

Listening (Gold Exp B1+ tests , progress test 4) (10)

Listen to Amy Andrews talking about her job as a ski instructor. Choose the correct answer (A, B or C).

- 1 Amy wanted to become a ski instructor because
 - A she hoped to do a lot of skiing.
 - B she was able to combine two of her key interests.
 - C her own instructor encouraged her.
- 2 Why does Amy think everyone should have skiing lessons?
 - A to avoid dangerous situations on the mountain
 - B to develop the best technique possible
 - C to find out more about the sport
- 3 What was the most important thing Amy learnt during her own training?
 - A the need to be popular with students
 - B how to help students enjoy their classes
 - C the importance of understanding people's fears
- 4 Amy says that the best thing about the place she works is
 - A the size of the classes she teaches.
 - B the beauty of the mountains.
 - C the interesting work she does.
- 5 What advice does Amy have for new instructors?
 - A spend time finding the right equipment
 - B look fashionable on the mountain
 - C buy up-to-date skis and boots

Reading (Gold Exp B1+ tests , progress test 4) (10)

Read the article and choose the correct answer (A, B or C).

Can anyone help?

Nickysox14: I'm trying to save up to go on holiday to the USA next year, but at the moment I've got nothing in the bank! My problem is clothes - I don't like wearing the same things, so I'm always buying something new. I need to stop ... and soon. Can anyone give me some advice? And please don't just say 'Don't go shopping!' - I can't!

Dexy393: OK! Nicky. I had the same problem. Last year I had this plan - to go and visit my cousin in Australia. I was going to give up buying clothes and write down how much money I saved each week to

give me motivation. It lasted exactly ... two weeks. I saved a lot of money in the first week by doing jobs for people. I walked my neighbour's dogs, cleaned some cars and I didn't spend anything. Then the next weekend I went shopping with my mates and there was a sale in my favourite shop. Disaster! I spent everything I'd saved because there were so many bargains! I felt terrible. Then another friend invited me to a 'swishing' party. Have you heard of them? It's a party where friends swap old clothes that they don't want any more. I thought these parties were for oldies, like my mum! But they're not. Everyone is having these parties these days - even celebrities! It's a way of getting a new look without spending anything. It's also a way of helping the environment because people don't throw away as much as they used to. The only people who don't benefit from this really are the clothes shops! Apparently the word 'swishing' was invented by Lucy Shea, the person who started the PR green company Futerra. It's the sound that silk clothes make when they move.

Anyway - my friend, who has been to loads of these parties, persuaded me to go with her. You have to take some of your own clothes with you to swap and then you can take the same number of 'new' clothes home. I took an old red coat with me - not a hard choice! I bought it last year - in the sale, of course - but it still cost me a lot of money. It was a designer label. But the next day I realised that it didn't really suit me, so I haven't worn it since. Something good to swap, I thought. I also took some summer tops and a really expensive handbag which someone had given me for my birthday - but I didn't like the colour. I didn't really know what the party would be like. I thought maybe there would be a lot of cheap or very old-fashioned clothes there to swap. But I was really surprised. The quality of the clothes was excellent! I think a lot of people buy the wrong things in sales like I do. I went home with a fantastic blue silk shirt and a top designer black jacket. And I spent nothing! I also had a great time. There was music, good food and I met some lovely people. Bonus! Try it and you'll soon be saving money for the USA. I've put some party links below.

- 1 Nicky needs some advice about
 - A earning some money quickly
 - B finding a cheap holiday
 - C dealing with a spending habit
 - D buying inexpensive clothes
- 2 Dexy and Nicky are similar because they both
 - A tried doing extra jobs to get some money.
 - B wanted to go on a long trip.
 - C stopped buying clothes for a while.
 - D had a plan which failed.
- 3 'Swishing' parties
 - A sell new designer clothes cheaply.
 - B can benefit the environment.
 - C are popular with older people.
 - D encourage people to swap clothes online.

- 4 What does 'it' in the following line refer to? *It's a way of getting a new look without spending anything.*
- A recycling clothes
 - B using a green website
 - C spending nothing
 - D having swishing parties
- 5 When Dexy went to a party she
- A swapped something that she didn't like.
 - B couldn't decide easily what to take.
 - C came home with a designer red coat.
 - D took some clothes with her that she'd worn a lot.