

## Unit Test 1

### Track 1

**Woman:** It's great to be in LA. This will be a wonderful holiday! Well, what are our plans for these days? There are so many things to do! Let's see! Tomorrow we're having a Christmas dinner with all the family! Then on the following day, we're going to the studios! Let me check the tickets... Where are they...? Here they are! Mmm... no... we're going to the studios on Wednesday... and we're visiting Laura on Tuesday. Then on Thursday we're driving to Pasadena and we're staying there for two days. On Saturday, we're going to Ontario, and then we're going back to Pasadena to relax a little. Finally, we're going out to watch the parade. What do you think? It sounds exciting, doesn't it?

## Unit Test 2

### Track 2

**Woman:** Now, let's talk about teenagers' life styles today. Many changes happen when you are a teenager. Eating a healthy diet and staying active will be good for your health and may help you deal with stress. At this age you have often got more freedom to choose what you want to eat and how you spend your free time. Don't spend too much time sitting down. Be active! You should try to do at least sixty minutes of physical activity a day, like walking, cycling, running or playing football. Three days a week, you should also try to do activities that include exercises to strengthen muscles and bones, such as push-ups or jumping jacks. Walking or cycling to school or college could also count as part of your daily routine. Joining a sports club or team will be a good opportunity to meet new friends.

## Unit Test 3

### Track 3

**Woman:** Listen to some easy ways to avoid or reduce the use of plastic:

**Number 1:** Whenever possible, buy food in glass jars and detergent in boxes, rather than in plastic bottles. Send a powerful message to the makers of those products that you don't like plastic packaging.

**Number 2:** Plastic bags are dangerous to wildlife. Keep reusable bags somewhere handy so that you don't forget them when you go to the supermarket or to the grocery.

**Number 3:** Plastic bottles are one of the top five most common types of rubbish found on beaches. Save the environment and money with reusable bottles.

**Number 4:** Keep a reusable cup in your schoolbag so that you have it at hand when you order or refill your drink.

**Number 5:** Drinking straws are usually found on the street. In most cases, drinking out of a straw is simply not necessary.

**Number 6:** Try to repair your electronic devices, instead of buying new ones. Or find a facility where you can turn your old gadgets in for recycling.

## Unit Test 4

### Track 4

1. What are extreme sports? Although there isn't a clear definition, extreme sports refer to those activities that can have a high level of danger for those performing them. They involve speed, altitude and great physical effort and energy. Extreme sports are associated with young people. People who do extreme sports usually play the sport without any formal coaching, while in traditional sports, formal training and coaching is provided to players to improve their skills. Some examples of extreme sports are rock climbing, skydiving and snowboarding.
2. One very extreme sport is known as base jumping. Base jumping is jumping from a fixed structure with the use of a parachute. 'Base' stands for the places or objects from which a participant can jump: a building, an antenna, a span, or bridge, and earth -or cliff. Due to the lower altitudes of the jumps, base jumping is more dangerous than skydiving from a plane. Although extreme sports are dangerous, they are very thrilling and exciting, and they can be very fun to watch and perform.

## Unit Test 5

### Track 5

**Friend:** What are you reading, Anne?

**Anne:** An article about ways to improve your memory.

**Friend:** What is it about?

**Anne:** Well, the food that we eat and we don't eat play an important role in our memory. Fresh vegetables are essential and... did you know that broccoli and walnuts contain substances that protect the health of the brain? And we shouldn't eat too much sugar... that's not good.

**Friend:** It sounds very interesting! Tell me more about it!

**Anne:** Exercising helps the brain's capacity to work. Exercise makes the interconnections of nerve cells stronger and protects the neurons from damage. And... listen, this is really interesting: multi-tasking can slower the brain down and then we can make more errors and become forgetful. Instead of multi-tasking we should develop mindfulness to help us stay focused and undistracted.

**Friend:** And how can we do that?

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**Anne:** Mmm, here's an example: if you find yourself trying to complete three or four tasks at once, stop and focus your attention back to one task only. If distracting thoughts enter your head, remind yourself that they are only projections. Allow them to pass by without stressing you out. You can then end your day with a short meditation session to help stop your mind from wandering and relax into a restful sleep.

**Friend:** That does not seem too difficult. I'll try it! Anything else?

**Anne:** Well... a good night's sleep is best for everybody. It improves our memories and our ability to think clearly the next day. There is more... but... I have to go now. Talk to you later!

**Friend:** Yeah! Thanks for the information! See you!

## Unit Test 6

### Track 6

**Speaker:** Dos and Don'ts of Packing.

Don't pack the basics. Don't take shampoo and deodorant with you. Buy these items once you get to your host city. Of course you'll need your toothpaste and maybe the deodorant, but be smart and use travel sizes.

Do bring comfortable shoes. If you only bring one pair of shoes with you, go for the most comfortable pair!

Don't let your passport, ticket, credit and debit cards, some cash and your new address leave your person at any time. The worst thing that could happen is to arrive and find out your baggage didn't make it and you have no way of getting to your new home. Buy a travel wallet and secure your important document in a pocket inside your bag. Never let them out of your sight.

Do bring a few small gifts from home, especially if you're staying with a host family. They'll be delighted to receive something from your home country and will return the favour before you leave.

## Unit Test 7

### Track 7

**Woman:** Are you looking for a new job? Everybody worries about things like how to write a résumé or dress for an interview. Today, we'll talk about something else you should focus on: personality traits. What kind of people are companies looking for? Let's see...

The first thing they're looking for are confident professionals. Then, in the second place, they're looking for responsible, hardworking employees. Because people who fulfill their applications and get things done are hard to find. Next, they're

looking for creative candidates. Creativity is one of this century's most valued traits. People need to innovate and adapt things... but most importantly, people have to think outside the box. Being patient is also important. People must be able to deal with a difficult person or situation without losing their cool. Now... what is it that companies don't want? They don't want dishonest people. People who steal not only material things but ideas in the workplace. Finally, companies will never hire an unfriendly person. They believe that there is enough stress without having to deal with difficult co-workers. So, think it over, and good luck!

## Unit Test 8

### Track 8

**Woman:** Types of Cyberbullying.

**Harassment:** the bully sends offensive and malicious messages to a person or group. Cyberstalking is one form of harassment that can lead to physical harassment in the offline world.

**Flaming:** it refers to an online fight via emails, instant messaging or chat rooms. It is a type of public bullying that often uses strong language, or images directed to a specific person.

**Masquerading:** it is a situation where a bully creates a fake identity to harass someone anonymously. The bully can pretend to be someone else when sending malicious messages to the victim.

**Outing:** it is when a bully makes public personal and private information, pictures or videos about someone. A person is 'outed' when his information has been disseminated throughout the Internet.

**Exclusion:** it is the act of intentionally leaving a person out of an online group, such as chats and sites. The group then leaves malicious comments and harasses the person they left out.

## Mid-term Test

### Track 9

**Woman:** What's the ozone layer? The ozone layer is a natural layer of gas in the upper atmosphere which protects humans and other living things from the harmful ultraviolet rays of the sun. Most ozone, about ninety percent, exists in a layer between 10 and 50 kilometres above the surface of the earth. What reduces the ozone layer? The scientific evidence shows that certain man-made chemicals are responsible for the global ozone reduction. These chemicals are industrial gases which have been used for many years in products like aerosol sprays, refrigerators and air conditioners. What is the ozone hole? Ozone destruction is



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greatest at the South Pole. It occurs mainly from August to November. This destruction creates the ozone hole in the Antarctic.

What are the health effects of ozone reduction? Increased UV levels at the earth's surface are damaging human's health. The negative effects increase the frequency of certain types of skin cancer and respiratory illnesses.

### Final Test

#### Track 10

**Woman:** If you are feeling stressed, it's time to put the following relaxation plan into action. I'll give you a few relaxation strategies to try before, during and after your holiday:

First of all, exercise. Maybe you don't believe it, but even planning your holiday can be stressful. Exercising helps you reduce tension. Then, spend time in nature. Just five minutes is enough to reduce stress, and –of course- this also helps you relax. Something you shouldn't forget is to leave plenty of time for the activities that you most enjoy doing, like dancing or watching the sunset.

Stay positive. When you are optimistic, it's easier to deal with stress. What else can I tell you? Oh, yes! You have to live in the present. Finally, don't forget to take a break or meditate whenever it's possible.