

## Part 1: Listening comprehension

### KAREN BLIXEN, A LIFE MADE FOR FILM

In the following conversation you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

*supplies*: provisions / provisiones

*spells of drought*: sequera / sequía

*hazardous*: arriescat / arriesgado

*auction*: subhasta / subasta

*engaged*: comprometida / comprometida

*breakdown*: atac, crisi / ataque, crisis

Ready?

Now read the questions on the following page. Read them carefully before listening to the conversation.

[Now listen to the interview.]



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## Part 2: Reading comprehension

### RAGE AGAINST THE MACHINES: HOW UNPLUGGING HELPS

In the past, people could “switch off” after work by simply going home or avoiding dealing with dramatic friends by not picking up the phone. But smartphones, social media and the expectation that everyone should be available all the time have made taking a break much more difficult. From this necessity, a new anti-tech trend has arisen: over the past few years, the concept of *unplugging* has become popular amongst bloggers and youtubers.

It is widely accepted that multitasking and constant email cause a lack of productivity, negatively impact on social relationships and increase stress. But can we reverse these bad consequences if we abstain from using technology? According to most research, the answer is “yes.”

Like a muscle, the brain needs recovery time in order to develop, grow and retain new memories. In fact, shutting off completely may be crucial: a Michigan university study found that students who walked in the woods after learning something new were more likely to retain it. Even brief activities such as taking a short walk, spending time in nature, or just daydreaming can help the brain. Without free time, it is impossible to fully learn new skills and keep the brain at its cognitive best.

Luckily more and more people are becoming aware of the importance of **down time**. Over the past few years, the idea of disconnecting from all online communication has grown into a major movement. In 2010, for instance, a group of Jewish artists created the *Sabbath Manifesto* designed to help people of all faiths and creeds find a day of rest amid the **fuss** of modern technology. This manifesto created the *National Day of Unplugging* which happens once a year, typically in early March.

Recently, countless bloggers have written about technological stress. For example, some of the people behind the lifestyle website *The Minimalists* suggest cancelling home Internet access in order to make using a computer more difficult and less appealing. Even some Internet celebs advocate a more radical approach: a 25-day digital detoxification after realizing their addiction was noticeable. And finally, a well-known magazine journalist has spent an entire year without Internet.

*Unplugging* is a trendy **buzzword** these days, but hopefully taking technological breaks is not just a **passing fad**. The Internet and mobile communication have grown by impressive leaps in the past ten years. But because we are used to tech companies releasing new and better products every week, we have assumed that more communication is good, more social media sites are better, and the ability to contact anyone at any time is best of all.

In reality, however, this behaviour might be unsustainable. Keeping up with email, Facebook, Twitter, Instagram, and other sites round-the-clock have been shown to be exhausting, bad for our brains, our relationships and our productivity. Regardless of length and intensity, technology **facts** have proved an important point: with a little bit of effort we can stop living through our phones and computer screens. It would be better if we could re-connect with other human beings, thus reducing stress and **enhancing** creativity.

Text adapted from an article by  
Sophia BREENE. *Greatist* [online] (June 2015)

**down time:** temps d'inactivitat / tiempo de inactividad

**fuss:** rebombori / jaleo

**buzzword:** paraula en voga / palabra de moda

**passing fad:** tendència passatgera / tendencia pasajera

**fast:** dejuni / ayuno

**to enhance:** augmentar / aumentar

## QUESTIONS

Choose the best answer according to the text. Only ONE answer is correct.

[3 points: 0.375 points for each correct answer. Wrong answers will be penalized by deducting 0.125 points. There is no penalty for unanswered questions.]

		Espai per al corrector/a		
		Correcta	Incorrecta	No contestada
1.	Some years ago people did not answer phone calls so that <input type="checkbox"/> they could be connected to the web without disturbance. <input type="checkbox"/> they were able to forget about their problems. <input type="checkbox"/> they could be available all the time. <input type="checkbox"/> they could continue working from home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	According to most research, we can avoid the bad consequences of being permanently connected to the web <input type="checkbox"/> if we leave little time for socialization. <input type="checkbox"/> if we learn to go without technological tools. <input type="checkbox"/> by emailing as little as possible. <input type="checkbox"/> if we admit that multitasking harms our friends irreversibly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	A Michigan university study concluded that <input type="checkbox"/> our brain only develops when it does not work. <input type="checkbox"/> a student must leave the city if he/she wants to learn something new. <input type="checkbox"/> students learn best after moments of outdoor relaxation. <input type="checkbox"/> brief activities are beneficial for our memories.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	The idea of disconnecting from all online communication <input type="checkbox"/> was conceived by Israeli social activists. <input type="checkbox"/> can unite people from all faiths and creeds. <input type="checkbox"/> has induced several organizations to remind people to unplug. <input type="checkbox"/> has been discarded because it is too expensive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Which of these four statements is NOT true according to the text? <input type="checkbox"/> Some famous people have decided to unplug for almost a month. <input type="checkbox"/> For many network users, technological stress is a serious issue. <input type="checkbox"/> If home Internet access is available, switching on a computer is appealing. <input type="checkbox"/> Taking technological breaks can develop into a severe addiction.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	The text states that one possible solution to reduce stress would be: <input type="checkbox"/> to not use smartphones on weekends. <input type="checkbox"/> to keep up with Facebook and Twitter all day. <input type="checkbox"/> to pause our use of connected devices periodically. <input type="checkbox"/> to maintain contact with everybody through social media.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	According to the text, why do people think that increased use of technology to contact others is good? <input type="checkbox"/> Because we know companies are constantly launching state-of-the-art devices. <input type="checkbox"/> Because technology has barely developed since the beginning of the 21 <sup>st</sup> century. <input type="checkbox"/> Because people have little time to communicate with each other. <input type="checkbox"/> Because we know that it is always better to have more information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	What is unsustainable about not “unplugging”? <input type="checkbox"/> Multitasking has a positive impact on our social relationships. <input type="checkbox"/> Being connected all the time makes us less creative. <input type="checkbox"/> Keeping up with Facebook and Instagram keeps people more informed. <input type="checkbox"/> Maintaining a public profile on social media is the key to success in business.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Correctes	Incorrectes	No contestades
Recompte de les respostes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nota de comprensió escrita	<input type="text"/>		

### Part 3: Writing

Choose ONE topic. Your answer should be 125-150 words in length. There is no specific penalty for exceeding 150 words in length. Extra points are not given for exceeding 150 words. [4 points]

1. Due to your low marks, you have been punished and for the next three months your access to Internet after school is strictly limited to 30 minutes a day during the school week and to 1 hour a day on Saturdays and Sundays. Do you think this is an effective punishment? Write an **opinion essay**.
2. Live animals are used by many companies in the beauty industry for the testing of cosmetics. Many activists for animal rights claim that this practice should be stopped because it is cruel to the animals. The companies claim that testing on live animals is necessary to ensure safe products for humans. What do you think? Should beauty products that have been tested on animals be banned by the government? Write a **for-and-against essay**.
3. All of us occasionally have arguments with our friends, even with people who have been our very close friends for a long time. Big arguments sometimes mean the end of a friendship, and that often upsets us. In other cases, we are able to forgive and forget, and continue on with our friendship. Write a **narrative** about an argument with your best friend.



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Etiqueta de l'alumne/a

● **Tú puedes. Y nosotros te ayudamos a demostrarlo.**

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