

## Listening for numbers

### Track 2 (p.12)

**Announcer:** Unit two, Listening for numbers, page twelve, Exercise A.

Mike is travelling to [redacted] to compete in a cycling race. Listen to the conversation between Mike and his coach and complete the notes below. The first one has been done for you as an example. You have thirty seconds to read the note sheet.

[30 seconds of music]

[tone]

**Coach:** Good news, Mike — you've qualified for the race in Thailand.

**Mike:** That's great! What are the [redacted]?

**Coach:** OK, so the race is being held from the seventh until the tenth of April. It'll be in four [redacted] — the first stage will begin on the seventh of April and the [redacted] stage will be on the tenth.

**Mike:** Awesome! So, what's the total distance again? It's five hundred Ks, isn't it?

**Coach:** No, seven hundred [redacted].

**Mike:** Seven hundred Ks, right. And what's the [redacted] of the race? I mean, it's a big race, isn't it?

**Coach:** Yes, it is. This year, there are <sup>2</sup>one thousand two hundred competitors taking part. They had a thousand competitors last year, but this year they've got twelve hundred competitors.

**Mike:** Hmm ... That's a lot of people to [redacted]!

**Coach:** The next thing is to finalise your travel

<sup>8</sup>[redacted]. I've found some good flights but I need your passport number before I can book them — and your Hong Kong I-D number as well.

**Mike:** OK, I've got them here ... Let me just check ...

My passport number is <sup>3</sup>L-H-seven-<sup>4</sup>[redacted]-two, eight-seven-four, and my identity card number is <sup>4</sup>Z-three-seven-six, four-six-three, brackets three.

**Coach:** Let me just <sup>10</sup>[redacted] that back — L-H-seven-<sup>11</sup>[redacted] two-eight-seven-four for the passport and Z-three-seven-six, four-six-three brackets three for the H-K-I-D?

**Mike:** That's right. What flights are you looking at?

**Coach:** The <sup>12</sup>[redacted] flight is <sup>6</sup>Q-F-one-seven-zero-nine. That flight takes off on the <sup>5</sup>thirty-first of March, at ten a.m.

Mike: I should <sup>13</sup> [redacted] those details down — Q-F-one-seven-zero-nine ... Thirty-first of March ... Ten a.m.

Coach: Yes. And the <sup>14</sup> [redacted] flight that we're looking at is <sup>8</sup> Q-F-seventeen-thirty. Flight Q-F-seventeen-thirty takes off from Bangkok on the eleventh of April — the day after the <sup>5</sup> race [redacted] — at eight p.m.

Mike: Eight p.m. on the eleventh of April ... That should be OK, I guess.

Coach: Right. I'll let you know once the <sup>16</sup> [redacted] are confirmed. Now, for accommodation, the <sup>17</sup> race [redacted] have booked a hotel for all the competitors to stay at. It's called <sup>9</sup> Rivers Hotel ...

Mike: <sup>18</sup> Rivers Hotel? That's where I stayed with my <sup>14</sup> [redacted] when we visited Bangkok last year.

Coach: Good — then you should know the <sup>14</sup> [redacted] quite well. Now, they've assigned you a room — number <sup>11</sup> nineteen-oh-two ... I have no idea what kind of room it is, but you can maybe call them and ask for more details. Their phone number is <sup>10</sup> two-six-four-six, eight-zero-double nine. Oh, I almost forgot the country <sup>20</sup> [redacted] — you should put down <sup>10</sup> sixty-six in brackets in front of the number so you won't forget when you call.

Mike: OK ... Six-six in brackets ... Then two-six-four-six, eight-zero-double nine. And it was room one-nine-oh-two?

Coach: That's it. Now, we need an emergency <sup>21</sup> [redacted] — someone we can call if anything happens to you.

Mike: Oh, right. Maybe you can call my mum. Her name is <sup>12</sup> Karen Ho ...

Coach: Karen Ho, right.

Mike: Yes, and her <sup>22</sup> [redacted] is <sup>13</sup> six-three-double seven, one-eight-two-five ...

Coach: Six-three-seven-seven, one-eight-two-five, OK. What about a <sup>23</sup> [redacted]? In case she doesn't answer her <sup>24</sup> [redacted]?

Mike: Um ... Maybe I'll give you her work number. It's <sup>14</sup> two-triple four, nine-oh-eight-seven.

Coach: Two-triple four, <sup>25</sup> nine-oh-eight-seven. And that's the number at her <sup>25</sup> [redacted]?

Mike: Yes, that's right.

Coach: OK, great. One last thing — I've organised some travel insurance for you. It's with a company called <sup>26</sup> [redacted]. You should probably take down the policy number.

Mike: Ready.

Coach: It's <sup>15</sup> T-R-five-five, dash, nine-seven-three, dash, two-nine-six. Now, the insurance company needs to know the <sup>27</sup> [redacted] of your bike. I told them <sup>16</sup> fifty-five thousand dollars — it was something like that, wasn't it? They were surprised that a bike could <sup>28</sup> [redacted] that much, but it's a <sup>29</sup> [redacted] machine ...

Mike: <sup>16</sup> Fifty-five thousand is correct.

Coach: Good, so I won't need to change anything there. The insurance company assured me that they would <sup>30</sup> [redacted] the bike if anything happens to it.

Mike: Thanks, Coach.

## Listening for measurements

Track 3 (p.13)

Announcer: Unit two, Listening for measurements, page thirteen, Exercise A.

Listen to the conversation about a new gym and complete the notes below. The first one has been done for you as an example. You have thirty seconds to read the note sheet.

[30 seconds of music]

[tone]

Kevin: OK, Sarah, we need to buy some fitness <sup>1</sup> [redacted] and a few other bits and pieces before we can open the gym. Can you please look online and find out some prices?

Sarah: OK, sure. Why don't you tell me what you need? We'll start with the fitness <sup>2</sup> [redacted].

Kevin: OK, first — yoga mats. We need some <sup>3</sup> [redacted] yoga mats for our yoga classes — the mats need

to be one hundred and eighty <sup>4</sup> long and sixty <sup>5</sup> wide.

**Sarah:** Sixty <sup>6</sup> wide, OK. Do you know the thickness? I know some are <sup>7</sup> than others.

**Kevin:** I think our instructor asked for mats that are <sup>2</sup> six millimetres thick ... Yes, six-millimetre mats.

**Sarah:** OK.

**Kevin:** We also need some <sup>8</sup> yoga mats — these are big ones that we'll use for partner yoga classes. We need them to be <sup>4</sup> three metres long on each side.

**Sarah:** Square yoga mats that are three metres by three metres, OK. Six millimetres thick as well?

**Kevin:** Yes. Next up, we need some <sup>9</sup>.

**Sarah:** What about Jim and Rob?

**Kevin:** Very funny ... No, we need <sup>10</sup> of different weights — six-kilo ones and eight-kilo ones.

**Sarah:** OK, six kilos and eight kilos. Got it.

**Kevin:** That's it for the fitness <sup>11</sup>. Bottled water is the next thing — we need a good supply of five-litre <sup>8</sup> bottles of water for the water dispensers.

**Sarah:** Only five litres? OK. I thought we were getting the twenty-litre dispensers?

**Kevin:** No, Marge wanted <sup>12</sup> ones for some reason. Anyway, what's next on the <sup>13</sup> ... Oh yes — <sup>9</sup> towels.

**Sarah:** Towels? OK. What size?

**Kevin:** <sup>10</sup> One hundred and forty centimetres long by <sup>11</sup> seventy centimetres wide.

**Sarah:** One forty by seventy. Got it.

**Kevin:** Finally, we want to get some <sup>12</sup> water bottles that we can sell to gym-goers. Ones that will <sup>13</sup> five hundred mils ...

**Sarah:** OK, water bottles with a five-hundred-millilitre <sup>15</sup> capacity ... I'll see what I can find based on our <sup>14</sup>.

**Kevin:** Thanks, Sarah.

**Track 4** (p.14)

**Announcer:** Unit two, page fourteen, Exercise B. Listen to the conversation about Sam's fitness routine and complete the fitness diary below. The first one has been done for you as an example. You have thirty seconds to read the diary.  
[30 seconds of music]  
[tone]

**Karen:** How's your exercise routine going, Sam?

**Sam:** Oh, I'm making progress. I'm working out three times a <sup>1</sup> week. First, I get on my exercise bike and <sup>2</sup> ride for three kilometres ...

**Karen:** Three kilometres? That's a long way!

**Sam:** Yeah — it's a good <sup>3</sup> start! After that, I get on the rowing machine, and I row for two and a <sup>4</sup> half kilometres.

**Karen:** So, that's twenty-five hundred metres?

**Sam:** Yep. Then I get on the treadmill, and run <sup>5</sup> for another kilometre.

**Karen:** That sounds like an awesome routine — cycling for three Ks, rowing for two and a half, and then running <sup>6</sup> for a kilometre ... Impressive!

**Sam:** <sup>5</sup> Yeah, it took me a while to build up to those <sup>6</sup> sessions, but it's paying off. I've been keeping track of my progress in this fitness <sup>7</sup> diary, writing down my <sup>4</sup> height and <sup>6</sup> weight ...

**Karen:** Surely your <sup>8</sup> weight won't change?

**Sam:** Well, no, but it's still good information to know. I'm one metre and seventy-four centimetres <sup>9</sup> tall, and I've <sup>10</sup> gained a few kilos since I started this routine — I now weigh eighty-two kilograms.

**Karen:** Good job, Sam!

**Sam:** Thanks, Karen, but I'm trying to get down to a target weight of sixty-eight kilos. That will <sup>11</sup> put me into a better weight division for my next <sup>12</sup> boxing match.

**Karen:** I hope you can meet your <sup>13</sup> goal!

**Sam:** Well, it takes time ... I'm trying to get my waist <sup>14</sup> down as well. At the moment it's around ninety-two centimetres.

**Karen:** Ninety-two centimetres? That's pretty good.

**Sam:** Yes, but it could be <sup>15</sup> even better!

## Practice

Track 5 (p.16)

**Announcer:** Unit two, Practice, page sixteen, Part A Situation.

Dave is a member of the Kowloon Athletics Club. He is going to take part in an athletics championship. You are going to listen to two recordings of people talking about this.

In Part A, you will have two tasks to do. Follow the instructions in the tasks and on the recording to complete the tasks. You now have one minute to familiarise yourself with Tasks one and two.

[1 minute of music]

[tone]

Finally, I need some socks — <sup>9</sup>size thirty-eight socks.

**Maddy:** Socks, OK ... Item code ... <sup>10</sup>K-A-C-<sup>4</sup> -G-  
hash-two-six-eight — yes, size thirty-eight in stock. Now, the socks come as a <sup>2</sup> of three — is that OK?

**Dave:** Yes, a <sup>3</sup> of three will be perfect. You can never have too many socks! How much are they?

**Maddy:** <sup>12</sup>One hundred and fifty dollars a <sup>4</sup>.

**Dave:** Good, I'll get a <sup>5</sup>. I think that's <sup>6</sup> I need right now.

**Maddy:** OK. I'll get this form sent off, and it should be here in a week or so. I'll let you know when it arrives. You can pay when you pick everything up.

**Dave:** Great! Thanks, Maddy.

**Announcer:** That is the end of Task one. You now have one minute to check your answers.

[1 minute of music]

[tone]

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Track 7 (p.17)

Announcer: Unit two, page seventeen, Task two.

Dave is talking to his friend Nicola about the championship. Listen and fill in the missing information in the information sheet below. The first one has been provided as an example. You now have thirty seconds to study the task. At the end of the task, you will have two minutes to tidy up your answers.

[30 seconds of music]

[tone]

- Dave: So, Nicola, the athletics championship is coming up again. Are you going to <sup>1</sup> this year?
- Nicola: Yes, I think so ... When is the <sup>2</sup> ?
- Dave: The twenty-third of October ... I think it starts at <sup>3</sup> eight a.m.
- Nicola: Yeah, the club's events usually start at eight in the morning. What about the venue? Is it going to be held at Kowloon Bay Sports <sup>4</sup> again?
- Dave: <sup>5</sup> Yeah. I guess everyone was happy with the <sup>6</sup> at Kowloon Bay Sports <sup>7</sup> last year.
- Nicola: Good. I really hope I can improve on my results from last year ...
- Dave: Yeah, me too. I mean, I did OK in the <sup>8</sup> four hundred metres last year — I got <sup>9</sup> place in that race, with a time of fifty-six <sup>10</sup>.
- Nicola: Yeah, that's pretty good, Dave. Lots of people sign up for the four hundred metres every year, so getting <sup>11</sup> place isn't easy.

- Dave: The <sup>12</sup> fifteen hundred metres wasn't so good though — I finished in <sup>13</sup> fourteenth place ... and there were only fifteen <sup>14</sup>, so fourteenth place is pretty bad! I didn't stand a chance!
- Nicola: Well, maybe you'll do better in the fifteen hundred metres this year.
- Dave: Maybe ... If I decide to <sup>15</sup> it ... Anyway, how did you go? You did quite well, didn't you?
- Nicola: Yeah, but there's always room to <sup>16</sup>.
- Dave: You mainly <sup>17</sup> in field events, don't you? Like the long <sup>18</sup> ?
- Nicola: Yes — my distance was <sup>19</sup> six point four six metres last year.
- Dave: To be honest, I have no idea about field events ... but that sounds like a pretty good result for the long <sup>20</sup> ?
- Nicola: Well, yes. In fact, to my mum's delight, I got first place in the long <sup>21</sup>.
- Dave: Wow! I hope you're not boasting, Nicola ...
- Nicola: Of course not! You asked how I did, so I'm telling you — six metres forty-six, and first place
- Dave: OK ...
- Nicola: I didn't do as well in the high, <sup>22</sup> though. I <sup>23</sup> one hundred and seventy-two centimetres.
- Dave: One seventy-two is pretty good. I can't <sup>24</sup> that high.
- Nicola: It was good enough to get me <sup>25</sup> second place! Anyway, enough about last year. What events do you think you'll enter this year?

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- Dave: Well, the <sup>26</sup> fifteen hundred metres was no success story, so I'll <sup>27</sup> to the shorter races this time! I thought I'd try the <sup>28</sup> eight hundred metres, and maybe the two hundred metres.
- Nicola: I hope you're not going to let one bad result in a long race put you off!
- Dave: No, I'll just <sup>29</sup> to what I'm <sup>30</sup> at. The eight hundred and the two hundred will be fine — and maybe I'll win another medal!
- Nicola: I hope we both win medals. I'm going to try the discus this year. The discus and the high <sup>31</sup>. I want to get first place in the high <sup>32</sup> this year! Is Evan Leung the guy to contact to <sup>33</sup> for the championship?
- Dave: Yes, Evan's got that <sup>34</sup> again. Do you have his mobile number?
- Nicola: No ...
- Dave: It's <sup>35</sup> nine-oh-one-three, double seven-two-five.
- Nicola: I'll just put that in my phone ... Nine-oh-one-three, double seven-two-five.
- Dave: That's it. The registration <sup>36</sup> has gone up too — it's <sup>37</sup> forty dollars this year.
- Nicola: That's not too bad. And what's the registration <sup>38</sup> ?
- Dave: The <sup>39</sup> twenty-eighth of <sup>40</sup>.
- Nicola: OK, so there's plenty of time. Thanks, Dave.
- Announcer: That is the end of Task two. You now have two minutes to complete your answers to Task two and to tidy up all your other answers.
- [2 minutes of music]
- [tone]

