

Egzaminy próbne – poziom rozszerzony

Egzamin próbny 1

Czas: 150 minut

ROZUMIENIE ZE SŁUCHU

Zadanie 1 (0–3)

1 Usłyszysz dwukrotnie trzy teksty. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią nagrania. Zakreśl literę A, B albo C.

Tekst 1

1.1 How should this piece of News be headlined?

- A UNFORTUNATE ESCAPE FROM HOSPITAL
- B DEADLY ASSAULT IN KANSAS CITY
- C GUNMAN BROUGHT TO JUSTICE

Tekst 2

1.2 This advert is addressed to people who are

- A directors.
- B bloggers.
- C politicians.

Tekst 3

1.3 The purpose of the fragment of this lecture is to

- A discourage the audience from eating before going to bed.
- B encourage the audience to have a daily workout in the gym.
- C make the audience aware of the benefits of sleep.

Zadanie 2 (0–4)

2 Usłyszysz dwukrotnie cztery wypowiedzi na temat życia starszych ludzi. Do każdej wypowiedzi 2.1–2.4 dopasuj odpowiadające jej zdanie A–E. Uwaga: jedno zdanie zostało podane dodatkowo i nie pasuje do żadnej wypowiedzi.

This speaker suggests that

- A the solution to help the elderly is to make them visible in the Media.
- B we should pay more attention to each other's needs.
- C the government should provide better financial support for elderly people.
- D young people don't have enough money to support old people.
- E relatives should provide housing and daily care for elderly people.

2.1	2.2	2.3	2.4

Zadanie 3 (0–5)

3 Usłyszysz dwukrotnie wywiad z ekologiem, który jest ekspertem w dziedzinie usuwania odpadów. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią nagrania.

3.1 John Croft believes that in the last century the plastic bag has

- A become one of the most dangerous products.
- B become more widespread than other products.
- C reached its peak production.
- D started to reduce the length of human life.

3.2 The research by supermarket chains has

- A largely gone unnoticed among their customers.
- B led to an increase in the number of shopping bags.
- C caused the global exchange from plastic to paper bags.
- D resulted in customers providing their own shopping bags.

3.3 A new process being tested at the moment

- A involves a substance that makes the plastic in bags softer.
- B ensures that tough plastic breaks up quickly.
- C means that the lifespan of plastic bags is much shorter.
- D consists of a simple method of disposing of flexible plastic.

3.4 Much of the plastic waste produced in Britain

- A is produced by the food industry.
- B is thrown away in the form of litter.
- C has a life of about two months.
- D finds its way to landfill sites after being used for only a few days.

3.5 In the interview, John

- A describes technological advancement in Britain.
- B discusses the problem of overuse of shopping bags.
- C concentrates on one aspect of environment protection.
- D talks about his most important life achievements.

ROZUMIENIE TEKSTÓW PISANYCH

Zadanie 4 (0–4)

Przeczytaj tekst, który został podzielony na trzy części A–C oraz zdania w tabeli. Do każdego zdania 4.1–4.4 dopasuj właściwą część tekstu. Wpisz rozwiązania do tabeli. Uwaga: jedna część tekstu pasuje do dwóch zdań.

In this paragraph the writer		
4.1	mentions why some activities are not helpful before sleep.	
4.2	gives an important reason why teenagers need more sleep.	
4.3	compares the average amount of sleep for teenagers from two different generations.	
4.4	talks about organisations that are doing something to tackle the problem.	

A Does your teenage child go up to their bedroom early only to spend hours playing with their iPad or mobile phone? Do they find it hard to switch off their television or stop playing computer games when it's bedtime? If so, you're not alone; it's a common problem and according to a new report, today's generation of children are in danger of getting so little sleep that they are putting their mental and physical health at risk. Adults can easily survive on seven to eight hours of sleep a night, whereas teenagers require nine or ten hours. According to medical experts, one in five youngsters gets anything between two and five hours less sleep a night than their parents did at their age.

B This raises serious questions about whether a lack of sleep is affecting children's performance at school. The connection between lack of sleep and an inability to remember things, poor reaction time and concentration is well known. Research has shown that losing as little as half an hour of sleep a night can have a big effect on how children perform the next day. A good night's sleep is also crucial for teenagers because it is while they are asleep that they release a hormone that is essential for their 'growth spurt' (the period during teenage years when the body grows at a rapid rate). It's true that, to some extent, they can catch up on sleep at weekends, but that won't help them when they are falling asleep in class on a Friday afternoon.

C So why aren't teenagers getting enough sleep? Some experts suggest the presence of televisions, computers and mobile phones in children's bedrooms may be to blame. Instead of reading a book at bedtime, children are going to their room and playing computer games, surfing the web, texting and messaging, or watching television. As these new pre-sleep activities have become more common, so more traditional ones such as reading have declined. Dr Luci Wiggs, a research fellow at Oxford University's Section of Child and Adolescent Psychiatry said, 'One of the problems with these pre-sleep activities is that they are unstructured, i.e. they do not have clearly defined start and end times.' She went on, 'This is the first generation of children to face such a huge variety of alternatives to going to sleep and the long-term consequences in terms of physical and mental health for both the child and their family can only be guessed at.' However, rather than relying on students to go to bed earlier, some schools in the US have delayed the start of their classes to give their teenagers some extra time in bed. And many teachers have reported that students are more alert and less moody. One school has even noticed a significant improvement in the educational performance of its students.

Zadanie 5 (0–5)

Przeczytaj dwa teksty dotyczące wakacji. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu. Zakreśl literę A, B, C lub D.

Tekst 1

HOLIDAYS

As Sara picked up the yellowing postcard and looked at the two people sitting in deckchairs by the sea, she thought about how times had changed. These days everyone expected a holiday, but she knew that holidays were a relatively new invention. Her dad had told her that it was the development of the railways in the 19th century, and the linking of big industrial cities like Leeds and Manchester to seaside towns like Blackpool and Scarborough, that opened up the way for holidays. The steam trains took normal working people to the seaside in their hundreds, although for most, it was rarely anything other than an occasional treat. And while they were there, they made the most of it, playing on the beach, swimming in the sea, eating fish and chips and watching *Punch and Judy* shows.

The British seaside holiday became much less popular in the 60s and 70s when people started to go abroad to warmer countries like Spain and Greece. Sara remembered her mum telling her about how they went on their honeymoon to Yugoslavia and they felt like they were going somewhere so exotic.

Then in the 1990s, budget airlines made air tickets affordable to everyone and Sara herself had been to loads of places. Funny how the whole thing seemed to have come full circle! These days people were turning to holidays nearer to home. Not only to save money, but also because of worries about the environmental impact of flying. That was one reason why Sara found it difficult to put the postcard down. It wasn't the only reason though.

- 5.1 The writer says that when the railways opened, ordinary people went to the seaside
- A only on special occasions.
 - B for more opportunities to entertain their children.
 - C to experience something new.
 - D because they liked being with other people.
- 5.2 What does the writer find amusing about modern-day holiday making?
- A The amount of choice people have means they can't decide where to go.
 - B People are choosing not to spend money even though they can afford to.
 - C It has actually become similar to what people originally did.
 - D The fact that people are deciding not to go on a plane.



FRIENDLIER FOOTPRINTS

Providing five-star luxury in the middle of a treasured wilderness without damaging the environment might not be easy, but it is not impossible. The King Pacific Lodge in British Columbia's Great Bear Rainforest proves that, if enough care and attention is taken, the same could be achieved by any tourist provider.

Unlike many other hotel building projects, no trees were cut down and no land was wasted in order to build it. The Lodge does not have a permanent location but sits on a floating barge towed into the sea in May, where it anchors until September. Those wishing to stay in one of its seventeen rooms must access it by boat or seaplane. Each guest staying at the Lodge is charged 3% conservation tax, but is rewarded by the chance to see whales and bears. And since these are the main attractions of the area and of the Lodge, the management is

still aware that in order to stay in business they must leave the area untouched.

In 2000, the Lodge management signed an agreement with the native Gitga'at people by whom they were later adopted. Together they work for the benefit of the area. The Lodge recognises the native tribe as the owners of the land, pays the tribe for the use of their land and even supports the native youth and employs the tribe's people. They, in turn, teach the newcomers about the local culture.

5.3 The writer feels that what the King Pacific Lodge has done

- A was hard because of the size of rainforest.
- B could be copied by other holiday companies.
- C wouldn't have happened unless the tourists had supported it.
- D is difficult to get right because of the amount of effort it involves.

5.4 It is really important for the hotel management

- A not to change the environment.
- B to organise additional sightseeing tours.
- C not to give a job to the tribe's people.
- D to provide unusual attractions.

5.5 From both texts we learn

- A that tourism can have a positive effect on an area.
- B that companies must support the local people.
- C that some tourists do not want to harm the planet.
- D that the development of land has been positive.

Zadanie 6 (0–4)

Przeczytaj tekst, z którego usunięto cztery zdania. Wpisz w luki 6.1–6.4 litery, którymi oznaczono brakujące zdania A–E, tak aby otrzymać logiczny i spójny tekst. Uwaga: jedno zdanie zostało podane dodatkowo i nie pasuje do żadnej luki.

Over 150 years ago, a rich woman in England called Lady Tichborne put advertisements in newspapers around the world. **6.1** _____. It had been traveling back from South America in 1854, when it had sunk and all the passengers were presumed drowned. But Lady Tichborne refused to believe that Roger had died.

Eleven years after the accident, Lady Tichborne received a letter from a lawyer in Sydney, Australia. The lawyer explained that he was representing a man called Arthur Orton. Orton had told the lawyer that he was Lady Tichborne's son. Overjoyed, Lady Tichborne asked an old family servant who was now living in Sydney to visit Orton to confirm his story.

6.2 _____. However, Orton could remember so many details about the family that he soon convinced the servant that he was Sir Roger.

So, Orton met Lady Tichborne in Paris. She was French and had taught Roger to speak the language fluently. When she saw Orton she was so happy to have her precious son back, even though he looked rather different and couldn't speak a word of French. Lady Tichborne promised Orton that he would receive £1,000 a year. **6.3** _____. However, several members of the family were unhappy. They alleged that the man was not Lady Tichborne's son, but she ignored them.

When Lady Tichborne died, Orton wanted to claim all of the family land and money from Lady Tichborne's younger son, Henry. The family hired lawyers to investigate him, and in 1874 there was a famous trial that lasted 188 days. Over 100 witnesses claimed that Orton was Sir Roger. However, the lawyers proved that Orton had been born in London, the son of a butcher. The jury found him guilty and he was sentenced to ten years in prison. **6.4** _____. However, when he left prison in 1884 they had all forgotten him. He died in poverty in 1898, and his coffin still bears the name Sir Roger Tichborne!

- A Once Lady Tichborne had promised this, many other friends and family accepted him.
- B Although the man was expecting a slim, dark-haired young man, he found Orton to be fat with light, brown hair.
- C At the trial, Orton confessed to the fact that he had taken on a new identity, but later he claimed he was innocent.
- D They announced that she was looking for her son, Sir Roger Tichborne, who had been on a ship called *The Bella*.
- E Many people who had supported him refused to believe the truth and started a protest in London.

ZNAJOMOŚĆ ŚRODKÓW JĘZYKOWYCH

Zadanie 7 (0–4)

Przeczytaj tekst. Z podanych odpowiedzi wybierz właściwą, tak aby otrzymać logiczny i gramatycznie poprawny tekst. Zakreśl literę A, B, C albo D.

- | | |
|------------|------------------|
| 7.1 | 7.3 |
| A circles | A does it help |
| B times | B it helps |
| C sets | C it cannot help |
| D fits | D it should help |
| 7.2 | 7.4 |
| A filled | A Ideally |
| B full | B However |
| C busy | C Therefore |
| D detailed | D Hence |

HIIT


High-intensity interval training (HIIT) is an exercise method which involves alternating between very intense 7.1 _____ of exercise and low-intensity exercise. For example, sprinting for thirty seconds, then walking for sixty seconds. It is the ideal workout for a 7.2 _____ schedule and one of the most efficient ways to get in shape. Research shows you can achieve more progress in a mere fifteen minutes of interval training than by jogging for an hour. Not only 7.3 _____ you burn fat during your workout, but you will continue to burn it throughout the rest of the day. The key is to pick exercises that use the majority of muscle groups. Using HIIT for isolation exercises is ineffective. 7.4 _____, using them for full body workouts like sprinting or squats will speed up fat loss and take your body to a new fitness level.

high-intensity interval training •

Zadanie 8 (0–4)

Przeczytaj tekst. Uzupełnij każdą lukę, przekształcając wyrazy z ramki, tak aby powstał spójny i logiczny tekst. Wymagana jest pełna poprawność gramatyczna i ortograficzna wpisywanych wyrazów. Uwaga: dwa wyrazy zostały podane dodatkowo i nie pasują do żadnej luki.

see grow intend distinct trend give



During Victorian times, it became increasingly recognised that children had their own identities and 8.1 _____ needs. This recognition is reflected in a variety of ways, from the improvement of the education system to changes in children's clothing and the trend for the mass production of toys. The 19th century 8.2 _____ a rapid expansion in trade and a recognition of children as part of the consumer public. From the 1850s, there was an ever 8.3 _____ demand for toys. Most of them were made to help children prepare for taking on specific roles when they became adults. Dolls were considered appropriate toys for girls and prepared them for motherhood. Boys were given toys that 8.4 _____ to encourage scientific enquiry. Early Victorian toys were mainly wooden. By the end of the century new techniques were developed to make the production of toys cheaper and easier.

Uzupełnij luki w zdaniach, tak aby zachować znaczenie zdania wyjściowego. Wykorzystaj wyrazy w nawiasie w niezmienniczej formie. W podanych fragmentach zdań nie należy niczego zmieniać. Wymagana jest pełna poprawność gramatyczna i ortograficzna. Uwaga: w każdą lukę możesz wpisać maksymalnie pięć wyrazów.

- ## TWORZENIE WYPOWIEDZI PISEMNEJ

Wypowiedź się na jeden z poniższych tematów. Wypowiedź powinna zawierać od 200 do 250 słów i spełniać wszystkie wymogi typowe dla formy wskazanej w poleceniu. Zaznacz temat, który wybrałeś/wybrałaś, zakreślając jego numer.

- 1 Jedną z najpopularniejszych form spędzania wakacji w Polsce są od lat tzw. wakacje na łonie natury, takie jak wczasy agroturystyczne czy chodzenie po górach. Napisz **rozwprawkę**, w której przedstawisz swoją opinię na temat takiej formy spędzania wakacji, rozważając je z punktu widzenia osoby młodej i osoby w podeszłym wieku.
- 2 Media alarmują, że polskie nastolatki spędzają zbyt dużo czasu na portalach społecznościowych, co negatywnie wpływa na ich wyniki w nauce. Napisz **artykuł**, w którym nie zgodzisz się z prezentowaną opinią i podasz przykład, jak aktywność na portalu społecznościowym może pomóc w rozwoju osobistym/w nauce.

[illegible]