

ΤΕΛΙΚΕΣ ΕΝΙΑΙΕΣ ΓΡΑΠΤΕΣ ΕΞΕΤΑΣΕΙΣ
ΣΧΟΛΙΚΗ ΧΡΟΝΙΑ 2020 – 2021

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ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΕΠΤΑ (7) ΣΕΛΙΔΕΣ
ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ
ΠΡΙΝ ΑΠΟ ΚΑΘΕ ΑΠΑΝΤΗΣΗ ΝΑ ΣΗΜΕΙΩΣΕΤΕ ΤΑ ΣΤΟΙΧΕΙΑ ΤΗΣ ΕΡΩΤΗΣΗΣ

PART I: WRITING

(35 MARKS)

Write a composition of 250-300 words on **ONE** of the following topics:

1. Two teenagers are expressing their views on whether ‘**High school graduates should study abroad rather than in their home country**’. Write an article for your local newspaper giving your opinion on the subject.



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2. In the past years there has been an increase in fatal accidents caused by doing dangerous sports. The authorities in your country are proposing a bill according to which all extreme sports should be banned as they are considered a hazard to both public and individual health. Write an article for your local newspaper expressing your views on this topic.



Read the two passages below and do ALL the exercises that follow.

PASSAGE 1**The First Year of Life**

A study into child development published in 2010 was one of the first to demonstrate that childhood experience influences the structure of the developing brain. Since then, other studies have shown a link between a baby's socioeconomic status and the growth of its brain. Despite millennia of child rearing, we have only a limited understanding of how babies take such gigantic strides in cognitive, linguistic, reasoning and planning ability. At birth, the brain has nearly a hundred billion neurons, as many as in adulthood. As the baby grows, receiving a flood of input through their senses, neurons get connected to other neurons, resulting in some hundred trillion connections by the age of three.

Using new technology, scientists can better understand the mystery of how a child goes from being barely able to see when just born to being able to talk, ride a bike, draw, and invent an imaginary friend by the age of five. The more scientists find out about how children acquire the capacity for language, numbers and emotional understanding during this period, the more they realise that the baby brain is an incredible learning machine. Its future—to a great extent—is in our hands.

Judit Gervain, a cognitive neuroscientist at Paris Descartes University, tested how good newborns are at distinguishing different sound patterns. Using near-infrared spectroscopy, the researchers produced images of the brains of babies as they heard audio sequences. In some, the sounds were repeated in an ABB structure, such as mu-ba-ba; in others, an ABC structure, such as mu-ba-ge. The researchers found that brain regions responsible for speech and audio processing responded more strongly to the ABB sequences. In a later study, they found that the newborn brain was also able to distinguish between audio sequences with an AAB pattern and those with an ABB pattern. Not only could babies notice repetition, they also were sensitive to where it occurred in the sequence. Gervain is excited by these findings because the order of sounds is the building block of words and grammar. 'Position is key to language,' she says. 'If something is at the beginning or at the end, it makes a big difference: "John killed the bear" is very different from "The bear killed John."'

Elsewhere, researchers led by Patricia Kuhl, a neuroscientist at the University of Washington in Seattle, have found that language delivered by television, audio book, internet, or smartphone — no matter how educational — doesn't appear to be enough for children's development. They carried out a study of nine-month-old American babies. The researchers expected the group who'd watched videos in Mandarin Chinese to show the same kind of learning as the group who were face-to-face with the same sounds. Instead they found a huge difference. The babies exposed to the language through human interactions were able to distinguish between similar Mandarin sounds as well as native listeners. But the other babies — regardless of whether they had watched the video or listened to the audio — showed no learning whatsoever.

'We were blown away,' Kuhl says. 'It changed our fundamental thinking about the brain.' The result of this and other studies led Kuhl to propose that social experience is necessary for linguistic, cognitive, and emotional development.

(Adapted from: [The first year of life | NGL Life](#))

2) Choose the best answer according to Passage 1

(4 x 2 = 8 marks)

A. According to the article...

1. current theories about child development are incorrect.
2. scientists are now able to confirm their ideas about the development of a baby's brain.
3. we know very little about how babies' brains develop.
4. at birth a baby has a lot more neurons than s/he has in adulthood.

B. According to the article which statement is true?

1. Babies that interact with technology develop more quickly.
2. Information technology is useful for a child's brain development.
3. Technology is an important tool for brain research.
4. Young babies must not use any gadgets.

C. Why is Judit Gervain's study interesting?

1. It proves that babies understand different words.
2. It implies that babies can begin to understand grammar because they are sensitive to where repetition occurs in a sentence.
3. It provides evidence that repetition can help them memorise words.
4. It suggests that word order is the least important aspect of learning how to speak.

D. What did Patricia Kuhl's study focus on?

1. The effect of social interaction on learning.
2. The importance of exposing babies to language from many sources.
3. The way different languages are processed by babies.
4. It has shown that very young babies can learn a foreign language more easily than older babies.

(Questions adapted from: [The first year of life | NGL Life](#))

3) Complete the paragraph using only ONE word from Passage 1 for each gap.

(5 x 2 = 10 marks)

According to a 2010 study into child development, (1) _____ experience affects the way the developing brain is structured. Judit Gervain, a cognitive neuroscientist examined the ability of newborn babies to differentiate between various sound (2) _____. The researchers in her team observed that babies were sensitive to where (3) _____ occurred in the sequence. Moreover, a team of researchers led by neuroscientist Patricia Kuhl, found that linguistic and visual audio means such as the television or the internet, even though they may be (4) _____, they are not sufficient for the development of a baby. In conclusion, the findings from the abovementioned and alike studies suggest that without (5) _____ experience, linguistic, cognitive and emotional development are not possible.

Passage 2

A Biography of Kilian Jornet

When you picture mountain climbers scaling Mount Everest, what probably comes to mind are teams of climbers with Sherpa guides leading them to the summit, equipped with oxygen masks, supplies and tents. And in most cases you'd be right, as 97 per cent of climbers use oxygen to ascend to Everest's summit at 8,850 metres above sea level. The thin air at high altitudes makes most people breathless at 3,500 metres, and the vast majority of climbers use oxygen past 7,000 metres. A typical climbing group will have 8–15 people in it, with an almost equal number of guides, and they'll spend weeks to get to the top after reaching Base Camp.

But ultra-distance and mountain runner Kilian Jornet Burgada ascended the mountain in May 2017 alone, without an oxygen mask or fixed ropes for climbing.

Oh, and he did it in 26 hours.

With food poisoning.

And then, five days later, he did it again, this time in only 17 hours.

Born in 1987, Kilian has been training for Everest his whole life. And that really does mean his whole life, as he grew up 2,000 metres above sea level in the Pyrenees in the ski resort of Lles de Cerdanya in Catalonia, north-eastern Spain. While other children his age were learning to walk, Kilian was on skis. At one and a half years old he did a five-hour hike with his mother, entirely under his own steam. He left his peers even further behind when he climbed his first mountain and competed in his first cross-country ski race at age three. By age seven, he had scaled a 4,000er and, at ten, he did a 42-day crossing of the Pyrenees.

He was 13 when he says he started to take it 'seriously' and trained with the Ski Mountaineering Technical Centre (CTEMC) in Catalonia, entering competitions and working with a coach. At 18, he took over his own ski-mountaineering and trail-running training, with a schedule that only allows a couple of weeks of rest a year. He does as many as 1,140 hours of endurance training a year, plus strength training and technical workouts as well as specific training in the week before a race. For his record-breaking ascent and descent of the Matterhorn, he prepared by climbing the mountain ten times until he knew every detail of it, even including where the sun would be shining at every part of the day.

Sleeping only seven hours a night, Kilian Jornet seems almost superhuman. His resting heartbeat is extremely low at 33 beats per minute, compared with the average man's 60 per minute or an athlete's 40 per minute. He breathes more efficiently than average people too, taking in more oxygen per breath, and he has a much faster recovery time after exercise as his body quickly breaks down lactic acid – the acid in muscles that causes pain after exercise.

All this is thanks to his childhood in the mountains and to genetics, but it is his mental strength that sets him apart. He often sets himself challenges to see how long he can endure difficult conditions in order to truly understand what his body and mind can cope with. For example, he almost gave himself kidney failure after only drinking 3.5 litres of water on a 100km run in temperatures of around 40°C.

It would take a book to list all the races and awards he's won and the mountains he's climbed. And even here, Kilian's achievements exceed the average person as, somehow, he finds time to record his career on his blog and has written three books, *Run or Die*, *The Invisible Border* and *Summits of My Life*.

(Adapted from: [A biography of Kilian Jornet | Reading - Advanced C1 | British Council](#))

4) Indicate whether the following statements are TRUE or FALSE according to Passage 2.

(6 x 2 = 12 marks)

		TRUE	FALSE
A	There are almost as many guides in an ordinary climbing group trying to reach Base Camp as there are climbers.		
B	Kilian Jornet has a flexible training program which allows him a good balance between rest and training.		
C	The low number of his heart beats gives him a significant advantage over other athletes.		
D	It is his linguistic ability that distinguishes him the most.		
E	He risked losing one of his vital organs because he had consumed less than the required amount of water.		
F	He has a YouTube channel where he records his achievements.		

5) Answer the following questions according to the second passage. (5 x 1 = 5 marks)

A. Mention two pieces of equipment which are necessary for mountain runners.

1. _____
2. _____

B. Mention three of Kilian Jornet's achievements.

1. _____
2. _____
3. _____

PART III: USE OF ENGLISH

30 MARKS

6) Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. (5 x 1 = 5 marks)

A. The train arrived at the station. Soon after, the passengers rushed towards it. (sooner)
No _____ than the passengers rushed towards it.

B. It is believed that the thieves have left the country. (are)
The thieves _____ the country.

C. "The global shortage in fuels is responsible for the increase in the cost of air travel", said the Chief Environmental Officer. (blamed)
The Chief Environmental Officer _____ the increase in the cost of air travel.

D. He fell asleep while he was driving and crashed his car. (would)
If he had not fallen asleep while he was driving, _____.

E. Sue dropped out of college and now she regrets it. (had)
Sue wishes _____ college.

7) Complete the gaps with ONE suitable word.

(10 x 1 =10 marks)

Denmark's Clean Energy

Denmark has a practical idea for clean energy. It will build an artificial island 80km (a) _____ its western coast in the North Sea. The scheme is expected to (b) _____ in operation by 2033. This ambitious project should end Denmark's green credentials. A professor of electric power and energy described the project (c) _____ a cornerstone in the green transition (d) _____ will facilitate the reduction of CO2 emissions. The island will be the size of 18 football fields. It will cost around \$34 billion to build. (e) _____ of the energy will come from wind farms. These will produce (f) _____ electricity to power three million homes and help make Denmark carbon neutral. The island has a great potential to create a greener Europe. The professor said: "In the North Sea, we have tremendous potential for offshore wind...That means we can actually shut (g) _____ all European coal-fired power plants". He added: "It's a Danish initiative, but (h) _____ time, it is (i) _____ to be an international effort". This pioneer project is something to look (j) _____ to in the years to come.

(Adapted from: [Microsoft Word - 210315-clean-energy-5.doc \(breakingnewsenglish.com\)](#))

8) Use the words in brackets to form words that fit the blanks.

(10 x 1 = 10 marks)

How to be happy

There has been a lot of research which shows the (a) _____ (IMPORTANT) of physical health in avoiding (b) _____ (ANXIOUS) and (c) _____ (DEPRESSED). The mind and the body are (d) _____ (HIGH) interconnected. We can all make fairly easy changes in our lives to include more exercise, (e) _____ (HEALTH) eating, getting enough sleep, being exposed to sunlight and so on. Research into exercise has found that it has a positive (f) _____ (AFFECT) on mood. Physical (g) _____ (ACTIVATE) triggers the (h) _____ (HAPPY) factor. Sleep is usually important for children and (i) _____ (ADOLESCENCE) to help improve (j) _____ (CONCENTRATE) levels. A good night's sleep also stops people being bad-tempered and losing control of their emotions.

(Adapted from: [How to be happy | LearnEnglish Teens - British Council](#))

9) Complete the interview below using the correct sentence a-e from the box. There are two (2) extra sentences that you do not need to use.

(5 x 1 = 5 marks)

A	They should try to make their lessons more interesting and engaging so that students can remember them more easily.
B	Being a student is not an easy job nowadays.
C	This is mainly because when we sleep our body makes sure our systems function properly.
D	The brain does not work like that.
E	Sleep becomes less important as we get older.
F	Indeed, sleep is essential to our survival and well-being.
G	It most certainly does.

Interviewer: Hello and thank you Dr Rashpal for giving me the opportunity to discuss such a trending topic from a professional point of view.

Dr Rashpal: Thank you for having me. **(1)** _____.

Interviewer: May I start by asking you: why can't we survive without it?

Dr Rashpal: **(2)** _____.

Interviewer: What about memory? Does sleeping help boost our memory?

Dr Rashpal: **(3)** _____. While we're sleeping our brains are busy restructuring information and moving it from our short-term memory to our long-term memory.

Interviewer: Does that mean that if we get enough sleep, we can remember everything?

Dr Rashpal: Unfortunately not. **(4)** _____. We are more likely to have memories of events which created strong emotions.

Interviewer: Oh, I see. Do you have any advice for students who are currently studying for exams and are trying to memorise their lessons?

Dr Rashpal: Well, I have some advice for teachers that would help students. **(5)** _____.

(Adapted from: [Sleeping for exam success | LearnEnglish Teens - British Council](#))