

You will hear an interview in which two psychologists called Matthew Partridge and Emma Macedo are talking about the benefits of holidays. For questions 1-6, choose the answer (A, B, C or D) which fits best according to what you hear.

- 1** What point does Matthew make about holiday pleasures?
- A** Seeing their children having fun is the key for adults.
 - B** Both children and adults report that they enjoy spending time together.
 - C** There's a big difference between the highlights of adults and children.
 - D** Adults want to repeat their childhood experiences with their own children.
- 2** According to Emma, the Dutch research concludes that
- A** it is hard to predict how enjoyable a holiday is going to be.
 - B** people's mood tends to fluctuate during their holiday.
 - C** the first half of a holiday tends to be more fun than the second.
 - D** enjoyment of a holiday is closely related to the time spent travelling.
- 3** Matthew says it can be difficult to interpret people's accounts of their holidays because they tend to
- A** feel differently depending on how long they go away for.
 - B** focus on practical details in their written records.
 - C** look back on past experiences in an over-favourable light.
 - D** exaggerate the effects of minor problems that didn't affect their overall enjoyment.
- 4** Matthew and Emma agree that what makes analysing holiday research so complicated is that
- A** some holidaymakers forget to provide the data to researchers.
 - B** people quickly forget how they were feeling before their holiday.
 - C** it is obvious that people will feel happier before than after a holiday.
 - D** identifying what caused a change in attitude before or after a holiday can be hard.
- 5** Emma says it is extremely disappointing that
- A** the amount of paid leave in some countries is too short to be a benefit.
 - B** so little research is being done into the psychology of travelling.
 - C** researchers disagree on so many important questions.
 - D** the benefits of going on holiday are only short-term.
- 6** What advice do Emma and Matthew both give in order to ensure people benefit from their holidays?
- A** Take vacations frequently.
 - B** Book your trips well in advance.
 - C** Select the people you holiday with carefully.
 - D** Find out as much as possible about your destination before you go.