

FILE 1
Listening 1

- Maria** Hi. I'm new to Oxford, and I wondered if you could recommend any good places to eat in the city?
- Alan** Sure. Oxford has some great restaurants, but you have to know where to go. In the centre of the city there are some traditional pubs, and they all serve quite good pub food like steak and kidney pie. But they're really for the tourists. The best places to go for that kind of pub food are in the villages near the city.
- Maria** OK. What else is there?
- Alan** Well, the restaurants in the north of the city tend to be fashionable and have high prices. There's one place there, *Loch Fyne*, which sells amazing fresh fish. And another which is run by one of Britain's leading chefs. I suppose it's the part of town to go to if you want the very best cooking.
- Maria** Thanks. That's worth knowing.
- Alan** Then there's East Oxford. It's where all the students live so it's full of inexpensive restaurants. It's definitely the best place to get kebabs or pizza or Chinese food to eat at home. And there's a Thai restaurant there, *The Oxford Thai*, which won't cost you much, and sells simple but tasty curries. Actually, that reminds me. My favourite place of all is a Thai restaurant right in the middle of Oxford. It's hard to find, and really expensive, but the food is delicious. It's called *Chiang Mai Kitchen*; I'll give you the address if you like.
- Maria** Great.
- Alan** Last but not least, there are two or three great tapas bars on Cowley Road. That's in the student area too, near the cheap Thai restaurant I mentioned. If you don't mind crowds, they probably have the best atmosphere of all the places in the city.

FILE 1
Listening 2

- 1**
- Daisy Todd** Where did you watch the last World Cup Final, Todd?
- Todd** Well, I was working evenings in a restaurant at the time, but I managed to get a day off, and had planned to watch it with my mates at home. But, believe it or not, my sister fell ill, and I had to drive her to hospital. I thought I was going to miss it but I managed to see most of it in a small café across the road from the hospital.
- 2**
- Ryan** Do you think you have a healthy diet, Lauren?
- Lauren** Well, recently I've cut down on chocolate and sweets. I used to eat a lot more than I do now. And I'm also going to start drinking less coffee. At the moment, I drink more than I ever did – five cups a day!
- 3**
- Darren** Do you have a big family, Keira?
- Keira** No, I don't. I have two crazy cousins who were like brothers to me when I was growing up, but that's all. And I never knew my dad, so it was just me and my mum at home when I was a kid.
- 4**
- Kathy** Are you a big fan of rugby, Johnnie?
- Johnnie** Oh yes. When I was young, I was always playing the game, and I was the captain of my school team. But I haven't played since I broke my leg five years ago playing at university. These days I just watch although I'm very interested in doing a bit of coaching in the future.
- 5**
- Jeff** What's Sophie like?
- Hayley** Oh, she's nice. She's a bit shy when you first meet her, and a bit too sensitive at times. But she's quite friendly and very reliable. I think you'll like her.

FILE 2
Listening 1

- Bob** Look at this old photo of my great-grandparents.
Lucy Wow, they look amazing. What's that?
Bob What?
Lucy That thing round your great-grandmother's neck.
Bob Oh, a lovely gold necklace with a tiny gold locket.
Lucy It's really beautiful. Does someone in your family still have it?
Bob Yes, my mother gave it to my sister last Christmas. It belonged to her mother before her. I don't think it's worth much, but it's precious to my sister. She's so terrified of losing it, she hardly ever wears it.
Lucy I can understand why.
Bob Has your boyfriend ever bought you any jewellery?
Lucy Oh no. He's never bought me anything like that. He doesn't waste his money on jewellery when he can spend it on his car!
Bob Really?
Lucy Yes, but I have a watch from my grandmother. It may not be the most expensive or best-designed piece of jewellery I have, but it is the most special. Just think, like your sister's necklace, generations of women of the same family have worn it.

FILE 2
Listening 2

- 1**
Mark Hi Jill.
Jill Hi.
Mark It's good to see you. When did you move from London to Paris?
Jill Well, my husband and I arrived last March, so it's been about nine months. And we love it here. We're not planning to go home until next July.
- 2**
Mark Why did you decide to come to Paris?
Jill Well, my husband, John, wanted to live in a big city for a while. He gets bored in the country. He needs a bit of excitement. And his company has an office here. I've taken time off work. I just want to improve my French and enjoy life in a different culture.
- 3**
Mark So, what have you been doing since you arrived?
Jill Well, we've done lots of tourist things. I've seen the sights and been to the museums. And I've been having French lessons with an old friend from my history course at university who also lives in Paris.
- 4**
Mark How is Paris different from London?
Jill Well, they're both expensive. We can't really afford to live in either. I think that it isn't as easy to travel around in London as it is in Paris, so life here in Paris is much less stressful.
- 5**
Mark How can you afford to rent an apartment?
Jill Well, we didn't save any money when we were in London, so we borrowed some money from my parents to pay the first month's rent. But John is earning quite a lot while he's here, and, well, I'm looking for a part-time job. No luck yet, but we'll be OK.

FILE 3
Listening 1

Laura It's interesting how people judge you by your appearance. I'm short and slim with long blonde hair, and I look younger than my 34 years. And I like wearing bright colourful clothes. I'll go out for the evening in a bright top and a short skirt or tight jeans, and high-heeled shoes. You never see me in a suit. I suppose I look like a teenager sometimes.

So, when people first meet me they think I can't possibly have a serious job. They think I must work in a shop or a hairdresser's or something. But, the truth is, I've always been intelligent and hard-working. I wanted to be a lawyer when I was young. And, having graduated in medicine, and spent the last ten years working long hours in a hospital, I don't see why I have to dress in boring clothes to prove that I have an important job.

FILE 3
Listening 2

- 1**
- Emily** Do students wear a uniform at your school, Damion?
Damion Some do. It's a sixth form college for sixteen- and seventeen-year-olds, and quite a few students still wear the uniform we had to wear at the lower school. But most of us choose to wear clothes that we're comfortable in.
- 2**
- Speaker** Hello. And welcome to Peace Meditation Centre. The first thing I'd like everybody to do is switch off all mobile phones. Using a mobile is strictly forbidden during the course.
Guest Excuse me ... But what about emergencies?
Speaker I'm sorry. There are no exceptions. It's a rule of the centre.
- 3**
- Stella** If you're invited for dinner, do you always take something, Nick?
Nick Er ... Not always. I think it depends who's invited me. It's not so important if they're good friends. I might take some wine, I suppose. But I think it's quite important to bring wine or flowers if it's a more formal occasion ... dinner with your girlfriend's parents, for example.
- 4**
- Rob** What are you going to wear at the disco, Amy?
Amy Oh, I was thinking of wearing my new jeans. I really like them.
Rob But Amy, you can't wear jeans. It's so uncool. You must wear something more sexy.
Amy I don't care. I don't have to wear what everyone else does.
- 5**
- Gail** Have you always been able to dance so well, Danny?
Danny Oh, no, not at all. Until I was in my twenties I had two left feet. But I've been having lessons for four years now.
Gail Ah. I see. Well, I think you're really good.

FILE 4

Listening 1

- Emma** Jerry? Can I ask you something?
Jerry Of course you can. What's on your mind?
Emma Well, did you say you knew Fiona Smith?
Jerry Yes, we were colleagues at an advertising agency in Spain about four years ago. Why?
Emma Well, I know Fiona, too. In fact, she was my best friend at school. Ages ago. Back in the eighties.
Jerry Wow. How amazing!
Emma I know. She was a terrible student, you know. She used to be very rude to the teachers and she used to cheat in exams. I don't know how she didn't fail them all. Actually, I'm pretty sure she failed her maths final.
Jerry Really! She was very hard-working when she was working with me.
Emma Well, we all change, don't we? When she got to university, she studied night and day and passed with a first.
Jerry That sounds more like Fiona. So, have you kept in touch?
Emma Well, yes, sort of. As you know, Fiona travelled all over the world after university, so we lost touch for a while. But since she's returned from Spain we've met up quite a lot. At least twice a month, in fact. For coffee or lunch or something. It's really nice. I got married and had two children after university but Fiona's still single and very independent, as you know. If we met for the first time today, I don't think we'd have much in common. But the great thing about a friend from childhood is that you remember all the same people so we have lots to talk about.

FILE 4

Listening 2

- 1**
Man OK. So, what can you tell me about the flat?
Woman Well, it's quite nice really. Although the two bedrooms are pretty small, the other rooms in the house are very spacious, especially the living room. And the neighbourhood isn't dangerous at all although it can be a bit noisy at night.
- 2**
Gemma What shall we do this weekend, Martin?
Martin Well, I think I'd like to get away. London feels crowded. I've had enough of big cities. How about going to the beach or to the countryside?
Gemma I'm not very keen on the sea in the winter. But I like your other idea. We could stay at my aunt's cottage in the Cotswolds.
- 3**
Pete Have you kept in touch with ex-boyfriends, Carly?
Carly Not up till now. But there's a boy called Simon I used to go out with at school. And I met him again on holiday about two weeks ago. It was exciting to see him again. We exchanged email addresses but he hasn't written yet. If he writes, I'll definitely write back.
- 4**
William Amanda ... If you could be good at any sport, which one would you choose?
Amanda Well, if I could be good enough to be a professional player, I'd choose a sport in which I could travel round the world and earn lots of money. I'd prefer to be an individual, not a team player. And I wouldn't want to get kicked a lot.
- 5**
Sally Are you planning to go to university, Tom?
Tom Yes, I am. I'm not planning on a year off between school and university or anything. I'll start applying as soon as I know my exam results. But I don't want to start until then.

FILE 5
Listening 1

Zoe When I was in my thirties, I worked for an advertising company in London's financial district. I worked at least fifty hours a week and spent hours travelling on the underground as well. I didn't have any time for myself and I hardly ever saw my friends during the week. Once or twice at most. I just got up, went to work, came home and slept. I didn't even have enough time to go out for lunch. I usually ate a sandwich at my desk. I never had enough time to cook so all my evening meals were from takeaways, and I didn't do much exercise either. I joined a gym but I was too busy to go during the week and far too exhausted at weekends.

But now my life has changed. I work from home so it's easy to plan my day so that I have enough time to go to the gym or go swimming. I don't waste hours commuting. I'm busy but I don't work too hard, and, although I don't earn a lot of money, I enjoy life more than when I worked in London.

FILE 5
Listening 2

- 1
Keith Let's look at the first one. OK. So, what's your response, Jenny?
Jenny Errm ... Interesting. Well, nobody ever says no to money, and I did apply for my current job because it pays more than my last one. But I think things like the people you work with and the work you do are what really matter.
- 2
Keith OK, the second one. What do you think?
Jenny Well, it's important. But I'm not sure what my answer is. I get on well with my boss and most of the people in the office. So, I must be OK. But sometimes I get a little frustrated with the administration staff. I'd prefer to do everything myself if I'm honest.
- 3
Keith And the next one? Oh, I think you're good at this.
Jenny Yes, I think so, too. In my opinion, it's my strength. In my job, I have to make phone calls, write emails, plan meetings and give instructions all at the same time. And I think I do it pretty well.
- 4
Keith What about number 4?
Jenny Well, I used to share with two other colleagues before I was promoted. It was nice to have someone to talk to but you don't get much work done. Yes, it's a lot better having my own space, especially as I have to make private calls.
- 5
Keith And the last one?
Jenny Erm ... Well, I wouldn't say that I liked it, but there are four people that I have to manage. I'm always giving them orders and if they haven't got enough work to do or if they have too much, they have to report to me. So, yes, I'm comfortable with being the boss at times, yes.

FILE 6
Listening 1

Jonathan My favourite film is *Apocalypse Now*. It's a war film and it's set in Cambodia in the late sixties, at the time of the Vietnam War, although I think it was filmed in Thailand. It was impossible to make a film in Cambodia at the time. It was directed by an American with an Italian name, Francis Ford Coppola, and it starred a very young Martin Sheen, who is now better known as the American actor who plays the president in the hit TV series *The West Wing*. Sheen's real name, by the way, is Ramon Estevez, so he might have Mexican relatives. I don't really know.

Apocalypse Now is loosely based on a famous novel called *Heart of Darkness* by nineteenth-century writer Joseph Conrad. Conrad was born in Poland but he became a naturalized British citizen, wrote all his novels in English, and spent most of his later life there. In Conrad's story, a man is sent along the river Congo into Africa to kill a man called Kurtz. In Coppola's film, the action moves to the heart of the Cambodian jungle. It's an incredibly powerful film.

FILE 6
Listening 2
1

Brenda So, Andrew, tell me. How exactly did you meet Dana?
Andrew Well, believe it or not, I was out shopping, and she asked me if I knew where the white wine was. I told her that I'd help her find it, and, well, we ended up walking up and down the aisles with our trolleys, and I asked her if she'd like to go for a meal with me.

2

Jack It wasn't that there was anything wrong with it. I just didn't like the colour when I got home so I went straight back and asked the assistant to give me my money back.
Sue That's all very well Jack, but you need to get a coat for the winter.
Jack OK. Don't lose your temper. I'll go back tomorrow.

3

Julia Have you ever appeared in a film, Steve?
Steve Yes, I have. I was an extra in *Sad Times*. All I did was sit in a pub all day and pretend to drink. It was so boring. Then, when I went to see the film, I wasn't even in it. Not even the back of my head. I felt really disappointed. The film was good though. It really made me laugh.

4

Alison So, didn't you and Mary go out in the end?
Joe Oh, we did. But we didn't go to the Italian you suggested. It was too far. And we didn't fancy drinking beer all night. So, we just had a bite to eat at the Chinese place near our house and came home early.

5

Fiona I love your T-shirt. Is it the same one you were wearing in the club last weekend?
Nick No, that one was red. And it had a picture of Che Guevara on the front. This one's white and has got Nelson Mandela on it.
Fiona Yes, I can see that. Anyway it's great.
Nick Thanks. And I've got a yellow one with Diego Maradona on it at home.

FILE 7
Listening 1

Interviewer In the studio today, we have Mark Bright, Director of Channel 99, a brand new channel, which will soon be available on our screens.

Mark Bright Yes, we launch next month, on satellite.

Interviewer It's on cable, too, isn't it?

Mark Bright Er ... Yes, that's right.

Interviewer So, Mark, what sort of programmes can we expect on the new channel?

Mark Bright Well, I don't know about you but I'm bored with reality TV shows. They're cheap to make, which isn't a bad thing, but who wants to watch people with no talent sitting around all day or sleeping? So, here at Channel 99 we want to make investigative documentaries and exciting dramas – the sort of programmes you'll want to chat about with your friends.

Interviewer What about sports programmes? What sports can we look forward to watching on the new channel?

Mark Bright Er ... well, to be honest, if we didn't think there was already too much sport on TV, we wouldn't have launched the channel. These days, on Channel 10, all you ever see is football. No, we want to make programmes that all the family can watch, not just sports fans.

Interviewer And news?

Mark Bright Well, yes. Yes, of course. We're spending a lot of money on news coverage, and we'll have reporters all over the world. There will be short news programmes every hour throughout the day, and a longer one-hour newsmight programme at eleven every night on weekdays, so don't tell me that we don't have much news!

FILE 7
Listening 2

1

Sam If there were a fire in your house and you could only take one object, what would you take with you, Elaine?
Elaine Me? Well, I'm a very keen cook, so I'd like to take all the things in my kitchen, especially my new cooker. But obviously I couldn't do that. Erm, I suppose I would take my favourite cookery book. I have been using it for years and have written notes all over it.

2

Sam What about you, John? What would you take?
John Well, I love listening to music, and not having my own collection of CDs would be awful. It would be difficult, or even impossible for me to carry all my CDs, so I would just take my MP3 player.

3

Sam And you, Jane? What would you take with you?
Jane Well, I have a lovely necklace from my great-grandmother. It has been in the family for four generations and I would quite like to give it to my daughter in future. However, I think my family photos are more precious. I could always buy another necklace but I could never replace the photos.

4

Sam What would you take, Justin?
Justin Oh, there's only one thing that I'd take. And it's not my TV or DVD player although I do love them. It's a special radio I got for my birthday. It works without batteries or electricity. It uses solar power. I listen to the radio every day and love it.

5

Sam What about you, Amy? What would you take?
Amy Well, there are some things I certainly wouldn't take, like my iron or vacuum cleaner. I hate cleaning. I think I'd take my handbag if possible. If I couldn't do that, I would just take my mobile phone. I love chatting to my friends and I would hate to lose people's numbers.