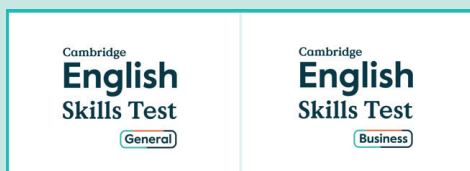


# Cambridge English Skills Test

## Candidate Instructions Booklet - Remote

Version 2.0



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### Versions

V1.0	Released July 2025	
V2.0	November 2025	Updated to reflect Metrica Release 25.4 changes

Cambridge

# English Skills Test

## 1.0 Introduction

This booklet is a guide to help you take the Cambridge English Skills Test, delivered online, powered by AI technology to test everyday English for adult learners aged 16+.

You may enter for one or more of the four language skills: Speaking, Writing, Reading and Listening.

## 2.0 Sample Tests & Access Arrangements

### 2.1 Accessing the sample tests

To help you prepare for the test we have the following free sample tests available. Click on the links below to access the sample tests. Please note that they do not provide a result.



#### Cambridge English Skills Test General

- [Reading](#)
- [Listening](#)
- [Speaking](#)
- [Writing](#)



#### Cambridge English Skills Test Business

- [Reading](#)
- [Listening](#)
- [Speaking](#)
- [Writing](#)

### 2.2 Access Arrangements

We have several ways to help candidates who require access arrangements, due to a temporary or permanent difficulty or condition, such as modified test material or additional time. Please get in touch with your institution who can advise further.

Where specific arrangements are required, you must let your Institution know as soon as possible so that they can notify us in advance of the test. This is to ensure that any reasonable adjustments, such as modified test material or test conditions can be prepared or provisions put in place, as needed.

## 3.0 Taking the test remotely

### 3.1 Email confirmation

When taking the test remotely you will receive an email with your login details which is sent from *no-reply@metritests.com*.

Please refer to the instructions you receive from your Cambridge English Skills Test Institution for further information regarding when to take the test.

### 3.2 The secure browser

Your Institution will inform you if you should be taking the test with Talview's secure browser. They will inform you of the steps to follow to download and open the secure browser before starting the test. You must ensure that no AI software, or similar AI assistance applications are installed or accessed during the Cambridge English Skills Test. See 4.0 Terms and Conditions.

### 3.3 Technical check

You must complete the [Technical check](#) at least 24 hours before taking the test. This will confirm if your laptop/PC meets the requirements needed to successfully run the Cambridge English Skills Test.

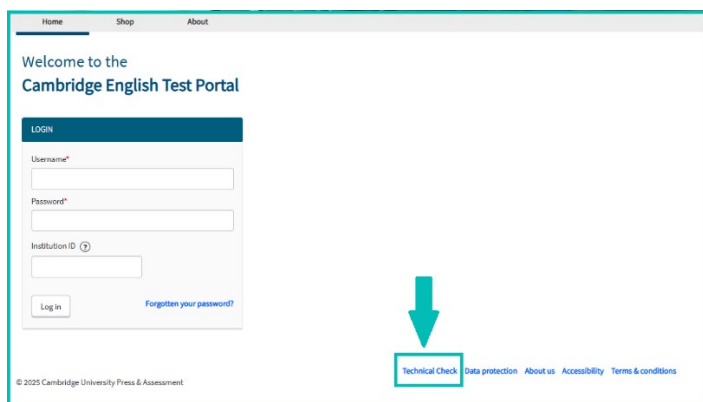
The check includes testing the operating system, browser, internet speed, headphones and microphone. You may need to refresh the page as you progress through these checks.

For all technology and system requirements please refer to the [Minimum Technical Requirements](#). If you face any technical issues during the checks, you'll need to contact your Institution.

When completing the Speaking Test, you should also follow the steps provided in the [Speaking Test Set-up](#).

Remember to use one of the supported HTML5 enabled browsers (Chrome or Microsoft Edge) to complete the test setup.

Navigate to <https://www.metritests.com/metrica> and click **Technical Check** in the bottom right corner:



# English

## Skills Test

The Technical check has 4 steps that need to be completed:

- **Step 1:** Operating System and Browser
- **Step 2:** Internet Speed
- **Step 3:** Audio Check
- **Step 4:** Microphone Check.

### 3.4 Preparing to take the test

Make sure you:

- Check the technical requirements and have all the equipment ready. You will need a laptop/PC, charger, webcam, headphones (over-ear and closed back, with the earpieces covering the entire ear) with a microphone attached via a boom. Please note that you are not permitted to use a second monitor or have a second monitor anywhere in the test room.
- Run the [Technical Check](#). We recommend this is done at least 24 hours in advance of taking the test.
- Set up your room for the test. It must be a quiet and well-lit room where nobody will disturb you. There must be no one in the room with you and nobody should enter the room during the test.
- Check that there are no posters or any other material with English writing visible.
- Check that your desk only has the following items:
  - Your photo ID. This must be the valid identity document (passport or national ID card) that you applied for the test with.
  - Pens, pencils, paper, tissues and/or medicine and water in a clear plastic bottle. All electronic devices, mobile phones and all watches must be switched off and kept outside of the room.You may reference this Instruction Booklet before the test and if you have any issues before the test, but this should not be on your desk when taking the test.
- Close all programs (except your browser) and all browser tabs on your PC or laptop.
- Uninstall any artificial intelligence (AI) software.
- Download and open the secure browser, where directed by your institution.
- Have your login details ready. These are provided in the email sent from [no-reply@metritests.com](mailto:no-reply@metritests.com). We recommend writing down your login details which you can destroy after taking the test.
- Use the restroom before your test as you will not be able to leave once the test begins. Breaks are only permitted between modules. If you do leave this may be considered potential malpractice and you may not receive your result.

### 3.5 Support

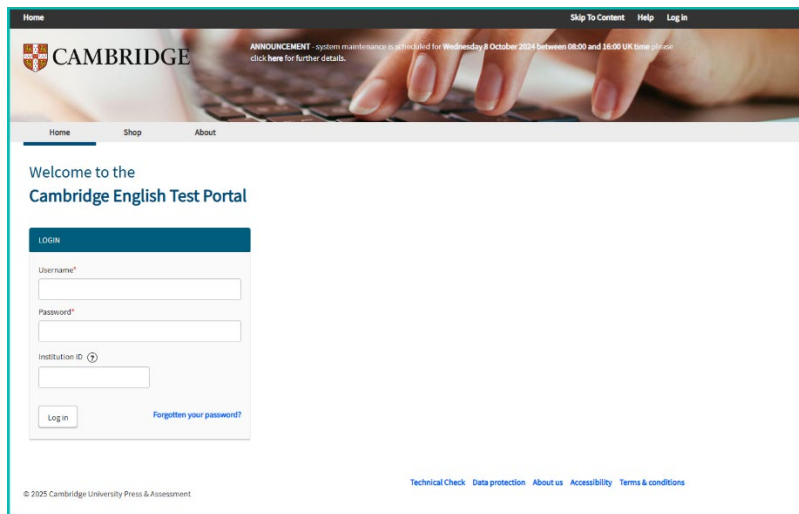
For any questions on preparing for your Cambridge English Skills Test please contact your Institution.

# Cambridge English Skills Test

## 4.0 Starting the Test

### 4.1 Log in and completing registration

When you are ready to take the test you need to log in to the Cambridge English Test Portal Metrica <https://www.metritests.com/metrica> using the login details provided.

The image shows a screenshot of the Cambridge English Test Portal login page. At the top, there is a navigation bar with 'Home', 'Skip To Content', 'Help', and 'Log In'. Below this is a banner image of hands typing on a keyboard, with the Cambridge logo and an announcement about system maintenance on Wednesday 8 October 2024. The main content area has a 'Welcome to the Cambridge English Test Portal' message and a 'LOGIN' section. The login form includes fields for 'Username\*', 'Password\*', and 'Institution ID' (with a help icon). There is a 'Log in' button and a link for 'Forgotten your password?'. At the bottom, there is a footer with '© 2025 Cambridge University Press & Assessment' and links for 'Technical Check', 'Data protection', 'About us', 'Accessibility', and 'Terms & conditions'.

You will be asked to accept the [Terms and Conditions](#) for taking the test when you login. Failure to comply with the Terms and Conditions may mean your result is disqualified.

You must ensure that no AI software, or similar AI assistance applications are installed or accessed during the test. An application is not permitted if it can be used to gain marks illegitimately in the test, for example to:

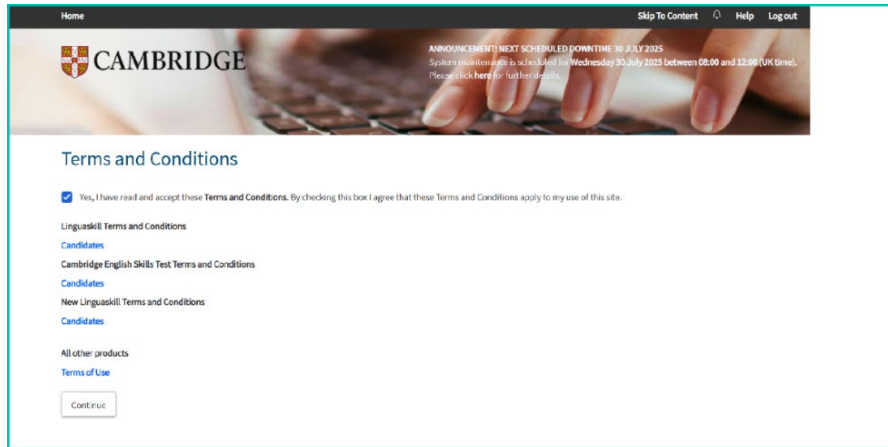
- identify spelling, punctuation, and grammar errors
- suggest improvements to written text
- draft text for responses.

Access to AI software or applications during a test, will be flagged by the AI invigilation service and raised as potential malpractice.

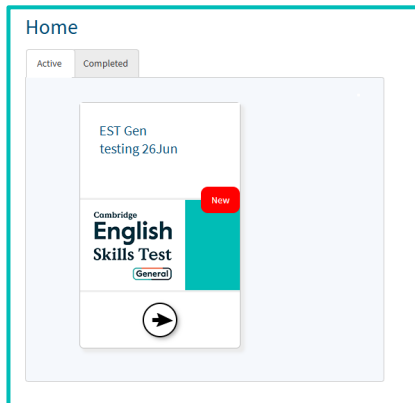
If you are under 18 the consent of a parent or guardian will be required as part of your registration process. For further information on candidate data protection and privacy please refer to our Candidate Privacy Notice [here](#).

Please note that all screen recordings of AI invigilated sessions will be deleted after a period of 6 months.

# Cambridge English Skills Test



The “Active” tab will show the test to take.



Click on the arrow on the tile to start the test.

Under **Your Details** you will need to complete your registration details. Some details may have already been entered and you should check to ensure that these are correct.

The red asterisk \* indicates a mandatory field.

Please fill in the form below.  
\* You must complete all of these fields.

**Your Details**

First Name\*  
Example

Last Name\*  
Candidate

Date of Birth\*  
01 09 2001

Nationality\*  
Spain

First Language\*  
Spanish

Gender\*  
Female

First Language\*  
Spanish

Gender\*  
Female

Test Purpose\*  
To measure progress on a language course

**Contact Details**

Email Address\*  
example@ESL Candidate.org

Candidate ID  
S765735

Confirm Candidate ID  
S765735

Back Submit

When all your details are provided, click on the blue **Submit** button at the bottom of the screen

## 4.2 Completing the AI Invigilation pre-test checks

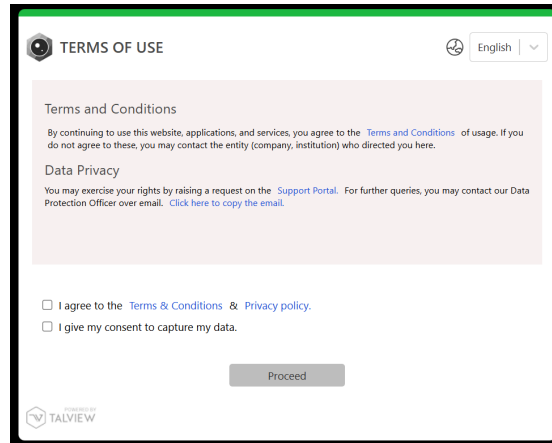
Using the computer's webcam you will be monitored by the AI invigilation service. This will record your activity during the test.

You need to remain within the camera frame during the test. You will be monitored for any suspicious behaviour, use of additional devices or unauthorised items. The exception would be medical support devices or items, which you must make your institution aware of before the test.

To perform the checks, follow the on-screen instructions and the following steps.

### 1. Terms of Use

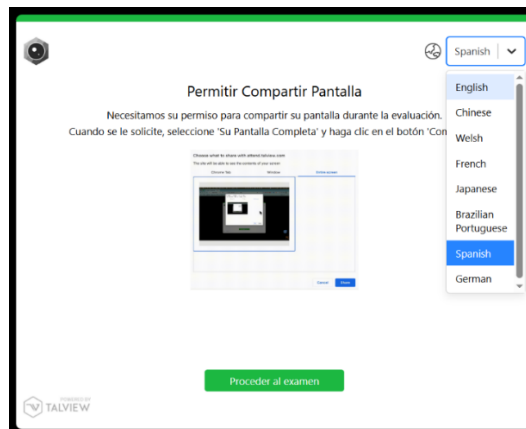
You will be asked to confirm that you accept Talview's, our invigilation partner, Terms of Use. If you do not agree and do not click to confirm that you agree to the Terms and Conditions and provide consent to capture your data then you will not be able to proceed with the test.



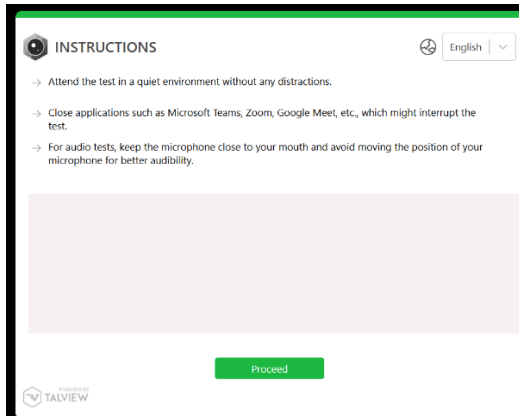
## 2. Instructions

This step provides instructions for the pre-test checks. You can change the language settings for the pre-test checks using the drop-down menu in the top right-hand corner. The Cambridge English Test Portal, Metrica and the Cambridge English Skills Test are always in English. The languages available are as follows:

- English
- Spanish
- French
- Italian
- Portuguese
- Romanian
- Japanese.
- German



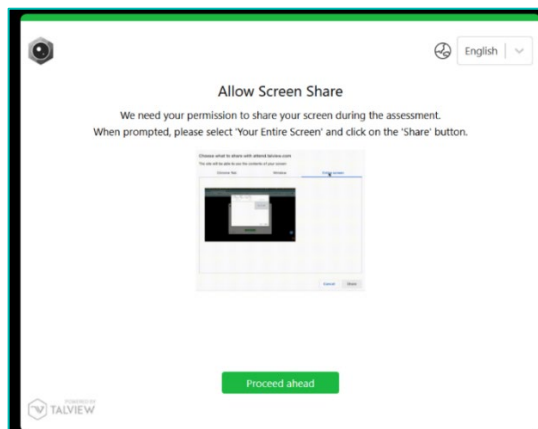
# Cambridge English Skills Test



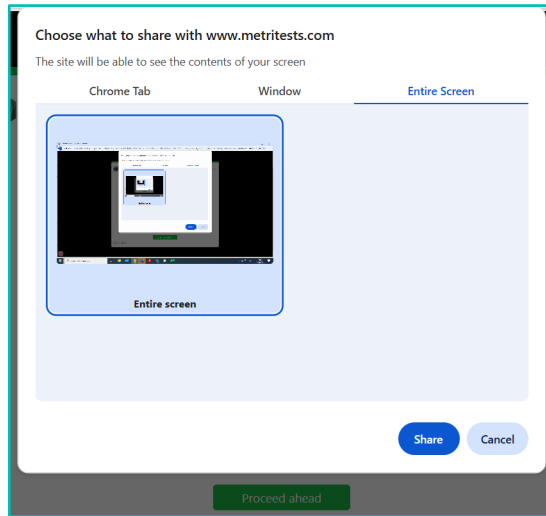
### 3. Allow Screen Share

The checks will look to access your microphone and web camera. You may be asked to click 'Allow' access to popups to proceed to the screen share step.

You will be asked to confirm that you allow the sharing of your screen. Click on **Proceed ahead**.



Make sure that you select **Entire Screen**, as shown below.



#### 4. Face Capture/Test Day Photo

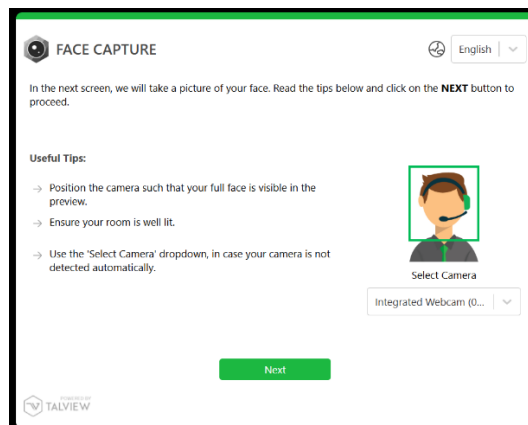
You will be asked to take a photo of your face. This is to assist with verifying your identity. The following are the main points to remember when taking the Test Day Photo:

Remember to:

- include your head and shoulders
- face forwards and look straight at the camera
- have nothing covering your face, for example hair over your eyes.

Useful tips are provided on the screen.

You can select the camera type from the dropdown menu if the camera is not detected automatically.



The timeline screen, which starts the test, will now display. Click on the Open button for the first module and follow the instructions.

# Cambridge English Skills Test

The screenshot displays the 'Test Day Timeline' interface. At the top right, there is a 'Home' button. The main content area is titled 'Test Day Timeline' and contains four sections, each representing a test skill. Each section starts with 'Test Start Time - 10:00 AM' and includes a play button icon, the skill name, and the instruction 'Click Open to start or resume your test' with an 'Open' button below it. The skills listed are Listening, Reading, Speaking, and Writing. At the bottom of the interface, there is a status bar showing 'www.metests.com is sharing your screen' and a 'stop sharing' button.

**Test Day Timeline** Home

Test Start Time - 10:00 AM

**Listening**  
Click Open to start or resume your test  
Open

Test Start Time - 10:00 AM

**Reading**  
Click Open to start or resume your test  
Open

Test Start Time - 10:00 AM

**Speaking**  
Click Open to start or resume your test  
Open

Test Start Time - 10:00 AM

**Writing**  
Click Open to start or resume your test  
Open

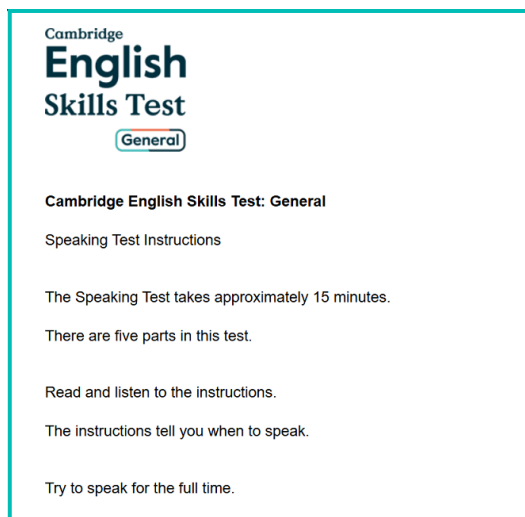
www.metests.com is sharing your screen stop sharing

# Cambridge English Skills Test

## 5.0 During the test

When the test starts you will be provided with instructions and information about taking the test. Read the text and instructions carefully before starting to answer any questions. You will not be provided with any explanation of the test questions.

The example below is from the Cambridge English Skills Test General Speaking test.



Make sure you follow all the instructions throughout the test. Failure to do so may result in you being subject to investigation and you may not receive your result.

When you are ready, click **Start** in the bottom right-hand corner to begin the test.



You can familiarise yourself with the type of questions and the format of test using the links to the sample tests in Section 2.0.

In the Speaking test if you do not provide a response this will be noted as 'unmarkable'.

You must not engage in any form of malpractice. Malpractice includes, but is not limited to:

- using AI software, or similar AI assistance applications
- accessing notes of any kind from any source
- impersonating another candidate or having another candidate impersonate you.

Candidates engaging in malpractice will not receive a test result.

## 5.1 Troubleshooting guidance

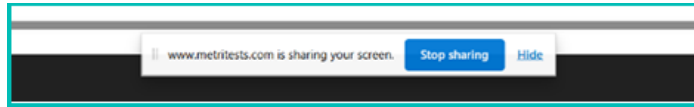
During the test you must **not** attempt to close or move away from the test window on your computer or use any other electronic devices or unauthorised material.

Cambridge  
**English**  
**Skills Test**

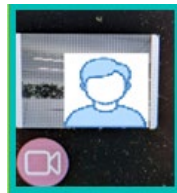
If you are having issues with starting the AI Invigilation service or there are issues with hearing the audio or the recording of you speaking, please clear the browser cache and any cookies or browsing data and start the test again. If hearing the audio continues to be an issue, try a spare headset, if you have one available.


Do not close the AI Invigilation service during the test. In cases where the test has been closed the AI invigilation service pre-test checks will need to be completed again before proceeding.

The message confirming the sharing of your screen can be hidden by clicking on **Hide**. If you click on **Stop sharing** the invigilation service will not be recording your screen and you will not receive your test result.



The video icon will show during the test. Click on the icon to show that you are fully visible in the test screen. Adjust the position of the webcam if this is not showing your head and shoulders. Remember where there is no recording of you in the test screen, or you are only partially visible, this will be flagged as suspicious behaviour and you may not receive your result.



If the test stops or crashes when taking a test, refresh or reload the screen by clicking the refresh icon  or by pressing "F5". This should return the test to the beginning of the question.

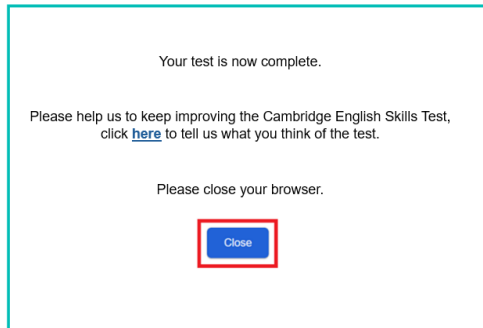
If this does not help, click "CTRL" + "F5" to provide a hard refresh, which clears the cache and any stored pages. The test should resume from the question you were completing.

If you are still unable to continue with the test, shut down the browser and log back into Metrica using your username, Password and Institutional ID. Your previous answers should be stored, and you will return to the beginning of the question you were on.

**If you have any issues before, during or after the test please contact your Institution directly.**

## 5.2 Starting the next module

When the test ends, you will be presented with requests for feedback and confirmation that the test is complete. See Section 6.0.



You will then return to the Timeline Screen.  
To start the next module, click on the Open button for the next module.

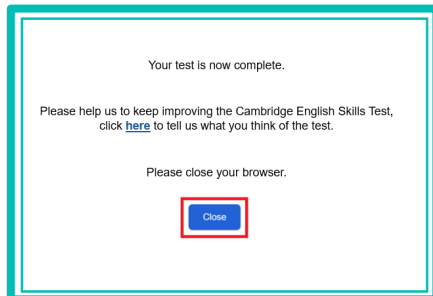
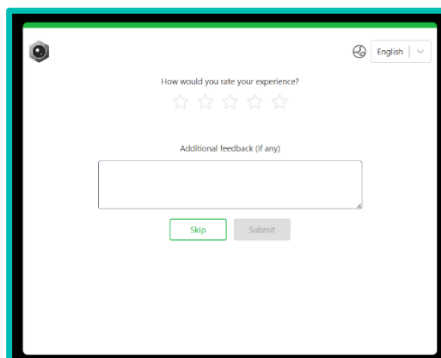
# Cambridge English Skills Test

## 6.0 Ending the test

When the test ends, you will be presented with requests for feedback and confirmation that the test is complete.

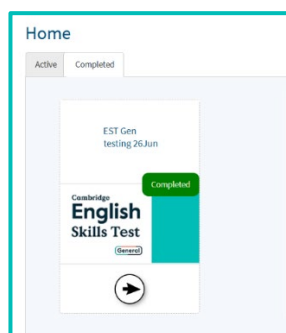
The first screen requests feedback on the AI Invigilation service from Talview.

The second screen includes a link to a survey on the test. Your feedback is extremely valuable, and we would be very grateful if you could take a few minutes to answer the questions in the survey. Once you have done this you can end the test by clicking the blue 'Close' button.



Once the test is completed you will be directed back to the **Timeline** screen. The timeline will detail that the test has finished and show a green tick. Check that all the modules you have taken are shown as Completed. For any modules taken that are not shown with a green tick you will need to open and re-close the module.

When all modules are finished, the test will show under the **Completed** tab on the **Home** page.



# Cambridge English Skills Test

## 7.0 Results

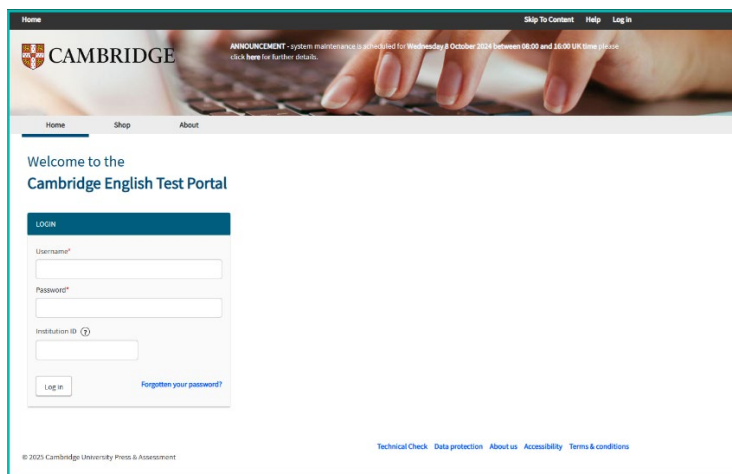
Your Institution will confirm how results will be released and issued to you and the timeframe for the release of results.

Where your institution confirms that results are available to view on the [Cambridge English Test Portal, Metrica](https://www.metritests.com/metrica) (<https://www.metritests.com/metrica>) you will need to log in using the details you used to take the test. These will have been sent in an email from [no-reply@metritests.com](mailto:no-reply@metritests.com).

Please note that your email address will be your username in most cases. If you can't remember your password, you can click the **Forgotten your password?** link. You will also need the Institutional ID which is the Institution Number that you took the test under. This consists of five digits, for example GB599.

Listening and Reading results are generally available shortly after the tests have been completed. We aim to release Writing and Speaking results after 48 hours. Your Institution will advise you on the timeframe for the release of results as this may be different.

Log into the Cambridge English Test Portal [Metrica](https://www.metritests.com/metrica) (<https://www.metritests.com/metrica>) using your login details.



The screenshot shows the login page of the Cambridge English Test Portal. At the top, there is a navigation bar with 'Home', 'Shop', and 'About' tabs. Below this, a 'Welcome to the Cambridge English Test Portal' message is displayed. A 'LOGIN' section contains three input fields: 'Username\*', 'Password\*', and 'Institution ID' (with a help icon). A 'Log in' button and a 'Forgotten your password?' link are positioned below the fields. At the bottom of the page, there is a footer with the copyright notice '© 2023 Cambridge University Press & Assessment' and a row of links: 'Technical Check', 'Data protection', 'About us', 'Accessibility', and 'Terms & conditions'.

Under the **Home** tab you will see the **Active** and **Completed** tabs. Click on the **Results** tab. Results will show in the first tab. The example below is for Cambridge English Skills Test General. The modules were taken on various test dates. You can see the results and clicking on the blue **Link** provides the ability to download the Results Report.

# Cambridge English Skills Test

Test name	Test date	Listening CEFR   CES	Reading CEFR   CES	Speaking CEFR   CES	Writing CEFR   CES	Average CEFR   CES	Download
EST_General_Reading	27 June 2025		C1 or above 180+			C1 or above 180+	<a href="#">Link</a>
EST_G_SPEAKING_RTC_3	27 June 2025			B2 169		B2 169	<a href="#">Link</a>
EST_General_Writing	01 July 2025				Not Reported	Not Reported	<a href="#">Link</a>
EST_Adult_General_Listening	08 July 2025	A2 123				A2 123	<a href="#">Link</a>
EST_General_Reading	08 July 2025		A1 119			A1 119	<a href="#">Link</a>

The following English Skills Test Results screen shows.

**English Skills Test – Results**

**Your Results Report** [Click here](#) to see your best results within six months of this test

**Your Test History** [Click here](#) to see all your results

## 7.1 The Results Report and Test History

Click on the blue link beside **Your Results Report** to view and download your Results Report. Click on the blue link to see **Your Test History**.

**English Skills Test - Test History**  
*The result you clicked is highlighted*  
 Note that results shown as pending are still being marked

Session Name	Component	When Started	When Submitted	Score	CEFR Level
EST Gen Reading for testing 26Jun	Reading	27/06/2025 13:55	27/06/2025 13:57	180+	C1 or above
EST Gen Listening for testing 26Jun	Listening	27/06/2025 13:58	27/06/2025 14:00	117	A1
EST Gen Speaking for testing 26Jun	Speaking	27/06/2025 14:01	27/06/2025 14:17	169	B2
EST Gen Writing for testing 01 July	Writing	01/07/2025 10:47	01/07/2025 10:47	Not Reported	Not Reported

## 7.2 Your results explained and My Best Score

Your results are shown with a Cambridge English Scale score and a Common European Framework of Reference (CEFR) Level for each skill tested. The CEFR is the international benchmark for describing language ability, which means you can compare your results to international standards.

An average Cambridge English Scale score and associated CEFR level will be provided. An explanation of what each score means in terms of English language ability is provided so you can see where you have performed well, and where you can improve.

Cambridge

# English

## Skills Test

Any module that scored below 80 will be shown as: **Not Reported**.

Any module that scored between 80-99 will be shown as: **Below A1**.

Cambridge English Skills Test results are shown for each module, and an average result is calculated from the modules taken on each test date, and **My Best Score** (where applicable). Please note that the Average result calculation will not include the following statuses: No score available, Pending or where the result has been disqualified and indicated as a blank on the report.

### No score available in the Speaking Test

If you have received 'No score available' in the Speaking test, this indicates that the audio quality of the responses was not of a sufficient quality to enable us to assess the responses. Cambridge English is therefore unable to provide a result. Please contact your Institution in the first instance around re-taking the Speaking test.

### No score available in the Reading and/or Listening Test

If you have received 'No score available' in for the Reading and/or Listening test, this indicates that not enough questions were answered within the time limit for their CEFR level (result) to be determined.

You may decide to try again for a better result, and you can do this immediately, or after having studied further. Remember that you can re-sit any module for Cambridge English Skills Test General and Cambridge English Skills Test Business again. This means that you can concentrate solely on improving the skills you need.

If you have retaken any of the modules, and the results are better they will automatically appear in your Results Report.

For the result of the re-take to be linked to the original test, you must sit the module(s) with the same institution and using the same user login.

Flexible, reliable assessment for the decisions you need to make

Cambridge  
**English**  
Skills Test

Discover more:  
[cambridge.org/skillstest](https://cambridge.org/skillstest)



Find out more at  
[cambridge.org/english](https://cambridge.org/english)

We believe that English can unlock a lifetime of experiences and, together with teachers and our partners, we help people to learn and confidently prove their skills to the world.

**Where your world grows**