

Examiner:	Should people feel a duty to do something constructive in their free time?
Candidate:	No, not necessarily. Everyone deserves some downtime. Modern life is stressful and hectic and so we need times when we let go of our responsibilities and just do something fun. We can still draw benefits from hobbies that are not generally considered constructive – for example, we can develop our abilities to work in teams by doing team sports, and we can increase our attention spans by reading a novel with long chapters!
Examiner:	Do people have more free time now than in the past?
Candidate:	It's a strange irony that although we now have so many labour-saving devices such as washing machines and dishwashers, we feel we have less free time. Many of my acquaintances are always complaining that they are too busy. But actually I think our ancestors had less free time than us. The average worker hardly ever got any time off and worked six or seven days a week.

Tracks 05–09

See pages 62–63 for text.

Track 10

I'm afraid I don't know what 'recreation' means.

Track 11

- 1 When I hear music from the 70s, it really takes me back. It makes me feel like I'm a teenager again, the memories are so vivid. So many things from that period of my life left a lasting impression on me, like meeting my first girlfriend and sitting my A levels in sweltering heat. It's still fresh in my mind.
- 2 I can barely remember what I did yesterday let alone events from my childhood. Well, having said that, I have some vague memories. I remember a teacher I really liked called ... Oh, the name escapes me. But she was so brilliant at explaining things and was really kind when my brother was taken ill. Oh what was her name? It's on the tip of my tongue! Anyway, as I said, I have a bad memory.
- 3 I often reminisce about the good old days. You have to be careful though because it's easy to get sentimental and see everything through rose-tinted glasses. Things weren't perfect back then but you often only remember the good times. I love looking at old photos. They remind me of people I'd long forgotten about and then it all comes flooding back, like my old friend Alice who passed away ten years ago. Can it really be that long? Doesn't time fly!

Track 12

- 1 Most children I know are well brought up.
- 2 I had a strict upbringing.
- 3 Good parenting is all about teaching a child to have good manners.
- 4 When I was young, I respected my elders.
- 4 When I was a child, my dad told me off more often than my mum.
- 6 I always did as I was told.
- 7 Children in my country generally help around the house.

Track 13

What is your most vivid childhood memory?

Are you still in touch with your childhood friends?