




## Listening

### Why take an adaptive test?

- Your adaptive test is **personalised**. Some questions might be easy, and some will be more difficult. Your questions are chosen based on your previous answers.
- An adaptive test will give you an **accurate result** and a **better test experience** because it is tailored to your level.
- Your Listening test usually takes approximately 20–45 minutes, depending on your level. However, it could be shorter or longer than this.
- Your results will be available **immediately after** you complete the test.

### What do I need to know about my test?

- Look at the [sample test](#) to become familiar with the tasks. The sample test is **not** adaptive. It shows you all the different types of tasks in the Cambridge EST Schools test. When you take your real test, you will see some of these tasks, but **not all** of them. The tasks you see will depend on your level.
- Before answering a question, read the task instructions and any context information about the listening audio. This will help your understanding.
- You can change your answer to any question on the same screen.
- Check all your answers carefully before you click on the arrow to move to the next screen. However, do not take too long to read through everything again, try to keep moving at a good, steady pace.
- When you click forward to the next screen, you will not be able to go back.

Task type 1	<p><b>(Listening) One-Question Multiple Choice with pictures</b></p> <p>For this question, choose the correct answer. You have 10 seconds to read the question. You will hear the recording twice.</p> <p><b>1</b> What did Jane's dad eat?</p> <div>    </div>
No. of questions in task	1
Testing focus	Listening to identify simple information with the help of pictures
Advice	<ul style="list-style-type: none"> <li>You have 10 seconds to read the task information, question and options.</li> <li>Look at each picture carefully and think of the words which describe the pictures.</li> <li>Listen to the whole audio carefully.</li> <li>Choose the correct answer.</li> <li>The audio will automatically play two times. You can click on the arrow to move on to the next question when you are ready.</li> </ul>
Preparation	<ul style="list-style-type: none"> <li>Listen to people making plans, talking about likes and dislikes, giving information about holidays, free time and studies.</li> <li><a href="#">Cambridge English</a> has a variety of activities to help you with pronunciation.</li> <li>Tip: Review vocabulary you have learned in class and focus on the pronunciation of the words.</li> </ul>

Task type 2	<p><b>(Listening) One-Question Multiple Choice</b></p> <p>For this question, choose the correct answer.          You have 10 seconds to read the question. You will hear the recording twice.</p> <p><b>2</b> What did the girl think of the book?</p> <p><input type="radio"/> The ending was sad.</p> <p><input type="radio"/> The people were funny.</p> <p><input type="radio"/> The story was hard to understand.</p>
No. of questions in task	1 (with 3 or 4 multiple choice options)
Testing focus	Understanding information in short audios with one or two people speaking about different topics
Advice	<ul style="list-style-type: none"> <li>You have ten seconds to read the task information, question and options.</li> <li>Listen to the whole audio carefully.</li> <li>Choose the correct answer.</li> <li>The audio will automatically play two times. You can click on the arrow to move on to the next question when you are ready.</li> </ul>
Preparation	<ul style="list-style-type: none"> <li>Listen to people giving their opinions, saying how they feel about something, explaining reasons for doing something, agreeing or disagreeing with others.</li> <li>Tip: Listen to podcasts, news reports, online tutorials or talks in order to improve your listening skills.</li> </ul>

Task type 3	<p><b>(Listening) Two-Question Multiple Choice</b></p> <p>For these questions, choose the correct answer. You have 15 seconds to read the questions. You will hear the recording twice.</p> <p>Listen to a student talking to her teacher about reading.</p> <p><b>1</b> Why does the teacher give the example of historical figures?</p> <p><input type="radio"/> to suggest they are easy to read about</p> <p><input type="radio"/> to explain some advantages of reading biographies</p> <p><input type="radio"/> to support the girl's point about reading novels</p> <p><b>2</b> Why does the teacher think the girl should adjust her reading target?</p> <p><input type="radio"/> to help the girl manage to reach her goal</p> <p><input type="radio"/> to improve the girl's self-discipline</p> <p><input type="radio"/> to change the girl's attitude to her studies</p>
No. of questions in task	2 (with 3 or 4 multiple choice options)
Testing focus	Understanding information in longer audios with one, two or three people speaking about a wide range of topics
Advice	<ul style="list-style-type: none"> <li>You have 15 seconds to read the task instructions, questions and options.</li> <li>Listen to the whole audio carefully.</li> <li>Choose the correct answer for each question.</li> <li>The audio will automatically play two times. You can click on the arrow to move on to the next question when you are ready.</li> </ul>
Preparation	<ul style="list-style-type: none"> <li>Listen to talks, interviews or conversations on a variety of topics.</li> <li>Tip: Listen to podcasts, news reports, online tutorials or talks. Don't worry if you don't understand everything – try to identify the main ideas.</li> </ul>

Task type 4	<p><b>(Listening) Five-Question Multiple Choice</b></p> <p>For these questions, choose the correct answer. You have 45 seconds to read the questions. You will hear the recording twice.</p> <p>Listen to Sam Roper, a TV presenter, talking to students about his new series about wildlife.</p> <p><b>3</b> What does Sam say about the animals he filmed in some of his programmes?</p> <p><input type="radio"/> They are most dangerous when looking for food.</p> <p><input type="radio"/> They will only hurt you if they feel stressed.</p> <p><input type="radio"/> They look more frightening on TV than in real life.</p> <p><b>4</b> Which animal in the first programme did Sam enjoy filming the least?</p> <p><input type="radio"/> a snake</p> <p><input type="radio"/> an elephant</p> <p><input type="radio"/> sharks</p> <p><b>5</b> What is Sam's favourite place in the world to see animals?</p> <p><input type="radio"/> in Antarctica</p> <p><input type="radio"/> in rainforests</p> <p><input type="radio"/> in the Himalayas</p> <p><b>6</b> What advice does Sam have for people who want a job like his?</p> <p><input type="radio"/> Spend all your free time learning about animals.</p> <p><input type="radio"/> Work hard at school, especially in science.</p> <p><input type="radio"/> Try to get some work during the school holidays.</p> <p><b>7</b> Which animals is Sam hoping to film next?</p> <p><input type="radio"/> whales</p> <p><input type="radio"/> tigers</p> <p><input type="radio"/> insects</p>
No. of questions in task	5 (with 3 or 4 multiple choice options)
Testing focus	Understanding information in longer audios with one, two or three people speaking about a wide range of topics
Advice	<ul style="list-style-type: none"> <li>You have 45 seconds to read the task instructions, questions and options.</li> <li>The answers to the questions are in the same order in the audio.</li> <li>Try to identify 'cues' as you listen. These are words or phrases which signal the question you should answer.</li> <li>Try to answer the questions as you listen, but move on to the next question if you hear the next cue. You will be able to listen a second time.</li> <li>The audio will automatically play two times. You can click on the arrow to move on to the next question when you are ready.</li> </ul>
Preparation	<ul style="list-style-type: none"> <li>Listen to a variety of talks, interviews, conversations, debates. Choose topics that you find interesting.</li> <li>Tip: Listen with a friend and have a discussion afterwards. This will also help you to practise speaking.</li> </ul>

Task type 5	<div><div>(Listening) One-Task Multiple Matching</div><div><div>You have 20 seconds to read the question and look at the table. You will hear the recording twice.</div><div>Listen to three short extracts in which people are talking about starting a hobby.</div></div><div>What reason does each person give for starting their hobby?</div><table><tr><th></th><th>Speaker 1</th><th>Speaker 2</th><th>Speaker 3</th></tr><tr><td>to explore local surroundings</td><td></td><td></td><td></td></tr><tr><td>to make new friends</td><td></td><td></td><td></td></tr><tr><td>to earn some money</td><td></td><td></td><td></td></tr><tr><td>to get fit</td><td></td><td></td><td></td></tr><tr><td>to enter competitions</td><td></td><td></td><td></td></tr></table></div>		Speaker 1	Speaker 2	Speaker 3	to explore local surroundings				to make new friends				to earn some money				to get fit				to enter competitions			
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No. of questions in task	3																								
Testing focus	Understanding the main ideas in short monologues																								
Advice	<ul style="list-style-type: none"><li>You have 45 seconds to read the task instructions, question and options.</li><li>Listen to each speaker fully before choosing an option.</li><li>The audio will automatically play two times. You can click on the arrow to move on to the next question when you are ready.</li></ul>																								
Preparation	<ul style="list-style-type: none"><li>Listen to podcasts where they have variety of guests talking about the same topics. Do they have similar/different opinions/experiences? What do you think about what they say?</li><li>Tip: Listen with a friend and have a discussion afterwards. This will also help you to practise speaking.</li></ul>																								

Task type 6	<p><b>(Listening) Sentence Completion</b></p> <p>For these questions, complete the sentences with no more than three words in each gap. You have 45 seconds to read the sentences. You will hear the recording twice.</p> <p>Listen to a woman called Lucy Townsend talking about an extreme sport called BASE Jumping.</p> <p>The sport of BASE jumping</p> <p>Lucy prefers launching from <b>11</b> when she does BASE jumping.</p> <p>BASE jumping is like being on a <b>12</b>, in Lucy's opinion, making it different from sky diving.</p> <p>Lucy explains why a BASE jumper who wears a wingsuit needs to modify their <b>13</b> during a jump.</p> <p>Lucy uses the term <b>14</b> to refer to the tricks which are best left to the very experienced BASE jumpers.</p> <p>The equipment used by BASE jumpers has become more <b>15</b> over time, as Lucy explains.</p>
No. of questions in task	5
Testing focus	Listening for and writing specific information from an extended monologue
Advice	<ul style="list-style-type: none"> <li>You have 45 seconds to read the task instructions and sentences.</li> <li>Think about what word might fill the gap grammatically or logically. For example, are you listening for a noun, verb or adjective? Are you listening for an opinion or factual information?</li> <li>Try to identify 'cues' as you listen. These are words or phrases which signal which question you should answer.</li> <li>The answer will be one, two or three words. Don't try to write long answers.</li> <li>Don't repeat information that is already included in the gapped sentence.</li> <li>All of the answers will be words that are spoken in the recording, so only use the exact word(s) that you hear.</li> <li>Listen again to check your answers, including the correct spelling.</li> </ul>
Preparation	<ul style="list-style-type: none"> <li>Listen to talks, lectures or tutorials which interest you. Make notes on the main ideas and then listen again using subtitles or the transcript. Did you get the main points?</li> <li>Tip: Talk to someone you know about what you listened to.</li> </ul>