



Castilla-La Mancha
Consejería de Educación,
Cultura y Deportes

PRUEBAS ESPECÍFICAS DE
CERTIFICACIÓN DE NIVEL

INGLÉS / B1

COMPRENSIÓN DE TEXTOS ORALES
SESIÓN EXTRAORDINARIA 2021

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

- **DURACIÓN: 40 minutos.**
- **PUNTUACIÓN:** Será necesario superar todas y cada una de las cinco actividades de lengua de las que constan las pruebas de certificación con una puntuación mínima del 50% en cada una de ellas y una calificación global final igual o superior al 50%.
- Las respuestas erróneas no descontarán puntos.
- Esta parte consta de TRES tareas.
- Se escuchará cada grabación 2 veces.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

DATOS DEL CANDIDATO

APELLIDOS:		
NOMBRE:		DNI:
COMISIÓN:	OFICIAL <input type="checkbox"/>	LIBRE <input type="checkbox"/>
CALIFICACIÓN:		

TASK 1

Listen to the recording and choose the correct question (A-K) for each extract you hear (1-9). There are TWO extra questions. Question (0) is an example. Write your answers in the Answer Box. (1 item = 0.8).

SPORTS RELIEF WEEK IN THE UK

QUESTIONS	
A.	Can someone give you money if they don't use the internet?
B.	Did any of your friends take part in the swimming event?
C.	How did you join Sports Relief?
D.	How do you get people to sponsor you online?
E.	How much have you made?
F.	What does <i>Sport Relief</i> spend the money on?
G.	What do you have to do when you've done the swim?
H.	What is <i>Sport Relief Week</i>?
I.	What kinds of sports do people do in <i>Sport Relief Week</i> ?
J.	What sport did you do?
K.	When did you swim?

(audio-lingua.eu)

ANSWER BOX

EXTRACT	0	1	2	3	4	5	6	7	8
QUESTION	H								

Marks 1: _____ /6.4

TASK 2

Listen to the recording and put in the missing information in each numbered space in the summary. Write ONE word for each numbered space. Answer (0) is an example. Write your answers in the Answer Box. (1 item = 0.8).

HELEN'S VIEWS ON NEWSPAPERS IN BRITAIN

Helen reads the newspaper to know about (0) _____ events. She thinks that quality newspapers tell the (9) _____. She says she prefers *The Guardian* because it reports (10) _____. She reads *The Daily Mail* when she wants to (11) _____ but she thinks that it is mostly about (12) _____. She didn't like how Michael Jackson's (13) _____ was reported and the headlines it got. She likes reading news websites and seeing what other readers' (14) _____ are. She remembers when she was (15) _____ years old and she used to work at a newsagent's. She says that newspapers are a part of British (16) _____, especially national newspapers, not (17) _____ ones.

(audio-lingua.eu)

ANSWER BOX

SPACE	WORDS
<input type="checkbox"/> 0.	world
<input type="checkbox"/> 9.	
<input type="checkbox"/> 10.	
<input type="checkbox"/> 11.	
<input type="checkbox"/> 12.	
<input type="checkbox"/> 13.	
<input type="checkbox"/> 14.	
<input type="checkbox"/> 15.	
<input type="checkbox"/> 16.	
<input type="checkbox"/> 17.	

Marks 2: _____ /7.2

TASK 3

Listen to the recording and choose the correct answer (A, B or C) for each question. Only ONE answer is correct for each question. Question (0) is an example. Write your answers in the Answer Box. (1 item = 0.8).

A JAPANESE METHOD TO RELAX

0. Too much stress can be bad for:
A. Your family.
B. Your health.
C. Your work.
18. This Japanese technique:
A. Can be done in five minutes.
B. Is best done in a quiet space.
C. Needs special training.
19. The finger that will help you feel less worried is:
A. The index finger.
B. The ring finger.
C. The thumb.
20. If you want to increase your self-confidence, hold:
A. Your middle finger.
B. Your pinky.
C. Your ring finger.
21. You need to hold each finger:
A. For about two minutes.
B. For at least three minutes.
C. For nearly five minutes.
22. If you press the centre of your palm, it will:
A. Make you sleepy.
B. Relax your mind.
C. Stop you thinking.

23. If you want to feel the results, practice:
A. Daily.
B. For a few days.
C. Once a week.
24. The speaker says this method:
A. Is better than massage and yoga.
B. The best method he knows.
C. Works faster than some other methods.
25. The Japanese technique is great for:
A. Old and young people.
B. Old people especially.
C. Women more than men.



(youtube.com)

ANSWER BOX

QUESTION	0	18	19	20	21	22	23	24	25
ANSWER	B								

Marks 3: _____/6.4

TASK 1	TASK 2	TASK 3	TOTAL MARKS
			_____/20

TASK 1
SPORTS RELIEF WEEK

ANSWER BOX

EXTRACT	0	1	2	3	4	5	6	7	8
ANSWER	H	I	F	J	K	E	D	A	G

TRANSCRIPT

H. What is *Sports Relief Week*?

0. It's a project that raises money to support different causes, here in Britain and also around the world.

I. What kinds of sports do people do in *Sports Relief Week*?

1. Well, some people do running, like run in a marathon for example, or they swim or they play games like football and volleyball, all kinds of sports to raise money.

F. What does *Sports Relief* spend the money on?

2. Well, on lots of things. For example, the money goes to projects such as mental health support, sports for underprivileged people, support for food banks, support for people in Third World countries, lots of good causes. .

J. What sport did you do?

3. I decided to join in the swimming and I did the Simply Swim Challenge, which was 100 lengths of our local pool, so as each length is 25m long, I did two and a half lengths.

K. When did you swim?

4. On Monday morning. Actually, there were so many of us taking part that the pool had to be closed to the general public to allow only swimmers who were there for Sports Relief Week.

E. How much have you made?

5. So far I've made £235 and I'm hoping for maybe £300. Last year I did the swimming challenge too and I made nearly £250. I think I'll make more this year definitely.

D. How do you get people to sponsor you online?

6. Well, Sports Relief sets up a sponsorship page for you on the internet so you can send people the link via email or through Facebook or Twitter, for example, and ask them to go to your web page and to sponsor you.

A. Can someone give you money if they don't use the internet?

7. Yes, they can. You can give them a piece of paper and they can write down how much they want to give you. For example, they can sponsor you for how much you swim, say 10p for each length you do or simply offer £5 for the whole swim.

G. What do you have to do when you've done the swim?

8. You have to collect the money from the people who have sponsored you. And then give it to Sports Relief. It's great fun and I love participating in it. Maybe next year I'll do the bike ride. Bye.

(Adapted: audio-
lingua.eu/spip.php?page=recherche&recherche=sport&id_rubrique=2&id_mot=12&lang=fr, 18/09/2014,
3:38 minutes)

TASK 2
HELEN'S VIEWS ON NEWSPAPERS IN BRITAIN

ANSWER BOX

SPACE	WORD
0.	world
9.	truth
10.	the facts/facts
11.	relax
12.	celebrities
13.	death
14.	comments/views
15.	16/sixteen
16.	culture
17.	local

TRANSCRIPT

My name is Helen. I am 28 years old and I am British. I read the news every day . I like to keep up to date with **world (0)** events. I prefer the quality press to tabloids. I think the quality press is trustworthy and is more likely to tell the **truth (9)**. My favourite newspaper is *The Guardian*. *The Guardian* is part of the quality press. It has interesting articles and it draws attention to important issues. I believe *The Guardian* always reports **the facts. (10)** I also read *The Independent*. *The Independent* is also part of the quality press. There are lots of reviews in the Independent which give a different version of events. When I want to **relax (11)**. I sometimes read *The Daily Mail*. *The Daily Mail* is a tabloid newspaper. I think *The Daily Mail* has too many articles about **celebrities (12)**. I assume tabloid newspapers do not report accurate facts. Let's take the example with Michael Jackson's **death (13)**. Some tabloids hit the headlines by saying 'Celebrity Paedophile Dies'. I think it is good to read many different newspapers because they each express different views. I used to buy quality newspapers but now I read the quality press websites on the internet I like reading articles on the internet because readers can write **a comment** and express **views. (14)**

When I was **sixteen (15)** years old I worked at a newsagent's. Every morning at 7 am the paper boys and girls came to collect the newspapers for their rounds. They delivered newspapers to many houses in our village. The press is an important part of British **culture (16)**. Most people in the UK read national newspapers. **Local (17)** newspapers are available but they are not as popular.

(audiolingua.eu/?page=recherche&lang=en&recherche=newspapers&id_rubrique=2&id_mot=12/, 2:25 minutes)

TASK 3
A JAPANESE METHOD TO RELAX

ANSWER BOX

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

TRANSCRIPT

Everyday you're stressed about too many things: work, relationships, family, bills, other people's opinions...

A certain amount of stress is normal and even necessary, but **excessive stress can take effect on your life and health (0)**.

I'm going to tell you about how to reduce stress in no time at all. All you need to take away your worries and your headache is just one method: a unique ancient Japanese technique. **It takes less than 5 minutes (18)** and can be done about anywhere.

To practise the technique you should first understand that each finger of your hand represents a different feeling or attitude. Let's see exactly what. Here's your hand: thumb, index, middle, ring and pinky.

The thumb helps fight emotions like nervousness and worry (19). The index can help you combat fear. The middle finger helps you control anger. The ring finger can help you fight depression and sadness. And it's also responsible for making you take decisions more quickly. **And the pinky helps to make you feel optimistic and more self-confident. This finger represents self-esteem (20)**. Let's repeat it again: thumb-worry, index-fear, middle-anger, ring-sadness, pinky-self-esteem. Keep repeating it till you remember it.

Now, let's see how this unusual method works

To harmonize the life energy in the body, hold the finger with the opposite hand, with all the fingers and thumb around it. **Now hold each finger for one to two minutes (21)**. You will know it is working when you feel a pulsating sensation.

If you want to calm your mind, press in the centre of the palm with the thumb of the opposite hand and hold it for at least one minute. It will help you feel less stressed, eliminate negative thoughts and get peace of mind (22) in the middle of your busy everyday life.

Practice this technique every day to stay calm (23) and re-establish the balance within yourself.

Remember that there are many other ways to cope with stress: exercise, yoga, massage, meeting friends, good music and others. However, this Japanese technique is **one of the best methods to make you feel better quickly (24)**. **This method absolutely works really well for everyone, regardless of age and gender (25)**.

Have you already tried it? How did it work for you? And if you haven't tried it yet, give it a go and see what happens.

(youtube.com/watch?v=m3-O7gPsQK0&t=7s, 12/04/2017, 2:58 minutes)