

LISTENING – AUDIOSCRIPT

Task 1 - LISTENING COMPREHENSION

You will hear a recording about a sports activity.

You will have time to look through the sentences before you listen. Write your answers on the test first, but don't forget to copy your answers onto the Answer Sheet when you finish.

The recording will be played twice, and there will be a short pause between the two listenings. You can write your answers during both the first and the second listening.

Read the statements that follow. Listen to the text very carefully. Circle the correct answer: **T** for true, **F** for false. There is an example at the beginning (**0**). Write the correct letter on the Answer Sheet.

STAND-UP PADDLEBOARDING

Stand-up paddleboarding, or shorter *paddling*, is a water sport born from surfing. The person stands on a board that is floating on the water, and has a paddle to propel through the water.

The history of SUP traces back thousands of years throughout the world. However, the current form of this activity originated in Waikiki, Hawaii at the beginning of the 20th century, when an elderly surfer, who had difficulties getting on his board, decided to stand on it and paddle around. His sons found this hilarious and mimicked it. This canoeing combined with surfing started to intrigue other surfers as well. In the 1990s the technique was redefined and modernised to become a sport category.

SUP boards are generally about 3 metres long. The size of the board depends on the height and weight of the user, as well as its purpose. Boards longer than 3 metres are used for racing. The width of the board depends on the activities it is used for, such as touring, racing, yoga, etc. Wider boards give better stability, whereas narrower ones are more agile and are usually used for racing and surfing. Another important factor is the thickness of the board. Thicker boards provide better stability and slimmer ones are for advanced users and racing.

SUP boards can be solid, with a foam core and layers of wood, fiberglass or carbon fibre, and inflatable, made of many layers of PVC. Inflatable boards have become extremely popular due to the fact that, when deflated, they can be small enough to fit into a large backpack.

The board has one or more fins for stabilisation. The paddle is used to propel the board and move it across the surface of the water. It is made of plastic, aluminium, fiberglass, carbon fibre, or wood, and it consists of a blade, shaft and handle. The user holds the paddle by the handle and the shaft and immerses the blade into the water, thus pulling the board through it. The paddle has to be 20 to 40 centimetres taller than the user.

There is also a leash, attached to the board and strapped around the user's ankle, which prevents the board from floating away if the user falls. It can be coiled or straight, and it has to be longer than the board.

Once you get yourself a SUP board, you will fall in love with it. Spending time outdoors in the fresh air, 'walking' on water, sliding through the waves, feeling the breeze, the sun and the water on your skin, every muscle in your body working... It clears your mind and makes you feel free. What's not to love?!