

 65. MP3

Listen to the talk and fill in the missing information in the notes below.

Belfast is one of the 1. _____ capital cities in the world and it has grown very fast. Today the city has a population of 2. _____, nearly a third of the entire population of Northern Ireland, but in the 17th century it was only a 3. _____. Then, during the 19th century, the development of industries like linen, rope-making, 4. _____, tobacco and sea trade doubled the town's size every ten years. The city is well known for 5. _____. It was here that the "Titanic" was built and set out on her 6. _____ maiden voyage.

Plan for the trip to Belfast

Time	First day – what to do	Second day – what to do
Morning	Visit an 7. _____ , Belfast Cathedral and 8. _____	Visit Ulster Museum and see 10. _____ _____ years of human history in Ireland and the 16 th century Spanish 11. _____ treasure
Afternoon	Visit the zoo	Visit the Botanic Gardens and see 12. _____ and visit the Palm House
Evening	Go to a 9. _____ at Ulster Hall	Free time, you can go to some 13. _____ pubs

Exercise 15 Sports 67. MP3

Questions 1-10

Listen to the talk and fill in the missing information in the right places.

Sports	Where
Water sports, 1. _____ and 2. _____	On the lakes, rivers and coastlines
3. _____, 4. _____ and 5. _____	In the landscape
Football, 6. _____, 7. _____	8. _____
Squash, 9. _____, 10. _____	Indoors

Questions 11-16

Indicate whether the following statements are true or false by writing T for true and F for false in the boxes below.

11. All colleges have their own impressive sports facilities.
12. The most popular outdoor sports are football and tennis.
13. Motor racing is one of the popular sports in Britain.
14. "To play the game" means "That's not fair".
15. "That's not cricket" means "to be fair".
16. The most popular sport in Britain is football.

Exercise 9 Get the right foot on the stage 76.MP3

Listen to the talk and fill in the missing information in the form.

Colour	In calories	Food items	What you should do
Red	High	Sugar, chocolate, cake, puddings, honey, jam, cream, butter, chips, peanuts, and soft drinks	Stop and think before eating or try to avoid
		Fatty meats, sausages, nuts, wine, beer, and salt	