

Listening Task 1 – Listening for gist – exercise 1

Speaker 1

Some people have someone to teach and help them when they first get in the pool, and others just how to do it themselves. I think you have a teacher or not, the thing is not to panic. You've got to be positive. If you stand in the end, you'll be fine. You will , you won't , and you aren't in danger. Then just try moving the water a bit. You'll soon get the hang of it.

Speaker 2

Whether it's the violin, the guitar or the piano, the principle's the same. Your teacher you and teaches you key , but the real work has to happen outside of the lesson. It doesn't whether you have a lesson once a week or a lesson every day, you need to spend hours a day on your , in your room, playing and playing and playing. It's the only way you'll .

Speaker 3

When I started learning English – like everyone – I sometimes word for word from Russian into English, and sometimes you can do that and get it , but often you get it , because they say things in a way in English. That's one of the things you have to learn. But you also need to learn that you shouldn't be afraid to get it wrong. It's better to try and than say nothing at all. And even if you don't get it right, they'll still understand you.

Speaker 4

I started with – you know, those little at the back that stop you over. That's a good way to learn. Then I think my dad took them off and held my while I . It doesn't take long till you can on your own. I think it's something every kid should learn. By the time you're a teenager, you should be riding with traffic on the roads.