

You will hear an interview in which two psychologists called Matthew Partridge and Emma Macedo are talking about the benefits of holidays. For questions 1-6, choose the answer (A, B, C or D) which fits best according to what you hear.

- 1 What point does Matthew make about holiday pleasures?
 - A Seeing their children having fun is the key for adults.
 - B Both children and adults report that they enjoy spending time together.
 - C There's a big difference between the highlights of adults and children.
 - D Adults want to repeat their childhood experiences with their own children.
- 2 According to Emma, the Dutch research concludes that
 - A it is hard to predict how enjoyable a holiday is going to be.
 - B people's mood tends to fluctuate during their holiday.
 - C the first half of a holiday tends to be more fun than the second.
 - D enjoyment of a holiday is closely related to the time spent travelling.
- 3 Matthew says it can be difficult to interpret people's accounts of their holidays because they tend to
 - A feel differently depending on how long they go away for.
 - B focus on practical details in their written records.
 - C look back on past experiences in an over-favourable light.
 - D exaggerate the effects of minor problems that didn't affect their overall enjoyment.
- 4 Matthew and Emma agree that what makes analysing holiday research so complicated is that
 - A some holidaymakers forget to provide the data to researchers.
 - B people quickly forget how they were feeling before their holiday.
 - C it is obvious that people will feel happier before than after a holiday.
 - D identifying what caused a change in attitude before or after a holiday can be hard.
- 5 Emma says it is extremely disappointing that
 - A the amount of paid leave in some countries is too short to be a benefit.
 - B so little research is being done into the psychology of travelling.
 - C researchers disagree on so many important questions.
 - D the benefits of going on holiday are only short-term.
- 6 What advice do Emma and Matthew both give in order to ensure people benefit from their holidays?
 - A Take vacations frequently.
 - B Book your trips well in advance.
 - C Select the people you holiday with carefully.
 - D Find out as much as possible about your destination before you go.