

**INSTRUCTIONS:**

Please do not read the questions until you have listened to the audio file.  
Reading the questions will not help you improve your English listening skills.  
Listen to the audio twice. You may take down notes while listening.

**Audio: LISTENING What have you been up to.mp3**

**Duration: 0:50**

**QUESTIONS:**

1. What type of exercising are they talking about?
  - a. sporting activities
  - b. working out
  - c. running and jogging
  - d. golfing
  
2. What was the reaction of one person seeing his friend?
  - a. embarrassed
  - b. excited
  - c. surprised
  - d. sad

こちらはサンプルです。テキスト全文は受講時に担当講師よりお受け取りください。

You can see the whole lesson from your teacher, please ask them to send it to you before the class.