II. READING PAPER

Duration: 60 minutes, 25 points

Part 1 *(4 points, 1 point per item). You are going to read about different podcasts. For questions 26–29, choose the statement from* ***A–F*** *which best summarises each paragraph. There is* ***one statement*** *that you do not need to use. There is an example (0).*

Podcast roundup

A	*Intellectual Feast: Exploring Unexplored Depths of Curiosity*
B	Uncover the Puzzle: Decoding the Intrigue
C	Pioneering Pursuits: Narratives of Global Triumphs
D	Food for Thought: Navigating Global Current Affairs
E	Dive into the Supernatural: An Adventure Awaits You
F	Uncover the Playful Adventure: Experiencing a Hilarious World

0. *A* Ignite your inquisitiveness with a podcast covering a diverse array of captivating topics, delivering an engaging blend of information and entertainment. The hosts explore the mysteries of various subjects, inviting listeners to dive into fascinating knowledge. Whether revealing the intricacies of science, history, food, or curious facts, each episode is a journey that satisfies your thirst for knowledge, providing new insights and a sense of intellectual satisfaction.

26. _____ Immerse yourself in the informative content of a podcast designed to be your day-to-day companion through the ever-evolving world of international news and intrigue. Going beyond mere headlines, this podcast ensures comprehensive awareness through detailed analysis and insightful commentary. The host's ability to navigate through ongoing events, combined with in-depth coverage, transforms each episode into an immersive experience that fosters a deeper understanding of the complex issues shaping our world.

27. _____ Explore the dynamic landscape of entrepreneurship through an engaging podcast that intimately explores the accomplishments and challenges of successful individuals. Each episode uncovers compelling stories behind the formation of iconic international companies, providing a nuanced understanding of the visionary minds driving innovation. This podcast not only narrates innovative initiatives but also explores the human aspects of entrepreneurship, offering a rich story that inspires and enlightens.

28. _____ Dive headfirst into the world of a scripted teen mystery podcast that carefully reveals a story full of suspense. This gripping natural adventure follows a group of friends on a relentless journey to uncover the truth behind the sudden disappearance of their classmates. The podcast weaves suspense, drama, and teenage friendship, captivating audiences with its ability to keep them on the edge of their seats, craving the next revelation in the ongoing mystery.

29. _____ Embark on a light-hearted odyssey with a podcast that unveils the exploits of a group navigating amusing missions. As you engage with the delightful mix of humour, gripping storytelling, and surprising plot turns, each episode promises a journey filled with laughter in an enchanting setting. The relationship among the characters brings an additional layer of appeal, offering an entertaining voyage for those looking to immerse themselves in this world of cleverness and charm.

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Part 2 *(6 points, 1 point per item). You are going to read a text about the EURO 2024 football tournament. For questions 30–35, complete the text with the words from the box below. There are* ***two words*** *that you do not need to use. There is an example (0).*

UEFA EURO 2024

~~*approaching*~~	expecting	hosting	logos	maximum	minimal	options	promotion	venues

The Euro 2024 men's football tournament is fast ***(0)*** _____*approaching*_____. Throughout June and July 2024, the 51 matches will be held in ten **(30)** _____ in different cities. Germany emerged as the obvious country for **(31)** _____ the games of UEFA's flagship international competition. This was due to its already-existing advanced stadium and transport infrastructure, which meant that **(32)** _____ work would be required before the tournament. The unveiling of the brand identity for UEFA Euro 2024 took place at Berlin's Olympiastadion, showcasing the slogan 'United by Football. United in the Heart of Europe'. Each stadium will display the **(33)** _____ of the global sponsors, as well as the official UEFA attributes inspired by the flags of the participating teams, with the famous Cup depicted in the centre. UEFA believes in the **(34)** _____ of diversity and fairness on and off the pitch by creating an atmosphere where everyone feels welcome – the championship aims to celebrate European values. A commitment to pay over 330 million euros in total prize money to the teams at the European championship reflects the tournament's anticipated financial success, while analysts are **(35)** _____ Germany to earn approximately 2.4 billion euros in commercial revenue during the men's tournament.

Part 3 *(7 points, 1 point per item). You are going to read an article about the importance of sleep. Seven sentences have been removed from the text. For questions 36–42, choose from sentences* ***A–I*** *the one which fits each gap. There is* ***one sentence*** *that you do not need to use. There is an example (0).*

A *For the next 2,300 years, no one had a good answer.*

B This can be explained by the proliferation of electric lights, followed by televisions, computers, and smartphones.

C Scientists have identified the molecular clock inside our cells keeping us in sync with the sun.

D Instead, one hemisphere of their brain is shut down at a time while the other remains awake.

E Each one plays a different role in preparing your body for the next day.

F However, there are many limitations to such devices due to a lack of data about their validity, accuracy, and reliability.

G Should this happen, you can expect to feel disorientated, confused, and 'out of it'.

H On the contrary, too much sleep can also have detrimental effects.

I Lack of sleep is also directly tied to obesity.

LIVEWORKSHEETS

Sleep Tight

Around 350 B.C., Aristotle wrote an essay, 'On Sleep and Sleeplessness', wondering just what we were doing when we slept and why. ***(0)*** ***A***. In 1924, German psychiatrist Hans Berger recorded electrical activity in the brain using an image machine, and the study of sleep shifted from philosophy to science.

Technology promising a better night's sleep is accessible through apps that adjust your sleep schedule, record snoring, or offer meditations to help you ease into sleep. These tools can be useful for tracking your slumber. **(36)** _____. What's more, they can even have unintended effects, such as reinforcing poor sleep habits and worsening insomnia and anxiety due to unhealthy obsessions with perfecting your sleep data.

The average American today sleeps less than seven hours a night, about two hours less than a century ago. **(37)** _____. In our restless, floodlit society, we often think of sleep as something that deprives us of productivity and play. Thomas Edison, who gave us many inventions, said that 'sleep is an absurdity, a bad habit' to eventually be dispensed with entirely.

However, everything we've learned about sleep has emphasised its importance to our mental and physical health. Our sleep-wake pattern is a central feature of human biology – an adaptation to life on a spinning planet, with its endless wheel of day and night. **(38)** _____. When this circadian rhythm breaks down, we are at increased risk of diabetes, heart disease, and dementia.

During our lifetimes, about a third of us will suffer from at least one diagnosable sleep disorder, such as chronic insomnia or restless leg syndrome. Anyone who regularly sleeps less than six hours a night is sleep-deprived, which can have longer-term consequences. **(39)** _____. Without enough sleep, the stomach and other organs overproduce a hunger hormone, causing us to eat more than we need – sleeplessness undermines the whole body.

It is not only humans that need some shut-eye. Every animal, without exception, exhibits at least a primitive form of sleep. Little brown bats have been reported to laze for 20 hours, while giraffes need less than five. Amazingly, unlike humans, dolphins do not fully sleep in the way we do. **(40)** _____. This allows them to maintain essential functions such as breathing and staying vigilant for predators, as one eye remains open, and they can continue to swim continuously. Sea otters hold each other's paws so they don't drift away when they sleep in the water, while horses typically sleep part of the night standing up.

What happens after we hit the sack? There are traditionally four stages of sleep: awake, light, deep, and REM (rapid eye movement) sleep. **(41)** _____. Stage 1 usually only lasts a few minutes while the heart and brain waves begin to slow down and your body temperature dips. Later, you might also experience jerky muscles. The rejuvenating, deep sleep that occurs in the third sleep cycle restores the body and boosts the immune system, creativity, and memory; the muscles are fully relaxed. Your brain's electrical activity slows down, and it's difficult to be woken up during this stage. **(42)** _____. The final stage is REM sleep with its increased heart rate and irregular breathing; our eyes move rapidly behind our closed eyelids. Brain activity increases as if we were awake, and vivid dreams may occur. So, whether you are genetically predisposed to be a night owl or an early bird, science has shown that getting enough sleep is of the utmost importance to functioning properly and being healthy.

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Part 4 *(8 points, 1 point per item). You are going to read an article about meeting our future selves. For questions 43–50, complete the summary by inserting no more than* ***one word*** *from the text. There is an example (0).*

What would you say to your future self?

There are many stories in which people travel years ahead and meet their future selves, who provide tips to help the younger versions become much wiser. Scenarios like this have been explored in novels, movies (*Back to the Future*), and TV shows like *Family Guy* and *Doctor Who*. For obvious reasons, these narratives have usually been classified as sci-fi. But what if you really could meet your future self?

As a psychology professor, it might sound unprofessional of me to talk about hypothetical time travel, but my research on how people think about and relate to their future selves isn't all that far off from this theme. I've been exploring why we have such a hard time planning for the long term and how, by improving the emotional connections we have with our future selves, we can ultimately make smarter choices.

We tend to envisage our future self as another person, and this can cause problems. Why? Think about someone in your life who you barely know, such as a neighbour or a co-worker. If that stranger asked you to make a sacrifice for their benefit – say, to lend them money – you might politely decline. If we treat our future selves the same way, then it makes sense why we sometimes give in to short-term desires (like buying a car) instead of doing something we'll feel better about in the long run (saving for a vacation next summer).

Closing the emotional gulf and, therefore, making our future selves seem less like strangers and more like our friends and loved ones is something we should try to do. Seeing ourselves less abstractly and more vividly can kick us into action. In one recent study, for instance, bank customers were shown age-progressed images of themselves alongside encouraging messages about saving for retirement. The likelihood of them contributing to their retirement every salary was 16% more than people who solely received the encouraging messages. Other work has found that penning letters to – and then from – one's future self can similarly strengthen the connection between our current and future selves. Admittedly, doing this may sound strange, but conceivably, far better interactions may happen in the near future through artificial intelligence (AI).

Models akin to Chat-GPT have become astonishingly smart; they could be trained on the life experiences of millions of individual human beings, including their birthplaces, educational history, personalities, relationships, and hobbies. By learning from vast datasets about how people communicate, they could come up with predictions about the person you will be in 20 years. To be clear, the model wouldn't be predicting exactly what choices you'd make, but it'd be more about showing your potential based on the lives of people similar to you.

Now, imagine conversing with that future version of you in the same way you might chat with a friend now. What would you ask? What aspects of your life would you want to know more about? Or would you feel resistance to using AI to ask this; after all, we all want to believe that we are unique. How could an algorithm make a prediction about me – one in eight billion? Yet, every time you listen to a personalised Spotify playlist or like a Netflix film recommendation, a type of AI has predicted it. So, in the future, there's no reason AI won't be able to predict how your future self will feel about the decisions you make in your life now.

So, what if I really could meet my future self? Instinctively, the first thing I'd do would be to ask about the health, happiness, and safety of my grandkids and their offspring. But reflecting further on what the future holds, I realised that the most powerful questions would be ones that assisted me in making better choices and modifying the way I live today, such as what regrets I will have about things I didn't do or what I should focus on or stress about less.

Is it not necessary to wait for time travel or advanced AI for answers that we can act on; make better choices now by simply picturing meeting your future self. All that's needed is a little imagination and to show willing to put yourself in the shoes of the person you currently treat as a stranger.

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Summary

Science fiction stories depict older people who are much ***(0)*** *wiser* and smarter than they used to be, meeting themselves when they were younger to give advice. Even though moving backwards or forwards in time remains **(43)** _____ or from the realm of sci-fi, this theme is relevant to psychologists studying similar concepts. If we imagine our future selves as a person with whom we have **(44)** _____ any connection, we are less likely to help them in the long term. The same applies if we seek instant gratification by allowing **(45)** _____ to take over rather than having the willpower to work towards a sensible future goal. Research has revealed that forming a vivid image of ourselves leads to positive behaviour; one way to **(46)** _____ existing emotional bonds is by having a discussion between our current and imaginary future selves through letters and replies. AI is likely to improve such 'conversations' due to the **(47)** _____ amounts of information available, predicting what kind of people we might turn out to be and helping us to see our own potential. However, our reactions are sometimes sceptical towards AI because we wish to see ourselves as **(48)** _____. The author says that, **(49)** _____, she would want to ask about her loved ones before seeking to change her current behaviour. Even though time travel and extremely sophisticated computer models don't exist yet, if we are **(50)** _____ to talk to our future selves now, it can still be a valuable experience in trying to shape a more positive tomorrow.

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