

Practice Test 1 – Paper 4 Listening

This is the Certificate of Proficiency in English Listening Test. Test 1.

I'm going to give you the instructions for this test. I'll introduce each part of the test and give you time to look at the questions.

At the start of each piece you'll hear this sound:

TONE

You'll hear each piece twice.

Remember, while you're listening, write your answers on the question paper. You'll have five minutes at the end of the test to copy your answers onto the separate answer sheet.

There will now be a pause. Please ask any questions now, because you must not speak during the test.

PAUSE 5 seconds

Part 1

Now open your question paper and look at Part One.

PAUSE 5 seconds

You will hear four different extracts. For questions 1-8, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

PAUSE 15 seconds

TONE

In New York once there was a long-running, highly successful musical called 'Applause'. The only fault I could find with this smash hit was its title, which was to be seen all over town. I invariably read it as 'Applesauce'.

All my life I have been prone to read words incorrectly. As a boy, I used to commute weekly to a nearby town for piano lessons. At either end of the train carriage was a large printed notice which I deciphered as "Spitting is Awful". Years passed before I discovered the rightful reading of this admonition involved unlawfulness.

My newspaper misreading usually occurs in the morning when I'm scanning the headlines, still bleary of eye and mind. Several years ago, while sipping coffee, I read the headline: "Demons to Convene in Indianapolis" - which

produced a momentary wobble of my cup. I glanced again at the headline to realize that the forthcoming convention would be made up merely of "Demos" - some space-saving typesetter having eliminated the 'crat'.

Even though such visual delusions are abnormal, I like to think they at least give way to fantasies which are invariably more engrossing than the actual printed words. This is why I would never dream of ever going in for any course in remedial reading.

PAUSE 5 seconds

TONE

REPEAT Extract One

PAUSE 2 seconds

Extract Two

PAUSE 15 seconds

TONE

Man: Well, I think it's deplorable.

Woman: Oh come on, something had to be done - things were getting out of hand.

Man: All right, but this cleaning rota system is like being in the military.

Woman: But why shouldn't people have to clean up their mess?

Man: That's just my point - under this system of allocating people a certain 'cleaning slot' - I think that's what they've called it - you're not actually responsible for the mess you make. I object to having to dispose of other people's leftovers and wash out their grubby little mugs.

Woman: I see what you mean - but the only other thing that might have worked was allocating staff specific break and lunch slots so people would have felt more obliged to clean up after themselves. Staggered breaks would mean going in one or two at a time and giving up opportunities to mix with different colleagues. That would affect morale - as it is, we're all pretty screen-bound most of the day.

Man: Well, let's see how it goes, but I warn you I am likely to be a little on edge, what with this coinciding with the ban on smoking.

PAUSE 5 seconds

TONE

REPEAT Extract Two

PAUSE 2 seconds

Extract Three

PAUSE 15 seconds

TONE

For years the world of science has prophesied an idle man's utopia, with his every whim served by obliging robots. The signs are that this may now be just around the corner.

Consider, for example, that in 1983 the world's robotic citizens numbered a paltry 35,000. This year the figure is forecast to grow to 950,000 – roughly the combined population of Liverpool and Manchester. And that number isn't just made up of machines called 'Killbot' or 'Destruktor' built out of wheelchair engines and chainsaws by lonely metalwork teachers.

At one end of the scale, Australian boffins have just unveiled a beast of a machine 75 metres tall and weighing 3,500 tonnes. It's basically a huge, \$100,000,000 walking crane with a computer for a brain.

At the other extreme, the science of micro-electronics has enabled the US to develop tiny so-called spy-bots, which can drift in the wind over enemy territory.

Japanese companies, meanwhile, are rolling out robot companions to keep friendless Japanese businessmen company. Sony sold 3,000 units of its metal pup, Aibo, within 20 minutes of the things going on the market and Mitsubishi has spent a fortune on an automated fish – a six-inch battery-powered sea-bream – which they hope one day will brighten the homes of Japanese citizens.

PAUSE 5 seconds

TONE

REPEAT Extract Three

PAUSE 2 seconds

Extract Four

PAUSE 15 seconds

TONE

In 1914, Ernest Shackleton set off for the South Pole on his ship, the Endurance, carrying a 53-strong crew, hand-picked from 5,000 volunteers, plus 68 huskies. Shackleton planned to cross the icy continent, but had scarcely got out of reach of civilization when pack ice trapped his ship. All supplies were strictly rationed and games of ice football kept spirits up for the next 11 months before the Endurance was finally crushed. Shackleton and his men spent the next five months on an iceberg, drifting 1,300 miles to the uninhabited Elephant

Island. The hardy explorer, plus five others, then sailed in a lifeboat for South Georgia, some 800 miles away. Three weeks later, he stumbled on a whaling camp and organised an expedition to pick up the rest of his crew, who by now were surviving on seal bones cooked in seawater. Fantastic stuff, and not a single life – just a bucketful of toes – was lost during the epic two-year 'exploration'.

PAUSE 5 seconds

TONE

REPEAT Extract Four

PAUSE 2 seconds

That's the end of Part One.

Now turn to Part Two.

PAUSE 5 seconds

Part 2

You will hear a radio feature on the origins of common words in English. For questions 9-17, complete the sentences with a word or short phrase.

You now have forty-five seconds in which to look at Part Two.

PAUSE 45 seconds

TONE

Presenter: If you've ever wondered just how close English is to other languages in terms of its origins and where some of our most common utterances come from – then Pamela Johnson has some interesting answers in this week's slot of "Your Mother Tongue".

Pamela: What are your oldest heirlooms? Not great grandfather's cavalry sword. Not even great-great-grandmother's wedding silver. They are, in fact, the words you use for familiar things – water, corn, sun, moon, father, mother. These heirloom words, have been handed down to us from a tiny, nameless and forgotten tribe which, around 3,000 BC, was the ancestor of our speech. Today people of every race in Europe, India, South Africa, the Americas and the Pacific Islands use almost these same words and many others like them.

Scholars had long puzzled over the striking similarity of words in different languages. The word 'father', for example, is practically the same in Dutch, Latin, Persian and in the Sanskrit of India. Towards the end of the 18th century, it dawned on scholars that perhaps all these words stemmed from some common language spoken far back before recorded history.

The brilliant German, Jacob Grimm, was the first to demonstrate that the changes which take place during the history of a language are of sufficient regularity and consistency to permit comparisons between languages. Once this process was understood, scholars evolved an entire ancient vocabulary. They labelled this early speech 'Indo-European' because it had both Indic and European branches.

Our knowledge of the dawn people who first spoke this original mother tongue has grown considerably recently, even though archaeologists have not uncovered a single crumbling wall nor any fragment of pottery which we can be sure was theirs.

After years of work – comparing Sanskrit with Greek, and Gothic with Latin – language students have reconstructed old Indo-European mother words, just as the palaeontologist puts together a long-extinct reptile from a hatful of bones. And with these old words as evidence, we can reconstruct that ancient civilisation that existed perhaps six thousand years ago.

In culture, for example, the Indo-Europeans were far ahead of the North American Indians, who had no domestic animals except dogs. Our speech ancestors had domesticated the cow, which gave them milk. From this strain they also bred oxen, which were joined together with a yoke that presumably pulled a wagon. Nor should we think of these ancestors as only wandering nomads, because they had a word for plough related to the word 'arable' we use in English today to mean cultivated land.

Gradually, pushed by overpopulation and invaders, the 'Indo-Europeans' began to move. The wanderings lasted thousands of years and led them far afield. We have inherited a rich legacy and one that ties us to many nations. Of one thing we can be sure, though – that these Indo-European

speech ancestors of ours must have pondered the dim mysteries of their own beginnings, just as you – yu in Indo European incidentally – invariably must sometimes do.

PAUSE 10 seconds

Now you'll hear Part Two again.

TONE

REPEAT Part Two

PAUSE 5 seconds

That's the end of Part Two.

Now turn to Part Three.

PAUSE 5 seconds

Part 3

You will hear an interview with Simon Lessing, a leading expert on the phenomenon of modern piracy. For questions 18-22, choose the answer (A, B, C or D) which best fits what you hear.

You now have one minute in which to look at Part Three.

PAUSE 1 minute

TONE

Presenter: Our guest today is Simon Lessing, who works for a company specialising in marine risk management and as such is an authority on the phenomenon of modern piracy. Simon, welcome.

Simon: Thank you.

Presenter: Now Simon, when we talk of piracy in the 21st century most of us think of illegal copying and computer fraud but you're actually someone who specialises in the good old-fashioned type of piracy at sea. When it comes to pirates on the high seas, though, surely you're only talking about isolated incidents in certain areas?

Simon: Not really. Last year, for instance, 285 incidents were reported to the International Maritime Bureau and 78 sailors were murdered during those incidents. Of course, we're not talking about pirates that

carry swords between their teeth. Modern practitioners are armed with the latest automatic weaponry. A ship will be targeted weeks in advance and, together with their arsenal of weapons, pirates will also have exact details of cargo, composition of the crew and routes to be taken to the destination port.

Presenter: So you're having to deal with gangs of some sophistication.

Simon: Exactly. Over the years, I've seen them change from petty thieves looking to steal cans of paint and the like, to huge multinational corporations organised like Microsoft. To obtain the sort of details I mentioned earlier, you obviously have to have a sophisticated network of communications in place and a few corrupt insiders in shipping companies on your payroll. Another change is that today it is often the vessel itself rather than the cargo that is the object of the pirates' attention. More often than not, a ship will be sailed out to open sea while the pirates repaint it and reflag it with a flag of one of the many countries that allow ships to fly what in shipping circles is called 'a flag of convenience'. This term is applied to many tiny third-world countries which, for a sizeable fee, allow ships to register to sail under their flag, often without any checks on the origin or sea worthiness of the vessel. To avoid detection, pirates will fly such flags – basically exploiting this vagueness in the regulation and registration of ships to their advantage.

Presenter: But surely some parts of the world suffer more from such incidents of piracy than others?

Simon: Yes, this is still true. Incidents in the Malacca Strait alone, for example, account for more than half the figure I mentioned earlier, if you're thinking of the major sea lanes. But then you also have to consider that new smaller-scale forms of piracy are affecting areas where yachting for pleasure and tourism are popular, which makes this more of a worldwide phenomenon than it ever used to be.

Presenter: So, all the romance we associate with the swashbuckling heroes of the past, has gone?

Simon: Yes, I'm afraid so. The only way in which any romance remains is in people's

continuing fascination with and search for the fabled treasure of old pirates. A stash believed to be worth billions, for example, is said to be buried on an island off Nova Scotia.

PAUSE 10 seconds

Now you'll hear Part Three again.

TONE

REPEAT Part Three

PAUSE 5 seconds

That's the end of Part Three.

Now turn to Part Four.

PAUSE 5 seconds

Part 4

You will hear two vets, Tina and Robert, discussing issues relating to transplant surgery for pets in America. For questions 23-28, decide whether the opinions are expressed by only one of the speakers, or whether the speakers agree. Write T for Tina, R for Robert, or B for both, where they agree. You now have thirty seconds in which to look at Part Four.

PAUSE 30 seconds

TONE

Interviewer: Today we're talking about some of the practical, ethical and social issues involved in transplant surgery for pets, which is establishing itself in a big way in the United States but has yet to really emerge here. Here to discuss this with me are two eminent veterinary surgeons, Dr Tina Clarke from Cardiff University and Dr Robert Booth. So, doctors, when will it happen here?

Tina: What's going on in the States is that transplants for pets are commercially available. Vets now regularly perform liver transplants for cats and have even performed spleen transplants on gerbils. We are a long way from this in Britain. These kind of procedures are alien to surgical vets in Britain and should not be confused with the work of someone like Robert here, who is involved purely for the purposes of veterinary research.

Robert: Indeed. The commercial and scientific fields are miles apart in terms of what it is permissible and practical to do. There's

- currently, for example, no regulatory body in this country that private vets can appeal to in order to request that they be allowed to perform a transplant operation.
- Tina: Nor indeed is there any system for donor animals. This whole issue is a minefield and I am far from convinced that the British public will easily go for the problematic solution the Americans have adopted. The donor animals there are usually abandoned animals in rescue centres. Owners of the animal to be operated on first have to adopt a donor animal from such a centre and can then give permission for it to be put down and its organ used for the transplant.
- Robert: I don't really see any alternative to this system if transplants for domestic animals are to become available here but I admit that there are some serious ethical questions to think through.
- Tina: Not least that the organisations supplying the donor animals could actually be making money from providing animals for spare parts. I think, if I were going to give my support to animals being used in this way, I would want an organisation like the Royal Society for the Prevention of Cruelty to Animals to run the whole scheme.
- Robert: As I've said, I can't really see an alternative to the American scheme. Putting one body in charge of the donor scheme would cause unnecessary administrative delay, but perhaps rescue centres could be instructed only to release animals that are due to be destroyed, for whatever reason.
- Interviewer: What I'd be interested to hear from you, Robert, is whether you think that, as a nation, Britain is emotionally ready to go down the American road.
- Robert: I can foresee pressure groups and animal rights activists raising all sorts of objections. I am convinced, however, the majority of pet owners are ready to put in place the kind of systems that devoted American owners already take advantage of.
- Tina: I think it's more the case that market pressure will probably win out and lead us hesitantly to where America is now, but, as you say, the intervening debate could really shake the pet-loving community. And people will certainly want convincing that the animals receiving the organs will have a seriously improved chance of a healthier life.
- Robert: Of that I think there can be little doubt. Research has shown that, with advances in surgical techniques and the right drugs to prevent organ rejections, the life of an animal like a household cat can be increased on average by three to six years.
- Tina: There is no denying that work such as yours has proven the scientific case beyond any doubt but the public will still need convincing. A related issue is that vets across the profession will need a considerable lead-in period before they are able to perform such procedures successfully.
- Robert: I am totally opposed to permitting or licensing ordinary vets to undertake such procedures and I hope that we would see a cadre of exclusive veterinary transplant surgeons develop quite quickly.
- Tina: That sounds a little elitist to me and I am not sure it would be supported by practising vets around the country ...
- Interviewer: Well, I am sure we could go on discussing this for hours but that's all we have time for ...
- PAUSE 10 seconds
- Now you'll hear Part Four again.*
- TONE
- REPEAT Part Four
- PAUSE 5 seconds
- That's the end of Part Four.*
- There'll now be a pause of five minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I'll remind you when there is one minute left, so that you're sure to finish in time.*
- PAUSE 4 minutes
- You have one more minute left.*
- PAUSE 1 minute
- That's the end of the test. Please stop now. Your supervisor will now collect all the question papers and answer sheets.*

Practice Test 2 – Paper 4 Listening

This is the Certificate of Proficiency in English Listening Test. Test 2.

I'm going to give you the instructions for this test. I'll introduce each part of the test and give you time to look at the questions.

At the start of each piece you'll hear this sound:

TONE

You'll hear each piece twice.

Remember, while you're listening, write your answers on the question paper. You'll have five minutes at the end of the test to copy your answers onto the separate answer sheet.

There will now be a pause. Please ask any questions now, because you must not speak during the test.

PAUSE 5 seconds

Part 1

Now open your question paper and look at Part One.

PAUSE 5 seconds

You will hear four different extracts. For questions 1-8, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

PAUSE 15 seconds

TONE

Your knee is the one part of you that you really don't want to injure playing football. It's held together by four different types of ligament, none of which takes kindly to being wrenched or overstretched. The injury usually occurs when a footballer turns too quickly, causing the ligaments to rupture or tear. Either way, you won't be walking off the pitch - swelling is almost instant and you're unlikely to get up again without the aid of crutches.

The overexcitable members of our profession seem particularly prone to such injuries. Paul Gascoigne badly ruptured his cruciate ligaments in the 1991 FA Cup Final when, out of sheer enthusiasm, he booted an opponent. And Brazilian forward Renaldo missed the whole of last

season with the same injury - except for seven minutes of the Italian Cup Final when, in an effort to regain the limelight, he made a premature comeback for Inter Milan. He went on a twisty run, tore his ligaments again, and was carried off in agony on a stretcher. In the case of both players, an extended lay-off period involved time on the surgeon's table, a plaster cast to prevent movement while the injuries healed and an extensive course of physio. It is rumoured that, in Renaldo's case, this recent mishap may even be career-threatening.

PAUSE 5 seconds

TONE

REPEAT Extract One

PAUSE 2 seconds

Extract Two

PAUSE 15 seconds

TONE

Kate: Hi Stella.

Stella: Hi Kate. I'm just taking these photos to be developed.

Kate: You ought to go to Fotago.

Stella: What's so special about them, then?

Kate: You get your film processed and the opportunity to view your photographs without parting with any money.

Stella: What do you mean?

Kate: You send the company your film and they process it. They then put the pictures on their website and notify you by e-mail that they're ready to view.

Stella: So what's to stop someone looking at pictures of you on the beach in your bikini?

Kate: That's the beauty of the system. They put your snaps in a password-protected gallery so that only you have access to them. You get to view them with your friends and earmark the ones you want to be developed. They're the only ones you pay for.

Stella: Hmm ... I don't see how they make any money.

Kate: Because you can view them with other people, you're more likely to order multiple copies in advance - having reprints done once the photos come back usually proves a hassle.

Stella: And I suppose that, once they've processed the film, you have to have it developed with them.

Kate: No. At the same time as they send you the e-mail, they put the negatives and an index print displaying the whole roll in miniature in the post free of charge.

Stella: Hmm ... Anyway, if you e-mail Tim the address, I'll give it a go but there's got to be a catch somewhere, Kate.

Kate: No, it's just good business sense married to good technology.

PAUSE 5 seconds

TONE

REPEAT Extract Two

PAUSE 2 seconds

Extract Three

PAUSE 15 seconds

TONE

When I became an American citizen 20 years ago, I renounced my title - I was a count in France - and changed my name to Ted Morgan. Sanche de Granmot, my ancestral name, identified me by national origin and social class. I wanted to make my name rather than inherit it. Just as I was opting for a new nationality, so I wanted a new name free from past attachments.

Several years before, a friend of mine who is a whiz at anagrams had drawn up a list of 19 possible candidates from the nine letters in de Granmot. In addition to Ted Morgan, it included Tom Danger, Rod Magnet and Monte Drag. I felt that Ted Morgan was forthright and solid - a name telephone operators would not flinch at hearing. And so Ted Morgan it was.

At the naturalisation ceremony, 30 other applicants also changed their names. In America, changing your name is a longstanding part of the culture going back to the Indians, who changed their name according to accomplishment. Obviously, today changes are more likely to relate to some form of anglicisation on arrival in the States - perhaps to shake off some ethnic encumbrance, but, whatever the reason, these people are embracing one of our most basic freedoms.

PAUSE 5 seconds

TONE

REPEAT Extract Three

PAUSE 2 seconds

Extract Four

PAUSE 15 seconds

TONE

The most romantic, or macabre, story - depending on how you view it - connected with the works of Rossetti is that surrounding the publication of his work 'Poems'. The story begins in 1850, when Rossetti first met the beautiful daughter of a milliner's assistant, Lizzie Siddal, who acted as a model for several painters of the Pre-Raphaelite Brotherhood. Lizzie's health was always fragile and at the time of her marriage to Rossetti in 1860 she was already in an advanced stage of tuberculosis. Two years later, while suffering from depression brought on by a stillbirth, she deliberately overdosed on laudanum. On the day of her funeral, Rossetti came into the room where her body lay and, wrapping her golden tresses around a small notebook containing all his recent poems, told his dead wife that, as she had inspired the verses, she must take them with her to the grave. The notebook was buried with her in Highgate Cemetery. However, after seven years of poetic silence, Rossetti had the body exhumed, recovered the notebook and had the verses published as 'Poems'. One supposed witness at the exhumation claimed that Lizzie Siddal's body was discovered perfectly preserved, and that her hair had grown so long that it had practically filled the coffin. One suspects he may have come forward to give sales a boost.

PAUSE 5 seconds

TONE

REPEAT Extract Four

PAUSE 2 seconds

That's the end of Part One.

Now turn to Part Two.

PAUSE 5 seconds

Part 2

You will hear a radio feature on looking after house plants. For questions 9-17, complete the sentences with a word or short phrase.

You now have forty-five seconds in which to look at Part Two.

PAUSE 45 seconds

TONE

Presenter: In this week's 'Garden Time' slot we're going indoors as Ruth Wells reveals some of the secrets of keeping healthy house plants.

Ruth: As with any house guest, indoor plants require a certain amount of basic, regular attention if they are going to feel at home. The first consideration when purchasing plants is to make reasonably sure that they are suitable for the conditions in which they are going to be housed. For a hot, sunny position it is best to choose cacti, as opposed to, say, marantas. If a room is on the cool side, it's better to acquire ivies and similar cool-growing plants. It's also advisable to insist on proper wrapping when purchasing plants during colder months.

A general rule for most plants being brought indoors for the first time is to ensure that they have a reasonable temperature of not less than 60 degrees Fahrenheit, a position out of draughts, away from radiators, safe from pets and not exposed to strong sunlight. Exceptions to this latter rule are cacti and succulents, such as Sansvieria, which thrive on a sunny windowsill.

Plants love company and, apart from extremely mature specimens, there are few that do really well in isolated positions. When plants are growing together, they generate an atmosphere of humidity around themselves which is far more beneficial than hot dry conditions. A group of plants on a gravel tray, or even in a baking tin, will also present a more pleasing picture and provide an opportunity for a creative arrangement. There is no secret to this. Just rely on your instinctive feeling for harmony.

Watering and feeding plants are probably the two areas of care that are the least well understood, but, again, if you follow a few simple rules, your plants should do well. Cold water direct from the tap can have a chilling effect on the roots of tender plants. Tepid water is therefore the answer. It is usually better to pour the water on to the soil on the surface of the pot rather than put the water into the pot holder at the bottom. Avoid giving dribbles of water at regular intervals - it is much better to soak the soil right through the pot in one go and then to allow it to dry appreciably before giving it a further watering.

The majority of indoor plants will be in active growth from March-April until October, and during this time, the established ones will benefit from regular feeding. This may mean feeding with a weak liquid fertiliser at each watering or at intervals of a week or ten days with fertiliser at standard strength. It is important, however, to ensure that plants are not fed when growth is inactive, when the compost in the pot is dry, or too soon after the plant has been potted on - that is put in a larger pot to allow for growth.

Presenter: Thank you, Ruth. Ruth will be back with us at the same time tomorrow ...

PAUSE 10 seconds

Now you'll hear Part Two again.

TONE

REPEAT Part Two

PAUSE 5 seconds

That's the end of Part Two.

Now turn to Part Three.

PAUSE 5 seconds

Part 3

You will hear an interview with Sharon Gravy, who has just published a book on youth culture and illness. For questions 18-22, choose the answer (A, B, C or D) which best fits what you hear.

You now have one minute in which to look at Part Three.

PAUSE 1 minute

TONE

Interviewer: I am delighted to have with me today Sharon Gravy, a doctor and prolific popular author, whose new book 'Youth Ills' kept me riveted in my armchair all weekend. Sharon, welcome.

Sharon: Hello.

Interviewer: Now, Sharon, what came as a revelation to me in the book was the sheer number of what you call self-imposed conditions that your average 15 - 25 year olds might suffer from today compared to their counterparts of 30 years ago.

Sharon: That's right - we're not just talking here about a drug or substance abuse sub-culture, but conditions which relate to a whole range of mainstream lifestyle choices, from diet to holidays or music to hair.

Interviewer: I particularly enjoyed the chapter on food and diet, 'cos you covered the subject from all sorts of angles rather than just dwelling on common eating disorders.

Sharon: I don't play down the importance of anorexia and bulimia in the book - which obviously stand out as two - what I term - cultural epidemics, but I try and situate such epidemics in terms of the wider issue, which, for me, is the extent to which food intake has become caught up in a whole web of lifestyle choices and value judgements. For example, I discuss the case of a young man from France who has been a strict vegan for a number of years and is now almost totally blind because of vitamin deficiency.

Interviewer: I was staggered by some of the statistics you quoted in the book.

Sharon: Yes, some of them are really quite frightening. Take tinnitus - ringing in the ears - for example. Cases among young people have risen ten-fold in the last 20 years and this is clearly related to the kind of music or dance event that youngsters go to. Such statistics are frightening in

themselves but what is worse is that, for many who develop such conditions, once the damage is done it can be permanent - resulting in hearing loss or a more or less continual buzzing sound in your head.

Interviewer: You also say that we tend to be treating symptoms rather than addressing causes.

Sharon: That's right. A whole industry seems to have grown up around selling products or providing treatments for conditions which are entirely self-induced. I went into Boots the other day, for example, and found that you can now buy a tongue scraper to help combat the effects of having bad breath.

Interviewer: You're kidding. (laughs)

Sharon: No. Things really do go that far. At some clinics now you can even have a laser treatment to remove the sweat glands from your armpits. As I say in the book, youngsters seem to inhabit a world where after-sun lotion is much more prevalent than sun block.

Interviewer: On the subject of tanning, the statistics are pretty scary too, aren't they?

Sharon: Indeed. So many young kids just don't heed the warnings of sunburn leading to an increased risk of skin cancer. What is not widely known is that there are over 5,000 cases of melanoma, which result in 1,000 deaths a year - so it is not something to be taken lightly. There's no salvation in artificial sun ray lamps either, because they're a potential minefield of problems for different types of skin.

Interviewer: So common sense is all that's needed.

Sharon: Basically, yes, and perhaps a determination in group situations to follow the crowd a bit less. Peer pressure to join in can make people put up with a lot, put themselves at risk or develop slack habits that they otherwise wouldn't. The basic message has to be: if there is a symptom, there's a wider problem - sort the problem.

Interviewer: Sharon Gravy, thank you. ...

PAUSE 10 seconds

Now you'll hear Part Three again.

TONE

REPEAT Part Three

PAUSE 5 seconds

That's the end of Part Three.

Now turn to Part Four.

PAUSE 5 seconds

Part 4

You will hear two divorce counsellors discussing issues relating to the impact divorce has on parents and children. For questions 23 - 28, decide whether the opinions are expressed by only one of the speakers, or whether the speakers agree. Write J for John, S for Sue or B for both, where they agree.

You now have thirty seconds in which to look at Part Four.

PAUSE 30 seconds

TO NE

Presenter: I am joined today for our round the table discussion by two leading divorce counsellors, Sue Bright from Surrey and John Walsh from Bristol. John and Sue, welcome. Now it's been a week in which the Home Office has released a whole batch of statistics on divorce and new divorce legislation has been introduced into Parliament. How do you read the current mood of the nation on this very emotional issue?

Sue: The country is, as always, split right down the middle. You have those who feel that divorce should be avoided at all costs, especially where children are involved, and those who accept that divorces will inevitably occur in modern society and focus on how to pick up the pieces.

John: I feel, though, that there is a perceptible difference in the public's attitude towards divorce these days. I think people tend to judge the rights and wrongs of divorce more in terms of how children will be provided for and assisted with their trauma. I think we're focusing on this a lot more in divorce counselling, too.

Sue: Basic attitudes among the general population towards divorce, it seems to me, have not evolved at all – it's just that the scope of the debate has become wider. But I ... I don't dispute that child provision seems to be the defining issue of the moment.

John: The statistics released this week show that four out of every ten marriages now end in divorce and clearly point to the difficulties of one parent having to care for and essentially raise children on their own. The extent to which children from divorced

homes are disadvantaged is what government intervention needs to address.

Sue: I think we have to be careful with the term 'disadvantaged' because of the danger of stigmatising those involved and fuelling the arguments of those trying to introduce into law financial inducements aimed at encouraging parents to stay together.

John: I sympathise with the view that it's pointless trying to use tax legislation, as the government is doing, to tackle the social problems related to divorce. But statistics highlight that children from divorced homes do not fare as well at school and obviously many will go through all kinds of trauma relating to feelings of rejection and guilt.

Sue: In my experience, the trauma of divorce is generally short-lived for children and, in many cases, the damage done by parents prolonging relationships which can become increasingly characterised by psychological and even physical abuse are far worse for them.

John: I imagine we'd be here all night if I challenged your outrageous claim that divorce has a short-lived impact on children – so let's leave that aside – because essentially people divorce their partners, not their children, and we need to think about what society can do to help couples and children through the trauma of separation.

Sue: Indeed. And how to ensure that society provides for parents – usually mothers – with custody of the children in areas such as childcare and employment.

John: Those, for me, are matters that go beyond the divorce debate and belong more to discussions of welfare provision. Once we start confusing divorce with issues relating to social benefits, single parenthood etc. we get into the kind of political arguments that have led to this current round of legislation.

Sue: For me, they are central to it because I feel as divorce counsellors we need not just to focus on emotional trauma but explore ways in which those affected can best go on with their lives. We can prevent children from divorced homes being unnecessarily stigmatised through our welfare system when fathers fail to provide and we should root out employers who discriminate against parents having to raise children on their own.

John: For me, the danger of stigmatisation and discrimination will persist until as a society we can adopt the more liberal and tolerant attitude towards divorce that many of our European neighbours have done. This day is obviously some way off, judging by the popular support the government's current plans seem to have gathered.

Presenter: John and Sue, we'll have to end this fascinating discussion there.

PAUSE 10 seconds

Now you'll hear Part Four again.

TONE

REPEAT Part Four

PAUSE 5 seconds

That's the end of Part Four.

There'll now be a pause of five minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I'll remind you when there is one minute left, so that you're sure to finish in time.

PAUSE 4 minutes

You have one more minute left.

PAUSE 1 minute

That's the end of the test. Please stop now. Your supervisor will now collect all the question papers and answer sheets.

Practice Test 3 – Paper 4 Listening

This is the Certificate of Proficiency in English Listening Test. Test 3.

I'm going to give you the instructions for this test. I'll introduce each part of the test and give you time to look at the questions.

At the start of each piece you'll hear this sound:

TONE

You'll hear each piece twice.

Remember, while you're listening, write your answers on the question paper. You'll have five minutes at the end of the test to copy your answers onto the separate answer sheet.

There will now be a pause. Please ask any questions now, because you must not speak during the test.

PAUSE 5 seconds

Part 1

Now open your question paper and look at Part One.

PAUSE 5 seconds

You will hear four different extracts. For questions 1-8, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

PAUSE 15 seconds

TONE

Man: So why is everyone making such a fuss about making phone calls using the Internet? Surely it's just a way of doing the same thing with a different technology.

Woman: That's true - but your average person on the street just loves getting one over on Big Brother - in this case the telephone companies - who have been charging extortionate rates for long-distance calls for years. Of course, the irony of the whole thing is that the phone companies, in urging everyone to get online in the first place, may have cost themselves a fortune in lost revenue elsewhere.

Tapescripts

Man: But there must be a catch. Surely they'll just make up for any deficit by overcharging for some other service.

Woman: It's hard to see how they can - because the potential difference in income, should people latch on to the idea of using the Net to phone abroad, is huge. You simply pay the price for being online - the price of making a local call - and of course the person you're conversing with has to pay the same charge at their end.

Man: So you're telling me to forget the phone and call my friends abroad via the Net.

Woman: Hang on. Before you get too carried away, you'll need a soundcard that permits duplex transmission, otherwise you'll have to take it in turns to speak - you know, a bit like a walkie-talkie conversation - and also speakers and a microphone if you don't already have them and, of course, you have to arrange when you're going to call the other person.

Man: Why's that?

Woman: Because they have to have their computer switched on, dummy.

Man: Oh.

PAUSE 5 seconds

TONE

REPEAT Extract One

PAUSE 2 seconds

Extract Two

PAUSE 15 seconds

TONE

People talk a lot of nonsense about food. Take, for example, the idea that vegetables are always best fresh and are better for you eaten raw. Well, vegetables frozen immediately after being picked often contain more nutrients than their fresh counterparts. Soft fruit and green vegetables can lose as much as 15 per cent of their vitamin C per day if kept at room temperature - though a lot less if stored in the salad compartment of a refrigerator. So frozen veg is then in many cases a healthier alternative. And while eating raw vegetables usually means that you get the nutrients, old people, children and those who suffer from stomach disorders might not be able to digest them easily. Carrots are definitely best eaten lightly cooked, as cooking makes it easier for your body to absorb their vitamin A.

It's also a myth that athletes need extra protein - what they really need is extra energy. The best foods for energy are carbohydrates, including bread, rice, potatoes and pasta. The body cannot store extra protein: the liver converts it into glucose and by-products which the body simply gets rid of. Another thing you might warn any would-be personal trainers about before they start piling extra sources of protein onto an athlete's plate is that you might be affecting their competitive instinct and edge, as it is only breast-feeding mothers that have any real need for an extra dose.

PAUSE 5 seconds

TONE

REPEAT Extract Two

PAUSE 2 seconds

Extract Three

PAUSE 15 seconds

TONE

By the 1930s Mahatma Gandhi had become a world-famous figure who was frequently seen alongside international leaders and other dignitaries. And yet, he insisted on maintaining an extremely austere lifestyle, wearing the clothes of the poorest Indian peasants and generally staying in the slum areas of the cities he visited. He made a particular point of consorting with untouchables, the oppressed outcasts of Indian society. To some sceptics, there was always something rather theatrical about Gandhi's poverty and there are things to suggest that he may have been playing to his public - though nothing to suggest that he was not sincere about the virtues of a simple life.

Lord Mountbatten, the last British viceroy to India, once had to meet Gandhi at a railway station. As was his custom, Gandhi travelled without bodyguards or entourage in one of the crowded carriages reserved for untouchables. Somewhat alarmed, Mountbatten asked one of Gandhi's colleagues whether this did not pose serious problems of security. He was solemnly assured that all the untouchables in Gandhi's carriage had been rigorously selected and vetted by the authorities and remarked: "You would never guess how much it costs to keep this old man in poverty."

PAUSE 5 seconds

TONE

REPEAT Extract Three

PAUSE 2 seconds

Extract Four**Part 2**

PAUSE 15 seconds

TONE

Woman: So how do you feel about this whole idea of making the offices open-plan?

Man: I don't see it'll make much difference to me - I mean, everyone is always in and out of my office anyway.

Woman: But don't you think we'll all feel that we're being spied on all the time and how are you supposed to be able to knuckle down to what you're doing when everyone else is milling around or on the phone?

Man: You're being paranoid.

Woman: I'm not. Anyone who has been here for any length of time will tell you that communications are excellent and that there is a really good staff atmosphere so what's the point of the change?

Man: I don't know what's behind it. It's probably just the latest management fad - something someone learnt at business school.

Woman: Well, it might be to pressure people into feeling they have to be more productive, but I think it'll have precisely the opposite effect, with people feeling a need to get up from their desks more and go looking for a change of scene. It'll be like working in a fish tank, with eyes following you everywhere.

Man: Well, I just think it helps to keep an open mind about these things. Anyway, what are you doing for lunch?

PAUSE 5 seconds

TONE

REPEAT Extract Four

PAUSE 2 seconds

That's the end of Part One.

Now turn to Part Two.

PAUSE 5 seconds

You will hear the introduction to a documentary feature on the meaning of dreams. For questions 9-17, complete the sentences with a word or short phrase.

You now have forty-five seconds in which to look at Part Two.

PAUSE 45 seconds

TONE

Researchers have discovered that periods of dreaming during sleep are related to times of rapid-eye movement (REM), during which the eyes flick from side to side under the eyelids. You can see this happening if you watch someone asleep. But what does this in itself prove? Many recent studies, for example, have also shown that in the animal kingdom - the higher primates, at least - display REM while sleeping, and therefore probably dream too. What does this prove? Again the answer is probably 'not much' but I, at least, tend to think this casts doubt on theories that through dream interpretation we can somehow unlock our sub-conscious and reveal to ourselves the true meaning or motivation of actions in our waking lives.

More and more, the theories seem to be pointing to the fact that dreams may be nothing more than mental junk - mental clippings, images, half-memories, pangs, dim niggles, afterthoughts - the collective rubbish of a day's overworked mind that works its way in various shapes and guises into the form of a dream. This is not to say that dreams are unimportant. A dream can profoundly influence the dreamer. What is being suggested is that dreams in themselves have no absolute meaning or import - so the idea of analysing a dream in terms of standard criteria, as in Freudian analysis, is nonsense.

Of course the problem with any attempt to explain the phenomenon of dreaming is that it is unprovable. Today's hypotheses, though, do, it seems to me, relate more to most people's intuitive feelings about their dreams and that's why I think they are worth considering.

One contemporary idea is that we pick up all sorts of information during our waking hours without being aware that we are actually doing so; the function of dreaming is to allow us to process all this information at the unconscious level. Another, closely related, hypothesis is that at the end of each day we have in our unconscious a sort of ragbag of bits and pieces of experience which our conscious mind has not had the time, opportunity or inclination to process; once again, the function of the dream is to deal with the material.

A different notion, and the one that seems to be favoured most by Hollywood scriptwriters, concerns wish-fulfilment. The idea here is that we can do with impunity in our dreams

the things we would like to do in real life but cannot - going out with the Hollywood sex symbol, ridiculing or even murdering the boss. This is a very appealing theory but one that is not really borne out by the facts; after all, we dream about all sorts of things which we in no way wish to experience in real life.

The most prosaic theory - though to my mind the one that seems the most plausible - proposes that the electrical activity of the brain as we sleep produces the mental equivalent of white noise and that, just as we can make ourselves hear music in white noise, our unconscious can pick out a coherent story from the baffling array of visual images presented to it.

No matter what the contemporary theory, dream interpretation seems of little consequence but this does not mean that dreams themselves are not significant. The significance of dreams lies more in the reaction of the dreamer to his or her dream. Imagine, for instance, that two people have an identical dream - for the sake of argument, let's say it concerns standing on an ants' nest. To one person, this is an amusing fantasy - worth mentioning at the breakfast table, perhaps, but little more than that. To the other, it is a horrific nightmare that lingers in the memory for days.

PAUSE 10 seconds

Now you'll hear Part Two again.

TONE

REPEAT Part Two

PAUSE 5 seconds

That's the end of Part Two.

Now turn to Part Three.

PAUSE 5 seconds

Part 3

You will hear an interview with ethno-biologist Karl Court, who has spent most of his career in the Amazon jungle. For questions 18-22, choose the answer (A, B, C or D) which best fits what you hear.

You now have one minute in which to look at Part Three.

PAUSE 1 minute

TONE

Interviewer: Today's guest in 'Face-to-Face' is someone we've been trying to land for a very long time, but we've never managed to catch him on the rare occasions he leaves the rainforest. I am, of course, talking about the renowned ethno-biologist Karl Court. Karl, welcome.

Karl: Thanks for your patience, Sarah.

Interviewer: Now Karl, you've spent half a lifetime searching for plants with medicinal properties. Surely you're just a little bit tired of the jungle?

Karl: I have a strange relationship with the jungle. In spite of how dangerous it is, I still go there. There's an inverse relationship between how much people say they love the Amazon and how much time they spend there. It's hard to pinpoint why anyone goes because there's always a level of discomfort related to unpleasant things like corrosive mildew and fungus. I'm hardly ever without a sickly yellow complexion ... but it just keeps pulling me back.

Interviewer: What type of people that you encounter tend to be the most difficult to deal with?

Karl: You might expect it to be local natives or jungle settlers, but in my experience it's actually the free-loading world traveller. I once kept running into this parasitic hippie whose claim to fame was that he'd spent virtually nothing swanning his way across South America. I found that contemptible, considering how hard it is for people in the area just to get by. Some of the crew wanted to bring him along but I vetoed the idea. He still somehow managed to get 250 miles upriver and met up with us in an Indian village. Fortunately, in the Ampiyacu river basin in Peru there is a myth about a bearded white man who appears at night, steals children and melts them down to use as fuel for aircraft. Sitting round the campfire, the villagers didn't

- take much nudging towards the conclusion that our unwanted guest was one and the same child-snatching demon so they ran him out of the village the next morning.
- Interviewer: What frightens you most about the jungle?
- Karl: The things that you can't control, like intestinal parasites and viruses that eat you away from the inside - things like hookworms that journey through your bloodstream. A friend of mine, Steve, went in for routine surgery once and never came back. On opening him up, they found a parasite that it was later shown he had contracted in Peru a staggering twenty years earlier. It had lodged itself in one of his internal organs.
- Interviewer: So, what of your work? Do you have a clear aim to find or achieve something each time you head into the rainforest?
- Karl: Obviously, I have a plan but I never know in what direction a particular tip or lead will take me.
- Interviewer: What do you mean tip or lead?
- Karl: Well that's where the 'ethno' part of ethnobiology comes in. The indigenous peoples inhabiting the world's jungles have been collecting and using its treasures for thousands of years - sometimes for strictly medicinal purposes, sometimes for dark sacrificial practices or mysterious tribal rituals. But whatever the reason, there is a huge wealth of folklore and practical local knowledge to tap into when you begin to investigate the properties of something - ultimately you hope such insights will serve a modern scientific purpose.
- Interviewer: Tell me something you have investigated recently.
- Karl: Well, I've spent quite a bit of time in Haiti working with secret voodoo societies trying to identify a drug that is somehow implicated in the zombie phenomenon - in folklore definition, a zombie is someone who has been brought to their end by magic but is resuscitated somehow by light or an uncertain fate. Of course, if you trust in science you would know there must be a poison involved, which could have any number of medical applications. I discovered that it's a poison related to a species of puffer fish that the Japanese, incidentally, eat for sport. And the powder, if prepared in the right way at the right time of the year and administered correctly, could make someone appear to be dead.
- Interviewer: Karl, we'll have to free you back into the wild ...
- PAUSE 10 seconds
- Now you'll hear Part Three again.*
- TONE
- REPEAT Part Three
- PAUSE 5 seconds
- That's the end of Part Three.
Now turn to Part Four.*
- PAUSE 5 seconds
-
- Part 4**
-
- You will hear two anthropologists discussing possible reasons why the Neanderthals disappeared. For questions 23-28, decide whether the opinions are expressed by only one of the speakers, or whether the speakers agree. Write L for Linda, R for Robert or B for both.*
- You now have thirty seconds in which to look at Part Four.*
- PAUSE 30 seconds
- TONE
- Presenter: The question we will be discussing today is one of prehistory's greatest riddles: Why did the Neanderthals disappear? To discuss this, I am joined by two leading anthropologists, Linda Barker and Robert Leith. Linda, perhaps I could start by asking you what most people in the field seem to agree on.
- Linda: Well, we know that the Neanderthals disappeared from earth in our not-too-distant past - perhaps as little as forty thousand years ago. They were a rival human species to our direct ancestors, the Cro-Magnons - though we are not sure what form, if any, the rivalry took - and we know that they had bigger brains than the Cro-Magnons but that they were not as physically strong.
- Robert: That's right and, of course, it is the rivalry issue that grips the public imagination and tends to be the subject of any fictional writing or film-making about this episode of prehistory. But our problem in speculating

whether our ancestors felt threatened and fought with the Neanderthals or actively sought to wipe them out is that we have no Neanderthal artefacts such as stone weapons, nor any clear evidence from skulls and bones that Neanderthals died as a result of battle.

Linda: The absence of artefacts is what most debate centres on. It has led some people to speculate that Neanderthals were, in fact, not a tool-using or technological species and this - though I am doubtful myself - somehow led to their extinction.

Robert: For me, it must have played a part, at least. Whether you believe the Neanderthals disappeared as a result of aggression from our ancestors or failure to cope with environmental circumstances, the fact that they do not appear to have been a technological species was probably a contributing factor.

Linda: Not necessarily, because I don't think we should assume that the social organisation of Neanderthals was less advanced than that of our ancestors just because it seems they didn't go down the technological road. If you look at species such as ants, bees or dolphins, they all have very sophisticated forms of social organisation - yet very different from those of our ancestors.

Robert: Of course, but don't you think that other evidence such as the fact that they generally dwelt in much smaller social groups and practised cannibalism - though we are not sure to what extent - is a strong indication of a lower degree of social sophistication?

Linda: Again, we shouldn't judge them in terms of the moral code we have evolved today. Who's to say, for example, that their cannibalism was not ritualistic - perhaps a way of bestowing honour on the deceased or a way of taking up a rival's strength?

Robert: I am not overlooking that possibility - I just think it unlikely. A more probable scenario, to my mind, is that they lived in smaller groups, either because of cannibalism amongst themselves or so as to avoid conflict with the Cro-Magnons.

Linda: I am not convinced that the fact they seemed to live in small social units is the key to the mystery - but cannibalism, whether it evolved out of necessity or as a social practice, could be. Not that I think that they ate themselves into extinction. Cannibalism, and maybe other practices such as ritual incest, could have led to the spread of some kind of congenital disease or epidemic or the deterioration of the Neanderthal gene pool.

Robert: Though that's plausible, I think we would have found evidence of those things in Neanderthal remains.

Linda: Perhaps it is there and we just haven't seen it yet.

Robert: True, but given the fact that so many episodes of our own human history - even our very recent history - indicate that we have a capacity to subjugate or wipe out peoples we consider weaker or inferior to ourselves, I think it reasonable to assume that Cro-Magnons had a strong hand in the circumstances that led them to die out.

Linda: I really think the jury is out on that one until we know more about Neanderthals themselves.

Presenter: Linda, Robert - I'm afraid that's all we have time for ...

PAUSE 10 seconds

Now you'll hear Part Four again.

TONE

REPEAT Part Four

PAUSE 5 seconds

That's the end of Part Four.

There'll now be a pause of five minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I'll remind you when there is one minute left, so that you're sure to finish in time.

PAUSE 4 minutes

You have one more minute left.

PAUSE 1 minute

That's the end of the test. Please stop now. Your supervisor will now collect all the question papers and answer sheets.

Practice Test 4 – Paper 4 Listening

This is the Certificate of Proficiency in English Listening Test. Test 4.

I'm going to give you the instructions for this test. I'll introduce each part of the test and give you time to look at the questions.

At the start of each piece you'll hear this sound:

TONE

You'll hear each piece twice.

Remember, while you're listening, write your answers on the question paper. You'll have five minutes at the end of the test to copy your answers onto the separate answer sheet.

There will now be a pause. Please ask any questions now, because you must not speak during the test.

PAUSE 5 seconds

Part 1

Now open your question paper and look at Part One.

PAUSE 5 seconds

You will hear four different extracts. For questions 1-8, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

PAUSE 15 seconds

TONE

It's true in many ways that the relationship between my sister and myself has come a long way since we've been adults - but the phrase 'come a long way' perhaps doesn't give a true impression of the distance of our journey. With a three-year age difference between us (she's 30 and I'm 33), we were too far apart to be peers during our childhood but too close in age to fall clearly into parent-child roles.

We became rivals, of course, constantly squabbling over the possessions our parents' limited resources could provide and keenly seeking out the prize of their attention, especially I suppose after our younger brother joined the family. We joke about those years now but our laughter has

a bitter-sweet tinge. As adults, we're far more willing to celebrate each other's successes and share our possessions. But I'd be lying if I said our childhood volatility has disappeared completely. My sister, for example, recently devoted weeks to helping me arrange my wedding and she was the only bridesmaid. "Pick out any dress you want," I told her, trying at least to be accommodating, but I nonetheless felt upset when she chose an ivory one. An old familiar voice started to well up in me and I wanted to scream, "This is my wedding, not yours!" And suddenly I was back in the bedroom we once shared, making sure her stuffed animals didn't expand a single inch beyond the invisible border between her space and mine.

PAUSE 5 seconds

TONE

REPEAT Extract One

PAUSE 2 seconds

Extract Two

PAUSE 15 seconds

TONE

Man: I don't know what's wrong with me lately. I seem to have acquired an incredible appetite.

Woman: But you've always had a big appetite because you lead such an active life.

Man: Yes, but never like this and I feel I'm becoming obsessed with food. I've put on loads of weight.

Woman: At least you're aware of the problem, though.

Man: Yes, but it's what to do about it. I thought I might try taking some of those appetite suppressants. Have you heard of them?

Woman: Yes, I read a piece about them not so long ago in a Sunday supplement. It basically cautioned against them, not so much because they're harmful in themselves but because they give you a false sense of security that you actually have things under control.

Man: So they're unlikely to be effective?

Woman: It said that any appetite suppression associated with them was probably more a result of people going into 'diet mode' once they had started taking them.

Man: So what can I do?

Woman: Well, a colleague from work reckons that sudden weight gain is always triggered by a change of circumstances in your life that

affects your appetite in different ways and she says that keeping a food diary can help you isolate what it is that sparks off cravings for food.

Man: Mmm ... A sort of log of what you consume?

Woman: Yes, at least initially. Once you've got a clearer picture of what induces a craving - whether it's to do with being inactive, feeling pressured or whatever - you can start to use it for forward-planning, scheduling meals and even comfort-snacks.

Man: I might just give it a try because I really do want to change things.

PAUSE 5 seconds

TONE

REPEAT Extract Two

PAUSE 2 seconds

Extract Three

PAUSE 15 seconds

TONE

E-mail is steadily overcoming stuffy business writing. Since e-mail messages are for the most part simply text files, there's no need to worry about things such as fonts, letterheads, signatures or fancy paper. It distils correspondence down to its essence - words.

But e-mail has gone even further than that - it has encouraged brevity. This could be the result of online costs, busy users or just the practical mindset of the people who first embraced the technology back in the days before graphical interfaces. Whatever the reason, it makes for good discipline and means that you're able to deal with several times more people than ever before.

A knock-on effect is that e-mail is also putting far more correspondence back into written form rather than phone calls. Unlike phone calls, there is no need to synchronise messages for different time zones, to be put on hold, to speak to voicemail or to tell some busybody who is calling... And almost all new e-mail users remark on the fact that e-mail seems to spark off a surprising intimacy.

PAUSE 5 seconds

TONE

REPEAT Extract Three

PAUSE 2 seconds

Extract Four

PAUSE 15 seconds

TONE

It's certainly been an eventful day and one of mixed fortunes for the pre-tournament favourites. But the real drama of the day has once again been the unsporting behaviour witnessed in the men's tournament. Today's incident occurred in the first set of the match between Australian Gavin Ryan and Argentinian Diego Vasquez. Having stormed back into the set after being four games to one down to lead five - four, Ryan was serving to take the set. At set point he sent down one of his booming serves which, to many of us in the crowd, looked to have touched the line and won him the point. The line judge, however, called it out and the umpire refused to overrule the decision. There followed an angry exchange, first between Ryan and the officials during which Ryan threw his racket at the base of the umpire's chair and then, as Ryan was returning to the baseline, he traded insults with a woman in the crowd. The tournament organisers - who must be relieved that today's defeat ends Ryan's interest in the tournament - and the professional tennis association are likely to take a very dim view of Ryan's outburst and will almost certainly impose a hefty fine and maybe even a suspension.

PAUSE 5 seconds

TONE

REPEAT Extract Four

PAUSE 2 seconds

That's the end of Part One.

Now turn to Part Two.

PAUSE 5 seconds

Part 2

You will hear part of a radio feature on what people's speech habits reveal about them. For questions 9-17, complete the sentences with a word or short phrase.

You now have forty-five seconds in which to look at Part Two.

PAUSE 45 seconds

TONE

After a visit from a friend, my mother would review the conversation in her mind; the pauses, the inflections and choice of words, then announce the real news the caller never mentioned: "Henry wants to sell his house", "Frank is going to marry Janie", "Mrs Cole thinks she's pregnant but isn't sure."

Mother was no mind reader. She was practising a technique we now call 'content analysis'. It's a kind of systematic search for the small verbal clues that, when put together, reveal a larger meaning: attitudes, intentions, behaviour patterns, underlying strategy. Experts in business and science use highly developed content-analysis techniques to measure changes in consumer attitudes and to diagnose emotional conflicts. Governments keep corps of analysts monitoring other nations' broadcasts and printed materials to extract useful intelligence. Details that seem trivial in themselves have a way of adding up, when classified and counted, to vital information.

The most basic technique is called looking for fingerprint words. A word or group of words that recurs frequently is one of the surest clues to what's on a person's mind. As any parent knows, you can easily tell which of your daughter's friends is becoming the new favourite - sometimes before she herself is really aware of it - simply by counting the number of times the name is mentioned. But the technique can have more subtle applications too. For example, verbal fingerprinting helped a young lawyer friend of mine handle a difficult client with whom other members of the firm had been unable to get along. The young man collected all memos and letters from the client in the firm's files and, as he read them, was struck by recurrent expressions and allusions typical of a certain period of English literature. Further investigation revealed the client as a particularly well-read amateur scholar, a shy man who hid his sensitivity behind a cantankerous manner. With this key to the client's personality, the lawyer had no trouble in gaining his confidence.

Another technique which may reveal more than you think is known as the big pronoun. We seem to instinctively notice how often someone says "I", "me", "my" and "mine". To many people, excessive use of the first person singular simply means that the person is a bore - but it can mean something more. When your car is playing up, you are likely to refer to it more. Likewise, when a person's psychic equipment is grating and squeaking, it is understandable that his or her attention should be directed towards it most of the time.

Someone's speech can also be analysed in terms of the metaphors, similes and analogies they use. My uncle, for example, constantly uses images that suggest he is steering towards a distant landfall through buffeting winds. His main concern is to 'keep his bearings' and 'stay on course'. This obviously hints at his nautical background, as well - I think - as his whole philosophy of life.

'Er' and 'ah' can also be very revealing. Doctors will tell you they can learn just as much from hesitations as they can from direct answers. The person who is happy with his job usually answers promptly. A long pause, a cough, a laugh, throat clearing or snuffle can indicate that there is trouble in that department.

Using clues like these, my friends and I have gained a surer understanding of one another, and even of ourselves. Of course, content analysis can never replace reason or common sense but it can supplement them and sometimes reveal messages that we would otherwise completely miss.

PAUSE 10 seconds

Now you'll hear Part Two again.

TONE

REPEAT Part Two

PAUSE 5 seconds

That's the end of Part Two.

Now turn to Part Three.

PAUSE 5 seconds

Part 3

You will hear an interview with a radio science correspondent on issues relating to baldness in men. For questions 18-22, choose the answer (A, B, C or D) which best fits what you hear.

You now have one minute in which to look at Part Three.

PAUSE 1 minute

TONE

Presenter: Making a very welcome return to the programme today is Radio Four's own science correspondent, Claire Peters. Claire, welcome back.

Claire: It's very nice to be invited again, Kim.

Presenter: The week's big science news seems to be the potential breakthrough made this week in America in the race to find a remedy for male baldness. How close are the scientists getting?

Claire: Well it's hard to say both how close the scientists are and exactly what it is they have stumbled onto this week. It seems that scientists at the Howard Hughes University in Chicago, in the course of breeding genetically-engineered mice for other purposes, have produced a group of mice that are exceptionally hairy. And because so much research investment is being put into lifestyle drugs - you can bet that they're going to be following up on this.

Presenter: How many people do you think would actually use a drug to combat baldness?

Claire: The potential for any company that actually makes this breakthrough is huge. It is estimated that 20% of men in their twenties and 30% of men in their thirties suffer from significant hair recession, usually above the temples or around the crown. Because hair is associated with attractiveness and virility, there are few who would probably not be prepared to pay to keep it.

Presenter: But isn't the market already flooded with hair-restoring products?

Claire: Of course. In the US alone, it's estimated that men are already spending as much as \$7 billion a year on a bizarre range of concoctions and remedies with ingredients varying from curry paste to cow's saliva, few of which have any effect other than to clear out the wallets of the vain, the desperate and the hairless. And because of the extent to which other lifestyle drugs have caught on, what has become known as the race for hair has now been taken

up by some of the wealthiest and most reputable corporations on the planet.

Presenter: So what exactly are the scientists looking at?

Claire: Researchers have established that genetic baldness is connected with a relation of the male hormone testosterone, called dihydrotestosterone or DHT. DHT gradually reverses the hair cycle so that each new hair is thinner and smaller than the one it is replacing and eventually the growing new hair is of such poor quality that it becomes invisible to the naked eye. For the scientists involved, the holy grail is to find a therapy which would modify the gene causing some men's follicles to react in this way to DHT - but so far no-one has been able to isolate this gene. So, for the time being, companies are investing fortunes in finding a product which will block the two enzymes producing DHT.

Presenter: So has anyone managed to produce anything based on this research which actually helps?

Claire: Well, last year a drug called Propecia was launched in a \$90 million advertising blitz, claiming to prevent hair loss in over 80% of men. The drug did actually work by blocking one of the DHT enzymes, but the pill seems to be failing to live up to the initial hype and its sales have also been affected by a widely-publicised review in a scientific journal of its potential side-effects. In the UK, the only licensed treatment for hair loss, called Regaine, was stumbled across when a pharmaceutical company found that a drug it was selling for men with high blood pressure also helped hair growth. Regaine comes in a lotion form that is rubbed into the scalp but its critics claim that its effects are minimal.

Presenter: So for baldness sufferers the news is not that good?

Claire: In the short term maybe not - but in five to ten years' time there'll probably will be one or two prescription products that could make a real difference.

Presenter: On that optimistic note, we'll take a break ...

PAUSE 10 seconds

Now you'll hear Part Three again.

TONE

REPEAT Part Three

PAUSE 5 seconds

That's the end of Part Three.

Now turn to Part Four.

PAUSE 5 seconds

Part 4

You will hear two teachers discussing factors which determine intelligence. For questions 23-28, decide whether the opinions are expressed by only one of the speakers, or whether the speakers agree. Write H for Helen, T for Tom or B for both.

You now have thirty seconds in which to look at Part Four.

PAUSE 30 seconds

TONE

Presenter: The subject of 'Food for Thought' this week is probably one of the most widely debated issues in education: what determines human intelligence? I am joined to discuss this, by two practising teachers, Helen Markham and Tom Gurney. Helen, if I may start with you and ask you straight off whether you think it's nature or nurture that ultimately determines how bright a child will be.

Helen: Well, I don't exactly see it as a black and white issue but, as someone who has been teaching for twenty years, I think it would be sad if I didn't think what I was doing was more about nurturing the young mind and opening up new horizons to children through presenting different ideas and ways of organising information.

Tom: I would have said the same thing a few years into my teaching but I look at things less idealistically now and I have to admit that some children just seem to have so much more latent potential for doing well at school than others.

Helen: There's no disputing that it seems that way but I think that what you are interpreting as latent potential I would probably bracket in the category of already-moulded aptitudes or emergent enthusiasms which I feel depend to a far greater extent on a child's domestic environment.

Tom: Obviously the extent to which learning is positively reinforced elsewhere is critical in the development of any child, but I still maintain that, even from a very early age, some kids just seem to be able to grasp ideas and concepts better than their peers and we in the profession should not, therefore, dismiss heredity as a factor for the sake of political correctness.

Helen: I'd say it's research rather than any ideological belief that points to the hollowness of the heredity argument. A few

years ago, a study was carried out which showed that, on average, children adopted by high-earning families had an IQ 12 points higher than similar children adopted by low-earning families - whatever the social class of the natural parents.

Tom: Yes, but we all know that statistics like that are open to all sorts of interpretations and, just as working-class families can provide their children with intellectually stimulating experiences, so too can professional families neglect the needs of their children.

Helen: That goes without saying. I do not wish to imply that all children from less well-off backgrounds are educationally neglected but I think that statistics showing a high correlation between family income and educational achievement speak for themselves. And they suggest to me that middle-class or professional homes probably invest far more in educational resources.

Tom: Sure, but the vast majority of teaching and learning in this country goes on in state schools and kids from very different economic backgrounds seem to have very different aptitudes, so we shouldn't make a big deal out of the family income issue. I suppose where I would sympathise to some extent with what you're saying is that what affects children a lot in school is having positive expectations and these often relate to their family background.

Helen: Indeed, and I'd say that's an area the government and local authorities should give priority to. If more parents could be encouraged to raise their children's sights and self-esteem, we'd see a huge improvement in results.

Tom: So what would you say to the argument that a child's intelligence is likely to be determined by a mixture of inherited traits and environmental factors - which, as I've said, in my experience seems incontrovertible?

Helen: I just can't see that a discussion of the extent of the heredity of intelligence serves any purpose when we look at the challenges facing the teaching profession today. Einstein and Shakespeare turned out to be pretty bright, even though their parents were not noted for being clever. How to identify and build on motivations and create opportunities is what the real education debate is about.

Tom: Yes, but the key to motivations may be genetic.

Presenter: Helen, Tom, I am sure we could go on for hours but that's ...

PAUSE 10 seconds

Now you'll hear Part Four again.

TONE

REPEAT Part Four

PAUSE 5 seconds

That's the end of Part Four.

There'll now be a pause of five minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I'll remind you when there is one minute left, so that you're sure to finish in time.

PAUSE 4 minutes

You have one more minute left.

PAUSE 1 minute

That's the end of the test. Please stop now. Your supervisor will now collect all the question papers and answer sheets.

Practice Test 5 – Paper 4 Listening

This is the Certificate of Proficiency in English Listening Test. Test 5.

I'm going to give you the instructions for this test. I'll introduce each part of the test and give you time to look at the questions.

At the start of each piece you'll hear this sound:

TONE

You'll hear each piece twice.

Remember, while you're listening, write your answers on the question paper. You'll have five minutes at the end of the test to copy your answers onto the separate answer sheet.

There will now be a pause. Please ask any questions now, because you must not speak during the test.

PAUSE 5 seconds

Part 1

Now open your question paper and look at Part One.

PAUSE 5 seconds

You will hear four different extracts. For questions 1-8, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

PAUSE 15 seconds

TONE

My only experience of clamping was during a terrible downpour last February. My girlfriend had just popped into a shop to get something and I had pulled into the driveway of a private parking area and was ready to move if anyone needed to get by. I obviously didn't want to be too far away or she'd have got soaked. Anyway, I can't have been waiting more than a few minutes when I noticed someone tampering with my rear wheel. Thinking it was someone trying to steal my hubcap, and not wanting to get into a confrontation, I started my engine and tried to reverse but the car wouldn't move.

That's when I got out and realised that I was not the victim of a thief but of a wheel-clamper who worked for a security firm. He was extremely offensive and demanded £67 to free my car. He'd given me no warning that he was about to clamp me and due to the bad weather I hadn't seen the notice about restricted parking. He must have been in his van nearby waiting to pounce like a vulture. I had no alternative: pay up or be stranded in torrential rain. I really feel that people working for firms like this are little more than legalised muggers and it's time they were outlawed.

PAUSE 5 seconds

TONE

REPEAT Extract Two

PAUSE 2 seconds

Extract Two

PAUSE 15 seconds

TONE

Woman: I think do-gooders like you tend to forget that people actually get put in prison because they've broken the law and that if we shorten sentences or make life too easy they're less likely to view prison as a hardship.

Man: But my point is precisely that prisoners do reoffend and end up incarcerated again because they've been thrown back out into a world that they are unprepared to cope with.

Woman: Not prepared to cope with is nearer the truth. They resort to crime because it seems like an easy option and we can't lose sight of the value of prison as a deterrent.

Man: But surely, if such a high number end up there for a second or third term — it's not working as a deterrent.

Woman: But what's the point of society putting more money and effort into rehabilitating young offenders when that money could be invested in training young people that have never committed a crime? If they're provided with skills that make them feel useful and give them access to employment, they might not stray towards crime.

Man: Yes, but what works for those on the street could also work for those in detention. Focused programmes can change prisoners' attitudes and reduce aggression and even in harsh prison regimes the work someone puts in can be related to the privileges they receive.

Woman: I don't know. I just think we need to get our priorities right.

PAUSE 5 seconds

TONE

REPEAT Extract Three

PAUSE 2 seconds

Extract Three

PAUSE 15 seconds

TONE

The reunification of Germany has affected people's lives in both parts of the formerly divided nation in many different ways. In some states of the former East Germany, for example, women have all but stopped having babies. The decline is most pronounced in the state of Brandenburg, where the birth-rate has plummeted by more than two-thirds in the last ten years. So concerned, in fact, are the authorities about the trend and its potential effects on the labour market and social welfare system of the future, that they have announced plans for a one-off payment to parents, the equivalent of four hundred pounds, for every child produced.

Such declines are usually only seen in times of war, plague or famine but this trend seems to be a by-product of the less prosperous East reuniting with the West. It seems that many potential parents are still uncertain of their prospects in the new society, while others seem to want to take advantage of their freedom to use disposable income on items denied them for so many years, like modern homes and foreign travel, rather than on child-rearing. Whatever the reason, developments such as this only seem certain to add to the steady flow of internal migrants towards the western half of the country.

PAUSE 5 seconds

TONE

REPEAT Extract Four

PAUSE 2 seconds

Extract Four

PAUSE 15 seconds

TONE

Plans for Britain's first daycare centre for the elderly dependants of workers are in the pipeline in Brighton. Staff or former employees of the St. Catherine's hospital will be able to drop off an elderly relative for a daily fee of about £18. The hospital is hoping that with sufficient uptake the initiative will be self-financing. The scheme is designed to stop workers worrying about leaving elderly relatives alone during the day. The Occupational Therapist Services Manager at the hospital, Kristin Hughes, came up with the idea after suspecting that many employees – over 90 of whom are female – were quitting their jobs and taking extended leave to care for elderly relatives. According to the hospital, the aim of the scheme is to provide a secure yet stimulating environment for the elderly from 8.00 a.m to 8.00 p.m. so that they will be able to function better at home. One novel item on the list of activities the centre is planning to organise is indoor hockey for the elderly. The game has apparently already proved popular with elderly patients at the hospital and, although some can be expected to fall out of their chairs, it is seen as important in encouraging agility and alertness.

PAUSE 5 seconds

TONE

REPEAT Extract Four

PAUSE 2 seconds

That's the end of Part One.

Now turn to Part Two.

PAUSE 5 seconds

Part 2

You will hear part of a radio feature on the sinking of the 'Salem' oil tanker. For questions 9-17, complete the sentences with a word or short phrase.

You now have forty-five seconds in which to look at Part Two.

PAUSE 45 seconds

TONE

The 960,000 ton supertanker was a floating time bomb, in danger of erupting into a massive fireball at any moment. And yet her captain, officers and crewmen were calm, apparently refusing to panic, waiting quietly on deck and scanning the horizon for a passing ship that might carry them to safety.

On January 17th, 1979, the Greek captain noted in his log that the ship had been rocked by a series of explosions which had left it helpless and without engines in the Atlantic Ocean, 100 miles off the African coast of Senegal. The ship's log also noted with relief that the mysterious explosions had failed to ignite the brimming cargo of 200,000 tons of volatile Kuwaiti crude oil which packed the tanker's holds.

The *Salem* remained afloat for another 30 hours after this log entry. And as one would expect in a busy shipping lane, she was eventually spotted by the tanker *British Trident* on its way to the same Persian Gulf terminal the *Salem* had left a month before. Twenty minutes after the *British Trident* first sighted the *Salem*, the British ship recorded the first and only distress radio call from the stricken ship.

As *British Trident* turned to answer the SOS call, a bright cloud of orange smoke billowed up from the *Salem*. But there was no need for the rescuers to approach too close. Within thirty minutes, the *Salem's* powerful lifeboats had met them half-way and the British sailors could only marvel at the *Salem's* crew as they came aboard. They filed on in an orderly queue, unhurried and magnificently composed despite the danger from which they were supposedly fleeing.

The ship had, up to this point, survived a day and a night still afloat, though listing slightly, and it was reasonable to assume that with a little luck it might survive long enough to put a damage repair and salvage crew aboard. But within ten minutes of the crew's rescue, the bows of the *Salem* dipped and she disappeared beneath the surface. The ship slipped down into the depths of the Atlantic, too deep for any diver to reach her. A small oil slick developed almost immediately but nothing resembling

the pollution catastrophe that her cargo potentially represented.

So was the sinking one big insurance scam? There is much to suggest that it was. Firstly, the *Salem* was owned by a newly-formed company backed by a dubious businessman. A drunken crewman also later claimed to have been paid a fortune to keep silent about a secret rendez-vous with a South African tanker a week before it sank. The *Salem's* oil would have been worth a fortune to South Africa at the time because the oil-producing states of the Middle East had maintained a strict embargo against it, in the light of its apartheid policies. And no explanation was ever offered by the company as to why the *Salem* had taken a month to reach Senegal — almost a week longer than normal.

The ship's captain, of course, dismissed his crewman's allegations, claiming he was only playing to the media's desire for intrigue where there was none. And it is unlikely that anyone ever will be able to solve the riddle of the ship that seemed to sink on cue — at least not without the corroboration of those involved.

PAUSE 10 seconds

Now you'll hear Part Two again.

TONE

REPEAT Part Two

PAUSE 5 seconds

That's the end of Part Two.

Now turn to Part Three.

PAUSE 5 seconds

Part 3

You will hear an interview with Kim Larson, author of the book 'Today's Spy.' For questions 18-22, choose the answer (A, B, C or D) which best fits what you hear.

You now have one minute in which to look at Part Three.

PAUSE 1 minute

TONE

Interviewer: Today's guest, Kim Larson, is author of the book *Today's Spy* which, as its title suggests, gives a fascinating insight into the modern world of spying. Kim, welcome.

Kim: Thank you, Sandy. It's a pleasure to be here.

Interviewer: So Kim, now that the Cold War is over and that the wall between East and West has come down, what is it that modern spies do with themselves all day?

Kim: One very controversial area of their activity is spying on large companies. Several firms have complained recently to the UK government that they have evidence that their internal communications are being monitored illegally and their research and development secrets passed on either to government agencies or competitors.

Interviewer: So what do governments gain from being involved in that kind of thing?

Kim: Well, such intelligence gathering from multinationals can give governments an edge in developing their own technology, or they can pass such information on to friendly nations in return for similar favours.

Interviewer: So obtaining industrial secrets has replaced gathering military intelligence?

Kim: Not entirely. It is true that your average spy will spend a lot less time trying to obtain details of the weapons initiatives of major powers such as the former Soviet Union, but intelligence agencies are now devoting a lot of their time to combating an illegal international trade in nuclear and chemical weapons and trying to prevent them falling into the hands of smaller countries and terrorist organisations. There are all sorts of people trying to gain access to weapons that are due to be destroyed now that international tension has eased.

Interviewer: So are terrorists the only kind of criminals that spies encounter in their work?

Kim: No. International organised crime is booming and many spies working in the field now have the task of infiltrating such organisations and helping law enforcement agencies in cases involving hacking, black marketeering and smuggling — the advent of the Internet has helped crime organisations extend their spheres of operation and combating them now requires more sophisticated methods of investigation.

Interviewer: So what do today's spies' new toys look like? I mean, James Bond used to have exploding lighters and briefcases that turned into helicopters. What do they use now?

Kim: Nothing quite so appealing in terms of special effects for your average movie-goer, but resources which are nonetheless staggering in terms of their surveillance potential. American keyhole satellites, for instance, are

said to be able to make out an object as small as a piece of fruit from an orbit of 250 miles above the earth, and closer to home, tiny spy cameras are being attached to bugs – both intelligent artificial ones and the likes of living cockroaches – to snoop within people’s walls.

Interviewer: Amazing. And so what can your average business person or citizen do if they think they are being spied on?

Kim: Well, of course the average person is far more likely to be the target of surveillance for investigative journalists or private eye agencies in cases such as domestic disputes but, if you do think that someone is snooping around or eavesdropping, there are various ways you can find out. Leave markers in documents that someone looking through in your absence is likely to disturb, or wedge something like a matchstick under your door that an unsuspecting intruder would break or disturb upon entry. You are obviously in a much better position to do something about being spied on if your pursuers do not know you are aware of their attentions.

Interviewer: Well, hoping that I haven’t said anything too subversive, we’ll have to stop there. Kim, thank you very much for sharing your experiences ...

PAUSE 10 seconds

Now you’ll hear Part Three again.

TONE

REPEAT Part Three

PAUSE 5 seconds

That’s the end of Part Three.

Now turn to Part Four.

PAUSE 5 seconds

Part 4

You will hear two writers, Hilary and Karl, discussing the art of travel writing. For questions 23-28, decide whether the opinions are expressed by only one of the speakers, or whether the speakers agree.

You now have thirty seconds in which to look at Part Four.

PAUSE 30 seconds

TONE

Presenter: It seems these days that the book-buying public has an almost insatiable appetite for travel writing. Here to discuss with me today the secrets of great travel writing are travel author Hilary Maxwell, and author and critic Karl Stern. A warm welcome to you both and let me begin by asking you why so many of us find books on other people’s journeys so appealing?

Hilary: I used to think the whole idea of going on a trip and writing about it for people who couldn’t come was quite a self-indulgent enterprise, but, in the modern travel writing genre, the sight-seeing dimension of the trip seems less important than the exposure to experience a journey provides – and for me this is what gives today’s travel writing its substance.

Karl: Obviously, in an age of mass tourism there are few places that an independent-minded traveller can no longer get to, so the essence of the recent popularity of travel writing must lie somewhere else – and I’d go along with the idea that it’s the human element of what is recorded rather than the taking of a reader to an exotic location that accounts for its modern appeal.

Hilary: And travel writers today seem far more prepared to make all the frequent nuisances and inconveniences that trips involve an integral part of the account of their journey. I feel the fact that travel writing is so much more down-to-earth these days must also be part of its increased appeal.

Karl: Let’s not get carried away. Writers, to my mind, are being just as selective as they ever were and seem to deliberately exploit the modern reader’s fascination with trivial detail – this does not in itself mean you get a truer picture of what a journey or place are like.

- Presenter: What about the mode of travel? How important is that?
- Hilary: In the modern media age there are obviously few really unique destinations where a camera has not already been, so the means of transport a writer uses becomes both a key part of the plot in travel writing and often a crucial element in structuring the subsequent writing – the form of the journey rather than the route taken seems to be what matters.
- Karl: I'd go as far as saying that the different means of travelling seem to give rise to different forms of reflection and observation in the writing. Things such as whether private or public transport is used, or whether the writer is a passenger or on foot, seem crucial in determining the shape of a book. But you can't rule out our fascination with certain types of route, though ... great crossings of oceans and continents still, it seems to me, hold a deeply alluring power and symbolism.
- Hilary: OK – there are certain types of voyage or trek that seem as though they have an inherent charm – like the coast to coast journey across the States or the round trip of Britain – but they are of little interest in themselves – it is how they are accomplished and what is recorded along the way that counts. There are also many wonderful examples of journeys where writers never get to where they had intended to go, and they can be just as satisfying.
- Karl: Doesn't that have something to do with the fact, though, that in the best travel writing writers are engaged in a deeper journey within themselves – in search of some truth that, once found, means that there is no need to continue?
- Hilary: I'd put it slightly differently but it probably amounts to the same thing. I think writers undertake journeys when in their lives they are facing major decisions or they've lost perspective and the journey gives them the space in which to resolve things.
- Karl: I think it's also fair to say, though, that there are a lot of people out there who have taken up a rucksack and a note-book simply because of the commercial success travel writing is currently enjoying, and quite a few people seem to be churning out books simply to cash in.
- Hilary: As someone who has struggled to make a living out of writing for years, I really don't see the harm in that – after all, writers write books to be read so why not target a keen and hungry public?
- Presenter: So what would each of you say are the current must-reads ?
- PAUSE 10 seconds
- Now you'll hear Part Four again.*
- TO NE
- REPEAT Part Four
- PAUSE 5 seconds
- That's the end of Part Four.*
- There'll now be a pause of five minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I'll remind you when there is one minute left, so that you're sure to finish in time.*
- PAUSE 4 minutes
- You have one more minute left.*
- PAUSE 1 minute
- That's the end of the test. Please stop now. Your supervisor will now collect all the question papers and answer sheets.*

Practice Test 6 – Paper 4 Listening

This is the Certificate of Proficiency in English Listening Test. Test 6.

I'm going to give you the instructions for this test. I'll introduce each part of the test and give you time to look at the questions.

At the start of each piece you'll hear this sound:

TONE

You'll hear each piece twice.

Remember, while you're listening, write your answers on the question paper. You'll have five minutes at the end of the test to copy your answers onto the separate answer sheet.

There will now be a pause. Please ask any questions now, because you must not speak during the test.

PAUSE 5 seconds

Part 1

Now open your question paper and look at Part One.

PAUSE 5 seconds

You will hear four different extracts. For questions 1-8, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

PAUSE 15 seconds

TONE

People are always asking about the money side of what I do. I am a trial lawyer that basically works on a 'no win, no fee' basis. I work for plaintiffs in personal injury cases and take about a third of the money that we recover for the injured party. But if we lose, I get nothing. I think people outside the States often wonder why American juries award massive amounts in damages, but you have to remember how we see things over here. Our basketballers in the States can earn \$100 million, so awarding \$1 million to a guy disfigured in a truck because of company negligence doesn't seem that much. People also seem to think I am the kind of guy that hangs around hospital waiting rooms in search of clients. There are lawyers known as ambulance chasers who do just that – I am sure you've seen them in the movies - but they tend to refer clients to me and then take a referral fee without having to do any of the legal work. The work I do is stressful, involves long hours and provides no guarantee of a pay cheque

at the end of a case – but I do it for the love of being a trial lawyer and being up there arguing a case in front of a jury willing to see justice done. Sure, the financial rewards are enticing, but I'd much rather be fighting for ordinary people whose lives have been devastated than getting criminals off, like so many of my colleagues do, on the grounds of some technicality.

PAUSE 5 seconds

TONE

REPEAT Extract Two

PAUSE 2 seconds

Extract Two

PAUSE 15 seconds

TONE

Man: Meals at home with the kids nowadays just aren't the same as when I was growing up. I can remember feeling a real sense of connection with my parents and siblings at the dinner table. I think it was at those times that we really bonded as a family, you know?

Woman: So what's different now?

Man: Well, the kids – who seem to nibble at things most of the day anyway – often snatch their meal off the table and sneak away to get on with whatever they've interrupted and the only way it seems to keep them seated is to have the TV blaring in the corner – that's if they're around at all.

Woman: It sounds as if you've got to start laying down a few ground rules which make dinner more of a family event.

Man: Such as?

Woman: Well – just ensure everyone is present and accounted for before you start to serve and insist that no one leaves halfway through. That's what I do, at least. And lay down the law too about mobiles, TV and computers being switched off during meal times. That way there'll be fewer distractions and the kids won't feel the same sense of urgency to dash back to whatever it is they've left.

Man: OK, but what about the fact that we all seem to be pulled in different directions and mealtimes just clash with other things?

Woman: Well, if family dinners seem to be out because of conflicting schedules, I think you've got to be creative and come up with alternatives, like some of my neighbours have done.

Man: And their secret is?

Woman: Giving the family a sense of ritual they can count on, at least at certain times during the week. One woman I know, whose husband works incredibly long hours, even packs up a picnic and takes three kids and dinner to him once a week.

PAUSE 5 seconds

TONE

REPEAT Extract Three

PAUSE 2 seconds

Extract Three

PAUSE 15 seconds

TONE

There's really no escaping tax. Every worker in Britain is given a tax code for the year by the Inland Revenue, which tells your employer how much you are entitled to earn before you start to pay tax. For a single person, the figure is about £4,500. As compensation for being married – some might say – married employees get a further allowance of about £2,000. But if your overall package with a company includes perks such as a company car or private medical insurance, the value of these will be deducted from your tax-free income entitlement – and what's left over becomes your tax-free figure. Another thing you'll need to watch is that when you start work for the first time, or your circumstances aren't known by your employer, you'll be given a dramatic-sounding 'emergency' tax code - this is where you pay the equivalent of a single person on basic tax allowance. This might mean that you are not getting all the tax relief due to you at first, but once your correct code is worked out you'll get a refund. Another case in which you're entitled to a refund, and one which is often overlooked, is when you don't work for a whole year. If you decide to move abroad, for example, and have worked considerably less than a whole year in this country, it is well-worth applying to have your tax situation re-assessed and you'll probably get a tidy sum back.

PAUSE 5 seconds

TONE

REPEAT Extract Four

PAUSE 2 seconds

Extract Four

PAUSE 15 seconds

TONE

Churchill's intuitive powers were evident throughout his life and he learned to obey them. But it was during wartime that their influence was most dramatic.

In 1941, for instance, Churchill made a habit of visiting aircraft batteries during night raids. Once, having watched a gun crew in action for some time, he went back to his staff car to depart. The near-side door was opened for him because it was on that side that he always sat. But, for some reason, he ignored the open door, walked round the car, opened the far-side door himself, and climbed in. Minutes later, as the car was speeding through the darkened streets of London, a bomb exploded close by. The force of the blast lifted the Prime Minister's vehicle on to two wheels, and it was on the verge of rolling over when it righted itself. "It must have been my bulk on that side of the car that pulled it back down," Churchill is said to have remarked.

Later, when his wife questioned him about the incident, Churchill said, "Something said 'Stop' before I reached the car door held open for me. It then appeared to me that I was being told I was meant to get in the other side and sit there – so that's what I did."

What the British Prime Minister had done was listen to the 'inner voice' that we usually refer to as intuition or a hunch, and heed its advice. Today we shall be looking at how this remarkable 'inner voice' so often helped shape the course of the war.

PAUSE 5 seconds

TONE

REPEAT Extract Four

PAUSE 2 seconds

That is the end of Part One.

Now turn to Part Two.

PAUSE 5 seconds

Part 2

You will hear part of a radio feature on the Millennium Bug and the different predictions people made about how the world would be affected. For questions 9-17, complete the sentences with a word or short phrase.

You now have forty-five seconds in which to look at Part Two.

PAUSE 45 seconds

TONE

The Millennium Bug, for those of you too lazy to cast your mind back to the beginning of this century, was the name given to the potential catastrophe awaiting the computerised world as the clocks chimed midnight on 31st December 1999. The fears, expressed by experts and fanatics alike, were that the world's estimated seven billion computer chips – in everything from faxes to cash machines and hospital equipment to sewerage systems – might simply crash, bringing many parts of the world to a standstill.

This doomsday scenario was based on the belief that many computers – especially those with old chips which had not been expected to last more than ten years – would be thrown into confusion as the last two digits of the date moved from 99 to 00. The most horrific predictions broadcast on talk-shows and circulating on the Internet foresaw general anarchy and looting as power grids shut down and potential nuclear catastrophe as errant missiles provoked a war between the superpowers.

Governments and businesses took the threat seriously too. Sainsbury's, the largest supermarket chain in Britain, spent £40 million in trying to foil the Bug and the Bank of England produced an extra £20 billion worth of bank notes because of fears that people would stockpile cash in case payment systems and cash machines malfunctioned. Investment analysts on Wall Street and elsewhere were also predicting that there was a good chance that the advent of the Bug could spark a global recession.

Many ordinary citizens too felt that the risks of chips crashing were sufficiently high to warrant taking sensible precautions. For some, this simply meant avoiding being on a plane or in a lift at the stroke of midnight. Many others across the globe thought it wise to stock emergency rations and get hold of some form of non-electrical heating and some on the lunatic fringes of various western societies armed themselves and took refuge in the hills. Then there were others who saw the Bug as an opportunity to run up huge sums on their credit cards – hoping that all their debts would disappear overnight as result of the crash.

And, as if expert opinion were not enough to fuel speculation that the Bug might bite, the press seized on every crumb of evidence of impending disaster. In Britain, for example, at the beginning of 1999, customers of one of the country's largest investment and insurance companies were sent letters informing them that new policies were valid from 1999 to 1900. And then as the world and government agencies waited with bated breath to see if the mass celebrations would come to a grinding halt nothingvirtually nothing ... A few toasters didn't pop up and the odd computer crashed.

The red faces of supposed computer experts were about the only visible sign that anything at all had happened in what must go down as probably the greatest non-event in history.

PAUSE 10 seconds

Now you'll hear Part Two again.

TONE

REPEAT Part Two

PAUSE 5 seconds

That is the end of Part Two.

Now turn to Part Three.

PAUSE 5 seconds

Part 3

You will hear an interview with an interior designer Zoe Carter . For questions 18-22, choose the answer (A, B, C or D) which best fits what you hear.

You now have one minute in which to look at Part Three.

PAUSE 1 minute

TONE

Interviewer: Our guest in our "Life Enhancement" slot today is interior designer Zoe Carter. Zoe, welcome.

Zoe: Hello.

Interviewer: Now, Zoe, if someone is thinking of completely redoing their home – where do they begin?

Zoe: Well, it's easy to understand why people might be daunted by the prospect. There are just so many decorating and furnishing alternatives out there and many people feel inhibited about exposing themselves to ridicule - after all, the way we choose to live will always invite comment from friends and neighbours and this tends to force the more self-conscious among us towards conventional choices. So I suppose you should start by making up your mind to see your own bold plan through to the end.

Interviewer: And where do people look for inspiration then?

Zoe: Well, many people might think it's in lifestyle or home magazines but I'd caution against this. Seeing what wealthy celebrities have done can be disheartening when you come to consider your own space and resources. I tend to think holidays are often the best source of inspiration for a change of surroundings at home because away from your familiar environment you are far more likely to be sensitive to colours, texture and light and how these affect your mood.

Interviewer: So once you have a clear sense of what you want to achieve, what are the points to consider?

Zoe: Be as open-minded as you can about the things you can change such as the position of walls and use of storage space and think as creatively as possible about features you can't change.

Interviewer: What do you mean features you can't change?

Zoe: Well, say someone lives in rented accommodation and ugly old pipes seem to stick out and dominate in the bathroom. For those easily discouraged, this might be reason enough to completely give up on the room and just give it a coat of paint now and again but, for those who rise to the challenge, what initially seems like an obstacle could become the source of inspiration for a change. I recently saw someone with just such a problem strip off all the old layers of paint to reveal the original metal of the pipes and then purposely select all the other fittings to blend in.

Interviewer: And how can we ensure we make the best use of space?

Zoe: First of all, how best to use space may come down to functional choices, for example, whether you combine your dining area with the kitchen or the living room. Such issues are never black and white and the decision should depend on how you see yourself using the various rooms. After that, two key elements in deciding on the utilisation of space in the home are unity and proportion. Rooms look awkward when there is a mishmash of conflicting styles clamouring for attention and, similarly, knocking a wall down to combine two previously separate spaces may make the features of each room seem out of scale. You should definitely strive to achieve harmony in style and proportion.

Interviewer: So big spaces are not necessarily better?

Zoe: Well, though space is obviously one of the luxuries of a modern era small spaces can still be used so that you can accentuate the appealing features of the enclosed space – cosiness, intimacy and the feeling of having everything within easy reach – without suffering the drawbacks. One very simple contrast, for example, is that between storage and display. Why hide, say, beautiful racks of clothes behind the cumbersome doors of a space-consuming built-in cupboard when you could open the whole thing up and provide depth and colour to a room.

Interviewer: Well, Zoe, you've certainly given us plenty of food for thought ...

PAUSE 10 seconds

Now you'll hear Part Three again.

TONE

REPEAT Part Three

PAUSE 5 seconds

That's the end of Part Three.

Now turn to Part Four.

Part 4

You will hear a weather reporter and an environmentalist discussing the issue of climate change. For questions 23-28, decide whether the opinions are expressed by only one of the speakers, or whether the speakers agree.

Write D for Duncan
J for Janice
or B for Both

You now have thirty seconds in which to look at Part Four.

PAUSE 30 seconds

TONE

Interviewer: I'm joined today by Duncan Asher – our resident weatherman – and Janice Pinker, from the environmental group Earth First, to discuss why the world's weather seems to be in such a volatile state. Welcome to you both. So is the world's weather changing for

Tapescripts

- the worse or is this all a storm in a teacup brewed by modern media images?
- Duncan: Well, about the only thing that you'll find much agreement on among climate experts is that climate depends on a multitude of factors, many of which we still do not understand.
- Janice: Yes, but surely it is incontrovertible that average temperatures are increasing at an alarming rate around the globe and are expected to continue to do so.
- Duncan: Undoubtedly, we are going through a spell in which average air surface temperatures are on the rise – and significantly so – but I think it's too early in the day to say that this in itself is the cause of weather havoc or is even necessarily undesirable.
- Janice: Surely, Duncan, you can't be advocating that anything good might actually come from the global warming which is imperiling our delicate ecological balance – its destructive potential is there for all to see. It is not pure coincidence that the freak weather we've witnessed during the last fifteen years has occurred at a time of unprecedented global warming.
- Duncan: But who's to say the change we've observed during the last century is not part of a subtler natural cycle of change? After all, between 1570 and 1730 there was an unusual spell of very cold weather in Europe that forced farmers from their fields. So could the more temperate weather we're now experiencing in Europe not be part of some natural seesaw cycle?
- Janice: Obviously, we cannot view the phenomenon of global warming in isolation from natural fluctuations in temperature across time but even the most conservative sources estimate that man's activity, mostly from burning fossil fuels, accounts for 60 percent of the increase in warming observed since 1850.
- Duncan: I don't necessarily disagree that society has had a hand in speeding up the rate of climate change recently and I am certainly not an apologist for industrial polluters, but I feel man's input into weather change has had as much to do with factors such as changes in cultivation and ranching methods and that it is far too early to say whether the current warming cycle will result in the ecological apocalypse many are predicting. It seems to me that many too readily make political capital out of weather events, with little to substantiate their claims.
- Janice: That's bound to happen when in a situation where real communities face a potentially catastrophic threat from shifting vegetation zones and receding coastlines. Politicians, whatever their motive, are simply identifying with the collective concern being expressed by people most directly affected.
- Duncan: Clouding the issue by relating freak weather to the development of global warming when no conclusive link has been established, though, doesn't help us to understand or predict weather changes or how they will impact on people's lives.
- Janice: As far as I am concerned, as an environmentalist, I don't care if people point to freak weather as a shock tactic, as long as it changes the public's complacent attitude to their part in promoting global warming. We need to get more people to see the bigger picture and recognise that aspects of modern living are damaging and destroying fragile ecological systems.
- Interviewer: Janice, Duncan, we'll have to stop there.
- PAUSE 10 seconds
- Now you'll hear Part Four again.*
- TONE
REPEAT Part Four
- PAUSE 5 seconds
- That's the end of Part Four.*
- There'll now be a pause of five minutes for you to copy your answers onto the separate answer sheet. Be sure to follow the numbering of all the questions. I'll remind you when there is one minute left, so that you're sure to finish in time.*
- PAUSE 4 minutes
- You have one more minute left.*
- PAUSE 1 minute
- That's the end of the test. Please stop now. Your supervisor will now collect all the question papers and answer sheets.*

Suggested Summaries Use of English

Part 5

Practice Test 1

People dislike language change due to a mistaken belief that at some time in the past the language was perfect, and that any change is therefore a degeneration of standards caused by carelessness and lack of knowledge. This idea that language should be preserved in its so-called perfect state is fuelled by nostalgia and social pressures, and also by a sense of insecurity at having one's linguistic ideals undermined.

Practice Test 2

Over the centuries various foreign influences affected the Mediterranean regional food culture. An example is the Muslim influence in the Middle Ages, when Arab and Ottoman invading armies and traders brought new or forgotten foodstuffs, including fruit, vegetables and oriental spices, and new cooking techniques. Despite some cross-cultural influences, generally local products and national cooking remain strong, but are supplemented by dishes from elsewhere brought by invaders in the past.

Practice Test 3

In the first text the potential negative aspects of bilingualism are seen as surmountable, and the writer gives advice to parents as to how to overcome or downplay problems that may arise. In the second text, by contrast, the negative aspects are presented as a reason why parents may decide against bilingualism for their children. Parents view the potential problems as insurmountable, though the writer does not agree.

Practice Test 4

The public may turn against celebrities if they become obsessed with their fame instead of fulfilling their perceived duty as symbols of qualities ordinary people lack. Also fame is accorded by the public, so in return they see it as their right to attack the celebrity mercilessly should he or she make any kind of mistake, be foolish or even just naïve.

Practice Test 5

According to the writers, both buildings and landscape are under threat. Although there are vast numbers of historical buildings, these are gradually being attacked due to lax planning regulations allowing substantial alterations to properties, and excessively lenient penalties for demolishing them. The countryside, meanwhile, is threatened by changes in farming, government policies and the gradual spread of towns. There is also a lack of laws protecting traditional features like hedgerows.

Practice Test 6

We need to be cautious because 'stress' is not easy to define. Although usually regarded as negative and associated with anxiety and depression, it can also be a positive force, warning us of danger and stimulating adrenalin to ensure better performance. Some experts even claim that 'stress' as such is non-existent, a meaningless term which it is just a modern obsession to use to describe normal negative feelings.