

# CAMBRIDGE ENGLISH: FIRST PRACTICE TEST AUDIOSCRIPT

## Part 1 01

1 You hear a teacher talking to a class about a school trip.

**WOMAN:** OK, everybody. As you know, there's a trip to Westwood Forest next Monday for our field trip. However, the bad news is that rain is forecast, so I expect it will be quite muddy. It might be unpleasant if you don't have suitable clothes to wear. So please bear that in mind. The other thing is that if you take a backpack, it will probably get very wet. So, if you've got any kind of plastic cover to protect it, then it wouldn't be a bad idea to bring it along. Oh, and no umbrellas, please! There's no point in bringing them to a forest – they'll only hit the branches!

2 You hear two friends talking about buying a present for a friend.

**BOY:** You know Maria's moving to another city next month, don't you? Some of us were thinking about buying her a present.

**GIRL:** Like a leaving present? That's a good idea. We should get her something that reminds her of all her friends here. But I've no idea what.

**BOY:** OK, how about we ask people for some photos of themselves with Maria, and maybe ask them to include a personal message too?

**GIRL:** And we could collect them all and put them together to make a scrapbook.

**BOY:** Yes, OK. That would be a really nice present. I'll start contacting Maria's friends. And maybe you can check out ideas online.

**GIRL:** Great. Let's do that.

3 You hear a review of a new album on the radio.

**MAN:** Mark Baker is probably best known for his popular TV comedy shows, but here he is with a new album full of rather lovely folk songs. *Hold my hand* is surprising and has a completely different feel from Baker's usual comedy characters. At first, it feels odd to hear Baker's familiar voice singing along to gentle guitar tunes, but you soon get used to it and enjoy the album for what it is – a series of songs on well-known topics such as love, loss and desire. I doubt whether any of the songs will be hits as most of them are quite long and some sound a little bit repetitive. And if you love Baker's comedy, you might be disappointed that there are no jokes here.

However, the album is beautiful and shows another side to Baker's talent.

4 You hear two friends talking about a film.

**BOY:** Have you seen that film about those people stuck in a hotel in a snowstorm?

**GIRL:** Yes, I've seen lots of thrillers before, but that one was really original for some reason.

**BOY:** Yeah, I know. I mean, I guessed what the ending was going to be. It was pretty obvious. But I really liked how it made the storm seem really threatening.

**GIRL:** You really felt like the snow was pressing up right against the outside of the hotel, even though you never actually saw it. It was like the storm itself was a character.

**BOY:** Yes, it did have an incredible cast, though, didn't it? It was amazing that they managed to get all those stars together in one film.

**GIRL:** That's right. You wouldn't think they'd want to do a low-budget little film like that.

5 You hear a cyclist talking about her training.

**WOMAN:** I've got a big bike race coming up next weekend, which I've been training for very hard. Unfortunately, I've started getting a pain below my left knee. I'm not sure what it is yet, but it started aching during a ride three days ago. It disappeared, and now it's come back again. I think I'm probably going to be OK, but I'm certainly not ruling out missing the race. It would be very difficult for me to drop out at this stage, because I've been totally focused on training in the run up to this race. But at the end of the day, my health is the most important thing and I don't want to risk a long-term injury. I'd recommend anyone else in the same position listens carefully to their body, doesn't ignore any pains and gets professional advice if necessary.

6 You overhear two friends talking about a shopping mall.

**BOY:** Do you want to do something this afternoon?

**GIRL:** I was thinking about going to the shopping mall. It'll be completely packed, though. You know how that can really stress you out.

**BOY:** There's nothing worth buying in the mall though, is there? It's not like it has any decent shops.

**GIRL:** OK, so what shall we do?

**BOY:** Actually, there's the skate park next to the mall. We could go there. Pop in for a drink at the mall first – there's a good café there which might not be too busy. Then go skating.

**GIRL:** That sounds like a good plan.

7 You hear an announcement about a competition on the radio.

**WOMAN:** Well, as we warned you in the last programme, the deadline for the story-writing competition was last Friday. We asked you to write a piece about the local area, giving us your general impressions of what it's like as a place to visit and what it's like to live here. We received over a hundred entries, and our judges were thrilled with the quality of writing. We certainly do have a lot of talented young people out there! The judges now have the very difficult task of picking the best writer, who we will be revealing in next week's show. If your story hasn't won, then don't be too discouraged. We'd like to give prizes to everyone, but we can't. All the entries were of an exceptionally high standard, but in the end, we can only pick one winner.

8 You overhear two friends talking about a book.

**BOY:** Have you finished reading that book for school yet?

**GIRL:** Well, I would have given up by now if I hadn't made a huge effort to continue. I mean, 400 pages is a lot! And there were so many chapters, where, especially at the beginning, absolutely nothing happens. Just pages and pages of description, but no action. Reading that was horrible. I really wanted to stop and read something else and I couldn't understand why anyone would want to read the whole thing, especially my teacher, who always said it was one of the great classics of literature. But you know, it wasn't until I'd read about 150 pages that things started to happen. And after that, it started to get easier and actually more interesting. But I've still got a long way to go and I'd like to find out why everyone says it's so good.

**BOY:** OK, I won't say what happens at the end, but it's worth it!

## Part 2 02

I'm going to talk about ice cream. When our teacher asked us to do a presentation, I couldn't think of anything I wanted to talk about more than my favourite food!

You might think that the story of ice cream began only when refrigeration was invented. But you'd be wrong! In some form or another, desserts made from mixing ice and fruit have been around for thousands of years, although milk hasn't always been added. Historically, ice cream was mostly a luxury item eaten only by emperors and kings.

Despite it being an easy food to buy now, originally, it was only eaten on very special occasions as it used to be incredibly difficult to create.

We know that people have been making food using ice for a very long time. However, the ice either had to be transported from the tops of far-away mountains, or cut from frozen lakes in the winter and stored for months in special buildings or deep underground. This means that only the rich and powerful would have had the resources to make ice desserts.

In addition to ice, there were early attempts to make food from snow in China and Persia more than two thousand years ago. I'm not sure how much this resembled the kind of ice cream we know and love today, but I think it was probably like a kind of sorbet – snow mixed with fruit or other flavours – eaten as a dessert. Some years later, the Roman Emperor Nero sent fast runners to collect this rather special ingredient from nearby mountains to mix it with fruit, presumably as a luxury treat to end an expensive meal.

So, what about ice mixed with milk products? Some time in the sixteenth century, this started to become popular with European royalty, when milk, and with it cream, seems to have become a more common ingredient. In 1683, the first café in Paris, the Café Procope, offered a frozen dessert combining cream, eggs and butter.

We know that ice cream recipes were published in England in 1718. They instructed you to pack cream together with ice and keep it inside a cold, dark basement for several hours. Again, I'm sure that only the richest people had the equipment or storage areas necessary to do this.

As far as I've been able to find out, the phrase 'ice cream' doesn't enter the dictionaries until 1744. Shortly after that, ice cream recipes started to spread to America. Specialist shops in places like New York began to make and sell ice cream, although it was still only the elite who could enjoy it.

Along with the first shops, the first adverts for ice cream appeared in American newspapers in the late 1700s. The then president of the United States, George Washington, enjoyed ice cream just as much as the old Chinese emperors did. Apparently, he spent \$200 on ice cream in a single year. That was a lot of money in those days!

Thanks to the development of small freezers powered by steam or electricity in the mid-nineteenth century in Europe and America, more and more people started to be able to enjoy ice cream. It soon became a much cheaper and easier thing to buy, rather than something only the privileged could afford.

It was at this time that the first ice cream factory was opened in Pennsylvania, by Jacob Fussell. He was able to transport his frozen cream to different cities in the US by train, and so in many ways, became the first person to create an ice cream industry.

However, it wasn't until the beginning of the twentieth century, and the beginning of cheap refrigeration, that ice cream really became the enormous commercial success it is today. By the year 1900, people could even take college courses in ice-cream making in some cities in the United States.

What I'd like to do next is talk about modern ice cream, and some of the more unusual flavours you can taste around the world ...

### Part 3 03

#### SPEAKER 1:

I went to Switzerland with some of my class to play in an orchestra. I didn't think I was good enough, but my teacher said that with enough practice, I would be fine. So, I practised every day for weeks and I was really nervous. In the end, I'm glad I went. The language barrier wasn't a problem at all, because we could all understand what we were doing. I think I gained a lot of confidence in myself, too. I realise now that I'm not a bad player at all and I want to continue playing the clarinet. By this time next year, I'll have worked with an orchestra again, I hope.

#### SPEAKER 2:

With some places, you fall in love as soon as you get there. We went to this seaside town on holiday and I remember it'd looked really nice in photos on the Internet when I'd checked it out. I can remember the feeling I had as soon as we got on the bus from the airport though. I can't explain why, because the weather was nice and the beach looked good. But I felt like it wasn't going to be somewhere that I'd have a good time in. As the days passed, I don't think I changed my mind. Actually, I've got lots of photos now of me standing on the beach looking really angrily at my parents!

#### SPEAKER 3:

When I arrived in Tokyo, everything looked so different. I couldn't understand anything and everyone was rushing around. I remember walking through a park, trying to find a metro station. I would have asked someone for directions, but I knew I couldn't explain anything in Japanese. It was raining and I was completely lost. A man approached me and tapped me on the shoulder. He had money in his hand. It turned out that I'd dropped it and he was giving it back to me. Before I could say 'thanks', he'd rushed away! Next, someone came up to me and offered me his umbrella. He insisted I take it, because he didn't want me to get wet. This would never happen at home, I thought.

#### SPEAKER 4:

My parents took me on holiday and they rented a car. As usual, the first thing they did was get lost. I remember us driving around in circles for ages. Then, the car broke down in the middle of nowhere. I had to sit there for hours while we waited for someone to come and fix it. But, there was a tiny shop, and I went to buy something to eat. I decided to buy some nuts, because I thought they would be healthier than all of the chocolates and other snacks

they had. Of course, I immediately broke my tooth. It was really late by the time we got to the hotel. Nice place, I thought. It was a shame about my tooth though – it hurt for the rest of the holiday.

#### SPEAKER 5:

I went to New York on a school trip and, from the moment I stepped out onto the street, everything seemed really familiar – the names of the roads, the yellow cabs, the skyscrapers. Usually when I visit a new place, it takes me a few days to get used to it. But this time, even the way people spoke sounded familiar to me. We bought hot dogs and I saw the Statue of Liberty on a postcard. Again, I tried to work out how I felt. Then I realised that I'd seen New York in so many movies. That's why I had this feeling that nothing was in the least bit alien or unfamiliar.

### Part 4 04

**INTERVIEWER:** Today, I'm talking to Chris Jones, a promising young runner who hopes to run a full marathon in the near future. Chris, a full marathon, that's 42 kilometres, isn't it?

**CHRIS:** Yes, it sounds scary when you say it!

**INTERVIEWER:** This year, you've successfully finished a half marathon, haven't you? That's 21 kilometres!

**CHRIS:** Yes, that's right. I'm really proud that I did it. That was a big step for me. I started running when I was quite young, but I'd only been doing five or ten kilometre runs. I worked really hard to get to 10 kilometres. Then, it took me a year to get used to doing longer runs. So, in all, practising for a half marathon seems like it took years! It's like every stage poses new problems, new challenges to face.

**INTERVIEWER:** So did the half marathon feel difficult?

**CHRIS:** Well, I knew that I had to run more than usual, more than the 10 kilometres I usually run when I'm training, and that to do that, I'd need to pace myself. My dad once told me that. He was the one who got me interested in running in the first place. You have to go slowly at the beginning, otherwise you will totally run out of energy near the end. The problem was that, despite knowing that, I went too fast at the beginning – like a lot of people do – and I was really tired near the end. I nearly collapsed at the 20 kilometre mark! It would have been better if I'd just run at a slower pace to start with. But it was a valuable lesson.

**INTERVIEWER:** You mention your dad. How did he encourage you to start running?

**CHRIS:** Well, he was always a runner. He did

marathons. When I was about six years old, he took me on a kid's run. It was 500 metres, or something, around a park. Not much, but I was so excited! I still remember it, like it was the longest run in the world. There were crowds of people cheering, and I felt like a real sports star. I got a medal at the end to show I'd completed it.

**INTERVIEWER:** And now, what do you like most about running?

**CHRIS:** Well, I mentioned the crowds of people. That's always an amazing thing when you're running in a race. People come out and just cheer you on. That's something you don't get in everyday life! But, when I train alone, as I always do, of course that doesn't happen! I think what keeps me going and training every week, is the will to improve myself. I want to see if I can go one second faster, or one extra metre.

**INTERVIEWER:** Do you like training?

**CHRIS:** Put it this way, if I don't train, I feel bad after a while. If it's cold or wet or I'm tired, then I don't want to go out, and sometimes that's OK. But I soon miss it. If I've got problems, or I'm stressed at school about something, then training is a good way to make everything seem better. I always think more clearly after a run.

**INTERVIEWER:** I guess you have to eat well all the time?

**CHRIS:** I certainly should eat well. My dad always tells me to drink a lot of water and eat lots of fresh vegetables, have a good breakfast and that kind of thing. No sugar and no junk food. I pretty much ignore all of that, though, and maybe because I'm only 17, I get away with it!

**INTERVIEWER:** And when do you think you will enter a full marathon?

**CHRIS:** I'll do it one day when I'm ready. I'd like to say that I will have completed one by this time next year. But I've got to concentrate on school at the moment, so I don't want to commit to training harder than I already am. There's a huge difference between 21 kilometres and 42 kilometres. It's not just running double the distance. Psychologically and physically, there's a massive gap.