



## Transcripción completa Pista 1 (Capítulo 15)

### Part 1

This is a sample of an English Listening test. SAMPLE TEST

I'm 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 man and a woman talking about a film.

PAUSE 2"

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**Man:** Well! That film was complete rubbish! The whole thing was just one bad scene after another! I can't believe you talked me into watching it with you.

**Woman:** What do you mean? I loved it! I thought the characters were well played, and the storyline was absolutely thrilling!

**Man:** I didn't like the performances at all, but I must admit you are right about the story. It had a nice little twist at the end that made everything come together.

PAUSE 2"

— \*\*\* —

TAPE REPEAT

PAUSE 2"

### Question 2

You hear an aeroplane pilot talk about flying a plane.

PAUSE 2"

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**Man:** The most difficult thing about flying is learning to trust your instruments. The dials on a plane will show the altitude and speed of the plane, but also whether you are flying at the correct angle. You wouldn't believe how many inexperienced pilots



come out of clouds flying upside down! See, what happens is that even though their instruments say they are level, they will make a small correction, followed by another small correction, they just can't help themselves. And since you can't see past the nose of your plane in cloud cover, there's no way of knowing which way is up, so you must trust your flight instruments.

PAUSE 2"

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TAPE REPEAT

PAUSE 2"

### Question 3

You hear a woman talking about road trips.

PAUSE 2"

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**Woman:** I'm not very keen on road trips. My husband is always planning on packing our bags in the car and going somewhere far away for the weekend. But I really don't see the point of spending six hours in the car on Saturday, only to spend another six hours in the car on Sunday to return home. If only his road trips lasted a few days, so we could settle into a hotel and enjoy the time there, and not just the travelling! But the problem is he thinks that if we have more days, we should simply drive farther!

PAUSE 2"

— \*\*\* —

TAPE REPEAT

PAUSE 2"

### Question 4

You hear a woman talking about shopping for clothes.

PAUSE 2"

— \*\*\* —

**Woman:** Shopping can be quite difficult if you know exactly what you want from your clothes. Many times I will go into a shop to look for clothes for work and come out empty-handed. I know that I need something that looks smart, and I definitely want it to be comfortable. I'm not one of those people that choose fashion over comfort, but finding the right balance isn't easy. Sometimes I wish designers would keep real life people in mind when they create their clothes. Many times I will go home not having bought anything, because I refuse to buy something that I'm not convinced about.

PAUSE 2"

— \*\*\* —

TAPE REPEAT

PAUSE 2"

### Question 5

You hear a man and a woman talking about a new motorway.

PAUSE 2"

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**Man:** Have you heard the news? They've decided to build a new motorway right through the city!



- Woman:** Really? I thought they were talking about building it around the city, to divert traffic away from the centre.
- Man:** That's what I thought too, but it seems we were wrong.
- Woman:** I can't believe they would do that! Where did you hear that?
- Man:** I read it, in the local paper. See?
- Woman:** Hmm... I think you misunderstood, Matt. It says here that to prevent people from driving through the city, they will build the new ring road around the city.
- Man:** Oh...

PAUSE 2"

— \*\*\* —

TAPE REPEAT

PAUSE 2"

## Question 6

You hear a young man talking about food.

PAUSE 2"

— \*\*\* —

**Man:** In my family, food is very important. My grandparents lived through the war and rationing, so are always very careful about wasting even a little bit of food. Whenever there are leftovers, my grandmother keeps them in small containers in the fridge, and serves them again over the next few days. My favourite meal at my grandparents' house is when I just turn up for lunch, without warning. Then my grandma has to take out all the little containers of leftovers, and I get to sample loads of different types of dishes, and not just the one.

PAUSE 2"

— \*\*\* —

TAPE REPEAT

PAUSE 2"

## Question 7

You hear a woman talking about living in a city.

PAUSE 2"

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**Woman:** I love living in the city. I enjoy all the different things you can do, like going to a play or musical, a concert, or a museum. I especially like the small art galleries that keep changing what they have on show, so you never get bored. But there is one thing that I can't stand. It isn't the traffic or the crowds. I see them as a natural element in a city, and I even like being surrounded by people. No, what I really hate are the pickpockets. I hate that they can simply stick their hand in my pocket and take my wallet or my phone. It offends me!

PAUSE 2"

— \*\*\* —

TAPE REPEAT

PAUSE 2"



## Question 8

You hear a man and a woman talking about a new computer shop. PAUSE 2"

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**Man:** What do you think about the new computer shop that opened last week?

**Woman:** I think the shop itself is quite good. They have loads of different computers and other devices. But I don't like the staff.

**Man:** Oh? Why not?

**Woman:** Well, I went there on the weekend. I was looking for a webcam for my computer. I asked one of the men there, but he was not very helpful. He kept asking me for details about my computer and I didn't have a clue. He said then it would be very difficult to recommend the right webcam.

**Man:** But it's true. You can't choose a device if you don't know what kind of computer you have!

**Woman:** Oh! How can you take his side?!

PAUSE 2"

— \*\*\* —

TAPE REPEAT

PAUSE 2"

That is the end of Part One.



## Transcripción completa Pista 2 (Capítulo 16)

### Part 2

You will hear a professional scuba diver called Mark Jeffries talk about cave diving. 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:

When I was twenty-two, my friends and I went on a sun and sand holiday in the Caribbean to celebrate the end of our studies at university. We wanted to do something new and exciting, and came across a scuba diving school that had introductory diving courses for eager tourists, like us. I loved the experience so much, that I never quite made it back home to England, except to visit. I stayed on the islands and became a professional scuba diver.

At first, all I did was take tourists out on the same type of experience that had captivated me. But soon I discovered there was a lot more to scuba diving than tourism. I did a few more training courses, diving at night or in shipwrecks, and eventually chose cave diving as my specialty.

Diving in a cave is a completely different experience from diving in the sea. For one thing, there is little to no natural light. Visibility tends to be much better, because the sediments on the bottom tend not to be disturbed by the waves and the currents that are constant in the sea. But the water is usually very, very cold. This is why we usually wear thick wetsuits with hoods and boots, like other divers who dive in equally cold waters. There is, however, some equipment used especially for cave diving. Lamps, of course, are important, but even more important than lamps are ropes, long ropes. Imagine you start swimming into a cave, and as you go along, it starts dividing into different passages. If you don't have a rope, you might decide to always take the passage on the right, so that you can find your way back out, but this limits what you can explore.

Tying a rope to the entrance of the cave and taking the rest with you, leaving a trail leading out of the cave will make sure that you can get out, no matter which way you decide to go when you are inside.

Another important thing to consider is the amount of air in your tank. A normal tank, used by an experienced diver holds about an hour of air. But an inexperienced diver might use up the same amount of air in half that time, so you need to know what your air use is before making decisions about how long to spend inside the cave.

It would be logical to assume that you should spend half of your air time swimming in, so that you have the other half to swim out. But the safety guidelines for cave divers say that you should only swim in for a third



PARA  
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## **First Certificate Exam**

of your air. This might seem an excessive precaution, but you don't want to find yourself without air, and 100 metres from the entrance to the cave.

Leaving double the amount of air for the return swim is sensible in case you run into trouble on the way out. You might get lost or disoriented and take longer to make decisions. Your rope might break or get tangled, slowing you down as you swim out.

When you dive in open water, if you run out of air, all you have to do is swim up. And no matter where you surface, there is good breathing air everywhere above you. You might have to swim quite a long way on the surface to get back to your boat, but you'll be able to breathe just fine. On the other hand, if you run out of air in a cave, there is nowhere to go for air. So you see, giving yourself a third of your tank as reserve makes a lot of sense if you are a safe and careful diver.

*PAUSE 10"*

Now you will hear Part Two again.

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TAPE REPEAT

PAUSE 5"

That is the end of Part Two.



## Transcripción completa Pista 3 (Capítulo 17)

### Part 3

You will hear five people talking about their jobs. For questions 19 – 23, choose from the list (A – H) how each speaker feels about his or her job. 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 work in the exports department. As part of my job I have to make conference calls with people who live in different countries around the world. Because of the time difference, I sometimes need to be in the office before 7 am, and often I don't go home until late in the evening. But it's a very interesting job and I enjoy it. I have the opportunity of interacting with people from different cultures and to solve problems long distance. Occasionally I also get to go to these places and meet the people in person. That's the best part!

PAUSE 3"

### Speaker 2

PAUSE 2"

**Man:** I don't mind my job. I work in a factory making parts for toys. The work's not very demanding, and I can think about other things while I do it. I get some satisfaction from knowing that children will enjoy playing with the things we make. The only thing I don't like is that I work shifts. One week I start work at 6 in the morning, the next week I work in the afternoons, and the following week I do the night shift, and start work at 10 pm. It is difficult to get used to the different sleep times.

PAUSE 3"

### Speaker 3

PAUSE 2"

**Man:** I really don't like my job. I am a stockbroker, and I have to convince people to risk their money in the hopes of making more, sometimes a lot more. But very often it goes the wrong way and people lose their investment. The job is incredibly stressful, and I feel bad for my clients who don't do well. I've thought of quitting, but the commissions are really good and I have a mortgage to pay. So, I've decided that I will continue working until I've paid it off and saved enough money to start my own business. I hope it's soon!

PAUSE 3"



PARA  
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### **Speaker 4**

PAUSE 2"

**Woman:** I used to work full-time as a waitress, but last year I decided to go back to school and finish my psychology degree. The restaurant was very supportive and offered me a part-time position so that I could work and study at the same time. I have one more semester of university and then I will look for a job as a social worker to gain some experience. I'll be sad to leave the restaurant, as I have worked here for a long time and we've all become such close friends. I hope we'll continue our friendships once I'm doing something else.

PAUSE 3"

### **Speaker 5**

PAUSE 2"

**Man:** I'm a chef, and I've got a catering business. I work from home and my hours are quite flexible during the week. This is wonderful because I can take care of my kids, pick them up from school, take them to piano lessons, and things like that. Weekends are a different story, because I have to work most Saturdays and Sundays, but my wife works in an office and has weekends off, so she takes over then. It would be nice to have full family weekends together, but for the moment we manage well and our children enjoy both of us at different times.

PAUSE 10"

Now you will hear Part Three again.

— \*\*\* —

TAPE REPEAT

PAUSE 5"

That is the end of Part Three.



## Transcripción completa Pista 4 (Capítulo 18)

### Part 4

You will hear part of a radio interview with a woman called Sandra Perkins, who works for an organisation that helps preserve the environment. 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"

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- Woman 1:** Welcome to our weekly interview series "Making this world a better place". Tonight in the studio is environmentalist Sandra Perkins, who works for an organization working to help preserve the environment. Good evening Sandra, can you tell us a little bit about what you do?
- Woman 2:** Hello, and thanks for having me on the show. Yes, sure. Our organization has three different goals, which we call the Triple UPs: Keep UP, Clean UP, and Speak UP.
- Woman 1:** That's catchy! Could you explain them for our audience?
- Woman 2:** Yes, of course. The idea is simple. In order to care for the environment we need to do three things—three types of things, really. First we need to take care of the natural spaces that we have not yet damaged: Keep UP. Second, those places that we have had a negative effect on, we should try to make them better: Clean UP. And finally, we need to tell other people and our governments that this is a problem important to us all and that it needs fixing: Speak UP.
- Woman 1:** What kinds of things do you do to Keep UP natural areas?
- Woman 2:** Well, our Keep UP team spends time making sure that our human activities don't cause harm to other living beings in the wild. They go out to parks and woods near populated areas and set up rubbish collecting corners with recycling bins and other facilities, to make sure people that use these areas have a way of discarding their waste that is not harmful for the environment. Their main goal is to prevent any damage to these spaces caused by human hands. We think this is the most important part of our task, because it's always easier to prevent damage than to fix it once it's been done.
- Woman 1:** And I take it Clean UP is the section that does just that, right Sandra?
- Woman 2:** That's right. Clean UP goes into natural areas that have already been affected and tries to fix what's been done. This sometimes means literally cleaning up areas of woods where day trippers and hikers have littered. But sometimes, cleaning up means trying to revert the damage we as a species have caused. For instance, we might go into an area that has suffered deforestation and start planting trees. But sometimes, if the damage is too severe, the soil needs to be reconstituted first, so smaller plants need to be introduced. That way we can try to salvage the earth so that one day it can support trees again.



**Woman 1:** That sounds really complex!

**Woman 2:** It is. And it isn't always successful, but we have to try.

**Woman 1:** And the last UP? What does your Speak UP section do?

**Woman 2:** Through Speak UP we try to educate communities by going to schools and community centres to talk about our issues and we also try and influence policy decisions by contacting our local officials so that more people and resources are committed to the same goals we have. After all, we all share the same planet, and if we don't do something to help the environment, there will come a time when it won't support us any longer and no one wants that.

**Woman 1:** No, we definitely don't want that to happen. But what can our listeners do to help?

**Woman 2:** I'm glad you asked. Our organisation is always looking for volunteers to help carry out our UPs. You can do as much or as little as your regular activities allow. For example, we have some volunteers who spend every Saturday doing Clean UP duties in areas near them. But others in our Speak UP team give us a few hours every month and go into schools to speak to kids and teachers about the importance of conservation.

**Woman 1:** How can we get in touch with your organization if we want to sign up?

**Woman 2:** The best way is to register with us on our website [www.tripleups.org](http://www.tripleups.org). There, you'll be able to select the type of activity that you'd like to help us with and how much time you are willing to volunteer. Then, when something comes up in your area, we will contact you by email or by phone. And don't worry, we usually get in touch very quickly. There's a lot of work to do everywhere.

**Woman 1:** Sandra, thank you for coming and talking to us. We wish you and the Triple UPs the best of luck. Join us next week on our "Making the world a better place" segment with zoologist... *(fade out)*

PAUSE 10"

Now you will hear Part Four again.

— \*\*\* —

TAPE REPEAT

PAUSE 5"

That is the end of Part Four.



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# First Certificate Exam

## Transcripción completa Pista 5 (Capítulo 20)

**Examiner:** Good afternoon. My name is Jonathan Taylor and this is my colleague Peter McBride. And your names are?

**Alex:** Alex.

**Emma:** I'm Emma.

**Examiner:** Where are you from, Alex?

**Alex:** I'm from Málaga, a town on the south coast of Spain

**Examiner:** And you, Emma?

**Emma:** live in Torremolinos, which is near Málaga.

**Examiner:** First we'd like to know something about you. Tell us about a film you really like, Alex.

**Alex:** Well, I'm a great fan of the Lord of the Ring saga. (pause) I've read all of the books written by Tolkien and... erm... I really enjoyed the film version too, although there are some differences with the books. (pause) I love the special effects and also... erm... the recreation of Tolkien's world.

**Examiner:** Emma, do you use the internet much?

**Emma:** Yes, I do, I use it every day.

**Examiner:** Why?

**Emma:** Well, I use it a lot because it's... erm... it's very... erm... Well, I need it for everything, basically. I search websites to look for information. I also use the internet very often to buy things online, such as clothes, shoes, concert tickets or... you know, that kind of thing. And yes, of course, I use it to check my email, which I do every day.



## Transcripción completa Pista 6 (Capítulo 21)

- Examiner:** In this part of the test, I'm going to give each of you two photographs. I'd like you to talk about your photographs on your own for about a minute, and also to answer a question about your partner's photographs.
- Alex, it's your turn first. Here are your photographs. They show people who are using technological devices. I'd like you to compare the photographs, and say what these people are using the devices for. All right?
- Alex:** Well, in the first picture there are three children who are using an iPad or some other tablet to play, whereas in the other picture there's a man... erm, a businessman, who is looking at his mobile phone. Erm... It looks like he's checking his email. Actually, I'm sure he uses many apps in his mobile phone for different purposes: to manage his agenda, to find the address of a meeting, to send whatsapp messages... erm... Well, and he must also use it to make phone calls, of course. On the other hand, the children in the first picture probably use their tablet mainly for fun: to play games, watch cartoons or listen to music. Many children play with learning apps as well.
- Examiner:** Thank you. Emma, do you often use technological devices?
- Emma:** I use technological devices every day. I'd even say all of the time! Erm... I take my mobile phone everywhere and... you see... I'm constantly checking it because I receive lots of whatsapp messages all daylong.
- Besides, I use my computer at work every day, I need it for absolutely everything at the office. Erm... I also have a tablet at home but I hardly ever use it because there is always someone else who is using it.
- Examiner:** Thank you. Can I have the booklet, please?
- Alex:** Sure.
- Examiner:** Now, Emma, here are your photographs. They show people who have artistic jobs. I'd like you to compare the photographs, and say what you think these people enjoy about their jobs. All right?
- Emma:** Erm... Yes, in the first photograph there's a woman who's painting a picture, she's a painter, whereas in the second photograph there are four musicians who are playing in the street. Since the people in both photographs are artists, I'd say they... well, they all enjoy the creativity that's involved in their job. Also, they probably love the idea of not being subject to timetables. The feeling of freedom, you know? The girl in the first photograph is alone in her studio, so... she probably enjoys working by herself in her own private world, while I'd say the musicians enjoy being in contact with other people and seeing how passers-by react to their music.



PARA  
**DUMMIES**

## **First Certificate Exam**

**Examiner:** Thank you. Alex, would you like to have an artistic job?

**Alex:** Erm... No, I don't think I'd like to have an artistic job.

**Examiner:** Why?

**Alex:** Because I'm not a very creative person, you know? I mean, I can't really see myself in any artistic job. Besides, I think I'd hate the instability of these jobs. Erm... Most artists can't rely on a regular income and... I'd suffer a lot if I weren't able to pay my bills or my rent. No, I'd much rather have a boring but stable job.

**Examiner:** Thank you. Can I have the booklet, please?

**Emma:** Yes, here you are.



## Transcripción completa Pista 7 (Capítulo 22)

- Examiner:** Now, I'd like you to talk about something together for about two minutes. I'd like you to imagine a bookshop that wants to attract more customers. Here are some ideas and a question for you to discuss. First you have some time to look at the task.
- 15" PAUSE
- Now, talk to each other about why these ideas would attract more customers to the bookshop.
- Alex:** Okay, shall I start or would you like to go first?
- Emma:** Yes, you go first, please.
- Alex:** Okay. I'll start with the first one. Erm... I think that providing coffee, cake and sofas would be a good way of attracting clients to a bookshop. It's a very popular idea among bookshops nowadays, so it must be effective, don't you think?
- Emma:** Yes, definitely. I associate reading with a pleasant atmosphere, and a good sofa would call my attention. How about the second idea?
- Alex:** Errm, in my opinion...
- Emma:** I think... Oops, sorry to interrupt you. Go ahead.
- Alex:** That's okay. Well, it's a great idea if they can get in touch with a popular author. But if the authors are not really famous, I don't know if they would attract more clients.
- Emma:** I agree with you. However, I think that this other idea would be really effective: holding storytelling lessons for children. Parents are always looking for activities to do with their children, and kids love stories. I'm sure this would make people go to the shop.
- Alex:** Yes, I think you're right. They'd have to do it in the afternoons or the weekends, though, when the children are not at school. Erm... How about setting up a website? Do you think that would be effective?
- Emma:** Hmm... I'm not sure about that one. I mean, every business needs to have a website nowadays but... erm... Would your website make more clients actually go to your bookshop? It's not clear. You know what I mean?
- Alex:** Yes, I see your point but I have to disagree with you. Erm... You see, the point here is that they want to attract more clients, no matter if they are online clients or offline clients. In my opinion, having a website would definitely attract online clients.
- Emma:** Yes, but in that case they would have to set up an online shop, don't you think?
- Alex:** Hmm, maybe you're right. The website wouldn't be enough. They'd need to set up an online shop to attract clients on the internet.
- Emma:** That's right. What do you think about this last one? Running a writing club?



- Alex:** Erm... I don't know. I don't have a strong opinion about that one. How about you?
- Emma:** Erm... No, me neither. I see the connection between the reading and writing concepts but ... You'd think that writers are fond of books, so they are probably potential clients already.
- Examiner:** Thank you. Now you have about a minute to decide which idea would be best for the bookshop.
- Alex:** Okay, what's your opinion? Which idea is best?
- Emma:** Erm... I'd go for the coffee and sofas concept or for the storytelling idea.
- Alex:** Yes, it's clear that those are effective ones but I'd add the website idea as well. But the question is which of them would be the best idea? What do you reckon?
- Emma:** It's hard to say. Well, actually, I don't agree much with the website idea, sorry.
- Alex:** Okay. Let's pick one of the other ones, then.
- Emma:** All right. I think both are brilliant ideas but we should pick the one that would attract more new clients.
- Alex:** In that case, I think the best one would be providing coffee, cake and sofas. Some people might go into the shop just because they serve coffee and they might end up buying a book.
- Emma:** Good point, yes. Let's go for that one, then.



## Transcripción completa Pista 8 (Capítulo 23)

**Examiner:** Alex, do you think bookshops will disappear in the future?

**Alex:** No, I don't think so. Even though many people read digital books on electronic devices nowadays, I believe that... erm... book lovers will continue to buy traditional paper books.

**Examiner:** And you, Emma?

**Emma:** I agree with Alex, I don't think that bookshops will completely disappear. However, I believe that the concept of a traditional bookshop will have to change in the future somehow... erm... in order to adapt the business to... the new technologies.

**Examiner:** Emma, why do some people enjoy reading and others don't?

**Emma:** Well, I guess it's a question of your personal taste and your personality as well. Erm... Maybe active people find that reading is not as exciting as riding a mountain bike, for example.

**Examiner:** What do you think, Alex?

**Alex:** Actually, I don't quite agree with Emma. In my opinion, it's basically a question of habits. If your parents read to you as a child, you'll probably enjoy reading as an adult as well. If you never got in the habit, I doubt you would start as an adult.

**Examiner:** Some people say schools should do more in order to encourage young people to read. What do you think?

**Alex:** Well, I think it's probably true that schools could do more. There's always something else you could do to improve things, you know what I mean? However, like I said before, I feel that families play a more important role here... erm... to make children take up a reading routine, let's say.

**Emma:** I totally agree with you that families are very important to encourage reading among children. However, I also believe that schools could do more. I know that some schools have programmes to promote reading but... erm... How can I put it?... erm... It's not a question of reading a lot, right? It's a question of enjoying what you read. It would be great if schools put the emphasis on enjoying your reading experience, rather than how many books you have to read this semester.

**Examiner:** Many people say they don't have enough time to read these days. What do you think?

**Emma:** Hmmm, it's true that most people have a busy life nowadays but if you really enjoy reading, I'm sure you can find the time to do it. What do you think?

**Alex:** I totally agree with you. To me, that's just an excuse. People find time to watch TV, play games on their cell phones, they go out with their friends, they go to the gym... Erm.. If they find time to do all of these activities, they could look for some time to read as well. Or they could read instead of watching TV, for example. They probably don't read because they don't like reading, not because they don't have time.



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## **First Certificate Exam**

**Examiner:** Has modern technology changed the way we read and what we read?

**Alex:** Yes, definitely. I used to buy paper books but now I only buy e-books.

It's much more convenient to have all of my books in an e-reader. I take it everywhere.

**Emma:** Right, I see many people like you on the subway, Alex, who are reading on their tablets, e-readers and even on their mobile phones, whereas in the past people used to carry around their big paper books. However, I still prefer traditional books to digital books, personally.

**Examiner:** Thank you. That is the end of the test.



## 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:

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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"

— \*\*\* —

**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"

— \*\*\* —

**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"

— \*\*\* —

**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"

— \*\*\* —

**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"

— \*\*\* —



PARA  
**DUMMIES**

## **First Certificate Exam**

### **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.

— \*\*\* —

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



PARA  
**DUMMIES**

## First Certificate Exam

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.

— \*\*\* —

TAPE REPEAT

PAUSE 5"



PARA  
**DUMMIES**

## **First Certificate Exam**

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.



## Transcripción completa Pista 10 (Capítulo 27)

**Examiner:** Good morning. My name is Jonathan Taylor and this is my colleague Peter McBride. And your names are?

PAUSE 5"

Where are you from, Candidate A?

PAUSE 10"

And you, Candidate B?

PAUSE 10"

First we'd like to know something about you.

Candidate A, do you prefer to spend time on your own or with other people?

PAUSE 5"

Why?

PAUSE 25"

Candidate B, how much TV do you watch in a week?

PAUSE 5"

Would you prefer to watch more TV than that or less?

PAUSE 5"

Why?

PAUSE 20"

**Examiner:** In this part of the test, I'm going to give each of you two photographs. I'd like you to talk about your photographs on your own for about a minute, and also to answer a question about your partner's photographs.

Candidate A, it's your turn first. Here are your photographs. They show people who have decided to spend their holidays in different ways.

I'd like you to compare the photographs, and what these people are enjoying about their type of holidays. All right?

PAUSE 1'00"

**Examiner:** Thank you. Candidate B, which type of holidays would you choose?

PAUSE 5"

Why? Thank you.

PAUSE 25"

Now, Candidate B, here are your photographs. They show people eating in different restaurants. I'd like you to compare the photographs, and say why you think these people have chosen these restaurants. All right?

PAUSE 1'00"

Candidate A, which type of restaurants do you usually go to?



PAUSE 5"

Why? Thank you.

PAUSE 25"

**Examiner:** Now, I'd like you to talk about something together for about two minutes. Here are some inventions that have changed people's lives and a question for you to discuss. First you have some time to look at the task.

PAUSE 25"

Now, talk to each other about how these inventions have changed people's lives.

PAUSE 2'00"

**Examiner:** Thank you. Now you have about a minute to decide which invention has changed people's lives the most.

PAUSE 1'00"

**Examiner:** Candidate A, do technological advances always make our lives easier?

PAUSE 30"

**Examiner:** Candidate B, do you agree?

PAUSE 30"

**Examiner:** Candidate B, do you think that students should be able to have access to Internet when they sit their exams?

PAUSE 30"

**Examiner:** Candidate A, what do you think?

PAUSE 30"

**Examiner:** Some people say we rely too much on computers nowadays. Candidates A and B, what do you think?

PAUSE 30"

**Examiner:** Candidates A and B, do you think that modern technology has changed the way we lead our lives?

PAUSE 30"

**Examiner:** Candidates A and B, do you think the way we communicate with one another using mobile phones is making us antisocial?

PAUSE 30"

**Examiner:** Some people say that a disadvantage of new technology is that it causes job loss and unemployment. Candidates A and B, what do you think?

PAUSE 30"

**Examiner:** Thank you. That is the end of the test.