

TASK 1
WELCOME TO DUBLIN CASTLE

SENTENCE	ANSWER
0. Dublin Castle was built in the _____.	(early) thirteenth century
1. In addition to being a governmental building, Dublin Castle is a _____ for visitors.	(key) tourist attraction
2. You can't access the castle after _____.	17.15/ 5.15
3. You can go on a _____ if there is availability.	guided tour
4. You can buy your ticket at the castle or online if you do it during the _____ before your visit.	week
5. If you need to cough, _____ use tissues or your elbow.	have to/ must/should/ought to
6. No more than _____ per family are allowed in the State Apartments at the same time.	6/six individuals
7. It is obligatory to _____ before entering even if you have a ticket with you.	queue
8. You _____ to pay for a school visit.	don't /do not have
9. When you go together with more than 8 people, you need to _____.	book in advance

TEXT

Erected in the **early thirteenth century (0)** on the site of a Viking settlement, Dublin Castle served for centuries as the headquarters of English, and later British, administration in Ireland. In 1922, following Ireland's independence, Dublin Castle was handed over to the new Irish government. It is now a major government complex and a key tourist attraction. We hope you enjoy your visit.

Until the end of 2021, entry to Dublin Castle is FREE (1) for all visitors.

Open: Monday – Sunday & Bank Holidays: 9:45 – 17:45 (last admission **17:15 (2)**)

Tickets:

- Tickets are FREE and are for self-guided entry into the State Apartments only (Medieval Section & Chapel Royal not included)
- **Guided tours (3)** are available on a limited basis under current restrictions. Ask at ticket desk for availability.
- Online tickets are available to **book online within a week prior to visit (4)**.
- A limited number of tickets are available each day at the ticket desk.

Safety:

- Please keep to the hygiene recommendations. This means washing your hands regularly for a minimum of 20 seconds and using the hand sanitizer dispensers provided. **Make sure you cough into tissues, alternatively into your elbow (5).**
- Please observe the current social distancing measures and, if necessary, wait before entering a particular room or area.
- **Up to six individuals from the same household can visit the State Apartments together (6).**

Accessibility:

- As we open back up to the public your safety and the safety of our staff is paramount. **Visitors must queue to enter (7)** the building and this includes those who have pre-paid tickets
- **For those with mobility issues (8)** please consult a member of staff when you arrive and **we will help you access the State Apartments.**
- Food & drink are not permitted in the State Apartments.
- Children must be supervised at all times.

School Bookings

School visits are offered free of charge; however, advance booking is required. To arrange a school visit or to enquire about our workshops and other educational sessions, please contact us.

General Group Bookings

Advance booking for groups of more than 8 people is required (9). Please contact us to enquire about group rates or to make a booking.

We offer special rates to tour operators for pre-booked tours (both guided and self-guided) for groups. Please email us for more details.

(dublincastle.ie, 20/09/2021, adapted, 388 words)

TASK 2

SCREEN TIME AND CHILDREN

ANSWER BOX

GAP	WORDS
0.	easily
10.	many
11.	much
12.	ready to
13.	tips
14.	older than
15.	should not
16.	such as
17.	instead of

TEXT

As children grow and develop, they can be **easily (0)** influenced by what they see and hear, especially from digital media. Digital media can include TV, the internet, and smart devices. Some programs can be educational. But **many (10)** children watch too much digital media. Many programs can show children violent behavior that you don't want them to imitate, or that can cause fear. Digital media may also show children poor eating habits through commercials for high-calorie, low-nutrient foods. Too **much (11)** screen time can also take away from reading, studying, learning activities, playing, and exercising. Digital media can also show alcohol and drug use, smoking, and sexual behavior. Your child may see these things before they are emotionally **ready to (12) understand** these issues. And before they can make good decisions.

As a parent, you can help decrease the harmful effects of digital media. You can monitor the type of programming and limit your child's screen time. Here are some **tips (13)** for setting good viewing habits:

- Choose programs for your child to watch. Always plan what your child will be watching. Give choices between 2 programs you think are appropriate for your child.
- Limit screen time to 1 or 2 hours a day for children **older than (14)** 2 years. The American Academy of Pediatrics recommends that children younger than 2 years should not watch digital media.
- Watch programs with your child. Talk about what happened on the show. Talk about what was good or bad about the program. Talk about the difference between reality and make-believe.
- Turn off the TV if the program is something you believe your child **should not (15)** see.
- Don't assume all cartoons are acceptable and appropriate. Many cartoons contain violence.
- Many daytime programs **such as (16)** soap operas and talk shows are not appropriate for children.
- Be a good example to your child by not watching too much TV or digital media yourself. Limit your own screen time. Be involved in other activities, especially reading.
- Encourage play and exercise for your child. Plan other fun activities for your child, so he or she has choices **instead of (17)** screen time.
- Limit screen time as a reward for good behavior. Try a trip to the park, a festival, playground, or a visit to a relative's or friend's house instead.
- Don't allow screen time during meals.

(stanfordchildrens.org, 06/10/2021, adapted, 397 words)

TASK 3
THE BENEFITS OF MUSIC FOR CHILDREN

ANSWER BOX

PARAGRAPH	0	18	19	20	21	22	23	24	25
TITLE	K	A	G	I	J	F	H	B	C

TEXT

K. Musical training is good for them

0. Extracurricular activities are important in helping develop a child's talents, interests, and passions. One particularly enriching activity is learning to play a musical instrument. There has long been a correlation between musical training and academic success, but there are other benefits too.

A. Music balances the development of both sides of the brain

18. Different studies have proven that the comprehension of musical language can benefit a child's overall mental development. Figures show that students who study music are more successful on tests and are also likely to achieve better grades in high school. Further research revealed that musical training physically develops the left side of the brain known to be involved with processing language and reasoning.

G. Music helps with personality

19. Understanding the musical language or learning to play an instrument can be challenging at times. However, those who learn music also learn to be disciplined in their training because that is the key to success. By experiencing that practice and hard work is essential to reaching their goals, children will learn a very valuable life-lesson.

I. Music is fun

20. Every song they learn is a personal achievement. If we encourage their skills by listening to them or even signing along, they will have a great time playing their instrument.

J. Music teaches them to focus and relieve stress

21. Playing an instrument or being in a musical class demands total attention. Because of this, music is a great stress-relieving tool that helps to calm the mind and enhance concentration.

F. Music helps to understand maths

22. Although they look very different, maths and music are actually quite similar. "When children learn rhythm, they are learning ratios, fractions and proportions," said Professor Gordon Shaw. It could be a great way of learning maths in an artistic way!

H. Music is a form of self-expression

23. As well as being a way of relieving stress, music could also help children to manage their feelings better by expressing them through language. It will give them the chance to exteriorise their emotion with the instrument they are playing.

B. Music can improve social skills

24. Music is often played in a group and, therefore, team-work skills are taught so all players work together harmoniously. In order to improve the show, attending rehearsals and practising is essential too. Working towards a single goal helps to enhance social skills.

C. Music can increase self-confidence

25. By improving their abilities with a specific instrument and achieving their goals, children can feel very satisfied and this can greatly improve their self-esteem. Taking risks and facing challenges is essential for a child in order to fully develop his or her potential.

(kumon.co.uk, 23/09/2021, adapted, 396 words)

TASK 1
HEALTHY EATING HABITS

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	B	C	B	A	C	A	B	A	C

SCRIPT

I know how hard it is to eat healthy all the time! But what if I told you there were simple food changes you could make easily right now? And even though it's not quite magic, **I have some tricks up my sleeve. Here are five of them (0):**

1. Use good fats like healthy **olive oil (1)** Your family won't notice a difference in taste and healthy fats are better for you. Another way to cut down on fat **-grill rather than frying (2)** meat and chicken for burritos and other meals top with lots of colorful **veggies (3)**.

2. **Replace foods made with white flours for those with whole grain (4)** like whole wheat bread tortillas and brown rice, which have more good fiber.

3. Salt. If you're buying packaged food, look for options low in salt, also called sodium, **140 mg of sodium or less per serving (5)**. Another little trick to cut down on salt is to use less and **flavour your food with tasty herbs (6)** like cilantro, oregano, pepper or some lemon juice.

4. What about snacks? No salt or sugar in my goodies? Replace packaged snacks with homemade that taste just as good. If you want something crunchy, make popcorn at home using a tablespoon of olive oil. This is healthier than store-bought chips. **Or cut fruit and vegetables for healthy snacks at home or on the go (7)**.

5. Rethink what your family drinks. Don't be fooled. Did you know that sodas, sport drinks, **even fresh juice can have as much sugar as a candy bar? (8)** That's why you should serve only water maybe with a splash of lime. Making these small changes will lead to big rewards for you and your family.

And when it comes to your health, this is priceless!

(youtu.be/pexOllhT0v0, 10/10/2021, adapted, 2.14 min.)

TASK 2
SOCIAL MEDIA

ANSWER BOX

SPACE	WORDS
0.	quitting
9.	keep in touch
10.	interests
11.	food
12.	outfits /clothes
13.	waste time / waste one hour
14.	unrealistic
15.	depression
16.	moderation
17.	go offline

SCRIPT

Hi, man. Speaking about social media, I was actually thinking about **quitting (0)** it myself like, on the one hand, I can see all the benefits that it brings but, then again, on the other hand, I can no longer ignore all the disadvantages. For example, some of the benefits for me, personally, is the fact that I can **keep in touch (9)** with all my friends and family. Before, I found it very difficult to have time to ring each friend individually, but now, just by hopping on my Instagram feed for ten minutes, I can get all the necessary objects about how they are and where they are. Then, again, with my **interests (10)**, now they are all in one place. Before, if you were interested in different things, you would have to surf the web, check different websites...but now, just at one click. everything is at your fingertips. It is all in the feed.

But, now we go to the other side, the darker side. For me, I notice with a few of my friends they're posting photos of **each meal that they're eating (11)**, each **new outfit that they're wearing (12)** and it's, honestly, too much all at once. But then I see myself like a zombie scrolling through Instagram or Facebook and, before I know it, **I have wasted one hour doing nothing (13)**. It's crazy. Then, it gets a little darker for me too because I've noticed some celebrities are photoshopping their bodies so now we have this new generations of teenagers who are seeing these **unrealistic (14)** expectations and it's a body that it's impossible to achieve. So it's creating a **depression (15)** inside this generation and I think it's something that is horrible. Also now, there is this fight for attending the most likes possible. I was walking through the park yesterday and I could hear two kids arguing over who had more likes on their photos, and I think this is a very shallow thing we are creating in people. The fact that by having more likes it makes you better as a person. This is crazy.

The only thing that I can think, for me, that is the best solution is **moderation (16)**. I think it's almost impossible to **go offline (17)** completely, because then, I would definitely lose contact with a lot of people but, if I can limit the amount of time I spend on it, I think that's a healthier thing. Also, I was thinking... Do you think we should be putting in an age limit on social media. That now we have people who are under 13 making accounts. Do you think it's a good idea?

Let me know, man.

(Original text, 3.15 min.)

TASK 3
BOOKS/ FILMS/ TV PROGRAMMES

ANSWER BOX

QUESTION	0	18	19	20	21	22	23	24	25
CONVERSATIONS	A	B	A	D	C	B	D	B	A

SCRIPT

Conversation A

A: What do you think of Sue Graton's books?

B: **I love those mysteries (0)**. When I started to read A is for Alibi. **I couldn't put it down (19)**. I stayed up 'til four o'clock in the morning to finish it.

A: Wow! Have you read any other of the books of the series?

B: Oh, yeah. B is for Burgler, C is for Corpse and I'm already up to K is for killer. Using the alphabet to build up a mystery series is such a clever idea! **I can't wait to read all the 26 books (25)**. I wonder what Z will be.

Conversation B

A: How did you like the movie?

B: Well, **I walked out after half an hour (22)**.

A: You did?2

B: Yeah. **It was so dull (18)** that I started to fall asleep. And, I've never seen such bad acting. **I think I'm going to start reading movie reviews so that I don't waste my money (24)**.

Conversation C

A: Did you see the documentary on TV last night? The one about Australia?

B: I did. I, I learned so much. I didn't know they had so many different kinds of animals there and the photography...

A: Yeah. It was something. Wasn't it?

B: **It made me really made me want to go there and see it for myself (21)**.

Conversation D

A: Are you reading that book too? It seems everyone's reading it now. When did UFOs became so popular anyway?

B: Actually, I've just finished it. What a waste of time! Just the same silly stuff about visitors from other planets. I'm sick of listening to it.

A: I know. **It's so absolutely nothing new (23)**. You know. **I'm sick of hearing stories about little green creatures (20)**. If they're real. How come no one can ever take a picture of them?

(soundcloud.com/vmquan/english-listening-and-conversation-pre-intermediate-level, 17/10/2021, adapted, 2.10 min)