

TASK 1: HOW TO BUILD SELF-DISCIPLINE

TEXT	1	2	3	4	5	6	7	8
HEADING	D	I	K	A	B	F	C	G

Distractors: E, H

TASK 2: HOW TO TRAVEL AROUND THE WORLD

SENTENCE	9	10	11	12	13	14	15	16
OPTION	C	C	C	C	C	B	B	A

TASK 3: HAUNTED APPALACHIA?

GAP	17	18	19	20	21	22	23	24	25
LETTER	M	A	B	F	C	E	D	L	I

Distractors: G, H, J

TASK 1: WHAT'S CHANGING ABOUT CHILDBIRTH?

EXTRACT	1	2	3	4	5	6	7
HEADING	I	F	J	B	G	A	E

Distractors: D, H

TASK 2: THE ACTOR BEHIND OPPENHEIMER

SENTENCE	8	9	10	11	12	13	14	15
OPTION	C	A	B	C	B	C	B	B

TASK 3: THE LOST CITY OF ATLANTIS

16.	millennia
17.	debate
18.	evolve
19.	formations
20.	in terms
21.	mastered
22.	downfall
23.	shift / change
24.	the unknown
25.	far-reaching

Nota:

- No se penalizarán los errores de ortografía que no alteren esencialmente el significado de la palabra, frase o expresión requeridas.
- En los ítems con dos palabras, será necesario que ambas estén presentes para poder otorgar 1 punto al alumno. Ningún ítem podrá puntuarse con 0,5 puntos.

TRANSCRIPTS

TASK 1: WHAT'S CHANGING ABOUT CHILDBIRTH? [minutes 2:07 / 9:00]

EXTRACT 0: AN UNINTENTIONAL DELAY? [C]: [Speaker A] **And why are women choosing to delay?** [Speaker B] *I think the most common answer would be around the fact that women now have many more life opportunities. And later motherhood is something we see going along with women's participation in prolonged education and increases in different career opportunities for women. But I'm always cautious, you know, I work on motherhood after 40, which is at the very late end of motherhood, and **many of those women actually really reject this idea of an intentional delay or postponement.*** [minute 2:17]

EXTRACT 1: THE OLDEST MUMS IN HISTORY [I]: I'm Dr. Zainab Gertin, I am a lecturer at the Institute for Women's Health at UCL. We have a couple of different changes occurring simultaneously and one of those that's really striking is **an increasing age of motherhood**. So, we know from data at the Office of National Statistics that the most common age of motherhood now is 31. **And that's really the latest it's ever been.** And we can see that there's really what we might call **a trend for later motherhood or a postponement or delay in motherhood.** [minute 3:00]

EXTRACT 2: NOT ENOUGH SUITABLE PARTNERS [F]: My book focuses on American women who are highly educated, **professional women who were unable to find a partner.** And so right now in the US, and in the UK, there are about 27% more women than men in higher education. And what this means is that **there's a sort of massive undersupply** of educated men now in the millions. And so women who are college educated or university educated, who want to find somebody also educated, simply, **there are not enough of them.** And so it's a gender. [minute 3:46]

EXTRACT 3: THE RECOVERY OF AN OLD PRACTICE [J]: It is widely accepted that most births that took place prior to the 20th century occurred in the home. With the arrival of the 20th century and the advances in modern medicine that came with it, **home births became far less common.** But in 2020, driven at least in part by the pandemic, **home births increased** 22% from 2019, to 1.26% in 2020. This week NCHS has released **a new report documenting the increase in home births** during the pandemic. Joining us to discuss the findings in the report. [minute 4:31]

EXTRACT 4: AN ISSUE THAT IS NOT PROPERLY ADDRESSED IN SCHOOLS [B]: [Speaker A] In American schools, there is sex education. It's all about preventing birth. And so the talk about like, "how long are you fertile?", "when does fertility start to decline?" **Those messages are not being communicated well.** Fertility starts to sort of decline at about age 32. Age 37 is sometimes called "the fertility cliff" because there's a very rapid decline in women's fertility. [Speaker B] **So getting pregnant may be harder to achieve than school sex education classes would have us believe.** [minute 5:17]

EXTRACT 5: NOT THE BEST ATTITUDE [G]: [Speaker A] We've had women speak to us about the guilt that they have felt because their birth was a C-section birth and not something they had planned. [Speaker B] I think it's very difficult to avoid guilt around childbirth and indeed motherhood. Once you become pregnant and then become a mother, guilt goes with the territory, really. What I always seek to do is ensure that women don't impose upon themselves a situation in which they set up a sort of dichotomy "this is good and that was bad". **It's also very negative and undermining and non-helpful.** [minute 6:03]

EXTRACT 6: A TECHNIQUE THAT IS STILL RELATIVELY NEW [A]: [SPEAKER A] Egg freezing gives a woman the option to use her stored eggs at a later date. But how successful are egg freezing rates in the UK? [SPEAKER B] The success rates of egg freezing are quite difficult to define because **it's still a fairly new technology** and most women who've frozen their eggs have not come back to use them. The kinds of figures we have at the moment suggest something like one in five women who come back to use their eggs will be able to become mothers using those eggs. And we might see those success rates increasing over the next decade. [minute 6:50]

EXTRACT 7: INEFFECTIVE BIRTH CONTROL [E]: About eight years ago, I met a young woman. I'll call her Sophia. And she showed me her newborn in her lap. And she said to me, "This wasn't my plan." Sophia had already had two unplanned children before this third child was born. **All three of Sofia's pregnancies occurred while she was on the pill. Sophia's pregnancies weren't just unplanned. She actively planned not to become pregnant and took precautions against it. But the only method she was ever offered failed her.** In the US each year, nearly half of all pregnancies are unplanned. In fact, **about half of all unplanned pregnancies occur to women who are actually using birth control**, like Sophia. [minute 7:35]

Adapted from © *What's changing about childbirth?*

TASK 2: THE ACTOR BEHIND OPPENHEIMER

[minute 1:30 / 8:24]

NARRATOR: 2023 was the year the world learned to pronounce Cillian. The ancient Irish name seemed to be on everyone's lips as the film *Oppenheimer* became a blockbuster, with 13 Oscar nominations, including Best Actor for Cillian Murphy. Murphy has worked non-stop for nearly 30 years, but it was the epic drama of the atomic bomb that ignited a star. **Murphy is more famous than well-known, so we set out to learn more. We were warned the 47-year-old Irishman is reserved and wouldn't talk about himself [0, 2:08].**

INTERVIEWER: What is the meaning of Ireland?

CILLIAN: Oh, man!

INTERVIEWER: To you?

CILLIAN: I don't think I can answer that question satisfactorily. It's defined who... who I am as a person, um, and my values... it's just home.

NARRATOR: **Home includes his wife of 20 years, two teenage sons and Scout [8, 2:35],** a lab named for the character in *To Kill a Mockingbird*. Murphy has always let stories lead his path.

CILLIAN: You find so much empathy in novels, you know, because there you are putting yourself into somebody else's point of view and I've always been a big reader. When a movie can connect with someone and they feel seen, or feel heard, or a novel can change somebody's life or piece a music, an album, can change someone's life, and I've had all that happen to me, and that's the power of good art, I think.

NARRATOR: Cillian Murphy discovered agility in his hometown, Cork. His mother was a teacher, his father a school inspector. **In high school, Murphy and his brother had a band. Performing led to acting class and his first play: 1996, age 20, the play was *Disco Pigs*, which grew to bigger theaters and became a movie [9, 3:22].**

INTERVIEWER: Why did you think you could be an actor?

CILLIAN: I was very comfortable on stage in front of an audience from when I was little. I never had any nerves doing that. It felt, um, natural, you know. Theater is such an absurd undertaking, when you think of it, you know, because, at any point, it could collapse and go wrong.

INTERVIEWER: It's dangerous.

CILLIAN: Yeah, and I love that aspect of it.

NARRATOR: That love led him to drop law school and, since then, there have been a dozen plays and 40 movies.

CILLIAN: In the early days that was, **with theater**, it felt kind of extraordinary that with just the power of will and a couple of lights and a good script, we were creating this world, um, so, so it's, **that's kind of addictive when it works well [10, 4:12].**

NARRATOR: It worked well in 2013, in a breakout role as a leading man. In the series *Peaky Blinders*, Murphy plays Thomas Shelby, who survives World War I to lead a family of gangsters.

CILLIAN: They're all damaged, broken men, but something got knocked in him and he came back with this incredible drive and ambition and, like, **I'm not afraid of death so now I can do whatever I want [11, 4:51].**

INTERVIEWER: In Tommy Shelby, you created a sympathetic relatable monster.

CILLIAN: I like to be challenged.

NARRATOR: His Oppenheimer was not so much a miracle as hard work. He lost 28 lbs. to get the silhouette. Then he rose to the character step by step over six months, reading, listening to Oppenheimer's lectures and covering miles on the beach, performing for Scout.

Murphy says he put all he learned in the back of his mind and acted on instinct [12, 5:26].

CILLIAN: I think instinct is your most powerful tool that you have as an actor. Nothing must be predetermined so therefore you mustn't have a plan about how you're going to play stuff.

NARRATOR: J. Robert Oppenheimer the physicist who created the atom bomb but never controlled it.

CILLIAN: **I remember reading, at the beginning, about him that he was more riddle than answer and I thought, oh, okay, wow! That's... that's interesting! [13, 5:51]**

NARRATOR: The riddle was in this script by writer director Christopher Nolan, printed in red so it couldn't be photocopied.

CILLIAN: I did genuinely think it's one of the greatest screenplays I'd ever read.

INTERVIEWER: And you told him I'll do it

CILLIAN: I mean, **I said I'd do it before I read it. I always...**

INTERVIEWER: That's quite a risk! Why would you do that?

CILLIAN: **It's always paid off for me, you know, in every film that I've worked with him on [14, 6:16, 6:22].**

NARRATOR: There have been six Chris Nolan films for Murphy: *Dunkirk*, *Inception* and three *Batman* titles.

EMILY BLUNT (in Oppenheimer): You don't get to commit the sin and then have us all feel sorry for you...

NARRATOR: Emily Blunt plays Oppenheimer's tormented wife.

EMILY BLUNT: He's very visceral to be in a scene with. It's like you... he transports you; he'll kidnap you in a scene.

INTERVIEWER: My favorite acting moment of his, in *Oppenheimer*, is the scene after the bomb has been dropped and he's addressing all of the people at Los Alamos. **He somehow welds together the concept of being proud of what they did...**

EMILY BLUNT: Yes...

INTERVIEWER: ...and regretting it very deeply...

EMILY BLUNT: Yes, yes...

INTERVIEWER: ...all at the same time.

EMILY BLUNT: ...I know (*whispered*).

EMILY BLUNT: **No one moment is about one thing and**, if you're as agile as someone like Cillian, and as vulnerable, and as clever, **you can play it all [15, 6:58, 7:19]**, but I don't know if many people can do what he does.

INTERVIEWER: You have screwed this up though you know...

CILLIAN: In what way?

INTERVIEWER: You used to be an actor...

CILLIAN: Yeah!

INTERVIEWER: And now you're a movie star.

CILLIAN: Oh, okay...am I? I think you could be both!

Have you ever wondered about the lost city of Atlantis? Where did this tale originate? The story of Atlantis shrouded in mystery and intrigue takes us back to the works of the ancient philosopher Plato.

He first spoke of this advanced civilization in his Dialogues *Timaeus* and *Critias*. In his accounts he painted a vivid picture of a utopian society, a city of gold and silver and a [sic] people advanced **beyond [0, 2:00]** their era. This society was said to be so powerful that it held dominion over much of the world, but then, as sudden as it had appeared, it disappeared.

Plato tells us this extraordinary civilization met a tragic end. As the story goes, Atlantis was swallowed by the sea in a single day and night of misfortune. This tale has captivated the imaginations of scholars, adventurers and dreamers for over two **millennia [16, 2:21]**, becoming a symbol of lost civilizations and sunken worlds. The tale of Atlantis has survived for thousands of years but what does history tell us about this lost city? The first mention of Atlantis comes from the ancient philosopher Plato who described it as a utopia that tragically sunk into the ocean in a single day and night of misfortune. Plato used Atlantis as an allegory to illustrate his philosophical ideas, but was it only a metaphor?

Fast forward to modern times, scholars continue to **debate [17, 2:54]** whether Atlantis was a real place or a figment of Plato's imagination. Some believe it was a historical civilization, advanced for its time that fell victim to a cataclysmic event. Others argue it was a cautionary tale crafted by Plato to warn about the dangers of hubris and unchecked power. From a philosophical allegory to a genuine historical place, the interpretation of Atlantis continues to **evolve [18, 3:16]**. Regardless of the truth, the allure of Atlantis, the city lost in time, remains undiminished.

So, where could Atlantis have been located? The theories are as diverse as they are intriguing. Some scholars believe that Atlantis was nestled in the heart of the Mediterranean. They point to the rich maritime culture of ancient civilizations in this region, suggesting that Plato's descriptions were inspired by these established societies. On the other hand, a number of theorists proposed that the lost city was in the Caribbean. This idea is fuelled by the discovery of underwater **formations [19, 3:54]** near the Bahamas, which some argue resemble the concentric circles described by Plato. Yet another theory suggests that Atlantis was actually in the Antarctic. Proponents of this view argue that ancient maps hint at a time when this now icy continent, was a thriving temperate land. From the sunken city of Thera to the mysterious underwater formations off the coast of Cuba, evidence supporting each theory adds another layer to the enigma of Atlantis. From the depths of the Mediterranean to the Caribbean, the search for Atlantis continues.

One of the most captivating aspects of Atlantis is the claim of its advanced technology. Atlantis, as depicted in ancient texts was not just an advanced civilization **in terms [20, 4:38]** of societal structure and governance, but also in technology. The city was said to possess mysterious devices and machines, the likes of which our modern world can only dream of. Imagine technologies that could harness the power of nature, control weather or even manipulate energy. How fascinating.

These descriptions have intrigued scholars and enthusiasts alike, leading to countless theories. Some propose Atlantis was a hub of crystal technology. Others suggest it **mastered [21, 5:12]** sound and light energy. The implications are staggering. If these claims hold any truth, it would mean that Atlantis was a civilization far ahead of its time. Could Atlantis have been a technologically advanced civilization far ahead of its time? The answer to that question remains as elusive as the city itself, buried deep beneath the waves of mystery and time.

What could have caused the **downfall [22, 5:35]** of such a powerful civilization? The theories are as intriguing as they are varied. Some propose that Atlantis was swallowed by the sea due to a catastrophic earthquake or tsunami. The seismic activity they argue could have been so intense that it caused the land to sink beneath the ocean waves, taking Atlantis with it. Others suggest that a rapid change in sea levels, perhaps caused by a sudden climate **shift**, drowned the city. This theory is bolstered by evidence of dramatic climate **change [23, 5:57,6:02]** around the time Atlantis was said to have existed. Then there are those who delve into the realm of the mystical. They propose that Atlantis was destroyed by its own advanced technology or even by the wrath of the Gods, angry at the hubris of the Atlantean people. Whether by natural disaster or some unknown force, the disappearance of Atlantis remains a mystery.

Despite its disappearance, Atlantis has left a lasting legacy. This lost city cloaked in mystery and shrouded in tales of grandeur has captured our collective imagination like no other. It's a symbol of our insatiable curiosity, our relentless pursuit of knowledge and our enduring fascination with **the unknown [24, 6:39]**.

Atlantis has permeated our culture, inspiring countless works of literature, art and cinema. It has sparked explorations and adventures fuelled by the hope of unearthing a forgotten city and unlocking its secrets. From Jules Verne's *20,000 Leagues Under the Sea* to the animated adventures of Disney's *Atlantis, The Lost Empire* the influence of this mythical city is **far-reaching [25, 7:02]** and profound. It's a testament to the power of storytelling and the allure of mystery. Whether real or imagined, the legend of Atlantis continues to captivate us. It's a tantalizing enigma, a siren's call that beckons us to delve deeper into the unknown and unearth the secrets of our past.

Adapted from © www.youtube.com/watch?v=tsqabjneNR8