



Pre-Intermediate English B1.1

Listening Transcripts

QUESTION 1- AUDIO 1

Hi there! My name is Joanne, I was born and bred in London and I live alone in a central flat with my pet dog and mice. I work as a marketing manager in central London and our office is amazing. It's a skyscraper with views of the London skyline. I have my own private office with a huge desk and a few filing cabinets and my own meeting room too, where I can meet clients. For work, the men wear suits, ties and brogues whilst the women wear formal clothes, such as a dress or skirt and heels. Every now and then we have casual clothes days, where we can wear a blouse and jeans or the men can wear chinos and a shirt. At work, I spend a lot of time communicating with others, whether it be with clients discussing proposals or with my team discussing projects.

In my free time, I love going to the cinema. I like romcoms best because the plots are easy to follow and they make you feel good too. Because I'm so busy at work, I don't have a lot of free time to go to the cinema. I also like to keep on top of my body, so if I get the chance, I try to stop by the gym a few times a week, a couple if I can. And that's me and my rather busy life!

QUESTION 2- AUDIO 2

Statement 1

I remember when I was so rebellious. I never used to wear the clothes my mum set out for me. They were so pretty and girly but I always chose a hoodie with leggings and my favourite shoes used to be crocs, so comfortable to wear. I went off to university and when I got into my group of friends, I started wearing some nicer, more sociable clothes to go out in, like blouses and cardigans and I've started wearing wedges now too. In fact, I usually wear wedges on a daily basis to my classes, I prefer them to crocs, which I never really wear now.

Statement 2

I am from the UK but I moved to Spain around 5 years ago. I do find the British and the Spanish culture completely different. I had quite a lot of difficulties when I first moved over to Spain because everything was different and I found it quite difficult to adapt. The biggest difficulty for me was the timetable and working day. In the UK, we're very punctual. If a meeting starts at 9am, that's when it starts. I find they're slightly more relaxed with timing here in Spain. The lunch break is also a lot longer here, my colleagues like to relax at lunch, go out to restaurants, sometimes even have a nap in the afternoon. I've managed to adapt now but it was really quite hard when I first moved over.

Statement 3

We went out to a restaurant last night and I was really excited. The write-ups were really good, some friends had recommended it to us and it was always busy when I walked past. We had a reservation and the atmosphere was great but they really messed up our order and not just the once. For starter, I ordered tomato soup and my husband ordered tomato and mozzarella but they brought me potato soup instead. When we complained, they took about 20 minutes to bring out the correct dish, by which time my husband had already finished his starter. For the main course, we both had steak, which was seriously overcooked. Then for dessert, they brought me the lemon cheesecake

even though I ordered a tiramisu. It wasn't the best service I have to say and they wouldn't give us any discount off the bill either. I certainly won't be going back!

Statement 4

I recently had a meeting with my personal trainer, who recommended some gym equipment I can buy for my house to train at home when I don't have time to get over to the sports centre. He recommended a gym mat so I can lie comfortably on the floor for my toning exercises and he also recommended some weights, like a kettlebell, a barbell, a weight disc and a medicine ball. Luckily they're not too expensive so I think I'll get them. I'd love to get some more cardio equipment like an exercise bike or a chest-fly machine or a rowing machine or a treadmill so I can do those exercises at home too but they're quite expensive and take up a lot of space. I'll probably just go to the sports centre for that.

Statement 5

I took my kids to the cinema to watch a cartoon the other day. I know the target audience is kids but I actually really enjoyed it. It was funny, it was cute, there were a few scary moments too. It really had everything and the cinema was great too. I got some sweet popcorn and the kids splashed out on the pick n' mix and the snack kiosk. The seats were really comfortable too, you could put your feet up and the chair fell back. We had front row seats too! If there was one thing, it would be the 3D glasses. They were too big for my face so they kept falling off during the film which was very annoying. But that was the only thing, other than that we had a fantastic time!

QUESTION 3- AUDIO 3

Good afternoon ladies and gentlemen. Thank you for being here today and I'm thrilled to present my office ideas to you. As the office is only for 5 people, we can easily separate the room so we have 5 small office spaces with 5 individual desks and we'll leave a corner free that can have the same function as a meeting room for speaking to clients and for team discussions. We'll put a big bulletin board near the front door so you can all pin up post-it notes with project suggestions and everyone can read them. We'll have a whiteboard next to the meeting room and install a projector too to share ideas on a big screen. Of course, we'll need a water cooler too. As the bulletin board area will be a sociable area, we'll put the water cooler here. We're also going to add two photocopiers and a printer/scanner to the centre of the room so all of you can easily access it. And finally, we'll use this cupboard for stationery supplies. So any file pockets, file dividers, ink, staples, you name it, it'll be in the stationery cupboard.

QUESTION 4 - AUDIO 4

I'd like to think I'm quite healthy, I have good habits for eating and exercise and really try to look after my body.

Luckily I don't have any medical conditions so I don't need to take medication, just if I'm feeling a bit under the weather, which isn't too often. When work gets a bit much I do get stressed and anxious but my partner reminds me to take some time out, relax, do some meditation or relaxing activities like reading a book, watching a film or going for a walk in the countryside.

I also like to keep fit. I go to the gym twice a week, go swimming three times a week and do regular toning and stretching activities at home over the weekends. I don't normally need much gym equipment because I do sit-ups, push-ups, lunges, crunches. You don't really need much for these. When I go to the gym, I do more cardio and use all the machines they have available - a pull-up bar, a training bench and a rowing machine.

My diet is also quite good. I eat all five portions of fruit and vegetables a day, I stay away from alcohol, smoking, drugs and fizzy drinks, but I do indulge in the occasional ice-cream or chocolate bar, especially if it's been a stressful day at work. I try to keep a balanced diet so I don't end up overweight or obese.

I recently had the flu so it's been a stressful few weeks for me, not being in the right mental framework and being physically weak. I actually lost quite a lot of weight because I had a total loss of appetite but I'm getting better and stronger each day. I'll definitely remember to get my flu vaccine next year! I do go for check-ups with my doctor more regularly now to put my mind at ease and check that my recovery is going in the right direction but more or less my doctor has given me a clean bill of health.