LEVEL B (B1 & B2) **2019 A**
MODULE 1 Reading comprehension and language awareness

PART A - CHOICE ITEMS

ACTIVITY 1

Read the text and choose the best answers (A, B, or C) for items 1a-7a.



Experts think young people are growing up with more anxiety and less self-esteem



A recent survey asked 14-24 year olds in the UK how social media platforms affect their health and well-being. The survey results found that Snapchat, Facebook, Twitter and Instagram all lead to increased feelings of depression, anxiety, poor body image and loneliness.

Teenagers keep themselves busy until late evening hours. When they're not eating or sleeping, they're online and on their phones: texting, sharing, scrolling.

Before everyone had an Instagram account, teenagers were more likely to do their chatting on the phone, or in person, go out for coffee or just hang out. In other words, they were experiencing relationships that today they are missing out on. Modern teenagers do most of their communication while looking at a screen, not at another person.

Not talking with others, face-to-face, creates all sorts of communication problems and it does not allow for real relationships. But learning how to make friends is a major part of growing up: learning to take risks, develop the courage to be honest and to confront your own feelings and those of others.

Besides, a big danger that comes from kids communicating indirectly is that it is easier to be cruel. Sometimes young people text things that they would never say to anyone's face. Research suggests that this seems to be especially true of girls, who often don't like to disagree with each other in a face-to-face situation. Cyber-bullying is becoming a serious problem.

Experts suggest that parents could set better examples for their children and not use the phone when eating, or not do their emails while they are doing something as a family. Kids should be used to seeing their parents' faces, not their heads bent over a screen. They recommend the whole family establishes technology-free zones in the house and technology-free hours when no one uses their phone.

The best advice for helping young people to build their self-esteem, their belief in themselves, is to get them involved in something that they're interested in. It could be sports, or music, or volunteering – anything that sparks an interest and gives them confidence. When kids learn to feel good about what they can do instead of how they look and what they own, they're happier and better prepared for success in real life.

ATTENTION

- Try to answer all the questions.
- Mark your answers on Answer Sheet 1 [ΑΠΑΝΤΗΤΙΚΟ ΕΝΤΥΠΟ 1].
- Provide ONE answer for each item.
- You have **85 minutes** to complete this part of the exam.

1a. The purpose of the text is to

A. present a health issue. **B.** highlight a problem. **C.** stop the effects of social media.

2a. The article is providing examples of how social media may

A. prove useful. **B.** create bonds. **C.** have a negative effect.

3a. According to the text, nowadays young people spend most of their time

A. with their parents. **B.** on their phones. **C.** hanging out with friends.

4a. According to the text, making and keeping friends is best done

A. face-to-face. **B.** at school. **C.** using social media.

5a. Aggressive behaviour on social media or 'cyber-bullying'

A. really hurts those that are bullied. **B.** is harmful to those doing the bullying. **C.** is a kind of game for those who are bullies.

6a. The text suggests that parents should try to

A. ignore their children. **B.** punish their children. **C.** be models for their children.

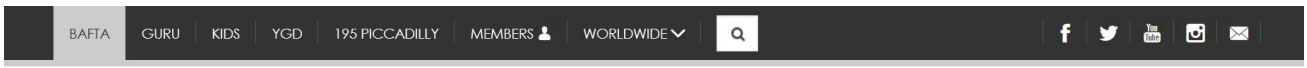
7a. The text suggests that young people may build their self-confidence by

A. never using their mobile phones. **B.** focusing on their school work. **C.** doing something that interests them.

ACTIVITY 2

Read the three texts below and choose the best word (A-H) to fill in items 8a-13a. Use each word only once. There are two words you do not need.

A.	described	**B.**	went	**C.**	said	**D.**	directed
E.	discovered	**F.**	received	**G.**	triumphed	**H.**	loved



2019 British Academy Film Awards



The Favourite

The film by Yorgos Lanthimos, 'The Favourite' **8a** _____ at the 2019 British Film Awards. It won the Best Film, the Leading and the Supporting Actress awards. The Greek director's 18th century British historical drama received twelve nominations in all. The hair styles, make-up and costumes, which critics **9a** _____ as 'extravagant and exciting', also won awards.
Among the best things about the film, according to Lanthimos, were the three strong female characters.



Bohemian Rhapsody

Rami Malek **10a** _____ the Leading Actor award for his excellent portrayal of Freddie Mercury in the film 'Bohemian Rhapsody'.

The film included many of Queen's greatest hits.

Queen fans **11a** _____ his performance as the singer.



Roma

Alfonso Cuarón **12a** _____ a black-and-white film, which is semi-autobiographical and follows the life of a live-in housekeeper of a middle-class family in Mexico.

Roma is the first Mexican film that won the "Best Foreign Language Film" award in 2018 and Cuarón, **13a** _____ that he was happy that his film was so successful.

ACTIVITY 3

Read the text and fill in gaps 14a-20a with the best option (A-H). Use each option only once. There is one option you do not need.

A.	up	**B.**	of	**C.**	off	**D.**	on
E.	for	**F.**	in	**G.**	at	**H.**	to



The year 2019 is a significant year of celebration for space travel. It is the fifty-year anniversary of the first lunar landing when on July 20, 1969, humans walked on the moon for the first time in history. It was a goal that President John F. Kennedy had set **14a** _____ 1961. After quite a difficult landing, Neil Armstrong and Buzz Aldrin explored the area around their lunar landing site **15a** _____ more than two hours. They collected soil and rock samples, set **16a** _____ experiments and planted an American flag.

Neil Armstrong was actually the first man to walk on the moon and his words have become very famous. As he stepped **17a** _____ the craft and onto the moon he said, 'One small step for man, one giant leap for mankind.'

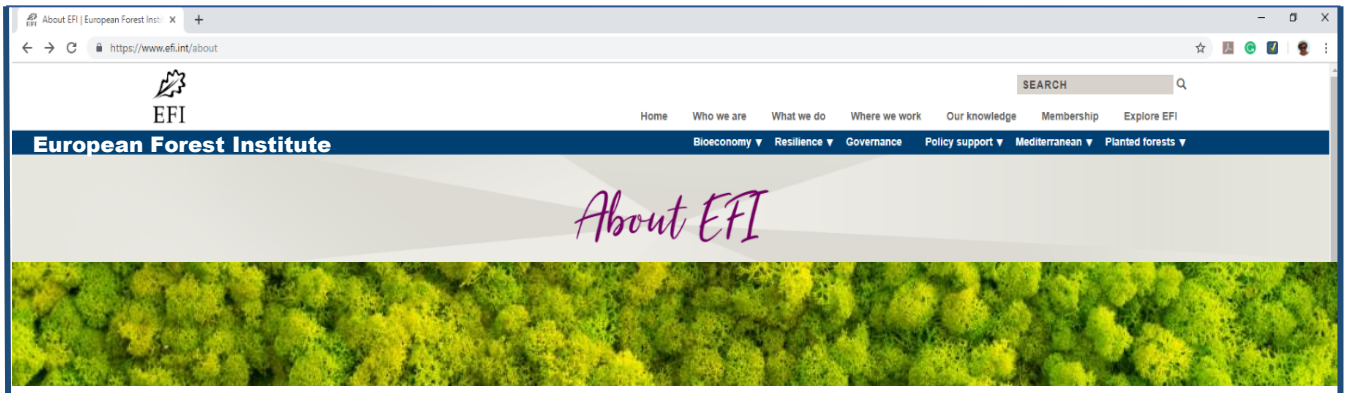
There have been numerous missions **18a** _____ the moon in recent years, but the vast majority have been to orbit or fly by it. The last crewed landing was Apollo 17 in 1972.

On 3 January 2019 at 10:26 Beijing time (02:26 GMT), the un-crewed Chang'e-4 probe touched down **19a** _____ the dark side of the moon. Previous moon missions have landed on the Earth-facing side, but this is the first time any craft has landed successfully on the unexplored and far side. The Chinese spacecraft was able to send back photos **20a** _____ the dark side of the moon for the first time.

ACTIVITY 4

Read the text below and decide if statements 21a-25a are True (A), False (B) or Not stated (C).

STATEMENTS		A TRUE	B FALSE	C NOT STATED
According to the text:				
21a.	Forest fires can be prevented if people are more careful.			
22a.	One of the causes of forest fires is climate change.			
23a.	There is nothing we as individuals can do to prevent forest fires.			
24a.	If a fire breaks out, we must contact our local fire department immediately.			
25a.	If we live in a forest area, we must cut the trees surrounding our houses.			



Forest fires are a serious problem in Europe. There is a difference between Southern and Northern Europe, of course, but no country is fire-free. And there is growing risk of fires every day because of today's way of life. Changing climatic conditions make the problem bigger. So, a lot must be done by authorities at a national and European level. However, there is also something we can each do, as individuals, to help make the world a safer place. Here are some safety measures we need to keep in mind:

If we are in the countryside, we must NOT

- burn litter, dry leaves, small branches, etc., when it's hot
- have open-air barbecues in forests or places where there are trees and dry vegetation
- have open-air activities that may cause fire
- throw lit cigarettes in open-air places
- leave rubbish in the forest.

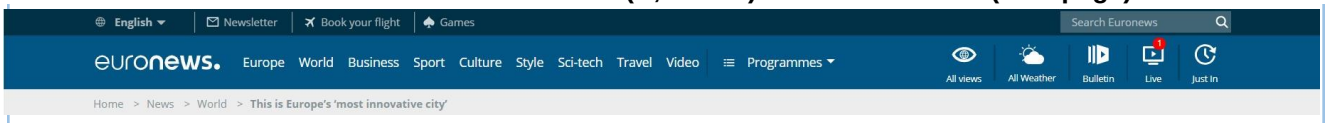
If our home is in or near a forest area, we MUST

- create a fire protection zone around our home (clear dry leaves, pine-needles, etc.)
- trim trees around our house (especially old trees) up to the height of 3 meters
- cut all dry branches from the trees and the bushes
- keep trees from leaning on the walls, the roof or the balcony of the house
- not put plastic drain pipes to the walls of the building
- not keep objects that burn easily close to the house
- keep our fire-wood in protected places
- have the right fire-extinguishers nearby
- have one or more long water hose we can use
- keep a water tank at home and a non-electric pump.

Fire is Everyone's Fight®

ACTIVITY 5

Read the text below and choose the best answer (A, B or C) for items 26a-31a (next page).



Europe's most innovative city



In November 2018, Athens was named as Europe's 'most innovative city' by the European Capital of Innovation contest, organised by the European Commission, and was awarded a cash prize of €1 million, which was funded under "Horizon 2020", the EU's research and innovation programme. The aim of this annual contest is to motivate European cities to demonstrate their ability to use innovation to improve the lives of its citizens.

Athens was chosen because of a range of projects it has been carrying out, including its '*Curing the Limbo*' initiative which helps migrants and refugees connect with local residents, in order to learn the language, find employment, gain skills and engage in the community. Other examples of innovative projects from the city include offering people digital literacy training, revitalising abandoned buildings by giving grants to local organisations, and a campaign ('*This is Athens*') which invited volunteers to record information about the city, past and present, for visiting tourists.

The winning city was announced by Carlos Moedas, Commissioner for Research, Science and Innovation, in a ceremony at the 2018 edition of Web Summit in Lisbon, which is the world's largest tech event: 'Athens stands out as an example that a city facing many challenges can achieve great things,' he told the audience. 'Through innovation, Athens has found a new purpose to turn around the economic and social crisis. It is proof that it's not the difficulties but how you raise yourself above them that matters.'

Five other cities made it to the final stage of the awards, including Aarhus (Denmark), Hamburg (Germany), Leuven (Belgium), Toulouse (France), Umeå (Sweden). Each of the five finalist cities took home €100,000.

To win this award the cities must convince a panel of independent experts that they use innovative concepts and processes that engage and empower citizens and help improve the cities.

This year twenty-six eligible cities, from 16 different countries have applied to the competition. Barcelona, Amsterdam and Paris won the prize in 2014, 2016 and 2017 respectively.

26a. What is the main purpose of the text?
A to present an award. **B** to inform about an award. **C** to advertise an award.

27a. According to the text, Athens won because it showed how using
A innovation benefited the city and its people. **B** technology benefited from innovation in the city. **C** the prize money benefited citizens.

28a. A project carried out in Athens is helping migrants and refugees
A improve their digital literacy. **B** work on building sites. **C** work with the local people.

29a. Another project carried out in Athens involved people in
A giving information about their city. **B** traveling to other European cities. **C** entering other similar contests and win awards.

30a. According to the text, the judges of the award were
A from the Commission. **B** from the Web Summit. **C** a group of experts.

31a. The text suggests that to win the award a city must demonstrate its ability to carry out
A expensive projects. **B** effective actions. **C** operational encounters.

ACTIVITY 6

Read the text and fill in gaps 32a-37a with the best option (A-H). Use each option only once. There are two options you do not need.

A.	convinced	**B.**	hoped	**C.**	approved	**D.**	criticised
E.	launched	**F.**	received	**G.**	stopped	**H.**	recommended

NEWS & VIEWS *daily* Sunday, May 12th, 2019

Global student strikes
to protect the environment



Greta Thunberg is a 16-year-old Swedish activist who began protesting last year believing that governments should take measures in order to protect our environment. She **32a** _____ going to school every Friday and began protesting against the destruction of the environment in today's societies. She **33a** _____ that her actions would get the attention of the press and of others who want to join her protest.

Actually, her protest has **34a** _____ a lot of attention, and young people in more and more countries join the protest movement that she started last summer as a lone campaigner outside the Swedish parliament.

Young people in many parts of Europe and the rest of the world including Australia, the US and Japan, are **35a** _____ that we are in the middle of the biggest crisis in human history and basically nothing is being done to prevent it. They are hopeful this movement will be the beginning of great change.

Veteran climate campaigners are astonished by what has been achieved in such a short time. One such person said that, actually, the movement which Greta **36a** _____ is one of the most hopeful actions in his 30 years of working on the climate question. It is the younger generation challenging adults, proving that they can be more effective sometimes.

All too often young people are **37a** _____ for not being interested in important issues. This movement is proving such accusations wrong. Greta has secured commitment of the European Commission to take her ideas and suggestions on board – at least as far as the EU is concerned.

ACTIVITY 7

Match the app texts (38a-43a) with the app titles (A-H). There are two options you do not need.

A.	Relaxing melodies	**B.**	Learn to reflect	**C.**	Waterlogged	**D.**	Powernap
E.	Anger management	**F.**	Worriless	**G.**	Food data	**H.**	Sleep hygiene

Well-being *apps for teenagers*



38a
Do you really know what is in the products you buy and consume? This app lets you scan the barcodes of items in the supermarket and see just how nutritional they really are. It also gives you healthy alternative suggestions for things you might pick up that could be better for you. What we love about this app is that it's not just about how many calories you eat, but whether you're eating the right things.



39a
Sometimes we don't even realize we're thirsty until we look at the clock and realize it's been hours since our last drink. That's why this app is awesome. It'll track your water consumption to see how you're doing during the day. And most importantly, the app can remind you when to stop what you're doing and take a sip. You seriously won't believe how much better you feel when you're getting the right amount of water.

40a
Most people who meditate for the first time find it strange to sit in silence, with their thoughts and feelings, doing nothing. Funnily enough, these are the very things that the mind tends to resist. To a beginner, meditation might feel a little strange, but that's OK. People all over the world have been meditating for around 3,000 years. This app gives you lots of suggestions to follow. You'll feel the benefits immediately.

41a
This app is perfect for music lovers, the aspiring DJ, the big kid who misses lullabies. The ability to easily find sounds and create your personalized choices helps teach you how to use sound and meditation to calm your brain, achieve better sleep, have more energy, better focus, decrease anxiety and enjoy your intense teenage life. You can mix and match as many different sounds as you'd like to create a calming track. There's music and real sounds of animals, the sea, or rain.

42a
Do you ever feel you need a bit of help managing the stress of school or of revising for exams? If you want to feel better mentally, physically and emotionally, this app has lots of tips and ideas for relaxation. Another positive thing is that it encourages you to record how you feel at any time on the app. You can see the progress you're making really quickly. A calm approach to school is the best one.

43a
We all have problems with our sleep at one time or another. Sometimes we fall asleep during the day and sometimes we wake up during the night. That could be because we go to bed too late or because we're worried about something else. This app encourages you to develop a healthy sleep pattern, going to bed around the same time each night. It also records how long we sleep so you can track your sleep patterns and try and make sure you're sleeping as well as you can.

ACTIVITY 8

Read the text on this *and the next page*, narrated by Watson, who is Holmes's close associate, and choose the best answer (A, B or C) for items 44a-45a.

44a. In this extract of a Sherlock Holmes's story, the two characters are

A present. **B** both thinking. **C** speaking to one another.

45a. In this part of the story nothing critical is

A observed. **B** happening. **C** shown.



"The Adventures of Sherlock Holmes"

by Arthur Conan Doyle

I could not help laughing at the ease with which he explained his process of deduction – Holmes, that is. "When I hear you give your reasons," I remarked, "the thing always appears to me to be so ridiculously simple that I could easily do it myself, though at each successive instance of your reasoning I am baffled until you explain your process. And yet I believe that my eyes are as good as yours."

"Quite so," he answered, lighting a cigarette, and throwing himself down into an armchair. "You see, but you do not observe. The distinction is clear. For example, you have frequently seen the steps which lead up from the hall to this room."

"Frequently."

"How often?"

"Well, some hundreds of times."

"Then how many are there?"

"How many? I don't know."

"Quite so! You have not observed. And yet you have seen. That is just my point. Now, I know that there are seventeen steps, because I have both seen and observed. By-the-way, since you are interested in these little problems, and since you are good enough to chronicle one or two of my trifling experiences, you may be interested in this. He



threw over a sheet of thick, pink-tinted note-paper which had been lying open upon the table.

"It came by the last post," said he. "Read it aloud."

The note was undated, and without either signature or address. It said:

"There will be a call for you tonight, at a quarter to eight. A gentleman who desires to consult you about a matter of great importance will call upon you. Your recent services to one of the royal houses of Europe have shown that you are one who may be trusted with delicate matters. This account of you we have from all quarters received. Be in your chamber then at that hour, and do not take it amiss if your visitor is wearing a mask."

"This is indeed a mystery," I remarked. "What do you imagine that it means?"

"I have no data yet. It is a mistake to theorize before one has data. Insensibly one begins to twist facts to suit theories, instead of theories to suit facts. But the note itself. What do you deduce from it?" [says Holmes for Watson to answer].

"I carefully examined the writing and the paper upon which it was written. The man who wrote it was presumably well to do", I remarked, endeavouring to imitate my companion's processes. "Such paper could not be bought under half a crown a packet. It is peculiarly strong and stiff."

"Peculiar" that is the very word, said Holmes. "It is not an English paper at all. Hold it up to the light."

I did so and saw a large "E" with a small "g," a "P," and a large "G" with a small "t" woven into the texture of the paper.

"What do you make of that?" asked Holmes.

"The name of the maker, no doubt; or his monogram, rather."

"Not at all. The 'G' with the small 't' stands for 'Gesellschaft,' which is the German for 'Company.' It is a customary contraction like our 'Co.' 'P,' of course, stands for 'Papier.' Now for the 'Eg.' Let us glance at our Continental Gazetteer." He took down a heavy brown volume from his shelves. "Eglow, Eglonitz—here we are, Egria. It is in a German-speaking country—in Bohemia, not far from Carlsbad. 'Remarkable as being the scene of the death of Wallenstein, and for its numerous glass-factories and paper-mills.' Ha, ha, my boy, what do you make of that?" His eyes sparkled, and he sent up a great blue triumphant cloud from his cigarette.

"The paper was made in Bohemia," I said.

"Precisely. And the man who wrote the note is a German. "

Read the extract again and choose the best answer (A, B or C) for items 46a-50a.

46a. Watson, the famous associate of Sherlock Holmes, is
A impressed by him. **B** surprised by his thoughts. **C** explaining how he thinks.

47a. According to the text, Watson, in comparison with Holmes is not nearly as
A suspicious. **B** intelligent. **C** observant.

48a. Holmes hands the unsigned note to Watson in order to
A examine it. **B** weigh it. **C** measure it.

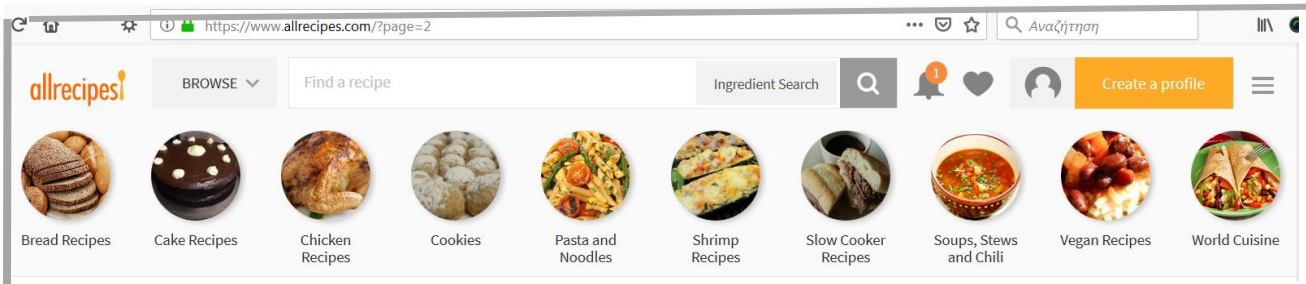
49a. Watson notices that the note
A provides clues. **B** is on strange paper. **C** contains funny characters.

50a. Finally, in the extract we understand how Holmes
A proves Watson wrong. **B** operates. **C** completes his mission.

PART B - SHORT ANSWERS

ACTIVITY 1

Fill in gaps 1b-5b with the most appropriate word, so that the text makes sense. The number of dashes is equivalent to the number of letters of each missing word.



Mediterranean fish stew with garlic toasts

A favourite dish across Greece, Spain and Italy - making the most of local ingredients, to be enjoyed by all.



Ingredients

For the fish stew
3 tbsp olive oil
a large onion, sliced
2 garlic cloves, sliced
1 red chilli, chopped
1 kg tomatoes
150ml white wine
350ml fish stock
3 strips orange zest
1kg skinless white fish fillets, chunks
400g raw prawns
500g clams
a handful parsley

For the garlic toasts
1 large sliced white loaf
5tbsp olive oil
2 garlic cloves halved

To make the garlic toasts, drizzle the bread with **1b** _ _ _ _ _ oil, then grill until golden all over. While the toasts are still hot, rub them with garlic and set aside. Heat the oil in a wide, deep frying **2b** _ _ _. Add the onion and cook over a gentle heat for 5 mins until softened. Stir through the garlic and chilli and cook a couple of minutes more. Add the tomato purée and tomatoes. Turn up the **3b** _ _ _ _ and cook for 10-15 mins, stirring until the tomatoes are soft. Pour over the wine and cook for 10 minutes more until most of it has boiled away. Add the fish stock and orange zest and heat until gently simmering. Put the fish chunks into the liquid and cook for five **4b** _ _ _ _ _ _ _. Add the clams and prawns and cook for five minutes more until the fish is cooked through and the clams have opened. Throw out any that haven't opened because they could be **5b** _ _ _ _ _ _ _ _ _ for your health.

Sprinkle the parsley over the fish stew and serve with the garlic toasts.

ACTIVITY 2

Fill in gaps 6b-10b with the most appropriate word, so that the text makes sense. The number of dashes is equivalent to the number of letters of each missing word.

culture trip

14

The varied architecture of Valencia, Spain



Valencia is packed with stunning architecture. In the city centre, historical buildings including cathedrals, churches and museums date **6b** _ _ _ _ many hundreds of years. The Valencia Central Market is a fine display of modernist architecture, built in 1914. Packed with local fruit, vegetables, cheese, fish and meat, it is one of the **7b** _ _ _ _ popular buildings to visit in the city and an important source of quality food for local people. The building itself is famed for its use of colourful ceramic tiles.

Built on the dry river bed of the Turia river, which was rerouted **8b** _ _ _ _ _ a devastating flood in 1957, the famously futuristic City of Arts and Sciences complex is an entertainment-based cultural and architectural complex. Building began in 1996 and finished in 2005.

One building consists of an IMAX cinema and a planetarium and **9b** _ _ _ _ _ _ _ building is an interactive museum of science that resembles the skeleton of a whale. Hands on exhibitions run throughout the year.

The complex includes an open air-oceanographic park, the largest aquarium in Europe. Built in the shape of a water lily it houses **10b** _ _ _ _ 500 species including dolphins, seals and penguins.







ΣΑΣ ΥΠΕΝΘΥΜΙΖΟΥΜΕ ΟΤΙ ΠΡΕΠΕΙ ΝΑ ΜΕΤΑΦΕΡΕΤΕ ΟΛΕΣ ΤΙΣ ΑΠΑΝΤΗΣΕΙΣ ΣΤΟ ΕΝΤΥΠΟ 1

ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ