

TASK 1: BENEFITS OF NORDIC WALKING

TEXT	1	2	3	4	5	6	7	8
HEADING	J	A	F	E	I	D	G	C

Distractors: H, K

TASK 2: JOHN MUIR: THE FATHER OF AMERICA'S NATIONAL PARKS

SENTENCE	9	10	11	12	13	14	15	16
ANSWER	A	A	A	B	B	C	B	B

TASK 3: MOVIE NIGHT

17	THAT
18	BEEN
19	DO
20	EXPERIMENT

21	ALSO
22	STRONGER
23	TO
24	OFF
25	ABILITY

Distractors: *BEST, DOES, STRONG, STUDY*

TASK 1: RADIO ADVERTISEMENTS

EXTRACT	1	2	3	4	5	6	7	8
LETTER	E	J	C	K	D	F	B	I

DISTRACTORS: G, H

TASK 2: THE CITY MOUSE AND THE COUNTRY MOUSE

QUESTION	9	10	11	12	13	14	15
LETTER	A	C	B	C	B	C	B

TASK 3: THE IMPORTANCE OF HAVING FRIENDS

16.	SHOWED / SHOWS
17.	NINTH
18.	AGREE
19.	UPSET
20.	IMPROVES
21.	LOOK AFTER / HELPED
22.	FEELINGS
23.	AWAY
24.	AROUND
25.	ONCE

* No se penalizarán los errores de ortografía que no alteren esencialmente el significado de la palabra, frase o expresión requeridas. Ningún ítem podrá puntuarse con 0,5 puntos.

** Ítem 21: Para la respuesta "look after" será necesario que las dos palabras estén presentes para poder otorgar 1 punto al alumno.

TRANSCRIPTS

TASK 1: RADIO ADVERTISEMENTS

[minute 0:30 / 7:55]

EXTRACT 0: A company for intelligent travellers [A]

*Ugh, another dinner at home. Thank goodness I've booked an escape with British Airways Holidays. And it's easy to change if I need to. One less thing to worry about. With flexibility included and deposits from just £60 per person, you can book with confidence. **Clever you.** British Airways Holidays, Atoll protected. [minute 2:14]*

EXTRACT 1: Not eating well is a problem [E]

We live in a world where **undernutrition and obesity** can exist side by side in the same country, home or even person. Foods high in sugars, salt and or unhealthy fats are leading to **unhealthy diets** and are one reason why children **may not be growing healthily** while causing other people to develop **overweight or obesity**. [minute 2:44]

EXTRACT 2: We'll organise your vacation [J]

What's your idea of the perfect luxury holiday? Will it be one that lets you switch off and relax? That lets you indulge yourself? One that gets your heart racing. Or that simply helps you make precious memories together. When we truly get to know you and what means the most to you, **we can create the perfect luxury holiday that's tailor-made and just for you.** [minute 3:19]

EXTRACT 3: Find well-paid work [C]

Granny, I got the job. Oh wonderful. And they're paying what I asked for. Oh, well negotiated. Like a pro. **Get the job you want at the pay you deserve.** You clever thief. It runs in the family. **Find the right job at the right pay.** Total jobs. Jobs are our job. [minute 3:54]

EXTRACT 4: You don't need much to do this sport [K]

Running needs nothing. It was born free. Goal-post free. Hoop-free. Finish-line free. **Running only takes two legs.** Sometimes not even. [minute 4:25]

EXTRACT 5: No vehicle? We can help you! [D]

You might know MDWISE as a provider of health insurance, and we are. But we feel called to do way more than that. Like **arranging rides for those who don't have a car.** We can get them to the doctor, the dentist, the drugstore. We also know it's important to get the right food. So, we assist with groceries, **including a ride** there too. And those are just a few of our extra services. [minute 4:58]

EXTRACT 6: Prepare for the cold season [F]

Could you cope in a power cut this winter? Electricity Northwest **can help you to be winter-ready**, prepare for bad weather, or even help with free energy saving advice and support. Sign up for our free extra-care register if you think you might need **a little help and support this winter.** Register yourself or someone you know for free at enwl.co.uk/bewinterready. [minute 5:30]

EXTRACT 7: A new look at your home [B] Sometimes we all need a bit of inspiration to **open our eyes.** To really see the home in the house, the elephant in the room, the corner that becomes your corner. Imagine if you could see how things could be. **New ideas** for better spaces. [minute 6:05]

EXTRACT 8: We can help you communicate [I]

In an interconnected world, **communication is key.** Introducing worldwide interpreting and translation. Translation Services, an Australian gem leading the way in high quality **language solutions.** With a dedicated team boasting a combined 30 years of experience, we **bridge the language gap** for law firms, medical practices, businesses, governments and individuals round the clock seven days a week. [minute 6:40]

Adapted from © www.YouTube.com

TASK 2: THE CITY MOUSE AND THE COUNTRY MOUSE [minute 1:33 /6:30]

Once upon a time, there was a city mouse. He lived in a big city with tall buildings and lots of shops and restaurants. One day he went to the forest. He wanted to visit his friend, a country mouse. **The country mouse lived in a little hole at the bottom of a tree [0, 1:55].** Her home was small, but it was warm and comfortable.

When the city mouse got there, he gave the country mouse a present: an elegant hat. The country mouse thought it was beautiful and thanked the city mouse.

In the evening, the country mouse cooked dinner with food from her garden: corn, carrots, pepper, and a cold glass of water from the nearby river. **Meanwhile, the city mouse talked and talked [9, 2:26]:** "The city is amazing! I go to the theater and the museum... My house has TWENTY rooms. **You absolutely MUST visit! [10, 2:38]** Have you ever tried Chinese food?"

That night, the country mouse dreamed that she lived in the city. She dreamed that she ate at elegant restaurants, said elegant words, and bought beautiful hats from expensive shops. She dreamed about eating Chinese food. "How wonderful!" she thought. "I want to live in the city too!"

The next morning the country mouse agreed to visit the city mouse. She packed her bag and followed the city mouse back to his big house in the city. The house was enormous! There were TWENTY rooms full of beautiful furniture. The country mouse was amazed. "Which room is mine?" she asked. "Um... we actually live down here," said the city mouse. He took her down some stairs to the basement.

In the darkness, the country mouse saw many families of mice [11, 3:32]. "These are my housemates..." explained the city mouse. **They looked hungry. "That's very strange," she thought. The country mouse had some cherry tomatoes in her bag and she shared the tomatoes with them. [12, 3:42]**

"Now, it is time for our dinner," the city mouse announced. The city mouse took the country mouse back upstairs for dinner. In the dining room there was a feast of delicious foods on the table: cheese, bread, cookies, cakes, and lemonade. There was also... Chinese food!

But just as they started to eat...CRASH! A cat with long teeth and sharp claws jumped up on the table. MEEEEEEOWWWW! **The city cat ran after the two mice. The mice ran off the table and across the floor. The mice had to run fast, first out of the dining room, then through the kitchen, [13, 4:25]** and finally into a hole in the wall. They were trapped! They waited silently until the cat left. Then, they quietly went back to the dining room... but all the food was gone! **The city humans had eaten everything! [14, 4:49]**

The country mouse hurried back to the basement and packed her bag. Her life in the country was happier and more peaceful. Nothing in the city was as great as the city mouse told her during his visit to the country. "Where are you going?" asked the city mouse.

"Home," she said. "I want to go back to the country. You can stay here if you want to. You can keep your Chinese food and your tall buildings and your theatre and your museum... And you can keep the hat you gave me too! You know what, your city life isn't so wonderful after all. **Now, please, help me call a taxi.**" [15, 5:33]

And the moral of the story is: "Sometimes other people's lives are not as great as they make you believe."

Adapted from © TheFableCottage.com

TASK 3: THE IMPORTANCE OF HAVING FRIENDS

[minute 1:30 /6:03]

How many friends do you have? Do you have one or ten? Do you ever think that some people don't have any friends? Well, some people in the world don't have any friends. You might think: "It doesn't matter. Some of us have friends and some do not." But that's not completely right. A study done at the University of Cambridge **showed [16, 1:58]** that friends help you survive and live longer. Well, wouldn't it be marvelous to live up to 100 years old?

But let me introduce myself. My name is Jane and I am seventeen years old. I would like to talk to you about my best friend Sophia. We've been friends since **ninth [17, 2:18]** grade at school. I remember the first time I met Sophia. My good friend Anna had just moved away from our high school. I was really sad. Then Sophia came and let me be part of her life. I had a new friend! The next year we were in different classes. That did not hurt our friendship at all. When it was break time, me and Sophia met up at the snack tables and talked.

Now, in eleventh grade, we are still friends although we don't **agree [18, 2:45]** on the same things. For example, Sophia sometimes likes to go to the library to read after lunch, but I prefer to play basketball in the schoolyard. How do we solve this problem? Well, we play rock paper scissors. And we don't get **upset [19, 3:04]** if we lose at the game.

I smile a lot when I am around Sophia and she smiles a lot when she is around me too. Do you remember when I said that friends help you survive and live longer? Well, a study done at the University of Kansas shows that smiling **improves [20, 3:17]** your health by lowering your stress levels. Friends are great at making you smile.

Two friends I think you all know are Woody and Buzz Lightyear from the movie *Toy Story*. They are friends because they **look after [21a, 3:32]** each other and keep each other safe. Although they were not friends from the start, they **helped [21b]** each other get back to Andy's home. This is what a friend does: to help each other in many ways.

Some people are too shy to even make friends. That makes me think: what would you do if you saw someone all alone in the park? Here are some things you can do: first, talk to them; get to know their **feelings [22, 3:57]**. For example, say, "Hi! Would you like me to sit by you?" Second: listen to their words; listening is important because it helps you understand how the person is feeling. Third: Show them that you care. Your actions will show that person that you want them to feel happy. Say, "Would you like to do something together?" And if they say yes, make a plan with them. This should make both of you feel good.

Friends have a strong way of making us feel happy and they help us make better choices and push stress **away [23, 4:30]**. Friends are also very good at being kind and being there for you. When you make a friend, you get this little feeling that they will be your friend forever. Do you know what I mean? That's how I felt when I met Sophia. When I'm **around [24, 4:50]** her, I feel safe, good and cared about. Can you think of a friend like that in your life? I hope you can. Because if you can't, you need to go out there and make some friends. As Winnie the Pooh **once [25, 5:04]** said, "A friend is one of the nicest things you can ever have and one of the best things you can ever be." So, I have a question for you: will you be my friend?

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