

# INGLÉS

## MODELO DE CERTIFICADO DE NIVEL INTERMEDIO B1

### MODELO INFORMATIVO PARA LOS CANDIDATOS

## MEDIACIÓN

#### INSTRUCCIONES PARA REALIZAR ESTA PRUEBA:

- Esta prueba tiene una duración de **50 minutos** y consta de dos tareas. La primera tarea es un audio que oírás dos veces.
- Lea las instrucciones al principio de cada tarea y realícela según se indica.
- Dentro de este cuadernillo dispone de espacio adicional por si desea anotar sus ideas, que en ningún caso serán evaluadas.
- Debe ajustarse a los temas propuestos; de lo contrario la tarea no será calificada.
- Las tareas escritas a lápiz o en rojo no se calificarán.
- No está permitido el uso del diccionario.
- No está permitido el uso de ningún dispositivo electrónico que permita el almacenamiento, la transmisión y/o la transformación de datos (teléfono móvil, ordenador, o tableta, entre otros).
- No escriba en los recuadros sombreados; son para la calificación de las tareas.

#### ESCRIBA A CONTINUACIÓN LOS SIGUIENTES DATOS:

NOMBRE: \_\_\_\_\_  
APELLIDOS: \_\_\_\_\_  
DNI/Pasaporte: \_\_\_\_\_

PUNTUACIÓN: **/20**



<b>Tarea 2</b>	
Objetivo	Transmitir por escrito la idea general, los puntos principales, y detalles relevantes de textos con información relativa a asuntos cotidianos y a temas de interés general, personal o de actualidad.
Procedimiento	Leer un texto de unas 250 palabras de extensión para identificar la información específica relevante y escribir un texto que contenga esquemáticamente dicha información, siguiendo las indicaciones.
Extensión	70-90 palabras
Puntuación	10 puntos

**TASK 2 (10 marks)**

**Write a text of about 70-90 words following the instructions given.**

<b>MARKS</b>

Your workmate, who has been complaining about feeling tired all the time, asks you for help. Using information from the text below, write an **instant message** to your workmate telling him/her what he/she can do to feel better.

*"Feeling exhausted is so common that it has its own acronym, TATT, which stands for "tired all the time". We all feel tired from time to time. [...] But tiredness or exhaustion that goes on for a long time is not normal. It can affect your ability to get on and enjoy your life. Unexplained tiredness is one of the most common reasons for people to see their GP. [...]"*

*In today's 24/7 "always on" world, we often try to cram too much into our daily lives. And to try to stay on top of things, we sometimes consume too much alcohol or caffeine, or eat sugary and high-fat snacks on the go rather than sitting down for a proper meal. The main lifestyle causes of tiredness include:*

**Alcohol:** *Drinking too much interferes with the quality of your sleep. Stick to the guidelines of no more than 14 units a week for both men and women. [...]"*

**Exercise:** *Too much or too little exercise can affect how tired you feel. [...]"*

**Caffeine:** *Too much of this stimulant, found in tea, coffee, colas and energy drinks, can upset sleep and make you feel wound-up as well as tired. Try decaffeinated tea and coffee, or gradually cut out caffeine altogether.*

**Night shifts:** *Night workers often find they get tired more easily. This is more likely if the timing of the shifts keeps changing.*

**Daytime naps:** *If you're tired, you may nap during the day, which can make it more difficult to get a good night's sleep."*

Adapted from © nhs.uk

Ejemplo tareas certificación EEO011 Ceuta Melilla



**MODELO de pruebas de certificación**  
**Certificado de Nivel B1 – INGLÉS**  
**Transcripción**  
**Mediación (MED)**

**Escuelas Oficiales de Idiomas de Ceuta y Melilla**

**TRANSCRIPCIÓN DE LA GRABACIÓN DE LA TAREA 1**

Oh, hi, I'm Matt. And today I want to help you feel confident and ready for your job interview. So let's answer the question, What should I wear to a job interview? The first and easiest answer to this question is well it depends. It depends on the people interviewing you, so you need to do your homework. It's best practice to match your outfit to the organization you're interviewing with. So, before you go in find out what their dress code is. You could search their website, talk with a friend that works there, or just ask the recruiter working with you. If they're just casual, dress casual, business casual, business casual, business professional, you get the idea.

Research shows people are more comfortable when you are dressed alike. Plus it's a lot easier for interviewers to visualize you working there if you... well... look like you work there.

So, what exactly are the different dress code types? Let's break them down. As a general rule of thumb, business professional means suits or blazer and dress pants, buttoned down shirts, ties, pant suits or skirts and nice shoes. Business casual usually means dress slacks, chinos or khakis, tucked in buttoned down or polo shirts, blouse and dress pants, or a skirt, or maybe a conservative dress and scuff free shoes. When dressing casually for an interview, you can't go wrong with collared shirts, conservative pants, maybe even a comfortable dress and shoes without too much wear and tear. If you are ever in doubt, err on the side of overdressing. This may be less than ideal but overdressing can give the impression that you really care and that's usually a good thing. Let's take a minute now to discuss dos and don'ts.

Above all else, do dress well. Always wear your best outfits. Research shows that well-dressed employees are more trusted and appear more confident and successful. But also, be comfortable. Dressing comfortably reduces stress. So even if you need to wear business professional clothes for an interview, be sure you are true to yourself and comfortable.

Being uncomfortable is going to increase your stress levels and that's not going to do you any favors. Are you ok?

Along a similar vein, wear clothes that fit your body well. If you wear clothes that don't fit well, again, it will show. Hopefully, this goes without saying but make sure you and your clothes are clean. Always appear well groomed, freshly bathed and germ free. You want to look sharp, not smell sharp. Good hygiene is expected. Poor hygiene is a distraction and leaves a bad impression.

<https://www.youtube.com/watch?v=YzqFqzpUm6M>