

Competencia en comunicación lingüística. Primeira lingua estranxeira. Inglés

Transcripción proba de comprensión oral completa.

Audio: **Listening 1: Nice Visit from Ireland**

In this activity you have to listen to a text and answer the following questions. You will listen to it three times. Now you have 90 seconds to read the questions carefully.

Esperar 90 segundos.

Time's up. You will listen to the recording now. Please, pay attention and remain silent. Listen carefully and answer the questions.

Listening 1:

It's Monday and your teacher tells you that Irish exchange students will be coming for a visit. You and your classmates will walk the Way of Saint James with them.

Hello, everyone! It's already nine in the morning and we have to start our lessons, but first, I have some really exciting news for you! In May, we are going to welcome a group of thirteen-year-old students from Ireland!

We're going to spend several days together walking the Way of Saint James, and we're going to have a fantastic time!

Let me tell you about some of the things we'll do:

As you know, this is a walking excursion.

First of all, the walking itself: On our trip, we will walk for several days through old forests and villages. They're really pretty places with lots of different trees and cool animals like deer and boars, ancient and historical churches, and great monuments. If the weather is nice, we might even get to swim in a river, so bring your swimsuits!

We'll explore nature, learn about history, take lots of photos, and eat tasty food. All of that while showing our Irish friends all the nice things we have here in Galicia.

Second: our sleeping arrangements. As we travel, we'll sleep in different hostels each night. In the past, hostels were very simple without things like beds or showers, but now they're comfortable with all the modern stuff. One hostel even has fun activities, so you don't want to miss it! It's a mix of old and new experiences, and you all are going to be real pilgrims.

And finally: On the last day, we'll visit the Cathedral, of course. Inside, we'll see the famous three arches in the main entrance and hug the sculpture of Saint James at the altar. Then we will explore the city of Santiago de Compostela, sightseeing everything it has to offer.

So, as you can see, this is a great opportunity to learn history, enjoy the outdoors and make new friends. We're going to do a lot of amazing things together. I hope you're as

excited as I am!

Now you have thirty seconds before you listen to it again.

Esperar 30 segundos.

Ler novamente:

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Now you have one minute to check your answers.

Esperar 60 segundos.

Now turn the page to Activity 2.

Audio: **Listening 2: The Happy Walker Podcast**

In this activity you have to listen to a text and answer the following questions. You will listen to it three times. Now you have 90 seconds to read the questions carefully.

Esperar 90 segundos.

Time's up. You will listen to the recording now. Please, pay attention and remain silent. Listen carefully and answer the questions.

You and your classmates are very excited about the Irish students' visit. Your teacher recommends you an interesting podcast with some useful advice.

HOST: Hello, I'm David Love! Welcome to our podcast *The Happy Walker*. Today, we are talking to Dr Maria Rosa Vidal, who has been working with injuries of pilgrims walking the Way of St. James for over 15 years. She knows the most common physical problems that walkers have, and she tells us what we can do to prevent or treat them.

DR. M.^a ROSA VIDAL: Hello, David! Thank you for inviting me to your podcast. In my experience, there are five great problems that walkers may have:

No. 1 Blisters: Most walkers get blisters after walking a few kilometres. To prevent them, wear comfortable shoes and socks, and use cream before you start walking. If you have a blister, clean it with antiseptic and cover it with a plaster.

No. 2 Sore muscles: Walking 20-30 km a day is hard work! Your muscles need time to relax afterwards. Take a hot shower or bath, and massage your legs and ankles. If your muscles are very painful, take an anti-inflammatory medicine.

No. 3 Cramps: Many walkers get cramps in their legs at night. This is because they're tired and dehydrated. Drink a lot of water during the day, and eat food with potassium (for example, bananas). Before you go to bed, stretch your legs.

No. 4 Colds and coughs: The weather can change quickly on the *Camino*, so be prepared for rain and cold. Take a waterproof jacket and a warm sweater. If you get a cold, rest until you feel better.

No. 5 Tiredness: Walking such long distances every day is tiring. Try to sleep at least seven hours, and take breaks during the day. If you're very tired, stop walking for one day and rest.

HOST: Thanks a lot for this useful information!

Now you have thirty seconds before you listen to it again.

Esperar 30 segundos.

Ler novamente:

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Turn the page and continue with the rest of the test.