

ANGLIA EXAMINATIONS LISTENING SCRIPT (for recording artists)

FOUR SKILLS MODEL

Please record the following.

Cast needed:

Section L1 – 1 Male, 1 Female

Section L2 – 1 Male, 1 Female

Section L3 -1 Male, 1 Female

Section L4 - Male and Female

NB: DO NOT RECORD THE TEXT IN BRACKETS.

This is Anglia Examinations, England.

(pause)

Listening Examination

(pause)

Level Three, Masters Sample 2

(pause)

Instructions

(pause)

These sections require you to listen to a selection of recorded material and answer the accompanying questions.

Sections L1 and L4 will be heard twice. Sections L2 and L3 will be heard once only.

There will be a pause before each part to allow you to read the questions and other pauses to let you think about your answers.

(pause)

When you hear the tone (**example of tone**), you should write your answers on the question paper.

(pause)

Write clearly in the spaces provided.

Use a black pen in the spaces provided.

You must ask any questions now, as you cannot speak during the test.

Listen to the first part of the test
(pause 3 seconds) (tone)

Section L1.

(pause 3 seconds)

You are going to listen to an interview with Ben Preston, a marathon runner. Answer the eight questions below by marking the correct box with a tick. You will hear the recording twice.

(pause 3 seconds)(tone)

- (F) Ben, thanks for taking time off from your busy training schedule. When did you first take up running?
- (M) Well, most people assume that marathon athletes take to running like proverbial ducks to water, starting out in their teens or early twenties. I had the chance to run while at uni, but never took it up. I embarked on my first post in Africa, and from then on life got pretty fast-paced. My head only stopped spinning on my return home in my early thirties and it was only then that I had the necessary margin to try out what would become my passion for marathon running. In a sense, I was taking after my contemporaries who'd caught the bug earlier.
- (F) Yes, it's truly what you were born to do. How many miles have you clocked up now? It must be pretty high?
- (M) You know, I'm not a meticulous record-keeper, but in this one area of life I've been keeping track using a rather painstaking method which shows details about races as well as how many miles I cover. Once I went 10,000 feet above sea level, running miles across some of the harshest terrain on earth. I've logged 4,254 so far. That takes into account things like the four-set 156-mile ultra marathons, which covered a total of 624 miles. My running buddy, who's also entered a number of marathons with me, has notched up 930 miles to date, so he's got a way to go to catch me up.
- (F) All this hasn't been entirely uneventful, has it? A few years back you had to withdraw from a marathon in the Sahara owing to injury. What happened?
- (M) Oh yes, that's an episode I'll never forget. I'd recovered from injuring my back having failed to stretch sufficiently before a major run, which is a rookie error, but that's another story. Anyway, I was all set to go to the Sahara, had dealt with helping my mother recover from her knee operation and was busy giving advice on tennis elbow to someone by email, when, all of a sudden, I was aware that the letters on the screen had become blurry. A trip to the optician's revealed my forthcoming trip would have to be cancelled as an infection would only be aggravated if exposed to all the dust out there.
- (F) It's clear that there is something that drives you to keep running marathons. Why do you do it?
- (M) For me, what sets marathons apart from other types of races is the idea of pushing myself as far as I can; there isn't another outlet that affords such an opportunity. Of course, sport in general is a scientifically-proven stress reliever although marathon running wouldn't be top of the list for that. It's fantastic for pulling communities together, though: there's nothing like a common goal of raising money for a charity that's close to your heart, or setting a personal best. That's all certainly rewarding too, though not specifically what motivates me to run marathons.
- (F) And after all that exertion, what do you do to chill out?

- (M) I'd like to say, absolutely nothing, just mindlessly scroll through social media and read blogs about others' holiday experiences! I actually find that quite stressful. Although I appreciate hearing running tips on podcasts and the like, that's still the discipline of marathon preparation and I need to counterbalance it with something that uses a different part of the brain. I'm often at the piano composing a tune, or inventing new recipes in the kitchen. In the past I've tried my hand at yoga- it was actually a mountain retreat, which sounded ideal for relaxation. Trouble was, I couldn't switch off.
- (F) You must have received some sound advice from others in your time, to keep you on an even keel. Which was the pearl of wisdom that you've found to be truly transformative?
- (M) A sense of humour certainly helps! That's not something that was given as a tip though, but laughing's certainly important to keep a cool head in tough times. It's not the cheapest activity, so I realised I needed a savings plan to be able to afford to compete in different locations. A friend encouraged me to keep a book for sticking in things like ticket stubs and event flyers. That was the game changer for me. On the hard days, flipping through that reminds me that the intense rigid training schedule is worth it.
- (F) It's a well-known fact that professional marathon runners often have to hang up their running shoes, owing to the strain of pushing their bodies so hard over time. Have you thought about what retirement looks like for you?
- (M) Let's just say that it's certainly a long way off! I'll be pounding the streets well into my sixties, along with my friends. I've consulted doctors who assure me that the next ten years look bright as far as my health is concerned, and so there's no need to pull back. The only thing that might force me to change tack and give it up for good is when my folks, who are now in their nineties, require more practical hands-on assistance to sort out settling into different accommodation.
- (F) So what's next? Is there another marathon in the pipeline?
- (M) Actually, I'm in need of a bit of a breather before running marathons again. I'm saving up for marathon-related travel abroad, so am tightening my belt and avoiding large purchases and trying to learn a few foreign phrases! Next up is a long-planned culinary weekend away that my wife bought me for my birthday. A language course would have been handy!
- (F) Ha yes! Now, moving on to....**(fade)**

(fade)

(pause 3 seconds)

Now listen to Section L1 again. **(pause 3 seconds and repeat)**

Now listen to the second part of the test.

Section L2.

(pause 3 seconds) (tone)

You will hear two friends, one male and one female discussing relaxation techniques. For questions 9 – 14 decide whether the opinions are expressed by Matthew the male speaker, by Fay the female speaker or

whether both speakers agree. Write B, if both speakers agree, write M for Matthew and F for Fay. You will hear the recording once only.

(pause 3 seconds) (tone)

- (F) I've been so stressed lately. I think we all are at some point in our lives. Anyway, I thought I'd give colouring a go and got myself one of those stress-busting books from my local store.
- (M) You surprise me! I didn't take you for the colouring-in type. Not my cup of tea, at all. It seems a bit juvenile if you ask me.
- (F) You should give it a whirl sometime. It's great for slowing down and breathing more deeply.
- (M) I agree that that's important, though being bogged down in your own thoughts isn't healthy.
- (F) You're quite right there. I just can't get on board with all the 'mindfulness' mumbo jumbo. Mindlessness, more like. Too much navel-gazing is dangerous.
- (M) That said, when I'm stressed, it's all too easy to reach for the remote and chill out on the couch.
- (F) I think the best activity, certainly for me anyway, is actually running down by the canal. There's nothing like it for beating the blues. I feel amazing after half an hour of that.
- (M) Can't say I'm keen to follow your lead there. We *should* make a point of meeting up more to chat, though. You always have something to say that gives me pause for thought.
- (F) Ah, thanks, likewise! Meeting up with you and having a good natter about the trivial and the important things is vital. Maybe that's why we've been friends so long.
- (M) Too right. You know, my main issue at the moment is trying to drift off. I get so wound up after work that I find it hard to nod off and am constantly tired as a result. I can't seem to get any relief!
- (F) Well, sleep is one of the best ways of ensuring stress relief, maybe the only true cure. There are some cheap and very available remedies out there that will send you off really quickly. I've tried a few in my time and they certainly did the trick. Here, let me show you some of the...(fade)

(pause 3 seconds)

That is the end of section L2. **(pause 3 seconds and repeat)**

Now listen to the third part of the test. You will hear this section once only.

Section L3.

(pause 3 seconds) (tone)

You will hear two extracts from different conversations. After each extract there are two multiple-choice questions. For questions 15-18, choose the answer which fits best, according to what you hear. You will hear the extracts once only.

Extract one. You will hear a woman talking about performing in a choir. You now have 10 seconds to read questions 15 and 16.

(pause 10 seconds)

I've always enjoyed music. During my childhood and later on at university, I was involved in an orchestra and then a smaller ensemble where people came to listen to my percussion solos. Vocals was something entirely new and I only got into it after being made redundant. Being laid off came out of the blue and I was striving to find a suitable distraction. A friend of mine had lost a close friend a few years back and recommended singing as a way of seeking solace during a sad time. **(pause 2 seconds)** My choir meets every week, although sadly people tend to go home directly afterwards rather than developing friendships, so it's disappointing on the social front. For me, being able to sight read difficult pieces is rewarding. So's the fact that our choirmaster has quite a few pieces up his sleeve to surprise us with and he's adamant that we avoid performing the same piece twice. We've sung to a really wide variety of audiences in some stunning venues. The only downside is that it's hard to sleep when I get back as I'm buzzing from the moment I get to rehearsals until way after they finish.

(pause 3 seconds) (tone)

Extract Two- You will hear a man talking about his forthcoming wedding. You now have 10 seconds to read questions 17 and 18.

(pause 10 seconds)

Sally and I are tying the knot on Saturday. We've known each other for just over two years - I got chatting to her at a friend's party. We both knew that friend independently and he persuaded me to give it a go. So I arranged to meet Sally. I remember being pretty tired and jet-lagged, having worked flat out at an event the day before, a very successful corporate event in fact, from which I'd caught the last flight back from New York. **(pause 2 seconds)** I'm full of last-minute nerves, but am told this is entirely normal! It's just such an amazingly exciting time. It's my mum we're all keeping an eye on. She's seeing the last of her four sons get married, and the last three times could be seen dabbing her eyes, caught up in remembering different landmarks in each of their lives. However, she assures us that this time she's tickled pink and ready to embrace the newest member of our family.

That is the end of Section L3.

(pause 3 seconds) (tone)

Now listen to the fourth part of the test. You will hear this section twice.

Section L4

(pause 3 seconds) (tone)

(female voice)

You hear an advertisement on the radio for action-adventure holidays to different places. Your friend is keen to visit Finland. Listen to the advertisement, select only the relevant information, and make notes to complete the table below.

Include the following relevant points:

- excursions and the seasons when they take place
- equipment and items to bring
- food provision
- shopping facilities
- accommodation details
- contact and social media information

You will hear this section twice.

(pause 3 seconds) (tone)

(male voice)

(if possible, last few bars of some local radio music – this is an imitation local radio advertisement)

For all you action-holiday people out there, look no further than ActionNow Holidays! Our tailored holidays are bound to satisfy your thirst for vacation adventure. ~~Forget relaxing under the palm trees: from the minute you land, you'll be in for an unforgettable week.~~ And you can choose summer or winter. In the Swiss Alps, a typical summer day's activities consist of white-water rafting down raging rivers, followed by a memorable cable-car ride and guided mountain hike. Or, in Finland, take part in a day's ice-hockey challenge rounded off with an evening parachute jump. The views are amazing- remember in Finland it doesn't get dark for three months in the summer. We even organise a photographer to accompany you on the jump so you can take a photo home of your experience. You can also take a kayak and island hop around the national park, checking out the seals, geese and other wildlife. In winter, enjoy an exhilarating reindeer ride in a sleigh in snowy Finland, or take a snowmobile to the frozen lakes and try the art of ice-fishing. Savour the breathtaking Swiss scenery with a motorboat fast race across Lake Lausanne. Rest assured, both Swiss and Finnish trips are led by highly-experienced mountaineers and adventure holiday guides. You'll be extremely well taken-care-of and will also appreciate their energy and sense of humour! All our trips require that you bring appropriate footwear with you. You will be supplied with a checklist to go through prior to departure. Please note that for the Finnish trips, you're required to arrange and bring separate sports insurance with you. After all the adrenaline-rush you'll need to replenish those calories! In a Swiss chalet, indulge in a local meal of cured meat and melted cheese, and fish-lovers in Finland can sample the local catch in the hotel's seafood restaurant. For non-fish lovers, there's always the local meat or vegetarian pies. You will have to take some time out of the intense sporting schedule for retail therapy. Take the train to the Finnish capital for a day's shopping in the famous mall, or for those who enjoy artisan fare, try the traditional shops in the old town. For those of you on the Swiss trip, why not visit the traditional Swiss markets, which are right around the corner from your hotel? Accommodation is full or half-board in Switzerland, and half-board only in Finland, giving you the flexibility of having a picnic lunch out. Contact us on 014double 5875932 or by email info@actionholidays.com. Keep up to date with all our latest news on social media by following us on Instagram and Twitter using the handle @actionholidays.

(pause 3 seconds)

Now listen to section L4 again.

That is the end of the listening test. You will now have three minutes to check your answers. Your

listening paper will then be collected.