

Part 4

You will hear five short extracts in which people are talking about a change they are making in their lifestyles.

TASK ONE

For questions 21–25, choose from the list (A–H) the lifestyle change each speaker is talking about.

A retraining for a new career

B improving personal mobility

C forming a group to perform with

D getting involved in voluntary work

E taking up an exercise programme

F growing and cooking organic vegetables

G recycling waste material

H using public transport more regularly

Speaker 1

 21

Speaker 2

 22

Speaker 3

 23

Speaker 4

 24

Speaker 5

 25
TASK TWO

For questions 26–30, choose from the list (A–H) each speaker's current feeling about their lifestyle change.

While you listen you must complete both tasks.

A confused about their targets

B unsure if they can maintain their efforts

C determined to prove someone wrong

D surprised by their family's reaction

E pleased with their achievements so far

F dissatisfied with their rate of progress

G apologetic about needing praise

H aware of the financial implications

Speaker 1

 26

Speaker 2

 27

Speaker 3

 28

Speaker 4

 29

Speaker 5

 30