



Episode 11: Sunil's Story

Listening Comprehension Questions

Listen to Episode 11 of Into the Story. Complete these sentences with a word that you hear in the podcast.

1. At the beginning, what was Sunil's job in London?

- a) he wasn't working
- b) he was working in the middle of Spain
- c) he was working in I.T.
- d) he was building retreat centres

2. What prevented Sunil from achieving his dream of building a retreat centre?

- a) he already had a job
- b) he needed experience
- c) he wasn't prepared to live in Spain
- d) it was very complicated and he didn't have the right skills

3. Sunil went to Scotland to...

- a) to visit his friend and find inspiration
- b) to work at the retreat centre on the island
- c) to live there and learn how to achieve his dream
- d) to find out what his plan B could be

4. What was Sunil doing when he received the offer to stay on the island?

- a) volunteering for an organisation
- b) helping his friend
- c) working at the retreat centre
- d) exploring the island

5. Which sentence best describes Sunil as a decision-maker?

- a) he likes to meditate before deciding
- b) he usually makes impulsive decisions
- c) he struggles to make decisions
- d) he is indecisive and over-analytical

6. The people that Sunil met working in the retreat centre made him...

- a) chop food in the kitchen all day
- b) laugh a lot from breakfast until night-time
- c) go snorkelling in his break
- d) give workshops on meditation

7. Sunil is most grateful for his time on the island because...

- a) it wasn't like working in a normal hospitality job
- b) he learnt a lot of new skills and reconnected with himself
- c) he met a lot of interesting characters
- d) he stopped being so indecisive

8. Nowadays Sunil is a coach helping people to 'tune into their instinct'. What does this mean?

- a) learn new professional skills
- b) achieve their goals more efficiently
- c) learn who you are and how to develop an intuition
- d) be more self-aware and trust your intuition