



ТЕКСТЫ ДЛЯ АУДИРОВАНИЯ

*Вы услышите 6 высказываний. Установите соответствие между высказываниями каждого говорящего **A-F** и утверждениями, данными в списке **1-7**. Используйте каждое утверждение, обозначенное соответствующей цифрой, **только один раз**. В задании есть одно лишнее утверждение. Вы услышите запись дважды. Занесите свои ответы в таблицу.*

1.

Speaker A

If you ask me, I think fashion is kind of unnatural. I mean who cares about tiny details like pockets here or pockets there. I believe clothes should serve their purpose. When it's hot, they shouldn't be too warm and when it's cold they should keep you warm and protect you from winds when it's necessary. I'd never buy a coat or a jacket just because they're said to be fashionable now — to buy an item of clothing I must feel comfortable in it.

Speaker B

I argue with my parents all the time — just really all the time — because they say I've got loads of clothes which in their opinion I never wear. They just don't understand it — I do need all these clothes. I may spend too much time in the morning choosing what to put on — okay, I admit that. To be perfectly frank, I must also admit that sometimes I forget what I have in my wardrobe. But it's great having a choice. My parents just don't get it.

Speaker C

From time to time I may switch on a fashion channel or look through a beauty magazine. My elder sister is a shopping consultant and she tells me about the hottest trends when I ask her to. She helps people create their own style in clothes and she says that clothes are fashionable only if they become you. You must consider your style, your looks and figure when you want to buy something new because otherwise you won't look good.

Speaker D

It's not that I'm really a passionate follower of fashion — no, nobody would say that about me. But I spend a lot of time in clothing shops and I do care about what to put on each day and I never wear the same outfit two days a week. I look through fashion magazines to find out the latest trends. I do all those things just because I feel it's a sign of respect for yourself and the people around you when you pay attention to your clothes and looks.

Speaker E

I think when people talk about fashion they often mean street fashion — what people wear every day. I don't think it's true fashion. It's more like a kind of hysteria — she has such a dress — I want such a dress too. Real fashion is top fashion, runways and limelight, famous designers like D&G and big brands. These clothes are expensive and anyway you won't put them on when you go to work and they are impractical — they are just beautiful.

Speaker F

Fashion? I never waste my time thinking about it. I have so much to do for my studies that I simply put on whatever I find in my wardrobe — usually it's a pair of jeans and a T-shirt. I never go to clothes shops — my mom knows my size and she buys me what she thinks I need. I trust her taste and I believe she knows best really. I'm too practical and down-to-earth a person to think about matching colors or stuff like that so I just don't care about it.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

2.

Speaker A

Like many children in my country, I first learned the value of money by getting an allowance. My parents thought it was really important that children should learn about money at an age when possible financial mistakes are not very costly for them. And do you know what? I never wasted a single penny on silly things like sweets and chocolate bars — I used to buy books and magazines instead. Having pocket money made me financially wise.

Speaker B

Some of my classmates get a lot of pocket money. I guess just how much money parents give their kids differs from family to family. I used to get a small weekly allowance and my parents made it very clear what, if anything, I was expected to use that money for. If I really needed something, like maybe new trainers or anything else, my parents bought them for me without saying a word. But things like snacks, tickets to the cinema and so on — that's what pocket money is for.

Speaker C

I got my first allowance at the age of 7 and I spent every penny as soon as I got it. So you see, I learned the hard way that spending money should be done within a budget. My parents never offered me more money between allowances. I soon understood that having a budget means making choices about whether to spend or to save. When I got older, I became responsible enough to save money for larger purchases, like clothing and electronics. So my parents taught me a good lesson.

Speaker D

Some of my classmates get pocket money for helping about the house. That's not the case with me. My parents say these jobs are a normal part of family life. If I do routine work I don't get paid. However, my parents do pay me to do extra work around the house, like painting the fence and things like that. My parents think this can help me understand how a business works. I don't know though. As for me, I prefer a regular monthly allowance.

Speaker E

I can't imagine life if I didn't get pocket money. Some people say an allowance can turn kids into spoilt brats, but luckily my parents don't share this opinion.

There are a lot of good things one can do with pocket money, like sharing it in the form of gifts or giving it to a good cause. Or I can spend it buying things I want. And, of course, there's a third option: I can save and maybe even invest it — but this I have never managed to do, honestly.

Speaker F

When my parents gave me my weekly pocket money, they always used to talk to me about the importance of saving. They used to tell me that if I had an expensive goal, I had to cut costs and plan for the future. Then I read about banks offering services to help children and teenagers learn about personal finance, so I opened an account. At first, it didn't seem like a lot, but over time it added up and now I can pay for my gap year and first year at college.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

3.

Speaker A

What's my favorite holiday? I know this may sound strange, but I love Easter. My family isn't very religious, but I am aware of which Easter traditions are connected with the Bible. For example, there's the tradition of painting eggs and giving them to other people as a symbol of eternal life, but few people actually do this anymore. Instead, they buy chocolate eggs, and I adore chocolate — sweets are my true passion. And that's why I love Easter!

Speaker B

My friends say too often that I laugh too much and I agree. That's why I enjoy April Fools Day so much. You may know it takes place every year on April 1st and on this day you never really know if someone is trying to pull your leg. And it's important that even if someone tries to fool you, you don't lose your temper. Otherwise, people may suspect you of the worst possible sin — a bad sense of humor. No one has ever accused me of that!

Speaker C

As a girl, I always enjoy celebrating Women's Day on March 8th most of all. This is the day for paying tribute to all women — and, first of all, your mothers and grandmothers. In some places this day is called Mother's Day and it, too, is celebrated in spring. Men give women flowers and presents and they do all the domestic work around the house and in the kitchen. For women, it's a relaxing break from domestic routines — a nice change and a chance to rest!

Speaker D

Some people love New Year's Eve, but I adore Christmas. The holiday is connected with the birth of Jesus Christ as told in the Holy Bible. When Jesus was born, wise men from the East came to worship him and they gave the child presents. That's why people nowadays try to please their friends and relatives by

giving Christmas presents. It's a very sincere holiday and I think everyone feels a bit kinder and more generous on that day.

Speaker E

I think New Year is especially popular with children. In many houses there's a fir tree and other decorations. Families get together to welcome in the new year — a truly magical moment. You can start your life anew if you want to — make resolutions, talk about plans and promises, or share your most secret thoughts; if you do these things, probably your wishes will come true — at least I like to think so. On that day anything can happen — so give it a try!

Speaker F

In my country it's not celebrated, but I've always thought Thanksgiving is a great tradition. It has an interesting legend behind it — in 1621 the first pilgrims in America were dying of hunger, but neighboring Native Americans helped them survive. On this day everyone has the chance to say 'thank you' for everything good that has happened in their lives during the year. So although it's not my national holiday, on that day I do it in secret because I'm thankful to God.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers. (Pause 15 seconds.)

4.

Speaker A

My friends say volunteering isn't a good idea. The thought of doing something for free doesn't attract them at all. But I think volunteering is absolutely necessary in the modern world. If you help someone today, maybe somebody else will help you when you need it. Or maybe they'll help your friends or relatives. Kind things are like a boomerang — they come back to the people who do something positive without expecting anything in return.

Speaker B

Volunteering is hard in my opinion. You have to find time in your schedule to do tasks that are often hard, either physically or psychologically. Still, many teenagers, including me, volunteer their time, not only because doing something good invites good karma, but also because it'll look good on your CV. If you have been a volunteer, your chances to be accepted at a good college or university jump right up. By helping others, you can help yourself.

Speaker C

For me, volunteering is a chance to meet new people and make friends. I take part in international volunteering programs, like youth summer camps that focus on the environment or teach younger kids. I have many friends on Facebook, thanks to my volunteer activities, and now I know much more about the world around me. I'd really like to be a volunteer at the Olympic village in Sochi in 2014, but I hear foreigners can't do that. It's such a pity!

Speaker D

I've been working as a volunteer for several years already and I enjoy it immensely. I feel socially useful and part of the community I belong to. It might take a lot of my time and energy and be very demanding, but the satisfaction I get in the end is worth it all. Volunteering is so rewarding. And thanks to wise time management, somehow I always find time for everything — studies, leisure and helping others, so it is really great.

Speaker E

I think everyone should try volunteering at some point in their life. And it's not only about being useful to your community. Volunteering teaches you about yourself and the world around you. You begin to appreciate what you have, but might have been taking for granted, because you see so many people who can't afford the simplest things that you use every day without noticing it. When you understand the real value of things, you grow up.

Speaker F

I'm a volunteer at the local library and I'm proud of it. My job is to find books for the library. I find old books that people have already read and don't want anymore. At first, when I knocked on people's doors, they didn't understand what I wanted; sometimes they even laughed at me, but I didn't give up. I organized a fair and a book sale and people began to pay attention. I've managed to collect many books for the library — and that's quite an achievement!

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

5.

Speaker A

I got interested in hitch-hiking after watching the famous film 'Euro Tour'. It's a hilarious comedy where a group of friends travel around Europe looking for adventure. I got inspired by the film and decided to try it with my friends. The film offers good advice — like how to find really cheap plane tickets or a hostel to spend the night in. We followed the same route from the film while hitch-hiking and I must say we loved every minute of it!

Speaker B

Hitch-hiking may look like a romantic and exciting way of traveling for some people, but I really don't think it is. When I travel, I like to do it in comfort. I always plan my travel thoroughly, reserving hotel rooms well in advance. Now it's even possible to buy tickets online to popular museums so I don't have to waste precious time queuing. With hitch-hiking, everything is very spontaneous and decided on the spot. That's not for me.

Speaker C

I've never tried hitch-hiking myself, but my friends hitch-hiked last year across Australia and they say there are some ups and downs about this kind of traveling. The advantages are you're free to go wherever you want, and you're always in the

moment, seeing things that ordinary tourists miss because they're always focused on their plan. As for possible cons, hitch-hiking can be dangerous. For instance, my friends got mugged at gunpoint.

Speaker D

Hitch-hiking is the only kind of traveling I can afford. All my classmates are planning their gap years thinking about all the exciting places they'll go and the fascinating sights they'll see. But me — I don't have enough money to pay for a posh gap year. Instead I spent my savings on a really expensive laptop that I'll need at university. So hitch-hiking is the only way I can afford to have a great time before I settle into my studies at college.

Speaker E

Many people think that hitch-hiking is just a way for cheap kids to save some money while traveling across the country. Just put your thumb out and get a lift. I disagree. Many drivers who tend to stop to pick up hitch-hikers are friendly and talkative people bored making a long trip. They just want to have a nice chat to pass the time. The drivers help the hitch-hikers, and the hitch-hikers help the drivers. Everyone benefits this way!

Speaker F

I'm an experienced hitch-hiker and I enjoy this way of travelling immensely. I've gone to really a lot of different great places hitch-hiking, and it's saved me much money. If you want to enjoy it, you need to observe a few simple rules. First, be polite and talkative. Second, you must write your destination on a big piece of paper and hold it up while waiting for a lift. Be friendly and patient as well. This will definitely help you on the road.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers. (Pause 15 seconds.)

6.

Speaker A

For any celebration you have so many people to give presents to: your mates, parents, relatives. It creates a problem of choosing an original present. I think everybody is so tired of traditional gifts! To my mind, the simplest way out is accessories. They are always different and can suit everybody. For family members it may seem a good investment if it's expensive enough and it may definitely help your friends look great at a party!

Speaker B

As for me, I dislike pragmatic, domestic gifts. They may be useful, of course, but when you get a present, you expect a surprise, not a new kind of washing powder. I do not understand people who are happy to get kitchen towels, cups, dishes or anything like that. If you do not have any innovative ideas, buy some perfume or flowers — they are not practical, they are pleasant.

Speaker C

Honestly speaking, I'd be glad to get a weekend camping tour even to a local place of interest. It would be the best present and the worst is perfume. Perfume is the ultimate in personal gifts, even more than accessories. What scent a person chooses is unique and usually very subjective. It also looks like a last-minute decision which may seem impolite, unless you are absolutely sure in your choice, which, as I said is a rare case.

Speaker D

Giving and receiving presents can be stressful. A picky person can dislike some gifts or even worse — give them to somebody else. Horrible! So I found a perfect way out — a gift certificate. For anyone who likes shopping it is ideal and you don't waste time trying to find something special. But there are disadvantages about a gift certificate too. A person may think that you just didn't want to be bothered and get offended, so it's not a universal present after all.

Speaker E

If you can afford it, try not to give things, but experiences as a present. It is not necessarily something very expensive. Tickets to the first night performance or to a new exhibition in an art gallery, or anywhere else will do fine. It is even better if you can go there together and share these experiences. Take a camera with you and take pictures! Such a present will leave long-standing memories which are dear themselves

Speaker F

Living in a high-tech world, it would not be unusual to buy gadgets as a present. If your friend commutes, it can be an iPod, if your friend is very busy — an electronic organizer will be an excellent idea. There are millions of choices and they are not expensive either. Such a present can show the person exactly how much thought you put into choosing the perfect gift taking into account his or her way of life and needs

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

7.

Speaker A

I try to care about our planet. Some people argue that it's impossible for an individual to affect major changes, but I disagree as there're many things everyone can do to help our planet. Let's start with our homes. Encouraging your family to recycle regularly is a good thing to start with. Every glass bottle you recycle saves enough energy to run a TV for an hour, while recycling an aluminum can saves enough energy to run a TV for three hours! It's not difficult to turn out the lights when you leave a room or use re-useable containers for your lunches.

Speaker B

My name is Walton and I'm from the USA. I'm personally concerned about our environment pollution. I try to protect the environment, to preserve

it and leave it clean and undamaged for the next generations who are at risk of not being able to leave their homes due to the high city pollution. Yet now, in my native city (Boston) the smog has increased to such a threatening level that my family and I had to move, because the air was harmful to the health of my 4-year-old son.

Speaker C

In my country, England, there is hardly a part of it that is within its natural state. The typical English countryside, the hills and fields, have all been shaped by generations of cultivation. In fact, taking the planet as a whole there is hardly a part of it that humans have not changed. I fear that by our pollution humans are changing the places where they do not live and where they live. Deserts are becoming hotter, arctic ice is melting and wherever you look you can see the ugly footprint of humanity.

Speaker D

Of course we should care more about our planet water supplies. When you use water wisely, you help the environment. You save water for fish and animals. You help preserve drinking water supplies as well. You save the energy that your water supplier uses to move water to you and the energy your family uses to heat your water. When you use water wisely, you save money as your family pays for the water you use. So if kids start learning to use water wisely today, they will be helping themselves in the future.

Speaker E

My name is Susan and I'm 17 years old. I think the earth is the home we all live in but many people simply don't care. I get depressed by all those warnings that we hear daily, acid rain, global warming and on and on. It is likely that there will always be some people who litter in towns and in the country, despite fines and knowledge of the environmental consequences. You cannot influence the way other people care for our planet and that makes me very sad.

Speaker F

I suggest we should use all resources in the most efficient way possible. A green home will be a good solution here as it helps to conserve energy as well as water. Waste and pollution will be decreased too. A green home protects the environment by using renewable solar energy. Solar panels on the roof of a home collect sunlight, which is then converted into power to heat the home and run the home equipment. So a green home will save energy as well as money in addition to having other health benefits.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

8.

Speaker A

I think people should pay more attention to reusing materials. It's the best way to save our planet's resources. In fact, we don't have any other option if we plan to leave the planet for generations to come. For example, it's more environment-friendly to use linen napkins that can be washed and reused than to use paper products. It's also important to stop using dangerous chemicals that spoil our soil and drinking water.

Speaker B

My name is Stephen. I'm very worried about high urban pollution. This problem is actually global. Anyone who went to Beijing to watch the Olympic games can confirm it as Beijing was covered day and night by strong smog. The problem is that this smog in big industrial megapolises is not set to decrease, but instead it will increase over the coming years: this will bring about pollution all over the world and will cause global warming!

Speaker C

I find the effect of water pollution on the ecological balance and human life really dramatic. Though there are many other things that are polluting water, oil is still the major contributor. There may be cases of large oil spills during transportation, but the fact is that small motor oil spills on land are far more dangerous. So it's important that we take measures in time to save our water environment.

Speaker D

My name is Barbara. I've only been "cleaning green" for over a year now. It was a difficult start. My daughter made me stop using toxic chemical products for cleaning by regularly telling me how I was poisoning our health, polluting the air in the house, damaging the planet and exposing my grandson to all of the above. Now I like it a lot! I will never go back to chemical cleaners, not any more.

Speaker E

I support the idea of using only natural products for cleaning purposes. Of course it's not easy. Changing from old habits to new healthy, non-toxic ones takes time and practice. It's like any bad habit, once it's been done we feel really good about ourselves. But we're not doing this for some unseen stranger. We're doing it for ourselves. Let's leave our planet in the best possible shape we can by all working out and following new rules together.

Speaker F

I think everyone can do their part to protect our planet. It's easier than you think — do not litter and do not dispose your waste in the way that will harm people or animals. Always use the proper method for it. And it's really more useful to put out different bins for different waste materials like glass, plastic bottles, paper and tins. The bins are usually of different colours to be easily identified.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

9.

Speaker A

I'm trying to get back on track again with healthy food. I've been really bad this couple of months, resulting in a horrible weight gain. I still go to the gym 3-4 times a week, but I eat a lot of unhealthy snacks between meals. I somehow thought it's my reward for going to the gym, but it certainly made me gain more weight rather than lose it. I figure if I can replace my dinner with fruits, I will achieve weight loss easily and in a healthy way. But the problem is, after the gym when I feel really hungry the first thing I look for is something savoury.

Speaker B

My name is Jenna and I'm 17 years old. I'd never had weight issues until last year. I had some problems that made me very depressed, so I ate all the time and watched TV because I didn't want to leave the house. I know that's not an excuse for eating so unhealthily, but I was in my own little world, you could say. I'm a very athletic person and I still have all my muscle, but I've just gained weight. I've decided to start my diet on Wednesday and work out Mondays, Wednesdays and Fridays with one of my friends.

Speaker C

I am utterly frustrated at the moment. My weight is not moving in the right direction. Which is not surprising since I just can't resist food, especially unhealthy food. Like yesterday, I went to the supermarket and bought strawberries and grapes and apples only to go back 20 minutes later to get a marble cake. I only ate two slices of it and it was all I had for dinner but still it makes me angry. Sometimes I feel it has to be either all or nothing. I just know that eating nothing is not the right thing to do and that it won't help in the long run.

Speaker D

I'm doing really well. I thought that when I came home from school I would balloon up, because my mom is an awesome cook and when I'm home I work two jobs and I am always too tired to exercise. Plus, at school the gym is free and at home it most certainly is not. However, I've managed to stay at the same weight, and am at my lowest weight on my mom's scale! I eat around 1200-1400 calories a day so that my parents don't suspect anything, but I know they're impressed with my weight loss. I am too!

Speaker E

My name is Bobbi. I'm a sophomore in college and live in the dorm. This is the first time I've experienced living on my own. So I can go to any grocery shop and get whatever I want or go out to eat whenever I want. I stopped being active after the swim season was over in my senior year of high school. My weight has steadily increased since then because of my eating and exercise habits alone, I think. So I have asked my doctor recently to work out a special combination of diet and sport activities. I hope it will help.

Speaker F

I wish I could just kick the pounds away but alas, no way. I cannot starve myself, and also, I don't want to. Still, I want to lose weight, as fast as possible, of course. I thought I'd try to eat healthy food and exercise a lot but it's just so hard to come home and not plunder the fridge. It's so difficult to change one's lifestyle. I need some support and encouragement from somebody who understands how difficult it is to solve my problem.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

10.

Speaker A

I think there is too much competition at work nowadays. Everybody is longing for promotion and often trying to move on to a better position in another company. On the contrary, teamwork aims at a company's accomplishments. When employees understand they can get ahead with their own company, they cooperate with colleagues and work more effectively to get better common and personal results.

Speaker B

It's very important to understand people around you. If you are a manager, you'd better take time and listen to your colleagues, employees, face to face, if possible. Pay attention to non-verbal ways of communication, as appropriate gestures and eye contact can do more than even words of praise or criticism. The same piece of advice goes to employees. Explain to your management your decisions in detail and you'll get a reputation as a well-balanced person and better career prospects.

Speaker C

I think it is difficult for men and women to work in the same space. Women are more creative and emotional whereas men are more logical and better organized. Women want to feel, men want to think. Any department, if it considers these differences, will be much better off with men and women working separately, without distracting each other, causing conflicts and misunderstandings.

Speaker D

What I dislike about some offices is that there is too much gossip there. It does not depend on who dominates there — men or women. Actually, men are sometimes even worse! It gets on my nerves when people begin to discuss their manager, the latest teambuilding activity or their domestic affairs. It distracts me and is simply unpleasant. To create some personal space and work effectively, I listen to music instead.

Speaker E

I think there should be a law for people not to go to work if they are ill or upset. To work effectively is simply impossible if someone is coughing or wants to scream at you instead of listening to your requests or suggestions. Any

manager must ensure that the office environment is calm and appropriate for work. To introduce some relaxation techniques might be a good idea as well.

Speaker F

What is important in any office is that you get a clear explanation of what exactly to do from your management. There should not be any room for confusion or misinterpretation. If instructions can be understood as suggestions, there will not be any result. Instructions in the written form are simply perfect. If you are provided with details of a desirable result, this will be a key to completing the task successfully, I think.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

11.

Speaker A

We have a great variety of food available now, but I think we should care a lot more about where our food comes from. I think if people started to buy local and went to farmers' markets, they would be amazed at how fresh and tasty everything is. Vegetables are the best choice when they are in season, and simple food can be easy to prepare.

Speaker B

There are still people who think that it costs more money than it really does to eat well. It worries me that people are happy to spend thousands of dollars on a car, but don't want to spend more than 2.50 on a chicken. We all need to be aware of what we are putting in our mouths but we seem to attach far more importance to clothes than food.

Speaker C

When I was a child we used to eat healthy food without thinking about it — you could rarely see preserved or processed food in stores. Big home-cooked family meals were central to my childhood. Nowadays, while some families have kept that tradition, generally we've lost a connection with food, and that makes me pessimistic about our eating habits.

Speaker D

No doubt there will always be people who prefer to eat out, and there is a place for ready-made meals, but I believe we've started to understand the advantages of simple local produce, and the harm of all these preservatives and chemicals in processed food. We are beginning to realize that freshly prepared ingredients, cooked simply, are much better than ready-made meals.

Speaker E

Growing your own produce is a fantastic way to get better food. You grow what you want and, when you dig it up, it's on the table an hour later. There are always things you can grow, even if you don't have a garden or a piece of land — herbs in a pot on your kitchen windowsill will make the difference in any dish you cook because they are so fresh.

Speaker F

We are able to buy much better food than ten years ago, but what is really missing is the culture of cooking at home. We have two generations of children who didn't stand at their parents' shoulders and learn how to cook — and a few TV shows are not going to change that. Many children, especially in big cities, don't know what flour is or where milk comes from.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

12.

Speaker A

Right now I'm trying to find a way to regain a healthy lifestyle despite being busy. I've completely lost the athleticism that was a large part of my identity and I can't stand it any more. Now I'm trying to regain general fitness. So I've been biking to work (about 20 minutes) for two months now, trying to get more veggies and whole grain in my life, drinking lots of water, and I'm hoping to start walking more although right now I have to work a lot and usually feel too exhausted after work to do anything else.

Speaker B

My name is Katie, I'm 25 years old, and I started making a conscious effort to develop healthy habits about a year ago. The first thing I did was give up smoking. My goals are mainly to exercise regularly, drink enough water, and eat fruits and veggies daily. I do keep track of what I eat with journaling although I'm not a calorie counter, and I don't own scales or restrict myself in any way. I just want to be stronger and feel better through trying to meet those goals every day. Now I feel I can do it.

Speaker C

A year or so ago, I was in pretty good shape and paying a lot of attention to my health. I slipped back into inactivity and unhealthy eating for various reasons. I miss what I had, but I've had a hard time finding the motivation to return to my usual healthy lifestyle. Spring is just arriving — sunny sky, warmer weather, longer days, green leaves peeking up from last season's dead grass. The improvement in the weather is lifting my spirits, so I've decided to take advantage of the extra energy and design for myself a spring fitness challenge.

Speaker D

I have just realised that at least six days out of seven, I do the amount of exercise that is recommended for those whose goal is a healthy lifestyle, just by walking during my daily routine. About three times a week, I do more, sometimes considerably more.

Despite that, I often do myself down by telling people I don't exercise at all. I think some part of my brain still believes that because I'm doing it as part of my routine rather than going to any special effort, it can't be taken into account.

Speaker E

Hi! I'm Alex. I've had terribly unhealthy eating habits for the last few years. I never took much time to eat and ended up eating very few meals. I'm trying to develop healthier eating habits, and I wonder what would constitute a balanced meal. For breakfast I eat a bowl of cereal and yogurt. Then grab five pieces of fruit I divide between lunch and dinner. It's more than I usually eat, but I know there's still a lot of room for improvement. At the same time I'm worried about going overboard, which can happen very easily for me.

Speaker F

I am 27 years old, and I come from a family of rather overweight people. I've been working to live a more healthy and fit lifestyle since last December. Over the past three years, I've watched older relatives dealing with serious health problems, and it's been a wake up call for me to start taking care of myself while I'm young and my state of health hasn't become worse. I'd like to start a family in the next couple of years, and it would be great to be able to keep up with my children as the years go by.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

13.

Speaker A

Hi! What's your favourite book? A book that you love because it inspires you, or has changed your life? What I'd like to do is go to a secondhand book store, pick up a book that maybe I have read or maybe I haven't, purchase it, read it, then leave it someplace else for someone else to find and read and pass on. I know a lot of times things like that don't work — people don't read them or pass them on. But oddly, I can't explain why, I have the urge to do it. Maybe this happens because I love books and want everyone to try them.

Speaker B

I enjoy one book very much. I have read it at least 20 times and it is always wonderful. Every time I read the novel as if I have no idea of what happens on its pages and I am never bored with it. It is truly a success story about a woman who managed to do well despite her poor environment. Sometimes the author becomes a bit wordy but it is a stunning memoir. I adore reading memoirs such as these about strong people who endure and do well despite their circumstances. They teach us to be strong and to resist any problems.

Speaker C

I've been reading "Bleak House" for some time now, over a month I'd estimate, and probably closer to 6 weeks. I'm half way through, and I find it difficult to enjoy. Dickens's convoluted way of getting to the point seems little mollified by the beautiful language, and although the dialogue is thoroughly enjoyable, I can't help but want to explore other books. This is my first time reading Dickens but I

remember feeling this way to a much lesser extent with some other books which didn't have the lure of language to keep me interested.

Speaker D

At a message board I go to they've been polling to see what books everyone has read. The participants are mostly 18 to 22 year old guys who play video games and like reading, so the whole thing is slanted towards high-school curriculum stuff and sci-fi/fantasy. Not exactly scientific or representative of your average American, but still somewhat interesting. I wonder to what extent books can keep young people interested in other parts of the world and if their preferences vary to a greater degree.

Speaker E

I'm going to make a trip to the used bookstore to get rid of some books I have and probably pick some books up at the same time. The problem is, I'm awful at trying to figure out what books to get rid of. I have many books that I've read and probably won't reread but I have a hard time getting rid of them because the majority of them are hardback and they cost a lot. The worst ones are books that I haven't finished but promised to get back to and I think I never will. I'm good at convincing myself to keep books at home.

Speaker F

This might seem a little weird and hard for me to explain, but bear with me. I was checking out movies and books with philosophical concepts, and I came across a list with existentialist concepts. I realized that I've seen or read, and enjoyed, most of the stuff on the list. I've already read "Crime and Punishment" by Dostoevsky and find it a deep philosophical book that really makes you think when you read it. What I'm looking for now are books that can explain in a simple way what the basics of existentialism are.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

14.

Speaker A

What is something that really troubles me? Well, like everyone else these days I worry about earning enough to pay my monthly bills, my rent and all the other current living expenses. I want to be secure for the future and make sure I will have everything I need and maybe start saving some money. I am so afraid of losing everything I own.

Speaker B

What do I worry about? Oh, about a lot of different things — money, politics, the weather. But my greatest concern is my mum and dad. I have a good job with a foreign firm and I am living overseas at the moment. I am so worried about them. I'm afraid they won't be able to deal with all their problems. If anything

happens to them when I'm away, I won't be able to come back home quickly enough to help.

Speaker C

I think my biggest worry today is my career. I'm 26 now and I've spent the last few years travelling. Most of my university friends have settled down. They work hard and have made a good start to their careers. So I began to worry that when I go back home I will be too old for companies to want me. What shall I do then? That's a tough question. I do not want to be unemployed.

Speaker D

Every time I look in the mirror I feel nervous. I am afraid of getting fat as I love pizza and hamburgers. I like shopping a lot and always buy sweets. I know I shouldn't, but I can't help it. Like any other woman in her thirties, I am really afraid of gaining extra kilograms.

But I just can't say "no" to cakes and sweets. Who can?!

Speaker E

What am I afraid of? Well, recently I visited a friend of mine in Shanghai and she made a comment that I thought was very interesting. She said I look as though I have plenty of money. I don't, but compared to ordinary people in the street I look like I have a lot of money. I am really afraid of someone thinking that I have a lot of money and trying to rob me, especially if they have a gun. I have a little bit of paranoia about guns and robbers.

Speaker F

I guess I worry about the usual things, like getting in shape for the summer or being healthy and fit. I think being healthy is the most important thing. So I exercise regularly and watch what I eat. You know it's all about getting the right amount of vitamins, minerals, and fibre. I need this body to last at least another fifty years.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you'll hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)

15.

Speaker A

Perhaps the greatest problem that people have today is lack of free time. Whether they work or study, people always seem to have too much to do and too little time to manage it all. The harder they work the more they still have to do. Most people simply react to what is happening around them instead of prioritizing. It's important to decide which task you should do first, and which can wait and come next. This is a key to good time management.

Speaker B

What is important in time management is finding harmony. In your weekly schedule there must be some time for studies, communicating with relatives and friends, sport, hobbies and so on. Calculate how much time you've spent on each

sphere of your life weekly. Buying a diary may be of great help in dividing your time more efficiently.

Speaker C

Time is the most valuable thing you have. What's interesting — it can't be saved — all work demands time. So managing time is a core skill upon which everything else in life depends. During different periods of your life, set different big goals and priorities. Right now the top one is education. Later there will be other important ones. But each time choose and concentrate on one particular thing that is crucial at the moment!

Speaker D

In your daily life there are so many demands on your time from other people that very little of your time can be used as you choose. Preparing for a test, meeting a deadline with a project can distract you from your personal goals. Have you watched that film you have been interested in for weeks? Have you had a long chat with your granny over the phone? In other words do you find time for doing what you want to do? If not, you should probably reconsider your time management.

Speaker E

I have read in a book on time management that hard time always pushes out soft time. This means that if you didn't do something because you didn't use your time well, you take the necessary time from another activity important for you and this may irritate you. So concentrate on any work you are doing and do not waste minutes. When you work — work hard but play hard too.

Speaker F

Many people believe time is not a resource as it only exists in our mind. I consider time an important resource. It's a pity it's wasted because we do not think about our biological rhythm. Why should we all go to school at 8 AM? There are many people who can really take in information only after lunch! The same activity can take you two hours in the morning and just about half an hour in the evening or vice versa! I always try to use this important concept.

You have 15 seconds to complete the task. (Pause 15 seconds.)

Now you will hear the texts again. (Repeat.)

This is the end of the task. You now have 15 seconds to check your answers.

(Pause 15 seconds.)