

B1 LISTENING TASK

Listening part 4



You will hear a conversation with Rob who is an expert on rock climbing.

1 - This activity is ideal for

- A) young people.
- B) fit people.
- C) everybody.

2 - A lot of people enjoy it because

- A) it is mentally challenging.
- B) it is very difficult physically.
- C) it requires a lot of practice.

3 - When you start rock climbing, you will notice

- A) you get out of breath quickly.
- B) your hands feeling weak.
- C) you get dizzy sometimes.

4 - Regular rock climbing sessions will

- A) make you more alert.
- B) improve your whole body.
- C) only strengthen your arms.

5 - The rating system tells you

- A) how difficult the climb is.
- B) how high the climb is.
- C) how much time you should take.

6 - A class 5 climb should not be attempted

- A) without the proper equipment and protection.
- B) without a lot of practice.
- C) without your family being there.