

EVOLVE LEVEL 5, for Baseline Test B

LISTENING 1

- Alan:** It's January first and I have a new challenge ahead of me!
- Cecilia:** I know! You're going to start working out, going to the gym, and running marathons!
- Alan:** Ha ha. Very funny. No, starting this month, in fact from today I will be ...
- Cecilia:** You'll be taking relaxation classes. Yoga maybe?
- Alan:** Cecilia! I don't expect to be laughed at. I'm trying to be serious.
- Cecilia:** Sorry. OK, so what's the new challenge?
- Alan:** I plan to perform random acts of kindness. Every day.
- Cecilia:** That sounds OK. A little bit of kindness is always a good thing.
- Alan:** Yes, I thought so too. So how about you? Are you doing anything different this year? You're the kind of person who is always doing something new and exciting.
- Cecilia:** Yeah, lots of stuff. I hope to travel more and broaden my horizons. Oh, and read more books. I spend way too much time on social media and it drives me crazy. It's such a waste of time.
- Alan:** I agree. I think I'd better cut down the amount of time I spend online, too. I really have trouble ignoring all the instant messages I get, too.
- Cecilia:** Let's do a deal – no more than an hour a day on the internet.
- Alan:** Good plan! That'll be much easier than gradually cutting down the time we spend on it.
- Cecilia:** What else should we do? Oh, I know. Here's another idea. We can make an effort to cut plastic out of our lives. Plastic is so bad for the environment.
- Alan:** I couldn't agree with you more. Do you know how many birds and fish are killed by plastic? It's terrible.
- Cecilia:** I do. It's absolutely awful, so let's play our part and do something about it.
- Alan:** You're on!