



Listening

1 Below are some voluntary activities that people can do to help their community. Which do you think would be most suitable for groups of volunteers to do (G) and which for individuals (I)?

- 1 painting a youth centre
- 2 visiting an old person in his/her home
- 3 delivering a disabled person's shopping
- 4 clearing rubbish from a community garden
- 5 organising a food bank
- 6 helping in a charity shop

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3  You will hear a short radio announcement and some questions. Before the announcement, you will have time to read the questions. Listen to the radio announcement and choose the best answer from the answer choices (A, B, C or D).

- 1 What sort of things do GoodGym members do as a group?
 - A clearing rubbish or painting community spaces
 - B leading activities for young people
 - C holding fitness classes
 - D attending social events like lunch in a café
- 2 How do elderly or disabled people benefit from GoodGym?
 - A They make friends with other elderly or disabled people.
 - B They have the chance to get out of the house.
 - C They receive friendly visits from a runner.
 - D They have a helper when they go shopping.
- 3 What did GoodGym members do on their last community event?
 - A created a new community garden
 - B planted flowers and trees
 - C prepared the area for planting
 - D removed rubbish from the garden
- 4 What do all GoodGym runners have to do?
 - A pass a police check
 - B make a donation
 - C make a regular time commitment
 - D run regularly in a group
- 5 Why is the speaker making the announcement?
 - A to stress the importance of keeping fit
 - B to encourage people to help their community
 - C to ask for charitable donations
 - D to advertise a community event



Sometimes you can choose the wrong answer by not checking the details in the question. Read the questions carefully before you hear the recording and make sure you know exactly what to listen for.