman.

Speaker 2

I can see why so many artists are against it... I mean... it's their job after all... how they make a living. People shouldn't be allowed to just help themselves whenever they like. It doesn't matter how much money they have now, how many cars or how many houses. People just wouldn't drive off in some pop singer's car, or walk into one of their houses and help themselves to a chair or a lamp, would they? I stopped using it really when I saw one of my favourite singers talking about it on TV and he said he was thinking of retiring... it wasn't worth it any more... he'd be better off opening a café he said.

Speaker 3

If I use the website and listen to something from it, I can't see how that could be considered theft. I'm not depriving anybody of anything. Whoever owns – if that's the right word – the music he or she still has it. I haven't taken it away from him or her, and, to be honest, I'd be far more likely to go out and buy something if I hear it and enjoy it – which I generally do – more often than not in fact – especially with my favourite artists. And it's a great way to discover new favourites.

Speaker 4

My nephew was telling me all about it. I'm not sure if he was in favour of it or not. He sort of lost me halfway through to be honest. But from what I gather – and you can laugh at me – I am a former history teacher after all – far reaching changes often occur in the commercial world. Look at a couple of hundred years ago – only the local nobility had the right to own an oven and everybody had to pay to use it – and at that time, that was considered perfectly natural. Still... what do I know? I wouldn't even know how to go about using it.

Speaker 5

I'm dead against it. It's not so much the artists themselves or the record companies I'm concerned about, it's the retailers. There used to be a great little record store on the High Street. I'd spend hours just rifling through the old albums and 45s there... I'd been going there ever since I was 17 or 18. But it shut down about 6 months ago. What's happened to the guy who owned it or the three others who worked there? I can only think it's websites like this that are to blame... and it's a shame really.

That's the end of Part 3. Now turn to Part 4.

CD 3 – TRACK 11

You will hear an interview with a rock singer, Michael Michaels. For questions 24-30, choose the best answer A, B or C.

- F So, what sort of things do you enjoy doing if you're not on the road or in the studio?
- M When I'm not working I like doing the things that everybody else does. I like pottering around in the garden, cooking up a storm in the kitchen, going out to the shops. When I'm at my holiday home in Palma de Mallorca, I like nothing better than getting up really early and nipping down to the local bakery just as it's opening and buying some of their fresh pastries and then wandering around the local craft fair and picking up the odd piece.
- F I've heard you're quite a gourmet, Michael, is that true?
- M I don't know if I would call myself a gourmet exactly, but I love my food. Unfortunately I'm one of those people who has to be careful about what they eat... I just have to smell biscuits and I've put on half a kilo. If you see pictures of me throughout the twenty years I've been in the business, you'll see there's been quite a few occasions when I've been more than a little overweight. I don't worry so much about it now; you don't when you get a little older... but when I was younger it would really get me down... and ironically, when I was depressed, I'd just eat more and it became a vicious circle really. But these days I'm happy with myself really. If you do some sport or exercise three or four times a week, you don't find yourself putting on the weight.
- F How do you keep in shape then?
- M Nothing too strenuous. I tend to get up very early in the morning and do a few kilometres on an exercise machine called a cross trainer. The early mornings are when I'm at my best and I'm full of get up and go and if I get on the cross trainer for about 45 minutes, I can burn up quite a lot of calories. I suppose my regime is rather different depending on whether I'm at home or on tour. If I'm on tour I hardly get a chance to eat a lot, but if I'm at home or the studio there's always the temptation of the fridge... but as I say, if you do enough exercise during the day, you can forgive yourself the occasional indiscretion.
- F You've been a well-known figure in the public eye for almost a generation now. Has success changed you? Do you even remember what it's like to be a normal person?
- M I don't think I need to remember being a normal person; it's what I'd consider myself to be now. It doesn't matter how many people know who you are or how many people buy your albums or go to your concerts... you still have to do the same things everybody else does... you have to put your legs into your trousers one after the other like anybody else. You still have to go down the shops to buy a pint of milk or a loaf of bread, just like anybody else. If I'm down the supermarket and somebody recognizes me, 99 times out of a hundred they're really nice, pleasant and polite... they just ask for an autograph or tell me they love my albums... usually my earlier ones though; nobody has told me they like my new one yet... so if anybody is listening... take heed... I need to hear someone say something nice about my last album... the newspapers certainly didn't give it any positive reviews...
- F And finally... as I said, you've been in the industry for nearly 20 years. Are you ever going to stop?
- M Well, I must say, I realise that I can't go on forever. Touring and recording certainly take it out of you. I guess I'll have to think about retiring from that side of things sooner or later, probably in about 5 years or so. I don't think I'll ever completely stop working. For instance, I've had a project on the back burner for about ten years now. I've been writing a musical. But to be honest I think it's just a bit of a pipe dream, I can't see it ever really being staged. But you never know.

That is the end of part 4.