

Task 1. You will hear three different extracts. For questions 1-6, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One: You will hear part of an interview with a biologist who has just returned from Chile.

F: You've done research in other desert areas, so did you find any aspects of the Atacama Desert surprising?

M: Yes, actually, I did. Death Valley had accustomed me to the fact that although we think of desert as sand, in fact it has mountains and valleys and different colour rocks in it so, although this variety was much more apparent in Atacama, I was prepared for it. Unlike the weather, which only differed by about ten degrees between morning and night when I was there. In fact, some people find it amazing that such a variety of plants can grow in that.

F: And do you plan to go back?

M: I'd love to – but I don't see it happening in the near future, as I have to write up the papers from my research. But they're struggling to maintain plant growth at the higher levels in the desert and I'd be interested to know why, so that might take me back. The problem is there are always new deserts and new plants to look at in other regions, so it's a question of fitting it in.

Extract Two: You will hear two people talking about a problem with a bank.

M: I've decided to close my savings account at my old bank and I'm going to invest the money instead.

F: Are you sure that's a good idea?

M: Yeah. I'm fed up with them – they've got so few branches you'd think they'd be able to keep an eye on things, but they always seem to mess up. I'm always having to correct things. I know their interest rates are fairly competitive, but I'm not sure it's worth it for the hassle. I can make the same on the stock market.

F: Well, I think you should think again. I'm not sure I really understand why you're doing it. It's no good just getting cross – you should go in and see them. You may be making a mistake and you could lose a lot of money – but I guess that's your concern. But I don't really see how closing down your account is going to be to your advantage.

Extract Three: You will hear part of an interview with a champion tennis player called Mark Bevan.

F: Mark, hi. Thank you for talking to us today – and congratulations on your win. Did you ever think you'd get this far in tennis?

M: (laughs) No, I never used to take it that seriously. In fact, if I hadn't been offered the chance to go to college all expenses paid, I don't think I'd be here. I had to play for the team, so it gave me the opportunity to hone my competition skills, which is a very important aspect of the game. I know a lot of my fellow players have gone to specialist schools, but I'm glad I got here the hard way.

F: So you don't approve of very young children being trained for the game?

M: Look, club tennis is fine, but these days kids get involved in being seriously competitive far too young. They're pushed by their parents who oversee their training but don't bother controlling any other aspect of their lives. And they have to study as they're playing – it's no way to live. I was happy to see more rules governing children's competitions come in, but the tennis organisations can't do the parents' job.

Task 2. *You will hear a photojournalist called Angus MacDonald talking about a trip he made recently. For questions 7-14, complete the sentences.*

Presenter: Today we are going to hear from Angus MacDonald, a photojournalist who recently went on a fabulous assignment along the Silk Road across central Asia. Angus.

Angus: Thank you. Yes, today I'm going to tell you about my recent trip to some of the most remote areas of the world. It was the kind of assignment every photographer dreams of. Last September, completely unexpectedly, I was contacted by this charity and asked if I would be interested in travelling to virtually every country in South and Central Asia. Normally, as a reporter, the newspaper paid for my trips, but in this case the charity said they had a sponsor who would fund the whole thing. I was delighted. Obviously the trip had an objective – the charity gives money to support the preservation of art all around the world, normally in areas that don't really have the spare finance to do this. My work was to create a brochure to highlight the charity's work and encourage people to apply for grants to preserve important artistic works.

So, between October and December I travelled to eleven countries – a fantastic trip. What I was doing during this eight-week period was visiting organisations which were already receiving funding from the charity and documenting twenty-four projects. The money had been used for a wide variety of things and this range was what the charity wanted to advertise. It was a fascinating trip. And I was very well looked after – I didn't have to travel alone but was instead accompanied in each region by local experts. Their job was to fill me in on each of the important works being preserved.

Often we were miles off the beaten track in very remote areas that had been key posts in the past, hence all the art that was there. And there were some amazing highlights - it wasn't all about visiting dusty museums. For example, one highlight was when we witnessed a wonderful moonlit show given by a group of wandering musicians who played on ancient instruments – a real lost art. And of course, I got to photograph some incredible pieces of art. I think the experience that sticks most in my mind was taking photographs of all the metals in the state museum in Kyrgyzstan. In the basement there was also a series of wonderful gold objects and then upstairs were some previously uncovered murals, which were badly affected by rainwater. This is exactly the sort of thing the charity is trying to help preserve, so the work has been very successful there. When the restoration work the museum is doing at the moment is completed, all these objects will be put into custom-built cabinets, which are secure and climate controlled in order to preserve the objects, and then the Kyrgyz people will be able to see them for the first time.

Task 3. *You will hear part of a radio interview in which John Tulsa, a lecturer in business studies, is talking about motivation. For questions 15-20, choose the answer (A, B, C or D) which fits best according to what you hear.*

- I:** Have you ever started out with great enthusiasm on the road to achieve an important goal and, after several months or even years, found that you are not much closer to your goal? Well, our expert in the studio today to talk about this is John Tulsa. John, isn't it true that most of us are distracted by something and this is why we don't achieve our goals?
- J:** Yes, distraction is probably the cause, but we need to look at why – in other words, what are the effects of this distraction. All kinds of distractions are thrown at the person who is trying to concentrate on their main priorities in life. For example, when I was at school, I worked hard at every subject except two or three where I was too easily distracted by talkative friends. In other words, I should've had the wisdom to concentrate or focus my mind on what we were supposed to be studying. However, most of the issues of distraction can be resolved if we take control of ourselves and take steps to avoid paying attention to things that don't matter and are not part of the task in hand.
- I:** And of course we have to motivate ourselves to work hard as well, don't we, to achieve our goals.
- J:** In fact, hard work itself leads to greater motivation because the more you work at something, the better you get and becoming good at doing something is a great motivator. You may, of course, have to primarily focus on the activity or skill in question for half a year or more. But hopefully, you will eventually begin to enjoy the increasing level of skill you're achieving and this will motivate you to put

in even more concentrated effort and to focus on developing your abilities further. You'll always reach a time when you have to force yourself to work at what you're not that good at and this is not easy. But you have to keep going.

I: And are people who are successful – the so-called experts – keen to pass on their tips on motivation?

J: Yes. Unfortunately, most of us actually have to work very hard to achieve our goals. But this is not something which is usually mentioned by the so-called motivational 'experts'! I notice that these gurus, who make millions and then tell you how easy it all was, do seem to forget about what a struggle it was. Perhaps they're so used to working hard that they start believing that the work involved in their success was minimal and so not worth mentioning. Or, possibly, the pleasure of the rewards which have followed their hard work has made them forget the hard grind which they endured before the rewards started to arrive.

I: So, is it really all one long, hard grind – no relaxation?

J: No, once you have put in the focus, time and effort needed to develop the skills you desire, you will no longer need as much motivation as before. Your own skill, self-confidence and new self-image will create a self-renewing fountain of motivation. This means you'll be able to relax more and relaxed effort is usually more productive than tense effort. You'll have an image of yourself as a hard-working expert who's able to resist all manner of distractions and overcome all manner of problems and obstacles.

I: And is it important to develop that positive image of yourself?

J: Yes – if you can focus on one project until it is completed, you'll feel a sense of achievement and develop the kind of confidence and determination which will help you to focus on your next project and complete that as well. This will create a clear distinction between your old self-image and your new victorious self-image. Aim high so that your new image of yourself will be that of a winner who is top of the class in everything you do. Get up early or stay late if necessary and do more than you are asked to do instead of complaining about how much you have to do.

I: So, do you need more or less motivation as you become more successful?

J: Once you believe in yourself and have a new self-image, you'll be able to work harder and with greater intelligence. You'll start to enjoy the respect and admiration of others. Once you have that respect, you'll be motivated to work even harder to keep it. You'll no longer need as much motivation because you'll know what it feels like to be a success and you won't want to lose that. The memory of that feeling may be enough to motivate you for years to come. Add focus and hard work to that strong self-image and you will have a recipe for success and for the motivation that usually accompanies success.

I: John, thank you ... (*fade*)