

CERTIFICADO DE NIVEL INTERMEDIO B1

IDIOMA: INGLÉS

CONVOCATORIA DE INCIDENCIAS - 2021

COMPRENSIÓN DE TEXTOS ESCRITOS

INSTRUCCIONES PARA REALIZAR ESTA PARTE:

DURACIÓN: 70 minutos

- Esta parte consta de tres tareas. Lea las instrucciones al principio de cada tarea y realícelas según se indica.
- Las respuestas escritas a lápiz o en tinta roja no se calificarán.
- No está permitido el uso del diccionario.
- El uso del teléfono móvil queda prohibido durante toda la prueba y tendrá que permanecer apagado y guardado.
- **Atención: Escriba sus respuestas en la hoja de respuestas. Las respuestas escritas en este documento no se corregirán.**



TAREAS

Por favor, escriba sus respuestas en la hoja de respuestas. Las respuestas escritas en este documento no se corregirán.

TASK ONE (6 x 0,4 = 2,4 marks)

Here you have some tips on how to create the perfect *LinkedIn* profile –*LinkedIn* is a popular website to search for jobs and career contacts. Match each paragraph to its corresponding heading. There are two headings you will not need. Item 0 is given as an example. Write your answers in the answer sheet provided.

LinkedIn

PARAGRAPH 0

According to LinkedIn, a profile with a picture gets 21 times more views than one without, as well as 9 times more connection requests. Keep it recent, dress smartly, and make sure your face is the main attraction! Finally, smile. You want to look professional, but also approachable.

PARAGRAPH 1

The more relevant info you include, the easier it will be for recruiters to find you. LinkedIn has very helpfully included a feature that measures the completeness of your profile, and suggests areas to expand and improve on.

PARAGRAPH 2

An inactive LinkedIn profile can actually be counterproductive. Keep yours going with relevant work experience, job roles and qualifications, as well as a recent picture of yourself and an indication of the kind of role you're looking for.

PARAGRAPH 3

Making contacts in the field you're interested in, particularly with people you know in person and who could potentially give you a reference, is very valuable when searching for employment. After all, an estimated 70% of jobs aren't advertised!

PARAGRAPH 4

If you have a long resume of work experience, only incorporate things relevant to your desired role. If you have the opposite problem, and feel you're lacking relevant experience, try and demonstrate how any experience you DO have could help you in a new role.

PARAGRAPH 5

When a recruiter searches for these words on LinkedIn, your profile will appear. This gives you a great opportunity to maximise the likelihood of your profile appearing in results.

PARAGRAPH 6

Begin with those you have worked or are working with. Then, move on to friends and family who work in fields relevant to your chosen career path. Finally, find people who are in job roles that you may like to pursue in the future, and send them a personalized request.

<https://ec.europa.eu/eures/public/en/news-articles>



TASK TWO (8 x 0,4 = 3,2 marks)

You are going to read a text which provides some guidelines on the best way to do physical activity for adults. Choose the correct alternative (a, b or c) in the items that follow, according to the information contained in the text. Item 0 is given as an example. Write your answers in the answer sheet provided.

Physical activity guidelines for adults aged 19 to 64

Adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better. Adults should:

- aim to be physically active every day. Any activity is better than none, and more is better still.
- do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week.
- reduce time spent sitting or lying down and break up long periods of not moving with some activity.

You can also achieve your weekly activity target with several short sessions of very vigorous intensity activity or a mix of moderate, vigorous and very vigorous intensity activity. You can do your weekly target of physical activity on a single day or over 2 or more days. Whatever suits you.

These guidelines are also suitable for disabled adults, pregnant women and new mothers. Make sure the type and intensity of your activity is appropriate for your level of fitness. Vigorous activity is not recommended for previously inactive persons.

What counts as moderate aerobic activity?

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

What counts as vigorous activity?

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath. In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity. Most moderate activities can become vigorous if you increase your effort.

What counts as very vigorous activity?

Very vigorous activities are exercises performed in short bursts of maximum effort broken up with rest. This type of exercise is also known as High Intensity Interval Training (HIIT).

What activities strengthen muscles?

To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity. There are many ways you can strengthen your muscles, whether you're at home or in a gym. You can do activities that strengthen your muscles on the same or different days as your aerobic activity –whatever's best for you. Muscle-strengthening exercises are not always an aerobic activity, so you'll need to do them in addition to your 150 minutes of aerobic activity.

<https://www.nhs.uk/live-well/exercise/>



TASK THREE (11 x 0,4 = 4,4 marks)

You are going to read a text about the longest non-stop passenger flight. Fill in the gaps with a word from the grid. There are two words in the grid that you don't need to use. Item 0 is given as an example. Write your answers in the answer sheet provided.

Qantas completes test of longest non-stop passenger flight

Australian carrier Qantas has completed a test of the longest non-stop commercial passenger flight as part of (0) **research** on how the journey could affect pilots, crew and passengers. The Boeing 787-9 with 49 people on board took 19 hours and 16 minutes to fly from New York to Sydney, a 16,200-km (10,066-mile) route. Next month, the company plans to test a non-stop flight from London to Sydney.

Qantas expects to decide on (1) to start the routes by the end of 2019. If it goes ahead with them, the services would start operating in 2022 or 2023.

No commercial aircraft yet has the range to fly such an ultra-long haul route with a full passenger and cargo load, Reuters news agency (2)

To give the plane sufficient fuel range to (3) re-fuelling, the Qantas flight took off with maximum fuel, restricted baggage load and no cargo.

Passengers (4) their watches to Sydney time after boarding and were kept (5) until night fell in eastern Australia to reduce their jetlag. Six hours later, they were (6) a high-carbohydrate meal and the lights were dimmed to encourage them to sleep. On-board tests included monitoring pilot brain waves, melatonin (7) and alertness as well as exercise classes for passengers and analysis of the (8) of crossing so many time zones on people's bodies.

"This is a really significant first for aviation. (9), it's a preview of a regular service that will speed up how people travel from one side of the globe to the other," said Qantas Group CEO Alan Joyce.

Competition in the ultra-long haul aviation market has (10) in recent years, with various airlines flying extended routes. Singapore Airlines launched a near-19 hour journey from Singapore to New York last year, which is (11) the world's longest regular commercial flight. Also last year, Qantas began a 17-hour non-stop service from Perth to London, while Qatar Airways operates a 17.5-hour service between Auckland and Doha.

<https://www.bbc.com/news/world-australia>

avoid	awake	currently	hopefully	impact
intensified	managed	reports	research	served
set	levels	when	whether	

CERTIFICADO DE INTERMEDIO B1

IDIOMA: INGLÉS

CONVOCATORIA DE INCIDENCIAS - 2021

COMPRENSIÓN DE TEXTOS ESCRITOS

CUMPLIMENTE LOS SIGUIENTES DATOS:

APELLIDOS: _____

NOMBRE: _____

ASPIRANTE: Libre ☐ Escolarizado ☐ Grupo: _____

(Marque con una X la respuesta que corresponda)

INSTRUCCIONES PARA REALIZAR ESTA PARTE:

DURACIÓN: **70 minutos**

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HOJA DE RESPUESTAS

Por favor, escriba sus respuestas en esta hoja de respuestas.

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NOTA

	HEADINGS
A.	Be selective with your connections
B.	Fill out your profile
C.	Join groups to make your search more effective
D.	Keep it updated
E.	Only include pertinent work experience
F.	Put keywords and search terms in your 'skills' section
G.	The importance of aspect
H.	Try to minimize your weak points
I.	Use clear, direct and positive language

Paragraph	Heading	
0.	G	✓
1.		
2.		
3.		
4.		
5.		
6.		

TASK TWO (8 x 0,4 = 3,2 marks)

You are going to read a text which provides some guidelines on the best way to do physical activity for adults. Choose the correct alternative (a, b or c) in the items that follow, according to the information contained in the text. Item 0 is given as an example. Write your answers in the answer sheet provided.

NOTA

0.	An adult person must do some activity ...
	a) every day.
	b) every other day.
	c) twice a day.

Answer

a

✓



1.	As a general rule, an adult person should ...	
	a) do as much exercise as possible.	
	b) not do excessively hard exercise.	
	c) only do exercise which is recommendable for her/him.	
2.	It is always advisable to ...	
	a) do some exercise after sitting for a long time.	
	b) have equal times of rest and activity.	
	c) lie down as a break between long periods of inactivity.	
3.	Pregnant women ...	
	a) can exercise on as many days of the week as they want.	
	b) must do physical activity two days per week maximum.	
	c) should not follow these rules.	
4.	You shouldn't exercise very hard if you ...	
	a) are a new mother.	
	b) haven't exercised lately.	
	c) your heart rate rises easily.	
5.	You can tell if you are exercising vigorously if you ...	
	a) cannot talk.	
	b) can talk, but not sing.	
	c) can talk, but only for a short time without stopping.	
6.	A vigorous activity consists in ...	
	a) doing non-stop highly demanding exercise.	
	b) exercising as hard as you can for a short period of time.	
	c) exercising until you find it hard to breathe.	



7.	Strength exercises are beneficial for your health only if you ...	
	a) do them in short intervals.	
	b) plan them with the help of an expert.	
	c) stop when it becomes too hard to continue.	
8.	If you do activities to strengthen your muscles, ...	
	a) you must combine them with aerobic activity.	
	b) you mustn't do any aerobic activity on the same day.	
	c) you should alternate the days for strengthening and aerobic activity.	

TASK THREE (11 x 0,4 = 4,4 marks)

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NOTA

WORD BANK				
AVOID	AWAKE	CURRENTLY	HOPEFULLY	IMPACT
INTENSIFIED	MANAGED	REPORTS	RESEARCH	SERVED
SET	LEVELS	WHEN	WHETHER	

0. RESEARCH	✓					
1.		2.		3.		4.
5.		6.		7.		8.
9.		10.		11.		

NIVEL INTERMEDIO B1 DE INGLÉS – COMPRESIÓN DE TEXTOS ESCRITOS.
CONVOCATORIA DE INCIDENCIAS

CLAVE DE RESPUESTAS

TASK ONE (6 x 0,4 = 2,4 marks)

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NOTA

Paragraph	0.	1.	2.	3.	4.	5.	6.
Heading	G	B	D	C	E	F	A
Correction	✓						

N.º respuestas	6	5	4	3	2	1
puntuación	2,4	2	1,6	1,2	0,8	0,4

TASK TWO (8 x 0,4 = 3,2 marks)

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NOTA

Item	0.	1.	2.	3.	4.	5.	6.	7.	8.
Answer	A	A	A	A	B	C	B	C	A
Correction	✓								

N.º respuestas	8	7	6	5	4	3	2	1
puntuación	3,2	2,8	2,4	2	1,6	1,2	0,8	0,4

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NOTA

0. RESEARCH	✓						
1. WHETHER		2. REPORTS		3. AVOID		4. SET	
5. AWAKE		6. SERVED		7. LEVELS		8. IMPACT	
9. HOPEFULLY		10. INTENSIFIED		11. CURRENTLY			

N.º respuestas	11	10	9	8	7	6	5	4	3	2	1
puntuación	4,4	4	3,6	3,2	2,8	2,4	2	1,6	1,2	0,8	0,4