

LISTENING COMPREHENSION
Test 1

Circle the best answer (only one variant is possible).

1. The radio host says that a digital detox ...
 - a. means we are in front of screens all the time.
 - b. is something younger people are trying more.
 - c. is important for our health.

2. Which sentence is not true about Amanda Vince's job?
 - a. She is online a lot of the time.
 - b. She follows fashion on social media.
 - c. She uploads her own videos to social media.

3. What is the name of the book that influenced Amanda?
 - a. Log Off: How to Stay Connected after Disconnecting
 - b. Log Off: How to Disconnect and Stay Disconnected
 - c. Log Off: Advice for the Digital Detox

4. The first step in a digital detox is to get rid of distractions, such as ...
 - a. noises the phone makes.
 - b. screens in your home and workplace.
 - c. the bright colours on your phone.

5. Amanda removed notifications from ...
 - a. her close family and friends.
 - b. everything except important people in her life.
 - c. everything except very important work-related things.

6. The book also suggested that ...
 - a. we replace digital distractions with real-world ones.
 - b. we think about the reason we are looking at our phones so much.
 - c. we try to be more polite with our phones around people.

7. Amanda and her partner ...
- a. tried a two-day digital detox first.
 - b. found it impossible to completely disconnect.
 - c. found it very easy to do a digital detox for a weekend.

8. Amanda believes that a digital detox ...
- a. is not a good idea if you have a lot of work.
 - b. is better if it's for a week, not just a weekend.
 - c. is something everyone will enjoy

Complete the following sentences.

9. Amanda works for in London
10. No screens for Amanda turned out to be aexperience.