

Listening (Script)

Task 1

You will hear a woman giving a talk about a one-day archery course, during which she learnt to use a bow to shoot arrows at a target. For questions **1-7**, fill in the gaps with the words used in the story you are going to listen to. Use **one** word in each gap. You will hear the recording twice.

Now you have 30 seconds to look through the items.

[Pause **30** seconds]

Now we begin.

Hello, my name's Anne Ruskin. Thank you very much for inviting me to your college this evening to talk about my experiences on a one-day archery course.

When you were little, I imagine many of you, like me, used to have bows and shoot arrows from them - wooden bows you made from branches or maybe a plastic one like mine. Lots of kids love them -I even saw a little metal set in a toyshop the other day.

Anyway, I decided that now I was an adult I'd have a go at the real thing, and signed up for a beginners' archery course. I had planned to read up a bit on the history of archery beforehand, not knowing much about it. But I ran out of time and only managed a quick scan through the rules. I've found out more about it since, and it's fascinating.

The archery courses are generally held in a variety of locations, depending on the season and the weather. In winter, they even use a large gym if the weather's really bad. I was happy that mine was in the field they use in the summer, though I suppose a medieval castle or some woods would be the ideal setting.

There was so much to learn, I really had to concentrate. It was far harder than I'd imagined to stand in the right way, but how to hold the bow correctly came to me relatively quickly. I was also taught to place the arrows in exactly the right position in the bow.

Soon most of my body was aching! The teacher showed me some exercises to strengthen my hands, so I'll be able to grip the bow tightly for longer. He told me my shoulders were too tense and reassured me that my arms would eventually become stronger if I practised enough. I hope he's right!

Perhaps due to beginner's luck, most of my arrows went in the right direction, and into the target, though I never managed to hit the middle! And I did manage to hit a tree, narrowly missing a bench and a bag I'd left underneath it! That certainly wasn't deliberate! Someone else hit the target next to theirs instead of their own!

There were regular breaks, and part of the appeal of archery is the delightfully calm rhythm. There was a lot of time to drink tea, and enjoy the view, and I did plenty of both. There were some archery books and photographs to look through showing us how we could improve, and some people took the opportunity to check their phones for messages, but I preferred to chat.

I asked some of the other people there why they had decided to do the course. In fact, I'd imagined it might be because of a website or something. In fact, it turned out to be because of a TV series. The archery courses are advertised on local radio too, but none of us had actually heard about them that way.

The teacher made sure we practised loads of shooting and it was thrilling when he finally let us do some scoring. There are rings on the targets, and you get points depending on where your arrow lands. It was fun to see how well I was doing compared to everyone else! And I must say, I wasn't too bad!

I loved it, and archery is one of those rare sports that almost anyone can do, including children, though they must be over the age of ten. Some of my friends have said they'll join me next time I go, and I'm working on my parents at the moment, in the hope that they'll come along as well.

Thank you all for listening. I hope some of you will consider taking archery up. It really is a great leisure activity. Now, have any of you got any questions? I'd be happy to tell you more about... [fade]

Now you have 15 seconds to check your answers.

[Pause 15 seconds]

Now listen to the text again.

[Text repeated]

Now you have 20 seconds to complete the task.

[Pause 20 seconds]

Task 2

Part 1

Listen to an interview with a woman who is skilled in the sport of kitesurfing. For questions **8-13** choose **T** (True) or **F** (False). You will hear the recording for the first time in Part 1 of the task and for the second time in Part 2 of the task.

Now you have 30 seconds to look through the items.

[Pause **30** seconds]

Now we begin.

Interviewer: So Maggie, welcome to the studio. Tell us about the sport of kitesurfing. What is it and how did you get into it?

Maggie: Well, in kitesurfing your feet are strapped to a surfboard and you're holding on to a big kite - and the wind takes you along on the water at tremendous speed. From the point when I started, a long time ago, it took me about a year to feel I could really call myself a kitesurfer. At least I was physically in good enough shape from the outset, though the lack of any really suitable instruction obstructed my progress. Having said that, it was straightforward to get everything you needed, but there wasn't the range you see now - it's become one of the fastest-growing sports in the country.

Interviewer: So what's changed in the sport during that time?

Maggie: Well, helmets have gained increasing popularity, and I guess they're good, because if you fall off you could easily hit your head, but my generation never felt the need for one. On the other hand, the wind is the fundamental element that all kitesurfers have to learn about. For example, you should never go on the water if the wind's coming from off the land as you could be blown out to sea - and I'm not sure if kitesurfers now are as up on that as we were. Of course, they'll know obvious things like not surfing in places near rocks or power lines - but sadly those hazards still aren't as flagged up as they might be.

Interviewer: Right - and you now take part in international events.

Maggie: Yes. I'm going to Fiji soon for an eight-day competition. It's a new event but the organisers are keen to get it as a regular fixture on the calendar. We'll cover a hundred and fifty kilometres and perhaps a new world record'll be set in distance kitesurfing. And it'll be great if, as a result of seeing me take part, people will decide to give it a go. But it's not just distance, we'll be able to show off some freestyle tricks, too.

Interviewer: But you've done some amazing distance events before.

Maggie: Yeah, I've kitesurfed well over a hundred kilometres. That was tough - particularly on the feet and knees. And the fog meant my support boat was no longer visible for a while, which was an uncomfortable feeling. Then halfway across. I changed to a bigger kite so I could get more speed, and things went more smoothly after that. But apart from a few dolphins for company, we were out in the middle of the sea alone.

Interviewer: An amazing achievement! So why've you done so well, do you think?

Maggie: Well, it was always likely that I'd take up some kind of water sport because I grew up near the sea and my parents taught me to swim at an early age. It was the unpredictability of kitesurfing that appealed to my nature, really - I've always gone for things that are less straightforward. But of course, you don't get anywhere if you don't practise.

Interviewer: And kitesurfing's a growing sport. What do you think about the people taking it up now?

Maggie: Well, kitesurfing's a free-and-easy sport without many regulations that everyone has to follow. But, having said that, I've met a number of new people who are attracted to the sport because of the stuff you do up in the air, rather than on the water. What they don't realise is that the dos and don'ts of the sport have to be mastered before they try something so ambitious - they're too impatient - although one day they may well achieve great things once they've grasped those.

Interviewer: What is there left for you to do in the sport?

Maggie: Enjoy it, mostly - I'll leave the competition for the young guys. But I still need to set myself goals, and I'm keen to help bring a bit more sponsorship into the sport without making it too commercial. My partner's also a kitesurfer - he teaches young kids in the local area, and I help him. So I might even do more of that one day - who knows?

Interviewer: Maggie, thanks... [fade]

Now you have 15 seconds to check your answers.

[Pause 15 seconds]

Part 2

Now you will hear the interview again. For questions **14-20** choose the best answer (**A, B** or **C**).

Now you have 30 seconds to look through the items.

[Pause **30** seconds]

[Text repeated]

Now you have 20 seconds to complete the task and transfer your answers into the answer sheet.

[Pause 20 seconds]

This is the end of the Listening task.