



Angol C1

Reading

Task 1.

You'll read an article about diets. Choose the right extracts (A-I) for the gaps (1-6) to create a complete text. There are 2 extracts you don't need. There is an example (0) for you.

The Weight Loss Trap

Like most people, Kevin Hall used to think the reason people get fat is simple. **0.C.....** “I saw these folks stepping on scales, and they lost 20 lb. in a week,” he says. On the one hand, it tracked widespread beliefs about weight loss: the workouts were punishing and the diets restrictive, so it stood to reason the men and women on the show would slim down. **1.** To understand how they were doing it, he decided to study 14 of the contestants for a scientific paper.

Hall quickly learned that in reality-TV-land, a week doesn't always translate into a precise seven days, but no matter: the weight being lost was real, speedy and huge **2.** If his study could uncover what was happening in their bodies on a physiological level, he thought, maybe he'd be able to help the staggering 71% of American adults who are overweight.

What he didn't expect to learn was that even when the conditions for weight loss are TV-perfect—with a tough but motivating trainer, telegenic doctors, strict meal plans and killer workouts—the body will, in the long run, fight like hell to get that fat back. **3.**

That may be depressing enough to make even the most motivated dieter give up. “There's this notion of why bother trying,” says Hall. But finding answers to the weight-loss puzzle has never been more critical. **4.** And doctors now know that excess body fat dramatically increases the risk of serious health problems, including Type 2 diabetes, heart disease, depression, respiratory problems, major cancers and even fertility problems. A 2017 study found that obesity now drives more early preventable deaths in the U.S. than smoking. **5.**

It's also fueled a rise in research. What scientists are uncovering should bring fresh hope to the 155 million Americans who are overweight, according to the U.S. Centers for Disease Control and Prevention. **6.** And the overly simplistic arithmetic of calories in vs. calories out has given way to the more nuanced understanding that it's the composition of a person's diet—rather than how much of it they can burn off working out—that sustains weight loss.

A) Over time, 13 of the 14 contestants Hall studied gained, on average, 66% of the weight they'd lost on the show.

B) The more you pay attention to your diet, the more difficult it is to lose weight.

C) Hall, a scientist at the National Institutes of Health (NIH), started watching The Biggest Loser a few years ago on the recommendation of a friend.

D) Over the course of the season, the contestants lost an average of 127 lb. each and about 64% of their body fat.

E) Leading researchers finally agree, for instance, that exercise, while critical to good health, is not an especially reliable way to keep off body fat over the long term.

F) Hall firmly believes that the contestants on the show should try and lose weight using other methods.

G) The vast majority of American adults are overweight; nearly 40% are clinically obese.

H) Still, 20 lb. in a week was a lot.

I) This has fueled a weight-loss industry worth \$66.3 billion, selling everything from diet pills to meal plans to fancy gym memberships.

Javítókulcs:

1. H
2. D
3. A
4. G
5. I
6. E

Task 2.

You are looking at some online forum comments about four people's problems. Which situation (A-D) matches with which text (1-8)? Mark the right situation (A, B, C or D). You can use a situation more than once. There is an example (0) for you.

	Situations
A	My manager recently told me that he thinks I'm underperforming and doesn't think I'm a right fit for the role. He said "off the record" that it might be a good idea to look for a job elsewhere, otherwise he'll have to go down the HR route. I'm in the job just over a year, and would just like to get other people's thoughts on this.
B	My boss took my keys to the studio and said I wouldn't be getting a reference. I'm assuming this means I'm fired but I've had zero notice. I'm hesitant to contact her since the whole situation has shaken me quite badly. Any advice would be very much appreciated.
C	I have just started my work recently and I have noticed that the environment in my workplace is not healthy. I can feel a certain tension between some of my co-workers. It was never hard to figure out since day one. I know it's not my thing to get into, it's just kind of disturbing most of the time. I love my work, however, it's very tempting to leave sometimes and go somewhere else because of the negative environment.
D	Hi, my wife just noticed that her employer has advertised her very role in her office. She then got a meeting invite out of the blue from someone in the States but no info on what the meeting is about. She's been there for one and a half years and I know typically you need two for redundancy but I'm pretty sure you can't make someone redundant only to hire someone else.

Forum comments**Situation**

<p>0. Just sit down with an expert and talk about your wife's situation. I'm sure you'll be able to come up with something. It's better to confront management with some hard facts than walking up to them without a master plan. It might as well be the case that they are about to hire a second worker for the same position.</p>	<i>D</i>
<p>1. 'Increasing worker insecurity' at its finest! I completely understand where you're coming from, you sound very deflated, I'd imagine you're doing the best you can in all circumstances. Is your manager approachable, are they reasonable?</p>	
<p>2. Is there a member of management there who you could discuss it with? Maybe see if they can move you to a different desk, even just something so you're not in the "sphere" of their conflicts?</p>	
<p>3. While you might have done something wrong, you still have a statutory right to be brought through some form of process before being dismissed (i.e. investigation, right to be told of the complaint, disciplinary meeting with an opportunity to put forward your side of the story, appeal etc. etc.). I recommend you get yourself to a good solicitor or go to the Workplace Relations Commission website for more info.</p>	
<p>4. Regardless of how informal it is, she still has certain statutory obligations towards her employees. You should have been given a disciplinary policy on commencement on employment and that policy should have been followed in effecting your dismissal.</p>	
<p>5. You need to learn coping mechanisms to deal with conflict in the workplace and get to a place in your head where the mood and behaviour of others has a limited impact on you. As for your current place of employment if there is an issue between co-workers and you try to resolve it you likely will only get drawn into the drama.</p>	
<p>6. I wouldn't be so quick to jump to conclusions here; they might have a good reason for needing an additional worker in that department. It could be they're expanding the workload and know they'll need an extra set of hands to handle new responsibilities.</p>	
<p>7. There's no harm in looking at your options outside of this business, but don't be pushed over either, it doesn't particularly sound like the nicest working environment though.</p>	
<p>8. I think you should move on. It is very demoralising working for someone who won't give you a chance. If you aren't hurting your career by leaving, then I would go.</p>	

Javítókulcs:

1. A 2. C 3. B 4. B 5. C 6. D 7. A 8. A

Task 3.

You'll read an article about the future of cities. Complete the summary with the most appropriate words based on the text. Fill in each gap with ONE word in the correct form with the correct spelling. There is an example (0) for you.



Innovating for the future of cities

There is a clear line of sight on the broad features of the cities of the future. They will be large, with significantly more than half of the world's growing population crammed into them.

They will house an increasingly older population, placing stress on services to the elderly and a rising tax burden on young workers whose taxes pay for those services.

In at least the developing world, the megacities will be a complex and messy mix of formal and informal settlements, with no obvious governance structure covering the entire city.

These are very broad sketches of the challenges. The more interesting issues revolve around how we respond to those challenges, and how those responses affect the design, operation and governance of cities. How we respond will in turn profoundly influence the quality of life of residents and what it feels like to live in such cities.

Future cities must become smarter, since resources and services will be stretched to their limits. Our cities today are built on projections of long-term needs, and locked into the infrastructure to meet those needs with a large margin of safety so they are robust against different potential futures. This is wasteful of materials and energy.

Buildings and infrastructure of the future will be fitted with sensors monitoring every aspect of operations from climate to energy performance, to material safety and service demand. Energy will flow in real time to where it is most needed. Transport will be directed around areas of high air pollution so that human health is preserved. Buildings will be monitored for stresses, allowing actions to be taken before catastrophic failure, reducing the over-engineering of buildings with more concrete and steel than may ever be required.

The same sensors will monitor the climate and allow buildings and infrastructure to respond so damage from extreme weather events is minimised. The technologies for climate adaptation are well known. The problem is how to allocate limited technological and financial resources so

the overall impact on a city, by a changing climate, is minimised. This requires understanding the role of specific parts of the physical city in the economy and services. An approach is needed to rationalising adaptation resources so they are used wisely to protect the city's economy and services, in turn ensuring livelihoods and well-being are preserved.

Future cities will make increasing use of natural ventilation based on advances in ecology and fluid dynamics. With the transport system dominated by much quieter electric vehicles, windows will be left open, indoor pollution will be reduced and levels of comfort will rise as the heat island effect disappears. Improved walking and cycling paths will bring the benefits of exercise and re-connect people to their neighbourhood activities. Health and well-being will be improved by, rather than be collaterally damaged from, urban life.

These are just two examples of future challenges being explored at the University of Cambridge in collaboration with partners at other universities in the UK and globally, and with public and private sector organisations. Taken together, they are providing the evidence base that will solve the high level and ground level challenges, and enable the top-down and bottom-up solutions, that are emerging as urban life becomes the norm for a growing global population.

In the future there will be even *(0) more* people living in cities than nowadays. There are numerous challenges we will have to face – among them: the **(1)**.....of the population and at the same time the need to increase **(2)**.....on the young to provide for them. The **(3)**..... we give to these challenges have an **(4)**..... on eg. the layout and the operation of cities.

One thing is for sure: we need to make cities smarter because resources and services are **(5)**..... A possible way of doing this is by providing buildings sensors that **(6)**.....all the activities going on. A further path that needs to be taken is to direct cities to serve people's comfort and health instead of **(7)**.....them.

Javítókulcs:

1. aging
2. taxes | burdens
3. responses | answers | replies
4. impact | effect
5. scarce | limited | vanishing
6. monitor | analyze | record | track
7. damaging | killing

Task 3.

You'll read an article about the artist Ealy Mays. Mark the right answer (A, B or C). There is an example (0) for you.

Something to think about, with Ealy Mays



I go to exhibitions of work by the greats so I can decide whether they speak to me. So far, I'm drawing blanks. What I know about art could be written on the back of a postcard. My approach is simple: if it speaks to me, I like it. If it says nothing, then no matter how much the artist is revered by others, no matter how many times they've been exhibited or how often they've been critically acclaimed, I can't get excited.

I cannot say that I'm a fan of any one painter's body of work. I don't prefer a particular style or rate a particular form (although I am rather partial to pen-and-ink). But that might be about to change.

A couple of years ago, a young Hungarian friend of mine, Timea Klincsek, introduced me to the work of Ealy Mays. She was quite excited about it. Living in Paris at the time, she had met Mays through a Polish friend, Barbara Brzoska, who was, in a sense, his agent.

"His work doesn't just reflect his own community but captures experiences of many different cultural backgrounds, making his artwork a never-ending journey," says Klincsek. "There is always something new to discover both in his art and in his character." Mays does what other artists often fail to do: he makes people think.

He is fond of saying that "every new idea comes from an old book". And while he often quotes his father's advice to imitate, initiate and create, he insists on originality in thought, form and

composition. Resisting the urge to conform and caring little about the opinions of art critics, Mays' originality is what makes him special.

Born in 1959 in Wichita Falls, Texas, USA, Mays started painting at the age of 4. When he was 8, he had a piece exhibited in the White House. Yet despite such auspicious beginnings, he would forsake his passion and choose instead to follow the path carved out by his father and two older brothers, medical doctors all.

He opted to study medicine at the Universidad Autónoma de Guadalajara in Mexico, so that he could indulge his passion for art. While he studied, he painted. His "*Last Train to Chihuahua*", an evocative portrayal of a revolution-era train arriving at a station, received a lot of coverage by the local press.

Back in the USA, his work came to the attention of Jacob Lawrence, the most widely acclaimed African-American artist of the 20th century. In a letter of reference to the Studio Museum in Harlem, Lawrence described Mays as a "pure painter", emphasising his natural talent and his audacity in never following the crowd. Not bad, considering Mays hadn't received a whit of formal training.

Now living back in Budapest, Klincsek decided it was time that her home city got to see Mays in person. And again, she's quite excited. Although the art and collector circle in Budapest is not anywhere near the scale it is in Paris, there's a curiosity in the city, an appetite for new work and a willingness to introduce international artists to Hungarian art lovers.

As a self-confessed neophyte, I'm quite taken with this piece "*A Savior is Born*" and had I USD20,000 or so to spend, it would be on my wall.

I'm hoping it will be included in Mays' Budapest debut. "*Think outside the box – an Ealy Mays retrospective 1987-2017*", showcasing 30 years of his work, opens on 20 July and runs until the end of the month.

0. The author...

- A. is influenced by what critics say about an exhibition
- B. knows very little about art**
- C. thinks artists are praised too enthusiastically.

1. The author is of the opinion that artists

- A. forget about their real task sometimes
- B. should make people think
- C. should try to be active in their own communities

2. The author thinks Mays' originality

- A. is due to the fact that he never studied art
- B. lies in his father's advice
- C. is rooted in his search for new ways to express himself

3. Mays' work 'Last Train to Chihuahua' is important because

- A. it drew the attention of the media to Mays
- B. it is an evocative portrayal of a train
- C. of the circumstances it was painted in

4. Jacob Lawrence is significant in the text because he

- A. is another African-American artist
- B. wrote a letter of reference for Mays
- C. was the first to emphasize Mays' talent

5. The writer

- A. thinks it is important to be trendy and up-to-date
- B. put one of Mays' paintings on the wall in her home
- C. admits to have become one of Mays' fans

Javítókulcs:

- 1. B
- 2. C
- 3. A
- 4. B
- 5. C

Writing

Task 1.

You are studying abroad in York for a year and you are living in Helmsley. You have read the following reader's letter in the local newspaper. Write an email of about 150 words to York Transport with a suitable greeting and closing formula.

Reader's Letter

I am a bus passenger on the 31 route from Helmsley to York, which appears threatened.

I use this to make rail connections at York for essential visits to sick relatives far away (I no longer drive); to catch trains for holiday purposes and to visit York libraries for research as a student.

A source has informed me that buses later than 4pm are to be withdrawn. This would be catastrophic for many people, affecting all kinds of plans based on a late afternoon bus.

I would much appreciate and encourage other 31X passengers to make their views known and write to: www.YorkTransport.com

Yours sincerely,
John Demme

You should:

- give the reason for your involvement
- express how you feel about this decision
- give your views on the topic

Task 2.

Option 1.

**You were looking after your friend's pet. Write a blogpost of about 200 words.
You should write about:**

- why you were asked
- what kind of pet you looked after
- how you coped with the task
- what you were worried about

Option 2.

You decided to enter an English writing competition titled 'The Role of Music in People's Lives'. Write an essay of about 200 words.

You should write about:

- the reasons for writing
- the kind of music you listen to
- the role of music in your own life
- the ways music can help people

Listening

Task 1.

You'll hear some information in different places abroad. Listen to the 3 texts and choose the correct answer. There is an example (0) for you. You can listen to the recordings twice.

Weather Forecast

0. In the UK, February is typically the coldest month because....

- A. it's the month of winter when pressure is the highest
- B. sea levels are high.
- C. the temperature of water surrounding the country is the lowest.**

1. In Wales, there will be

- A. heavy rain.
- B. light rain.
- C. no rain.

2. In Scotland, tomorrow the weather will be mostly

- A. dry with occasional downpours in western Scotland.
- B. dry but windy.
- C. rainy with strong winds.

Theatre announcement

3. The announcement encourages you to... .

- A. buy and take an old seat home from the theatre
- B. reserve your seats in time
- C. to help the theatre with money

4. Seats can be obtained by... .

- A. booking a plaque for 150 dollars
- B. sending the theatre your tax deduction of 150 dollars
- C. paying 150 dollars

Fire Alarm Evacuation Policy

5. When the fire alarm sounds... .

- A. always use the stairs
- B. do not think it is just a test
- C. leave the building through the closest door

6. When outside of the building,

- A. run away from it as fast as you can.
- B. stay close to each other.
- C. watch out for those blocking access to the building.

Javítókulcs:

- 1. B**
- 2. B**
- 3. C**
- 4. C**
- 5. B**
- 6. A**

Task 2.

You'll hear an interview with a language teacher about her work. Look at the sentences. Are they true or false? Mark the right answer. There is an example (0) for you. You can listen to the recording twice.

	True	False
0. <i>Checking professional resources is daily routine for Linda.</i>	X	
1. When skipping a class, students need to inform Linda of the reasons.		
2. Careful planning is a core element in her teaching.		
3. Students often bring too many items to class that disturb the lesson.		
4. Linda has different reasons for loving her job than people typically would think.		
5. Linda says learning should follow a systematic order.		
6. Students' needs are the starting-point for Linda when planning a lesson.		
7. One of the biggest challenges for her is to give good assignments.		

Javítókulcs:

1. F
2. T
3. F
4. T
5. F
6. T
7. F

Task 3.

You'll hear the following presentation about the dangers of the internet. Listen to the recording and complete the notes by using a maximum of three words. There is an example (0) for you. You can listen to the recording twice.



A person on the internet who pretends to be someone else is called a (0) catfish.

The Phenomenon

- The term was first used in a (1) _____.
- Each episode on MTV ends with a surprise or a(n) (2) _____.
- Michael Morgan was a typical example of a(n) (3) _____.
- Romance with a catfish can end in (4) _____.

Ways to Avoid being Catfished

- If you're chatting to someone make sure you (5) _____ the person.
- Inform the people close to you about your (6) _____.
- Remember to trust (7) _____.

Javítókulcs:

1. film | documentary | TV show
2. shock | surprise | shocking revelation
3. victim | victim of catfishing | catfishing victim
4. disappointment | a disappointment | no meeting
5. fact-check | know
6. friend | online relationship
7. your gut | your feelings | how you feel | your gut feelings | your instincts

Task 4.

You'll hear a radio talk about career advice. Listen to the recording and complete the answers by using a maximum of three words. There is an example (0) for you. You can listen to the recording twice.

0. Where did the man start his career?

He started at ...**Johnson**... ...**Consulting**... .

1. What does the man think about working at big companies?

He thinks it is a experience.

2. What is the advantage of starting your career at a big company?

Starting at a big company can show you the of doing business.

3. What are the advantages of working at a start-up company?

At a start-up, you can have

4. What could be a problem in connection with start-up companies?

Start-ups usually do not have time to focus on

5. What are the advantages of big companies over start-ups?

Besides providing various opportunities, big companies also have a(n)

6. What is another advantage of working at a big company?

Usually big companies also have better

Javítókulcs:

1. positive and valuable | valuable and positive
2. tested way | traditional way|tried way
3. more responsibility | more responsibilities
4. people management
5. established brand | established status | stable brand
6. connections

Speaking

Task 1. – Monologue

Give your opinion on social smoking to an English friend. Look at the 4 points and speak for 3 minutes. You have 1 minute to think about what you want to say.



Talk about

- the main reasons behind smoking
- the dangers of smoking
- how society in your country relates to smoking
- how this habit could be discouraged

Task 2. - Interview

You are at home and an English speaking administrator calls you to ask you some questions about advertising. Answer the questions you hear. You can listen to the recordings twice. Click on the picture in the corner for more information about the task.

	<p>This is the beginning of the dialogue:</p> <p>Administrator: <i>'Hello, my name is Sally Harris and I'm calling you from EU Online Surveys. Are you free to answer some questions now?'</i></p> <p>You (example): <i>'Yes, of course.'</i></p>
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1. How do you feel about advertising?

.....

2. Can you think of a product you've bought because you saw its advertisement?

.....

3. What makes an ad memorable?

.....

4. What is the funniest advertisement you have seen?

.....

5. Should alcohol or tobacco companies be allowed to advertise? Why or why not?

.....

6. Do you think advertising should be allowed to interrupt TV programs?

.....

7. Thank you very much. Have a nice day!

.....

Task 3. Conversation

You have a health problem abroad and you are at the doctor. Two other patients start talking to you while you are waiting. Watch the videos and talk to the speakers. You can watch the videos twice. Click on the picture in the corner for more information about the task.

	<p>This is the beginning of the dialogue:</p> <p>Patient 1.: <i>'Excuse me, are you next?'</i></p> <p>You (example): <i>'Yes, I think so..'</i></p> <p>Patient 2.: <i>'Actually, I think I'm next, sorry. Did you have an appointment?'</i></p>
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Patient 1.: Oh my! I didn't know you need an appointment for this doctor. It's the first time I'm here. How about you?

1.

Patient 2.: Well, unfortunately I have to come here for a check-up every week, so I've got a fixed appointment. And you? Why are you here?

2.

Patient 1.: Oh, well, I'm not sure I need this particular doctor at all, but I've been having a terrible headache for a week now and I have no idea what to do.

3.

Patient 2.: Actually, I've heard very good things about homeopathy and acupuncture. It really helped my friend when she had headaches. What do you think about alternative medicine?

4.

Patient 2.: I see. I think Dr Lucas is a very good specialist and he is also a naturopath, so it definitely was a good idea to come to see him.

Patient 1.: Oh really, good to hear that! Actually, I'm quite satisfied with the health care system and the doctors here. What's the situation like in your country?

5.

Patient 2.: Oh, that's interesting. Unfortunately, I, personally had a lot of trouble with the healthcare system here.

6.?