

**IELTS FIGHTER**  
**TEST 1: LISTENING & WRITING**

Student's name: .....	<b>Score:</b>
Teacher: Ms/Mr.....	<b>LISTENING:</b> .....
	<b>WRITING:</b> .....

**PART I: LISTENING**

**LISTENING I:**

**You are going to hear a talk about health issues. Answer the following questions.**

**Questions 1-3: Circle the correct answer**

*According to the first speaker:*

1. The focus of the lecture series is on
  - A. organising work and study.
  - B. maintaining a healthy lifestyle.
  - C. coping with homesickness.
  - D settling in at university.
2. The lecture will be given by
  - A. the president of the Union.
  - B. the campus doctor.
  - C. a sports celebrity.
  - D. a health expert.

*According to the second speaker:*

3. This week's lecture is on
  - A. campus food.
  - B. dieting.
  - C. sensible eating.
  - D. saving money.

Questions 4-7: Complete the notes. Write **NO MORE THAN THREE WORDS** for each answer.

**A balanced diet**

A balanced diet will give you enough vitamins for normal daily living.

Vitamins in food can be lost through 4

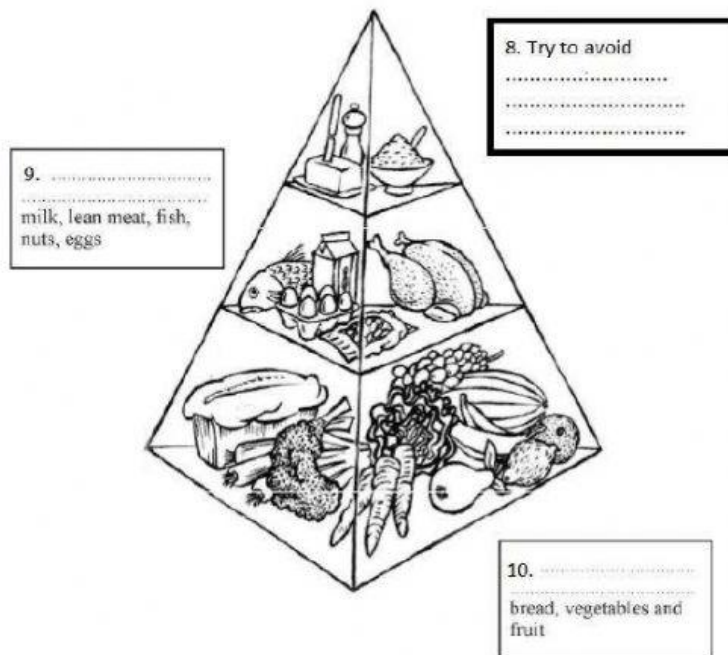
**Types of vitamins:**

- (a) Fat soluble vitamins are stored by the body.
- (b) Water soluble vitamins - not stored, so you need a 5

**Getting enough vitamins**

- Eat 6  of foods.
- Buy plenty of vegetables and store them in 7

Questions 8-10: Complete the diagram by writing **NO MORE THAN THREE WORDS** in the boxes provided.



8.....

9.....

10.....

**LISTENING II:** Complete the table below. Write **ONE WORD AND/OR A NUMBER** for each answer.

HOLIDAY RENTALS				
Dates: 10th-22nd July				
Name of Property	Location	Features	Disadvantage(s)	Booking details
1 <input type="text"/>	<ul style="list-style-type: none"> <li>rural</li> <li>surrounded by 2 <input type="text"/></li> </ul>	<ul style="list-style-type: none"> <li>apartment</li> <li>two bedrooms</li> <li>open plan</li> </ul>	distance from 3 <input type="text"/>	www.4 <input type="text"/> .com
Kingfisher	<ul style="list-style-type: none"> <li>rural</li> <li>next to the 5 <input type="text"/></li> <li>nice views</li> </ul>	<ul style="list-style-type: none"> <li>house</li> <li>three bedrooms</li> <li>6 <input type="text"/> room</li> <li>living room</li> <li>kitchen</li> </ul>	Expensive	Phone the owner (01752669218)
Sunnybanks	<ul style="list-style-type: none"> <li>in a village</li> <li>next to the 7 <input type="text"/></li> </ul>	<ul style="list-style-type: none"> <li>house</li> <li>has private 8 <input type="text"/></li> </ul>	no 9 <input type="text"/>	Contact the 10 <input type="text"/>

**LISTENING III:** You are going to hear a recording about a tour. Answer the following questions.

Questions 1-6: Complete the notes below. Write **ONE WORD** for each answer.

#### SELF-DRIVE TOURS IN THE USA

Example

Name: ...Andrea Brown.....

Address: 24 1  Road

Postcode: BH5 20P

Phone: (mobile) 077 8664 3091

Heard about company from: 2

Possible self-drive tours

Trip One:

- Los Angeles: customer wants to visit some 3  parks with her children
- Yosemite Park: customer wants to stay in a lodge, not a 4

**Trip Two:**

- Customer wants to see the 5  on the way to Cambria
- At Santa Monica: not interested in shopping
- At San Diego, wants to spend time on the 6

**Questions 7-10: Complete the table below. Write *ONE WORD AND/OR A NUMBER* for each answer.**

	Number of days	Total distance	Price (per person)	Includes
<b>Trip One</b>	12 days	7 <input type="text"/> km	£525	<ul style="list-style-type: none"> <li>• accommodation</li> <li>• car</li> <li>• one 8 <input type="text"/></li> </ul>
<b>Trip Two</b>	9 days	980 km	9 <input type="text"/> £	<ul style="list-style-type: none"> <li>• accommodation</li> <li>• car</li> <li>• 10 <input type="text"/></li> </ul>

**LISTENING IV: You are going to hear a recording about a holiday. Answer the following questions.**

**Questions 1-2 : Choose *TWO* letters, *A-E*. Which *TWO* age groups are taking increasing numbers of holidays with BC Travel?**

- A. 16-30 years
- B. 31-42 years
- C. 43-54 years
- D. 55-64 years
- E. over 65 years

**Questions 3-4: Choose *TWO* letters, *A-E*. Which *TWO* are the main reasons given for the popularity of activity holidays?**

- A. Clients make new friends.
- B. Clients learn a useful skill.
- C. Clients learn about a different culture.

- D. Clients are excited by the risk involved.
- E. Clients find them good value for money.

**Questions 5-7: Choose the correct letter, A, B or C.**

- 5 How does BC Travel plan to expand the painting holidays?
- A. by adding to the number of locations
  - B. by increasing the range of levels
  - C. by employing more teachers
- 6 Why are BC Travel's cooking holidays unusual?
- A. They only use organic foods.
  - B. They have an international focus.
  - C. They mainly involve vegetarian dishes
- 7 What does the speaker say about the photography holidays?
- A. Clients receive individual tuition.
  - B. The tutors are also trained guides.
  - C. Advice is given on selling photographs.

**Questions 8-10: Complete the table below. Write ONE WORD ONLY for each answer.**

**Fitness Holidays**

Location	Main focus	Other comments
Ireland and Italy	general fitness	<ul style="list-style-type: none"> <li>• personally designed programme</li> <li>• also reduces</li> </ul> 8 <input type="text"/>
Greece	9 <input type="text"/> control	<ul style="list-style-type: none"> <li>• includes exercise on the beach</li> </ul>
Morocco	mountain biking	<ul style="list-style-type: none"> <li>• wide variety of levels</li> <li>• one holiday that is specially designed for</li> </ul> 10 <input type="text"/>