

Dolphins Turn Diabetes Off and On -- Hope for Humans?

Bottlenose dolphins have what could be called type 2 diabetes, but unlike humans, the animals are able to turn it off and on—perhaps an evolutionary adaptation to maintain their big brains, new research suggests. Diabetes may have arisen in Ice Age humans for similar reasons, so the newfound dolphin on-off switch may be a key to curing type 2 diabetes in people.

Like humans, dolphins have relatively large brains compared to their body sizes—in fact, dolphins are second only to humans in the ratio between body and brain size.

Scientists know that humans need plenty of a sugar called glucose to keep their brains functioning. Some researchers think the same might be true for dolphins, since both species send high amounts of glucose through their bloodstreams.

Dolphins, however, primarily eat fish, which are high in protein and low in sugar. To get enough glucose from this diet, dolphins have evolved a mostly harmless form of insulin resistance.

Insulin is a hormone that helps the body turn blood sugar into energy. People with type 2 diabetes either don't make enough insulin or are resistant to its effects. Without insulin to break down glucose, too much sugar builds up in the blood, leading to complications such as glaucoma, nerve damage, arterial disease, and kidney failure.

But unlike people, dolphins can activate their diabetes only when the animals need it—and without the serious side effects. Dolphin diabetes turns on during their short overnight fast and turns off when they have breakfast in the morning.

Not all experts, however, are convinced that dolphins use blood sugar in the same ways that humans do. Even though both species are mammals, dolphins and people have very different metabolisms.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Without insulin you can suffer from kidney failure.
- b. Insulin seldom helps the body change sugar into energy.
- c. Dolphins diet is rich enough in glucose.

1.b. According to the text (0.5 points)

- a. Dolphins can control their body and brain size ratio.
- b. Humans have the largest brains compared to their body sizes.
- c. Dolphins are unable to turn type 2 diabetes on and off.

1.c. Although dolphins and humans have different metabolisms they use blood sugar in the same way as we do.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

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1.d. Dolphin diabetes switches off during the night and on in the morning.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one (0.5 points):

- I regret to have missed my train.
- I wish

2.b. Turn the two sentences into a conditional clause (0.5 points)

- We didn't arrive on time. There was a transport strike
- If there

2.c. Turn the two sentences into a relative clause (0.5 points)

- I have a friend. His name is Paul.
-

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- We needn't _____ (to have) a passport if we travel around Spain. Your ID is enough.

3. Identify ONLY FOUR words from their definitions (1 point)

- not able or not likely to cause any hurt or damage.
- started to happen.
- the relationship between two things expressed in numbers to show how much bigger one is than the other.
- completely certain about something.
- one of the two organs in your body which remove waste from the blood and produce urine.
- one of the meals of the day.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Could we learn from animal behaviour?

5.b. Advantages and disadvantages of practicing sports activities.

Spain curbs “body image” advertisements on television

Spain has stepped up its first fight against what the government sees as forces that push girls into anorexia or bulimia, with the introduction of law banning so-called “cult of the body” advertising on television before the children’s watershed hour.

Peddlers of plastic surgery, slimming products and some beauty treatments will not be allowed to be advertised before 10 p.m.

The ban is extended to other advertisers who transmit a message to children that what matters most is how they look, or that their chances of success are linked to the type of body they have. The ban comes in a new broadcasting law that has been approved by the lower chamber of parliament and is reviewed by the upper house.

It states: “Broadcasters cannot carry advertisements for things that encourage the cult of the body and have a negative impact on self-image such as slimming products, surgical procedures and beauty treatments which are based on ideas of social rejection as a result of one’s physical image or that success is dependent on factors such as weight or looks.”

Spanish legislators decided that the dangers posed by slimming products were worse than those posed by, for example, alcoholic drinks. Wine and other alcoholic drinks can be advertised during children’s viewing time - to the disgust of some consumer groups.

It makes no sense that slimming products have been banned when alcohol, which is for adults, has not. Consumer groups also complained that the new law is not powerful enough and there would be enforcement problems. The intentions are great but without sanctions they will be useless, this is the general opinion in Spain.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Slimming products and some beauty treatments will not be prevented from advertising before 10 p.m.
- b. Slimming products and some beauty treatments will be banned before 10 p.m.
- c. Slimming products and some beauty treatments will be forbidden after 10 p.m.

1.b. The new law has been (0.5 points)

- a. ratified by the lower chamber of parliament
- b. ratified by both the lower and upper chamber
- c. ratified by the upper house.

1.c. Alcohol can be advertised before 10 p.m. which some consumers don’t like
(Answer “true” or “false” AND write the sentence supporting this idea) (0.5 points)

-

1.d. According to Spanish legislators, slimming products are more dangerous than alcohol.
(Answer “true” or “false” AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Fill the blank with the proper form of the verb SPEND (0.5 points)

- At the moment, too much money _____ on luxury items.

2.b. Finish the following sentence so that they both have the same meaning (0.5 points)

- These mountains inspired many artists.

- These mountains were _____

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- I wish I had gone to bed earlier last night.

- If only _____

2.d. Write the appropriate preposition (0.5 points)

- When I have a problem, I usually rely _____ my best friend.

3. Identify in the text ONLY FOUR words from their definitions (1 point)

- A medium that disseminates via telecommunications.

- The act of insuring observance of or obedience to.

- Prohibition.

- Inspire with confidence, give hope to.

- Performed with great precision.

- The act of applying force in order to move something away.

4. Write a summary of the text of about 30-45 words (2 points)

5. Write a composition of about 100-150 words on ONLY ONE of the following topics (3 points)

5.a. Weight and looks are essential to succeed in our society, do you agree?

5.b. Give your opinion about the following topic: "Tobacco, alcohol and all kind of drugs should be banned."

Equine Therapy and Social Work: A Winning Combination

One remarkable program that is yielding phenomenal results is therapeutic horseback riding. Research shows this form of therapy works wonders with almost every social work population: children, teens, juvenile delinquents, physically challenged, developmentally delayed, blind, deaf, and all forms of abuse. The explanation for the success rate is simple. A special bond is formed between a child and a horse. Children who have not progressed in a conventional therapeutic setting often excel with therapeutic riding. Children will tell a horse things they would never tell a therapist. A child will share secrets, thoughts, failures, setbacks, wishes, dreams, and goals with a horse. And the horse will never tell anybody. Children know this and, therefore, open up more with horses than with parents, teachers, friends, pastors, and conventional therapists. Children will attempt different physical challenges because they feel the support of the horse underneath them. Therapeutic riding uses equine-oriented activities for the purpose of contributing positively to the cognitive, physical, emotional, and social well-being of people with disabilities. Over-activity, distractibility, autism, developmental disabilities, learning disabilities, emotional and behavioural disturbances, and anger issues are all appropriate problems for therapeutic riding.

There are two types of therapeutic horsemanship: therapeutic riding and hippotherapy. The difference between the two types is that hippotherapy requires a medical professional, such as a physical, speech, or occupational therapist. Therapeutic riding requires a certified riding instructor.

Horses and humans have a lot in common. First and foremost, the gait of a horse is similar to the gait of a human. The horse's pelvis is identical to a human's, but offset by 90 degrees. When a client rides a horse, this motion simulates walking, and the rider is able to work on balance, posture, breathing, and coordination. A horse also engages the rider's vestibular system, which runs throughout the body and affects functions like alertness, balance, and digestion.

1. Comprehension exercises (2 points)

1.a. Children (0.5 points)

- a. and blind belong to what is called horseback riding population.
- b. may feel much more open up with horses than with teachers.
- c. and horses share the same thoughts and failures because they support each other.

1.b. According to the text (0.5 points)

- a. Over-activity and autism are difficult problems for therapeutic riding.
- b. Children know that horses will never tell their parents their disabilities.
- c. Equine-oriented activities help people with disabilities.

1.c. Both a doctor and an instructor are needed when practising therapeutic riding.
(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

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1.d. When riding a horse, our balance and coordination may improve.
(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one, using an expression with 'rather' (0.5 points)

- I would prefer to have a break now.

- I

2.b. Turn the two sentences into a conditional clause (0.5 points)

- My father didn't buy me the ticket so I couldn't see the concert.

- If my father

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- It is not necessary to pay in advance. You can do it when you arrive.

- You

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I used _____ (to study) at nights but now I am used _____ (to study) in the mornings.

3. Identify ONLY FOUR words from their definitions (1 point)

- an interest, experience, or feeling that makes two people feel connected.

- be very good at something.

- a problem that makes something happen later or more slowly than it should.

- objective.

- needs or demands something.

- carries out or participate in an activity; is involved in.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Different ways animals may help people.

5.b. Advantages and disadvantages of having a pet.

PAU04

Predators on Social Networks: Sexual Predators and Child Molesters Find Easy Prey

Social networking is all the rage. Various web sites have sprung up for the sole purpose of providing a place for users to express themselves, share with like-minded individuals, discover new things, and communicate with others.

The concept of social networking has also been extended to other areas, providing users with the ability to express their creativity, network, rate their favourite video clips, etc. Also, some sites provide users with the ability to post and share photos and family videos. The bottom line is that social networking is hugely popular and it is big business. Unfortunately, child molesters, sexual predators, and scam artists have discovered that these sites can also be exploited to find victims. MySpace has taken steps and implemented security measures to minimize this problem, but users should still be cautious and aware.

Photo sharing sites are used by thousands of families to post and share family photos. It is possible to restrict access and only let users you identify view the pictures, but many users are proud of their kids and their photographic skills and allow the general public to view the photos as well. Child molesters and sexual deviants can search through these sites and bookmark their favourite photos of young boys and girls.

If you want to avoid being a victim it is good to be cautious. Just because someone claims to like the same music as you, or share a passion for scrapbooking, doesn't mean it is true. These new "friends" are virtual and faceless and you can't completely trust that they are what they say they are. Another good idea is to keep an eye on your profile and be diligent about who you allow to connect with your profile.

Finally, parents who have children that surf the Web and frequent these social networking sites should communicate with their children and make sure that they understand the risks and that they know they can talk to you about suspicious or malicious activity they encounter.

1. Comprehension exercises (2 points)

1.a. Social networking (0.5 points)

- a. is out of fashion nowadays among teenagers.
- b. makes you be a prey for everybody.
- c. gives you the possibility of being creative.

1.b. According to the text (0.5 points)

- a. it is convenient not to trust everybody because what they say may not always be true.
- b. posting and sharing photos are the main areas of social networking.
- c. child molesters, sexual predators, and scam artists can also be exploited as victims.

1.c. You can decide who is going to share your documents.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

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1.d. It is advisable for parents to tell their children about the risks of using social networking.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a . Complete the second sentence so that it has a similar meaning to the first one, using 'in spite of' (0.5 points)

- We gave him the present although he didn't behave well with us.
- We gave him the present

2.b. Turn the two sentences into a sentence of purpose (0.5 points)

- She will come soon. She wants us to speak to her about the problem.
-

2.c. Complete the second sentence so that it has a similar meaning to the first one, using the auxiliary an expression with 'such' (0.5 points)

- It is not necessary to take an umbrella. It is a very good day.
-

2.d. Rewrite the sentence using the appropriate preposition with the following adjectives (0.5 points)

- She is very good English but very bad Language.

3. Identify ONLY FOUR words from their definitions (1 point)

- a person who is the aim of an attack (especially a victim of ridicule or exploitation) by some hostile person or influence.
- enormously, tremendously.
- estimate the value of something assigning a rank.
- alert and fully informed.
- started to happen or operate.
- a short description of someone's life, character, work, etc.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Young people may be in danger when using social networking.

5.b. The importance of Internet.

Obama's Background

Eighty six-year-old Sarah Obama, the US Democratic president Barack Obama's grandmother seems to be his biggest supporter. A day after the Illinois senator formally accepted his party's nomination the elated grandma said she would visit him if he was elected as the President of United States. "It is about give and take if you want to win a battle," the 86-year-old said in her native Luo language. "I stayed up late on Thursday night watching clips of the convention," she added. Sarah Obama was the third wife of Obama's paternal grandfather Hussein Onyango Obama. Although not a blood relation, Obama often refers to her as his grandmother.

Obama's candidature has already stirred excitement in Kenya. Kenyan Prime Minister saying his ascent was good for Africa. The Prime Minister is an ethnic Luo, as was Obama's late father. Barack Obama, who was born in the United States, barely knew his Kenyan father who returned to his homeland when Barack was a young boy. However, Obama was given a hero's welcome during his last visit to the rural village in 2006 when he visited his grandmother. Barack Obama's life story has been unconventional from the start. His biography — white mother, African father, a childhood spent in Hawaii and Indonesia, working in one of the nation's poorest communities, studying and teaching at some of America's most prestigious universities — was unlike that of any other presidential candidate.

If his eclectic background has fuelled his extraordinary rise, his foreign-sounding name and race also made his candidacy a tough sell in some corners of America. He has fended off countless rumours that he's Muslim (he's Christian) and this summer, he told the crowd at a Missouri fundraiser that he knew it was "a leap" electing a black man with his name.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Obama was born in Indonesia.
- b. His father didn't know him.
- c. Obama's father was Kenyan and returned to Kenya being young.

1.b. According to the text (0.5 points)

- a. His background has been good for his career.
- b. His background has been tough for his career.
- c. His background, race and name have been good for his career.

1.c. Sarah Obama is Obama's real grandmother.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. His life has been absolutely different from any other candidate's.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence using 'likely' so that it has a similar meaning to the first one. (0.5 points)

- It will probably rain tomorrow.

-

2.b. Turn the two sentences into a clause containing 'as well as' (0.5 points)

- I'm interested in mountaineering. I'm interested in running.

-

2.c. Complete the second sentence using 'used to' so that it has a similar meaning to the first one (0.5 points)

- Oliver liked collecting stamps when he was a child.

- Oliver

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- This time tomorrow (to lie) in the sun.

3. Identify ONLY FOUR words from their definitions (1 point)

- A person who backs a politician or a team.

- Exultantly proud and joyful.

- The fluid that is pumped by the heart.

- By a small margin.

- Unfortunate or hard to bear.

- A sudden and decisive increase.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

- 5.a. Write a story about something frightening that happened to you or somebody you know.
- 5.b. Discuss the advantages and disadvantages of being famous today.

Tsunamis

A Tsunami is one or a series of waves that occur after an earthquake, sea-quake, volcanic activity, slumps, or asteroid impacts in or near the sea. A mega tsunami is simply a larger occurrence of the phenomena. The energy of a tsunami is constant, a function of its height and speed. Thus, as the wave approaches land, its height increases while its speed decreases. The waves travel at high speed, more or less unnoticed where crossing deep water, but can increase to a height of 30 meters and more as they approach the coastline.

Without the loss of energy, this allows the wave to go ashore making a storm surge seem laughable. These waves are capable of crossing an ocean, toppling large buildings none of which could withstand the force of the wave, equivalent to the speed of a commercial airplane, nor the extreme flooding.

Where would the next Mega Tsunami come from? A volcano named Cumbre Vieja on the island of La Palma in the Canary Islands of North Africa is where geologists suspect the next tsunami could begin. The reason for the concern is that in 1949 during a volcanic eruption part of the island slid into the ocean before ending its descent. Should another large eruption of the Cumbre Vieja occur, the western side of the island is likely to collapse into the Atlantic.

Predicting the next eruption isn't a likely happening; geologists cannot say whether or not the next eruption will be the one to make the island shed its western shore. Not to be pessimistic, but we can't stop tsunamis. Phenomena of this magnitude literally HAVE no way to be diverted. These are naturally occurring events, and next to the impressive force of mother nature, man would not stand much chance.

The only alternative is evacuating when the volcano (Canaries) starts to erupt, possibly giving a few days or weeks warning.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. A tsunami may be caused by some volcanic activity.
- b. Waves don't vary their height and speed.
- c. A tsunami occurs before an asteroid impacts in the sea.

1.b. According to the text (0.5 points)

- a. In 1949 the western part of the island slid into the sea
- b. Some waves travel at the speed of a commercial airplane.
- c. In 1949 a volcano of La Palma was called Cumbre Vieja

1.c. The nearer a wave is the faster it goes.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. It is difficult to predict when the next tsunami is going to occur.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- It will be better for you not to have spoken in that way.
- You had

2.b. Turn the two sentences into a clause with 'such' (0.5 points)

- He behaves very rudely. I have never seen anything like that.
- I have never seen

2.c. Turn the two sentences into a relative clause (0.5 points)

- There was a meeting yesterday. I couldn't understand its purpose.
-

2.d. Rewrite the sentence using 'despite' (0.5 points)

- He didn't succeed in the business. He made a huge effort.
-

3. Identify ONLY FOUR words from their definitions (1 point)

- sudden falls of land.
- becomes less, goes down.
- not seen.
- gradual decline in amount or activity.
- stand up or offer resistance to something, not be damaged or broken by something.
- break down, fall down, crap up.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Man cannot fight against natural forces

5.b. What is your opinion about gender or race discrimination?

Noise and Hearing Loss

Basically, noise is unwanted sound. It is a pollutant and a hazard to human health and hearing. In fact, it has been described as the most pervasive pollutant in America.

Noise in our environment affects physical health. Noise also has psychological and social implications and affects our well being and quality of life. Sounds louder than 80 decibels are considered potentially dangerous. Both the amount of noise and the length of time of exposure determine the amount of damage. Hair cells of the inner ear and the hearing nerve can be damaged by an intense brief impulse, like an explosion, or by continuous and/or repeated exposure to noise. Hearing loss induced by noise is usually gradual and painless, but, unfortunately, permanent. Once destroyed, the hearing nerve and its sensory nerve cells do not regenerate! Don't be fooled by thinking your ears can get used to noise.

Noise not only affects hearing. It affects other parts of the body and body systems. It increases blood pressure and breathing rate, it can cause an upset stomach or ulcer or it can negatively impact a developing fetus, perhaps contributing to premature birth.

Noise can also hamper performance of daily tasks, increase fatigue, and cause irritability.

The key word in dealing with noise is prevention! We want to eliminate unwanted noise when we can. Wearing hearing protectors or limiting periods of exposure to noise are good examples of prevention.

Dealing with noise and its effects is a personal responsibility, a work-place responsibility, and a community responsibility.

Different firms are working trying to avoid hearing loss. For example, Apple is developing a volume control device for its iPods that would automatically calculate how long a person has been listening and at what volume, before gradually reducing the sound level, all in an effort to protect users' hearing. Also, Apple has released a free software update for some iPods that lets listeners set a maximum volume limit.

1. Comprehension exercises (2 points)

1.a. Noise(0.5 points)

- a. is a desirable sound.
- b. is a way of contamination.
- c. is only dangerous from a psychological point of view.

1.b. According to the text (0.5 points)

- a. A fetus is seldom affected by noise
- b. Apple volume limit program is rather expensive.
- c. Noise may make us feel more tired.

1.c. The damage caused by noise depend on the quantity of noise and the period of exposure.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

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1.d. We are the only responsible for avoiding noise damage.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

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2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the sentence so that it has a logical meaning (0.5 points)

- Your hair is too long. You should go to the hairdresser's and

2.b. Turn the two sentences into a clause containing 'as a result of' (0.5 points)

- There was a transport strike. We couldn't arrive on time.

-

2.c. Complete the second sentence so that it has a similar meaning to the first one using 'wish' (0.5 points)

- It would have been better if you hadn't insulted him.

-

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I enjoy _____ (to read) at nights.

3. Identify ONLY FOUR words from their definitions (1 point)

- the condition of spreading throughout.
- the smallest living part of an animal or a plant.
- something that is dangerous.
- a piece of equipment that is used for a particular purpose.
- make it difficult for someone to do something.
- caused by a particular condition.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. What would you do to fight against crisis?

5.b. Are we exposed to too much noise?

Sleep deprivation can kill you

Many people all over the world suffer from sleep-related breathing disorders. Many of these patients stop breathing hundreds of times every night. This is why the evaluation and treatment of patients with the obstructive sleep apnea syndrome ultimately play an important part of critical care medicine.

In 1900, adults in the United States slept an average of nine hours per night. In 2000, adults slept an average of just seven hours per night. We have not evolved to need less sleep, but we are getting less sleep. In past centuries, our sleep/wake cycle was closely linked to the rotation of the earth. We slept when it was dark and we awoke and worked when it was light. However, with the development and widespread availability of artificial light, we have prolonged our waking hours. Stimulants such as caffeine have also contributed to longer periods of wakefulness.

Deep refreshing sleep is essential for feeling rested and well. If you are not getting enough sleep, this could make you feel very sad and could contribute to significant relationship difficulties.

You undoubtedly are judged at work on a regular basis. Not getting enough sleep will affect your job performance and could contribute to being passed over for promotion or loss of your job.

Obesity is a major problem in the United States. While poor eating habits certainly contribute, lack of sleep is also likely a factor. The hormone leptin has a significant impact on appetite for food. Increased levels suppress appetite. There is evidence that not getting enough sleep lowers your leptin levels. This results in an increase in appetite and weight gain.

Sleep is essential for our well-being. As we get older, good sleep is often harder to come by. With the aging process, we experience less of the deep sleep known as slow-wave sleep. Combine this with medical problems such as arthritis, reflux, heart and lung disease and you have a recipe for ongoing sleep problems.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. One of the symptoms is that you stop breathing during the night.
- b. Sleep apnea syndrome is critical in medicine.
- c. Artificial light is essential feeling rested and well

1.b. According to the text (0.5 points)

- a. If you don't sleep well you'll be passed over for promotion or loss of your job.
- b. Our present sleep/wake cycle isn't related to the rotation of the earth.
- c. The older you are the more deep sleep you have.

1.c. We don't need so much sleep nowadays as some years ago.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

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1.d. Not getting enough sleep may cause you a gain of weight.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one using 'ought' (0.5 points)

- In my opinion you should work harder.
- In my opinion you _____ harder.

2.b. Turn the two sentences into a clause with 'enough' (0.5 points)

- He is not very tall. He cannot be a policeman.
-

2.c. Turn the sentence into a clause using 'keen' (0.5 points)

- I like Cold Play very much.
-

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I would rather _____ (to have) a car than a bicycle.

3. Identify ONLY FOUR words from their definitions (1 point)

- the need of eating food.
- developed gradually, or caused something or someone to develop gradually.
- the act of doing something successfully.
- the act not having things or conditions that are usually considered necessary for a pleasant life.
- the act or process of taking air into your lungs and releasing it.
- made a connection between two or more people, things or ideas.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Do you sleep enough?

5.b. Advantages and disadvantages of travelling.

Best heart food

In today's Western society it's much easier, and not to mention quicker, to spend a few dollars at the McDonald's across the street than it is to make a satisfying dinner. As a result, however, our fat-filled diets have brought about an epidemic of heart disease, which has become North America's No. 1 killer. Fortunately over the years, scientists and nutritionists have studied the foods that are good for the heart, and some of these might come as a surprise.

Cutting your risk of heart disease can be achieved with good dietary habits or, as we like to call it, an anti-heart disease diet. The truth is that adding the right foods and avoiding others can keep heart disease at bay.

Oats, for example, belong to a larger category of foods referred to as whole grains. They, in particular, contain a soluble fiber that decreases the total cholesterol in your blood as well as your low-density lipoprotein (LDL) cholesterol. This is important because it is the LDL or "bad" cholesterol that's responsible for heart attacks.

Red wine is cardio-protective. This effect comes from antioxidants found in it. More recent scientific studies have shown that red wine has the ability to relax arteries and, therefore, lower your blood pressure. But although red wine is beneficial for heart health, too much alcohol, especially in the form of excessive drinking, can lead to trouble that promotes heart disease.

Healthy eating and drinking require a change in behaviour as much as a change in what we eat or what we do in our daily life. Diet is only one modifiable factor in the development of coronary heart disease, and so we have to remember that regular exercise and smoking cessation should always be incorporated in promoting a healthy lifestyle. It is a balancing act. Exercise, combined with an anti-heart disease diet can help you live longer, feel great and prevent heart attack. How easy is that?

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. your risk of heart disease decreases with good dietary habits.
- b. many people prefer eating a McDonald's hamburger because it is cheaper.
- c. most people are studying the foods that are good for the heart diseases.

1.b. According to the text (0.5 points)

- a. drinking red wine helps you to have less blood pressure.
- b. oats have a fiber which is important for the LDL or "bad" cholesterol.
- c. antioxidants found in red wine can lead to trouble that promotes heart disease.

1.c. Diets with an excess of fat have caused many heart diseases.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Diets, exercise and stop smoking are modifying factors of our lifestyle.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete Complete the second sentence so that it has a similar meaning to the first one with 'used to' (0.5 points)

- When I was a child I went to my parents' village very often.
- When I was a child

2.b. Turn the two sentences into a clause containing 'unless' (0.5 points)

- You can use my car. You are going to be late.
- You

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- It will be better for her not to arrive late.
- She had

2.d. Turn the two sentences into a clause containing 'so' (0.5 points)

- It is very hot today. The best place to stay is the swimming pool.
-

3. Identify ONLY FOUR words from their definitions (1 point)

- good for your well being.
- the substance in plants which cannot be digested and helps food pass through your body.
- the possibility of something bad happening the possibility of something bad happening.
- the type of food that someone usually eats to become thinner, or because you are ill.
- experts on the subject of eating.
- the thick tubes that carry blood from the heart to other parts of the body.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Do you eat healthily?

5.b. How important are friends in our lives?

Importance of Sport in Children's Lives

No person can be healthy without physical activity. Everybody knows that but still many people don't do sports at all. They start doing something only when they get in trouble with their health or weight.

Sports are nothing but good for the children. It provides environment where your children can learn important lessons that they can use in their grown up lives. They learn to work hard in order to win. They learn how to cope with life being unfair and how to continue after failing.

When they are very young, sports should be fun. If this is the impression that they get from doing some sport, they will love it and want to do it. They learn to listen, to stay concentrated, to pick up the rules and many things that help them grow into mentally healthier persons.

Emotional development is a very important thing that sport can help with, when we speak about children. They learn how to cope with winning, losing, with unfairness or simply how to take setbacks in significant progress and trying their best next time.

Team sports are good for socializing, and even more important, for teamwork. There is no better place and way to teach the children what is like to be part of the team and not to think just about themselves. If child wants to win, he or she must help others to do their part of the job in order for all of them to be successful. This lesson is priceless.

Parents should, definitely encourage their children to enjoy some sport and let them try different kinds until they find what they like and what they will enjoy to go to. Their children will become happier children because of the fact that they are having a lot of fun.

1. Comprehension exercises (2 points)

1.a. Children (0.5 points)

- a. do sports when they get in trouble.
- b. may be helped by sport in unfair situations.
- c. win when they work harder.

1.b. According to the text (0.5 points)

- a. Some people only do sport when they are overweight.
- b. If children want to succeed in a team they don't have to help the other members of the team.
- c. Parents will become happier if their children enjoy some sport.

1.c. Children develop better their emotions helped by practicing sport activities.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Children become mentally healthier persons when they take lessons from sport.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one, using an expression with 'rather' (0.5 points)

- I would prefer to do my homework now.

- I

2.b. Turn the two sentences into a conditional clause (0.5 points)

- When I earn more money I would like to visit China.

-

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- It is not necessary for him to come to the meeting. We'll send him an e-mail about it.

- He

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- When I was a child I used _____ (to have) breakfast early in the morning
but now I am used _____ (to have) it rather late.

3. Identify ONLY FOUR words from their definitions (1 point)

- adult.

- not succeeding.

- deal successfully with a difficult situation.

- spending the time when you are not working with friends or with other people in order to enjoy yourself.

- describes an object which has such a high value, especially because it is rare, that the money you can pay for it cannot be calculated.

- reverse, something that happens which delays or prevents a process from advancing.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Different ways of saving money.

5.b. Do you practice sport? Why?

Low cost airlines: a failed business model?

The low cost airline model has been the subject of intense interest and study. The “Southwest effect”, basically the drop in fares that occurs when a low-fare airline begins serving an airport that had previously had no low-fare carriers, has become part of the vocabulary of air transportation.

The low cost airline model has served many carriers very well, and has had a profound impact on the airline industry throughout the world, but it has been far from a omnipresent success. There are, in addition, reasons to suspect that the model as we have seen it in the past, will need to change to succeed in a dynamic market and, in the short term, to function well in the depressed macro-economic environments of 2009.

While the title ‘low cost’ airline is widely used the business models adopted can vary quite considerably between carriers; some for example focus on secondary airports in cities whereas other serve the major airports, some offer no on-line services whereas other do, some have frequent flier programs whereas some do not, etc.

It is clear that low cost airlines have been instrumental on pushing down airfares, opening new markets, and allowing many people to travel by air who could not do so before. But success for a few firms is not the same thing as a successful business model and a business is not successful if the full commercial costs of the system are not born by its users.

Some low cost airlines have enjoyed some financial success by simply avoiding competition but other low cost carriers may enter the market and thus reduce the potential business.

Another aspect to be considered is that low cost airlines are often less than stable in terms of the services that provide individually. They do not provide the range of services that legacy carriers normally offer, or at least not in the base fare. And they only offer a single class of service that simplifies booking and passenger handling.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. the Southwest effect implies a reduction of tariffs when a low cost airlines starts operating in an airport.
- b. The low cost airline model has been a omnipresent success.
- c. Low cost airlines follow similar economic patterns.

1.b. According to the text (0.5 points)

- a. Low cost airlines use the same airports.
- b. Although some companies are successful, this is not a fully successful economic model.
- c. The way they service does not offer simple booking procedures.

1.c. Present economic situation will affect low cost airlines making them be more active.
(Answer ‘True’ or ‘False’ AND write the sentence supporting this idea) (0.5 points)

-

1.d. The more low cost airlines there are the less benefits they will get.
(Answer ‘True’ or ‘False’ AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- I think it was not a good idea to have bought that flat.
- I wish

2.b. Turn the two sentences into a conditional clause (0.5 points)

- We didn't buy a good computer. We have had a lot of problems.
-

2.c. Turn the two sentences into a relative clause (0.5 points)

- Susan is a girl. I went out with her for three months.
-

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- In spite of _____ (to be) rude, he is very friendly.

3. Identify ONLY FOUR words from their definitions (1 point)

- static, not likely to change.
- companies that operate aircraft; not airlines.
- the cost of a ticket to fly somewhere.
- fall, reduction.
- reducing, decreasing, cutting prices (2 words).
- active, changing continuously.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Have you ever used a low cost airline? Would you like to?

5.b. My parents are very different from me.

Racism and homophobia

Racism has existed throughout human history. It may be defined as the hatred of one person by another -- or the belief that another person is less than human -- because of skin colour, language, customs, place of birth or any factor that supposedly reveals the basic nature of that person. It has influenced wars, slavery, the formation of nations, and legal codes.

The most notorious example of racism by the West has been slavery. Jews are usually seen by anti-Semites as subhuman but also superhuman: cunning, skilled, and powerful. Blacks and others are seen by racists as merely subhuman, more like beasts than men. If the focus of anti-Semitism is evil, the focus of racism is inferiority.

In some ways, homophobia could be treated as another kind of racism. Homophobia is the hatred of homosexuals sometimes leading to acts of violence and expressions of hostility. Homophobia is not confined to any one segment of society, and can be found in people from all walks of life. Prejudiced views directed at homosexuals often stem from the perception that homosexual activity is immoral. Homophobia makes some people think that they are superior to homosexuals.

Internet is widely used to spread racist ideas. The advancement of digital communication technologies has, however, added a new dimension to this problem by providing individuals and organisations with modern and powerful means to propagate racism and xenophobia. As the Internet ignores territories and has no boundaries, states cannot control it effectively by unilateral national regulation: so what is needed is increased international co-operation.

Also, societies can take steps to avoid racism. Although it is comforting that trade unions have accepted the existence of racism, it is time for trade unions and universities to undertake impact assessments on their respective policies and procedures. It is only through critical self-reflection and a commitment from both university leadership and trade unions to work together that we can have changes that will enable us to develop equal treatment for staff and students.

1. Comprehension exercises (2 points)

1.a. Racism (0.5 points)

- a. means having different skin colours.
- b. implies considering somebody as an inferior individual.
- c. is believed to have influenced languages and customs in the West.

1.b. According to the text (0.5 points)

- a. Internet works as a vehicle spreading racists theories.
- b. National regulations can control racism successfully with their legal rules.
- c. Trade unions must work together with students to change racism in our universities.

1.c. Homofobia grows in specific groups of people.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Anti-Semitism and racism share the same central point.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one. (0.5 points)

- You should invite us and you shouldn't invite them.
- You had

2.b. Turn the two sentences into a clause containing 'providing' (0.5 points)

- I don't mind lending you my book but give it back to me before Monday.
-

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- Paul didn't let me go with them.
- Paul told

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- After a long time she gave up (to smoke).

3. Identify ONLY FOUR words from their definitions (1 point)

- the amount, value, quality or importance of something, or the judgment or decision that is made.
- real or imagined lines that mark the edge or limit of something.
- to do or begin to do something, especially something that will take a long time or be difficult.
- go out of, have roots in, originate in.
- describes people who are clever at planning something so that they get what they want.
- an extremely strong feeling of dislike.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. What's your opinion about racism?

5.b. Things you would do if you were rich.

Dangers of Climate Change: Lack of Water Can Lead to War

Climate change leads to higher temperatures. Higher temperatures lead to melting glaciers, so snow-melt-based water supplies decrease. Climate change also leads to more irregular rainfalls rather than the more sustained and regularized patterns that make it easy to store and irrigate crops. In the Middle East and North Africa, the world's most water-stressed region, per capita water supplies were expected to halve by 2050 even in the absence of global climate change, having effects on an increasing population. The effects on agriculture will be unpredictable but unpleasant.

Water is basic. When there's not enough of it, people die. When there's not enough to keep crops properly irrigated, there's famine. So it's not a big shock that when water decreases, conflict over it increases. Or to put it more simply, a lack of water leads to war. Societies unable to adjust to the new challenges are left with two main options: fight or flee. The former strategy implies securing an increasing share of the diminishing resources — by force if necessary. Obviously, countries would prefer to talk in order to equitably share water access than to fight over such access. It's when talking fails that fighting begins.

As an example, Egypt depends on the Nile for almost its entire water supply. It's not surprising that Egypt has literally threatened to go to war to secure its access to water from the Nile. Egypt is not the only potential ignition point for conflict in the arid Middle East, where over 90 percent of fresh-water crosses international borders.

Countries should place policies that account for the fact that although water is renewable, it is not infinite. Policies can make existing water supplies sufficient, or they can destroy them. Aid donors can do a great deal to help resolve water conflicts. Political leaders must be involved. Water-conflicts are solvable technically, but technical resolutions can only be put into place by political compacts.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Irregular rainfalls make it easy to have crop irrigation.
- b. North Africa is expected to reduce its amount of water in the next years
- c. The less water the less conflicts.

1.b. According to the text (0.5 points)

- a. Societies only have two options: fight or flee.
- b. Egypt's 90 percent of fresh-water supply crosses international borders.
- c. When water decreases war is a possible consequence.

1.c. People die of hunger when they cannot water their crops sufficiently.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Technique can help if countries develop policies.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one, using an expression with 'rather' (0.5 points)

- I would prefer to stay another two days here.

-

2.b. Turn the two sentences into a conditional clause using 'on condition that' (0.5 points)

- If you help me next Sunday I'll give you extra money.

-

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- It is not necessary to take a taxi. Paul will take us there.

- We

2.d. Write the appropriate prepositions after the adjectives. (0.5 points)

- I am bad playing the guitar but good playing the piano.

3. Identify ONLY FOUR words from their definitions (1 point)

- amounts of something that is available for use.

- something not available or when there is not enough of it.

- to reduce something by 50% or divide something into two equal pieces.

- (the total amount collected of) a plant such as a grain, fruit or vegetable grown in large amounts.

- escape by running away, especially because of danger or fear.

- think of someone or something in the stated way; judge (2 words).

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Things one can do to reduce water consumption.

5.b. Children live what they learn. Do you agree with that?

The danger of global melting

An iceberg the size of Luxembourg has broken off from a glacier in Antarctica after being rammed by another giant iceberg in an event that could affect ocean circulation patterns. The iceberg broke off earlier this month from the Mertz Glacier's floating tongue of ice that sticks out into the Southern Ocean. The Mertz glacier iceberg is among the largest recorded for several years. The collision has since halved the size of the tongue. This hasn't been directly linked to climate change but it is related to the natural processes occurring on the ice sheet.

In recent years, the escalating number of massive icebergs breaking free from the continent has raised concerns that temperatures are steadily warming in the Antarctic region.

This happening could affect global ocean circulation. The area is an important zone for the creation of dense, salty water that is a key driver of global ocean circulation. This is produced in part through the rapid production of sea ice that is continually blown to the west. Removal of this tongue of floating ice would reduce the size of that area of open water, which would slow down the rate of salinity input into the ocean. Oceans act like a giant flywheel for the planet's climate by shifting heat around the globe via myriad currents above and below the surface.

As there are only a few areas in the world where this occurs, a slowing of the process would mean less oxygen supplied into the deep currents that feed the oceans. There may be regions of the world's oceans that lose oxygen, and then of course most of the life there will die.

Apart from that the melting of land ice it is already raising sea levels. In some fairly likely scenarios, oceans would rise by meters worldwide with devastating results. A sea level rise of just one metre would displace tens of millions of people in Bangladesh alone.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. the collision was caused by the climate change.
- b. the Mertz Glacier is the size of Luxembourg.
- c. two icebergs hit each other.

1.b. According to the text (0.5 points)

- a. the collision has an influence on ocean circulation.
- b. the rate of salinity input into the ocean may dramatically increase.
- c. we will die if oceans lose oxygen.

1.c. The production of sea ice is related to the production of salty water.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. The rise of sea levels can make a lot of people change their home place as in Bangladesh.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one, using 'despite' (0.5 points)

- he is our friend although he is impolite.

- he is our friend

2.b. Turn the two sentences into a sentence of purpose. (0.5 points)

- I have come early. The boss has to meet me.

-

2.c. Complete the second sentence so that it has a similar meaning to the first one, using the auxiliary an expression with 'such' (0.5 points)

- It is not necessary to criticise him. He is a very good person.

-

2.d. Rewrite the sentence using the appropriate preposition with the following adjective (0.5 points)

- She is responsible _____ organizing the courses.

3. Identify ONLY FOUR words from their definitions (1 point)

- hit or pushed something with force.

- the act of taking something or someone away from somewhere, or off something.

- proportion, the amount or number of times something happens or changes in a particular period.

- increase, ascension.

- moving or changing from one position or direction to another, especially slightly.

- separated, divided into two or more parts or groups (2 words).

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Describe how global melting could affect our lives.

5.b. The importance of employment.

Euthanasia

The word euthanasia comes from the Greek and means *easy death*. Euthanasia is considered as the deliberate killing of a person for the benefit of that person. In most cases euthanasia is carried out because the person who dies asks for it, but there are cases called euthanasia where a person can't make such a request. A person who undergoes euthanasia is usually terminally ill, but there are other situations in which some people want euthanasia.

At the heart of the ethical and religious arguments over euthanasia are the different ideas that people have of the meaning and value of human existence, and of whether human beings have the right to decide issues of life and death for themselves. Some people think that euthanasia shouldn't be allowed even if it was morally right, because it would be abused and used as a cover for murder.

So why do people want euthanasia? Most people think unbearable pain is the main reason people seek euthanasia, but some surveys in the USA and the Netherlands showed that less than a third of requests for euthanasia were because of severe pain. And people have to know that it's not euthanasia to give a drug in order to reduce pain, even though the drug causes the patient to die sooner. It is not euthanasia, either, if a patient dies as a result of refusing extraordinary or burdensome medical treatment.

This is because the doctor's intention was to relieve the pain, not to kill the patient. Euthanasia can be carried out either by doing something, such as giving a lethal injection, or by not to do something necessary to keep the person alive (for example failing to keep their feeding tube going).

Terminally ill people can have their quality of life severely damaged by physical conditions such as incontinence, nausea and vomiting, breathlessness, paralysis, difficulty in swallowing.

Psychological factors that cause people to think of euthanasia include depression, fear of loss of control or of dignity, feeling a burden, or dislike of being dependent.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Euthanasia is the deliberate killing of a person who is ill.
- b. Some people think of euthanasia as a cover for murder.
- c. Euthanasia is a modern Greek word.

1.b. According to the text (0.5 points)

- a. People think euthanasia must exist because it is morally correct.
- b. Euthanasia is also when somebody doesn't want to receive special treatment and dies.
- c. People don't often agree about the meaning and value of human existence.

1.c. In most cases there is the person's consent but not always.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. There are not only physical problems leading people to euthanasia.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one. (0.5 points)

- It will be better for them to arrive soon than late.
- They'd

2.b. Turn the two sentences into a clause containing 'so' (0.5 points)

- I was very thirsty and I had a cold Coke.
-

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- Don't come home late.
- She asked

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I look forward to _____ (to hear) from you soon.

3. Identify ONLY FOUR words from their definitions (1 point)

- a heavy load that you carry.
- subjects or problems which people are thinking and talking about.
- (often of something bad) intentional or planned.
- moving something from your mouth into your stomach.
- developed, continued (2 words).
- too unpleasant for you to continue to experience.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. What is your opinion about euthanasia?

5.b. Study is necessary in our life.

PAU16

Meltdown is a warning the world can't afford to ignore

The release of America's satellite images of Arctic sea ice provides unexpected, dramatic new evidence about the dangers of global warming.

These visions of dwindling ice cover confirm that changes in climate in the planet are progressing much faster than originally expected and what happens there is going to have an impact elsewhere in our overheating world, in particular to its rising sea levels.

It is not the actual loss of Arctic sea ice that is in danger, of course. Its melting will add nothing, directly, to rises in sea levels. But its dwindling will almost certainly have a profound knock-on effect mainly on the great ice sheets of Antarctica and Greenland. Without sea ice to support at their edges, these sheets will break apart faster and faster and tip more and more ice into the oceans, once changes have been triggered at their edges, these will be transmitted into the hearts of these great glaciers at fast rates.

And here lies the threat to Earth: The destruction of the ice sheets will feed vast amounts of melt water into oceans and sea-level rises will be constrained to around 20 to 60 centimetres by the end of the century.

That figure now looks uncomfortably optimistic because some scientists put the likely rise at one metre or more by 2100. As a result, low-lying areas, including Florida and the Netherlands will undergo catastrophic flooding, while the Thames estuary could disappear and some cities including London and Portsmouth will need new flood defences.

And that is just the beginning. No matter what we do about carbon dioxide emissions -the key cause of this heating and melting- the world will continue to warm and its sea levels to rise beyond 2100. Reversing global warming will be a very long process.

However, we have, if nothing else, been warned.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. the actual loss of Arctic sea ice is not in real danger
- b. the threat for our planet is the rise of the sea level.
- c. by the end of the century, the total rise will be of 60 centimetres.

1.b. The real cause of global warming is (0.5 points)

- a. the melting of the ice sea
- b. the emissions of carbon dioxide.
- c. the dwindling of the great ice sheets of Antarctica and Greenland.

1.c. In the future some areas will suffer enormous floods.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. The sea water will continue rising for more than 100 years.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Is the future of human beings in danger because of the global warming?

5.b. Write about an unpleasant experience you have had.

How to Survive Without Sex for 50 Million Years? Dry Up

Scientists have finally solved the mystery of how one tiny creature has flourished for up to 50 million years without sex: it dries up.

Bdelloid rotifers, microscopic asexual freshwater invertebrates (animals without spines) are the ultimate escape artists, able to outpace their enemies by drying up and blowing away. For most animals, sex is not only a way of producing the next generation, but a means of keeping enemies at bay. This idea, known as the Red Queen Hypothesis, helps explain why most animals go to great lengths to find mates and have sex.

But rotifers, the only confirmed "ancient asexuals" in the animal kingdom, have survived by abstaining from sex for the last 30 to 50 million years.

In contrast, other creatures that reproduce without sex--such as the nematode worm--are expected to die out after several hundred thousand years.

When faced with the threat of an enemy the rotifers dry up and allow themselves to be blown away by the wind. They come back to life when exposed to freshwater. So while most animals are locked in evolutionary arms races with their foes, bdelloid rotifers escape them altogether simply by being carried on the wind.

Scientists found that the rotifers could live longer without water than their enemies. The longer the infected populations remained dried out, the more likely they were to survive. A new study suggests the bdelloids' ability to take to the wind in the face of danger is one key aspect of their survival, and it's likely not the only one. Other factors--such as the ability to take up and use DNA from their environment--may also play a role.

1. Comprehension exercises (2 points)

1.a. Scientists (0.5 points)

- a. found that invertebrates can live without sex.
- b. found the reason why rotifers have lived without sex.
- c. found that most animals can live without sex by drying up and blowing away.

1.b. According to the text (0.5 points)

- a. sex is more than a way of producing the next generation.
- b. following the Red Queen Hypothesis animals find mates and have sex.
- c. most animals face their enemies by drying up and blowing away.

1.c. Some animals reproducing without sex have shorter lives than rotifers.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. If rotifers keep dried out they may live longer.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one. (0.5 points)

- You should rely on me instead that on Paul.
- You'd

2.b. Turn the two sentences into a clause containing 'providing' (0.5 points)

- You can use my car. But please bring it back.
-

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- Don't come later than 10.
- She asked me

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I get used to _____ (to get up) early in the morning.

3. Identify ONLY FOUR words from their definitions (1 point)

- extremely small.
- someone or something that is likely to cause harm or damage.
- the state of remaining alive.
- away (two words).
- found the answer to something.
- to move or develop more quickly than someone or something else.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Things animals do to remain alive against dangers.

5.b. How important is money in our lives?

LITTLE ice baby is one really COOL babe

The two-month-old baby was saved by quick-thinking doctors and a new treatment involving cold water after her brain was starved of oxygen during birth. And now the little baby is back home with amazed mum and dad. The baby girl was born two weeks early with perinatal asphyxia - an oxygen shortage caused by a blocked blood supply from her mum.

Her heartbeat was so slow, nurses couldn't hear it at first. "A consultant said her chances were slim and if she lived it was 99 per cent certain she'd have brain damage," says her father. Doctors decided the baby had one chance - a cooling technique pioneered at a Hospital in Southampton. It involves swaddling perinatal asphyxia babies in cold water wraps to slow their metabolism to the point of hypothermia - reducing damage to the inflamed brain and helping it recover. But it only works within the first six hours of life - so she was rushed the 12 miles to the hospital. There she was encased for three days in the plastic wraps which kept her at 33.5°C - 3.5 lower than normal body temperature. She was kept on a ventilator and given morphine and blood to keep her going before she was gradually warmed up again.

She then responded well to tests and doctors have told her parents, there is no sign yet of any brain damage. Daddy said: "It's incredible. She's really alert and makes a lot of noise. All the staff who looked after her deserve so much credit." A hospital spokesperson commented: "Perinatal asphyxia is a leading cause of neonatal deaths - but we are seeing evidence that shows baby cooling limits brain injury."

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Consultants thought the baby would die.
- b. Consultants thought the baby would have severe brain damage.
- c. Consultants thought the baby had very few chances to survive and if so, she would suffer brain damage.

1.b. According to the text (0.5 points)

- a. only works with babies under 3 days old.
- b. only works with babies under 35.5°C
- c. is a pioneering technique.

1.c. The baby was born a fortnight after her mummy expected her.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. When she was born, the baby didn't have pulse.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Write the following question in reported speech (0.5 points)

- Father to the doctors: Will my babe survive?

-

2.b. Fill in the blanks with the right phrasal verb (0.5 points)

- Lucy went to the train station to say good-bye to Michael.

- Lucy saw Michael _____ at the train station.

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- You didn't come to my birthday party, which was a pity.

- I wish

2.d. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- She attended my class although the weather was really bad.

- In spite of

3. Identify ONLY FOUR words from their definitions (1 point)

- Deprive of food or of a necessity that causes suffering.

- Voice, representative.

- Covered or protected with or as if with a case.

- Harm.

- Occurring during the period around birth (5 months before and 1 month after).

- A single complete pulsation, pulse.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Advantages and disadvantages of living in the country.

5.b. Will human race live much longer due to medical discoveries?

Is “the Big One” Coming?

What would really happen if *The Big One* came?" is a question most of us have wondered. Scientific research has provided sufficient fuel for worry, fear and an abundance of media attention. But is it justified? Is there really much chance that a *Big One* really will happen on planet earth - in our life time?

Depending on how one defines a *Big One*, it could be argued that we've already had at least ten Big Ones – with each one of them taking more than a million lives and all in the last 800 years, six of them in less than the last 100 years. Still, few people seem to be aware of these. More than once, I've heard a major national television news report refer to the recent South Asian tsunami disaster as "the world's worst disaster". The truth is there have been quite a few natural disasters along the last century that were even more destructive.

I consider also a disaster that about a hundred thousand or so people die every day around the world, although that is part of the normal life-and-death cycle. Death does more to cause us to re-evaluate our lives than anything else. Normally the closer the people are to us, the deeper the impact their death has on our lives. But when something unusual happens above and beyond the normal, we should stop to evaluate the consequences.

Consider the following major natural disasters: volcanic eruptions, blizzards, contactable diseases, earthquakes, floods, famine... in all cases they were certainly violent and destructive. And the results were so devastating and so final to so many people that one could argue: That was the *Big One* for the people involved.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. A big one is defined by taking away more than a million people.
- b. People dying everyday is also a natural disaster.
- c. The pest is not considered a natural disaster.

1.b. According to the text (0.5 points)

- a. Mass media don't pay much attention to disasters.
- b. The South Asian tsunami has been the worst of all.
- c. There have been more than ten big ones in our history.

1.c. There have been ten natural disasters last century.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Death impacts us depending on how close the person who die is to us.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one, using 'If only' (0.5 points)

- I really wish we could be friends.

-

2.b. Complete the second sentence so that it has a similar meaning to the first one, using 'unless' (0.5 points)

- I'll play tennis this weekend if the weather is not bad.

- I'll play tennis this weekend

2.c. Finish the following sentence using 'interested' (0.5 points)

- Psychologists are always

2.d. Finish the following conditional (0.5 points)

- I wouldn't have felt sleepy if

3. Identify ONLY FOUR words from their definitions (1 point)

- to be conscious, sensible of
- a measure of how likely it is that some event will occur
- a storm with widespread snow accompanied by strong winds
- to have a wish or desire to know something
- systematic investigation to establish facts
- causing much damage or destruction

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

- 5.a. What would you do to help people if a natural disaster happened in your town?
- 5.b. Describe the job you would like to have in the future.

Road crash

Two men raced each other in sports cars at speeds of over 190 km/h along a rural road, which led to a collision killing one of them.

William Smith (38) caused the fatal crash that left Raymond Curtis (24) dead and injured three children -- including his own son -- when he overtook Mr Curtis while speeding.

Smith's car ploughed into the gable end of a house shortly after the two-car collision, seriously injuring a nine-year-old boy who was playing hide-and-seek at the time.

He was jailed for two years after he admitted dangerous driving causing the death of Mr Curtis and three counts of dangerous driving causing serious bodily harm to 3 children.

The tragedy was the culmination of a series of events on the night of July 2nd, 2000, which started when Smith was driving his red BMW towards Oxford, with his son and his son's friend as passengers.

When they saw Mr Curtis - who the accused didn't know - driving a white Audi in the opposite direction, Smith's son made a comment about the other car being "cool", a policeman explain later. He then turned around and followed Mr Curtis for 3 km, before attempting an overtaking manoeuvre that led to the fatal collision.

The two high-performance cars hit each other close to where a family was having a party at their house in Oxfordshire.

Some children were playing hide-and-seek in the garden when Smith's car flew through the air, crashed into the house's gate and landed on top of one of the boys. Smith's son, who was travelling in the front passenger seat, was also injured while his friend, back-seat passenger, suffered serious injuries and now has the use of just one kidney as a result.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Mr Smith's son was playing hide-and-seek.
- b. Mr Smith's son was sitting in the front passenger seat.
- c. Mr Smith's son lost one kidney in the accident.

1.b. According to the text (0.5 points)

- a. It all started when Mr Smith turned around and followed Mr Curtis.
- b. It all started when he overtook Mr Curtis
- c. It all started when his son made a comment about the Audi.

1.c. The two drivers knew each other.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. The fatal collision was the result of a risky overtaking.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one, using 'look forward' (0.5 points)

- I want to see you.

-

2.b. Turn the two sentences into a clause containing 'so' (0.5 points)

- Rod doesn't like painting. He didn't come to the Museum with us.

-

2.c. Complete the second sentence so that it has a similar meaning to the first one, using 'such' (0.5 points)

- His lecture was extremely interesting; I am going to focus on the matter.

- It was

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I used to _____ (to study) English an hour a day when I was at High School

3. Identify ONLY FOUR words from their definitions (1 point)

- Going by something that is moving in order to get in front of it.

- To accelerate, quicken, travel at an excessive or illegal velocity.

- Imprisoned, put behind bars.

- Fashionable and attractive by the time.

- Evasive action.

- To cause body harm to.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. We all should use public transport to avoid accidents.

5.b. Driving under 18, a good idea or a risk?

Dr. Zhou Liu goes on cancer research in Huston

After suffering the loss of his two-year old niece to leukemia, cancer had become very personal to Zhou Liu. Then a 15-year old growing up in Indonesia, he decided to make a difference in cancer research. Now in Huston, Dr. Liu has made an important discovery.

In short, his research has described how to destroy two aspects of cancer that make it so deadly. At the same time, he has identified why it can be so difficult to treat.

DNA stores genetic information and messenger RNA carries the template that translates genes into proteins. Two of these proteins are known to make cancer cells aggressive: the “arC” protein, which is implicated in the rapid growth of cancer cells, and the “agcP” protein, which blocks the effectiveness of treatments such as chemotherapy. Basically, cancer cells produce too many of both proteins. Dr. Liu’s research is trying to understand how to control the RNAs that lead to the production of “arC” and “agcP” proteins in cancer cells.

“We’re really excited with what we have discovered, especially when you consider that this research mostly involved students and it was done entirely in Huston,” adds Dr. Liu. “There are only three other cancer research teams in the world looking at the same proteins as we are, and those groups are in the UK, Spain, and Denmark.”

“Despite the discovery, Dr. Liu is quick to point out that a cure for cancer isn’t right around the corner.” These things take years. We think we’ve made a significant contribution, but our findings can only be demonstrated in a test tube, not in the body – at least not yet. If we continue having success with our research, we’ll eventually test our hypotheses in actual cancer cells.”

Dr. Liu remains focused on making a difference in cancer research. “I made a vow 25 years ago, and I’m as committed as ever.”

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Dr. Liu investigates cancer because he likes it and it is his job.
- b. Dr. Liu investigates cancer because his team is good.
- c. Dr. Liu investigates cancer because a relative of him died when he was a teenager.

1.b. According to the text (0.5 points)

- a. Three more projects are investigating cancer in America.
- b. The studies in Huston describe the possibility of destroying two aspects that make cancer so fatal.
- c. Dr. Liu made the commitment of investigating cancer cells a few years ago.

1.c. Dr Liu’s discovery will cure cancer in a few months.

(Answer ‘True’ or ‘False’ AND write the sentence supporting this idea) (0.5 points)

-

1.d. There are two proteins which make cancer cells destructive.

(Answer ‘True’ or ‘False’ AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- Woman has to do all the work
- All the work

2.b. Rewrite the sentence starting with the words given so that they mean the same (0.5 points)

- There was an increase of nearly 20 %.
- The amount increased

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- What makes models go on unnecessary diets?
- Why

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- We won't get a place at University, unless she (to pass) all her exams.

3. Identify ONLY FOUR words from their definitions (1 point)

- a process of becoming larger or longer or more numerous
- use of chemical agents to treat or control disease
- totally, completely
- to comment, notice, remark
- any one of a number of individual efforts in a common endeavour
- an event that accomplishes its intended purpose

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Dying of cancer is worst than a sudden death for the relatives than remain.

5.b. Do you believe in life after death?

Teenage pregnancy

Teenage pregnancy is defined as a teenaged or underaged girl (usually within the ages of 13–19) becoming pregnant. The term in everyday speech usually refers to women who have not reached legal adulthood, which varies across the world, who become pregnant.

The average age of menarche (first menstrual period) in the United States is 12 years old, though this figure varies by ethnicity and weight, and first ovulation occurs only irregularly until after this. The average age of menarche has been declining and continues to do so. Whether fertility leads to early pregnancy depends on a number of factors, both societal and personal. Worldwide, rates of teenage pregnancy range from 143 per 1000 in some sub-Saharan African countries to 2.9 per 1000 in South Korea.

Pregnant teenagers face many of the same obstetrics issues as women in their 20s and 30s. However, there are additional medical concerns for younger mothers, particularly those under fifteen and those living in developing countries. For mothers between 15 and 19, age in itself is not a risk factor, but additional risks may be associated with socioeconomic factors.

Data supporting teenage pregnancy as a social issue in developed countries include lower educational levels, higher rates of poverty, and other poorer "life outcomes" in children of teenage mothers. Teenage pregnancy in developed countries is usually outside marriage, and carries a social stigma in many communities and cultures. For these reasons, there have been many studies and campaigns which attempt to uncover the causes and limit the numbers of teenage pregnancies. In other countries and cultures, particularly in the developing world, teenage pregnancy is usually within marriage and does not involve a social stigma. Among developed countries, the United States and United Kingdom have the highest level of teenage pregnancy, while Japan and South Korea have the lowest.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. The age when girls have their first period is decreasing.
- b. Teenage girls become pregnant outside the marriage in developing countries.
- c. Teen pregnancy is a term to describe pregnancy in girls between 13-18 years old.

1.b. According to the text (0.5 points)

- a. Menarche and the first ovulation happen at the same time.
- b. The legal adulthood varies depending on the country where a girl lives.
- c. The only fact of giving birth being a teenager is not a risk.

1.c. Campaigns to limit the number of pregnancies have been done in order to prevent the social stigma this brings to girls.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. South Korea has the lowest rate of teen pregnancy all over the world.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

-Morocco is bound to become a popular holiday destination.

-People expect

2.b. Write the second sentence in reported speech (0.5 points)

- "I am sorry I upset her" he apologised.

- He apologised

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

-We went to the cinema to watch a horror film, later he felt a bit nervous.

-After _____ to the cinema, he felt a bit nervous.

2.d. Write the appropriate preposition in the blank (0.5 points)

- I might go out, it depends _____ the weather.

3. Identify ONLY FOUR words from their definitions (1 point)

- Amount of a charge or payment relative to some basis.

- A variety of different things or activities.

- Extending throughout the entire world..

- Something that causes anxiety, a source of unhappiness.

- Information (plural).

- Phenomena that follow and are caused by a previous phenomenon.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. What can our government do to avoid teen pregnancy?

5.b. Write about an amazing holiday you have had.

Easter island

Easter Island is over 2,000 miles from the nearest population centre, (Tahiti and Chile), making it one of the most isolated places on Earth. A triangle of volcanic rock in the South Pacific- it is best known for the giant stone monoliths, known as *Moai*, along the coastline. Admiral Roggeveen, who came upon the island on Easter Day in 1722, named it Easter Island. Today, the land, people and language are all referred to locally as Rapa Nui.

There has been much controversy and confusion concerning the origins of the Easter Islanders. Archaeological evidence indicates discovery of the island by Polynesians at about 400 AD. Upon their arrival, an impressive and enigmatic culture began to develop. In addition to the statues, the islanders possessed the Rongorongo script; the only written language in Oceania. The population of Easter Island reached its peak at perhaps more than 10,000, far exceeding the capabilities of the small island's ecosystem. Resources became scarce, and the once palm tree forests were destroyed - cleared for agriculture and moving the massive stone Moai. In this regard, Easter Island has become, for many, a metaphor for ecological disaster. Thereafter, a thriving and advanced social order began to decline into bloody civil war and, evidently, cannibalism. Contacts with western "civilization" proved even more disastrous for the island population which, through slavery and disease, had decreased to approximately 110 by the end of the XIX century. Nowadays there are about 2.000 inhabitants.

Easter Island today, remains one of the most unique places you will ever encounter; an open air museum showcasing a fascinating, but unfortunately lost, culture. The Rapanui are among the friendliest people you will ever meet, and the landscape is truly amazing - with its volcanic craters, lava formations, beaches, brilliant blue water, and archaeological sites.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Easter island was an ecological disaster when they destroyed all the palm forest.
- b. Cannibalism and diseases were the only factors to decrease the population.
- c. A Polynesian called Rongorongo discovered the Easter island.

1.b. According to the text (0.5 points)

- a. Moais are made of palm trees.
- b. Today there are only a couple of thousands inhabitants in the island.
- c. Rapa Nui and Easter island refer to different places, one is the coast and the other the triangle of earth in the island.

1.c. The population decreased because they didn't have enough resources.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Easter island's neighbours are Chile and Tahiti, although they are very far away.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- His bad behaviour is upsetting people.
- People have been

2.b. Write the sentences starting with the words given so that they mean the same (0.5 points)

- The problem should be solved urgently
- We need

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- There are instructions to help the less- experienced skiers.
- If you are a less-experienced

2.d. Write the sentences starting with the words given so that they mean the same (0.5 points)

- It appears that modern girls are constantly searching for something new.
- Modern girls seem

3. Identify ONLY FOUR words from their definitions (1 point)

- Remote or separate physically or socially
- Your basis for belief or disbelief, knowledge on which to base belief
- Producing a strong effect a vivid impression
- Not clear to the understanding
- Deficient in quantity or number compared with the demand
- In accordance with truth or fact or reality

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Describe life in Easter island.

5.b. Advantages and disadvantages of modern society.

King of the jungle is dying in Kenya

Over the past two decades, the worldwide population of lions has fallen from over 200,000 to approximately 35,000 presently. In Kenya, they have reduced from 10,000 to 2,000 over the same period. The once-feared king of the jungle is quickly being pushed out of his habitat. With the population of humans growing faster than any other species of animal, the lion, is slowly being driven out of existence. The conflict between man and lion is not a recent phenomenon.

In March 1898 as Indian workers were busy building a bridge for the East African Railway line over the River Tasavo, two male lions which later came to be known as the Man Eaters of Tasavo were picking them off one by one. It is estimated that the pair — each lion measured more than nine feet — hunted down and killed more than 130 people in a span of nine months.

More than a century later, in 2003, the tables were turned when Maasai warriors killed 10 lions in one week following repeated attacks on their cattle in Katigela on the outskirts of Nairobi.

According to Owebi Mawetto, a research scientist with the National Museums of Kenya, some sub-species like the desert lion, which thrived in North Africa, have become extinct. The vulnerability of the lion has been exposed and the superiority it once held over all living things has shifted to its greatest predator: man. The human population has posed the main threat to the survival of the lion. In many ways man has contributed to the destruction of both the lion and its habitat. Communities, most of them pastoral, have organised hunting parties targeting lions which they believe kill their livestock. The pastoralists see no value in protecting the big cats, and neither do the governments.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Lions are slowly being driven out of existence.
- b. The desert lion lives in North Africa.
- c. Pastoralists would like to make an effort to save the lions of Kenya.

1.b. According to the text (0.5 points)

- a. Lions in Kenya are known as Man Eaters to Maasai warriors.
- b. The conflict between man and lion has spanned centuries.
- c. Lions have contributed to the destruction of Kenya's National Forests.

1.c. Some types of lions have already been destroyed.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. The human population has contributed more than anything else to the desecration of the lion species in Kenya.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one, using 'ought' (0.5 points)

- The government should do something about housing

-

2.b. Turn the two sentences into a clause containing 'although/though' (0.5 points)

- It was raining. She enjoyed the walk.

-

2.c. Write the second question in Reported Speech (0.5 points)

- Why were all the trains delayed?

- He asked her

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- Have you ever tried to go out of a restaurant without (to pay)?

3. Identify ONLY FOUR words from their definitions (1 point)

- People or animals that inhabit a territory or state.

- Everything that exists everywhere.

- The complete duration of something.

- A state of opposition between persons or ideas or interests.

- Any state or process known through the senses rather than by intuition or reasoning.

- Outlying areas.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Describe an interesting place to visit in your town. Why do you like it?

5.b. Would you like to travel to some African countries? Give reasons.

Volunteer abroad: what about China?

Volunteering abroad is the opportunity of a lifetime, and our flexible short-term programs let you design your ideal experience overseas. Volunteer from 1 week to 3 months in China, in meaningful projects that will let you work side-by-side with local people and experience the Chinese culture like never before. As an international volunteer with an organization, you're making a positive contribution, by sharing in the goals of a local community that warmly welcomes you. You'll gain new perspectives and insight into China's culture and yourself. It's an exciting and personally inspiring experience, and you'll develop memories that will stay with you forever. As a volunteer in China, you will get a rare inside view of one of the world's largest and most ancient cultures. China has a vivid and distinct history, artistic tradition, cuisine, and social structure.

One of the volunteer programs in China is located in Xi'an, the crossroads of Western and Eastern China, and the starting point of the Silk Road. Home to the famous Terra Cotta Army, Xi'an was once the imperial capital of China. Today, with a population of approximately 8 million in the greater urban area, this modern city still reflects its rich history and culture.

Volunteers working in China may be at local schools or orphanages, English language camps, centers for people with disabilities, and community-based health organizations. Specialized placements in the health field are available for medical professionals only. Volunteers in China are involved with different types of programs, such as caring for infants and children, teaching children, teaching English, assisting teachers, sharing their professional skills/experience, caring for people with disabilities, assisting teachers of special education, etc. This experience also includes cultural and learning activities so that you can learn about the local culture. These include an in-depth orientation, language training, guest speakers and more. Volunteers also have plenty of free time to relax, reflect, or explore the community and country.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Volunteering abroad is a lifetime experience.
- b. Your contribution will help a local community.
- c. You will take part of China's distinct history, artistic tradition, cuisine, and social structure.

1.b. According to the text (0.5 points)

- a. Volunteer teachers don't help Chinese teachers.
- b. Volunteers don't receive language training.
- c. It's in Xi'an where the famous Terra Cotta Army is found.

1.c. Volunteering in China will provide you with unforgettable memories.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Teachers may have specialized placements in the health field.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- You should learn English instead of French.
- You'd

2.b. Turn the two sentences into a clause containing 'providing' (0.5 points)

- You can use my mobile. But please give it back to me when you finish.
-

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- Don't spend money on betting.
- She asked

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I am used to (to watch TV) only an hour a day.

3. Identify ONLY FOUR words from their definitions (1 point)

- included someone or something in something, or made them take part in or feel part of it.
- useful, serious or important.
- done carefully and in great detail, or discovering the real reasons which cause something.
- the conditions of being unable to perform as a consequence of physical or mental unfitness.
- homes for children whose parents are dead or unable to care for them.
- (the ability to have) a clear, deep and sometimes sudden understanding of a complicated problem or situation.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Would you like being a volunteer?

5.b. Travelling abroad: an unforgettable experience.

Whales are still hunted and killed

More than two million whales were killed by advanced whale hunting methods and equipment during the 20th Century, although the hunting of blue whales was banned within the Southern Hemisphere by international agreement in 1966. The blue whale is not the only kind of whale that might eventually become extinct. The right whale, the bow head whale and the gray whale are also endangered in that regard. Then again, products made from any kind of whale should be forbidden from production.

More than one hundred years ago whales were hunted for food and clothing items. It was soon discovered that whale oil burns and provides light. After that discovery the hunting and killing of whales increased. Some people just could not make enough money so they were out to get all that they could. To make matters worse for those hunted whales, perfume makers discovered a product within whales that better contained the scents of the perfumes that they created. Ambergris is that product that is contained within the head of the whale. Whales have to die so that people can smell nice.

As such, those kinds of whales - mentioned above - that contained the greatest amount of oil and perfume ingredients became the most hunted and are in danger of becoming extinct. As a matter of fact, whale oil is still used as a lubricant within many petroleum-based oils. Whether we like it or not, some people still rely on whale oil to light their homes for practical and/or decorative purposes. If the people on our Earth truly want to save the whales for such a fate all those whale products must be banned from use. It seems people on Earth no longer need what those whales once provided to Humanity. We cannot understand why those whales are still hunted and killed.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Many kinds of whales are in danger of extinction.
- b. Four groups of whales may become extinct.
- c. People only hunted whales that contained oil and perfume.

1.b. According to the text (0.5 points)

- a. Whale oil is only used to light houses and for decoration.
- b. We still need some products we get from whales.
- c. If whale products were forbidden from use whales could be saved.

1.c. Hunting whales has been forbidden all over the world since 1966.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. A century ago, whales were not hunted for oil and perfume.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Rewrite the second sentence in the passive voice (0.5 points)

- The company will send an application form.

-

2.b. Rewrite the sentence using 'even if' (0.5 points)

- If I had a lot of money, I wouldn't travel around the world.

-

2.c. Complete the second sentence so that it has a similar meaning to the first one using 'must' (0.5 points)

- Jane is not here. She has probably gone home.

- Jane is not here. She

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- (to learn) about different countries is really worth.

3. Identify ONLY FOUR words from their definitions (1 point)

- The written statement of an exchange of promises.

- To prohibit, especially by legal means or social pressure.

- To take measures in preparation for.

- A whole individual unit, especially when included in a list or collection.

- In fact, really.

- A distinctive odour that is pleasant.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

- 5.a. What is your favourite animal? Describe it and give reasons why you like it.
- 5.b. What can governments do to protect animals in danger of extinction?

Global English is the tendency

Estimates of the number of present and future speakers of English suggest English will be spoken across the globe for the foreseeable future. But what kind of English will it be? Evidence from other languages indicates that there are two opposing movements of linguistic change at work within a language.

The first movement is convergence - in which speakers of separate languages come together either using a pidgin - a mixture of their languages - or using a different second language. The Scandinavian countries are examples of this: although the languages Swedish, Norwegian and Danish are similar, and from a common Old Norse root, an overwhelming number of speakers use English as their second language.

The second movement is divergence - in which speakers of a common language differentiate their speech from each other and create first a distinct dialect then in due course a separate language. We see this from Latin which fractured into Italian, Spanish and Portuguese.

Both forces are constantly at work. Which force is more likely to take control of English as a world language? Only major changes in the political climate are likely to make an impression in the short term, though a series of minor external influences could cause a not so important change.

The major change could well be a change in the power of English's main speakers, the USA. In a parallel with Latin following the decline of the Roman Empire, it is likely that any decline in the political, economic or technological power of the USA would lead to greater divergence and the development of separate mutually incomprehensible varieties. The general change of increased global communications and travel has already had a strong influence on the use of English, leading to significant convergence on English as a second language, this is the tendency.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Convergence is a movement in which speakers of separate languages eventually only use a different second language.
- b. Old Norse is spoken in Scandinavia as a second language.
- c. Latin is a good example of divergence.

1.b. According to the text (0.5 points)

- a. Both big changes in politics, and minor external influences will influence deeply in English as a world language.
- b. Convergence and divergence are only two of the many forces that influence in a language.
- c. Due to travels and the increase of worldwide communications English is going to be spoken as a second language.

1.c. English would be a world language even if the USA had an economic, political or technological decline.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. A pidgin is usually the result of mixing different languages.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Complete the second sentence with 'used to' so that it has a similar meaning to the first one (0.5 points)

- When I was little I usually spent all my money on chocolates.
- When I was little

2.b. Transform the second sentence into reported speech. (0.5 points)

- Please can you describe the thieves?
-

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- I know how to sing and dance.
- I am good

2.d. Finish the following sentence (0.5 points)

- When I was young I used

3. Identify ONLY FOUR words from their definitions (1 point)

- Being such as that it may reasonable be anticipated.
- So strong as to be irresistible.
- Recognizable, easy to perceive.
- Worldwide.
- Power to affect persons or events especially power based on prestige.
- Act of improving by expanding or enlarging.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Do you think long-distance love can last? Discuss.

5.b. Why do you think English is so important?

Spain is a good country for a cheap holiday

Cheap holidays to Spain are available all throughout the cold period. To get the cheapest Spain holiday price possible, you'll be looking at a time outside of the peak periods – summer time, Christmas and Easter -, although you can still pick up a cheap Spain holiday in early May and late October when the temperatures aren't so hot. If you visit Spain outside the peak seasons you'll notice that drinks are considerably cheaper, but the price of food will stay at roughly the same price as it is in the United Kingdom, so it might help you get a cheap holiday if you book into half board accommodation.

May is a good time for a cheap Spain holiday if you're interested in checking out some of their festivals. The first of the month is the Spanish Labour Day which is celebrated all over the country. In Madrid between the 12th and 21st of the month the Fiesta de San Isidro takes place, with parties, parades, bull fights and dances all over the city.

In September the busy summer season is starting to come to an end and resorts become less crowded. It's a good time to visit Spain if you're looking for a cheap holiday to a place with temperatures higher than those in the UK at this time, however you probably won't get the heat or sunshine that's traditionally associated with Spain's summer months.

If you're interested in visiting some of the countries fascinating landmarks while on your cheap Spain holiday, then October is probably a perfect time to do so. Prices will be coming down, and the number of tourists in the area will be too, so you won't need to spend so long queuing for places such as the many art galleries and museums throughout Barcelona and the rest of the country

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. They recommend you to visit Madrid in May because of its festivals.
- b. Spain is a cheap country when we talk about food and drinks.
- c. The inexpensive seasons are Christmas, Easter and summer

1.b. According to the text (0.5 points)

- a. In Spain you shouldn't expect so nice weather in September as in early summer.
- b. In September every place is absolutely full of people.
- c. In Spain the temperature in September is the same as in August.

1.c. If you want to go to museums and art galleries, October is good because there are less people around.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. To make the most of your money, you should book a hotel with breakfast and lunch or dinner included.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Rewrite the sentence. Use the words in brackets and a gerund or infinitive (0.5 points)

- I'll never forget meeting you for the first time!
- (To remember) I'll

2.b. Turn the two sentences into a clause containing a relative pronoun (0.5 points)

- That is the girl. Her sister is in my Science class.
-

2.c. Complete the reported question below (0.5 points)

- Did you check his heartbeat?
- The doctor asked the nurse

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- This time tomorrow I (to dance) at a party.

3. Identify ONLY FOUR words from their definitions (1 point)

- Obtainable accessible or ready for use or service.
- The most extreme possible amount or value.
- End to end.
- An arrangement whereby a guest or resident pays, usually at a fixed rate, for room, breakfast, and one other daily meal offered in a hotel or boarding house (2 words).
- A ceremonial procession including people marching.
- Fair and sunny weather suitable for outdoor activities.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

- 5.a. Describe your favourite holidays in Spain – beach, mountain or both.
- 5.b. Discuss the topic “too many school holidays for Spanish students”.

New technology addiction

Technology surrounds us wherever we go, and we are in constant contact with all sorts of devices without thinking twice about their usage. This could not be truer for cell phones and how we use them in society today. Within the last decade or so, the prevalence of mobile phone ownership and usage has skyrocketed. Today, it is no longer the calls that are taking up a person's time, but the innumerable text messages being sent throughout the day.

So how much is too much? When does "texting" go from harmless to excessive and possibly become a compulsive addiction? One could make the argument that thousands of people die in this country every year because of alcoholism, that texting is not killing people or destroying families, and is only trivializing addiction. However, texting is truly capable of disrupting one's life although not as overtly as other classical intoxicant addictions.

First of all it's important to know why people can become addicted. There are three primary motives behind addictive behaviour, escape (a way for a person to reduce awareness of surroundings, anxiety, or pain), compensation (a sense of control over a situation, oneself, or another), and ritual (the predictability, effortlessness, and instant gratification of the act). When applying this to the concept of texting addiction, one can argue that by utilizing the SMS (texting) feature on a phone, a person is able to ignore or disengage from their environment at varying levels (escape); they have the ability to control when, where, what, and who they text (compensation); and may text freely throughout the day according to their habits (ritual).

The models for chemical substance abuse can be applied to the concept of texting addiction because this is also a disorder, like pathological gambling, regarding impulse control, so in all three cases the person can't control his willpower that is why his behaviour becomes addictive although we all agree the risks in the three cases are not the same for someone's health or mind.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. Texting can't disorganize our lives.
- b. Today, sending text messages is a long time consuming activity.
- c. There are many motives why somebody can become addicted. Four are the most important.

1.b. According to the text (0.5 points)

- a. Escape, compensation and ritual are behind an addictive conduct.
- b. Texting addiction and pathological gambling are disorders, however drug abuse is not.
- c. Texting and alcoholism are destroying families.

1.c. Little by little, more and more mobile phones are being used, especially along the last 10 years.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Texting can break up somebody's life however not in the same way as some other addictions, because texting is less evident.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Write a second clause using 'although' (0.5 points)

- The weather was not very good. We enjoyed our holiday.

-

2.b. Finish the sentence starting by 'I wish' (0.5 points)

- I would like to be a model but I am too fat,

2.c. Write the second sentence into the passive voice (0.5 points)

- They were growing vegetables in their garden.

-

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I'll join the gym as long as it (not to cost)

3. Identify ONLY FOUR words from their definitions (1 point)

- Possession.

- To shoot up abruptly, like a rocket.

- Interfering in someone else's activities.

- The environmental conditions.

- To give evidence of.

- The act of playing for stakes in the hope of winning.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Advantages and disadvantages of using the new technologies

5.b. Describe a film you have recently seen.

Marriage is good for your health?

It is said that “living together or being married” is what everybody wants, the perfect state for humans. We can make our relationship last longer following some recommendations: common courtesy plays a big role in happy marriages. People who are permanently married are polite to one another. They don't want to hurt one another's feelings, and they don't try to make the other one feel humiliated. People who are married for life are extremely kind to one another.

Arguments are a natural part of any relationship, but cruelty is not. Above all, happily married partners see each other as allies, not as adversaries. You can't be right all the time and married at the same time. If you're always trying to be right and proving your partner is wrong, you've stepped outside the marriage.

To go without sex is to endanger the relationship. If you go without sex, your instincts recognize this person as part of the family but cease to recognize the person as a sex partner. It used to work in the ninth grade. But it doesn't work in the ninth decade.

The great thing about sex is that it ceases to be great, and it becomes funny as time passes but it is always something good and brings us happiness. Humour is vital, but it is vital to be happy, too. A happy marriage is a marriage between two happy people.

You're not going to be in love all the time, but if you want to recapture that magic from when you were in love, be caring. Being loving to your partner makes you feel so good about yourself, it doesn't matter if you're in love or not. The marriage is making you feel good if you are loving in it.

1. Comprehension exercises (2 points)

1.a. According to the text (0.5 points)

- a. To have a happy marriage one or two of the partners have to be happy.
- b. If you want to finish with a marriage try to be always right while your partner is always wrong.
- c. If you want to be in love forever be caring and loving.

1.b. According to the text (0.5 points)

- a. Politeness and kindness are a must to be married for life.
- b. Having a long lasting successful relationship doesn't include marriage.
- c. Not having sex cannot put a marriage in danger.

1.c. When sex is not labelled as 'great' is becomes funny.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

1.d. Being cruel and seeing your partner as an adversary is something natural within a relationship.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

-

2. Do the following grammar exercises according to the instructions given (2 points)

2.a. Finish the second sentence so that it has a similar meaning to the first one (0.5 points)

- People accept Christmas is one of the happiest times of year.
- It is widely

2.b. Write the second sentence in Reported Speech using 'refuse' (0.5 points)

- My son said: "I won't do it"
-

2.c. Fill in the blank with the suitable modal verb (can't, should, must, might) (0.5 points)

- Those boys look identical, they be twins.

2.d. Write the appropriate verb form of the phrasal verbs in brackets (0.5 points)

- When my bicycle (to break) she stopped me (to pick).

3. Identify ONLY FOUR words from their definitions (1 point)

- Discussions in which reasons are advanced for and against some proposition or proposal.
- Gone out usually for a short period of time.
- Put in a difficult situation, disadvantageous.
- Inborn pattern of behaviour often responsive to specific stimuli.
- To take something back
- Showing regard for others in manners, speech, behaviour.

4. Write a summary of the text of about 30 – 45 words using your own words (2 points)

5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)

5.a. Write a description of the happiest person you know, physically, his/her personality and relationships.

5.b. Is love for ever?

