You will hear an interview with a travel writer. For questions 1-4, choose the correct answer, A, B or C. There is an example (0). You will hear the recording twice. You now have 30 seconds to look at the questions.

0 *What advice does Jenny offer holidaymakers about organising a trip?*

- A *be specific about what you want* ☐
- B *read first-hand accounts* ☒
- C *search for good deals online* ☐

1 What is Jenny's opinion of travel agencies?

- A They are outdated and expensive. ☐
- B They can save the traveller a lot of time. ☐
- C They offer competitively priced trips. ☐

2 According to Jenny, what is the main problem when booking on the Internet?

- A false photos ☐
- B inaccurate ratings ☐
- C transaction fraud ☐

3 What problem did Jenny encounter when booking online?

- A The accommodation looked different. ☐
- B The location was misrepresented. ☐
- C The price was higher than stated. ☐

4 What advantage does Jenny highlight regarding travel review websites?

- A Their pictures are truthful examples of a place. ☐
- B Their ratings reflect the interests of glossy magazines. ☐
- C Their reviews are verified and can be trusted. ☐

You will hear a doctor talking about what foods to eat before exercising. For questions 5-8, listen to the recording and complete the table. There is an example (0). You will hear the recording twice. You now have 15 seconds to review the task.

FOOD AND DRINK	EFFECT
bananas	*supply you with (0)* ___*carbohydrates*___
oats	(05) _____ energy at consistent rate
cashew nuts	prevents (06) _____ damage
water	drink enough and don't get (07) _____
Doctor's email address:	(08) _____ @gmail.com

*You will hear people talking about ways to reduce neighbourhood crime. For questions 1-5, match the extracts that you hear with statements A-G. There is **one** statement that you do not need to use. There is an example (0). You will hear the recording twice. You now have 30 seconds to look at the questions.*

What is each speaker's opinion about crime reduction?

0	*Speaker 0*	*A*
1	Speaker 1	
2	Speaker 2	
3	Speaker 3	
4	Speaker 4	
5	Speaker 5	

A *Printing less negative stories in the press could make the community safer.*
B Making friends with neighbours can boost crime reduction.
C Tackling crime effectively relies upon introducing harsher punishments.
D It's important to make everyone contribute to their own safety.
E Media releases can help catch people who break the law.
F People need to give criminals fewer opportunities to commit crimes.
G The police department arranging regular visits to an area can prevent crime.

*You will hear a man talking about travelling in Mexico. For questions 1–6, complete the sentences. You may write **one** word only. Write the word exactly as you hear it. There is an example (0). You will hear the recording twice. You now have 30 seconds to look at the questions.*

Mexico is well known for its rich **0)** *civilisation* and warm climate and many people choose to holiday there. As with all travel plans, visitors are advised to **1)** _____ their accommodation ahead of time. In order to find a good place to stay, visitors should read **2)** _____ on travel websites. It's also a good idea to choose resorts that have the desired **3)** _____. With festivals taking place all year round, visitors can see native dances and **4)** _____ sport matches. There are also restaurants where visitors can eat popular local food and you can even try insects if you are feeling **5)** _____. However, it is best to avoid drinking the water in Mexico because it is not fit for consumption. Lastly, visitors should express their **6)** _____ by leaving something for the waiters!