



Welcome to IELTS, your ticket to study and work overseas!

In response to the growing popularity of IELTS the Taipei Times, in conjunction with the British Council, brings our readers an IELTS preparation page which will run every Saturday on p14 of the Taipei Times. Each week will focus on a different area of the test. IELTS, the International English Language Testing System, is an upper-intermediate test of English communication. It can be used for university entry and emigration around the English-speaking world and beyond. It measures your ability to communicate across the four language skills — reading, writing, listening and speaking — through authentic challenging tasks. With over 700,000 people taking IELTS annually, it is one of the fastest growing English tests in the world, trusted and accepted by over 4,000 organisations and faculties worldwide, and is a great alternative to TOEFL.



The Listening Test

Key facts:

- Thirty minutes plus 10 minutes to transfer your answers.
- Four sections.
- Forty questions in total.

Listening Section 2

▶ In this section you will hear one main speaker who will speak directly to the listener. This could be quite informal, for example a tour guide speaking to a group of tourists, or more formal, eg, a recorded message. It will be on an everyday topic of general interest, so you don't need any special knowledge. All the information you need to complete the tasks will be contained in the recording. Today's example is an extract from a radio programme with ideas on how to get fit.

Task Type: Table Completion

▶ For this type of task, you have to complete a table with specific information from the recording. Before you listen:

- Read any instructions very carefully, and check how many words you can write (usually a maximum of three).
- Study the table to get an idea of the overall topic.
- Look at each space. Think about what kind of information you need, eg, a price or a name, and where possible, try and think of possible answers.
- Remember to check your spelling.

CREDIT: HARRY HAYNES, BRITISH COUNCIL, TAIPEI



The British Council, Taipei.
PHOTOS: CATHERINE THOMAS, TAIPEI TIMES



The British Council is the United Kingdom's international organisation for educational opportunities and cultural relations. We currently operate in 109 countries and territories and have over 70 years of experience. In Taiwan our aim is to build lasting relationships between the UK and Taiwan by connecting people with learning opportunities and creative ideas from the UK.

- We offer free, professional and impartial support for studying in the UK.
- We organise collaborative events and exchanges in education, arts, science, and English language teaching.
- We support learners and teachers of English in Taiwan.
- We provide English language courses.
- We offer access to UK examinations — including IELTS.

EXAMPLE TASK: COMPLETING A TABLE

Choosing the right sport

Presenter: ... next on the show, we are we lucky enough to be joined by Dr Randal McLeish, an eminent sports therapist who has worked with a number of top athletes, including the British Olympic Equestrian team. But today he's going to tell us how we can get off the couch and start to get into shape for the New Year.

Randy: Thank you kindly Jennifer, it's a great pleasure to be here on the show. Now, I want to begin today by looking at some of the most popular ways of getting fit, and how you can get started.

The first activity seems obvious: walking. We do it every day, but unfortunately, nowadays, most people don't walk enough. The great advantage of walking is that it costs absolutely nothing to do. You can also go at your own pace and vary the intensity to match your fitness level. Another advantage is that it's a great way to get out and enjoy beautiful scenery, so what are you waiting for?

If you want to try a more intensive activity, you could try running; possibly the ultimate way to get fit. And almost anyone healthy can do it, although if you have a history of chest pain or high blood pressure, you should consult your doctor first. Like walking, running is very cheap. All you need is a good pair of trainers, or running shoes, which should cost you no more than about £50. But remember, when you go running, it is essential to warm up properly before you begin, otherwise you run the risk of seriously injuring yourself.

Another popular, inexpensive way to get fit is swimming. Most towns now have leisure centres, so it should only cost you about £2 or so to go to a pool any time of year. Swimming is an excellent way to exercise most of your major muscle groups, and if you increase your pace, you can get a great aerobic workout, too. If you can keep going for a longer period, you'll also find it's a great fat-burning exercise.

Possibly the best exercise for your heart is cycling, as cyclists are half as likely to have heart problems as non-cyclists! So if you cycle to the shops, not only are you helping the environment, you are also extending your life expectancy. It's also fairly cheap, with a good mountain bike costing as little as £200. A lot of us do already have bikes; there are an estimated 27 million in the UK alone. The problem is a lot of us never actually use them.

If you fancy something more competitive, what about trying racket sports, like tennis or badminton? The great thing about these is that they are multiple sprint sports — in other words, they tax all your energy systems at once, and require skill, stamina and strength. If you are very out of shape, there is a higher chance of injury with these sports, so you need to be relatively healthy if you are going to try them, and make sure you warm up properly first. Equipment and club fees can make this a more expensive activity, but to get started, you should be able to buy a couple of fairly good quality tennis rackets and a set of balls for around £60, and a lot of public tennis courts are free or very cheap to rent.

Now, moving on to contemporary dance, ...

(Information adapted from BBC Health & Living)

Complete the following table with NO MORE THAN THREE WORDS AND/OR A NUMBER in each space.

Activity	Approximate cost	Other information
Walking	Free	You can enjoy 1. _____
Running	2. £ _____	3. _____ first
Swimming	4. £ _____	Good 5. _____ exercise, if done for a longer period
6. _____	£200	Can extend your 7. _____
8. _____ sports	9. £ _____	Require 10. _____ and strength

Key Vocab :

Equestrian: Equestrian sports, which involve horses, such as show jumping, are not particularly popular in Taiwan.

Get into shape: I put on a lot of weight over Chinese New Year. I really need to get down to the gym and get into shape.

Fit: He runs five miles every day, so he must be really physically fit.

Trainers: Although they are designed for doing sports, a lot of people wear Nike and Adidas trainers every day.

Leisure centre: Most towns in the UK have a public leisure centre where you can go swimming, play racket sports and work out in the gym quite cheaply.

Life expectancy: At 83 years, French women have the longest life expectancy in Europe.

Stamina: Endurance events like the marathon require a huge amount of stamina.

Answers:



- 1. beautiful scenery
- 2. 50
- 3. Warm up
- 4. 2
- 5. fat-burning
- 6. Cycling
- 7. life expectancy
- 8. Racket
- 9. 60
- 10. skill, stamina