



<https://xtremepape.rs/>

Exercise 1

You will hear four short recordings. Answer each question on the line provided. Write no more than **three words, or a number**, for each answer.

You will hear each recording twice.

1 (a) What will the friends drink to keep cool?

..... [1]

(b) What has the boy put in the freezer?

..... [1]

2 (a) Where will the friends go together?

..... [1]

(b) What time does the woman need to be at home by?

..... [1]

3 (a) What do the horses help support in the national park?

..... [1]

(b) What did wild horses carry in the past to help people with their work?

..... [1]

4 (a) In what year was the island fully formed?

..... [1]

(b) Who is allowed to visit the island?

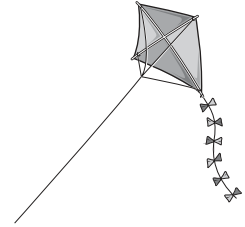
..... [1]

[Total: 8]

Exercise 2

- 5 You will hear a man called Ben talking about making and flying a kite. Listen to the talk and complete the details below. Write **one or two words, or a number**, in each gap.

You will hear the talk twice.

Making and flying a kite

Ben wanted to make a kite for a he was thinking about.

Ben was surprised to find that some worked well as materials for making his kite.

The kite that Ben made was in shape.

Ben put a picture of a on his finished kite.

Ben and his brother decided to fly the kite from a close to Ben's home.

At one stage, the kite nearly became stuck on a belonging to an old house.

Ben uses the word to describe how he felt after his experience of kite flying.

Ben and his brother ate some on the way home from their kite-flying trip.

[8]

Exercise 3

- 6** You will hear six people talking about what makes a good holiday.

For each of speakers 1 to 6, choose from the list, **A** to **G**, which opinion each speaker expresses. Write the letter in the appropriate box. Use each letter only once. There is one extra letter which you do not need to use.

You will hear the recordings twice.

- | | | | |
|-----------|----------------------|----------|---|
| Speaker 1 | <input type="text"/> | A | It's best to travel with like-minded people. |
| Speaker 2 | <input type="text"/> | B | I must have access to a range of exciting activities. |
| Speaker 3 | <input type="text"/> | C | It must be peaceful and relaxing. |
| Speaker 4 | <input type="text"/> | D | The weather conditions have to be perfect. |
| Speaker 5 | <input type="text"/> | E | I like to go somewhere new every time. |
| Speaker 6 | <input type="text"/> | F | The quality of the accommodation is important. |
| | | G | The timing has to be right. |

[6]

Please turn over for Exercise 4.

Exercise 4

- 7 You will hear an interview with a skateboarder called Katie Mellows. Listen to the interview and look at the questions. For each question, choose the correct answer, **A**, **B** or **C**, and put a tick (✓) in the appropriate box.

You will hear the interview twice.

- (a) What does Katie say about starting to skateboard?

- A** She was offered a skateboard to have a go on.
B She enjoyed watching skateboarders that she knew.
C She became interested through doing another activity.

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[1]

- (b) Katie says that when she was learning to skateboard, she

- A** spent more time practising than anyone else.
B was lucky not to suffer from frequent injuries.
C felt cautious about trying challenging tricks.

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☐
☐

[1]

- (c) What does Katie like so much about skateboarding?

- A** the feeling of freedom she experiences
B the variety of tricks involved
C the level of skill it requires

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☐

[1]

- (d) How did Katie feel at her first competition?

- A** worried she wouldn't do as well as other participants
B keen to see what other participants were doing
C surprised by the age range of participants

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☐

[1]

- (e) What does Katie do just before big competitions now?

- A** She avoids other skaters.
B She increases her practice.
C She imagines herself winning.

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[1]

(f) What do other skateboarders say they admire about Katie?

- A her lack of fear
- B her unique style
- C her creative mind

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[1]

(g) What makes Katie feel proud about becoming a skateboarding coach?

- A being part of a growing project
- B being asked to judge at events
- C being approached for help

☐☐☐

[1]

(h) What advice does Katie offer new skateboarders?

- A Don't pay too much attention to other skaters.
- B Don't be too ambitious in competitions.
- C Don't try to do too much too soon.

☐☐☐

[1]

[Total: 8]

Exercise 5

- 8 (a) You will hear a nutritionist called Stephanie Arch giving a talk about a type of food called fonio that comes from a West African crop. Listen to the talk and complete the notes in Part (a). Write **one or two words only** in each gap.

You will hear the talk twice.

White fonio: a food crop grown in West Africa

The of white fonio are not as large as those of other crops.

Fonio grows best in which contains sand or stones.

The crop requires a lot of but can survive with little rain.

It can be used instead of wheat flour, tastes like, and can be eaten on its own.

Fonio contains useful substances such as vitamins and iron, which help with growth.

[5]

- (b) Now listen to a conversation between two students who are doing a course on food and health, and complete the sentences in Part (b). Write **one or two words only** in each gap.

You will hear the conversation twice.

Food and health course

The boy found the first-term topic about quite challenging.

The girl had not considered the role that plays in health across the world.

Both students were particularly pleased with how they were taught in the that they attended.

The boy hopes to acquire skills in upcoming classes.

The girl is finding the assignment about hard to do.

[5]

[Total: 10]

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