

# INGLÉS

## CERTIFICADO DE NIVEL INTERMEDIO B2

CONVOCATORIA EXTRAORDINARIA 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 two headings you will not need. Text 0 is an example.**

<b>MARK</b>

## ***WAYS TO PRACTICE SELF-CARE THAT COST NEXT TO NOTHING***

*San Francisco wellness experts share some tips for free self-care*

**TEXT 0**

Take a walk around the block, sit in the grass, hike a local trail or just let the sun shine on your face for a few minutes. "No matter where you live, you likely have access to an outside space," said Tiffany Lester, integrative medicine doctor.

**TEXT 1**

When your apartment or office is a mess, it can take a toll on your mental state, making you feel more stressed, anxious and overwhelmed. "For some, a messy or cluttered home can activate their nervous systems and impact mental health wellness," said therapist Jesse Kahn.

**TEXT 2**

Texting and email are convenient forms of communication, but they don't satisfy our deep need for connection in the way more personal interactions do. "Call a friend, take a walk with a colleague or cook dinner with a family member," psychotherapist Dahlen DeVos said. "Connecting with others we love helps to shift us out of our heads, regulates our nervous systems and elevates our moods."

**TEXT 3**

Snuggle up next to your partner, your child or even your BFF. "Cuddles and hugs release oxytocin, a feel-good hormone that also helps with reducing stress," said Lysie Seely, a marriage and family therapist. Pets make great cuddle buddies, too. Plus, spending time with our furry friends has been shown to alleviate anxiety, depression and feelings of loneliness.

**TEXT 4**

Choose a field that inspires you to do your bit. "Engaging in altruistic acts and seeing our actions make a direct and positive impact in the lives of others is a surefire way to shift your mood and feel part of something bigger than yourself," Dahlen DeVos said. "This can help put our problems in context, or at least give us a break from stressors."

**TEXT 5**

"We often think of self-care as doing something extra for ourselves on top of our normal day-to-day activities. But self-care can also be about what you choose *not* to do," Seely said. One way to give a healthy "no"? Start setting boundaries with the people in your life.

**TEXT 6**

All the face masks, manicures and massages in the world can't undo the damage of that harsh inner voice criticizing and judging yourself all day long. If you don't know where to begin with self-compassion, Allison Hart —a mental health professional— recommended putting your hand over your heart and saying to yourself: "I am struggling right now. I'm angry or feeling out of the flow. May I be gentle and flexible with myself."

**TEXT 7**

At least once a day, if not more, take some time to check in with yourself. Pause to assess how hungry or full you are, any emotions you may be feeling or scan your body for areas of tightness. "Simply asking yourself the question, 'How am I doing right now?' is a gentle reminder to take care of yourself," dietician Hill Kooienga said.

**TEXT 8**

Journaling can be a very therapeutic (and inexpensive) exercise. All you need is a pen and some paper to get started. Journaling can help you understand thought patterns, work through difficult emotions, reflect on certain events or be grateful for little details in your everyday life.

Adapted ©www.huffpost.com

A.	BE KIND TO YOURSELF
B.	BE IN AN ORDERLY ENVIRONMENT
C.	ENGAGE IN CLOSER EXCHANGES
D.	FIND YOUR CAUSE
E.	ENQUIRE YOUR INNER SELF
F.	EXPRESS YOURSELF
G.	GET IN TOUCH WITH NEW PEOPLE
H.	GET SOME PHYSICAL CONTACT
<i>I.</i>	<b><i>SPEND TIME OUTSIDE</i></b>
J.	TURN DOWN OFFERS
K.	WRITE ABOUT UPSETTING MOMENTS

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>

## ***REUNITED BY TIKTOK***

*The App reunites long lost twin sisters separated for more than 20 years*

Mustika had spent years trying to track down the twin sister she was separated from as a child, until finally the social media app TikTok brought them together.

Mustika, 24, and her sister Elis were deliberately separated by their parents when they were two months old, after developing cholera symptoms. Their mother had twin sisters who got sick and died soon after one another, and she and her husband believed twins shared the same life and soul.

"My mother was worried that if one twin was sick, the other would be too. So for the time being they had to be separated," Mustika said.

The family had migrated to Ambon, a city in Eastern Indonesia. They already had seven children before the birth of Elis and Mustika, so they placed their baby daughters with two different adoptive families. But while the biological parents were able to take Elis back just a couple of months later, they lost contact with Mustika's adoptive parents, after the new family decided to leave Ambon.

While the parents gave the family permission to take Mustika with them, they did not know which city the adoptive family returned to, or their new address. Making the situation more complicated, Mustika's biological parents also gave her adoptive parents permission to change her name to Fitriyana, in keeping with a Javanese cultural belief that someone who has been sick for a time should have their name changed.

### **Never knew she had a twin**

While Elis knew that she had a long-lost sister, Fitriyana grew up having no idea. So she was very surprised when more than 20 years later, a message popped up on her phone screen from a person claiming to be her biological twin sister.

"She asked my name, whether my parents have ever lived in Ambon and I said 'yes'," said Fitriyana. Initially, she did not believe it and thought the message was a scam or some sort of fraud. But she changed her mind after seeing Elis's photos on her Facebook account, and seeing the clear resemblance. Yet she chose not to ask her adoptive mother Rini about it.

"I didn't want to hurt my mother," she said.

Her mother finally explained the truth to Fitriyana after she saw a video posted by Elis on YouTube about the search for her twin sister.

"The reason why she didn't tell me was because she didn't want to lose me," Fitriyana said. She said her mother's confession did not make her feel disappointed or betrayed.

## Searching on social media

Elis had been trying to find her twin since high school, using social media platforms like Facebook, but she had no luck.

"[It's because] my dad got the name wrong. He told me my sister's name was Fitriyani instead of Fitriyana," she said.

Elis created a YouTube video about her search for her twin.

Her efforts were still unsuccessful, until finally a TikTok video posted by Fitriyana brought them together after 24 years apart. A close friend of Elis's, who knew she was trying to track down her twin sister, was the person who first saw the video online and showed it to Elis. She said: "I was speechless. [I felt] so happy and confused ... I wasn't 100 per cent sure it was her, but we started communicating".

"When she saw me for the first time through a video call, she broke into tears. I felt so happy that I had finally met the person I had been looking for," Fitriyana said.

### 'Many similarities'

Fitriyana decided to travel 600 kilometres to Tasikmalaya with her adoptive mother and her two children to meet Elis. Eleven hours later, they were greeted by Elis's family and by a group of local reporters.

Fitriyana said she spotted many similarities straight away —on their first meeting they picked the same hijab colour, without telling each other beforehand.

"I was shocked. [Our faces] look the same ... my children couldn't even tell which one was their mother," she said.

"[We're] the same. She is talkative, so am I. She's stubborn, so am I", Fitriyana added.

Their biological father said he was very happy that his twins had been reunited, but regretted the fact that his wife, who passed away in June 2019, couldn't meet her long-lost daughter.

"Mother was very sure that one day Fitriyana would come home," Elis told the ABC. She said she doesn't blame anyone, including her parents, for their separation.

From ©www.abcnews.com

### 0. The two sisters got together

- a) *after a really long time.*
- b) using a job search app.
- c) when they were still children.

<b>A</b>
✓

### 9. The two sisters were separated

- a) after being sick for more than two months.
- b) because their parents made a mistake.
- c) to protect them from a possible death.


**10. The parents lost touch with Mustika when**

- a) her adoptive parents moved away.
- b) Mustika got sick while living with her adoptive parents.
- c) they went to take Elis back from her adoptive parents.

  

**11. The two sisters' biological parents**

- a) agreed with the change of Mustika's name.
- b) asked Fitriyana's adoptive parents to change her name.
- c) believed that changing Fitriyana's name would protect her from dying.

  

**12. At first, Fitriyana refused to answer the message because**

- a) a close friend advised her not to answer it.
- b) she didn't have a Facebook account.
- c) she thought that she might be cheated.

  

**13. In the end, Fitriyana's mother decided to tell her the truth because**

- a) Fitriyana asked her about her missing sister.
- b) she didn't want to disappoint Fitriyana.
- c) she saw Elis's request online.

  

**14. Elis finally managed to find her sister**

- a) after changing the online platform to create her video.
- b) thanks to a video posted by one of her friends.
- c) when her sister posted a video too.

  

**15. The two sisters**

- a) gradually noticed they had a lot in common.
- b) had a lot of things in common from the very beginning.
- c) realized they usually wore the same clothes.

  

**16. The father of the two sisters**

- a) regretted separating them at a young age.
- b) thinks that the separation was nobody's fault.
- c) wishes his wife had been able to see the sisters again.

**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 3 phrases you will not need. Gap 0 is an example.**

MARK

## ***HOW ONLINE GAMING HAS BECOME A SOCIAL LIFELINE***

*Gamers knew it: there's community connection on the other side of a screen*

I was sitting in my tiny New York City apartment, panicky and coming to terms with the reality that I'd be trapped inside for weeks, potentially months. But my friends reassured me that as lifelong video game enthusiasts, \_\_\_\_\_ [0] \_\_\_\_\_ would be a piece of cake. After all, gamers like me do already spend plenty of time in front of our screens all on our own.

But even sitting alone for hours, gamers aren't necessarily isolated. In many cases, far from it. With the rise of social media, gamers – particularly in Gen Z – have perfected the art of building communities in and around video games. Gamers don't just compete with strangers on the internet, but \_\_\_\_\_ [17] \_\_\_\_\_.

In this age of long-term social distancing and mental-health strains, gamers have long had a tool that's now bringing some relief to those who've never picked up a controller before, providing a new outlet for much-needed connection in isolation.

Gaming has increased dramatically during the pandemic, reaching people who'd play every now and then, or even those who had previously neglected it entirely. In the US alone, \_\_\_\_\_ [18] \_\_\_\_\_, according to a new study by NPD, an American business-research firm. And at a time in which many industries are in crisis, sales in gaming are booming.

But although the concept of socialisation in a game is new to many, video game enthusiasts have been using tech like this to build friendships online and stay connected for years.

Mark Griffiths is a professor at Nottingham Trent University who's written about gaming friendships in the pandemic, and studied socialisation in video games for decades. In 2003, he published a study that showed a quarter of 11,000 players of an online role-playing game said \_\_\_\_\_ [19] \_\_\_\_\_. He says the study was a direct and early contradiction of the stereotype that video games are isolating, and gamers antisocial.

For example, players can visit the towns of both real-life friends or strangers who share their village code online. Flying on a virtual seaplane into my brother's village, filled with friendly koalas, has become our 2020 ritual as he continues to isolate from Washington, DC, and we miss family holidays. I also visit friends scattered all over the world, \_\_\_\_\_ [20] \_\_\_\_\_ I haven't seen since 2000.

Some people have held their birthday parties via games this year, \_\_\_\_\_ [21] \_\_\_\_\_ and some couples who cancelled their weddings because of Covid-19 have even gotten married in the game.

Amazon-owned Twitch, \_\_\_\_\_ [22] \_\_\_\_\_, chatting in real time with the streamer and other viewers, clocked five billion hours of viewed content in the second quarter of 2020 alone. It's a new record.

Wayne adds as Twitch has become more popular, it's expanded its platform beyond gamers, especially during social-distancing restrictions in 2020. Book authors are hosting book launches, musicians are holding concerts \_\_\_\_\_ [23] \_\_\_\_\_, all following the gamer-streamer model. There are also new communities of gamers that have formed on the site, including LGBTQ gamers and gamers who've served in the armed forces.

Like many communities, gaming has its share of toxicity and hostility. But when Jay-Ann Lopez, a London-based gamer, launched a closed Facebook group in 2015 called Black Girl Gamers as a safe and inclusive space in the face of racism and sexism in the gaming community, she was able to build a vibrant community that's since grown across platforms like Twitch. This summer, it even hosted \_\_\_\_\_ [24] \_\_\_\_\_, which has long been dominated by white men.

So, although \_\_\_\_\_ [25] \_\_\_\_\_, even the World Health Organization believes it could be key in nurturing our bonds with others. Earlier this year, it launched #PlayApartTogether. And as mental health professionals stress the importance of relationships, connections and community in these times, they're even beginning to find direct psychological and social benefits from gaming across the generations.

From ©www.bbc.com

A.	AND EVEN DRAG QUEENS ARE PUTTING ON SHOWS
B.	A SUMMIT OF ENTIRELY BLACK FEMALE PROFESSIONALS IN THE INDUSTRY
C.	FORGE GENUINE, ENDURING FRIENDSHIPS
D.	FOUR OUT OF FIVE CONSUMERS IN ONE SURVEY PLAYED VIDEO GAMES IN THE LAST SIX MONTHS
E.	HARDLY EVER DO THEY GET TO KNOW THEM IN REAL LIFE
F.	IN AN EVENT WITH BLACK GIRLS PLAYING THE MOST POPULAR VIDEOGAMES
G.	INCLUDING ONE FROM SECONDARY SCHOOL WHOM
H.	MORE PEOPLE STARING AT A SCREEN MAY SEEM LIKE AN UNHEALTHY HABIT
I.	OTHERS GO ON DATES
J.	THE FACT THAT IT CAN BE ISOLATING
<b>K.</b>	<b><i>THE PROSPECT OF SITTING ON A SOFA IN FRONT OF A TV FOR AN INTERMINABLE STRETCH</i></b>
L.	THEIR FAVOURITE PART OF THE GAME WAS CONNECTING WITH OTHER PLAYERS
M.	WHERE PEOPLE WATCH OTHER PEOPLE PLAY VIDEO GAMES IN LIVE WEBCASTS

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