

You will hear a woman, Stella, and a man, Ben, talking together on a radio programme about the speed and stress of modern life.

For each question, choose the correct answer. ☒

You will hear the interview twice.

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|---|--|---|---|--------------------------|
| 1 | What has Stella recently written? | A | a review | ☐ |
| | | B | an article | ☐ |
| | | C | a book | ☐ |
| 2 | What surprised Stella most during her research? | A | People have less free time now than before. | ☐ |
| | | B | Technology helps people to slow down. | ☐ |
| | | C | People seem to enjoy being very busy. | ☐ |
| 3 | Why does Stella mention Einstein? | A | to highlight a disadvantage | ☐ |
| | | B | to support her argument | ☐ |
| | | C | to explain people's ideas | ☐ |
| 4 | Which positive examples of speed does Ben give? | A | different means of transport | ☐ |
| | | B | different types of sports | ☐ |
| | | C | different ways of communicating | ☐ |
| 5 | Stella thinks people can improve their lives by | A | taking up a new hobby. | ☐ |
| | | B | becoming more optimistic. | ☐ |
| | | C | enjoying the present. | ☐ |
| 6 | What effect have Ben's new eating habits had? | A | He feels satisfied quickly. | ☐ |
| | | B | He finds he requires less food. | ☐ |
| | | C | He appreciates a wider range of tastes. | ☐ |
| 7 | What conclusions has Stella reached regarding sleep? | A | Too much is not good for you. | ☐ |
| | | B | Most people do not get enough. | ☐ |
| | | C | It is not recommended during the day. | ☐ |