

TASK 1 - SUMMARY (ONE OR TWO SENTENCES)

TASK 2

Now listen again. This time you can make notes if you want to.

After you have heard the recording again, you will have 1 minute to summarise the benefits of fishing.

**SCROLL DOWN FOR ANSWERS**

TASK 1 - SUMMARY (ONE OR TWO SENTENCES)

ANSWER: The speaker discusses the benefits of fishing (any broadly similar formulation is acceptable).

TASK 2

Now listen again. This time you can make notes if you want to.

After you have heard the recording again, you will have 1 minute to summarise the benefits of fishing.

When the audio stops, you have about one minute to give your answer to the examiner.

ANSWERS

1. Being outside is good for vitamin D.
2. Fishing is surprisingly good exercise.
3. Being near water can improve burn-out and increase our happiness.
4. Mindfulness allows us to switch off from modern life.
5. A great bonding experience for family and friends.
6. Solitude is great for our mental and emotional health.
7. Good for self-esteem and sense of achievement (especially when you catch your first fish!)
8. Fish contains healthy nutrients like protein, vitamins and minerals.
9. Fishing is exciting! You can brag to your fishing friends.

How many could you remember?

Record your points here:

1 2 3 4 5 6 7 8 9