Listening 1:

You are going to hear five teenagers speaking. What *are they* talking about*?*
Listen ***twice*** *and for each item, shade in the bubble* ⬭ *under the correct option.*

1. "I believe eating healthy food gives me energy and makes me feel good. In my opinion, good food choices can help me feel happy and strong."

2. "We haven't done any exercises recently. You know playing sport is useful. So should we meet today and play football together in the evening?"

3. "Helping others in my free time makes me happy and teaches me a lot. I believe volunteering gives me a sense of purpose and community."

4. " Learning from home is easy and helps me manage my time. In my point of view, online classes let me learn in a comfortable way."

5. "Studying for exams on time reduces stress and improves performance. Therefore, I prepare for tests early. This helps me stay calm and do my best."

Listening 2:

You are going to hear ***a story*** *about* ***Ali's journey to Iceland.***
Listen ***twice*** *and for each item, write a short answer.*

Ali dreamed of having a journey to Iceland. He had heard stories about its beautiful landscapes and hot springs. He asked his brother, Saleh, to help him make his dream come true. His brother agreed and they went there in 2019.

After a long flight, they arrived in the capital of Iceland. He liked the weather as it was cold. Their first stop was the Golden Circle which has a famous route with waterfalls. While walking, they saw hot water shoot high into the air, like a big fountain. They were amazed by how much water went up.

During their trip, they visited the black sand beaches in Vik. Ali was surprised because he had never seen black beaches before. They also went to the Blue Lagoon, where the water was 44ºC, and they swam to stay warm. After swimming, they had lunch in one of the restaurants there and took a lot of photos.

On the last day, they walked along cliffs and listened to the sound of the waves. Ali asked his brother if they could stay one more week, but Saleh said no because he had to return to work in Oman.

After two weeks, they flew back to Oman, bringing many unforgettable memories and stories.