



PUNTUACIÓN QUE SE OTORGARÁ A ESTE EJERCICIO: (véanse las distintas partes del examen)

This exam consists of 6 exercises. They must be answered in English. You must do all the exercises. The marks assigned to each exercise are given between brackets at the beginning of the exercise.

Exercises 1, 2, and 3 are based on the text given below. The text you have to produce for exercise 6 can be drafted on the last sheet of the exam answer sheets, but please remember to give a clean version of it on another sheet (but first cross the draft out and insert the word "DRAFT" immediately before the draft).

TEXT

THE MULTIPLE BENEFITS OF HIKING FOR TEENAGERS

Did you know that many teens today miss out on their social development because they spend long periods of time stuck at home? Some of them may not even consider participating in outdoor activities, but the case is that those activities offer a wide range of physical, mental, and social benefits. For example, in today's fast-paced digital world, where screens dominate much of a teenager's time, hiking provides a refreshing and necessary escape into nature, whether it's a short trail in a local park or a challenging hike in the mountains.

One of the most significant advantages of hiking is its positive impact on physical health. Hiking is a full-body workout that improves cardiovascular fitness, strengthens muscles, and enhances endurance. Unlike structured sports, hiking allows teenagers to exercise at their own pace, making it an accessible activity for all fitness levels. Additionally, spending time outdoors exposes teenagers to fresh air and natural sunlight, which promotes vitamin D production and supports bone health.

Beyond physical benefits, hiking plays a crucial role in mental health. Many teenagers face stress and anxiety due to academic pressure, social challenges, and the demands of growing up. Hiking offers a break from these pressures by providing a peaceful and natural setting where they can relax and stop feeling anxious. Studies show that spending time in nature reduces stress hormones, improves mood, and enhances concentration.

Socially, hiking is an excellent way for teenagers to bond with friends and family. Unlike digital interactions, hiking encourages face-to-face conversations and teamwork, as is the case when people help each other climb steep sections, or simply share stories throughout the journey. It also provides an opportunity to develop leadership and problem-solving skills, as teenagers often need to plan routes, read maps, and make decisions on the trail.

Hiking allows teenagers to explore the natural world firsthand. For example, nature trails are paths through the countryside which have been designed so that you can see interesting plants and animals along the way. Hiking also encourages sustainable habits, such as respecting wildlife and reducing waste. This connection to nature can inspire lifelong interests in outdoor activities and environmental conservation.

Overall, hiking is a rewarding and enriching activity for teenagers. It promotes physical health, reduces stress, strengthens social bonds, and nurtures a deeper appreciation for the natural world. Encouraging teenagers to hike regularly can lead to lifelong benefits, helping them develop a healthier, happier, and more balanced lifestyle.

1. (1.5 points). Add True or False, quoting the relevant information from the text to justify your answer.

Only "T" or "F" or the full words "True" or "False" will be accepted as valid answers. Their translation into Spanish or another language will never be accepted, but if the justification is correct, 0.25 points will be awarded for each sentence. No points will be given for answers without their corresponding justification or if the justification is incorrect. Likewise, answers in which the justification is not a direct quote from the text or only consist of line numbers will not be scored. The use of quotation marks in the justification is not obligatory. Ellipses in parentheses, (...), may be used to indicate that parts of the original text have been omitted in the justification, but make sure those parts do not contain essential information for the justification.

- 1.1. Vitamin D is produced when teenagers benefit from fresh air and natural sunlight, which also contributes to strong and healthy bones.
- 1.2. In terms of social interaction, hiking prevents teenagers from connecting with friends and family.
- 1.3. Having to read maps while hiking is totally unrelated to the development of problem-solving talents.

2. (2.4 points). Choose THREE of the following questions and answer them according to the information given in the text. Use your own words.

Each answer will be awarded 0.8 points. Provide only the number of answers requested; if you don't, only the first three answers you give will be corrected. The aim of this exercise is to evaluate both comprehension (up to 0.5 points) and linguistic accuracy (up to 0.3 points); in other words, the ability to communicate information inferred from the reading. Therefore, the literal reproduction of expressions from the text should be avoided. If the response is incomplete or includes information that does not appear in the text, an appropriate amount of points will be deducted.

- 2.1. Why is hiking said to have a positive impact on teenagers' physical health?
- 2.2. How does hiking contribute to learning how to cope with the difficulties of growing up?
- 2.3. What can teenagers learn about the natural world if they practise hiking?
- 2.4. What good habits can continue or exist all through your life thanks to hiking?

3. (1 point). Find words or phrases in the text which mean the same as the ones below.

0.25 points will be awarded for each answer, with four answers in total. This exercise aims to assess the comprehension of the text and the semantic value of certain terms that appear in it. Therefore, the answer can never be, for example, a hypernym, or have a different grammatical form.

- 3.1. strength, tenacity:
- 3.2. decisive, essential:
- 3.3. renewable, environmentally friendly:
- 3.4. awareness, recognition:

4. (0.5 points). Fill in the gap in TWO of the following sentences using ONE of the four options (a, b, c, d) given in each.

0.25 points will be awarded for each correct answer. Provide only the number of answers requested; if you don't, only the first two sentences you use for answering will be corrected. In the answer sheet you can rewrite the whole sentence with the word or phrase of the option chosen or just give the letter of the option chosen (e.g., 4.x — c).

4.1. I thought the mountain hike was going to be boring, but it _____ to be the most unforgettable experience of my trip to Iceland.

- a) happened out b) turned out c) looked out d) turned up

4.2. _____ kind of trail you are hiking on, all hikers should follow the ideal of Leave No Trace.

- a) the b) whatever c) which d) however

4.3. Canada is a country of vast plains and heavy forested areas _____ are perfect for hiking.

- a) which b) in which c) where d) who

5. (0.6 points). Rewrite TWO of the following sentences using the word or phrase(s) given after each of them.

0.30 points will be awarded for each correct answer, which must not alter the meaning of the original sentence. Provide only the number of answers requested; if you don't, only the first two answers you give will be corrected.

5.1. They have just opened a new hiking trail at the entrance of Ordesa National Park.

A new hiking trail ...

5.2. I regret not respecting wildlife when I go hiking.

I wish ...

5.3. We didn't plan the route well so it took us a whole day to reach the summit.

If we ...

6. (4 points). Choose ONE of the following tasks and write between 120 and 160 words:

Up to 1 point will be awarded to answers that comply with the genre, topic, and communicative goal requested. Although the structure of the requested genre may typically include a name or signature, you must not sign your answer or include any real or fictional name, as current PAU regulations prohibit the use of personal identifiers. The omission of such structural elements will not be considered a mistake by examiners. Up to 1.5 points will be awarded to aspects of cohesion, coherence, and quality of presentation. The remainder 1.5 points will cover aspects of lexis (form, including orthography, and variety), grammar, syntax included, and, where appropriate, variety in the linguistic repertoire. If the answer does not comply with the genre requested (email, essay, review), the answer will score 0 points.

- 6.1. An e-mail to a friend explaining the pros and cons of visiting a nature destination you know of.
- 6.2. An opinion essay on the following statement: "Adventure movies such as the *Indiana Jones* saga are not worth watching".

CRITERIOS ESPECÍFICOS DE CORRECCIÓN

This exam consists of 6 exercises. They must be answered in English. You must do all the exercises. The marks assigned to each exercise are given between brackets at the beginning of the exercise.

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TEXT

THE MULTIPLE BENEFITS OF HIKING FOR TEENAGERS

Did you know that many teens today miss out on their social development because they spend long periods of time stuck at home? Some of them may not even consider participating in outdoor activities, but the case is that those activities offer a wide range of physical, mental, and social benefits. For example, in today's fast-paced digital world, where screens dominate much of a teenager's time, hiking provides a refreshing and necessary escape into nature, whether it's a short trail in a local park or a challenging hike in the mountains.

One of the most significant advantages of hiking is its positive impact on physical health. Hiking is a full-body workout that improves cardiovascular fitness, strengthens muscles, and enhances **endurance**. Unlike structured sports, hiking allows teenagers to exercise at their own pace, making it an accessible activity for all fitness levels. Additionally, spending time outdoors exposes teenagers to fresh air and natural sunlight, which promotes vitamin D production and supports bone health.

Beyond physical benefits, hiking plays a **crucial** role in mental health. Many teenagers face stress and anxiety due to academic pressure, social challenges, and the demands of growing up. Hiking offers a break from these pressures by providing a peaceful and natural setting where they can relax and stop feeling anxious. Studies show that spending time in nature reduces stress hormones, improves mood, and enhances concentration.

Socially, hiking is an excellent way for teenagers to bond with friends and family. Unlike digital interactions, hiking encourages face-to-face conversations and teamwork, as is the case when people help each other climb steep sections, or simply share stories throughout the journey. It also provides an opportunity to develop leadership and problem-solving skills, as teenagers often need to plan routes, read maps, and make decisions on the trail.

Hiking allows teenagers to explore the natural world firsthand. For example, nature trails are paths through the countryside which have been designed so that you can see interesting plants and animals along the way. Hiking also encourages **sustainable** habits, such as respecting wildlife and reducing waste. This connection to nature can inspire **lifelong interests in outdoor activities and environmental conservation**.

Overall, hiking is a rewarding and enriching activity for teenagers. It promotes physical health, reduces stress, strengthens social bonds, and nurtures a deeper **appreciation** for the natural world. **Encouraging teenagers to hike regularly can lead to lifelong benefits, helping them develop a healthier, happier, and more balanced lifestyle.**

1. (1.5 points). Add True or False, quoting the relevant information from the text to justify your answer.

Only "T" or "F" or the full words "True" or "False" will be accepted as valid answers. Their translation into Spanish or another language will never be accepted, but if the justification is correct, 0.25 points will be awarded for each sentence. No points will be given for answers without their corresponding justification or if the justification is incorrect. Likewise, answers in which the justification is not a direct quote from the text or only consist of line numbers will not be scored. The use of quotation marks in the justification is not obligatory. Ellipses in parentheses, (...), may be used to indicate that parts of the original text have been omitted in the justification, but make sure those parts do not contain essential information for the justification.

1.1. Vitamin D is produced when teenagers benefit from fresh air and natural sunlight, which also contributes to strong and healthy bones.

True: "(...) spending time outdoors exposes teenagers to fresh air and natural sunlight, which promotes vitamin D production and supports bone health".

1.2. In terms of social interaction, hiking prevents teenagers from connecting with friends and family.

False: "Socially, hiking is an excellent way for teenagers to bond with friends and family".

1.3. Having to read maps while hiking is totally unrelated to the development of problem-solving talents.

False: "It also provides an opportunity to develop leadership and problem-solving skills, as teenagers often need to plan routes, read maps, and make decisions on the trail."

2. (2.4 points). Choose **THREE** of the following questions and answer them according to the information given in the text. Use your own words.

Each answer will be awarded 0.8 points. Provide only the number of answers requested; if you don't, only the first three answers you give will be corrected. The aim of this exercise is to evaluate both comprehension (up to 0.5 points) and linguistic accuracy (up to 0.3 points); in other words, the ability to communicate information inferred from the reading. Therefore, the literal reproduction of expressions from the text should be avoided. If the response is incomplete or includes information that does not appear in the text, an appropriate amount of points will be deducted.

- 2.1. Why is hiking said to have a positive impact on teenagers' physical health?
- 2.2. How does hiking contribute to learning how to cope with the difficulties of growing up?
- 2.3. What can teenagers learn about the natural world if they practise hiking?
- 2.4. What good habits can continue or exist all through your life thanks to hiking?

3. (1 point). Find words or phrases in the text which mean the same as the ones below.

0.25 points will be awarded for each answer, with four answers in total. This exercise aims to assess the comprehension of the text and the semantic value of certain terms that appear in it. Therefore, the answer can never be, for example, a hypernym, or have a different grammatical form.

- 3.1. strength, tenacity: **endurance**
- 3.2. decisive, essential: **crucial**
- 3.3. renewable, environmentally friendly: **sustainable**
- 3.4. awareness, recognition: **appreciation**

4. (0.5 points). Fill in the gap in **TWO** of the following sentences using **ONE** of the four options (a, b, c, d) given in each.

0.25 points will be awarded for each correct answer. Provide only the number of answers requested; if you don't, only the first two sentences you use for answering will be corrected. In the answer sheet you can rewrite the whole sentence with the word or phrase of the option chosen or just give the letter of the option chosen (e.g., 4.x — c).

4.1. I thought the mountain hike was going to be boring, but it _____ to be the most unforgettable experience of my trip to Iceland.

- a) happened out b) **turned out** c) looked out d) turned up

4.2. _____ kind of trail you are hiking on, all hikers should follow the ideal of Leave No Trace.

- a) the b) **whatever** c) which d) however

4.3. Canada is a country of vast plains and heavy forested areas _____ are perfect for hiking.

- a) **which** b) in which c) where d) who

5. (0.6 points). Rewrite **TWO** of the following sentences using the word or phrase(s) given after each of them.

0.30 points will be awarded for each correct answer, which must not alter the meaning of the original sentence. Provide only the number of answers requested; if you don't, only the first two answers you give will be corrected.

5.1. They have just opened a new hiking trail at the entrance of Ordesa National Park.

A new hiking trail **HAS just been opened at the entrance of Ordesa National Park.**

5.2. I regret not respecting wildlife when I go hiking.

I wish **I respected wildlife when I go hiking.**

5.3. We didn't plan the route well so it took us a whole day to reach the summit.

If we **HAD planned the route well, it wouldn't have taken us a whole day to reach the summit.**



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6. (4 points). Choose ONE of the following tasks and write between 120 and 160 words:

Up to 1 point will be awarded to answers that comply with the genre, topic, and communicative goal requested. Although the structure of the requested genre may typically include a name or signature, you must not sign your answer or include any real or fictional name, as current PAU regulations prohibit the use of personal identifiers. The omission of such structural elements will not be considered a mistake by examiners. Up to 1.5 points will be awarded to aspects of cohesion, coherence, and quality of presentation. The remainder 1.5 points will cover aspects of lexis (form, including orthography, and variety), grammar, syntax included, and, where appropriate, variety in the linguistic repertoire. If the answer does not comply with the genre requested (email, essay, review), the answer will score 0 points.

6.1. An e-mail to a friend explaining the pros and cons of visiting a nature destination you know of.

Subject: Thinking About a Trip to [Nature Destination]?

Hey,

I hope you're doing well! I was thinking about visiting [Nature Destination], and I wanted to share some thoughts on it. It's an amazing place with beautiful landscapes, fresh air, and plenty of outdoor activities. Hiking there is incredible, and the views are totally worth it. Plus, it's a great way to relax and take a break from city life. The downside, though, is that it requires a lot of walking, which can be tiring. Also, the weather can be unpredictable, so we'd have to be prepared for sudden changes. Another thing to consider is the lack of phone signal in some areas, which means limited internet access. Still, I think it would be a fun and refreshing experience. Let me know what you think—would you be up for it?

Talk soon!

6.2. An opinion essay on the following statement: "Adventure movies such as the *Indiana Jones* saga are not worth watching".

Why Adventure Movies Like *Indiana Jones* Aren't Worth Watching

Adventure movies like the *Indiana Jones* saga may seem exciting, but they aren't really worth watching, especially for teenagers looking for engaging and meaningful entertainment. First, these films often rely on outdated stereotypes and unrealistic action sequences that make them feel predictable rather than thrilling. The stories follow the same formula—treasure hunts, last-minute escapes, and extreme or unreasonable stunts—which can become repetitive and unoriginal.

Moreover, the characters, especially the villains, tend to be one-dimensional, making it hard to connect with them. While some might enjoy the action, the lack of deep storytelling or emotional complexity makes these movies less compelling compared to modern adventure films with better character development. Instead of spending hours on predictable action, teenagers could explore movies with stronger plots, relatable characters, and more thought-provoking themes. In short, *Indiana Jones* is simply not worth its intense promotion.



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