

CERTIFICADO DE NIVEL INTERMEDIO

IDIOMA: INGLÉS

CONVOCATORIA ORDINARIA 2012

COMPRENSIÓN DE LECTURA

CUMPLIMENTE LOS SIGUIENTES DATOS:

APELLIDOS: _____

NOMBRE: _____

DNI: _____ SEXO: _____ EDAD (en 2012): _____ años

(Marque con una X la respuesta que corresponda)

ASPIRANTE: Escolarizado Libre

INSTRUCCIONES PARA REALIZAR ESTA PARTE:

DURACIÓN: 80 minutos

- Esta parte consta de **TRES** tareas. Lea las instrucciones al principio de cada tarea y realícela según se indica.
- Las respuestas escritas a lápiz o en tinta roja no se calificarán.
- No está permitido el uso del diccionario.
- **ATENCIÓN:** No escriba en los recuadros sombreados; son espacios reservados para la calificación de las tareas.

PUNTUACIÓN: / 10



MARK

TASK ONE (5 x 0.6 mark = 3 marks)

Read the following text and match each paragraph (1-5) to the heading in the chart that best describes it. Write the corresponding letters in the boxes provided on the answer sheet. There are three headings you will not need. Paragraph 0 is given as an example.

SLEEP TIPS AND ADVICE

Do you like to have a weekend lie-in or a nightcap before going to bed? These habits could actually be harming your sleep.

0 _____

- Most of us have natural dip in alertness between 2-4 pm.
- A 15-minute nap when you're tired can be a very effective way of staying alert throughout the day. Avoid napping for longer than 20 minutes, after which you will enter deep sleep and feel even worse when you wake up.

1 _____

- Regular exercise is a great way to improve your sleep. Just be careful not to do it close to bedtime as exercise produces stimulants that stop the brain from relaxing quickly.
- This being the case, exercising in the morning is an excellent way to wake up the body. Going for a run or doing some aerobics releases stimulants into the body, which perks you up.

2 _____

- Simple breathing exercises can help. Breathe, using your abdomen not your chest, through your nose for three seconds, then breathe out for three seconds. Pause for three seconds before breathing in again. Practice this for ten minutes at night (five minutes is better than nothing).
- Some people find that lavender oil; valerian or other herbs help them to sleep.
- If you still have problems, you could try massage, aromatherapy, or even acupuncture.
- If you still find yourself tossing and turning, abandon the bedroom and find something enjoyable and absorbing to do. Jigsaws are perfect. Don't go back to bed until you begin to feel sleepy.

3 _____

- Make your bedroom a comfortable temperature: If your bedroom is too hot or too cold, you'll have a hard time getting to sleep and enjoying a full night's rest.
- Your bedroom should be for sleep only. Avoid turning it into an entertainment centre with televisions, computers and stereos.
- Two thirds of British children have a computer, games machine or TV in their bedroom and could be losing out on sleep as a result.



4 _____

- Eating a large heavy meal too close to bedtime will interfere with your sleep.
- Spicy or fatty foods may cause heartburn, which leads to difficulty in falling asleep and discomfort throughout the night.
- Foods containing tyramine (bacon, cheese, ham, aubergines, pepperoni, raspberries avocado, nuts, soy sauce, red wine) might keep you awake at night. Tyramine causes the release of norepinephrine, a brain stimulant.
- If you get the munchies close to bedtime, eat something that triggers the hormone serotonin, which makes you sleepy. Carbohydrates such as bread or cereal will do the trick.

5 _____

- Create a habit of going to bed and waking up at the same time each day, even on weekends. This helps anchor your body clock to these times. Resisting the urge for a lie-in can pay dividends in alertness.
- If you feel you haven't slept well, resist the urge to sleep in longer than normal; getting up on schedule keeps your body in its normal wake-up routine.
- Remember, even after only four hours, the brain has gained many of the important benefits of sleep.

Adapted from www.bbc.co.uk



MARK

TASK TWO (3 x 1 marks = 3 marks)

Read the text. For questions 1-3 choose the correct answer (a, b or c) according to what you read. Write the correct letter in the white boxes provided on the answer sheet. Item 0 is given as an example.

SLOW MOVEMENT

The Slow Movement began with a protest against the opening of a McDonald's restaurant in Piazza di Spagna, Rome that sparked the creation of the Slow Food organization. Over time, this developed into a subculture in other areas, such as Slow Travel, Slow Shopping and Slow Design. A principal characteristic of the Slow Movement is that it is propounded, and its momentum maintained, by individuals that constitute the expanding global community of Slow. Although it has existed in some form since the Industrial Revolution its popularity has grown considerably since the rise of Slow Food and Cittaslow in Europe, with Slow initiatives spreading as far as Australia and Japan.

Slow Parenting

Slow parenting encourages parents to plan less for their children, instead allowing them to enjoy their childhood and explore the world at their own pace. It is a response to hyper-parenting and helicopter parenting, the widespread trend for parents to schedule activities and classes after school every day and every weekend, to solve children's problems, and to buy services from commercial suppliers rather than letting nature take its course. It was described most specifically by Carl Honoré in "Under Pressure: Rescuing Our Children From The Culture Of Hyper-Parenting".

Slow Travel

Supporters of slow travel argue that all too often the potential pleasure of the journey is lost by too eager anticipation of arrival. Slow travel is a state of mind which allows travellers to engage more fully with communities along their route, often favouring visits to spots enjoyed by local residents rather than merely following guidebooks. As such, slow travel shares some common values with ecotourism. Its supporters and devotees generally look for low-impact travel styles, even to the extent of avoiding flying.

Slow Art

Slow art is a developing movement championed by such proponents as Michael Kimmelman, chief art critic and columnist for the New York Times. It supports appreciating an art work in itself as opposed to a rapid, ephemeral state of art common in a chaotic societal setting. One of its central beliefs is that people often search what they already know as opposed to allowing the artist to present a journey or piece in its whole.

Adapted from www.en.wikipedia.org



MARK

TASK THREE (4 x 1 mark = 4 marks)

Read the following text and choose the **FOUR** sentences which are correct according to what you read. Write the corresponding numbers in the white boxes provided on the answer sheet. **Do not mark more than FOUR statements.** Item 0 is an example.

A RECIPE FOR LIVING TO 100

**Nobel Prize-winning centenarian on her tips for longevity:
no husband, no food, no regrets**

If you want to live to be 100, you might consider following Rita Levi-Montalcini's routine: get up at five in the morning, eat just once a day, at lunchtime, keep your brain active, and go to bed at 11pm.

The secret, she says, is work: she still goes to her laboratory every morning to supervise an all-female team developing her Nobel prize-winning research on brain cells, and in the afternoon she goes across town to her foundation in another part of Rome raising funds to help African women to study.

She remains a passionate advocate of the rights of women, and still remembers the thrill as a small girl of seeing women in uniforms driving trams in the First World War when the men were at the front.

It was because she felt that her mother was also “dominated” that Levi-Montalcini never married. “I decided I would never marry and I kept my word. I did not want to be ‘in second place’ like my mother, whom I adored. I told my father I did not intend to be just a wife and mother. I didn't know I wanted to be a scientist then, I didn't know what science was, but I wanted to dedicate my life to helping others.”

“I decided to study medicine. My father didn't approve but he could not stop me” She smiles. “I was 20 by then.” What she got from her family, she says, were “values: we were free from the religious point of view, that was not imposed, but behavioural standards had to be rigorously good. The sense of duty was strong in the family; we were never rewarded or punished. We had to behave properly and with decorum.”

“I have never been ill, and I don't see the impairment of my hearing and sight as a handicap,” she says. She wears a hearing aid, and peers at you closely when you talk to her, but tells you - convincingly – “my brain functions better today than it did when I was 20.”

She tries, she says, to “encourage the young to have faith in themselves, and in the future.” I never had religious instruction. When people asked me what my religion was I told them I was a ‘free thinker’, though no one knew what I meant - not even me.” She admired the late Pope John Paul II: “I envy those who believe in God, but I cannot. I cannot believe in a deity who rewards and punishes us and wants to hold us in his hands. But something of us lives on after death.”



Our soul? “No, our message survives us. Our actions, our thoughts, they way we are remembered.”

Life, she says, “has not treated me badly. I am a woman with no regrets - and, I think, without any grave sins on my conscience.” Does she ever get tired of life? “Never.”

Adapted from The Times, 2009



HOJA DE RESPUESTAS

NOMBRE Y APELLIDOS: _____

SLEEP TIPS AND ADVICE

HEADINGS
A. Avoid excessive napping
B. Create a calm environment
C. Digestion can result in disruption
D. Don't stay awake in bed
E. Do frequent physical activity
F. Eat right and get regular exercise
G. Have a nap after a bad night
H. Keep an eye on hormones
I. Set a regular timetable

Ex.	Parag. 0	A	✓
	Parag. 1		
	Parag. 2		
	Parag. 3		
	Parag. 4		
	Parag. 5		



NOMBRE Y APELLIDOS: _____

SLOW MOVEMENT

0. *The Slow Movement is promoted by:*

- a) *companies.*
- b) *governments.*
- c) *individuals.*

<i>Ex.</i>	0	C	✓
	1		
	2		
	3		

1. Hyper-parents are parents who...

- a) arrange tight schedules for their children.
- b) don't care much for their children.
- c) enjoy their children's free time .

2. Slow travellers tend...

- a) to follow the frantic pace of rushing from guidebooks.
- b) to visit unspoilt areas.
- c) to visit villages.

3. Slow Art followers...

- a) are delighted with well-known pieces of art.
- b) are reluctant to visit art galleries.
- c) prefer to admire a work of art in its entirety.



NOMBRE Y APELLIDOS: _____

A RECIPE FOR LIVING TO 100

0.	<i>Rita never has breakfast</i>
1.	Rest and relaxation are essential elements of Rita's philosophy
2.	Rita does charitable work.
3.	Rita has always fought for women's rights.
4.	Rita lacked respect for her mother for being subordinate to her father.
5.	Rita was taught by being punished.
6.	Rita's failing sight is not an obstacle to continue working.
7.	Rita would like to believe in God, but finds it impossible.
8.	Rita believes there is life after death.
9.	If she could, Rita would like to change aspects of her life.

Ex.	0	✓