

LEVEL B (B1 & B2)

MODULE 1 Reading comprehension and language awareness

2019 B

PART A - CHOICE ITEMS

ACTIVITY 1

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

The Bike Project in London provides a clever solution to one of the biggest problems facing refugees in the UK. Maybe you can help us too!

The problem is the high cost of transport and what that means for refugees every day. The solution is to give a bike to refugees and asylum seekers who do not have transport. One of the thousands of bikes people don't need or just leave in the street in London.

Every year 13,500 asylum seekers arrive in London alone whilst 27,500 bikes are thrown away every year. By repairing these bikes and the bikes that people give us, the Bike Project has found a way to help improve the economic and health opportunities for refugees and asylum seekers. The Bike Project believes that no one should have to choose between eating a meal and catching the bus.

Having fled persecution in their country, most refugees arrive in the UK with very little. A bike helps access food banks, legal advice, healthcare and

education. It also helps people get to and from home to work.

We started Pedal Power for refugee women in 2015. Many refugees come from societies where women are not encouraged to ride a bike, but our female instructors can teach women to ride one. It gives the women some independence in a new country.

The Bike Project has found that people who have a bike are doing more physical activity. 77% are exercising for at least 180 minutes a week. This means people do not have to pay a lot of money for buses and trains. They are cycling and also walking much more. We know that increased physical activity results in improved mental health too.

If you have a bike you don't need please let us know!

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. complain about traffic problems.
 - B. advertise a health product.
 - C. ask people for help.
- 2a. The article highlights the fact that travelling in London and the UK is
 - A. expensive.
 - B. unreliable.
 - C. good value for money.
- 3a. The article suggests that a lot of people in London
 - A. cannot cycle to work.
 - B. have bikes they don't need.
 - C. don't ride bicycles.
- 4a. The article suggests that refugees sometimes don't have enough
 - A. time to cycle to work.
 - B. money to eat.
 - C. time to exercise.
- 5a. The article suggests that female refugees
 - A. will not ride a bike.
 - B. are better cyclists than men.
 - C. benefit from learning to ride a bike.
- 6a. The article suggests that the advantages of exercise include
 - A. healthy body and mind.
 - B. increased weight loss.
 - C. making friends.
- 7a. The article ends with a
 - A. call for contributions.
 - B. demand for money.
 - C. statement of anger.

ACTIVITY 2

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


A. took	B. obtained	C. used	D. became
E. appeared	F. went	G. displayed	H. created



Cultera
CULTURE & ART

Art installations all over the world

Installation artworks are usually (8a) _____ in museums and galleries but also in public and private spaces. Different types of everyday and natural materials are (9a) _____, as well as new media such as video, sound immersive virtual reality and the internet. Many installations are 'site-specific' because they are to exist only in the site – the place where they are (10a) _____. Here we present a number of installations from around the world.




The umbrellas of Thessaloniki

The umbrellas (11a) _____ in Thessaloniki in 1997, when the city was the European Capital of Culture.

This piece of art was created by George Zongolopoulos and it (12a) _____ an established part of Thessaloniki's seafront.

It is enjoyed as part of everyday life by citizens and visitors to the city.

Giant crab in India




In 2015, a piece of sculpture was built, and it was built of waste plastics to emphasise environmental issues on the beach, at Fort Cochin, in Kerala, Southern India.

Much of the plastic was (13a) _____ from beaches nearby. It acts as a warning to people to avoid dropping rubbish on beaches which finds its way into our oceans.

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.	near	B.	on	C.	back	D.	of
E.	by	F.	up	G.	with	H.	in


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Any question about anywhere!


If you've got a question, we've got the answer!
And if we haven't got the answer then some of our readers will have it!



Hi my name's Julia. I'm going to Greece (14a) _____ my husband and two kids in June. We are flying to Athens and then hiring a car because we want to see some of mainland Greece. We'd like to see some ancient sites but also enjoy being in the mountains and the boys want to be (15a) _____ the sea too at some point. We'll stay in Greece for ten days. We're hiring a car and we are thinking of heading towards Delphi to start with. So, my questions are what are the roads like and is Delphi a good place to go to?



Thanks Julia. I haven't been to Delphi. I always head straight for the islands. I'm pretty sure hiring a car is easy enough and the roads I've been (16a) _____ have been fine. I can look into this and get (17a) _____ to you. Can any of our readers help out with more info?



Hi my name's Katerina. I'm Greek and live (18a) _____ Greece. I've just seen this post and think I can help you! I would definitely recommend that you go to Delphi. The countryside and Mount Parnassus are stunning, and the ancient sites are great too. You could head off to Galaxidi afterwards – a lovely fishing port in the Gulf of Corinth with fabulous beaches. After that you could maybe head to Pelion. The mountains and forests are striking and you could find a guesthouse and enjoy time on beaches (19a) _____ the sea as well. As for the roads they're fine. You'd have a good road out (20a) _____ Athens and most of the way to Delphi but obviously it's really good to get on some of the smaller roads and just enjoy the drive through the countryside if you can.

Now I've got a question myself. Has anyone ever tried to book a self-catering apartment in Croatia?

ACTIVITY 4

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

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
According to the text				
21a.	Giannis and all his brothers were born in Greece.			
22a.	Giannis first played basketball for Greece in 2013.			
23a.	Giannis likes to play in an attack position on court.			
24a.	Giannis is the only family member in the World Cup squad in 2019.			
25a.	Giannis feels good about his connection with Greece			

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He's just the best!!!

Giannis Antetokounmpo was born on December 6 1994, in Athens, Greece. He is almost seven feet tall and is one of the best basketball players in the world. His father, Charles, was a professional footballer and his mother, Veronica, an athlete. His parents went to Greece in 1991 in the hope of finding a better future for themselves and their family, after struggling to find suitable employment in Nigeria.



Giannis is one of four brothers living in Greece. There is a fifth brother, but he lives with his grandparents, as his parents decided not to take him with them when they moved to Greece, because they knew that life would be difficult for them at the beginning. And it was.

When Giannis and his brothers were born, and for years afterwards, they were stateless. They had neither Greek nor Nigerian citizenship. But in 2013, they did receive Greek citizenship. Giannis was almost 20 years old by then. Shortly after that he debuted for Greece, his homeland, when he was selected as a member of the Greek Under-20 National Basketball Team in July 2013.

Giannis attracted interest from a number of basketball clubs in Europe before signing in 2013 for Milwaukee Bucks in the USA. In 2019, he was the first European basketball player to be named the NBA Most Valuable Player for 2018-2019. His basketball skills are second to none. Teams keep a record of the statistics of how a player performs and he keeps breaking records in the statistical categories of points, assists, rebounds, blocks, and steals. Another skill he has developed is the ability to play in any position on the court. He likes them all. Tall, talented and very adaptable. That's Giannis.

Giannis is known affectionately as the 'Greek Freak', a nickname that he thinks suits him. He is proud to be Greek and he's also proud of his African roots.

ACTIVITY 5

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

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Household WONDERS


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Oral hygiene – looking back and to the future

You use it at least twice per day.

You've used one nearly your entire life.

How did the humble toothbrush evolve?



The modern toothbrush is less than 100 years old, but ancient civilizations also fashioned tools to clean their teeth. Objects for cleaning teeth have been found in Egyptian tombs dating back more than 5,000 years. As early as 3500 BC, the Egyptians and Babylonians made “chewing sticks” of frayed wood fibres by chewing on one end of the piece of wood until it separated into a brush-like shape. Other ancient cultures used pieces of cloth, bird feathers, animal bones, and even porcupine quills.

In the 1400's, the Chinese first fashioned a brush device using a bone or bamboo handle and hair bristles taken from the backs of hogs (wild pigs). Growing trade routes brought the toothbrush back to Europe, where other animal hairs were sometimes used. In 1780, Englishman William Addis created a toothbrush while in prison and later earned a fortune selling the first mass-produced toothbrush, which was made from cow bones and the hair of cow tails.

The first bristle toothbrush, made with nylon, went on sale in 1938. The first electric one was invented in Switzerland in 1954. In the 21st century, the world is facing an environmental problem with toothbrushes made from moulded plastic that cannot be recycled. Scientists have established that toothbrushes that have been disposed of and end up in our oceans will float for 400 years as they are not biodegradable. The oral hygiene industry will have to look at ways of developing new ways of cleaning our teeth. Perhaps we should all be using toothbrushes with bamboo handles and plant-based bristles, or hope that scientists may invent a technology for cleaning our teeth, or maybe one day we will have to start using chewing sticks again. A solution to the current problem with plastic toothbrushes is imperative!

- 26a. What is the main purpose of the text?
 A. To advertise a brand. B. To inform about an artefact. C. To amuse the reader.
- 27a. According to the text, cleaning your teeth is
 A. more than a daily habit. B. an old-fashioned custom. C. a habit we have to adjust.
- 28a. According to the text, some ancient civilisations
 A. used modern toothbrushes. B. didn't clean their teeth. C. used animal parts as toothbrushes.
- 29a. According to the text, the first toothbrush that became a best seller was made in
 A. China. B. Switzerland. C. England.
- 30a. The text suggests that modern toothbrushes are a potential hazard because
 A. they are electric. B. they are made from plastic. C. they are made from trees.
- 31a. The text suggests that in the future toothbrushes
 A. won't change. B. shouldn't change. C. must change.

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. brought	B. spoke	C. created	D. reduced
E. grown	F. increased	G. remained	H. cleared



The Mastiha Tree of Chios

The mastiha tree only grows in Greece, on the island of Chios. It is only in Greece that the valuable drops or 'tears' are produced. It takes a long time – about 40-50 years – for the tree to become fully (32a) _____. Its life span is about 100 years, but it cannot produce any mastiha before the fifth or sixth year of its life.

Early each year, the lower branches are pruned to give the tree a specific shape, allowing air and light to circulate, and help the resin dry. In June, before the tree 'cutting' process and the mastiha tear gathering, the ground around the trunk is (33a) _____ of all other plants. The tears are gathered in late June.

In ancient times, Greek physicians (34a) _____ of the medicinal properties of mastiha and later, during the Byzantine period, mastiha was amongst the few luxury goods exported to Constantinople. In the middle ages mastiha travelled to places around the world, including Venice and London. It was a very valuable product that (35a) _____ much wealth to Greece.

Today, mastiha is well-known for its therapeutic qualities, while it is also used for various medical products, such as surgical thread. It is good for dental health, as well. According to studies by the University of Thessaloniki, by chewing mastica, bacterial plaque on teeth is (36a) _____ by 41.5%. Therefore, it is used in the production of toothpaste. But it is also used in shampoo, soap and other beauty products, while mastiha is sold as a liqueur in Greece, aiding digestion.

The way that mastiha is produced has (37a) _____ practically unchanged over time. The island of Chios is a special place and mastiha one of its most precious products.

ACTIVITY 7

Match descriptions 38a-43a with options A-H. There are two options you do not need.

A. Free-thinking school	B. Forest school	C. Cave school	D. Train platform school
E. French school	F. Home school	G. Boat school	H. Private school



TheTEEN magazine

October 2019

Unusual schools



38a. In Sweden children must attend school from the age of 6. Before this, they can attend pre-school, where a common teaching pedagogy is to focus on outdoor learning. The idea, popular across Scandinavia, started in Sweden in the 1950s. Teachers wanted to connect children with nature and set up a school for them in an area with many trees. They encouraged them to explore their natural surroundings and learn useful outdoor skills.

39a. Bangladesh has limited natural resources and is strongly impacted by climate change. This makes it very difficult for children to access regular education. But the people have learned to work with what they have and deliver classes to children in schools that float. This innovative way of teaching means that children from isolated waterside communities can have access to libraries and other learning facilities. Each of these schools are equipped with computers, internet access and a small library.

40a. In India, schools are limited. This creates a huge problem because many children do not have the opportunity to go to school at all. One woman, a teacher called Inderjit Khurana, has tried to change all this, knowing that, because of poverty, thousands of children work at railway stations all over India instead of going to school. So, she set up schools with volunteer teachers at the railway stations. She created a programme for teachers to help the children learn to read and write.

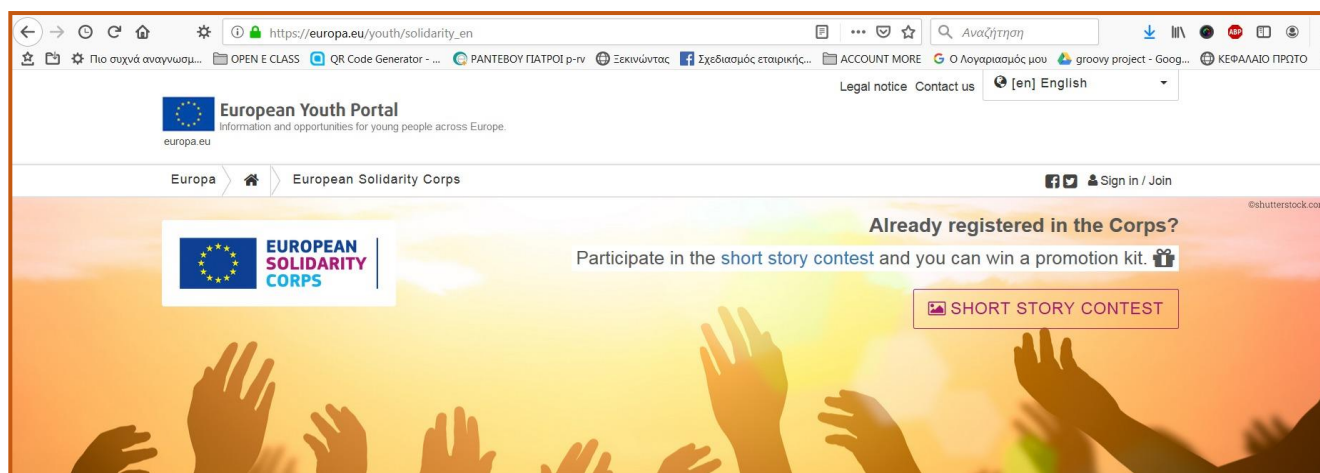
41a. This school was founded in 2004 in Brooklyn, USA. It is a school with no curriculum or rules for students to follow. The whole idea is to allow the children to find their own way. Students decide what to learn and which classes to join. If they are not interested in sitting in the classes, they can stay home. Though the school has been criticized heavily, its popularity keeps rising because many people believe that autonomy to choose is the best way forward.

42a. This school was one of a kind, as students were taught underground. A school was established in 1984 with 186 students and 8 teachers in Guizhou, China, a mountainous region with lots of underground areas. Because it was one the poorest provinces in China, the village did not have enough money to build a school with classes and so the villagers decided to open the school without a building under the ground!

43a. The number of children being educated in the house in which they live in Britain has risen by about 40% over three years. While in 2014-15 about 35,000 students across the UK were being educated in their own house, in 2017-18 the number had gone up to 50,000. Why? The most common reasons parents give for removing their children from classrooms are mental health issues and avoiding exclusion. This means that they feel that children with behaviour challenges or learning difficulties are not helped effectively at school. Other parents simply choose to educate their children themselves and not follow the curriculum – which is not obligatory – so that they can decide what, when and how their children learn.

ACTIVITY 8

Read the text, which continues on the following page, and do the task that follows.



European Solidarity Corps

What is the European Solidarity Corps?

The European Solidarity Corps is the new European Union initiative which creates opportunities for young people to volunteer or work in projects in their own country or abroad that benefit communities and people around Europe. The young people who participate in the European Solidarity Corps will all agree with and uphold its Mission and Principles.

You can register for the European Solidarity Corps when you are 17 years old, but you cannot start a project until you are over 18. European Solidarity Corps projects will be available to people up to the age of 30 years old.

After completing a simple registration process, European Solidarity Corps participants could be selected and invited to join a wide range of projects. Examples of what you could do include:

- Helping rebuild a school or community centre that has been devastated following an earthquake
- Providing support to newly arrived asylum seekers
- Clearing vegetation from forests to help prevent wildfires
- Working with disabled people in a community centre.

European Solidarity Corps - Types of Activities

VOLUNTEERING ACTIVITIES

Individual volunteering allows young people to participate in the daily work of organisations and lasts between 2 and 12 months, and in some cases, 2 weeks and up. Participants can volunteer abroad or in their country of residence for projects covering social inclusion, environment, culture, and more. They will usually be located within the European Union Member States.

Volunteering teams are groups of 10-40 young people from at least two different countries who volunteer together for a period of between 2 weeks and 2 months. The costs of accommodation and food are covered. Participants also receive a small allowance for personal expenses.

TRAINEESHIPS AND JOBS

Traineeships count as full-time work practice and last between 2 and 6 months – renewable once. They are paid for by the organisation responsible for the traineeship. Trainees develop their personal, educational, social, civic and professional skills.

Jobs are full-time and last between 3 and 12 months. They are paid for by the organisation employing the participant. Traineeships and jobs can take place in the participant's country of residence or abroad. If abroad, participants receive a small allowance to help them relocate and settle in a foreign country.

Participants of volunteering activities, traineeships and jobs get online linguistic support, training and mentoring. Their travel costs to and from the project venue are covered.

[More information about the European Solidarity Corps \[FAQs\]](#)

Interested?

If you are up for a challenge, and willing to dedicate yourself to helping other people, then join the European Solidarity Corps today!

Click the button below to start the registration process. To make the process as easy as possible, you can sign up using a social media account, or you can create an account with EU Login.



Decide if, according to the text above, the statements below (44a-50a) are True (A), False (B) or Not stated (C).

STATEMENTS		A	B	C
		TRUE	FALSE	NOT STATED
44a.	Participation can only be outside a corps member's home country.			
45a.	Active participation in projects is allowed between the ages of 18-30.			
46a.	Successful project members may be involved in physical work.			
47a.	Volunteers are required to be insured for 12 months.			
48a.	Those corps members who have a regular salary, do not qualify to receive financial support.			
49a.	All non-paid and paid participants receive language support and training.			
50a.	All applicants are requested to write a personal statement outlining their reasons for applying.			

PART B - SHORT ANSWERS

ACTIVITY 1

Fill in gaps 1b-5b with the most appropriate word, so that the text makes sense.

PADDLE boarding

Stand up paddle (SUP) boarding offers a fun way to play on the water, while exercising your whole body. You stand at full height **(1b)** _____ your board and so it gives you a unique opportunity to see what's under the water and also to see what's out on the horizon.



What do I need to take **(2b)** _____ me?

- Spare pair of dry clothes
- Sun cream for sunny days
- Drinking water
- Waterproofs for rainy days
- Thermals and wetsuit for cold weather
- A life jacket

Do I have to be fit to try SUP boarding?

The great thing about SUP boarding is that anyone, **(3b)** _____ any age or fitness, can give it a go. The hardest part is learning how to stand up, but once you've developed that skill you can very much take it at your own pace.

What are the benefits of SUP boarding?

It is a relaxing sport **(4b)** _____ develops your overall fitness and allows you to mindfully enjoy your surroundings. This low impact sport can help you to strengthen your core, in the calm environment of the water which we know can help to clear your mind and reduce stress.

Tips for planning a trip

- Choose a small, calm area of water that's free of lots of obstacles like boats.
- Look **(5b)** _____ a sandy beach or any other place you can go into the water and easily launch your board.
- Choose a sunny day with little or no wind.
- Go with a friend so you can keep an eye on each other.

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.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/>

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Body image

What is body image?

Body image is how we think and feel about ourselves physically, and how we believe others see us.


During adolescence and puberty, your brain and **(6b)** _ _ _ _ go through huge changes. Your body releases hormones which make you more aware of how you look, and more aware of other people's bodies. These changes happen to everyone and can sometimes make you feel out of control or anxious.

What to do if you're worried about how you look

Many people feel insecure about the way they look at some point in their lives. It's important to remember that there isn't a single type of beauty – everyone sees it differently. And there simply isn't a right or a wrong way to look. But if you're struggling, here are some **(7b)** _ _ _ _ you can follow.

- Be kind to yourself and try not to **(8b)** _ _ _ _ _ _ yourself with others or with pictures in magazines that don't reflect how people look in real life.
- Focus on the things you like about yourself, and the parts of your body that you like.
- Spend time with people who make you **(9b)** _ _ _ _ positive about yourself. It might help you to write down the nice things people say to you, and not just about how you look.
- Talk to someone you **(10b)** _ _ _ _ . It could be your parents or other family members, like older cousins, aunts or uncles. Outside home, it could be a teacher, a neighbour, a close family friend or someone from a club you attend.

If you feel unable to cope, or particularly worried about one part of your body, talk to your doctor about how you're feeling. They can listen, tell you about local services and support groups or they may suggest specific treatment for the way you're feeling.



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