

Конкурс № 1 – Понимание устного текста (LISTENING)

The Transcript

Task 1. You will hear a part of an interview with the press officer of the National Fitness Association, in which he gives advice on how to join the right gym. For questions 1-6 choose the best answer (A, B, C or D), for questions 7-10 choose the best option (A or B). You will hear the text twice.

Now you have 30 seconds to look through the items.

[pause 30 seconds]

Now we begin.

Presenter: The modern answer to the office worker's sedentary lifestyle is to sign up at a gym. Such is the demand that 18% of us are members of a gym. With me tonight is Mark Stanwick, press officer of the National Fitness Association. Mark, welcome to the programme.

Mark: Thank you, Kate.

Presenter: Now, you were saying before that if someone is considering joining a gym, they should first do some serious research rather than just choosing the one which is closest to their home. What is the reason for that?

Mark: Well, Kate, there are many different services gyms can offer. Do you want a poser's paradise in which to show off your muscles? Do you want a gym that hosts varied classes, such as aerobics and yoga? Are you looking for one that has a vibrant social scene? Or do you want to keep your head down and just get on with losing some weight in peace? Perhaps you want staff to provide you with motivation and encouragement? All of these questions must be answered by your initial research. If you end up in the wrong kind of gym, you will lose motivation very quickly indeed and simply stop going and all your money and efforts will go down the drain.

Presenter: I see. So, what are the things I should be looking out for?

Mark: Well, before calling in on a gym, ring to see if you can book a good time for a walk-round with one of the instructors. Gyms are normally busiest between 5 pm and 7 pm on weekdays. Although you do want to see the gym in action at a time when you might be attending, you will want to first view all the facilities without sweaty people constantly pushing past you.

Also have a quick look at the car park to see how busy it is before stepping through the doors. Notice the general atmosphere of the gym: do the instructors look

extremely busy? Is there loud music playing? Does it smell fresh or stale? In a nutshell, it is the kind of place you want to visit regularly?

Presenter: I see. So, suppose I've found my kind of gym – now it's time to join?

Mark: Not just yet – there are a few things to talk about with them. You will probably already know that the monthly cost of being a member is, but what does that include? Does it include everything, or are services such as yoga classes and personal trainers going to cost more? Do you get a fresh towel each time you go or will that cost extra? Are lockers in the changing rooms free or are you going to have to remember to bring loose change every time you exercise?

Presenter: Right. What if I have to sign a contract?

Mark: It is best to take home any contract that you may have to sign and go through it carefully, looking for what happens if you leave or if the gym goes bust or moves. Be suspicious of a gym that is reluctant to let you take away a contract to look over and distrust it even more if it is determined to secure your signature on your first visit. And avoid "life memberships". You might move town at some point or, at least, want to change your gym.

Presenter: Wow. All these things to think about. I think most people are a bit uncertain about joining when they think it's simple. After today they may decide not to bother at all.

Mark: (laughs) It's not that bad, really. You know, joining a gym is a lifestyle change. If you do it right it can make a great difference – you'll be healthier and happier every day. So, don't let small difficulties discourage you – it's really worth it. Go for it, just make sure your gym is a place where you want to be, and not a place you'll never want to see again after a few visits.

Now you have 20 seconds to check your answers.

[pause 20 seconds]

Now listen to the text again

[The text is repeated]

Task 2. For questions 11-15 choose the problem each speaker faced while travelling. You will hear the text twice. There are 2 extra letters you do not need to use.

Now you have 30 seconds to look through the items.

[pause 30 seconds]

Now we begin.

Speaker 1: You know, I think it's absolutely infuriating. This cannot be legal! I book my flight three weeks in advance, I come to the airport, I'm told that I've got no seat on the plane! Have you ever heard anything more outrageous? Sure, they've offered me compensation. But what good does that do me? I won't be in London this morning, I won't make my appointment, I won't do my job. Airlines just don't care

anymore. It's shameless. Now I have to call my boss and explain this. He'll go ballistic, I know he will.

Speaker 2: From Corfu we took the ferry to Bari. The crossing was a bit rough, and Alan didn't feel very well. In fact, a lot of people didn't feel very well. Anyway, we got to Bari and then it was straight on the train to Milan. Now, that's what I call a long journey. I thought we'd save our money so we didn't get a berth, which was a bad, bad idea. When we got to Milan we were shattered. Sarah in particular had a migraine which stayed with her for three whole days.

Speaker 3: The plane started rocking from side to side, quite violently, then we lost power, and the whole cabin was in darkness. Being a pilot, I knew that what we were up against was an electrical failure, but I also knew that this didn't necessarily mean that the plane was in trouble. The back-up power generators had kicked in, making sure that the vital instruments continued to function. We made an emergence landing shortly afterwards, the passenger cabin still in total darkness. Everyone was safe, but very shaken.

Speaker 4: I suppose it was my responsibility to make sure that the tank was full, but it completely slipped my mind. The warning light had come on, but nobody noticed. Anyway, the engine stopped. Just like that. It was the middle of the night, we were on a B-road somewhere in Cumbria, about 15 miles from the nearest petrol station. In the end, I had to call the AA on my mobile. They were there within the hour and they filled up the tank for me. Extremely embarrassing, though.

Speaker 5: I had covered about 600 miles in a week, so I thought I'd give my legs a rest and stay put for the weekend. After a good night's sleep on Saturday I felt quite refreshed on Sunday morning, so I thought I'd cycle around the area for an hour or so – look around a bit, you know. About 5 miles down the road I came across a little shop, and I thought I'd get a bottle of water. That was it. When I came out of the shop my bike was gone. I had saved for six years to buy it – it was a £1,200 bike. Insurance didn't cover it because I hadn't locked it. Moral of the story? Lock your bike.

Now you have 20 seconds to check your answers.

[pause 20 seconds]

Now listen to the text again

[The text is repeated]

Now you have 20 seconds to complete the task.

[pause 20 seconds]

This is the end of the listening task.