

OCTUBRE 2020

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COMPRENSIÓN DE TEXTOS ESCRITOS

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Nombre:

DNI / NIE:

Señale lo que corresponda:

Alumno/a **LIBRE** / **OFICIAL**:

Grupo / Profesor:

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA ACTIVIDAD

- Duración: **90 minutos**.
- Debe realizar **TODAS** las tareas.
- Debe escribir sus respuestas en **la hoja de respuestas (reverso de esta página)**.
- Sólo se admiten respuestas escritas con **bolígrafo azul o negro**.
- Apague su **teléfono móvil**.
- Al finalizar, entregue **todas las hojas** utilizadas.

PUNTUACIÓN TOTAL: / 20

OCTUBRE 2020

ANSWER SHEET

TASK 1 (16 items x 8 marks)	<u>IN SEARCH OF DARKNESS</u> / 8 marks
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ANY	ELSEWHERE	LAYING	NOT	THRILL
BUT	EVER	LYING	OVER	WHAT
CRAVE	EXTENT	MORE	REAR	WHILE
DEGREE	INSTEAD	NONE	SELF	WISH

0	<i>EVER</i>	✓		
1			9	
2			10	
3			11	
4			12	
5			13	
6			14	
7			15	
8			16	

OCTUBRE 2020

TASK 2 (7 items x 1 mark)	<u>REASONS PEOPLE LOVE TO WORK WITH YOU</u> / 7 marks
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PEOPLE WE LOVE TO WORK WITH...	EXTRACT NUMBER	
A. ALWAYS SLEEP ON IT BEFORE TAKING ACTION.		
B. AREN'T EGOCENTRIC.		
C. CELEBRATE EVERY SMALL VICTORY.		
D. LISTEN FIRST AND THEN TALK.		
E. MAKE US FEEL EVEN SMARTER THAN WE ARE.		
F. NEVER ACTIVELY SEEK EXTERNAL APPROVAL.		
G. NEVER GET ON THEIR SOAPBOX.	<i>0</i>	✓
H. NEVER GIVE AWAY THE CREDIT.		
I. NEVER TALK BEHIND PEOPLE'S BACK.		

OCTUBRE 2020

TASK 3 (10 items x 0.5 marks)	<u>UGLY DOGS</u> / 5 marks
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	GAP NUMBER	
A.- AND HAVE REHOMED 642 DOGS THUS FAR		
B.- AND I TRULY ADMIRE ANYONE WHO DOES IT		
C.- AT WHAT HE LOOKED LIKE		
D.- BECAUSE THEY ARE LESS LIKELY		
E.- DID I, HELL!		
F.- FROM BEING SEEN AS MORE INTELLIGENT		
G.- IN FAVOUR OF BUYING CUTE PEDIGREE PUPPIES	0	✓
H.- IS A GOOD INDICATOR OF AN INSECURE OWNER		
I.- IS IT BECAUSE EVERYONE SAYS THAT		
J.- IS WHEN I WANT TO HUG HIM THE MOST		
K.- ONCE WE'D BONDED		
L.- THAT I DISCOVERED SO MANY WONDERFUL THINGS ABOUT DOG OWNERSHIP		
M.- THIS PREFERENCE EXTENDS TO PETS AS WELL		

INGLÉS C1 - COMPRENSIÓN DE TEXTOS ESCRITOS

TASK 1 (16 items x 0.5 marks = 8 marks)

Read this article about the dark. Complete each gap (1-16) with ONE suitable word from the box included in your answer sheet. Each word can only be used ONCE. There are three extra words you will not need to use. Gap 0 is an example.

THEN WRITE YOUR ANSWERS IN YOUR ANSWER SHEET.

In Search of Darkness

By Maria Browning

February 21, 2020

I don't remember [0] **EVER** being afraid of the dark. If my mother were still alive, perhaps she'd remind me of times when I begged to leave the light on at bedtime or came scurrying into my parents' room, terrified of monsters in the pitch-black corners of my own.

But [1] _____ I remember is standing on the back seat of a Galaxy 500, looking out the [2] _____ window as my mother drives along unlit country roads. I stare, with a deep [3] _____ I can't name, at the black sky and the rushing road before it disappears into endless shadow.

I remember breathing in the cold of a moonless winter night as I stand, alone, on a hillside near our house. In front of me there's nothing [4] _____ a darkness so profound I can't be sure where the sky meets the earth. I become one with everything. Primal magic.

I remember [5] _____ in bed in the windowless attic of my grandmother's house, shut away from the lighted rooms below. I feel weightless and free, alone with my thoughts. The deep beauty of darkness can emerge only in solitude.

All these memories are from my rural childhood, when darkness was much more abundant, when it took [6] _____ the world each night and artificial lights were so scarce they barely registered in the black expanse. We've mostly lost the darkness now. Even deep in the country, there's scarcely a dark corner left, nominally to make us safer. Perhaps it does, to a [7] _____, though the apparent belief that security is directly proportional to *lumens* seems pretty dubious. We still don't seem to feel [8] _____ safer. Does all that unnatural light help us look one another in the eye more readily, trust the strangers we can see so clearly? [9] _____ that I can tell.

When I bought my house in this small town outside Nashville more than 20 years ago, there was not a streetlight visible in any direction. I used to step outside my door on summer nights just to

stare at the Milky Way. I [10]_____ I had done it more. As the lights of development have crept in, the Milky Way has faded. Now I step outside and stare at the potent blue LED lights that assault the eye, even from 100 yards away. I try hard to make peace with those lights, to see them as cozy reminders of human presence, as *neighbors*. This never works. [11]_____, I find myself looking at them compulsively, helplessly. I'm not blessed with a gift for ignoring problems.

I [12]_____ the night so much, miss it *so much*. Night is when the body goes to ground and the soul comes forth. I knew that as a child, forgot for a [13]_____, and now, with age, the knowledge is coming back. I'm not alone in this, I'm sure. My mother, as she entered old age, sold her house and moved out into the woods. She had a lot of reasons for putting herself so far from the well-lit world, but the one [14]_____ of us could argue against was that she felt at peace there. 'I can be in nature,' she said. I understand now that she meant more by that than listening to birdsong. She could *be* in a way that felt impossible [15]_____. She could go to ground and let her soul come forth.

My mother died a few months ago. Since then I've spent a lot of time alone in her house in the woods. As darkness falls, I am taken back to that young [16]_____ who knew how to surrender to it, to be liberated by it. I'm learning again how to *be in nature*, my true nature.

Texto reducido / Adapted from <https://www.nytimes.com/>

TASK 2 (7 items x 1 mark = 7 marks)

Read this article describing the features of workmates who everyone likes to have around. Match each description (17-23) to one heading (A-I) from the list in your answer sheet. Each heading can only be used ONCE. There is one extra heading you will not need. Description 0 is an example.

THEN WRITE YOUR ANSWERS IN YOUR ANSWER SHEET.

Reasons People Love to Work With You

By Jeff Haden

October 07, 2014

Some people are a pain to be around. Most are okay. But occasionally we find someone we love to work with. Here are some reasons.

0 - G	The higher you rise, the more likely you are to think you know everything... and the more likely you are to think you need to <i>tell</i> other people everything you think you know. Some people think a position or "status" automatically confers wisdom. [...] People we love to work with share their thoughts in a humble and unpretentious way. They care about what <i>we</i> know. After all, they already know what <i>they</i> know.
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17	You know the type. An employee, a colleague... <i>someone</i> has an idea. It's a great idea. Now it's <i>his</i> idea. Do it once and people narrow their eyes. Do it twice and that's the last time anyone ever shares any ideas with you. The people we love to work with have a knack for doing the opposite: they make their ideas feel like <i>our</i> ideas. When that happens, we all feel like we're part of something bigger. And we're all more likely to succeed.
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18	<p>The people we <i>hate</i> to work with see themselves as the center of their own universe, at the center of every story they tell and the victim of every unfortunate event. An employee misses work because he's badly injured? 'Forget <i>him</i>. Look what a mess that makes of my staffing levels!' [...]</p> <p>To those people whatever happens to someone else - regardless of how tragic - becomes trivial; what matters most is the effect that has on <i>them</i>.</p>
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19	<p>In business and in life, achieving something awesome (or even just a tiny bit cool) takes time and effort.</p> <p>The people we love to work with realize that every huge goal is accomplished one small step at a time. They spread a sense of optimism and enthusiasm along the way, something that is often in short supply.</p>
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20	<p>Ever seen someone shred an employee for a mistake it turns out that person didn't make? I have.</p> <p>People we love to work with take a long time to reflect and decide when problems arise. They know their words and actions will leave a lasting impact, so they do everything possible to get it right, even when everything around them seems to be going wrong.</p>
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21	<p>Interrupting isn't just rude. What you're really saying is, 'I'm not listening to you so I can understand what <i>you</i> are saying; I'm only listening to find a place to jump in and say what I want to say.'</p> <p>The people we love to work with focus on what others say. They ask questions not to seem smart but to better understand. They make us feel respected.</p>
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22	<p>Everyone likes praise, but some people <i>need</i> praise. Some people need constant attention and to be told they are smarter and more capable than everyone else.</p> <p>People we love to work with find self-worth inside themselves. That allows them to spend all their energy encouraging and recognizing other people, which makes them awesome to work with... and also awesome friends.</p>
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23	<p>It's hard for any of us to resist learning inside scoop. Unfortunately, the people who gossip about other people are also gossiping about <i>us</i>... and suddenly the idea of gossip isn't so much fun.</p> <p>People we love to work with excuse themselves from gossip and walk away. Instead, if they decide to share a secret, they speak openly about their <i>own</i> thoughts and feelings. That way they're not gossiping. They're just being genuine.</p>
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TASK 3 (10 items x 0.5 marks = 5 marks)

Read this gapped article about 'ugly' dogs. To fill in each gap (24-33) choose the best phrase (A-M) from the list included in your answer sheet. Each phrase can only be used ONCE. There are two extra phrases which do not fit in any gap. Gap 0 is an example.

WRITE YOUR ANSWERS IN YOUR ANSWER SHEET.

RUFF-LOOKING: WHY WE ALL NEED TO FALL IN LOVE WITH UGLY DOGS

By Kate Spicer

14 August 2019

Reading comments by the presenter of Channel 4's *Animal Rescue Live* yesterday, I felt a squirm of shame. 'In this Instagram age there is an obsession with aesthetically perfect pets,' Kate Quilton said, as she scolded owners out for leaving the ugly dogs behind in animal rescue centres [0] G. Eek! I remembered the way I'd scrolled through rescue site *Dogs Blog* looking for my dream lurcher. In my favour, yes, I'd nobly rescued him, but I admit my eyes barely registered the odd-looking mongrels.

'Supervet' Noel Fitzpatrick also weighed on the topic. 'We mustn't see rescue dogs as rejects. Look beyond the superficial,' he said. To an extent, I get it. It was only when I adopted Wolfy [24] _____ - mostly deep and meaningful, and to do with being the giver and recipient of unconditional love. 'There's something called Black Dog Syndrome,' he says, citing the increasing numbers of inky animals left in shelters because - and this is real - they don't photograph well for social media. 'Real dog lovers - the selfless devotees - don't care what a dog looks like. I struggle to understand why, when we all seek to be individuals, people want identical French bulldogs. [25] _____ you look like your dog, so you're not going to choose an ugly one? To me there is no such thing as an ugly dog, just ugly people'.

But in fact, statistically, cute kids and good-looking people do have certain advantages in life, [26] _____ to being promoted more easily at work. [27] _____. A 2014 study by the University of Portsmouth found that dogs which could pull sweet faces were more likely to be taken home from rescue centres. But going out with an ugly dog at your side is like hitting the red carpet with hairy armpits. It takes kindness and inner confidence to adopt a hideous hound [28] _____.

My friend Thea always insists that the most off-putting looking mongrel is often the gentlest, and cheaper to insure too, [29] _____ to suffer from strange genetic disorders than inbred pedigrees.

For a while now, I've been thinking about getting a second dog and I know it needs to be an ugly one. Would I love it? I already know the answer is yes, because I remember a time when I wondered if I could love Wolfy. When he slunk towards me in the car park of a service station off the M25, I felt a visceral revulsion **[30]**_____. That weird beast was the colour of an old white sock, smelt of dog vomit and was hunched up like a depressed hyena. Did I have a problem falling for him? **[31]**_____.

After I collected Wolfy, I took him home and got in the shower with him. As he dried by the fire afterwards, he turned strawberry blonde and shaggy. Turns out that's beautiful to me. Wolfy's turned out to be the love of my life. **[32]**_____, what I'd initially found ugly became what I find most beautiful now. Sometimes he can look handsome, regal and aloof; at others, more like a dirty muppet. And that - at his ugliest - **[33]**_____.

Texto reducido / Adapted from © <https://www.telegraph.co.uk/>

INGLÉS C1 - COMPRENSIÓN DE TEXTOS ESCRITOS

CLAVE DE RESPUESTAS

TASK 1 (16 items x 0.5 marks)	<u>IN SEARCH OF DARKNESS</u> / 8 marks
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0	<i>EVER (Example)</i>		
1	WHAT	9	NOT
2	REAR	10	WISH
3	THRILL	11	INSTEAD
4	BUT	12	CRAVE
5	LYING	13	WHILE
6	OVER	14	NONE
7	DEGREE	15	ELSEWHERE
8	ANY	16	SELF

TASK 2 (7 items x 1 mark)	<u>REASONS PEOPLE LOVE TO WORK WITH YOU</u> / 7 marks
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A	20
B	18
C	19
D	21
E	17
F	22
G	0 (Example)
H	(Distractor)
I	23

TASK 3 (10 items x 0.5 marks)	<u>UGLY DOGS</u> / 5 marks
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	GAP NUMBER
A	<i>(Distractor)</i>
B	28
C	30
D	29
E	31
F	26
G	<i>0 (Example)</i>
H	<i>(Distractor)</i>
I	25
J	33
K	32
L	24
M	27

OCTUBRE 2020

COMPRENSIÓN DE TEXTOS ORALES

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DNI / NIE:

Señale lo que corresponda:

Alumno/a **LIBRE** / **OFICIAL**:

Grupo / Profesor:

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA ACTIVIDAD

- Duración: **máximo 45 minutos**.
- Apague su **teléfono móvil**.
- Sólo se admiten respuestas escritas con **bolígrafo azul o negro**.
- Cada tarea se escuchará **dos veces**.
- Para cada una, el procedimiento será el siguiente:
 - **dos minutos** para leer el enunciado y la tarea
 - **primera escucha** del documento
 - **un minuto** para responder
 - **segunda escucha** del documento
 - **dos minutos** para revisar las respuestas y anotarlas en la **hoja de respuestas** (reverso de esta página)
- Al finalizar, entregue **todas las hojas** utilizadas.


PUNTUACIÓN TOTAL: / 20

OCTUBRE 2020

ANSWER SHEET

TASK 1 (10 items x 1 mark)	<u>EUROTUNNEL</u> / 10 marks
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You will listen to part of an interview with Tash Speed, a Eurotunnel driver. According to the information you hear, decide whether the following statements (1-10) are T (for TRUE) or F (for FALSE). Statement 0 is an example.

0. This year both the Channel Tunnel and Tash Speed celebrate their 25th birthday.	T	
1. Tash has recently appeared on TV.		
2. Tash's unfulfilled childhood dream was to become a ballet dancer.		
3. It was her father that encouraged her to apply for the Eurotunnel job.		
4. 19% of the candidates fail the training process due to the stress on the 4 test days.		
5. The 'dead man's pedal' must be pressed every minute.		
6. Tash's main concern is the possibility of a fire inside the tunnel.		
7. 6.5% of Eurotunnel drivers are women.		
8. Many of Tash's male workmates recognize women are more accurate at driving.		
9. Tash claims that your age doesn't determine your driving skills.		
10. Eurotunnel train drivers don't usually interact with passengers.		

OCTUBRE 2020

TASK 2 (10 items x 0.5 marks)	<u>THE MAZE MAKER</u> / 5 marks
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You will listen to a short documentary about Adrian Fisher's unusual job. Fill in each gap (11-20) with one word only, according to the information you hear. Sentence 0 is an example.

<i>Briton Adrian Fisher is a [0] ____ designer.</i>	[0] MAZE	✓
He used to work in [11] _____.	[11]	
After designing his first maze for his [12] ____ garden, he realized this occupation was much more [13] '____' than his job at the time.	[12]	
	[13]	
So far he's created more than 700 full-sized mazes in the [14] _____.	[14]	
He defines maze design as an [15] ____ art.	[15]	
The first step is always to draw ideas on [16] _____.	[16]	
To Adrian, mazes are a special kind of [17] ____ with a single start point and a way out.	[17]	
He regards himself as an [18] _____, who enjoys both disorienting people and providing [19] _____.	[18]	
	[19]	
The desire to be entertained and to [20] _____ is innate in humans.	[20]	

OCTUBRE 2020

TASK 3 (5 items x 1 mark)	<u>CHRONOTYPES</u> / 5 marks
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You will hear part of a podcast about chronotypes. For each question (21-25), choose the option (A, B or C) which best completes the sentences according to what you hear. Sentence 0 is an example.

<p>0.- People with delayed chronotypes are</p> <p>a) <i>also called larks.</i> b) <u>most active and alert in the evenings.</u> c) <i>the prevailing tendency these days.</i></p>	B	
<p>21.- According to the speaker, being a night owl</p> <p>a) created her all sorts of problems at university. b) is tough in a 9-to-5 world. c) was regarded as a positive sign of modern times by Benjamin Franklin.</p>		
<p>22.- Night owls</p> <p>a) aren't genetically weaker than morning people. b) can tune their circadian system by sleeping in on weekends. c) tend to cope with shiftwork better.</p>		
<p>23.- Weekend sleep-ins</p> <p>a) are of no help to reset your sleep-wake cycle. b) make night owls less likely to suffer 'social jetlag'. c) won't interfere with your metabolism if you keep them to 2-3 hours.</p>		
<p>24.- Bright light exposure first thing in the morning</p> <p>a) can cause utter chaos in a night owl's inner clock. b) causes daytime sleepiness in shiftworkers. c) on a daily basis can help an evening person become more of a morning type.</p>		
<p>25.- Increased bright light exposure after sunset</p> <p>a) may trick your brain into thinking it's daytime. b) replicates the 'campfire effect'. c) was already a problem before electronic devices.</p>		

COMPRESIÓN DE TEXTOS ORALES

INGLÉS C1

TRANSCRIPCIÓN DE LOS AUDIOS

TASK 1: Eurotunnel

Host: Now the Channel Tunnel is 25 years old this year. Now that may make you think...Wow, what happened to me in the last quarter of a century? It only feels like a few years ago that it was being built. Well, you might just take for granted that you've always been able to hop on a train under the Channel. Well, Tash Speed certainly doesn't remember the days before the Tunnel because she is also 25 years old and she's one of the few women Eurotunnel drivers and she's featured in a BBC2 documentary to celebrate the anniversary. Tash, welcome.

Tash: Good morning.

Host: Er,...Tash, did you grow up wanting to be a train driver?

Tash: In all honesty, no. I'd like to say yes, I've got train drivers in the family, but no, it's not something I'd actually thought about until recently.

Host: And what did you grow up wanting to do? I didn't...You were a ballet dancer, originally.

Tash: I did, yeah. I did all sorts of dancing: lyrical, tap, Irish...but originally I wanted to be a lawyer. And then I wanted to work in finance, which I did for 5 years, and then I just had a complete career change and went on to be a train driver.

Host: So from a financial advisor to a train driver (Yes). Why...why the change?

Tash: So...my brother actually is a driver and he knew there was an intake coming in and he said to me, 'You wanna go for it?'. And I thought, 'Why not? I fancy a change so I'm gonna have a go'.

Host: When you talk about the intake, the training process is incredibly rigorous and the fail rate is really high: 90%. (Yeah). What do they do to you?

Tash: It's very intense. You have two test days. They do, say, four tests on the first day and four tests on the second. And each test you take, if you don't pass it, that's it, you fail. (You're out) Yeah, you're out. Yeah, it's quite... er, it's quite strenuous on the day actually... to sort of stay mentally focused for the whole day so I think that's probably why people fail. Not necessarily because they can't do the test but because there's so much pressure. [...]

Host: Now I've read about something called the 'dead man's pedal', which does sound something like...something from the Pirates of the Caribbean (Yes). What is that?

Tash: So the dead man's switch basically means... the train knows you're alive, if you're activating the dead man's switch. For example, if the driver had a heart attack or fell ill, fainted and didn't reset the pedal within a minute, the train would perform an emergency stop, thinking that the driver had died. So it's a safety precaution that it's reset every minute so the train is not travelling through the tunnel without a..., well, driver, basically.

Host: So are you perfectly in tune to hit it every minute? Or do you hit it a few more times than that?

Tash: I'll be honest. I probably hit it about 12 times a minute. I'm probably wearing out the pedal, so we don't wanna tell my company that.

Host: Now I am old enough to remember when the tunnel was being built and one of the main concerns that was talked about was a fire. Are there....? There obviously are safety risks there. Are you concerned?

Tash: I'm not concerned at all, no. We have training in a smoke sim and it's got a fake train inside a tunnel and we're told about all the fire safety down in the tunnel, the way to evacuate passengers because there's a safety tunnel as well and we can evacuate people straight into the safety tunnel so, although it's a risk that could happen – we work with electricity -, at the same time we're taking every precaution possible to ensure everyone's safety. [...]

Host: Now it is a really male-dominated area. I think 6.5% of train drivers overall are women (Wow!), although already 20% of Eurotunnel drivers are women (Yeah). Is there a macho culture?

Tash: No, from... Not that I... I don't find it macho. I think, yeah, there are a lot of men down there, but they like having the women train drivers down there. They actually... They won't like me to admit this, but a lot of them do, so the women are the... better drivers. We're more accurate at driving so I just think for me it's not really a concern. I just think everyone that goes in fits in.

Host: And what about passengers? Because I know that some women pilots have said that they've come across passengers that have said, 'Oh, I don't want to be flown by a woman'. Has that ever happened with you as a train driver?

Tash: No, I think that's awful. I don't think it matters what gender you're. Everyone can drive. I don't think that's fair, but a lot of the time our passengers won't even know if they've got a French or an English crew driving them so it's... they really don't get much interaction with the driver. The driver doesn't talk to the passengers like the pilot always calls over the airplane, the driver doesn't. So they wouldn't know.

Host: Now there are more young women coming in. What would you say to girls who want to follow in your path?

Tash: I'd say, 'Go for it'. It's a fantastic job. I don't think your gender has any relevance to whether you can drive a train or not. And it's good money. Yeah, it's a great career to have.

Host: Well, Tash Speed. Thank you very much indeed for coming in today and telling about it.

Tash: Thank you so much.

*Texto reducido / Adapted from © <https://www.bbc.co.uk/sounds/play/m000c0b8>
BBC Radio 4 – Woman's Hour
Released on 05 December 2019*

TASK 2: The Maze Maker

Mazes are one of the most fascinating things. Almost everybody, as soon as they can crawl, are always wanting to find out what's hidden, what's out of sight.

My name's Adrian Fisher, I live in Dorset, in England, and I create mazes and labyrinths all over the world.

Well, I spent the first few years of my career in accountancy. There came a moment when I'd created a maze in my father's garden and then I started building one, and two more and so on. And then I suddenly realized this was gonna be far more fulfilling if I spent my life creating mazes.

'This is the site of the place. This is 40 meters in diameter and the maze is going here'.

Over the years I've created mazes in some 40 countries and I guess I've built over 700 full-sized mazes in the landscape. I think that a maze design is a very esoteric art. You sketch out ideas and develop ideas on paper from drawings. But one of the exciting things is a maze is a network. Now a maze is a special kind of network where I decide there's only one start point, I decide where the finish is, and I make sure that every single bit of it can be as confusing or as easy as I wish. I'm trying to make it as ingenious and tricky as possible, but in the end I'm also an entertainer. I like to leave clues that help you solve it and you feel so good about yourselves when you have beaten the maze designer.

Like a good movie you get to the end and you still...You don't want it to stop. I'm appealing to some basic instinct in us all that want to be entertained and explore and a maze is an ideal way of doing that. Its purpose is totally to one side of normal, sensible, practical things in life, but gives so much pleasure to so many millions.

*Texto íntegro: Great Big Story © <https://www.youtube.com/watch?v=xnVHbxHBIAo>
Released on March 8, 2017*

TASK 3: Chronotypes

Would you rather watch a sunrise, or count the midnight stars? Do you have your creative energy and optimistic zeal when you first pop up in the morning, or when everyone else has already gone to bed for the night? [...] Your answers will depend on your chronotype, a biologically hardwired tendency for your body and brain to function best at certain times of day. Most of you are probably somewhere in the middle—you don't love waking up at 5:00 a.m. for a run, but you're not the type to be buzzing with energy after midnight either. But there are many of us who have more obviously advanced or delayed chronotypes. That is, we could be extreme morning larks or night owls.

I'm personally a night owl. Back in college, I never signed up for classes starting before 10:00 a.m. and I could comfortably stay up past 2:00 a.m. partying—I mean, studying—without my energy ever flagging. I had no [...] 8:00 a.m. meetings, so my body and brain could happily live on the schedule that they wanted to. But the further I get into my professional career, the more my biology has to cater to the big bad world, which is designed by and for morning people.

I blame Benjamin Franklin. When he said, 'Early to bed, early to rise, makes a man healthy, wealthy and wise,' he didn't follow that up with the caveat that this is only true for morning people! [...] Ben Franklin's admiration for morningness has contributed to the stereotype that late risers are just lazy or immature. And it's not only a problem of bad reputation. People with delayed chronotypes (in other words, owls) are at greater risk for [...] hypertension, obesity, [...] diabetes and even infertility. But this is not because owls are inherently unhealthy. It's because we are forced to live a life of misalignment—our biology does not match up with our external demands, and this causes us to have less healthy habits for maintaining our biological clocks. For example, if you're a delayed chronotype person like me, I bet you sleep in on weekends. You try to go to bed 'at a decent hour,' but cannot help tossing and turning

and eventually getting on your iPad late at night. [...] These habits constantly mess up your inner biological clock, called the circadian system. This is no small deal, because the circadian system is responsible for keeping all of your biological functions on schedule and running smoothly [...] It's no wonder that shift workers, who have an even more extreme version of circadian misalignment, have greater health problems [...] than their non-shift working peers. And even if you are not a shift worker, but have even a couple of hours of flip-flopping back and forth between your weekday sleep schedule and your weekend schedule, you are at greater risk for weight gain, [...], diabetes and depression.

[...] Don't worry, we're going to get a lot more optimistic from here, because, owls, you are not doomed to suffer all of these health problems that I've mentioned. Your chronotype can actually adapt to the outside world... with your help. Let's look through the toolbox for tuning your circadian clock.

Tip #1: Wake up at the same time every day.

[...] Night owls, when you sleep in on weekends, you're giving yourself 'social jetlag.' Catching those extra 2 or 3 hours on Saturday might feel like a relief in the moment, but it's like flying your body from New York to Los Angeles. And then, when you have to be up early for work on Monday morning, you're flying your body all the way back to New York. If you do this every weekend, this 'jetlag' becomes a major stressor for your circadian system. [...] Also, because your clocks are so intimately linked with metabolism, it's no wonder that social jetlag is also linked to obesity. But if you absolutely cannot get up at the same time every day, minimize sleeping in on weekends, keeping it to an extra hour or so. [...]

Tip #2: Get a dose of bright light first thing in the morning.

Light is the strongest cue that your circadian system uses for telling time. [...] When light enters your eye [...], your retina sends direct signals to the suprachiasmatic nucleus, the brain's master clock. This master clock can tell the whole system when it's time to gear up. Getting that dose of light first thing in the morning can actually help to make you more of a morning person, but only if you do it consistently. [...]

Tip #3: Minimize bright light exposure at night.

Now we know that light is a powerful tuning tool for the circadian system. We have to also know that it's not always good to have bright light. Just think about how our ancestors lived before there was [...] artificial light. They would get lots of light during the day, and hardly any light after sunset. This kept things very simple for their circadian systems. [...] Now that we have light from TVs, [...] overhead lights and phones, it's confusing for our inner clocks. And if you are a night owl, this effect is even stronger, because the more you get light exposure at night, the more your chronotype gets delayed. It becomes a vicious cycle.

But fear not, you can actually reverse this pattern! One of my favorite studies of all time found out that just after one week of camping without electronic devices, people who started out as owls became just like larks. They felt good in the mornings, and [...] became indistinguishable from their morning lark peers. Since most of us can't go camping every day, you can mimic the 'campfire effect' at home by dimming your screens, wearing blue-light blocking glasses, or maybe even going screenless after a certain time in the evening. [...]

INGLÉS C1 - COMPRENSIÓN DE TEXTOS ORALES

CLAVE DE RESPUESTAS

TASK 1 (10 items x 1 mark)	<u>EUROTUNNEL</u> / 10 marks
--------------------------------------	--------------------------	------------------

0	<i>T (Example)</i>
1	T
2	F
3	F
4	F
5	T
6	F
7	F
8	T
9	F
10	T

TASK 2 (10 items x 0.5 marks)	<u>THE MAZE MAKER</u> / 5 marks
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0	<i>MAZE (Example)</i>
11	ACCOUNTANCY
12	FATHER'S
13	FULFILLING
14	LANDSCAPE
15	ESOTERIC
16	PAPER
17	NETWORK
18	ENTERTAINER
19	CLUES / HELP
20	EXPLORE

TASK 3 (5 items x 1 mark)	<u>CHRONOTYPES</u> / 5 marks
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0	<i>B (Example)</i>
21	B
22	A
23	A
24	C
25	A

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MEDIACIÓN DE TEXTOS ESCRITOS

Apellidos:

Nombre:

DNI / NIE:

Señale lo que corresponda:

Alumno/a **LIBRE** / **OFICIAL**:

Grupo / Profesor:

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA ACTIVIDAD

- Duración: **40 minutos**.
- Debe escribir con **bolígrafo azul o negro**.
- Apague su **teléfono móvil**.
- Al finalizar, entregue **todas las hojas** utilizadas.

PUNTUACIÓN TOTAL: / 10

OCTUBRE 2020

TASK (10 marks):

Last week your British friend Eileen told you she's having problems with her 15-year-old daughter Olivia, because she routinely stays out late and never gets back home on time, constantly missing curfew (i.e. the set time to be home). You were both talking about the possible solutions. You have just read the article below which deals with the topic, and want to share it with your friend.

Email Eileen summarizing the key tips in the article IN YOUR OWN WORDS.

Write approximately 150 words more (i.e. apart from the opening lines of the email, which have been provided for you).

Staying Out Late and Curfews

By Kenneth Ginsburg and Susan FitzGerald

Last Updated 5/19/2016

Adolescents are programmed to hate curfew because they think it's about control. A curfew is a reflection of your concern for your child's safety and wellbeing, so present it as such. [...] First, reinforce the importance of adequate sleep for school and sports performance, but allow curfew to give you a chance to see how your teen handles responsibility. [...]

'How late can I stay out?' becomes a recurring question for teens. Some parents prefer a set curfew, while others prefer to vary curfew decisions by the circumstances: one night 10:30 makes sense; another night, midnight is acceptable. Flexibility encourages a teen to demonstrate responsibility in exchange for expanded privileges. That's not to say that the agreed-upon curfew is open to interpretation (tonight's 11 o'clock curfew is 11 o'clock, *not* 11:30), but that you give permission ahead of time to stretch the usual curfew on a special night because your teen has proven they routinely get home on time. [...]

A good starting point is to ask your child what they think a reasonable curfew should be. Remember, a curfew is a tool to keep them healthy, productive and safe. Your comfort level, your teen's comfort level and the safety of your community should all be part of the discussion. [...] You'll be on the defensive if your child's curfew is earlier than his close friends. Knowing other parents and discussing common rules comes in handy here.

Curfew works best when the expectations and consequences are clearly spelled out ahead of time. If your teen misses curfew, tell them you are relieved they're home safely and will have a talk in the morning. Late-night heated discussions are rarely productive. Make it clear that freedoms are earned with demonstrated responsibility, and that privileges are lost when behaviors demonstrate an inability to handle the freedom. Blowing curfew should lead to a measured roll-back in privileges to the point your teen was able to display responsibility. If they miss their 11:30 curfew, your response should be, 'You did well when your curfew was 11. We'll go back to 11 for a few weeks until I see that you're once again capable of keeping track of the time.' [...]

OCTUBRE 2020

To: Eileen

From: (you)

Subject: Staying out late and curfews

Hi Eileen,

I've just read this article online that might help you with Olivia blowing curfew all the time. It says...



OCTUBRE 2020

Hope it helps. Take care.

OCTUBRE 2020

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PRODUCCIÓN Y COPRODUCCIÓN DE TEXTOS ESCRITOS

Apellidos:

Nombre:

DNI / NIE:

Señale lo que corresponda:

Alumno/a **LIBRE / OFICIAL:**

Grupo / Profesor:

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA ACTIVIDAD

- Duración: **100 minutos**.
- Debe realizar **LAS DOS** tareas.
- Escriba a continuación de los enunciados (ver reverso), **indicando el número de tarea**.
- Debe escribir con **bolígrafo azul o negro**.
- Apague su **teléfono móvil**.
- Al finalizar, entregue **todas las hojas** utilizadas.

PUNTUACIÓN TOTAL: / 20

OCTUBRE 2020

TASK 1 (PRODUCCIÓN ESCRITA): Rural Spain is dying (10 marks)

There is an alarming trend taking place in Spain that is cause for concern: the persistent population loss in rural areas over the last few decades.

Write an **opinion article** to be published in your local newspaper, including:

- ✓ What you think the main causes of rural decline are.
- ✓ What measures could be implemented to retain and attract population to the countryside.
- ✓ What a village should have for you to move in there.

Write **approximately 250 words**.

TASK 2 (COPRODUCCIÓN ESCRITA): Complaint to Amazon (10 marks)

You ordered this item on Amazon last week.

Beats Solo3 Wireless On-Ear Headphones

RRP: €199

Price: €159 (You save: €40). Free shipping.

In stock. Dispatched from and sold by Amazon.

Want it delivered tomorrow? Order now and choose one-day delivery at checkout.

Colour name: Club Red.

- High-performance Wireless Bluetooth headphones. Compatible with iOS and Android devices.
- Take calls and control music with the multifunction on-ear controls.
- Up to 40 hours of battery life. With Fast Fuel, 5 minutes of charging gives you 3 hours of listening time when battery is low.
- What's in the box: Headphones, Carrying Case, Universal USB Charging Cable, Quick Start Guide, Warranty Card.



Based on © www.amazon.com

When you received your order yesterday, you realized there was a problem.

Write an **email of complaint** to the website, specifying:

- ✓ The item you ordered.
- ✓ What the problem is.
- ✓ What kind of action you expect Amazon to take.

Write **approximately 150 words**.



PRUEBA DE CERTIFICACIÓN DE C1 – BLOQUE B

MEDIACIÓN DE TEXTOS ORALES

Read and summarise the following text in your own words

Gentrification is a global problem. It's time we found a better solution

Gentrification is a slippery and divisive word, vilified by many for the displacement of the poor, the influx of speculative investors, the proliferation of chain stores, the destruction of neighbourhood authenticity; praised by others for the improvement in school standards and public safety, the fall in crime rates, and the arrival of bike lanes, street markets and better parks.

For years, gentrification boosters have argued it is the formula for urban regeneration. Blighted neighbourhoods could be miraculously transformed by incentivising the arrival of the “creative class” of artists, gay couples and brave bohemians.

The “urban renaissance” of the past two decades set out to revitalise decaying inner city cores, and make cities happier, healthier, safer places to live and work. Rather than escaping to the suburbs, successful young professionals would be lured back into the city to activate new urban spaces.

There have been many upsides. But the consequences of the rate and scale of change, the displacement of poor by rich, the loss of workspace and the hollowing out of neighbourhoods is now frightening even the most ardent promoters of regeneration.

At present, when gentrification increases the value of an area, the windfall is to the landowners. The community group that gets together to revive a street market or establish an urban garden, or the penniless artists who turn a leaky warehouse into a gallery, are indirectly responsible for catalysing the very forces they are usually determined to prevent.

Such amenities increase the value of properties in the area, attracting buy-to-let investors, land speculators and estate agents who feature these very community assets in their glossy brochures.

PRODUCCIÓN DE TEXTOS ORALES (MONÓLOGO)

TALK ABOUT:

How has the development of technology affected learning? Will technology transform education?



COPRODUCCIÓN DE TEXTOS ORALES (DIÁLOGO)

STUDENT A

Discuss the advantages and disadvantages of giving international aid to poor countries.

-
- 1. Find out what your partner's ideas are.
 - 2. Share your personal experiences on this subject.
 - 3. Discuss what you believe is people's general attitude to poverty and international aid.
 - 4. Try to reach an agreement

STUDENT B

Discuss the advantages and disadvantages of giving international aid to poor countries.

- 1. Find out what your partner's ideas are.
- 2. Share your personal experiences on this subject.
- 3. Discuss what you believe is people's general attitude to poverty and international aid.
- 4. Try to reach an agreement