

ESOL International

English Listening Examination

Level C1 Advanced

Instructions to learners

Check that you have the correct paper.

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

Complete the information above.

Listen to the instructions.

Use black or blue ink. Do not use a 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 sentences and choose the best answer.

Mark the answer on the mark sheet.

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| <p>1. a. Yes, we are meeting there.
b. Yes, the forecast says it will be dry.
c. Yes, it really suits you.</p> <p>2. a. We really enjoyed the singing.
b. That's a shame. Maybe next week?
c. Why don't you sell your ticket?</p> <p>3. a. OK, let's meet at the cinema.
b. The movie was great last night.
c. No, thank you. I'm taking a taxi.</p> <p>4. a. Yes, I can see you there at 5 pm.
b. Yes, what do you need from me?
c. Yes, it's my birthday on Friday.</p> <p>5. a. We could hire a minibus.
b. We can go to the beach.
c. Maybe in the summer.</p> | <p>6. a. It's next to the station.
b. Shall I meet you there?
c. What's your favourite food?</p> <p>7. a. We'll take a taxi.
b. It will be busy.
c. I will leave at 10 pm.</p> <p>8. a. I always give to charity.
b. I was planning to go last week.
c. Great, I hope it goes well.</p> <p>9. a. I love drinking coffee.
b. Sorry, I don't think I can make it.
c. That café is really expensive.</p> <p>10. a. Sorry, I won't be in.
b. I am moving to a bigger house.
c. That's OK, I will manage.</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 for both conversations.

Now listen to the conversation again and check your answers.

Now listen to **Conversation 1**.

Record your answers on the mark sheet.

Conversation 1

1. **How has Emily found the book club?**
 - a. Rewarding.
 - b. Excellent.
 - c. Humorous.
2. **Sarah thinks the book highlights:**
 - a. Social engagement.
 - b. Adventures at home.
 - c. Neighbourhood issues.
3. **How often does the book club meet?**
 - a. Weekly.
 - b. Fortnightly.
 - c. Monthly.
4. **Why did Emily decide to join the book club?**
 - a. To spend more time at the library.
 - b. To read more romance books.
 - c. To meet people with similar interests.
5. **Why did they choose *Little Women*?**
 - a. It was recommended by someone.
 - b. It's Emily's favourite book.
 - c. It is a well-known book.

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. **Which changes has Leah noticed since she started using the app?**
 - a. Increased productivity at work.
 - b. Better mood and energy levels.
 - c. Greater practical ability.
2. **Leah says the technology is:**
 - a. Elite grade.
 - b. Expert grade.
 - c. Professional grade.
3. **The app is designed to capture:**
 - a. Biometric data.
 - b. Stress levels.
 - c. Performance levels.
4. **How did Leah find out about the app?**
 - a. From a lifestyle magazine.
 - b. She saw an online review.
 - c. It was recommended by a friend.
5. **Which feature of the app has Leah found the most useful?**
 - a. The meditation sessions.
 - b. The nutritional advice.
 - c. The personalised workout plans.

Now listen to the conversation again and check your answers.

Part 3 – Debate and discussion

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

Read the questions and answers on your examination paper for both the debate and discussion.

Now listen to the **Debate**.

Record your answers on the mark sheet.

1. **When searching for health advice online, Alex suggests you should:**
 - a. Influence others with your health claims.
 - b. Look for scientific evidence.
 - c. Follow advice from celebrities.
2. **What does the host think about alternative online health advice?**
 - a. They believe most of it is unreliable.
 - b. They think it should be dismissed.
 - c. They think the information is useful.
3. **What advice does Alex suggest should be excluded?**
 - a. Unverified.
 - b. Endorsed.
 - c. Critical.
4. **Alex suggests reputable sources that should be used are:**
 - a. Official health organisations.
 - b. People's historic medical accounts.
 - c. Scientific websites.
5. **Alex works at the:**
 - a. Online Health Group.
 - b. Safe Information Group.
 - c. Stay Informed Group.
6. **The host thinks individuals should:**
 - a. Find more time for research.
 - b. Navigate the internet sensibly.
 - c. Discount personal experiences.

Now listen to the debate again and check your answers.

Now listen to the **Discussion**.

Record your answers on the mark sheet.

1. **What are the top advantages of living in the countryside?**
 - a. Access to amenities and relaxation.
 - b. Relaxation and a connection to nature.
 - c. Job opportunities and a connection to nature.
2. **Some people can thrive in:**
 - a. A fast-paced environment.
 - b. A relaxing environment.
 - c. An efficient environment.
3. **What is challenging about countryside life?**
 - a. Accessing social activities.
 - b. Accessing basic services.
 - c. Accessing physical exercise.
4. **What do the guest and host agree on?**
 - a. Rural living is always better for all people.
 - b. Urban living offers less opportunities for people.
 - c. Where people choose to live depends on personal preferences.
5. **The city cannot be matched for:**
 - a. Amenities.
 - b. Natural beauty.
 - c. Outdoor activities.

Now listen to the discussion again and check your answers.

End of Examination

ESOL International
English Reading Examination
Level C1 Advanced

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.

How to be happy	1
	2
Happiness is a subjective experience. However, there are general practices and activities that can help cultivate more happiness in your life. Here are four ways to do that.	3
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Stay active	7
Exercise is not only good for your physical health, but your mental health as well. Numerous studies have shown that regular exercise can help improve mood and reduce stress. It can also increase endorphins: hormones that have a natural pain-relieving and mood-boosting effect. If you're not used to exercising, start slowly with light activities such as walking or swimming.	8
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Find your comfortable level of sociability	14
Humans are social creatures and need meaningful personal connections to thrive and avoid loneliness. Because social contentment is different for everyone, it's important to find the type of socialising that feels good to you. "It's not just about the amount of time spent with others. How that time is spent, whether it's satisfying and whether the experience feels successful can determine whether socialising leads to happiness," says Dr Robert Pate, an expert in wellbeing and mindfulness at Oxford University.	15
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Practise Mindfulness	23
Mindful meditation is a form of mindfulness that have been shown to help reduce stress, anxiety and symptoms of depression. In addition, meditation may help improve focus and concentration, as well as increase self-awareness, positive states of mind and wellbeing.	24
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Spread Kindness	29
Not only will helping others most likely increase their happiness but it can also help you feel more _____. When you help others, your brain releases oxytocin and endorphins, both of which help create a rewarding, self-reinforcing habit. This means that acts of kindness become easier over time. Even small gestures can brighten someone else's day.	30
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	34

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| <p>1. What is the main subject of the text?</p> <ul style="list-style-type: none">a. Mental health conditions.b. How to exercise effectively.c. Strategies for increasing happiness. <p>2. What effect does regular exercise have on us?</p> <ul style="list-style-type: none">a. It increases self-awareness.b. It helps us manage our emotions.c. It improves focus. <p>3. What do meaningful connections help with?</p> <ul style="list-style-type: none">a. Pain relief.b. Avoiding loneliness.c. Concentration. <p>4. What is one of the benefits of helping others?</p> <ul style="list-style-type: none">a. Enhanced personal happiness.b. Reduced brain activity.c. Decreased endorphin levels. <p>5. What improves focus?</p> <ul style="list-style-type: none">a. Meditation.b. Socialising.c. Exercising. | <p>6. What is the meaning of the word 'contentment' on line 16?</p> <ul style="list-style-type: none">a. Frustration.b. Satisfaction.c. Containment. <p>7. There is a punctuation mistake on:</p> <ul style="list-style-type: none">a. Line 3.b. Line 11.c. Line 17. <p>8. There is a grammar mistake on:</p> <ul style="list-style-type: none">a. Line 9.b. Line 24.c. Line 30. <p>9. The most suitable word to fill the gap on line 31 is:</p> <ul style="list-style-type: none">a. Emptied.b. Fulfilled.c. Realised. <p>10. There is a spelling mistake on:</p> <ul style="list-style-type: none">a. Line 8.b. Line 15.c. Line 19. |
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Text 2

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

Always on the move!	1
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Traditionally, a nomad is a person who moves from place to place rather than living in one location. A digital nomad is someone who applies technology and the internet to work remotely.	3
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Frankie, a Londoner turned worldwide traveller, tells us how she began this lifestyle. "In October 2011, I changed careers from a full-time job in the City of London to a freelance career as a copywriter, blogger and writer. For over two years, I was a digital nomad, working as I travelled with my partner. I lived and worked in countries like Morocco, Thailand, Malaysia, Finland and France and we stayed in places for as short a time as a few days, to more than three months."	7
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"First of all, people often ask me how I work when I am travelling so much and, for me, balance and priorities are important. If we have big projects that need a lot of attention, we'll find somewhere tranquil to do this in. If we have a bit more flexibility, we will try to find a first-rate travel destination, but we always take work into _____ when picking a new place."	14
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We asked Frankie what her essentials are for this interesting way of life. This is what she told us, I would definitely choose a lightweight laptop; crucial when you are travelling regularly. Another essential for me is a strong suitcase, because you will use it a lot for short and long-haul flights. Do yourself a favour and invest in buying multi-way plugs. You will at least need two or three for your electronics and you never know which country you may be going to next. Finally, a good camera. Depending on how important photography is to you, a decent camera was be a good option to capture all the beautiful places you will visit."	20
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"My advice to people who want to embark on this new lifestyle is for them to understand that this is not a holiday! You need to think about a good balance. Think about what you are prepared to abandon. My lifestyle is a special, happy, lucky one and, as long as I'm able to live this way, I'm going to seize the opportunity and chase my dreams."	29
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11. **The life that Frankie describes:**
- Is challenging and not worth pursuing.
 - Means giving up on personal dreams.
 - Requires sacrifices but offers unique opportunities.
12. **Which two things does Frankie consider most when travelling?**
- Flexibility and beauty.
 - Balance and priorities.
 - Peace and quiet.
13. **What does Frankie suggest people do?**
- Work in Malaysia.
 - Buy multi-ways plugs.
 - Change to a full-time career.
14. **This text is about:**
- The lifestyle of a digital nomad.
 - Recommended holiday destinations.
 - Essentials for London workers.
15. **What does Frankie say is essential for regular travel?**
- Lightweight camera.
 - Decent laptop.
 - Strong suitcase.
16. **There is a spelling mistake on:**
- Line 4.
 - Line 7.
 - Line 10.
17. **There is a grammar mistake on:**
- Line 27.
 - Line 30.
 - Line 31.
18. **Which word could replace 'chase' on line 33?**
- Forget.
 - Escape.
 - Follow.
19. **The most suitable word to fill the gap on line 18 is:**
- Approval.
 - Consideration.
 - Acknowledgement.
20. **There is a punctuation mistake on:**
- Line 21.
 - Line 25.
 - Line 29.

Text 3

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

Becoming an entrepreneur

In modern times, becoming an entrepreneur has become a great solution for people who have ideas and may struggle to find a conventional job. First, it is important to understand that by becoming an entrepreneur, you'll be building a business from scratch, driven by your ideas, passion, and ambitions. Entrepreneurs are vital in modern society, as they provide innovative products or ideas, create jobs, and support local economy, and they are at the forefront of using technology to improve their business. However, being an entrepreneur comes with challenges such as financial uncertainty, competition and the need for strong decision making skills.

It might come as a surprise that the first step in becoming an entrepreneur doesn't focus on a practical business skill or task, but rather developing three key traits: resilience, adaptability and a growth mindset. These traits are the crucial pillars that support and drive entrepreneurial success. Along with these traits, researching the market is equally important for a successful business. Researching the market helps a new business to understand customer needs, highlight industry trends and competitor strategies.

Setting up your business operations is equally important. Choosing whether you need an office space or to start at home will help you think about further costs that you may need to add. Invest in any necessary technology and equipment, including software and platforms for communication, financial management and data management. Having the right attitude will help you grow your business and evaluate when necessary, as you will always need to be constantly looking for new opportunities and building new relationships and partnerships.

Entrepreneurship is more than a profession: it's a way of life that can offer considerable rewards. With the right approach, your entrepreneurial dream isn't just a possibility, it can become a reality.

21. **Which two key traits are emphasised for entrepreneurial success?**

- a. Passion and resilience.
- b. Resilience and growth mindset.
- c. Adaptability and creativity.

22. **According to the text, what do entrepreneurs find challenging?**

- a. Job creation.
- b. Financial uncertainty.
- c. Product innovation.

23. **Which aspect of business operations will you need to invest in?**

- a. Research.
- b. Partners.
- c. Technology.

24. **What can entrepreneurship offer?**

- a. Competitive drive.
- b. Considerable rewards.
- c. Conventional opportunities.

25. **Why is researching the market important?**

- a. It highlights industry trends.
- b. It improves customer communication.
- c. It identifies data management systems.

Text 4

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

Unusual jobs around the world

There are many different jobs worldwide which may be thought of as unconventional. If you are ever considering a career change, here are three examples.

Chocolate taster

There's far more to this role than meets the eye because, to succeed, you'll need a sophisticated palate and a way with words to join a panel of tasters. There are no specific qualifications required to get a job as a chocolate taster, but a food science or a chemistry degree could both be helpful in this job. If you're successful, you'll play a crucial role in product development and collaborate with other panellists.

Fake wedding guest

Some people, especially in the USA and in South Korea, will use paid wedding guests, who attend events to make the crowd seem bigger and livelier. The fake guests have to congratulate the bride, admire her dress and memorise personal information about the happy couple. The only disadvantage is the salary, which is about 25 euros per wedding. However, you get free food and sometimes a couple will buy your wedding outfit for you.

Train pusher

This isn't a person with superhuman strength who pushes a train along its tracks. It's a train station attendant that, during rush hour, pushes people further into overly-crowded trains, so that the doors may close properly. In Japan, these train station attendants, known as oshiya, have to get as many passengers as possible into the train to ensure that the doors can close safely before the driver sets off.

26. **Which job has a low salary?**

- a. Chocolate taster.
- b. Train pusher.
- c. Fake wedding guest.

27. **Which is one thing you need to join a panel?**

- a. A degree in food science.
- b. A way with words.
- c. Product knowledge.

28. **What is an oshiya?**

- a. A train passenger.
- b. A train driver.
- c. A train attendant.

29. **What do train pushers do in rush hour?**

- a. Direct trains at the station.
- b. Ensure doors can close properly.
- c. Push the train along the track.

30. **Which is not needed to be a chocolate taster?**

- a. Specific qualifications.
- b. A sophisticated palate.
- c. A good eye for detail.

31. **A fake wedding guest needs to:**

- a. Collaborate with other guests.
- b. Memorise personal information.
- c. Be livelier than the happy couple.

End of Examination



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ESOL International

English Writing Examination

Level C1 Advanced

Instructions to learners

Check that you have the correct paper.

Please complete the information above.

You must write between 150-200 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 live in a very popular tourist destination. A large block of new holiday apartments is being built where there is currently a park, and you and other residents are not happy about it. Write a letter to your local newspaper to provide your views.

You could write about:

- the importance of the park to the local community
- how you feel about the proposed development
- how the increase in tourists will affect traffic
- your ideas for an alternative to the proposal.

OR

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

Write a magazine article about the impact of social media on people.

You could write about:

- what people use social media for
- the effects of using social media at work
- the impact of social media on young people
- how to use social media safely.

Write 150 - 200 words.

(12 Marks)

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

You and your friend have been invited to a concert in another town, but your friend does not want to go. Write an email to your friend and persuade them to go with you.

You could write about:

- how you will get there
- why seeing the artist is important for you both
- who else is going to go to the concert
- how you will feel to have your friend with you at the concert.

Write 250 - 300 words.

(12 Marks)

You will be assessed on:

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

End of Examination Writing

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