

1. Przeczytaj uważnie poniższy artykuł. Na podstawie informacji zawartych w tekście zdecyduj, które zdania są zgodne z treścią tekstu (TRUE), a które nie (FALSE).

THE SAMARITANS, BRITAIN'S FIRST AND BEST-KNOWN HELPLINE

It all began with the idea of a young liberal vicar, Chad Varah half a century ago. While working in a number of different parishes across the country, he saw how many problems and difficulties people experienced. Those with personal problems complained to Varah that they had no one to talk to. They felt isolated and lonely. The vicar quickly decided that what they needed most was a friendly 'sympathetic ear', somebody to listen to them. So he set up a confidential emergency service for people who had serious problems, for people who need "spiritual aid". The organisation's task was not to offer advice, Varah thought, but simply to listen.

Chad Varah introduced the concept of using the telephone as a source of social and personal support. The telephone number of the church in London he worked at was adopted as the number of the helpline. The next step for Chad Varah was to tell his journalist friends about his idea. Soon articles about the helpline were published. The Daily Mirror announced "Telephone the Good Samaritans," and this name was quickly adopted by other media and the public. The Samaritans, Britain's first helpline for depressed people who wanted to kill themselves, was born.

Within a few weeks the demand for both phone and face-to-face support was so huge that Chad Varah was not able to help everybody on his own. Fortunately, people were willing to help him out. At the beginning the main duty of volunteers was to serve tea and coffee and chat with people waiting for their appointment with the vicar. But soon it became clear that this contact was very important. Often people, after talking about their problems to the receptionists, felt no need to speak to Chad Varah in person. Just having somebody to talk to made them feel better.

The first branch of the Samaritans to be set up outside London was in Liverpool. Within ten years over five thousand volunteers were working in 41 branches across the whole of the UK. Today there are over 200 branches and nearly twenty thousand volunteers. From a single telephone line and small reception centre in a church, the Samaritans have grown into one of the best-known charities in Britain.

Last year the organisation received nearly five million contacts, by phone, e-mail, letter, and face-to-face visits. However, the telephone remains the most common way of contacting the Samaritans, as 95 per cent of those looking for help use the phone.

The principles of the service offered by the Samaritans today are no different from those of 50 years ago. Although they accept that everyone has the right to make fundamental decisions about their own life, they provide confidential emotional support to those in emotional distress or severely depressed. They are always ready to listen, 24 hours a day, 365 days a year.

- a) The idea of a telephone helpline originated from Chad Varah's observations as a vicar.
- b) The main aim of the organisation was to suggest Solutions to people's problems.
- c) The name 'The Good Samaritans' was originally used by Chad Varah.
- d) When Chad Varah couldn't see everybody who wanted to talk to him, many volunteers were ready to help.
- e) Everybody who came to the Samaritans for help wanted to talk to Chad Varah.
- f) The telephone is still the most popular means of contacting the Samaritans.
- g) The basic rules applied by the Samaritans have not changed for half a century.

2. Przeczytaj uważnie zaczerpnięte z prasy informacje o książkach, a następnie odpowiedz na pytania 2.1.-2.6. W kratkę obok każdego pytania wpisz odpowiednią literę, oznaczającą właściwą pozycję książkową. Nie możesz dwukrotnie udzielić tej samej odpowiedzi. Informacja o jednej z książek została podana dodatkowo i nie pasuje do żadnego pytania.

A *Scorpia* by Anthony Horowitz

If somebody asked a boy aged between 8 and 12 who his greatest fictional hero is, the answer would probably not be Harry Potter, but Alex Rider. The reluctant teenage spy, blackmailed into working for MI6, has now saved the world four times, and is back in Scorpia.

B *Sweets* by Tim Richardson

Among the things for which there is no substitute, I count a Mars bar. On Tim Richardson's say-so, I'm ready to add to this list a Japanese confection called 'everyburger' (sesame biscuits stuck together with chocolate paste). This is a fascinating book about sweets and desserts for those who like making them, eating them or just reading about them.

C *The Curious Incident of the Dog in the Night-Time* by Mark Haddon

A murder mystery with a difference. Haddon's novel is "written" by Christopher, a 15-year-old narrator with Asperger's syndrome, trying to discover who killed his neighbour's dog. A very original, unusual book – very enjoyable to read.

D *The Wars of the Roses* by Julie Brooks

A fascinating, brilliantly written book presenting a comprehensive picture of 15th-century England and the fights between the supporters of the House of Lancaster and the House of York, the most powerful families in the kingdom at that time.

E *The A-Z of What to Cook* by Kenneth James

James has filled his lovely tome with interesting facts - such as that monks classified frogs as fish in order to have something different to eat on Fridays. There are also many references to French handbooks of gastronomy. If you want to know seven ways to cook a hare or 20 things to do with a sole, then this book is an entertaining and instructive guide. This book is useful when you want to impress your guests by your cooking.

F *The Essential Difference* by Simon Baron-Cohen

On the surface, much of this book, written by a famous psychologist, seems to present a stereotype: women's brains are programmed for sympathising while men's brains for systematising. In other words, men are organised and efficient, women sharing and caring. In fact, this is a fascinating popular science book on human brains, genes and psychology.

G *Telegram from Guernica* by Nicholas Rankin

The life of the war correspondent and soldier George Steer was short but exceptionally full. In his absorbing book, the journalist Nicholas Rankin tells Steer's story neither glorifying nor judging him. The author presents a balanced and subtle portrait of an extraordinary man.

Which book would be chosen by somebody who:

- 2.1 ... wants to learn how to prepare a special meal for some Special guest?
2.2 ... wants to buy a good book for their son to celebrate his 10th birthday?
2.3 ... likes reading biographies?
2.4 ... is interested in scientific explanations of human behaviour?
2.5 ... likes reading about the past and is interested in history?
2.6 ... Likes reading well-written crime stories which are not typical ones?

3. Przeczytaj uważnie poniższy artykuł, z którego usunięto 8 zdań. Zdania te oraz jedno zdanie dodatkowe, które nie pasuje do tekstu, oznaczono literami A-F. Dobierz zdania tak, aby otrzymać spójny i logiczny tekst. W każde puste miejsce (3.1. - 3.5.) wpisz literę, która oznaczona jest brakujące zdanie.

IT'S EASIER SEEING GREEN

For the 7 percent of American kids who suffer from a mental deficit known as ADHD, help may come in the form of green fields, leafy trees and open sky. 3.1.

Andrea Faber Taylor and Frances Kuo, researchers from the University of Illinois, have found that spending time in ordinary green? settings - such as parks, farms or grassy backyards — reduces symptoms of ADHD when compared to time spent at indoor playgrounds and man-made recreation areas of concrete and asphalt. 3.2.

The study which appears in the *American Journal of Public Health*, is based on the lab's previous finding that there are fewer cases of domestic violence, and there seem to be stronger neighbourhood ties in districts where a lot of grass and trees have been planted.

In Taylor and Kuo's project, parents were most helpful to the researchers. 3.3. Most children definitely behaved better. To make sure that the improvement was not simply an effect of the kids burning off their accumulated energy, the researchers also observed children not suffering from ADHD. Those children had fewer problems after playing outdoors as well.

In a follow-up experiment, children who spent 20) minutes on an outdoor walk saw the greatest benefits when they walked in smaller groups or one-to-one, compared to those who walked in larger groups. 3.4.

"The findings are especially important because there are more and more kids diagnosed with ADHD," says Kuo. "In nearly every classroom there's a child who has ADHD," Kuo says. 3.5.

There are a lot of advantages when doctors prescribe "green time" for . the treatment of ADHD: it is easily available, no side effects occur, and anyone can afford it.

- A "In fact, it's a public health problem, not the result of bad parenting", she adds.
- B The findings were the same no matter what the child's age, sex, background, or family income.
- C Seeing a lot of green colour in nature is evidently good for those children.
- D Paediatricians and child psychologists can fill some gaps, but they are also overworked.
- E Frances Kuo suggests this may be because in a smaller group children do not have to compete for a teacher's attention, which makes them more relaxed.
- F They were asked to comment on their child's behaviour after weekend activities.

4. Przeczytaj uważnie poniższy artykuł, a następnie przy każdym pytaniu wybierz właściwą — zgodną z tekstem — odpowiedź lub zakończenie zdania.

THE GIANT

Every afternoon, as they were coming from school, the children used to go: and play in the Giant's garden.

It was a very lovely garden. Here and there from the grass stood beautiful flowers like stars. The birds sat on the trees and sang so sweetly that the children used to stop their games in order to listen to them. "How happy we are here!" they cried to each other.

One day the Giant came back. He had been to visit his friend the Cornish ogre, and he had stayed with him for seven years. After the seven years were over he had said all that he had to say, for his conversation was limited, and he decided to return to his own castle. When he arrived he saw the children playing in the garden.

"What are you doing there?" he cried in an unfriendly voice, and the children ran away. "My own garden is my own garden," said the Giant, "anyone should understand that, and IT will allow nobody to play in it but myself. So he built a high wall all around it, and put up a notice: "KEEP OUT". He was a selfish Giant,

The poor children had now nowhere to play. They tried to play on the road, but the road was very dusty and they did not like it.

Then the Spring came, and all over the country there were little flowers and little birds. Only in the garden of the selfish Giant it was still winter. The birds did not want to sing in it as there were no children, and the trees forgot to produce flowers. "I cannot understand why the springs so late in coming," said the Giant, looking at his cold white garden. "I hope there will be a change in the weather."

But the Spring never came, Nor the Summer. The Autumn gave golden fruit to every garden, but to the Giant's she gave none. So it was always winter there, and the North Wind and the Frost and the Snow danced about the trees.

One morning the Giant was lying awake in bed when he heard some lovely music. It sounded so sweet to his ears that he thought it must be the King's musicians passing by. But it was only a little brown bird singing outside his window. And immediately the North Wind stopped blowing, and the Snow started melting.

The Giant saw a wonderful sight: the children had crept in through a little hole in the wall. In every tree that he could see there was a little child. And the trees were so glad to have the children back again that they had covered themselves with flowers, and they were waving their arms gently above the children's heads. The birds were flying about. It was a lovely scene.

Only in one corner it was still winter. A little boy was standing there crying. He was so small that he could not reach up to the tree there, which was still covered with snow. The Giant saw it. He came downstairs and softly opened the front door. When the children saw him they all ran away and the garden became winter again. Only the little boy did not run, as his eyes were so full of tears that he did not see the Giant coming. The Giant gently took him in his hand and put him up in to the tree, That very moment the tree broke into white flowers. The other children soon came running back and with them came the Spring. "It is your garden now little children," said the Giant and he knocked the wall down.

4.1 The Giant left his friend the Cornish ogre:

- a) in the seventh year of his stay there.
- b) when he had nothing more to talk about.
- c) after the Cornish ogre had finished the conversation.
- d) when he forgot how to talk.

4.2 When the Giant returned, the children:

- a) were playing on the road.
- b) decided to stop playing.
- c) could not understand the notice.
- d) had to move somewhere else.

4.3 The Spring failed to appear in the Giant's garden, because:

- a) it felt sorry for the children.
- b) the notice was frightening.
- c) it had an agreement with the Autumn and Winter.
- d) the birds were unhappy.

4.4 The Giant changed his attitude when he:

- a) thought he saw the King's players.
- b) destroyed the wall of the garden.
- c) saw the little boy crying.
- d) realized he wanted the Spring to come.

4.5 The message of this fairy tale is that:

- a) selfish individuals cannot be happy.
- b) the love of children brings everyone closer to nature.
- c) children can do what they like with everyone.
- d) nature repays honest individuals.