

LISTENING

2 [Track 15] Listen and choose the correct answer A, B or C.

- 1 Mark and Aunt Alice are talking about
 - A the job she does.
 - B the job he wants to do.
 - C a job she used to do.
- 2 At the start of the conversation, Mark thinks that
 - A Alice's job isn't very interesting.
 - B women shouldn't work on oil platforms.
 - C not many women work on oil platforms.
- 3 Alice says that the hardest thing about her job
 - A are the unsocial working hours.
 - B are the difficult working conditions.
 - C is living with co-workers.
- 4 Aunt Alice's duties include
 - A preparing meals on the oil platform.
 - B cleaning cabins on the oil platform.
 - C selecting the best equipment for tasks on the oil platform.
- 5 How does Aunt Alice feel about her future?
 - A She has already started to look for a different job.
 - B She might look for a different job in the future.
 - C She might retrain to do another job next year.

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- B He was afraid he might fall.
 - C He found the foot holes helpful.
- 10 Why was Simon unhappy with his first climb?
 - A He was slower than everyone else.
 - B He found it hurt his arms.
 - C He didn't get to the top.
- 11 What does Simon feel he learnt from climbing at the centre?
 - A how to improve his fitness
 - B to think before he does something
 - C the best way to work with other people

Listening Part 2

Questions 6-11

You will hear an interview with a teenager called Simon about going to an indoor climbing centre that has a climbing wall.

For each question, choose the correct answer.

- 6 Simon's mum decided to take him to the climbing centre because
 - A she had enjoyed going there.
 - B her friend had recommended it.
 - C Simon had been there with his school.
- 7 Before he went to the centre, Simon was
 - A worried about going climbing there.
 - B interested in seeing the climbing wall.
 - C disappointed to hear it was all indoors.
- 8 Simon says that at the centre there were
 - A lots of people when it opened.
 - B many different types of people.
 - C no other people his age.
- 9 What did Simon think about the climbing wall?
 - A He thought it looked very high.

READING

4 The people below all want to do some voluntary work. On the right there are eight advertisements for organisations that need volunteers. Read the texts and match people 1–5 with the most suitable organisations (A–H). There are three extra organisations.

1 ___
Xavi has just finished school and wants to work abroad for a year before he starts university. He loves animals and has helped out at his dad's farm since he was a child. He's free from the start of June.

2 ___
Martine has already got a full-time job, but she's got some time free at weekends. She would like to help people in her local area, but she has never done any voluntary work before. She is keen to learn a new skill.

3 ___
Therese is looking for a voluntary position close to home that might lead to a permanent job. She is worried about how we pollute the environment and would like to do something to help. She loves animals and has three fish and a parrot at home, but she's allergic to long-haired animals. She can work any days except Friday.

4 ___
Leo has studied construction for three years. He'd like to use his education and skills in a temporary summer position before he starts a permanent job in the UK in early autumn. He would be happy to travel abroad if necessary and is keen to do a job where he can help poor people.

5 ___
Frank has just left school and would like to work in a department store in the future. He wants to do some voluntary work to get some useful experience for his CV. He's chatty, sociable and good at Maths and he's available to work any time.

VOLUNTEERS WANTED!

A Keep forests and beaches clean

We need volunteers to clean up rubbish in local forests and beaches. We meet twice a week on Tuesday and Thursday mornings. We also reach out to people in the local area by doing talks in schools and handing out leaflets. Some of our volunteers have gone on to find jobs in environmental charities.

B Help nature in Malawi

Are you good with animals? Are you energetic, fit and happy to work long hours? If this sounds like you, then why not volunteer to help at the North Range Wildlife Centre in Malawi. Short and long-term programmes available, from one to twelve months. Previous experience of working with animals would be useful.

C Volunteer and help a local charity

We are a small charity shop that helps the local hospital. We need volunteers to run the shop on weekday afternoons. You must be good with numbers

and people. We'll give you full training in how to take payments from customers and manage a shop.

D Help the homeless

Soup Run is a small group of volunteers who make and serve meals to homeless people in the community. We work Saturday afternoons and evenings and we need more people to help. No experience required. We can teach you to how to cook delicious meals without spending much money.

E Help us to plant gardens

We're looking for enthusiastic volunteers to join our team of gardeners to take care of local neighbourhood gardens. These natural spaces are very important for young people in our area. No experience required. Monday and Friday mornings, 9am–12pm.

F Protect nature in South Africa

Have you ever thought about doing something to help the environment? Have you ever wanted to see a bit of the world? Come and join our 12-week programme in South Africa. We're looking for hard-working and reliable volunteers to plant trees and build animal shelters in areas near Cape Town. Starts September.

G Help at a school in Guatemala

This year, the Helping Hand summer programme is looking for volunteers to help build a school in Guatemala. You must be strong, enthusiastic and available to work from the start of June to the end of August. Previous experience and knowledge about building would be useful.

H Local animal shelter needs volunteers

We're looking for patient, reliable people who are good with animals to help out at our local shelter. Feed the animals, take the dogs for a walk and help to keep the shelter clean. Volunteers needed all days of the week.

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Kirsty Wade, young athlete

I've always been keen on sport and very fit so a few years ago I decided to join my local athletics club. In the beginning I put all my effort into the long jump because it was my best event, but the coach encouraged me to try different things.

I ended up as a middle-distance runner, which means I don't run the short distances like 100 metres, or long cross-country races, but the in-between ones like 800 metres. It's an interesting type of running because you have to mix speed with strength. You also have to think a lot about how you race, and choose the right moment to run at your maximum speed. You need to do quite a lot of regular training when you first start and it helps if you have a good coach who can keep you motivated and teach you the basics.

I take part in some quite major competitions now, but I still remember my first race. I was so nervous before it started. And when it finished, I could still feel my hands shaking. It was a great race and I came second so I was very pleased. Since then I've learned to stay calm before and during races. I do a lot of breathing exercises that help me stay focused and relaxed. Competing has really helped me to trust in my own

abilities. And now I find that I love running in front of a crowd – I suppose it's a sort of performance.

One thing I don't enjoy so much is how hard you have to work to stay fit and strong enough to race, although it helps that I often train with others. I try to eat and sleep well, but I don't have a special diet. Mostly it's a case of getting plenty of variety and eating more of everything because I'm so active.

I sometimes watch Olympic athletes on TV and imagine myself in their position. It must be a fantastic experience, but at the moment I don't feel that is necessarily where I'm aiming. I think you have to give up so much if you want to reach that level.

1 Why did the writer join an athletics club?

- A Because she enjoyed taking part in sports.
- B Because she thought she should get more exercise.
- C Because she wanted to become an athletics coach.
- D Because she wanted to become a professional long jumper.

2 What does the writer say about 800-metre running?

- A You have to know when to run fastest.
- B It's harder than running in the 100 metres.
- C It's more important to be quick than strong.
- D You need to forget everything and just run.

3 What does the writer say about competing in races now?

- A It always makes her feel scared.
- B It feels good to be in front during the race.
- C It's helped her to develop new skills.
- D She enjoys people watching her race.

4 What does the writer say about the food she eats?

- A If she eats a lot, she can run faster.
- B Eating plenty of food helps her to sleep better.
- C She eats the same kind of things as other people.
- D She would like to eat different types of food.

5 Which best describes the writer?

- A A young athlete who trains hard and hopes to be selected for the Olympics in the future.

B A girl who was good at the long jump and likes running, but who doesn't see herself becoming an international athlete.

C A girl who is a keen athlete, but doesn't like running in front of a crowd and who finds the training very boring.

D A keen athlete who finds it enjoyable to practise with other people and compete as part of a team.

TOTAL ___ 12