the 10th Form **20 points**

LISTENING COMPREHENSION
Test 1

Circle the best answer (only one variant is possible).

1. The radio host says that a digital detox …
a. means we are in front of screens all the time.
b. is something younger people are trying more.
c. is important for our health.

2. Which sentence is not true about Amanda Vince's job?
a. She is online a lot of the time.
b. She follows fashion on social media.
c. She uploads her own videos to social media.

3. What is the name of the book that influenced Amanda?
a. Log Off: How to Stay Connected after Disconnecting
b. Log Off: How to Disconnect and Stay Disconnected
c. Log Off: Advice for the Digital Detox

4. The first step in a digital detox is to get rid of distractions, such as …
a. noises the phone makes.
b. screens in your home and workplace.
c. the bright colours on your phone.

5. Amanda removed notifications from …
a. her close family and friends.
b. everything except important people in her life.
c. everything except very important work-related things.

6. The book also suggested that …
a. we replace digital distractions with real-world ones.
b. we think about the reason we are looking at our phones so much.
c. we try to be more polite with our phones around people.

LIVEWORKSHEETS

7. Amanda and her partner …
a. tried a two-day digital detox first.
b. found it impossible to completely disconnect.
c. found it very easy to do a digital detox for a weekend.

8. Amanda believes that a digital detox …
a. is not a good idea if you have a lot of work.
b. is better if it's for a week, not just a weekend.
c. is something everyone will enjoy

Complete the following sentences.

9. Amanda works for …….. in London

10. No screens for Amanda turned out to be a ……..….experience.

LIVEWORKSHEETS