



Transcripción completa Pista 9 (Capítulo 26)

Mock Exam

I am going to give you the instructions for this test. I shall introduce each part of the test and give you time to look at the questions. At the start of each piece you will hear this sound:

— *** —

You will hear each piece twice.

Remember, while you are listening, write your answers on the question paper. You will have five minutes at the end of the test to copy your answers onto the separate answer sheet.

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

PAUSE 5"

Now open your question paper and look at Part One.

PAUSE 5"

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

Question 1

You hear a woman talking about travelling.

PAUSE 2"

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Woman: I've always loved travelling. Many people do, but I think that what most people enjoy is the destination and getting to know a different place. What I love is the journey. I can't understand people that complain about long flights or having to change trains several times along the way. A lot of what others call "a hassle"—having to wait at a train station for 3 hours to make a connection or needing to change terminals at airports—I simply see as part of the adventure. These are the things that make trips interesting for me. It's also where the best travel anecdotes come from.

PAUSE 2"

— *** —

TAPE REPEAT

PAUSE 2"

Question 2

You hear a man and a woman talking about work.

PAUSE 2"

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Man: Now that does it! I can't believe my boss did that!



Woman: It sounds bad. What happened?

Man: It's just so unfair! We've been working on a project for weeks. We've been staying late and even going into the office on weekends because it had to be done by next Monday. And now, all of a sudden, she's decided to hand it over to another department. We did all that work and put in all those long hours, for nothing. I bet they won't even look at what we've already done.

PAUSE 2"

— *** —

TAPE REPEAT

PAUSE 2"

Question 3

You hear a woman talking about one of her hobbies.

PAUSE 2"

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Woman: There is nothing better in life than to grab an interesting spy novel on a rainy afternoon, sit on the couch with your feet up in front of the fire, and let yourself be taken to East Berlin or Moscow on a mission. I know some women prefer romance novels, but I'd take a good spy plot over a romantic tale any day. Besides, most spy novels include some spicy scenes. If you don't believe me, go ask good old James. Mr Bond doesn't suffer from lack of romance in his life.

PAUSE 2"

— *** —

TAPE REPEAT

PAUSE 2"

Question 4

You hear a man talking about buying a house. PAUSE 2"

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Man: My wife and I have been trying to save up some money for a deposit on a house. We've been married for four years now, we feel quite confident that we will stay in this area for a while, so we think it's time to find a house to buy. Of course, we will have to get a mortgage, which means we'll need to have at least 10 or 20 % of the value of the house in cash as a down payment. Both our jobs pay well enough, but still, saving up that much money will take us a couple of years at least.

PAUSE 2"

— *** —

TAPE REPEAT

PAUSE 2"



Question 5

You hear a man and a woman talking about food.

PAUSE 2"

— *** —

Man: Do you know any good restaurants in the city?

Woman: What kind of food are you looking for?

Man: I'm not sure. I quite like Chinese food, but I think I'm looking for something a bit more exotic.

Woman: In that case, I know exactly where you can go. There is this little place on Maple Street that serves Indonesian food. I've only been there once, and what I had was quite tasty, although reading the menu was a bit of a challenge. Most of the dishes they serve were a complete mystery to me. Luckily, I went with a friend, and so he did all the ordering. I had no idea what I was eating, but it was absolutely delicious.

Man: That sounds just like what I'm after. Thanks!

PAUSE 2"

— *** —

TAPE REPEAT

PAUSE 2"

Question 6

You hear a young man talking about exams. PAUSE 2"

— *** —

Man: I'm 22 years old, and I've been a student most of my life. I enjoy my lessons, and my coursework is usually quite decent. But I do have a serious problem with exams. I hate them! I get incredibly nervous just thinking about them, and it only gets worse as the date of the exam approaches. I would much rather be assessed on a final essay. I even prefer giving a presentation in front of the class to taking an exam! What's worse is that even though I know the answers, my nerves always end up getting the better of me and I can't ever finish even half of it before all the papers have to be collected in.

PAUSE 2"

— *** —

TAPE REPEAT

PAUSE 2"

Question 7

You hear a woman talking about her family.

PAUSE 2"

— *** —



Woman: I have a really big family! My mother has six siblings, and each of them has at least three kids. We all meet up for family gatherings a few times a year, and very often five cousins also come, all with their own kids. I love these big family gatherings, because I don't have any brothers or sisters. In fact, I'm the only one in the family who doesn't, so I think of my cousins as my siblings. It's almost deafening when we all get together, as you can imagine, especially now that my generation has started to have children of our own.

PAUSE 2"

— *** —

TAPE REPEAT

PAUSE 2"

Question 8

You hear a man and a woman talking about home repairs. PAUSE 2"

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Woman: Oh no! The garage door has stopped working again! I'll have to call the service people on Monday. That'll be the third time in two months. I'm getting rather fed up with this; maybe we should just replace the door with a new one.

Man: Nonsense! I can fix it.

Woman: Are you sure? Remember last time, when you tried to fix the sink in the kitchen? We ended up having to replace the whole thing because you didn't seal it properly.

Man: Well, that was unfortunate, I admit. But this is completely different. That time, it was a plumbing issue. This time it's a simple mechanical problem. Leave it to me. I'll have the door up and running in no time.

Woman: I really wish you wouldn't ...

PAUSE 2"

— *** —

TAPE REPEAT

PAUSE 2"

That is the end of Part One.

Now turn to Part Two.

PAUSE 5"

You will hear a presentation on automated cars. For questions 9 – 18, complete the sentences with a word or short phrase.

You now have 45 seconds to look at Part Two.

PAUSE 45"

— *** —



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Man:

The idea of having vehicles that could drive themselves has existed in the world of science fiction for many decades. For instance, there was a 1980s TV show that revolved around an automated car. Films have included self-driving spacecraft, and we all know about planes flying on autopilot.

Some degree of automation in cars has been in use for a number of years now. For quite some time, cars have had a cruise control function designed to maintain a car's constant speed on motorways or roads with little traffic. More recently, the majority of modern cars now have parking assistance installed, which can be anything from beeping sounds that become louder or more frequent the closer we get to the car behind us, to cars that perform the entire parking manoeuvre themselves.

But a truly automated car has not been possible... until now. Why now? Because we finally have all the different bits of technology necessary to achieve this. In order for a car to drive itself, with no assistance from a human driver, it needs to be able to determine where it is, in the world around it and in relation to other objects, including, very importantly, other moving vehicles. It needs to "see" what's around it and to interpret these things as being obstacles, vehicles, pedestrians, or even signals. It needs to be able to "read" signals, in case there are disruptions to roads or traffic. And it must be able to control its speed and route, adjusting these as necessary, all the while with minimal reaction time.

The essential technology for all of this consists of global positioning systems, proximity sensors and real-time information about traffic and road conditions, being able to scan and process visual input, and having a very fast processor on board. A lot of this technology has been available for a while now, but it was usually for other purposes. So, until now, nobody had thought to bring all these elements together to create a self-driving car.

And that is exactly what we have created: a car that doesn't even require a human to be aboard for it to be able to circulate on real roads efficiently and, what's more, safely.

The implications of this are enormous. For one thing, the time most people spend commuting to work every day can now be devoted to reading, sleeping, talking on the phone, or simply relaxing. But this is far from the greatest advantage presented by automated cars. If all cars on the road were automated, the number of traffic accidents would drop dramatically. The most optimistic forecasts indicate that if no car were controlled by a human, there would be no accidents at all. Most accidents are due to human error: someone getting distracted or tired, speeding or making a dangerous turn. If computers controlled all the cars that were circulating on the roads at any one time, none of these errors would happen, and since these computers would be aware of just where all the other vehicles were, then the result would be zero collisions. In addition, traffic jams would disappear because automated cars could anticipate a concentration of vehicles, adjust their route accordingly and prevent a gridlock. Roads would have increased capacity, as the currently accepted safe distance between vehicles could be reduced, given that the reaction times and adjustments to speed would be much faster than with human drivers.

So, what's standing in the way of automated cars taking over our roads and fixing all of our transportation problems? Simply put: the law. Technology always develops faster than laws can adapt to it, and at this time, traffic



regulations in most countries do not allow driverless cars. But as with all things, this will change, and soon we will start seeing these fantastic inventions driving past us on our way to work, and we will all want to have one.

PAUSE 10"

Now you will hear Part Two again.

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REPEAT INSERT

PAUSE 5"

That is the end of Part Two.

Now turn to Part Three.

PAUSE 5"

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

You now have 30 seconds to look at Part Three.

PAUSE 30"

— *** —

Speaker 1

PAUSE 2"

Woman: I always look forward to the first snow of the season. I love waking up in the morning to the entire town covered in white. It looks so peaceful and it sounds extraordinarily quiet. I think that's because the snow absorbs a lot of the noise. But of course it never lasts long. The first cars start driving along the streets, and people start walking about, and that pristine perfect whiteness turns into muddy slush, which needs to be shovelled off our drive and kept out of the house... And when that happens I just can't wait for it to go away!

PAUSE 3"

Speaker 2

PAUSE 2"

Man: I've never been very keen on cold weather. I know it's odd, considering that I live in Canada and spend practically every weekend in winter outside racing down mountain slopes. But that's different. Skiing is such a thrill, and such a great workout, that you really don't feel the cold while you're doing it, only when you are sitting on the chairlift heading up to do another run. What I really dislike about the cold is having to put on and take off so many layers just to get from the house to the car and from the car to the office, but at 20 degrees below I have no choice.

PAUSE 3"

Speaker 3

PAUSE 2"



Man: I know some people think that living in a place with snowy winters means a lot of hard work, keeping the house warm, the roads clear, and they'd prefer somewhere where the weather is warm all year round. But to be honest, I think that being able to enjoy the differences between seasons makes all the extra work and effort that winter brings worthwhile. Actually, although most people tend not to go out much during the winter months, I'm the opposite. I love being outside, with a good warm coat on, clearing the path in front of the house. It's a great workout!

PAUSE 3"

Speaker 4

PAUSE 2"

Woman: I find I do my best work in winter. I'm not at all keen on the cold weather, or dealing with the snow and the storms, so that gives me the perfect excuse to stay inside most of the time and focus on my work. I'm a writer, you see, so when I don't have the distractions and temptations of nice, warm, sunny weather, I can stop thinking about going outside and devote my full attention to my writing. My publisher says that winter is her favourite season, because it's when I usually finish my books and meet all my deadlines.

PAUSE 3"

Speaker 5

PAUSE 2"

Woman: I grew up on a tropical island, and so I had never seen snow until I moved to New England for my job about ten years ago. So, when I saw snow for the first time, I was like a little kid, rolling around in it, making snowmen and snow angels or just having snowball fights with anyone who was willing. Ten years later, I'm just as crazy about snow as I was on that first day. I still love to go out whenever there's a fresh snowfall and I still have great fun playing in it. People around here think I'm a little odd for making such a big deal out of something as normal or even as inconvenient as snow, but I just adore it.

PAUSE 10"

Now you will hear Part Three again.

— *** —

TAPE REPEAT

PAUSE 5"

That is the end of Part Three.

Now turn to Part Four.

PAUSE 5"

You will hear part of a radio interview with a man called Luke Madison, a personal trainer who created a special training programme. For questions **24 – 30**, choose the best answer (**A, B or C**).

You now have one minute to look at Part Four.

PAUSE 1'00"

— *** —



Woman: Welcome to “Interesting People in the Morning”. I’m Diane Green, and today’s guest is Luke Madison, well-known author and personal trainer. Luke is going to talk to us this morning about his special training programme, which many of you will have heard of: Palaeoliving. Good morning and welcome to the show, Luke. So, what can you tell us about Palaeoliving?

Man: Hi Diane, and thanks for having me on the show. Well, I don’t really think of Palaeoliving as a “special” training programme. I think of it more like a lifestyle, and I would hardly claim it’s mine! What I mean is, I can’t claim to have invented it.

Woman: What do you mean exactly? Weren’t you the one who designed it?

Man: Well, not really. It’s true I did write a book explaining all about this lifestyle, but in reality, all I did was think back to when human beings formed part of the natural world, in the Palaeolithic Age, and suggest we go back to that way of life and those eating habits.

Woman: What kinds of things do you mean?

Man: Oh, in general they’re simple things. For example, back then, there were no cars or buses, or even bicycles! In fact, that far back, humans didn’t even ride animals to get from A to B. No, when they wanted to go from one place to the other, they walked or ran. And as they had to carry everything they needed themselves, they generally travelled light, as you can imagine.

Woman: I see. But now we do have cars and bicycles, and we no longer use animals as our main means of transport. Are you really suggesting we should give all that progress up?

Man: I’m glad you asked and the answer is, yes I am! We should go back to walking and running, because that’s what the human body has evolved to do and... is most adapted to. You see, humans were hunter-gatherers, and as such, they were constantly on the move. If you wanted to eat and survive, you had to hunt and, unfortunately, animals didn’t just hang around waiting to be hunted. You had to go after them. Gathering was the same, you couldn’t just collect food on your doorstep, you had to cover huge expanses and distances, so there would be enough; enough quantity and enough variety.

Woman: Okay, but we no longer have to survive by hunting and gathering. In fact, most of us don’t even visit farms or have the space for a vegetable garden. We “hunt and gather” our food in the supermarket.

Man: And that’s the problem, Diane. In our society, most of us have desk jobs or jobs where the amount and variety of movement is minimal. There are practically no jobs that require a level of activity comparable to what hunter-gatherers used to do on a regular basis. This is where all our backaches come from, not to mention weight problems, and even some illnesses, like diabetes.

Woman: Are you trying to say that we should all turn into hunters and gatherers?

Man: Ha! It wouldn’t be the worst thing in the world for our health, but no, that’s not at all what I’m suggesting. I do, however, advocate that people should be more active. And here’s where the



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Paleotraining kicks in. You see, a lot of people go to the gym and lift weights, or do hours of cardio workouts. This is unnatural, and as a result our bodies don't take to it very well. When you think of exercising, you should simply try to replicate the activities that our Palaeolithic ancestors used to do. For instance, if you need to go grocery shopping, walk to the supermarket. But don't choose the supermarket around the corner, go to the one on the other side of town instead. Walk at a good steady pace, don't just take a stroll! And only buy what you yourself can carry back home. This way, you're getting a combination of a healthy cardio workout along with some strength training as well. And you're doing it in a balanced way, not aiming at developing one muscle group only.

Woman: That sounds easy enough. Is that all?

Man: No. That's only one aspect of Palaeoliving. In addition to moving like we used to, we need to eat like we used to as well.

Woman: Is that what you call the Palaeodiet?

Man: Yeah, that's right. The Palaeodiet consists of eating only those foods that would have been available to our ancestors. This means that we should do without all processed food. This includes all sugar, especially refined sugar. Honey is ok, although it wasn't exactly in plentiful supply back then either. Also, there would have been little salt available, so while we can still include salt in our diet, we should really use it sparingly. And most important, although probably the hardest one to follow, we really shouldn't eat bread or any products with flour in them. Some grains might have been eaten after boiling or grinding by hand, but never in the kind of amounts we eat them in today. Neither should we eat dairy products, as we wouldn't have domesticated animals back then.

Woman: So what can we eat?

Man: Well, we can eat vegetables and roots, fruit, of course, and meat... especially lean meat. The free ranging animals that they hunted in those times would seldom have had large quantities of fat on them, as they too were struggling for survival, so the meat that our ancestors ate wouldn't have contained a lot of fat. Having said that, fat is necessary for our health, and so when an animal was killed that had a nice thick layer of fat on it, it would have been eaten with delight. It would have been a real treat. Apart from this, I'd recommend nuts and berries, which not only add lots of flavour to our meals, but are high in nutritional value as well.

Woman: It definitely sounds like good advice to me. Thank you, Luke, for coming onto the show this morning and sharing your Palaeoiving programme with us. And now... *(fade out)*

PAUSE 10"

Now you will hear Part Four again.

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TAPE REPEAT

PAUSE 5"



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That is the end of Part Four.

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

PAUSE 4'00"

You have one more minute left.

PAUSE 1'00"

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