

# Cam 13 lis test 3

## SECTION 1

### Questions 1 – 10

Complete the notes below.

Write **ONE WORD AND/OR A NUMBER** for each answer.

#### Moving to Banford City

*Example*

Linda recommends living in suburb  
of: .....*Dalton*.....

##### Accommodation

- Average rent: 1 £..... a month

##### Transport

- Linda travels to work by 2.....
- Limited 3..... in city centre
- Trains to London every 4..... Minutes
- Poor train service at 5.....

##### Advantages of living in Banford

- New 6..... opened recently
- 7..... has excellent reputation
- Good 8..... on Bridge Street

##### Meet Linda

- Meet Linda on 9..... after 5.30 pm
- In the 10..... opposite the station

## SECTION 2

Audio Player

Use Up/Down Arrow keys to increase or decrease volume.

## SECTION 2

### Questions 11 – 16

What advantage does the speaker mention for each of the following physical activities?

Choose **SIX** answers from the box and write the correct letter, **A-G**, next to Questions 11-16

#### Advantages

- A not dependent on season
- B enjoyable
- C low risk of injury
- D fitness level unimportant
- E sociable
- F fast results
- G motivating

#### Physical activities

11 using a gym

.....

12 running

.....

13 swimming

.....

14 cycling

.....

15 doing yoga .....

16 training with a personal trainer .....

### Questions 17 and 18

Choose **TWO** letters, **A-E**.

For which **two** reasons does the speaker say people give up going to the gym?

- A** lack of time
- B** loss of confidence
- C** too much effort required
- D** high costs
- E** feeling less successful than others

### Questions 19 and 20

Choose **TWO** letters, **A-E**.

Which **two** pieces of advice does the speaker give for setting goals?

- A** write goals down
- B** have achievable aims
- C** set a time limit
- D** give yourself rewards
- E** challenge yourself