



**Región de Murcia**

Consejería de Educación, Juventud y Deportes

Dirección General de Formación Profesional y Enseñanzas de Régimen Especial

# ESCUELAS OFICIALES DE IDIOMAS DE LA REGIÓN DE MURCIA

## PRUEBA ESPECÍFICA DE CERTIFICACIÓN

NIVEL B2  
CONVOCATORIA  
SEPTIEMBRE 2019

### COMPRESION DE TEXTOS ESCRITOS

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

NOMBRE: \_\_\_\_\_ DNI: \_\_\_\_\_

CALIFICACIÓN DESTREZA: ☐ APTO ☐ NO APTO

CALIFICACIÓN: \_\_\_\_\_ / **25**

**TAREAS:** La prueba de Comprensión de Textos Escritos consta de tres textos y tres tareas.

**DURACIÓN TOTAL:** 70 minutos

**INDICACIONES:**

- Las tareas se desarrollarán en los espacios indicados.
- No escribir en las zonas sombreadas
- Emplear tinta permanente azul o negra. No usar lápiz.
- Corregir tachando el texto. No usar correctores líquidos o cintas.
- Puntuación total: **25 puntos**. "Apto"  $\geq 13$
- Una tarea en blanco supondrá la calificación de "No Apto".

C O R R E C T O R



# B2

# INGLÉS

COMPRESIÓN DE TEXTOS ESCRITOS

**TASK A ▷ Read TEXT 1 “*Dream job: the writer paid to send millions to sleep*”. For items 1-10, choose the best option (A, B, C or D). Write your final answers in the grid provided below, as shown in example 0.**

**10 points**



EXAMPLE:

0.	a. give	b. avoid	c. seize	d. pay
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1.	a. never	b. normally	c. remember to	d. not be able to
2.	a. warned	b. dismissed	c. despised	d. approached
3.	a. hasty	b. vast	c. rough	d. gentle
4.	a. nickname	b. subtitle	c. job title	d. pseudonym
5.	a. just that	b. something similar	c. the opposite	d. that exactly
6.	a. quiet the mind	b. trigger nightmares	c. change your mindset	d. disturb your thoughts
7.	a. not slow	b. fast and furious	c. nasty	d. slow and steady
8.	a. wake up	b. snore	c. sleepwalk	d. yell
9.	a. focus	b. wind up	c. unwind	d. tear off
10.	a. always	b. hardly ever	c. seldom	d. barely

0	1	2	3	4	5	6	7	8	9	10	SCORE: ____ / 10
C											
✓											

**TASK B ▷ Read TEXT 2 “London Travel: which Oyster card is best for visitors?”. Decide if the statements below are TRUE (T) or FALSE (F). Write your final answers in the boxes provided next to each statement, as shown in example 0.**

**10 points**



0.	(EXAMPLE) Travelling with Oyster cards is one of the cheapest and easiest ways to get around London.	T	✓
1.	All means of transport in London are accessible by using Oyster cards.		
2.	An Oyster card is a travelcard you add money to whenever you need to.		
3.	Regular Oyster cards can only be used by Londoners, whereas tourists need to buy Visitor Oyster cards.		
4.	Only in some stations can the most affordable fare be worked out before use.		
5.	With an Oyster card, there is a limit to how much can be charged on one single day, no matter how much you travel on that day.		
6.	A Visitor Oyster card can only be purchased online before your arrival in London.		
7.	You can preload any credit amount you want to your Visitor Oyster card at any Oyster Ticket Shop or TfL Visitor Centre.		
8.	Both Oyster cards (regular and Visitor) cost £5, which can be refunded along with any funds still available on the card when you leave London.		
9.	The regular Oyster Card can be used as a multi-day Travel Card.		
10.	You can check the credit of your Visitor Oyster card by downloading the TfL Oyster App on your smartphone.		

**SCORE : \_\_\_\_\_ / 10**

**TASK C ▷ Read TEXT 3 “*Destruction therapy*”. Choose the paragraph from the list below that best completes each gap. Write your final answers in the grid provided below, as shown in example 0.**

**NOTE: There is ONE extra paragraph that you do not need to use.**

**5 points**

A. (EXAMPLE) Just minutes ago, the car in front of me looked road-worthy. Now the windows are smashed, the bodywork is beaten, it's ready to be scrapped.

B. Especially when violence fuelled by anger is unacceptable. But importantly, when it comes to therapy, that violence is directed towards inanimate objects.

C. One way to cognitively free yourself from feeling stuck is to set yourself a goal, and work towards it to fight negative thoughts. “By the end of it, you’ve accomplished something. You cognitively tell yourself this and therefore moderate your anger on that level,” Sinclair says.

D. From a survey of 2000 people, one in 10 admit that they have trouble controlling their temper, while almost a third say they know a friend or family member who has an anger problem. But very few of the 13 per cent who say they can’t control their rage have sought help.

E. Distracting yourself does not mean you are to forget and to suppress your anger into your unconscious; because that is exactly what we are trying to avoid. Your mind will need to calm down first before you can process what has happened; and delving in anger will not help you in dealing with anger.

F. This is possible because the four parts to the ‘self’ – emotional, behavioural, rational and physical – are all connected. Changing something in one of them has a knock-on effect on the others.

G. It’s a delicate psychological approach that puts you in touch with your feelings by getting you to smash things to smithereens.

0	1	2	3	4	5	SCORE:  ____ / 5
A						
✓						

# Text 1: Dream job: the writer paid to send millions to sleep

## DREAM JOB: THE WRITER PAID TO SEND MILLIONS TO SLEEP

Alison Flood

**With insomnia on the rise, Phoebe Smith was hired to write stories designed to help people nod off – with the help of Stephen Fry and Joanna Lumley.**

There are countless writing rules that authors are urged to follow, but they can probably all be boiled down to one: **(0) EXAMPLE** your reader's attention and keep it. Phoebe Smith, one of the most popular writers you've probably never heard of, has to consciously ignore this when the muse takes her.

"I kind of flip over what we would **(1)** do with writing. We're normally trying to grab people with a dramatic introduction, and work through a narrative arc with every paragraph we write," she says. "I'm flipping that on its head."

Smith was a travel writer and journalist when she was **(2)** last year by Michael Acton Smith, co-founder of the sleep app Calm. She'd written an article about the Trans-Siberian Railway and he asked her if she'd like to rewrite it for him, "as a story to send people to sleep". She was nonplussed – "I thought, 'Should I be really offended that he thinks my writing has the effect of boring people to sleep?'" – but decided to give it a try.

A year on, she has written 15 pieces for Calm, whose catalogue of "sleep stories" has been listened to 100m times. Running around 20 to 40 minutes long, Smith's stories draw on her travels, from the wilds of Morocco to her train ride across Siberia, following wild ponies in Virginia or trekking through pristine forests in Sweden. Her most popular, Blue Gold, has been listened to around 15m times: read in the mellifluous tones of Stephen Fry, it is a **(3)**, soothing tour around the lavender fields and sleepy villages of Provence. She's also written the Joanna Lumley-narrated Elephants of Nepal, which follows a safari across Chitwan National Park.

Smith has now been given the rather pleasing **(4)** of the "world's first sleep storyteller-in-residence" by Calm.

"With most kinds of writing I'm trying to build the tension – here, I'm doing **(5)**. Anything exciting needs to go right at the beginning and then it's all about winding people down, while also encouraging their imagination to play," she says.

With recent research by the Sleep Council finding that 27% of Britons sleep poorly on a regular basis, and a 2016 YouGov survey showing that 46% of British women and 36% of men report trouble sleeping. It seems we need all the help we can get. A bedtime story requires just enough focus to distract from emails and other workaday stresses to help **(6)** – but it can't be too exciting, either.

Smith describes her stories as "toeing that line of being interesting enough they want to hear it and **(7)** enough that they never actually hear it all".

She is careful with her word choices, avoiding any disruptive sounds that might cause someone to **(8)**. There's lots of immersive description, lots of onomatopoeia, lots of soothing, sonorous language. "You'll smell it before you even see it, that unmistakable aroma that fills your nose and seeps into your senses, instantly mellowing into a smooth and soothing scent," intones Fry, as Blue Gold opens.

"We're so busy and so connected to everything we just don't allow ourselves that time any more to **(9)** before we go to bed," says Smith. "It goes back to when we were children and would have someone read to us to get us to go to sleep. I don't know why we ever give that up; that **(10)** worked then, why wouldn't it work just because I'm a grown up?"

Most of Calm's sleep stories are fiction, but Smith specialises in travel-related non-fiction. She's set to go on a "sleep story tour" of the UK and Ireland next month, and is wondering what effect she's going to have on her audience. "I hope people will doze off, it will really be a book tour with a difference. Normally I would be mortified if anyone went to sleep. This time, I wonder how many people I can get to nod off," she says. "People say to me, 'I really enjoy the stories but I never get to the end!'"

Source: <https://www.theguardian.com/books/2018/dec/18/dream-job-the-writer-paid-to-send-millions-to-sleep-phoebe-smith-stephen-fry-joanna-lumley>

## Text 2: London Travel: which Oyster Card is best for visitors?

### LONDON TRAVEL: WHICH OYSTER CARD IS BEST FOR VISITORS?

#### London Travel: which Oyster card is best for visitors?

With so much to see and do in every corner of the city, transport is an essential part of your London adventure. One of the easiest and cheapest ways to travel is with an Oyster card, which can be used on the capital's buses, trams and Tube. Oyster cards can also be used to pay for journeys on the DLR\*, London Overground, TfL\*\* Rail, Emirates Air Line, the River Bus and most National Rail services within the city. In short, an Oyster card gives you full access to all of London's diverse public transport options.

#### What is an Oyster card?

An Oyster card is an electronic plastic smartcard that can be loaded with pay-as-you-go transport credit. There are two options available to tourists: the regular Oyster card used by London natives, and the Visitor Oyster card, which is especially designed for use on one-off trips. Both cards work in conjunction with the yellow card readers installed at all transport stations, calculate the cheapest possible fare for each journey and offer a daily capped rate that makes unlimited travel affordable.

Both versions of the Oyster card are significantly cheaper than traditional paper Travelcards. For example, travel within transport Zones 1 and 2 is capped at a daily maximum of £6.60 with an Oyster card, while a Day Travelcard for the same zones costs £12.30. At the end of your trip, you can request a refund of any unused credit, or give your Oyster card to a friend or family member.

#### Visitor Oyster Cards

If you're traveling to London for a short visit, a Visitor Oyster card is probably the most convenient choice. You must order one online ahead of your trip, and have it delivered to your home so that when you arrive in London, you don't have to waste time queuing to purchase a regular Oyster card.

This is especially helpful if your flight arrives at Gatwick Airport, as all Oyster cards can be used on the trains from the airport to central London. Visitor Oyster cards cost £5, and can be pre-loaded with credit options ranging from £10 to £50.

If you run out of credit during your visit, you can load more money onto your Oyster at any Oyster Ticket Shop (of which there are more than 4,000 across London) or TfL Visitor Centre. It's also possible to load credit at any Tube, London Overground or TfL Rail station, and at several National Rail stations. Visitor Oyster cards are only compatible with pay-as-you-go credit and cannot be loaded with multi-day travelcards or passes in the way that regular Oyster cards can. However, a major advantage of this card is the special offers and discounts it offers at selected restaurants, shops, galleries and entertainment venues.

#### Regular Oyster Cards

For long-term visitors, a regular Oyster card could be the most cost-effective option. These cards can only be purchased upon arrival, from Oyster Ticket Shops, TfL Visitor Centres and most London Tube and rail stations. They cost £5 (refundable at the end of your trip), and can be loaded with any amount of pay-as-you-go credit.

Unlike Visitor Oyster cards, this option can also be loaded with multi-day travelcards that give even cheaper fares for longer stays; or with discount cards including Bus & Tram Passes and National Railcards. Remember that only pay-as-you-go credit can be used by someone else after you leave.

Regular Oyster cards are compatible with the TFL Oyster App, and can be registered with a contactless and Oyster account. The latter allows you to easily see how much credit you have left, to view your journey history and to apply for refunds online.

Source: <https://www.tripsavvy.com/the-best-travel-oystercard-for-visitors-1583186>

\* DLR: Docklands Light Railway

\*\* TfL: Transport for London

## Text 3: Destruction therapy

### DESTRUCTION THERAPY

British tempers are rising. Some of us even have an anger problem and could do with professional help. JV Chamary takes a destructive approach to his anger management issues.

Breathing heavily, my heart is racing at 199 beats per minute – almost three times my resting pulse. I feel exhausted. **(0) - EXAMPLE**. The weight of the sledgehammer in my hands reminds me that I destroyed the car... or at least my anger did.

We all get angry. In fact, according to the Mental Foundation, 64 per cent of us believe we're getting angrier. Last year it published Boiling Point, a report on 'problem anger' in the UK. **(1)**.

Call centres, computer crashes, traffic jams... they can all send us berserk, and anger is a difficult emotion to control. But, if you're not tempted by sitting in a circle and talking about your feelings, you'll be pleased to discover there is another way of dealing with your anger: destruction therapy. **(2)**.

It's based on the idea that we find violent activities therapeutic. The therapists define 'violence' as the exertion of physical force to abuse but, since we normally think of violence as something that injures others, it seems counterintuitive to use it to manage anger. **(3)**.

Managing anger through violence does make sense on a psychological level. "When we smash something, we're moderating our psychological state through the physical part of ourselves," says Dr Michael Sinclair, director of City Psychology Group. **(4)**.

Anger is a reaction to a perceived threat, injustice or inadequacy, and these can all interfere with our innate tendency to want to move forward and be productive.

When people or situations prevent us from achieving our goals, it leads to frustration and anger. "When we're stressed or angry, we're responding to a sense of being stuck," Sinclair says. **(5)**. But there's another way to become unstuck – a physical one – and that's where destruction therapy comes in.

Adapted from: <https://www.angermanage.co.uk/destruction-therapy>