

IELTS general training Listening practice

Section 1:

Audio: <https://ielts-up.com/listening/11.mp3>

SECTION 1. QUESTIONS 1-10

Questions 1-5

Complete the information below. Write **NO MORE THAN TWO WORDS OR A NUMBER** for each answer.

Tour information	
Destination	Sydney
Tour type	(1) <input type="text"/>
Tourist attractions	The Harbour Bridge The Opera House The Queen Victoria (2) <input type="text"/>
Timetable	From 7 am to (3) <input type="text"/> pm
Closest stop	(4) <input type="text"/> metres out from here, at the front of the (5) <input type="text"/>

Questions 6-10

Complete the booklet of ticket types below. Write **ONE WORD OR A NUMBER** for each answer.

Ticket types		
minimal	(6) <input type="text"/> \$	Valid during (7) <input type="text"/> hours
(8) <input type="text"/>	30\$	Lasts all day
premium	(9) <input type="text"/> \$	Lasts all day free drinks and snacks (10) <input type="text"/>

Section 2:

Audio: <https://ielts-up.com/listening/12.mp3>

SECTION 2. QUESTIONS 11-20

Questions 11-15

Choose **FIVE** letters, A—I. Which **FIVE** group fitness programs are available at Fitness Land?

- A** yoga
- B** pilates
- C** step dance
- D** aerobics
- E** belly dance
- F** barbell classes
- G** kickboxing
- H** zumba
- I** stretching

Questions 16-20

Complete the timetable of group activities below. Write **NO MORE THAN TWO WORDS** for each answer.

Day	Activity name
Monday	(16) <input type="text"/>
Tuesday	(17) <input type="text"/>
Wednesday	(18) <input type="text"/>
Thursday	(19) <input type="text"/>
Friday	(20) <input type="text"/>

Section 3:

Audio: <https://ielts-up.com/listening/13.mp3>

SECTION 3. QUESTIONS 21-30

Questions 21-25

Answer the questions below. Choose the correct letter, **A**, **B**, or **C**.

21. Why do people experience pain?

- A. It preserves good health condition
- B. It prevents us from damaging ourselves
- C. Continuous pain is useful for humans

22. What parts of our body are responsible for feeling pain?

- A. Receptors and nerves
- B. Some part of our brain
- C. Pain is a complex process, which involves various parts of our body

23. How many people in the UK suffer from pain?

- A. 31%
- B. 37%
- C. 40 million

24. Is chronic pain different from pain we feel when we knock our knee?

- A. No, all kinds of pain have evolved as survival mechanisms
- B. Yes, there is an enormous difference
- C. We don't have much insight into that

25. Professor John Wood compares pain perception to

- A. Beauty
- B. Continuousness
- C. Anesthesia

Questions 26-28

Choose the correct letters, **A**, **B**, or **C**.

26. How do scientists block pain nowadays?

- A. By blocking activity of nerves that send electrical signals
- B. By understanding mechanisms of pain perception and altering them
- C. By threatening the central nervous system

27. When do patients experience "phantom limb" pain?

- A. After the operation
- B. While their wounds heal
- C. After the amputation

28. Are peripheral nerves involved in process of feeling pain?

- A. No, pain has nothing to do with peripheral nerves
- B. Yes, peripheral nerves are required to feel pain
- C. Scientists don't know much about pain perception nowadays

Questions 29 and 30

Complete the information below. Write **NO MORE THAN TWO WORDS** for each answer.

What's happening in a case of phantom limb?

Pain can create a **(29)** of itself. The same way listening to music can take you to a certain point in time, some sort of stimulation can cause a **(30)** to be re-experienced.

Section 4

Audio: <https://ielts-up.com/listening/14.mp3>

Questions 31-33

Complete the sentences below.

Write **NO MORE THAN ONE WORD** for each answer.

31. Psychologist Dr Tomas Chamorro-Premuzic says, "If narcissism is fire, then Facebook is ".

32. People have a desire to broadcast their lives to reinforce their self-concept, and self-centered needs.

33. According to the recent research, the more time you spend on the various social networks, the more you become.

Questions 34-36

Choose the correct letter, **A**, **B**, or **C**.

34. Social networks may cause depression because:

- A. People have to portray themselves in a positive way
- B. People spend too much time on social networks
- C. People compare themselves to others and feel miserable

35. What is the biggest problem of children and teenagers who spend too much time online?

- A. They don't develop their social and intellectual skills
- B. They grow isolated
- C. They don't spend enough time on education

36. If children spend their time looking at screens instead of looking out, what consequences it may cause?

- A. Their adaptation to the world is more technologically mediated
- B. They encounter difficulties in interacting with other people
- C. They experience deficit in social and emotional skills

Questions 37-40

Complete the sentences below.

Write **NO MORE THAN ONE WORD** for each answer.

37. Psychotherapist Gillian Isaacs Russell discovered that there are some distinct differences between working on the screen and working in the room.

38. Therapies like CBT are appropriate for online use because they are .

39. Psychotherapists have to pay attention to , non-verbal part of relationship, as it makes 60% of our communication.

40. There are some risks related to treatment at distance, because therapists can't see the whole body and a lot of things that are going on.