

ESOL International
English Listening Examination
Level C2 Proficient

Instructions to learners

Check that you have the correct paper.

Do not open the paper until you are told to do so.

Please complete the information above.

Listen to the instructions.

Use black or blue ink. Do not use pencil.

You must not use a dictionary.

Total marks available: 31

You have **40 minutes** to finish the examination.

Part 1

You will hear ten sentences twice. Choose the best answer in each situation.

Now read the answers. You have two minutes to read the answers.

Now listen to the recording and select the best answer.

Mark the answer on the mark sheet.

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| <p>1. a. I am going to the beach on Monday.
b. I didn't go anywhere.
c. I would like to visit my family.</p> <p>2. a. Yes, definitely!
b. I didn't go to the festival last month.
c. No, I have not been.</p> <p>3. a. The manager books the table.
b. Book for 7pm.
c. I will book later.</p> <p>4. a. Sparkly Window Cleaners.
b. Warren's Windows and Doors.
c. Brian the bricklayer.</p> <p>5. a. Oh, I love yellow roses.
b. I prefer pink roses.
c. That's OK, what flowers do you like?</p> | <p>6. a. Yes, I have worked hard.
b. No, I do not enjoy my job.
c. I have more responsibilities now.</p> <p>7. a. I can't remember.
b. I left the car and walked here today.
c. I have the car. Do you want a lift?</p> <p>8. a. My mum took the dog for a walk.
b. The dog is coming with us on holiday.
c. The kennels are fully booked.</p> <p>9. a. Here it is.
b. I didn't put that there.
c. OK, where should I put it?</p> <p>10. a. But I lent it to you yesterday.
b. Have you been to the library?
c. I didn't borrow your book.</p> |
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Part 2

You will hear two conversations. You will hear them twice.

You have two minutes to read the questions and answers for both conversations.

Now listen to **Conversation 1**.

Record your answers on the mark sheet.

Conversation 1

- 1. What is the purpose of the call?**
 - a. To book a hair appointment.
 - b. To book a nail appointment.
 - c. To rearrange an appointment.
- 2. The customer prefers Clara because:**
 - a. She cuts her hair how she likes it.
 - b. She knows how to do nails.
 - c. She is her friend.
- 3. What problem is there with the booking?**
 - a. The hairdresser is ill.
 - b. The booking was cancelled.
 - c. The booking was not put into the system.
- 4. What is the name of the customer?**
 - a. Belding.
 - b. Gleding.
 - c. Gelding.
- 5. What other appointment is made?**
 - a. Nail appointment on Wednesday, 5pm.
 - b. Nail appointment on Friday, 2pm.
 - c. Nail appointment on Saturday, 10am.

Now listen to the conversation again and check your answers.

Now listen to **Conversation 2**.

Record your answers on the mark sheet.

Conversation 2

- 1. Who is the conversation between?**
 - a. Parent and child.
 - b. Employer and employee.
 - c. Teacher and student.
- 2. The play is set in:**
 - a. Verona.
 - b. Italy.
 - c. Europe.
- 3. What type of play is Romeo and Juliet?**
 - a. Matriarchal.
 - b. Romantic.
 - c. Hostile.
- 4. What do they want to do once they finish their course?**
 - a. Go on a tour with their family.
 - b. Travel around Europe.
 - c. Learn about different cultures.
- 5. According to the conversation, what does 'matriarch' mean?**
 - a. Mother.
 - b. Family.
 - c. Topic.

Now listen to the conversation again and check your answers.

Part 3 – Debate and Discussion

You will hear a debate and a discussion. You will hear them twice.

You have two minutes to read the questions and answers for both the debate and discussion.

Now listen to the **debate**.

Record your answers on the mark sheet.

- 1. What is the debate about?**
 - Limiting screen time for young people.
 - Discussions at mealtimes.
 - Enjoying family time instead of screens.
- 2. The host believes that:**
 - Teenagers are better at stepping away from screens.
 - No-one should use screens at set times.
 - Young people enjoy different things to their parents.
- 3. What organisation is Liam Nelson from?**
 - ScreenWatch.
 - ScreenTime.
 - DeviceWatch.
- 4. What do young people think about mealtime conversations?**
 - They are the only time they wish to talk.
 - They are the best time to catch up.
 - They are more like an interrogation.
- 5. What does Liam suggest to help find common ground?**
 - Play computer games with them.
 - Take them out to do something they enjoy.
 - Join social media.
- 6. What does the host like to do when they are not using their phone?**
 - Make conversation with their family.
 - Do activities with their children.
 - Watch television.

Listen to the debate again and check your answers.

Now listen to the **discussion**.

Record your answers on the mark sheet.

- 1. What does procrastination mean?**
 - Struggling to write to-do lists.
 - Struggling to start and complete tasks.
 - Struggling to decide what needs to be done.
- 2. What can help?**
 - Complete an assignment.
 - Write a list.
 - Do some housework.
- 3. What can be the impact of procrastination?**
 - Missed deadlines.
 - Lost work.
 - Making commitments.
- 4. What helps with concentration?**
 - Delaying tasks.
 - Doing less urgent tasks first.
 - Eating and sleeping well.
- 5. What doesn't the host like doing?**
 - School work.
 - The weekly shopping.
 - Ironing.

Listen to the discussion again and check your answers.

End of Examination.

ESOL International
English Reading Examination
Level C2 Proficient

Instructions to learners

Check that you have the correct paper.

Please complete the information above.

Use black or blue ink. Do not use a pencil.

You may **NOT** use a dictionary.

There are 31 questions in this examination.

You must attempt all the questions.

Record your answers on the mark sheet.

Total marks available: **31**

You have **75 minutes** to finish the examination.



Text 1

Read the text. Answer the questions on your mark sheet.

Terrifying mythical creatures	1
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Maritime myth is filled with tales of vicious sea serpents, but few creatures of the deep have struck fear into sailors’ hearts like the mighty kraken. Tracing its _____ back to a giant fish from Norse mythology called the hafgufa, the kraken first entered popular folk lore as a huge octopus or squid spotted by fishermen off the coasts of Norway and Greenland. The kraken supposedly used its many tentacles to capture ships’ masts and drag them to the icy depths, but it could also create a deadly whirlpool just by descended underwater. The legend may have been inspired by sightings of an actual giant squid. Palaeontologists say many years ago the oceans were once home to 100 foot long cephalopods, or squid-like creatures, that fed on whale-sized Ichthyosaurs.	3
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An intimidating blend of two different predators, the griffin was said to possess the body and back legs of a lion as well as the wings, beak and talons of a hawk or an eagle. Tales of the flying creatures most likely originated in the Middle East, but they later became a poplar motif in ancient Greek literature. The griffin legend was later picked up in the 14th century in a largely fictional travelogue by Sir John Mandeville, who described the creatures as, “stronger than eight lions and “a hundred eagles.” Griffins were revered for their intelligence and dedication to monogamy, they supposedly mated for life, but they could also be ferocious.	12
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One of the most forbidding of all mythical creatures, the manticore was a bloodthirsty quadruped that supposedly sported the head of a blue-eyed man, the auburn body of a lion and the stinging tail of a scorpion. The legend of this deadly hybrid first began with Greek authors such as Ctesias, who chronicled it in a book about India. Ctesias and others described the manticore as having three rows of teeth like a shark and a tuneful bellow that sounded like a trumpet. According to Ctesias, the manticore was capable of paralysing or killing its victims from a distance by firing stingers from its tail “as if from a bow.”	20
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1. **Which creatures is the griffin made of?**
 - a. Wings of a hawk and body of a tiger.
 - b. Wings of an eagle and a head of a lion.
 - c. Body of a lion and beak and wings of an eagle.

2. **Which features doesn't the manticore have?**
 - a. Sharks' teeth.
 - b. Scorpion pincers.
 - c. Blue eyes.

3. **Which sea creature was most feared?**
 - a. The giant squid.
 - b. The kraken.
 - c. A sea serpent.

4. **Where did tales of the griffin originate from?**
 - a. Norse myths.
 - b. Travelogue of India.
 - c. The Middle East.

5. **What do palaeontologists believe inspired tales of the mythical sea creature?**
 - a. Cephalopods.
 - b. Hafgufa.
 - c. Ichthyosaurs.

6. **There is a spelling error on:**
 - a. Line 13.
 - b. Line 14.
 - c. Line 15.

7. **There is a grammar error on:**
 - a. Line 6.
 - b. Line 7.
 - c. Line 8.

8. **There is a punctuation error on:**
 - a. Line 16.
 - b. Line 17.
 - c. Line 18.

9. **The best word to complete the sentence on line 4 is:**
 - a. Origins.
 - b. Pedigree.
 - c. Foundations.

10. **The best word to replace 'intimidating' on line 12 is:**
 - a. Unapproachable.
 - b. Terrific.
 - c. Frightening.



Text 2

Read the text. Answer the questions on your mark sheet.

What is 80/20 training?	1
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Here's an idea: do most of your training at a leisurely pace and, come race day, you'll be nailing your goals. It may seem _____, but it's supported by the latest research, which tells us that running slower for the bulk of our runs really can reap huge rewards. 'From our research, it's clear that elite athletes (including Kipchoge) train around 80 per cent of the time at what we'd call low intensity, and they spend just 20 per cent of their time training hard,' says Dr Stephen Seiler of the University of Agder, Norway, one of the foremost exercise physiologists.	3
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Seiler's endurance epiphany occurred nearly a decade ago when he analysed a huge swathe of studies into training intensity and duration. Since then, further studies by the likes of sports' scientists Veronique Billat, Augusto Zapico and Jonathan Esteve-Lanao have confirmed Seiler's theory that 80/20 is the holy grail of running fitness.	11
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'Whether the elite is training 20 or 40 hours a week, the training broadly follows this 80/20 split,' says Seiler. Paula Radcliffe adhered to an 80/20 split at her peak in 2003, when 12 of her 15 runs (160 miles per week in total over an eight-day cycle would be at a low intensity.	16
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'We undertook further research and showed that it's equally relevant if you're training four sessions a week or 14. It's arguably more important for recreational runners because we often get our intensity wrong in relation to long-term fitness,' says Seiler.	20
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'Many recreational runners feel they must go hard every time, so they do a lot of training in this threshold area,' says Seiler. 'They'll improve initial, but then they stagnate. The problem is, they become too fatigued to do high-intensity sessions.'	24
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Studies show that recreational runners naturally gravitate towards running 50 per cent at moderate to high intensity and 50 per cent at low intensity. And when Esteve-Lanao asked experienced club runners to follow either this 50/50 split or an 80/20 split, the 80/20 group improved their 10K times by 5 per cent compared with 3.5 per cent for the 50/50 group.	28
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11. **What is 80/20 training?**
 - a. A mixture of low and high intensity training.
 - b. A low intensity training programme.
 - c. A mostly high-intensity training programme.
12. **What is the impact of a high-intensity approach to training?**
 - a. It means you improve faster.
 - b. It may leave you fatigued.
 - c. It increases your exercise time.
13. **How much did club runners improve when using a 50/50 training programme?**
 - a. 3.5%.
 - b. 5%.
 - c. 10%.
14. **Who discovered the advantages of 80/20 training?**
 - a. Veronique Billat.
 - b. Stephen Seiler.
 - c. Jonathan Esteve-Lanao.
15. **Which sports' scientist confirmed Seiler's theory?**
 - a. Augusto Zapico.
 - b. Paula Radcliffe.
 - c. Kipchoge.
16. **There is a spelling mistake on:**
 - a. Line 20.
 - b. Line 21.
 - c. Line 22.
17. **There is a grammar mistake on:**
 - a. Line 24.
 - b. Line 25.
 - c. Line 26.
18. **There is a punctuation mistake on:**
 - a. Line 16.
 - b. Line 17.
 - c. Line 18.
19. **The best word to complete line 4 is:**
 - a. Far-fetched.
 - b. Fantastic.
 - c. Imaginary.
20. **The best word to replace the word 'confirmed' on line 14 is:**
 - a. Supported.
 - b. Contradicted.
 - c. Documented.

Text 3

Read the text. Answer the questions on your mark sheet.

Tips for solo cooking

Everywhere you look, prices are going up. So like everyone, I'm trying to watch what I spend on groceries. But a lot of the advice out there for careful budgeting seems to be geared towards cooking in bulk or catering for a large household, and I only cook for one.

Learning to embrace shortcuts like curry paste, cake mix, frozen fish fillets and ready-made sauces have helped make cooking less daunting, which ultimately means I save money because I'm not buying as many takeaways.

I'm very mindful of the expiry date as well as the price. Frozen and canned vegetables are my friends. Carrots, onions and potatoes have a decent lifespan and fit into nearly any dish or cuisine. I know I can't finish a whole loaf of bread, and it would take up half of my precious freezer space, so I only buy crumpets or English muffins.

I typically eliminate expensive garnishes such as fresh herbs and I've never eaten something and missed the sprinkle of fresh parsley. I substitute in cheaper ingredients (yoghurt instead of creme fraiche, onions instead of shallots, peanuts instead of cashews, dried herbs instead of fresh). I buy the cheapest available option for staples such as milk, butter, sugar, flour, honey and spices.

I love remixing leftovers into a new dish rather than eating many portions of the same thing. Turn a sauce into a stew with beans or lentils and add a layer of mashed potato and top with cheese to make a sort of shepherd's pie. A soggy stir-fry can become the base for baked eggs. A pumpkin and spinach salad can transform into a frittata. But do take care when reheating!

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| <p>21. What is the purpose of this text?</p> <ul style="list-style-type: none">a. To advise how to become a better cook.b. To advise how to prepare meals for one.c. To advise how to store food. <p>22. Why is it necessary to budget for food?</p> <ul style="list-style-type: none">a. To buy expensive staple foods.b. Food is becoming more expensive.c. In order to afford takeaways. <p>23. What does the writer suggest to do with leftovers?</p> <ul style="list-style-type: none">a. Use them in other recipes.b. Reheat them the next day.c. Store them in the freezer. | <p>24. What can be done with expensive items?</p> <ul style="list-style-type: none">a. Swap them for cheaper options.b. Buy less of them.c. Buy them in bulk. <p>25. What does the writer do because they cannot eat a whole loaf of bread?</p> <ul style="list-style-type: none">a. Put it in the freezer.b. Buy a smaller loaf.c. Buy English muffins. |
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Text 4

Read the text. Answer the questions on your mark sheet.

Zealandia: the sunken lost continent

The mostly submerged continent of Zealandia may have been much closer to land level than previously thought, providing pathways for animals and plants to cross continents from 80 million years ago. Zealandia, a mostly underwater landmass in the South Pacific, was declared the Earth's newest continent in the journal of the Geological Society of America. It includes Lord Howe Island off the east coast of Australia, New Caledonia and New Zealand.

Researchers drilled more than 860 metres below the sea floor in six different sites across Zealandia. The sediment cores collected showed evidence of tectonic and ecological change across millions of years. "The cores have acted as time machines for us, allowing us to reach further and further back in time," said Stephen Pekar, a researcher. As one scientist put it, "We are rewriting the geologic and tectonic history of Zealandia at this drill site." The 5 million square kilometre continent, roughly the size of the Indian subcontinent, is believed to have separated from Australia and Antarctica, as part of Gondwana, about 80 million years ago. The research has big implications for understanding scientific questions, such as how did plants and animals disperse and evolve in the South Pacific. The discovery of past land and shallow seas now provides an explanation: there were pathways for animals and plants to move along.

Geologists and academics have argued at times for Zealandia's recognition as a continent over the past 20 years. The name was coined by the geophysicist and oceanographer Bruce Luyendyk in 1995. This is not a sudden discovery but a gradual realisation. The 4.9 million square kilometre area of continental crust is large and separate enough to be considered not just as a continental fragment or a microcontinent, but as an actual continent.

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| <p>26. What is Zealandia?</p> <ul style="list-style-type: none">a. A part of the New Zealand continent.b. A newly discovered continent.c. The largest continent. <p>27. When was Zealandia named?</p> <ul style="list-style-type: none">a. In 1995.b. In the past 20 years.c. 860 years ago. <p>28. Researchers drilled for:</p> <ul style="list-style-type: none">a. Sediment cores.b. Tectonic plates.c. Sea plants. | <p>29. Why are recent discoveries so important?</p> <ul style="list-style-type: none">a. They explain how the South Pacific was formed.b. They explain how the countries were formed.c. They explain how animals dispersed. <p>30. How large is Zealandia?</p> <ul style="list-style-type: none">a. As large as Antarctica.b. As large as the Indian subcontinent.c. Larger than Australia. <p>31. Who gave Zealandia its name?</p> <ul style="list-style-type: none">a. Lord Howe.b. Stephen Pekar.c. Bruce Luyendyk. |
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End of Examination.



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ESOL International
English Writing Examination
Level C2 Proficient

Instructions to learners

Check that you have the correct paper.

Please complete the information above.

You must write a minimum of 200 – 250 words for Task 1 and 250 – 300 words for Task 2.

Use black or blue ink. Do not use a pencil.

You may **NOT** use a dictionary.

There are two tasks. You must attempt both tasks.

Formal writing Task 1, you must complete **either** Option 1 **OR** Option 2.

Informal writing Task 2, you must complete the set task.

Total marks available: **24**

Allow time to check your work before the end of the examination.

You can ask for more writing paper if required.

You have **75 minutes** to finish the examination.

Option 1 Formal Writing Task 1 – Allow 35 minutes for this task.

You sent your laptop in to be serviced two weeks ago as it had been running slowly and some of the letter keys were loose. You were meant to have it back a week ago, but the customer service team has not called to tell you that the work has been completed. Email the customer service team to check on progress.

You could write about:

- when you sent the laptop in
- what the issues were
- how you feel about the lack of communication
- what you want the company to do.

OR

Option 2 Formal Writing Task 1 – Allow 35 minutes for this task.

Write a short report about the advantages and disadvantages of online learning.

You could write about:

- different ways of learning
- the convenience of learning online
- the problems associated with online learning
- how you feel about online learning.

Write 200-250 words.

(12 Marks)

Informal Writing Task 2 – Allow 35 minutes for this task.

You want to go travelling in the summer once you finish your studies. Write a letter to your friend to persuade them to come with you.

You could write about:

- when you would like to go
- what places you would like to visit
- why you want your friend to come with you
- how you will both benefit from travelling.

Write 250-300 words.

(12 Marks)

You will be assessed on:

- | | | |
|--|-------------------------|--------------|
| • use of conjunctions, adjectives and vocabulary | • legibility of writing | • word order |
| | • content | • content |

End of Examination.



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