

Cambridge C1 Advanced Listening

Test 1

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You will hear three different extracts. For questions 1–6, select the best answer A, B or C. There are two questions for each extract. Read the questions carefully before playing the audio. In the exam, you will have the opportunity to listen to each recording twice.

Extract One

- 1** You hear two colleagues discussing a staff meeting that has been arranged. What issue do the colleagues disagree about?
- A** Planning time off in advance
 - B** Sending work emails after office hours
 - C** Asking staff to work at weekends
- 2** What does the woman suggest about work conditions in her job?
- A** Employees rarely get the time off they request.
 - B** There is a supportive work environment.
 - C** The company treats employees with children differently.

Extract Two

- 3** You hear two friends discussing the topic of marketing. What is the woman's criticism of online marketing?
- A** It has an impact on consumers' data privacy.
 - B** It rarely increases sales for businesses.
 - C** It makes using the internet less enjoyable.

- 4 Why does the man mention store loyalty cards?
- A To support the main point the woman is making
 - B To express a reservation about the woman's interpretation
 - C To suggest a solution to the issue raised by the woman

Extract Three

- 5 You hear a woman telling her friend about a job offer she has received. What is she doing during the conversation?
- A Justifying the decision she made about the offer
 - B Comparing the advantages and disadvantages of the job
 - C Expressing her pride in being offered the position
- 6 What point does the man make about 'culture shock'?
- A It may affect people in different ways.
 - B There might be a delay before people experience it.
 - C It can provide people with a new perspective on life.

You will hear a business owner called Amanda Thorpe talking about working with family. For questions 7–14, 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.

Working in a Family Business

Amanda says her family almost lost their business during the

7) _____ when she was a child.

She thinks the close bond between family members can be an

8) _____ when it comes to business.

She thinks it's essential to set clear 9) _____ when working with family members.

Amanda gets annoyed when people assume she received

10) _____ when working in the family business.

She decided to take a degree in 11) _____ after working in her family's business at weekends when she was young.

In her role as an independent consultant, Amanda helped her family improve the

12) _____ in the business.

She feels that working for other companies has enabled her to have a more

13) _____ view of her family's business.

Amanda's branch of the business specialises in 14) _____, and she believes this is a market with great potential.

You will hear an interview in which two food experts, Mary Palmer and John Hunt, are talking about food broadcasting and publishing. For questions 15–20, 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.

- 15** What does Mary say about her first experience of being on TV?
- A** It was a let-down after she had dreamt of doing it for so long.
 - B** It changed her perceptions of the TV industry.
 - C** She was relieved that she was given so much support.
 - D** She felt that she had to make up for her lack of experience.
- 16** When Mary was given her own cookery series to present, she was:
- A** eager to reach a brand-new type of viewer.
 - B** confident that the series would be a hit.
 - C** surprised that the producers had trusted her.
 - D** unprepared for how it would change her life.
- 17** What is Mary's opinion of current TV cookery shows?
- A** They serve as a reflection of what is happening in society.
 - B** Their focus on fancy ingredients puts many viewers off.
 - C** Their main aim is to inspire rather than educate.
 - D** They are vital in the absence of domestic science lessons.

- 18** John mentions avocados to make the point that:
- A** interest in foreign cuisine has never been greater.
 - B** the media sets the agenda in terms of food trends.
 - C** it is hard to predict which ingredients will catch on.
 - D** People are getting mixed messages about healthy eating.
- 19** Mary and John have different views about vegan food in terms of:
- A** whether its environmental credentials have been exaggerated.
 - B** whether it is likely to become the dominant type of diet.
 - C** whether young people have driven its recent popularity.
 - D** whether health is the main factor driving its popularity.
- 20** When asked about their future career plans, Mary and John reveal:
- A** concerns about the direction their industry is heading.
 - B** intentions to launch businesses outside their industry.
 - C** desires to make their industry open to diverse voices.
 - D** commitments to raising their profile in their industry.

You will hear five short extracts in which people are talking about their attempts to get healthier. Read the questions carefully before playing the audio. In the exam, you will have the opportunity to listen to each recording twice.

Task One

For questions 21–25, select from the list (A–H) the reason each speaker gives for wanting to get healthier.

Task Two

For questions 26–30, select from the list (A–H) what each speaker feels about their new lifestyle.

Task One

A Wanting to take control of their life

Speaker 1

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

B Fulfilling a work requirement

Speaker 2

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

C Training for a sports competition

Speaker 3

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

D Feeling dissatisfied with their level of fitness

Speaker 4

	24
--	-----------

E Setting a good example for their children

Speaker 5

	25
--	-----------

F Making it easier to enjoy their hobbies

G Preparing for an important expedition

H Wanting to gain more confidence

Task Two

A Embarrassed that they didn't make a change sooner

Speaker 1

	26
--	-----------

B Relieved that their hard work has paid off

Speaker 2

	27
--	-----------

C Grateful for the support of other people

Speaker 3

	28
--	-----------

D Surprised at how enjoyable their new life is

Speaker 4

	29
--	-----------

E Satisfied they have chosen the right approach

Speaker 5

	30
--	-----------

F Motivated by their progress so far

G Conscious of how easy it is to pick up bad habits

H Inspired to pursue fitness professionally

Test 1

Test 1

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

Part 2	
7	recession
8	asset / important asset
9	boundaries
10	special treatment
11	tourism management
12	IT systems
13	objective
14	adventure tourism

Part 3					
15	D	16	A	17	A
18	C	19	B	20	C

Part 4					
21	G	22	B	23	E
24	A	25	D	26	F
27	C	28	B	29	H
30	E				

Part 1**Audio track: C1_Listening_1_1.mp3**

Part 1. You will hear three different extracts. For questions 1 to 6, you must choose the best answer: A, B or C. There are two questions for each extract.

Extract 1 You hear two colleagues discussing a staff meeting that has been arranged. Now look at questions 1 and 2.

[tone]

Speaker 1 Any ideas what the meeting's about?

Speaker 2 I'm not sure, but there have been complaints about us having to come into the office at weekends.

Speaker 2 Rightly so! It's totally unacceptable to demand that.

Speaker 1 Definitely. I wonder what else is on the agenda?

Speaker 2 Well, I hope someone raises the issue of managers emailing in the evenings.

Speaker 2 I don't have a problem with that, actually. Provided managers don't demand an instant response, it's OK.

Speaker 1 No way! It's so stressful discovering all those emails in the morning.

Speaker 2 I'd rather focus on staff holidays. You know, people suddenly booking time off without any prior warning.

Speaker 1 The fairest thing would be to get everyone to choose which weeks they want to book off at the start of the year.

Speaker 2 Completely agree. But as usual, parents will be given priority because of school schedules.

Speaker 1 Well, I don't mind taking my holiday at another time to accommodate that. There needs to be some give and take.

Speaker 2 But that's my point. It never works the other way round, does it? Who steps up and helps us when we need it?

Speaker 1 Well, we shouldn't blame colleagues for wanting to spend time with their families! We're all entitled to time off. And we should be putting pressure on management to give us the support we need.

Speaker 2 True.

[tone]

Extract 2 You hear two friends discussing the topic of marketing. Now look at questions 3 and 4.

[tone]

Speaker 1 Look at all these pop-up ads on my social media feed! I just want to catch up on what my friends have been doing, not get recommendations on what shoes to buy!

Speaker 2 Sadly, it's part and parcel of being online, isn't it? You can't really do anything when you're bombarded with advertising. Fortunately, it's pretty easy to ignore.

Speaker 1 But does this type of marketing even work? I mean, I've never been tempted to buy something just because of a random advertisement.

Speaker 2 Oh, you'd be surprised. Apparently, it has a major impact on what we end up buying. But what's more worrying is that companies can track what you're clicking on to get information about you. I think most people would be furious if they realised just how

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much companies are monitoring what they're doing.

Speaker 1 But lots of people happily give up their private information to companies without even questioning it. Just think about store loyalty cards.

Speaker 2 You mean where you earn rewards every time you buy something at a particular shop?

Speaker 1 Yes. Obviously, you're sharing your data and your shopping habits with that store. If people were so concerned about companies monitoring them, would they sign up?

Speaker 2 I hadn't thought of that, actually!
[tone]

Extract 3 **You hear a woman telling her friend about a job offer she has received. Now look at questions 5 and 6.**

[tone]

Speaker 1 I hear you've been offered the chance to work for a company in Paris. That's amazing, Jen!

Speaker 2 Thanks, Ed. Yes, I can't believe I was offered such an opportunity. But I've made the right choice. I mean, I don't even speak the language!

Speaker 1 You're not going?

Speaker 2 Well, I was definitely tempted but I ended up deciding to turn it down. I haven't told the company yet.

Speaker 1 That's a pity. You'd soon pick up enough French to get by.

Speaker 2 Maybe, but the prospect of being so far from home didn't appeal.

Speaker 1 Well, you managed during your degree.

Speaker 2 That wasn't overseas! Adapting to a new culture is bound to be more stressful.

Speaker 1 Yes, absolutely. But you know, most people find it gets easier over time. That was certainly the case for me when I spent a year in India as a student.

Speaker 2 Maybe, but it's the last thing you need when you're also trying to settle into a brand-new job.

Speaker 1 Well, I'm not saying that culture shock is easy, but it can also bring positives. It helped me look at things in ways that I'd never considered before. It really does encourage you to be more open-minded about life.

Speaker 2 Well, I still think I'm doing the right thing.
[tone]

Part 2

Audio track: C1_Listening_1_2.mp3

Part 2. You hear a business owner called Amanda Thorpe talking about working with family. For questions 7 to 14, complete the sentences with a word or short phrase.

[tone]

My family has been in the hospitality sector for generations, starting with my great-grandfather who opened a small seafood restaurant. Since then, the business has expanded to include a hotel, and now my tour company. But it's not always been smooth sailing – there was a recession in my country when I was very young, and I remember the family lost almost everything they had worked so hard for.

Fortunately, we managed to come through the hard times, and that's where I think having a close bond with your family is such an important asset in business. When the business isn't going well, it's easier for everyone to pull together. If you're an

employee in a company, it might be tempting to find another job when things aren't going well. But when your colleagues are your relatives, you can't really walk away!

While that can obviously be a positive in terms of going the extra mile for the business, working with the most important people in your life can also present challenges. For instance, it can be difficult to switch off from work when you're involved in a family business. That's why setting clear boundaries is essential – you really do need to differentiate between your professional role and your personal life.

It's also worth saying that my family didn't just hand me everything on a plate. That's one of the most annoying assumptions I hear about people who work in their parents' business. You know, people imagine you get special treatment compared to other employees, but that's not true at all. If anything, I've had to work extra hard to prove myself. I started at the bottom and worked my way up.

In fact, I wasn't put under any pressure to join the family business. But of course I was exposed to lots of opportunities to learn about the hotel and restaurant, so naturally my interest grew. I loved working for my family at weekends, and that helped me understand how the overall business operated. I decided to pursue a degree in tourism management, and that opened my eyes to further possibilities in the sector.

After graduation, I expanded my knowledge of the field by working in various roles for different types of business. I also helped my parents update their IT systems, which really helped them run everything more efficiently. But at that point I was helping them out as an independent consultant, so I didn't have a permanent role. I didn't get fully involved in the business until I was in my 30's.

I think having spent time working for other companies gave me a more objective perspective on my family's business, which has been so useful. It certainly helped me gain an insight into the latest trends in the tourist industry. That's why I wanted to take our business into new areas.

I developed my own tour company as a separate branch of the family business. It obviously complements the hotel side of the business very well, but the tour company – called Thorpe Tours – is my particular area of expertise. Thorpe Tours specialises in 'adventure tourism', offering activities for people who want to be active and do something exciting on holiday. There's great potential for that in our local area because we have mountains and lakes, and the sea is right on our doorstep.

Thorpe Tours is going from strength to strength, and the restaurant and hotel continue to do well. Who knows? Maybe one day my daughter will be putting her own mark on the family business!

[tone]

Part 3

Audio track: C1_Listening_1_3.mp3

Part 3. You hear an interview in which two food experts, Mary Palmer and John Hunt, are talking about food broadcasting and publishing. For questions 15 to 20, choose the best answer: A, B or C.

[tone]

Interviewer Today, we're discussing the food industry. My guests are TV chef Mary Palmer and the food writer John Hunt. Mary, how do you feel about being a household name?

Speaker 1 Well, when I trained as a chef, TV presenting never even crossed my mind. But it's a wonderful industry to work in. My first TV appearance was actually as a last-minute replacement for another chef. Talk about being thrown in at the deep end! The producers were rushing about, so I had to figure everything out on my own. I was desperate not to let them down. I really didn't want to look foolish on national TV!

Interviewer And it wasn't long before you were asked to present your own series.

Speaker 1 Yes, that was unexpected! But I did think carefully about whether I wanted to do it because I was so happy with just being a chef. I really didn't want fame to change things. Not that the programme was guaranteed to be successful, but the producers seemed to have very high hopes for both the show and me. Ultimately, I couldn't turn

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down the chance to make a series for teenagers. This hadn't been done before. The prospect of inspiring youngsters to get into the kitchen was so exciting.

Interviewer Would you say that TV cookery shows have changed since then?

Speaker 1 Unquestionably. People often say programmes are now about style over substance, that they're entertaining rather than informative. But cookery shows have never been a replacement for school domestic science classes. And nowadays, TV shows mirror people's real experiences more accurately. I mean, the cuisines people really eat, and the ingredients they actually use. As the world has become more globalised, so too has our cooking. And TV producers are now covering all ends of the spectrum, from exotic, showstopping food to everyday meals using basic ingredients.

Interviewer I'll bring in John now. As a food writer, what's your take on current food trends, John?

Speaker 2 Well, I'm unconvinced that writers and TV producers determine what the next big thing will be. I mean, from out of nowhere, demand for avocados has exploded like never before, and media content has had to reflect this. Who would've expected that? And look at health food trends. One minute everyone wants so-called superfoods like blueberries, the next some exotic herbal tea! And Mary's right; international cuisines are so influential now.

Interviewer Talking about healthy trends, nowadays vegan diets are all the rage, aren't they?

Speaker 1 Well, it's interesting you refer to it as a health trend. Plant-based diets can obviously be good for us, but I suspect more people are going meat-free out of concern for nature and worries about climate change. At least, that seems to be the primary motivation for many younger vegans. I can see veganism overtaking other diets before long, frankly.

Interviewer John?

Speaker 2 Yes, veganism is closely linked with young environmentalists, although I'd question whether it's necessarily as good for the planet as we might assume. As for it becoming the leading diet, well, I'm not convinced. But I do love vegan food!

Interviewer And what does the future hold for both of you?

Speaker 1 Well, I don't need to be the centre of attention to share my passion for food. I'd rather focus on other people and listen to their stories. That's why my upcoming project actually shines the spotlight on brilliant chefs, farmers and food producers.

Speaker 2 Well said, Mary! The industry can't survive without fresh talent, especially those from different backgrounds. For that reason, with my new food blog I'm keen to work with writers who are just starting out, and give them guest columns.

Interviewer Mary, John, thanks for joining us today.

[tone]

Part 4

Audio track: C1_Listening_1_4.mp3

Part 4. You hear five short extracts in which people are talking about their attempts to get healthier. For questions 21 to 30, choose from the list A–H.

[tone]

Extract 1

[tone]

Generally speaking, I'd say I've always been fairly healthy and moderately active. But I'm going to Central America soon on a geology research trip. As you can imagine, there aren't any shortcuts to get up and down mountains and volcanoes, so improving my fitness will make things easier. I've enlisted the help of a personal trainer who's been tailoring their sessions around my specific goals. I've been pleasantly surprised

by how well it's gone. The sessions are fun, and because I'm already seeing the difference in my fitness levels, it makes me want to try even harder. I'm turning into an avid exercise fan!

[tone]

Extract 2

[tone]

It's a cliché but I was inspired to become a detective after watching TV shows. But naively, I didn't think about the physical demands of the role! I foolishly assumed you could join the police without being in peak physical condition. In reality of course, there are strict fitness levels you have to demonstrate. Fortunately, my police training course has put together a training plan and there are plenty of people to encourage me. I don't think I would have passed the fitness test without their help. And now, not only can I start my dream career, but I also feel happier and healthier.

[tone]

Extract 3

[tone]

I've been working extremely hard to overhaul my lifestyle. I'd come to the realisation my kids were starting to follow in my footsteps of eating junk food and being lazy, so I could see that the change needed to start with me. I won't lie; it's not been easy to stay on track with my new healthy lifestyle. There have been plenty of times when I've wanted to take the easy option of convenience food in front of the TV instead. But fortunately, the efforts I've made have been worth it. My family can see how much better I feel, and now they're adopting the same habits, thankfully.

[tone]

Extract 4

It's no exaggeration to say that taking up weightlifting has changed my life. I've become so passionate about it that I'm now training to become a coach to help other women like me. Funnily enough, I didn't have any such ambitions when I first took it up. I just wanted to have a bit of time to focus on myself. You know, when you've got a hectic job and family commitments, it's easy to lose sight of your own needs. But I've learnt that taking time out can actually help you stay on top of things and make your life more manageable.

[tone]

Extract 5

[tone]

I'm an advocate of the 'everything in moderation' approach to food and drink, and that's served me well. But I only decided to start exercising when I realised I was getting out of breath doing simple things like walking up stairs. I hated the fact that my lack of fitness was interfering with my daily life. I had no intention of training for a marathon, and I certainly didn't want to join a gym. Instead, I opted just to walk more, and that was a smart decision. Setting myself modest goals has helped me track my progress, and it's been easier than I'd expected.

[tone]