

# INGLÉS

## CERTIFICADO DE NIVEL INTERMEDIO B2

CONVOCATORIA ORDINARIA 2021

### COMPRENSIÓN DE TEXTOS ESCRITOS

APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

DNI/NIE: \_\_\_\_\_ EOI: \_\_\_\_\_

#### INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE:

DURACIÓN: 60 minutos

- Esta parte consta de tres tareas.
- Lea las instrucciones al principio de cada tarea y realícela según se indica)
- Las respuestas escritas a lápiz o en rojo no se calificarán.
- No escriba en los recuadros sombreados.
- No está permitido el uso de diccionarios.

	TAREA 1	TAREA 2	TAREA 3	TOTAL	CALIFICACIÓN
PUNTOS				/ 25	/ 10

**TASK ONE (8 X 1 mark = 8 marks)**

Read the following texts and match them to the most suitable heading from the list supplied. Each heading can only be used ONCE. There are three headings you will not need. Text 0 is an example.

MARK

## ***HOW TO BE MORE STYLISH***

*A guide to buying less, shopping better and transforming your look in the process*

**TEXT 0**

*It may have been one of your New Year's resolutions to make this year your most stylish year yet – and although we have all come across some unexpected obstacles regarding our goals for the year, there is no reason why you can't use this time to get your wardrobe in order. Here you have some wardrobe resolutions to undertake so that you can make space, save money and look the best you ever have.*

**TEXT 1**

We're all guilty of it. A wedding, a Christmas party, a Friday night reunion in the pub with your friends. Heading somewhere exciting means we inevitably feel like we need something special – and therefore something new – to wear. If you go for something simple and more classic, rather than trend-led, you'll be able to wear it again and again. Accessorised cleverly, it will never feel like the same look.

**TEXT 2**

It's not uncommon to buy something in a size too small as an incentive to lose weight or because it's in the sale and they don't have your usual size. However, holding on to these items – that you can't physically wear – is one of the worst things you can do if you're trying to reduce the size of your wardrobe. Be honest and sell or donate that item.

**TEXT 3**

It's easy to be won over by a big discount, and you should make the most of huge markdowns, but only if that piece is something that you really need to add to your arsenal. Never buy something just because it's a great deal. No matter how affordable it was, if you never wear it, it's a complete waste of money.

**TEXT 4**

An excellent way to keep your wardrobe at a sensible size is to adopt the one-in, one-out policy: every time you add something new, take a piece out (and sell it or donate it to charity). Not only will it keep your shelves from overflowing, it also means you have to be much more confident about what you are purchasing. You'll never buy something unless you completely love it.

**TEXT 5**

Operate your one-in, one-out policy by getting rid of something that you haven't worn in months and trading it for a piece your friend has got bored of wearing (but you have always had an eye on). Exchanging clothes is a great way of having an exciting wardrobe without spending any money.

**TEXT 6**

Another reason we get stuck into style routines is because we get attached to and comfortable with certain shops. It's great to have your core favourites you trust, but there are always so many new ones hitting the market that are waiting to be discovered. From high-end designer labels to more affordable mid-range brands, keep exploring all year round.

**TEXT 7**

To part with a piece of clothing sometimes means letting go of memories. However, there's no need to hold on to everything you've ever loved, especially if it's something you haven't worn for decades. If you really can't bear to get rid of something, put it on trial and see how many times you wear it in the next six months. If it doesn't see an outing, it's officially time for it to go.

**TEXT 8**

One false belief about being stylish is that you should never buy something similar to what you already own. Of course, nobody aims to have 15 navy blue jumpers and 10 identical pairs of black skinny jeans. However, many stylish people keep it simple, they know what they look good in and they stick to this formula when they're choosing new pieces.

(Adapted from) <https://www.harpersbazaar.com/uk/fashion/what-to-wear/a14587839/how-to-be-more-stylish/>

- A. Clothes swap with your most stylish mates.
- B. Don't buy or keep something that doesn't fit.
- C. Don't buy something for just one occasion.
- D. Don't buy something just because it's a bargain.
- E. Give away unwanted items to a friend.
- F. If something is very cheap, don't think twice and buy it.
- G. If you're very fond of an item, test its usefulness.
- H. Spend money on accessories for special occasions.
- I. ***Start the year with a new wardrobe***
- J. Step out of your comfort zone when shopping.
- K. Uniforms are practical.
- L. When you buy something, get rid of something else.

TEXT	0	1	2	3	4	5	6	7	8
HEADING	<b><i>I</i></b>								
	✓								

**TASK TWO (8 x 1 mark = 8 marks)**

**Read the following text and choose the option (a, b or c) which best completes the sentences according to the text. Then write your answer in the corresponding box on the next page. Item 0 is an example.**

<b>MARK</b>

## ***LOG ON IN PARADISE***

*Exotic destinations inviting remote workers*

Working from home has become the new normal for many of us due to the Covid-19 pandemic. While some have struggled to adapt to this new working mode, others have come to the welcome realization that their job requirements can be completed from anywhere and are beginning to explore their options.

As a result, a number of exotic destinations which have seen their tourism revenue pretty much vanish over the past few months are using the situation to their advantage by offering extended visas to remote workers in a bid to inject money into their economies.

### Anguilla

Applications are presently being accepted from those who prepare to show up on the island by October 31, while those who wish to show up after this date can apply by the end of September. The cost, which covers 2 Covid-19 tests along with a digital work authorization, is \$1,000 for people remaining under 3 months or \$2,000 for those remaining in between 3 months and a year.

### Aruba

Applications are currently being accepted from those who plan to arrive on the island by October 31, while those who hope to arrive after this date can apply at the end of September. Although there isn't a fee for the program, which aims to "generate revenue for Aruban businesses and help boost the local economy," candidates must book one of the accommodation packages for a minimum of seven days in order to qualify.

Applicants also need to be employed by a company or registered as self-employed in their home country and are not allowed to render services to and receive income from any Aruban company or individual without an additional work or business permit. However, they will not be liable to pay income tax in Aruba.

### Georgia

While it's been lauded for its successful coronavirus response, with just 1,510 recorded cases at the time of writing, its tourism income has been virtually wiped out over the past few months. To be eligible, applicants must have a minimum salary of \$2,000 per month and agree to a 14-day hotel quarantine on arrival at their own expense. Proof of health insurance for the duration of the stay is also required.

### Bermuda

Bermuda has also created a "One Year Residential Certification" program that launches on August 1. The scheme will allow foreign remote workers to live on the island's legendary pink shores for up to a year.

"Remote working has been a growing trend for some time and is something the Bermuda Government has been examining as part of its technology-focused economic diversification strategy," says Bermuda's minister of labour Jason Hayword. "The trend towards remote

working has been accelerated by COVID-19. These visitors can reside in Bermuda without seeking employment on the island and will promote economic activity for our country without displacing Bermudians in the workforce.”

### Czech Republic

The Zivno visa used to be very easy for U.S. travelers to acquire, but the process has gotten more complicated in recent years. And this program isn't ideal for those digital nomads who can't prove they have local ties to the Czech Republic. Besides, English teachers who can provide letters of employment from local schools are more likely to get a job there.

Still, U.S. applicants have the added flexibility of being able to apply through any Czech embassy in the world, as long as they can get an appointment and produce the correct documents and proof needed for the claim.

### Spain

If you can prove your source of income doesn't come from a Spain-based company, you may be eligible to apply for the country's non-lucrative visa. The aptly-named permit allows travelers to stay in Spain for more than three months, and is only valid for people who live within the jurisdiction of the Los Angeles Spanish Consulate.

You must know the following details before applying:

- All nonlucrative visa applications must be submitted and picked up in person; no proxies or courier services will be permitted.
- The application must be submitted no more than 90 days before your intended date of travel.
- Your processing fee will not be refunded under any circumstances, even if your visa is denied or canceled.
- All visas must be picked up within one month of issuance, beginning the day after you're notified of approval. Visas that are unclaimed after the one-month deadline marked invalid.

(Adapted from) © <https://edition.cnn.com/travel/article/destinations-remote-workers/index.html>

#### **0. The possibility of working from home due to the pandemic...**

- a) has had a positive welcome by all workers
- b) **has been seen by some workers as a new opportunity**
- c) was already widely popular before the arrival of Covid-19

<b>B</b>
✓

#### **9. The main purpose of extending visas is...**

- a) to help workers with their financial situation.
- b) to help the finances of the receiving countries.
- c) to boost local tourism among foreign workers.


**10. Candidates to work in Anguilla...**

- a) can arrive in November as long as they apply in September.
- b) need to arrive on the island by October, 31<sup>st</sup>.
- c) will have to take a Covid-19 test before arrival.

  

**11. To get a visa to work in Aruba candidates have to...**

- a) book their accommodation seven days prior to their arrival.
- b) pay a fixed amount of money for accommodation to qualify.
- c) stay at the accommodation offered for a minimum stay.

  

**12. Candidates to work in Aruba...**

- a) can work for Aruban companies as long as they obtain permission.
- b) can't work for Aruban companies under any circumstances.
- c) will need to register in their home countries to avoid paying income tax.

  

**13. Candidates to work in Georgia will have to...**

- a) pay for their quarantine accommodation.
- b) pay for an insurance during the quarantine period.
- c) show a proof of good health on their arrival.

  

**14. Bermuda's plan to attract foreign workers...**

- a) allows them to stay one year or more.
- b) will help them to find a job in Bermuda.
- c) will not have negative consequences for Bermuda workers.

  

**15. US citizens who want to work in the Czech Republic...**

- a) will have less opportunities if they work as English teachers.
- b) might have difficulties if they lack links with the Czech Republic.
- c) must provide a letter of employment by a Czech company.

  

**16. If you're a US citizen and you want to work remotely from Spain...**

- a) you can collect your visa up to three months after it is issued.
- b) you must pay a reimbursable fee.
- c) you must work for a company located outside Spain.

**TASK THREE (9 x 1 mark = 9 marks)**

**Read the text and complete each gap with ONE suitable phrase from the list supplied. Then write your answers in the boxes provided. Each sentence can only be used ONCE. There are 2 phrases you will not need. Gap 0 is an example.**

MARK

## ***WHY COFFEE COULD BE GOOD FOR YOUR HEALTH***

*Recent studies shed light on the possible benefits of traditionally demonised coffee*

Caffeine is the most popular psychoactive drug in the world. Humans have been drinking coffee, a natural source of caffeine, for centuries, *but there have been mixed messages around its effect on human health for decades [0]*.

"Traditionally, coffee has been seen as a bad thing," says Marc Gunter, head of the section of nutrition and metabolism at the International Agency for Research on Cancer (IARC). "Research from the 1980s and 90s concluded that [17] – but it's evolved since then."

With more studies emerging over the last decade, Gunter says, scientists now have data from hundreds of thousands of coffee-drinkers. But what does the research tell us – and is coffee consumption providing health benefits, or risks?

Coffee has been associated with an increased risk of cancer because it contains acrylamide, a carcinogenic substance found in foods including toast, cakes and chips. However, the IARC concluded in 2016 that coffee is not carcinogenic, [18].

Not only that, but more research has found that coffee may actually have a protective effect. Some studies have shown an association between coffee drinking and lower severity, and recurrence, of colon cancer in patients, for example.

In 2017, Gunter published the results of a study [19] across Europe over a period of 16 years. Those who drank more coffee had a lower risk of dying from heart disease, stroke and cancer. These findings are consistent with research from other parts of the world, including the US.

Gunter says there's enough consensus across observational studies [20] have fewer diseases compared to those who don't drink any.

The potential benefit of coffee could go further. Coffee-drinkers in Gunter's study were more likely to smoke [21]. This would suggest that if coffee does lower the risk of heart disease and cancer, it might be more powerful than we think – it overrides the effects of unhealthy behaviours.

That's true whether it's a cup of decaffeinated or caffeinated coffee. Decaf coffee has similar amounts of antioxidants as normal coffee, research has found. Gunter didn't find differences between the health of people who drank caffeinated versus decaf, [22] are due to something other than caffeine.

However, all of this research was based on population data – which doesn't confirm cause and effect.

People who consume coffee may simply have better underlying health than people who choose not to, says Peter Rogers, [23] at the University of Bristol. That's in spite of their healthier lifestyle habits, as found in Gunter's research.

"Some people suggested there might be protective effect, which is somewhat controversial as it's based on population evidence," he says.

Meanwhile, people who consume coffee regularly often have higher blood pressure, which should increase the risk of cardiovascular disease. However, Rogers says, there isn't evidence that higher blood pressure from drinking coffee is associated with higher risk of cardiovascular disease.

Clinical trials looking into coffee – which could better determine its benefits and risks – are rarer than population studies. But \_\_\_\_\_ [24] \_\_\_\_\_ in which they observed the effects of drinking caffeinated coffee on blood sugar.

The small study, conducted by the Centre for Nutrition, Exercise and Metabolism at England's University of Bath, looked at how coffee affects the body's response to breakfast after a fragmented night's sleep. They found that participants who drank coffee, followed by another sweet drink for breakfast, \_\_\_ [25] \_\_\_, compared to when they didn't consume coffee before 'breakfast'.

Still, this kind of behaviour would have to happen repeatedly over time for the risk to accumulate.

(Adapted from) © <https://www.bbc.com/future/article/20201028-the-benefits-of-coffee-is-coffee-good-for-health>

- A. A GROUP OF RESEARCHERS RECENTLY CONDUCTED A TRIAL
- B. AND HAD UNHEALTHIER DIETS THAN NON-COFFEE DRINKERS
- C. *BUT THERE HAVE BEEN MIXED MESSAGES AROUND ITS EFFECT ON HUMAN HEALTH FOR DECADES.***
- D. HAD A 50% INCREASE IN BLOOD SUGAR
- E. IT WILL INCREASE THE AMOUNT OF CAFFEINE
- F. PEOPLE WHO CONSUME THREE CUPS OF COFFEE A DAY
- G. PEOPLE WHO DRANK COFFEE HAD A HIGHER RISK OF CARDIOVASCULAR DISEASE
- H. TO CONFIRM THAT PEOPLE WHO DRINK UP TO FOUR CUPS OF COFFEE A DAY
- I. UNLESS IT'S DRUNK VERY HOT
- J. WHICH LED HIM TO CONCLUDE THAT THE HEALTH BENEFITS ASSOCIATED WITH COFFEE
- K. WHICH LOOKED AT THE COFFEE-DRINKING HABITS OF HALF A MILLION PEOPLE
- L. WHO STUDIES THE EFFECTS OF CAFFEINE ON BEHAVIOUR, MOOD, ALERTNESS AND ATTENTION

<b>GAP</b>	<i>0</i>	17	18	19	20	21	22	23	24	25
<b>LETTER</b>	<b><i>C</i></b>									
	✓									