



LISTENING

Listening I

In this section, you will hear a podcast about doing a digital detox. For each question choose the best answer. You will hear it twice.

- 1) What is a digital detox?
 - a. staying in front of the screens all the time
 - b. keeping away from all the digitals
 - c. choosing to have access to the internet
 - d. learning everything from our laptops or TVs
 - e. love of using the digitals

- 2) The radio host says that a digital detox.....
 - a. is important for our health.
 - b. is something younger people are trying more.
 - c. is not preferred a lot.
 - d. is something unnecessary when we think about the world now.
 - e. Is for elderly people.

- 3) Which sentence is not true about Amanda Vince's job??
 - a. Because he wants to travel alot.
 - b. She is interacting with the influencers.
 - c. She is online a lot of the time.
 - d. She follows fashion on social media.
 - e. She uploads her own videos to social media.

- 4) What is the name of the book that influenced Amanda?
 - a. Log Off: How to Remove Distracting
 - b. Log Off: How to Change the Digital Habits
 - c. Log Off: Advice for the Digital Detox
 - d. Log Off: How to Disconnect and Stay Disconnected
 - e. Log Off: How to Stay Connected after Disconnecting

- 5) The first step in a digital detox is to get rid of distractions, such as ...
 - a. noises the phone makes.
 - b. screens in your home and workplace.
 - c. the bright colours on your phone.
 - d. the colourful tones of the phones
 - e. the applications which include different games.

- 6) Amanda removed notifications from
- the alarms
 - her close family and friends.
 - everything except important people in her life.
 - everything except very important work-related things.
 - not mentioned
- 7) The book also suggested that ...
- We need to check the notifications often.
 - we need to communicate face to face.
 - we try to be more polite with our phones around people.
 - we think about the reason we are looking at our phones so much.
 - we replace digital distractions with real-world ones.
- 8) Amanda and her partner ...
- tried a two-day digital detox first.
 - found it impossible to completely disconnect.
 - found it very easy to do a digital detox for a weekend.
 - tried a whole week digital detox.
 - directly loved doing digital detox so they continued it for a month.
- 9) Amanda believes that a digital detox ...
- is not a good idea if you have a lot of work.
 - is better if it's for a week, not just a weekend.
 - is something everyone will enjoy.
 - is not for the young people.
 - is hard for the businesspeople.
- 10) What would Amanda text a friend who is thinking about a digital detox?
- Amanda: 'If the process is not suitable for you, forget about it.'
 - Amanda: 'If you want to try it, for the first time you need to do it for a weekend.'
 - Amanda: 'If you try it, you definitely won't do it again.'
 - Amanda: 'If you have to work remotely, it is impossible for you to do it.'
 - Amanda: 'If a whole weekend seems overwhelming, consider starting with just one evening. Gradually increase from there.'

Listening II

In this section, you will hear a student giving a review of a new video game to his class.
For each question, fill in the missing information.

Video Game Review

Example: Actions take place in:

Players answer questions about: (11) _____

Name of the most difficult level of the game: (12) _____

Best thing about the game: (13) _____

Maximum number of players: (14) _____

Website for more details: (15) 59 _____ Street

VIDEO GAME
REVIEW



Listening III

In this section, you will hear a boy talking to a classmate about the things he is going to do next week.
What is he going to do on each day?

Example

Monday:

C

People

16. Tuesday

17. Weekend

18. Wednesday

19. Thursday

20. Friday

Things to do

- A. Finish a school project
- B. Go on a trip
- C. Go to a party
- D. Help a neighbour
- E. Make a meal
- F. Send e-mails
- G. Take money to school
- H. Visit the city library