

Cambridge
B2 First
Listening
Test 1

You will hear people speaking in eight different situations. For questions 1–8, select the best answer A, B or C. Read the questions carefully before playing the audio. In the exam, you will have the opportunity to listen to each recording twice.

- 1** You hear two people talking about a department store called Murrays. What is the man complaining about?
 - A** Product choice
 - B** Customer service
 - C** Opening hours

- 2** You hear a woman talking about photography on a radio show. What does she think about photo-editing software?
 - A** People rely on it too much.
 - B** It makes people less creative.
 - C** It is difficult to use effectively.

- 3** You hear an announcement at the train station. What is the speaker doing?
 - A** Promoting a service
 - B** Making an apology
 - C** Giving an update

- 4** You overhear two friends who have just been to a concert. What do they agree on?
 - A** The concert was disappointing.
 - B** The venue was unsuitable.
 - C** The ticket price was too high.

- 5 You hear two athletes talking about their new coach. How does the woman feel?
- A She is worried about the coach's expectations.
 - B She is confused about the coach's methods.
 - C She is enthusiastic about the coach's experience.
- 6 You hear a woman leaving a voicemail message. What is the problem?
- A She arrived late for her meeting.
 - B The airline lost her luggage.
 - C Her flight was cancelled.
- 7 You hear an interview with a film director on a podcast. What is unusual about his latest film?
- A The soundtrack
 - B The cast
 - C The subject
- 8 You overhear two friends talking in a restaurant. What is the girl doing?
- A Offering to share some dishes with the boy
 - B Recommending a dish to the boy
 - C Persuading the boy to order more dishes

You will hear Aisha Hawkins, an architecture graduate, talking about her studies and career. For questions 9–18, complete the sentence with a word or short phrase (a maximum of three words). Read the questions carefully before playing the audio. In the exam, you will have the opportunity to listen to each recording twice.

Aisha always enjoyed school lessons which involved **9)**_____.

Aisha was inspired to train as an architect during a **10)**_____.

Her school tutors advised her to take additional **11)**_____ classes to help her prepare for university.

Aisha's parents were pleased when she decided to select the most **12)**_____ course.

Architecture students must be prepared for **13)**_____ that students on other programmes do not have.

Aisha says her degree was less challenging than the **14)**_____ afterwards.

Aisha chose her current position because it offered the best **15)**_____.

Her most enjoyable project so far has been designing a **16)**_____.

She most enjoys projects where she has a lot of **17)**_____.

Aisha says that **18)**_____ is the most important aspect of all design projects.

You will hear five different people talking about eating out. For questions 19–23, select from the list (A–H) what each person speaks about. There are three extra statements which you do not have to use. Read the questions carefully before playing the audio. In the exam, you will have the opportunity to listen to each recording twice.

Which person speaks about:

A preferring to make food at home

Speaker 1

	19
--	-----------

B struggling to feel comfortable in restaurants

Speaker 2

	20
--	-----------

C valuing good service

Speaker 3

	21
--	-----------

D trying unusual dishes

Speaker 4

	22
--	-----------

E deciding where to eat

Speaker 5

	23
--	-----------

F missing old-fashioned restaurants

G paying the bill

H ordering more than they need

You will hear an interview with a psychologist called Helen Simpson, who is talking about mindfulness. For questions 24–30, select the best answer A, B or C. Read the questions carefully before playing the audio. In the exam, you will have the opportunity to listen to each recording twice.

- 24** What is the purpose of Dr Simpson's book?
- A** Correcting some misunderstandings about mindfulness
 - B** Showing the practical uses of mindfulness
 - C** Explaining the reasons for the popularity of mindfulness.
- 25** Dr Simpson believes most people suffer from stress because they:
- A** use technology too much.
 - B** find it difficult to manage their time.
 - C** try to do too many things at once.
- 26** What did the American study discover about 'mind-wandering'?
- A** It makes people less happy.
 - B** It affects people's physical health.
 - C** It stops people being productive.
- 27** When did Dr Simpson become interested in mindfulness?
- A** When she attended a seminar at a conference
 - B** While she was researching business professionals
 - C** While she was working in a high-pressure environment

- 28** What does Dr Simpson say about mindfulness training?
- A** It involves focusing on an object.
 - B** It takes a lot of time to learn.
 - C** It requires all five senses.
- 29** When doing mindfulness exercises, most of her clients initially feel:
- A** anxious.
 - B** embarrassed.
 - C** suspicious.
- 30** Dr Simpson suggests that all listeners should try:
- A** focusing on their food more.
 - B** doing some new creative activities.
 - C** increasing their physical exercise.

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Test 1

Part 1							
1	B	2	A	3	C	4	B
5	A	6	B	7	C	8	C

Part 2	
9	solving problems / problem-solving
10	school trip
11	maths
12	flexible
13	expenses
14	qualifying exams
15	training / training opportunities
16	library / city library
17	input
18	compromise

Part 3					
19	D	20	E	21	B
22	H	23	C		

Part 4					
24	B	25	C	26	A
27	C	28	A	29	B
30	C				

Part 1

Audio track: B2_Listening_1_1.mp3

Part 1. You will hear people talking in eight different situations. For questions 1 to 8, you must choose the best answer: A, B or C.

Question 1 You hear two people talking about a department store called Murrays. What is the man complaining about?

[tone]

Speaker 1 Have you shopped at Murrays recently? I can't believe how much it's changed.

Speaker 2 Not for years! Have they still got their amazing toy department? Going there when I was a kid used to be such a treat!

Speaker 1 Well, I doubt you'd enjoy it now. They've still got some decent products, but all the staff look so miserable.

Speaker 2 Well, they're standing on their feet all day, having to deal with demanding customers. Don't forget they're open much later than other places in town. They're probably exhausted!

Speaker 1 That's no excuse! If they're going to be rude, I'll just stick to shopping online.

[tone]

Question 2 You hear a woman talking about photography on a radio show. What does she think about photo-editing software?

[tone]

Now, a growing number of people wouldn't dream of sharing their pictures online until they've been enhanced using photo-editing software. And the different effects you can achieve with this technology are really stunning. It's great to see people experimenting with what the software can do, but let's be honest: most of us can tell when images have been edited, can't we? And I do worry that people just end up depending heavily on digital editing rather than trying to take good photos in the first place.

[tone]

Question 3 You hear an announcement at the train station. What is the speaker doing?

[tone]

Due to adverse weather conditions in the eastern region, we regret to inform passengers that several services are running late, including all coastal line services. Passengers are advised to check the screens in the main hall for further information, or download the station app to get the most up-to-date travel information. As a result of these delays, the 10:15 service to Whitebeach will now depart from Platform 2. And we also politely remind passengers not to leave their luggage unattended on the platforms. Thank you.

[tone]

Question 4 You overhear two friends who have just been to a concert. What do they agree on?

[tone]

Speaker 1 That wasn't what I'd expected at all!

Speaker 2 It sounds like you weren't impressed. I thought they were brilliant!

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Speaker 1 Don't get me wrong, I enjoyed it. But they didn't have the same energy they have in their videos.

Speaker 2 Well, there's not much you can do in such a small space, is there? I mean, the way they perform definitely suits much larger theatres.

Speaker 1 Yes, I'm surprised they agreed to play at the local café. I don't think it worked.

Speaker 2 You're right, but this was just charity gig, so we can't really expect much. For the amount they were charging, I think they were amazing.

[tone]

Question 5 You hear two athletes talking about their new coach. How does the woman feel?

[tone]

Speaker 1 I see you're working with Mel Phillips. She really knows her stuff, doesn't she? You'll learn so much from her.

Speaker 2 Everyone keeps saying that! I know she's coached so many champions, but it's still early days so let's wait and see.

Speaker 1 Well, you'll need to put the work in.

Speaker 2 Tell me about it! Our first training session was far harder than anything I've ever done before. I don't think she was very impressed with me. What if I never reach the level she wants?

Speaker 1 Mel's like that with everyone. She's got really high standards, so she's hard to please. But you'll be fine.

Speaker 2 Oh, I hope you're right.

[tone]

Question 6 You hear a woman leaving a voicemail message. What is the problem?

[tone]

Hi Rob, it's Alison. It's been a total disaster today. I arrived in London okay, but my bags didn't! I've called the airline and they're to trying to find out what's happened. They can't find any record of my bags being loaded onto my connecting flight, so they're not sure if they're in Dubai or if they're still in Bangkok. I'm so angry! Can you call the client and explain what's happened? I mean, I have my laptop, fortunately, but I can't go to the meeting in my travel clothes, can I? And worse, I won't be able to show them our products.

[tone]

Question 7 You hear an interview with a film director on a podcast. What is unusual about his latest film?

[tone]

Speaker 1 Today's guest is Max Frost, who's here to talk about his latest film 'The Last Road'. It's a great film, Max, and fans will be delighted to see some familiar faces...

Speaker 2 Thanks, yes, I was so lucky to work with Robert Jones and Anya Merton again. They're fantastic performers.

Speaker 1 But 'The Last Road' isn't a typical Max Frost film, is it?

Speaker 2 Well, it's still got many of the things I'm known for, like my use of special effects and music. But, yes, 'The Last Road' is certainly more serious in tone. And it's about farming, which isn't something that you usually see on cinema screens!

[tone]

Question 8 You overhear two friends talking in a restaurant. What is the girl doing?

[tone]

Speaker 1 Have you chosen yet? I'm definitely getting the pasta and a few side dishes too. They do an amazing potato salad.

Speaker 2 I'm not sure. I quite fancy a salad, but I'm pretty hungry.

Speaker 1 Honestly, that won't be enough. You know that the portions here are quite small. Anyway, you always complain that you haven't ordered enough, and then you try to steal some of mine!

Speaker 2 Well, maybe we should just get a selection of dishes to enjoy together?

Speaker 1 No, I'd rather not because we have different tastes. But you should definitely get a burger or something to go with the salad.

[tone]

Part 2**Audio track: B2_Listening_1_2.mp3**

Part 2. You hear Aisha Hawkins, an architecture graduate, talking about her studies and career. For questions 9 to 18, complete the sentences with a word or short phrase.

[tone]

Being an architect is definitely the right career for me, but strangely it wasn't something I'd always dreamt of doing. I mean, at school I used to enjoy solving problems in class. I knew I wanted a job which involved doing that, but I thought I'd end up doing something like medicine.

Actually, I didn't really know anything about architecture until I went to Barcelona when I was about 13 or 14. It was a school trip, not a family holiday, and we were there to study the architecture. Seeing all the amazing, unusual buildings really inspired me. So, really, that was when I decided I wanted to become an architect.

My teachers gave me some excellent advice about applying to university architecture programmes. They suggested I should do extra maths classes before starting my degree. I'm glad I listened to them because doing that really helped me prepare for my university classes.

And of course, I discussed my university plans with my parents too! They helped me compare the benefits of full-time courses and online degrees, but obviously I had to make the final decision. I decided to find a course that was as flexible as possible, and my parents were very happy about that. They'd been a little concerned that an architecture degree might be too limiting if I decided to do something else later.

One thing I'd say to any student thinking about doing an architecture degree is that you need to consider the financial side very carefully. You'll have expenses that other students won't have to deal with. So it's important to be prepared for that.

Something many people don't realise is that you automatically become an architect just by completing a degree. I loved doing my degree and learnt a lot from it, but I knew that if I wanted to work as an architect, I'd also need to pass qualifying exams afterwards. Those are even harder than the degree, and you take them after completing some practical training.

I'm now fully qualified and working for a firm of architects in London. Before I chose this role, I was actually offered positions with several different companies. Some of them offered a better salary than my current role, but I think I made the right choice. None of those companies offered any good training opportunities, and I think that's essential for newly qualified architects. I love my role because I always have the chance to develop my skills.

There's so much variety in my job. I can't imagine ever getting bored! One day I'm

designing government buildings, the next, a family home. If I had to choose my favourite project so far, it would probably be one I did last year. I was part of the team that designed a city library.

It might not sound very interesting, but there was actually a lot to think about. And what made it particularly enjoyable is that I had a lot of input. I really love those types of projects. It's a great feeling to know that I really helped shape the final design. It doesn't always happen like that!

In fact, the original design idea is often quite different to what is actually built. So I'd say that the key thing needed in all design projects is compromise. It's essential. I mean, even if you think your design is perfect, the client is likely to request certain changes. You have to incorporate those wishes into the design, regardless of your personal preferences.

[tone]

Part 3

Audio track: B2_Listening_1_3.mp3

Part 3. You will hear five short extracts in which people are talking about a common topic. For questions 19 to 23, choose the best answer: A–H. Use the letters only once. There are three extra statements which are not attributed to a speaker.

[tone]

You hear five people talking about eating out.

- Speaker 1* Eating out with friends is such a sociable, fun thing to do, especially if the whole group orders different things to share. This doesn't have to be very expensive if you go when restaurants are running special deals. I'd describe myself as quite adventurous when it comes to eating out. I'm always looking for new places to try, and I tend to choose the things on the menu that I've never heard of, or things that seem a bit odd. I mean, what's the point of ordering the same things that you'd cook at home?
- Speaker 2* Do you know the expression "your eyes are bigger than your belly"? Well, that's me, I'm afraid! I can't help ordering too much when I see all the exciting dishes on the menu. To be fair, some restaurants serve quite small portions, so I never know how much to order. But even so, I always end up with things that I can't finish. But restaurants are usually happy to wrap up whatever you can't finish so that you can take it away with you to finish later. That's great because I hate the idea of wasting food.
- Speaker 3* I think famous TV chefs and social media trends have made eating out more popular nowadays than it used to be. You know, people want to try the latest food trends, or go to the coolest place to eat, don't they? But for me, eating out's something I can only afford to do for special occasions. I don't want to waste my time or money going somewhere I don't like. I might read restaurant reviews or ask friends for recommendations, but I usually stick to my favourite restaurants instead of going somewhere new.
- Speaker 4* If it takes all night to get your food or if the staff are rude, it can spoil the experience of eating out. I've been going to the same place for years because all the staff make you feel really welcome. They don't have the best menu or prices in town, but nowhere else can match the quality of their service. I think some of the newer, trendy restaurants forget about the importance of this aspect.
- Speaker 5* Don't get me wrong, I do like going to restaurants. As the person who makes all the family meals, it's a treat not having to cook once in a while! But it's not particularly

relaxing, is it? Restaurants are either too crowded so you can't hear what anyone's saying, or they have seats that are too hard. It drives me crazy when they play music as well. Who wants that when they're having dinner? I don't know if it's just me, but I feel like I have to look smart when I eat out. I don't really like that, to be honest.

Part 4

Audio track: B2_Listening_1_4.mp3

Part 4. You hear an interview with a psychologist called Helen Simpson, who is talking about mindfulness. For questions 24 to 30, choose the best answer: A, B or C.

[tone]

Interviewer Hello, and welcome to the show. Today we're discussing one of the biggest lifestyle trends in recent years: mindfulness. I'm joined by psychologist Dr Helen Simpson who's written a book on the subject called *The Road to Mindfulness*. Welcome, Dr Simpson.

Speaker 1 Thank you.

Interviewer Dr Simpson, I think many people are confused about the term 'mindfulness'. It's everywhere these days – I've even seen advertisements for 'mindfulness soap', whatever that means!

Speaker 1 Well, unfortunately, companies misuse the term to sell products. But actually, 'mindfulness' simply means feeling connected to what's happening around us. That might sound complicated, but in my book I show people how to apply simple mindfulness techniques to improve their lives.

Interviewer It sounds like mindfulness is a way of thinking.

Speaker 1 Yes, exactly. Mindfulness helps us focus on the present, making us feel calmer. And it's something we need now more than ever. There's clear evidence that people's stress levels are increasing.

Interviewer Oh dear! So what's causing that?

Speaker 1 Well, the main problem seems to be multi-tasking.

Interviewer But isn't that supposed to be an efficient use of our time?

Speaker That's what we assume. But when we have a conversation with a friend while checking our social media and thinking about work emails, we simply cannot focus. We just end up feeling under pressure.

Interviewer And we achieve less when we're stressed.

Speaker 1 Yes, and don't forget the impact stress can have on our body too. But we also need to talk about mind-wandering.

Interviewer Ah, yes, you mention that in your book. Could you explain what you mean?

Speaker 1 Not focusing on the current task because you're thinking about something else. And research conducted in the US suggests that mind-wandering actually has a negative impact on our happiness.

Interviewer And talking about research, you've investigated mindfulness training in work environments, haven't you?

Speaker 1 That's right. Mindfulness is a subject that's discussed a lot at academic conferences. So although I'd heard about it in seminars, it didn't really attract my attention until I was having problems coping with my own work pressures.

Interviewer OK, so I think the listeners would love to know what you mean by 'mindfulness training'.

Speaker 1 Well, it's about developing our ability to focus. We aim to direct our full attention to something and really notice things about that object, like sounds, sights and our own thoughts. Over time, we become better at focusing and being aware of our own

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feelings.

Interviewer So can you give us an example of a mindfulness exercise you'd do with a client?

Speaker 1 Well, I'd start by asking them to do a simple task like washing some plates. I'd get them to concentrate on exactly how the water feels, what they can hear, and so on. And yes, the clients feel a bit silly at first! But they soon relax and they understand the purpose of the task. They start to see the value of just staying in the present moment.

Interviewer Well, we're nearly out of time but do you have any other mindfulness tips?

Speaker 1 Well, things like drawing or painting are great for mindfulness, and any type of outdoor exercise is too. But there's something even simpler that anyone can do. The next time you're eating a meal, give it your full attention. Don't look at your phone or watch TV. Instead, really focus on what you're eating, how it tastes, how it looks, whether you're enjoying it. Everyone should try give it a try. It's like eating for the very first time!

Interviewer How interesting! Well, thank you Dr Simpson...

[tone]