

CAMBRIDGE ENGLISH:

ADVANCED PRACTICE TEST AUDIOSCRIPT

Part 1 01

EXTRACT 1

- MAN I watched it, and I quite enjoyed it ...
- WOMAN Aren't you getting tired of watching celebrities being put in ridiculous situations and trying to cope with them?
- MAN Well, you could say that, because everything on TV now is 'celebrity this, celebrity that'.
- WOMAN I suppose this one was more original than most – six elderly celebrities trying to survive on a desert island for a month.
- MAN I think people have a fascination with celebrities, in any situation. It's like, in the past, we lived in more close-knit communities, or had larger families, and now, celebrity culture has replaced that.
- WOMAN You mean, we have a fixation with watching celebrities, as if they're part of our wider social group?
- MAN Yes, so we tune in every week to see how our replacement 'family' are coping on the TV show. We want to know how they're doing.
- WOMAN Maybe you're right. I did like that woman, the actress. She was really famous about 20 years ago.
- MAN You've got to wonder, though, why people like her would go on a show like that.
- WOMAN I thought she was hilarious.
- MAN She was funny, I suppose, but a bit too attention seeking for my taste. Don't you think she's only on the show to raise her profile and make sure she's not forgotten? I doubt if she's had any proper TV work in ages.

EXTRACT 2

- WOMAN Have you read about how much plastic waste there is? Trillions of pieces floating in the oceans.
- MAN Well, one of the main problems with plastic is that it isn't biodegradable. It doesn't break down for centuries. But what would you say to the idea of a plastic-eating mushroom?
- WOMAN Oh yes, I read about that ...
- MAN Some scientists are working on figuring out a way of using fungus to deal with the threat plastic poses to the environment. Basically, they've created a method where the fungus is mixed with plastic, and it grows, using the plastic as food. It consumes it. And in just a

couple of months – rather than centuries – the plastic is totally digested. Imagine, if it really does work, it would be revolutionary – a spectacular development.

- WOMAN Yeah, but that's not all, because after the waste plastic has been broken down by the fungus, you're left with this edible stuff – nothing different from an ordinary mushroom. I have to say, though, it sounds a bit risky to me. I mean, it's not as if plastic doesn't contain poisonous substances. The idea of turning it all into some kind of food sounds amazing, but I wouldn't want to think too carefully about what I'd be putting in my mouth!

EXTRACT 3

- WOMAN So I went with some colleagues to try out an escape room yesterday – you know, it's where you're locked in a room, and you have to cooperate to solve different puzzles in order to escape before your time limit runs out. I got a real kick out of working with people to try and piece together clues under pressure.
- MAN Doesn't sound very nice – paying money to deliberately trap yourself in a room with a group of co-workers. Sounds too much like an average day at the office, to me! Though, I understand these things are something of a fad now as team-building events for corporate organisations, so they must be considered effective.
- WOMAN Yes, they're appearing in cities all over the world.
- MAN So, it's basically like a real-life video game?
- WOMAN Not exactly. You play video games to relax, and switch off, but room-escape games are the opposite. It sets your pulse racing, because time isn't on your side, and you have a series of problems in front of you with no obvious solution. Then, it's a real thrill when you suddenly realise what you need to do to find a hidden key and open a lock.
- MAN Maybe I'll give one a try.

Part 2 02

Welcome, everybody. I hope you'll enjoy my talk about working for a charity which helps protect orang-utans, one of our most important endangered species.

What makes this beautiful animal so important? Perhaps it's because they have a very close resemblance to us humans. Indeed, the word *orang-utan*, in the Malay language, means 'man of the forest'.

If you are lucky enough to encounter these animals, you'll soon realise how intelligent they are. In the wild, they are known to be able to fashion their own instruments to extract insects from inside trees, or seeds from within fruit. Like other apes, they can communicate to other members of their species through a series of noises, but in captivity, they have also been known to learn sign language to transmit messages effectively to people.

Perhaps this intelligence is partly due to the length of time young orang-utans spend with their mothers – an amount which is second only to humans. Mothers will spend up to eight years caring for their children, until the young ape reaches maturity. Before the age of two, orang-utans are carried by their mothers. Then, they learn to climb through the trees, holding hands with their parent – a behaviour known as 'buddy travel'.

Unlike the other great apes, orang-utans tend to live solitary lives, once independent of their mothers. Adults travel great distances throughout the forests, only occasionally socialising. They only rarely come down to the ground, preferring to spend their time moving through the forest canopy. This is where they forage for fruit, leaves and insects. Orang-utans do not sleep on the ground or sitting up. Rather, they remain at the tops of trees, where they feel safe, pulling together branches to create nests complete with pillows and blankets!

The orang-utan is, unfortunately, one of the most critically endangered species. There are estimated to be fewer than 40,000 remaining in increasingly small patches of forest in Indonesia and Malaysia. Recent fires have caused enormous habitat loss.

Moreover, worldwide demand for palm oil, used in a huge range of products from chocolate to toothpaste, means that large-scale deforestation of the region's indigenous rainforests has taken place, in favour of profitable palm tree plantations.

It is a sad fact that many orang-utans are caught and kept illegally as pets. I volunteer at a special centre which cares for such animals. Many of these apes cannot be released into the wild, so they are given a home here, and made to feel as comfortable as possible.

We also run a visitor centre here, where people can watch the orang-utans at a distance, and also learn more about the challenges facing this species, and what we can do to protect their natural habitat. Funds raised here contribute towards a 'green technology' centre, which aims to promote an awareness of conservation and wildlife protection among the residents of the surrounding villages. I hope this brief talk has given you an introduction ...

Part 3 03

INTERVIEWER I'm talking to two people who've created their own apps. Amy, let's start with you. Your app, *Stand!*, which simply tells people to stand up, has been very popular. Why is that?

AMY It concerns something that I think a growing number of people are becoming aware of, and that's the detrimental effect of sitting for too long. With my app, people can set an alarm to ring at regular intervals, reminding them to get out of their chairs. I noticed that my mum, who works at home, and sits at a desk for most of the day, was starting to get back problems, and put on weight. Previously, she'd worked in an office, and had regular meetings to go to, or colleagues to chat to, not to mention lunch breaks, or the commute she had. I think the key thing about my app is that it replaces that rhythm of movement you get in an office environment. At home, people often have nothing to stop them sitting for hours at a time. And I think this is something that may affect more and more of us, if we start working from home.

INTERVIEWER Are people using new technology to take better care of their health?

AMY Definitely. Apps are easy to download. And I'd like to think that I've helped a lot of people become fitter, or at least consider their health more. Because one of the criticisms of technology is that it makes us unhealthy. We spend too much time slumped in front of a screen. Technology is so ubiquitous now. Nearly everyone you see is glued to a smartphone. But as I see it, we can turn that round into a huge advantage, because there are ways to use technology to make thinking about our health and the need to exercise a habit, in the same way that we constantly check our emails.

INTERVIEWER John, how does your app differ from Amy's?

JOHN Well, firstly, I never had any intention of making a health app. Basically, my tutor on my course asked us all to create a new kind of game, and we'd be assessed on it, and I thought that instead of something where you make a cartoon character to go around a maze, or something, why don't I get people doing this in real life? So my app locates your position, maps out the streets around you and places virtual prizes in different places – like a gold coin, or a treasure chest. And you

walk around, go to where your phone says the prizes are, and collect points. You can play against other people, like a race, and as a kind of accidental by-product, it gets people moving about.

INTERVIEWER Does your app help people become fit then?

JOHN Accidentally, yes. But what we're seeing now is a trend of 'exergames' – exercise in game form – where you're applying the principles of gaming to a real-life activity. The thing is that anyone can go for a walk around their streets if they want. Nobody needs an app for that. But what apps like mine do is give people some kind of extra incentive. And that's what health apps need, I think, although there doesn't necessarily have to be a game element.

INTERVIEWER Do you agree, Amy? Because your app doesn't have any game element.

AMY Well, you're right, my app doesn't have the same fun element as John's. But it does have the incentive he talked about, in that users get a record at the end of each day of how much time they've spent in a sedentary position. Hopefully, as they use the app more, this time gets less and less, and so they can see they're improving their lifestyle, the app is making a difference, and there's some kind of tangible result. And that, I think, is probably the most important thing a health app can provide you with.

INTERVIEWER A question for you both: what's the future of health apps? Maybe in the future, people will have some kind of special smart watch which records how much we're moving, or what we eat, or what our heart rate is?

AMY Well, that kind of technology is already here. But, yes, in the future, we'll have more and more technology that's continuously communicating with us about our personal health, alerting us if there's something wrong.

JOHN OK, but I doubt if everyone is or will be interested in having continual data about themselves. Many people don't think about their health until they're older. But we'll begin to see more things like smart glasses opening up completely new ways of merging gaming with exercise. We could, for example, be playing virtual tennis with someone on the other side of the world. Who knows!

INTERVIEWER Thank you, both.

Part 4 04

Speaker 1

I had the idea of doing a marathon when I was watching one on TV. I was sitting on the sofa with my six-year-old daughter, who said, 'Mum, why aren't you running in the marathon?' I just made a remark saying that I preferred watching sports to doing them, but then I saw the disappointed look on my daughter's face. Since then, I made up my mind to train every week, in wind and rain and ice. I suppose I wanted to show my daughter that anything's possible if you put your mind to it. And I'm glad I did. A year later, I did my first marathon. Everything went quite well, although I was hardly the fastest person on the day. It's a shame that my daughter couldn't see me at the finish, due to the enormous number of spectators cheering people at the end.

Speaker 2

My first marathon was about ten years ago. I did quite well, although I was quite slow. Since then, I've taken part in one marathon each year, in the autumn. Each time, I have the same aim: to try and run more quickly than before. This latest marathon – it was in Glasgow, which is a really interesting city I'd never been to before – was no exception. Everything had gone well in training, or at least I thought it had, and on the actual day of the race, the conditions seemed great, even though it was a little bit windier than I'd have liked. Perhaps I was feeling overconfident, because the day before, I hadn't eaten as well as I normally would. If you don't eat properly – or worse, don't eat enough – then, that can be a big problem. As a result, about five miles before the finish, I suddenly came to a stop. My legs just refused to keep going. I did get to the end eventually, but only to achieve my worst time in ten years.

Speaker 3

My brother has done a lot of marathons, and he's always made sure that everyone knows about it, and how difficult it is, and how only a superb athlete like him could run 26 miles. One day, I decided I'd had enough, and that I'd do one as well, and so I trained in secret for months. I didn't let anyone find out until the day of the marathon arrived. My brother was also doing it, and I accompanied him to the start line. He thought I had been coming to wish him well, but he was shocked when he saw me in my running gear. He couldn't imagine that I'd be taking part. Anyway, I was, and I finished it, and I was very pleased to show my brother that he had been wrong. I was very tired afterwards, and my knees were extremely sore, but we both went to a restaurant to celebrate with a large group of friends. Unfortunately, all my brother and I could talk about was the marathon, which I'm pretty sure our friends got fed up with after a while.

Speaker 4

I've been doing marathons for a while now in various cities around the world, but this time, I took part with my wife, who was doing one for the first time. She had always said that she'd like to do one, but never had. So, I told her that we'd train, and run the marathon together, and I was with her all the way, although at a much slower pace than I would normally go, of course. Towards the end, she wanted to slow down even more and give up, but I urged her to concentrate and keep going. I'm glad she did, because she managed to collect a lot of money for a children's hospital by completing that marathon. I did feel a bit guilty, though, because it turned out a few days later that my wife had damaged her knee during the race. Perhaps if I hadn't encouraged her to keep going, that wouldn't have happened.

Speaker 5

I've done a lot of marathons, and now that I've proved to myself that I can do one – several times – it's less interesting for me to take part. Some people get excited about doing another marathon so they can beat their personal best, but I don't really pay attention to how quickly I manage to run. But this time, a friend told me that she was going to run in Venice, and I thought that would be a unique way to see that city, so she inspired me to sign up as well. It was great, but there were a number of problems. One is that I couldn't take a camera with me! The other was that we'd both arrived two weeks before the marathon to make the most of it, and see some other places in Italy. The weather had been great, and the food wonderful, so we spent far more time sightseeing than preparing for the run. As a result, it was a lot more painful to reach the 26-mile line than it should have been.