

- Candidate:** Oh, an immense amount! They're our living link with the past – of a family, a region, a country. They're the keepers of local traditions, for example, and they provide a sense of identity to younger generations. It often seems to me that older people had harder lives and lived through more interesting periods in history, so I always enjoy asking my grandparents about their childhoods and how things have changed. Also, because they've got more life experience, older people are very well placed to give good advice on, well, any topic.
- Examiner:** What do you expect from a good friend?
- Candidate:** For me, a good friend has to be reliable. I can't stand being stood up or having my emails and texts ignored. As well as that, a friend should be someone you can have good fun with. There are many things in life to be serious about, but friendship shouldn't be one of them. I also believe that opposites attract, in friendships just as in romance, so a good friend will most likely be very different from you in many ways.
- Examiner:** Are friends as important to you as family?
- Candidate:** No, I wouldn't say so. Friends come and go, but family are always there, whether you like it or not. You can even be rude to your family – not that it's advisable, of course! – and they will forgive you. But sometimes you've known a friend for so long they can become like a family member – you can really be yourself with them and you may even argue quite often, like siblings do.
- Examiner:** Do you think friendships change as we get older?
- Candidate:** Well, I definitely find that I have less in common with some friends than I used to. I sometimes wonder what we used to find to talk about. And so you often grow apart from old school friends or old colleagues. The people I feel I have most in common with are friends I met at university. I'm not sure why but we somehow always have lots to talk about.

Track 08

It's by far my favourite sport to watch. I love the excitement that builds up as the match progresses, with the fans cheering and chanting. There's always an amazing atmosphere.

My team usually loses, it has to be said, although last week they drew. When they play away I always try to go and support them. And I've got the latest kit, but they're getting more and more expensive so I may have to stop buying them. I think the clubs take advantage of fans' loyalty to push up the prices.

Team sports are a fantastic way for young people to improve their fitness. I coach a junior team at the weekend. We don't train in a stadium, of course, just on a pitch in our local park. I was really delighted last week when our youngest player scored the winning goal with a beautiful header. I think he might prove to be a real up-and-coming talent.

Track 09

What do you do to keep fit?

Are you good at sport?

What sports do you play?

What is the most popular sport in your country?

Sample answers:

Examiner: What do you do to keep fit?

Candidate: I go to the gym twice a week. I don't really enjoy it, to be honest, but it's an easy way to keep fit. I mainly do cardiovascular exercises, rather than muscle building.

Examiner: Are you good at sport?

Candidate: Not really, but I try my best. I prefer individual sports to team sports because if I do badly in a team game I always feel I'm letting everyone down.