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## **PROBA DE CERTIFICACIÓN DE NIVEL INTERMEDIO B1**

**Inglés**

### **SOLUCIONARIOS**

**COMPRENSIÓN DE TEXTOS ESCRITOS**  
**COMPRENSIÓN DE TEXTOS ORAIS**

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## READING COMPREHENSION

### TASK 1 (...../5) – GREAT AND EASY BOOKS YOU MUST READ

HEADING NUMBER	0	1	2	3	4	5
MATCHING TEXT LETTER	A	E	C	B	F	G

### TASK 2 (...../7) – BRITISH NATIONAL PARKS

QUESTION NUMBER	0	1	2	3	4	5	6	7
MATCHING TEXT LETTER	D	A	D	C	A	A	C	B

### TASK 3 (...../5) – FOOD MARKETS

STATEMENT NUMBER	0	1	2	3	4	5
T/F	T	T	T	F	T	T

### TASK 4 (...../8) – FREDDIE MERCURY

STATEMENT NUMBER	0	1	2	3	4	5	6	7	8
OPTION	C	A	C	B	A	C	C	A	A



## LISTENING COMPREHENSION

### TASK 1 (...../5) – FOOD

AUDIO EXTRACT NUMBER	0	1	2	3	4	5
MATCHING HEADING LETTER	A	G	B	E	C	D

### TASK 2 (...../7) – BUCHAREST

ITEM Nº	PART ONE: ROMAN SQUARE
0	CROWDED
1	1913
2	3 MONTHS
PART TWO: ROYAL PALACE. NATIONAL MUSEUM OF ART	
3	19th / 19
4	ROYAL FAMILY
5	LARGEST COLLECTIONS
6	LIVING ROOM / THRONE ROOM
7	WEDNESDAY TO SUNDAY

**Spelling mistakes will NOT be considered as long as the answer shows the student has understood the information in the recording correctly.**

### TASK 3 (...../6) – HOW TO STUDY BETTER

STATEMENT NUMBER	0	1	2	3	4	5	6
T/F	F	T	F	F	T	T	F

### TASK 4 (...../7) – THR BRITISH LIBRARY

STATEMENT NUMBER	0	1	2	3	4	5	6	7
OPTION	A	A	A	A	B	A	A	C



## **TRANSCRIPTS:**

### **TASK 1 – FOOD**

Ex. 0.-\_\_ For an inexpensive source of complete protein, you can't do much better than the incredible, edible egg—for about 16 cents apiece. You can scramble them for breakfast, hard-boil them for a snack, or use them as the basis for a quick and nutritious supper.

1.-\_\_ We all know that fruits and vegetables are good for us. Fresh juice just seems like the perfect solution. Theoretically, you're getting the nutritional equivalent of at least a dozen servings of fruits and vegetables in every glass. The problem is that juicing also concentrates the natural sugars in fruits and vegetables. If you drink that juice all by itself, those sugars are going to be quickly absorbed into your bloodstream.

2.-\_\_ Everyone I know is trying to eat more fish these days. Eating at least two servings of fish or shellfish per week appears to reduce the risk of heart disease. It might delay the onset of Alzheimer's and dementia, and, if you're pregnant, it could make your baby smarter and healthier.

3.-\_\_ When we sit in front of the television or the computer with an open bag of chips, we can easily just go on autopilot. Our mind is completely absorbed in whatever we are doing. Meanwhile, our hand keeps moving from bag to mouth until the bag is empty. Oops, where did all those chips go? Did we enjoy them? That can lead you to consume hundreds of excess calories without even noticing.

4.-\_\_ Resist the temptation to eat the same so-called "superfoods" day after day because you get a lot more benefit from eating a wide variety of vegetables. Be sure your repertoire includes some dark leafy greens, some orange and red vegetables, and some cruciferous vegetables, like broccoli, cauliflower, and Brussels sprouts.

5.-\_\_ Eat at least five servings of vegetables and two to four servings of fruit each day. This alone will put you ahead of 95% of your fellow Americans. You can eat more than that if you want. But there's not a lot of evidence to suggest that fifty servings a day keeps you any healthier.

*<https://www.quickanddirtytips.com>*

### **TASK 2 – BUCHAREST**

#### **PART 1: ROMAN SQUARE**

Our tour starts at the Roman Square, which along with the Magheru Boulevard, represents one of the most crowded areas of Bucharest.

In the Roman Square is located the Bucharest Academy of Economic Studies, the most significant higher education institution in economic fields in Romania. The Academy was founded in 1913 under the name of "Academy of High Commercial and Industrial Studies", based on a law promulgated by King Carol I. The building where the Academy is headquartered - Commercial Academy Palace – represents a symbol of Bucharest.

The Roman Square subway station was secretly built for fear of Elena Ceausescu, wife of the communist dictator Nicolae Ceausescu. The station was constructed in a record time, less than 3 months.

#### **PART 2: ROYAL PALACE, NATIONAL MUSEUM OF ART**

In front of the Romanian Athenaeum is the Royal Palace, one of the most important symbols of the monarchical Romania, today being known as the National Museum of Art of Romania.

The Royal Palace story begins in the first years of the 19<sup>th</sup> century when on this place a sumptuous for those times house with 24 rooms was built. Starting with 1837 and for a period of 30 years this luxurious construction has served as a royal palace. After 1866, along with the monarchy instauration, the house became the residence of the royal family, being, over time, modified and extended by several renowned architects. This was the first electrically lighted building in Bucharest.



After the forced abdication of King Michael of Romania, it was called “Palace of the Republic”, the main building halls being used by the council of ministers, and in 1950 the remaining halls were converted into the National Art Museum, which functioned uninterruptedly until 1989. During the revolution of 1989, 80% of the building was destroyed and damaged. The renovation works lasted 10 years, the museum being reopened only in 2000.

The National Museum of Art heritage includes one of the largest collections of paintings from Romania. The museum art collections are exhibited in two galleries: the European Art Gallery centered on the Carol I art collection and the Romanian Art Gallery (Ancient Art and the Modern Art).

Besides the art galleries, the public was given the access to the central body of the building, newly renovated, including the royal living room, voivodes' staircase and the throne room.

The National Museum of Art can be visited every day from Wednesday to Sunday.

<https://www.izi.travel/en/8db0-bucharest-free-audio-tour>

### **TASK 3 – HOW TO STUDY BETTER**

So, do you have trouble studying, you get distracted by the TV, you find yourself on YouTube all day? In this video, I am going to give you some tips on how to study better.

#### **STEP NUMBER ONE**

Study for 25 to 50 minutes, then take a 10 to 15 minute break, go for a walk, play with your dog, do some jumping jacks, push-ups, just go and get some fresh air, get your blood flowing and then go back and study again for 25 to 50 more minutes and repeat that until you are finished with your studying.

#### **STEP NUMBER TWO**

Get 6 to 8 hours of sleep the night after you learn something. According to doctor James Moss, if you get a good night's sleep, 6 to 8 hours the night after you learn something, the next day, when you wake up you will remember it better than if you had a poor night sleep and not at least 6 to 8 hours of sleep. Let's move on to step number three.

#### **STEP NUMBER THREE**

Take notes in class and it's better if you take them yourself, getting somebody else's notes and copying them is not the same. When you take notes in class, you are engaging your brain and you will remember more from that class. Good! We will go on to step number four.

#### **STEP NUMBER FOUR**

Step number four is clear your mind of all distractions. So, what I would do to clear my mind of all the distractions is I would close my eyes and I would visualize those scenarios the way that I wish they were or the way that I hope they would be one day, then I would open my eyes, I would be relieved of that stress and then I would memorise a deck of cards. Clear your mind of all distractions, maybe close your eyes and visualize the things the way you wish they could be and then focus on your study. Great! Let's move on to point number five.

#### **STEP NUMBER FIVE**

Five is the keyword technique, and what this is that if you find you're studying, and your mind starts to drift, or wander use the keyword technique. Let's say you're studying about Abraham Lincoln, and your mind starts to drift, focus it on a keyword about the text you're reading and just say to yourself, Lincoln, Lincoln, Lincoln, Lincoln, until your brain is once again focused on what you're reading on Abraham Lincoln. Pick a keyword out of the text. We are a halfway there.

#### **STEP NUMBER SIX**

Step number six is to learn the most important ideas first. If you are looking at a book, sometimes at the beginning they have learning objections or maybe at the end they will have a recap, look at those recaps, look at those bullet points, those are often the most important details that the book or the professor or teacher wants you to learn, learn those first and look



for those details whenever you are reading or whenever you are studying. Learn the most important things first.

<https://www.youtube.com>

## **TASK 4 – THE BRITISH LIBRARY**

### **1.- \_\_ The British Library**

The British Empire built its greatest monuments out of paper. At the British Library you'll see some of the many documents, literary, historical and musical that changed the course of history.

-Hi, I'm Rick Steves, thanks for joining me on a guided walk through the best collection anywhere of old books, maps, scriptures and historical letters. These national archives of Britain include more than 12 million books, a hundred and eighty miles of shelving and the deepest basement in London. But everything that matters for our visit is in one delightful room where the most important documents are on display.

Start with these top stops, then stray according to your interests. Allow yourself an hour to do justice to this audio tour. We'll stand before ancient Bibles, the works of Shakespeare, highlights of English Lit 101, the Magna Carta and, - ladies and gentleman-, the Beatles.

How to use this audio guide.

As you can see from the display window on your mp3 player, each of the British Library greatest hits has its own titles and track number, much like the song tracks of a CD or album.

You can skip ahead or tailor your itinerary to your own tastes.

But navigating through the British Library on your own can be confusing and it's easier to just follow the tour in the order I've laid out.

The tour begins.

In the courtyard outside the entrance, you'll see a big statue. It depicts a naked Isaac Newton bending forwards with a compass to measure the universe.

This naked Newton symbolises the library's purpose: to gather all knowledge and promote our endless search for truth.

Stepping inside you'll find the information desk and other services.

Our tour starts directly ahead. Climb the fifteen stairs to the entrance to the gallery. The room is labelled "The Treasures of the British Library" or "The Sir John Ritblat Gallery" or sometimes just "The Treasures".

The gallery is just one small part of this large complex. The extensive reading rooms where scholars do research are upstairs and not open to the general public.

Enter the Treasure room and let your eyes adjust. This priceless collection is all in one large, dimly-lit room.

<https://www.ricksteves.com>