

LISTENING – APTIS GENERAL EXERCISE 4

1. Listen the conversation and match the sentences with Julia (J), Sammy (S) or both (B).

In this situation, Sammy and Julia are in a restaurant. First, a man appears on the phone behind them. When he leaves, they keep talking.

AUDIO: <https://www.educativospara.com/listening-aptis-general-nuevo-formato-2020/>

- She/ he has a date with her/ his cousin
- He/ She knows someone called Andrea
- He/ She turns off his phone and enjoys his food
- Her / his sister is called Andrea
- Her / his friend is Italian

Answers: J – B – B – J - S

Transcription

Sammy: Shall we sit here?

Man: Yeah ... Yeah ... So I say to him, I say 'What?' And he says '50,000'. And then I say, 'When?' And he says, 'Tomorrow'. And I say, 'What?!'

Julia: That man on his mobile!

Sammy: Yeah! And in a restaurant! I mean, it's a bit rude. ... 'And I'm like, "What!" and he's like, "What?" and I say, "50,000" ... Oh. Sorry. I'll just get that. Hello?

Caller: Hello, is that Mr North, the vet?

Sammy: Speaking. How can I help?

Caller: I'm ringing about our meeting tomorrow at nine. Yes, I'm afraid I ... I'm afraid we will be a little late. Is 9.15 OK?

Sammy: That's not a problem. OK, see you then.

Caller: Goodbye. ... Rufus, come on!

Sammy: Sorry, Julia.

Julia: Hello, Sammy! Do you remember me?

Sammy: Sorry.

Julia: Oh! Sorry. I'll just get that. ... Hi, Jack! ... How nice to hear from you! ... Tomorrow ... seven o'clock. Great. See you then.

Sammy: Who was that?

Julia: Jack.

Sammy: Oh. He's very handsome.

Julia: He's OK. Jack is my cousin.

Sammy: Oh! I see! Julia, so, shall we get something to eat?

Julia: Andrea? Andrea? Who is Andrea?

Sammy: My friend.

Julia: Oh, she's your friend! Is she pretty?

Sammy: No, I mean, yes. Well, no. Andrea is my friend. But Andrea is a

man, not a woman.

Julia: Sammy, my sister's called Andrea. And my sister's a woman, not a man.

Sammy: Andrea's Italian. And in Italian, Andrea is a man's name.

Julia: Really? Well, let's see. ... And is Andrea pretty or not?

Sammy: Julia, give my phone back, please.

Julia: 'Call Andrea'.

Andrea: Hello, Sammy, how are you?

Sammy: Erm, hi, Andrea. I just wanted to ask ... are you pretty?

Andrea: What?!

Julia: Hi, Andrea. This is Julia. I'm sorry, Sammy's busy now. Bye!

Sammy: I have an idea. Let's switch off our phones and enjoy the meal.

Julia: Good idea.

Fuente: <http://learnenglish.britishcouncil.org.cn/episode-05-speaking-or-eating>

2. Listen the conversation and match the sentences with Clara (C), Ben (Be) or both (B).

AUDIO: <https://www.educativospara.com/listening-aptis-general-nuevo-formato-2020/>

In this situation, Clara advising Ben.

- He/ She prefers not to think about all the essays he / she has to write.
- He / She has panic attacks
- He / She does not take the bus to exercise
- He / She thought he/ she was going to die
- To relax, he /she counts red cars or trees

Answers: C – B – C – Be - C

Transcription:

Clara: Hi, how are you? I haven't seen you in class for a while.

Ben: Good, thanks. You?

Clara: Great, as long as I don't think too hard about all the essays I have to write this term!

Ben: Yeah ...

Clara: Hey, are you OK?

Ben: I have to admit, I'm struggling a bit. Maybe even a lot. I've not been sleeping well at all and then I can't concentrate. And all these things are just going around and around in my head.

Clara: Mmm ... that doesn't sound good. So, you're sleeping badly and you can't concentrate. Is that all it is, do you think?

Ben: Well, if I'm honest, it's more than that. I'm starting to dread going outside. I find myself worrying about stupid things like what if I forget the way home. Or, what if I go to class thinking it's Monday but actually it's Friday and I'm in the wrong place at the wrong time. It sounds even more stupid when I say it out loud. It took me two hours to leave the house today.

Clara: It doesn't sound stupid at all. It actually sounds a lot like me last year.

Ben: Really? But you're so together!

Clara: I've learned to be, but even I still have bad days. I used to have panic attacks and everything. When you were trying to leave the house today, how did you feel?

Ben: Like I couldn't breathe. And my heart was going way too fast.

Clara: Hmm ... that sounds like a panic attack to me.

Ben: I thought I was going to die.

Clara: You'd be surprised how common they are. Loads of people have them, they just don't talk about it.

Ben: How did you get over them?

Clara: I actually talked to a doctor about it, and you should too. But I learned some practical things as well. Though they're easier said than done, and they're going to sound weird, so hear me out, OK?

Ben: OK ...

Clara: So, one thing I did was to try to reduce the power of the anxiety and the panic attacks when they came. So – and this may sound strange – at a time when you're feeling safe and OK, you literally do things that make your heart start racing faster and your breathing speed up. Like spinning around on a chair until you're dizzy or hyperventilating so you're short of breath.

Ben: That sounds awful!

Clara: It is, but it means you get used to the symptoms, so they feel less scary.

Ben: Right.

Clara: Then you have to deliberately do the things that usually make you feel panic. So, if it's going to class on Monday and being scared you've got the wrong day, on Monday you go to class. If you let the anxiety control you by

making you stay at home, it just makes it worse the next time you really do have to go out.

Ben: And what did you do if a panic attack came anyway?

Clara: I had a distraction plan. So, I walked everywhere instead of taking the bus because the exercise helped, but also I did things like count trees or red cars or something. Whatever it was didn't matter, as long as I had something else to focus on.

Ben: I can't tell you how much I appreciate this. I thought ...

Fuente: <https://learnenglish.britishcouncil.org.cn/skills/listening/upper-intermediate-b2/getting-advice>