

**МИНИСТЕРСТВО НА ОБРАЗОВАНИЕТО И НАУКАТА**

**ДЪРЖАВЕН ЗРЕЛОСТЕН ИЗПИТ ПО**

**АНГЛИЙСКИ ЕЗИК – 25 август 2023 г.**

**ПРОФИЛИРАНА ПОДГОТОВКА**

**НИВО В1.1**

**ВАРИАНТ 2**

**ЧАСТ 1 (Време за работа: 60 минути)**

Write your answers **on the separate answer sheet.**

***LISTENING COMPREHENSION***

***Task One***

*You will hear a text twice. Before you listen to it for the first time, you have 25 seconds to read the tasks to the text. While listening for the first time you are not allowed to mark your chosen answers. After you listen to it for the first time, you have 25 seconds to mark your chosen answers on your answer sheet. While listening to the text for a second time, you can mark your chosen answers. After you listen to the text for the second time, you have 25 seconds more to check or correct your answers.*

**1. Norwich Castle had to be closed on December 13<sup>th</sup> because of severe weather conditions.**

A) True      B) False

**2. People who have booked tickets for the museum in advance**

A) should contact the museum by phone to get their money back.

B) will be contacted by the museum to arrange another date for their visit.

C) can visit nearby museums without having to pay an entrance fee.

***Task Two***

*You will hear a text twice. Before you listen to it for the first time, you have 25 seconds to read the task to the text. While listening for the first time you are not allowed to mark your chosen answer. After you listen to it for the first time, you have 25 seconds to mark your chosen answer on your answer sheet. While listening to the text for a second time, you can*

*mark your chosen answer. After you listen to the text for the second time, you have 25 more seconds to check or correct your answer.*

**3. The advertisement is aimed at business owners and their marketing departments.**

- A) True      B) False

**4. At O'Brien's Marketing Conference**

- A) you can give a speech.  
B) you can take part in training sessions.  
C) you don't have to pay a participation fee.

***Task Three***

*You will hear a text twice. Before you listen to it for the first time, you have 1 minute to read the tasks to the text. While listening for the first time you are not allowed to mark your chosen answers. After you listen to it for the first time, you have 1 minute to mark your chosen answers on your answer sheet. While listening to the text for a second time, you can mark your chosen answer. After you listen to the text for the second time, you have 1 more minute to check or correct your answers.*

**5. Sue and John are friends who share a flat.**

- A) True      B) False

**6. Sue expects her roommate to share the grocery expenses with her.**

- A) True      B) False

**7. Sue believes that as it is she spends too much on food.**

- A) True      B) False

**8. John has been in a similar situation before.**

- A) True      B) False

**9. Sue's roommate often treats her to meals in expensive restaurants.**

- A) True      B) False

**10. John advises Sue to move out and find a new place to rent.**

- A) True      B) False

#### **Task Four**

*You will hear a text twice. Before you listen to it for the first time, you have 1 minute to read the tasks to the text. While listening for the first time you are not allowed to mark your chosen answers. After you listen to it for the first time, you have 1 minute to mark your chosen answers on your answer sheet. While listening to the text for a second time, you can mark your chosen answers. After you listen to the text for the second time, you have 1 more minute to check or correct your answers.*

#### **11. Ships in the Indian Ocean play Britney Spears' songs**

- A) to keep sharks away.
- B) to keep the crew's spirits high.
- C) to keep pirates away.

#### **12. Britney Spears' songs were chosen by**

- A) the captain of the ship.
- B) Ms Rachel Owens.
- C) the security team.

#### **13. Britney Spears' songs were chosen because**

- A) pirates hate female singers.
- B) pirates hate loud music.
- C) pirates hate Western music.

#### **14. According to a security expert,**

- A) all shipping companies play Britney Spears' songs.
- B) each company chooses their own music.
- C) not many shipping companies play Britney Spears' songs.

#### **Task Five**

*You will hear a text twice. Before you listen to it for the first time, you have 1 minute and 30 seconds to read the tasks to the text. While listening for the first time you are not allowed to mark your chosen answers. After you listen to it for the first time, you have 1 minute and 30 seconds to mark your chosen answers on your answer sheet. While listening to the text for a second time, you can mark your chosen answers. After you listen to the text for the second time, you have 1 minute and 30 seconds more to check or correct your answers.*

**15. The company which Denise Evans is talking about is**

- A) a very big international water charity.
- B) a company which deals with clean water projects.
- C) set up in a developing country.

**16. Denise Evans came up with the idea of establishing the company**

- A) after she caught dysentery while travelling in India.
- B) because she suffered from some genetic disorder.
- C) because she liked drinking bottled water.

**17. Denise Evans hoped that the sales of *True Water* would contribute to**

- A) the development of the bottled water industry in the UK.
- B) an increase in the profits that some rich businessmen made.
- C) providing funding for clean water projects in countries like India.

**18. According to Denise Evans, urgent action is required because**

- A) we are all facing serious water shortage problems.
- B) six thousand children die every day from drinking dirty water.
- C) some dishonest businessmen are making huge profits illegally.

**19. The facilities *True Water* pays for**

- A) use an effective water filtering process.
- B) are built by the local community, but run by UK staff.
- C) will be used for only a few years.

**20. *True Water* staff visit the villages once a year**

- A) to hire workers to maintain the projects.
- B) to make sure their project profits go to them.
- C) to check on the clean water projects.

## **READING COMPREHENSION**

### **Task One**

**Read the text below. Then read the questions that follow it and choose the best answer to each question, marking your answers on your answer sheet.**

#### **Kids Help Phone**

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French.

With Kids Help Phone's web resources, young people can get information about how their thoughts, feelings and behaviours are connected and what they can do to care for their well-being.

If young people need help right now, they can text or Facebook message a trained, volunteer crisis responder at Kids Help Phone about any crisis they are in. No issue is too big or too small. Additionally, young people can work with a professional counsellor at Kids Help Phone over the phone or through an online chat to better understand what they are going through. Further online resources include quizzes, games and other activities, support forums, real-life stories, and much more.

The Ministry of Education continues to work with Kids Help Phone to support greater awareness of their e-mental health services and resources, which are free to access and available 24/7 for people across Canada, including kids, teens, young adults and adults.

**21. If a young person calls Kids Help Phone, he/she can be sure that the communication will remain private.**

A) True      B) False

**22. Young people can contact Kids Help Phone if they need some tips about how they can improve their mental health.**

A) True      B) False

**23. At Kids Help Phone they ignore less serious problems.**

A) True      B) False

**24. If a kid needs urgent support in a crisis, a professional counsellor is sent to his/her place to help him/her.**

A) True      B) False

**25. The Canadian government offers Kids Help Phone financial support to run their e-mental health service, but you still have to pay to use their online resources.**

A) True      B) False

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**НИВО В1.1**

**ВАРИАНТ 2**

**ЧАСТ 2 (Време за работа: 180 минути)**

Write your answers **on the separate answer sheet.**

***READING COMPREHENSION***

***Task Two***

***Read the text below. Then read the questions that follow it and choose the best answer to each question, marking your answers on your answer sheet.***

**Exercise for a healthy mind**

Many of us know the many physical benefits of exercise: weight control, lower blood pressure, reduced risk of diabetes, and increased energy to name a few. But what about the psychological benefits of exercise? Research shows that people who exercise regularly have better mental health and emotional well-being. From easing the symptoms of depression and anxiety to keeping your memory sharp, there's no shortage of mental benefits of exercise.

Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety. Physical activity kicks up endorphin levels, the body's famous "feel good" chemical produced by the brain and spinal cord that generates feelings of happiness and euphoria. Even moderate exercise throughout the week can help relieve depression and anxiety so much that some doctors recommend trying out an exercise regime for these conditions before turning to medication.

Another benefit of exercise is reduced stress levels – something that can make us all happier. Increasing your heart rate can reverse brain damage caused by stress by stimulating the production of neurohormones, which not only improve learning abilities and mood but improve clouded thinking caused by stressful events. Exercise also forces the body's central and sympathetic nervous systems to communicate with one another, improving the body's overall ability to respond to stress.

If you have trouble getting a good night's sleep, exercise can help with that, too. Physical activity increases body temperature, which can have calming effects on the mind, leading to less sheep counting before sleep. Exercise also helps regulate your circadian rhythm, our bodies' built-in clock that controls when we feel tired and when we feel alert. While improved

sleep quality is a psychological benefit of exercise, it raises our core temperature, so sleep experts recommend not exercising close to bedtime because we may end up struggling to sleep.

From building intelligence to strengthening memory, exercise boosts brain power in a number of ways. Cardiovascular exercise creates new brain cells – a process called neurogenesis – this of course improves overall brain performance. It also prevents cognitive decline and memory loss by strengthening the hippocampus – the part of the brain responsible for memory and learning. Studies also prove that physical activity boosts creativity and mental energy, so if you are in need of inspiration, your big idea could be a walk or jog away.

**26. Which of the following is NOT claimed by the author of the text?**

- A) Exercise is beneficial to both your physical and mental health.
- B) The physical benefits of exercise outweigh the psychological benefits.
- C) Exercise can relieve depression and improve memory.

**27. Some doctors advise taking regular exercise because**

- A) it is scientifically proven that it boosts your creativity and work efficiency.
- B) feeling euphoric is important for your general well-being.
- C) in this way you can fight depression and anxiety without taking medication.

**28. Exercise also results in**

- A) increasing the production of neurohormones.
- B) avoiding stressful events.
- C) making the body's central and sympathetic systems independent from each other.

**29. One negative effect of physical activity discussed in the text is that**

- A) it can put your mind at ease when you need it to be alert.
- B) it can upset your body clock if you overdo it.
- C) if done before sleep it may cause sleep disorders.

**30. Exercise stimulates our brain power by**

- A) slowing down neurogenesis.
- B) kicking up endorphin levels.
- C) strengthening the hippocampus.

### ***Task Three***

***Read the text below. Then read the questions that follow it and answer each question with a sentence of your own. Write your answers on your answer sheet.***

#### **Participating in our adventure travel experiences**

It doesn't matter if you've ever been camping before; what's more important is your attitude. On some of our overland tours you'll be camping pretty much every night, on others there are just a few nights camping out, with the rest of the time spent staying in local guest houses, hostels and hotels. Each trip has a comfort rating; you can use this to pick the trip that best suits what you are looking for. Our overland trucks come fully equipped with tents that are easy to erect, and your crew will show you how to put them up. The only thing you'll need to bring along is a sleeping bag and a ground mat.

Adventure travel in general can be quite demanding and there are risks in such trips.

Many of the places we visit are off the beaten track and so do not have the infrastructure that we are accustomed to. Weather conditions in certain areas can also make physical activity more challenging. While we don't want to put anyone off experiencing one of our trips, we ask that you read through the trip notes for the trip you have selected and realistically self-assess your ability to complete the trip.

Finally, a word about the approach we recommend to dealing with your everyday purchases during our overland tours. The kitty is a group fund, paid separately from the trip price at the start of your trip, which covers all things that the whole group does. The kitty system is very unique to overlanding to provide maximum flexibility and best value on the road. You can see exactly what is being paid for, you get everything at cost price – it keeps costs competitive by buying as a group and saves on administrative costs.

- 31. According to the author of the text, what is the key to participating in an adventure trip that involves camping?**
- 32. Why should you check the comfort rating for the trip that you are thinking of going on?**
- 33. What does the author of the text recommend to people who have decided to go on one of their adventure trips?**
- 34. What are two things mentioned by the author of the text that can make some aspects of the trip more difficult?**
- 35. What, in the context of this article, is a “kitty”?**

### ***WRITING***

**You are required to do BOTH tasks.**



**Внимание: В случай на непристоен език, плагиатство или текст, идентичен с този на друг ученик, на съответния текст се присъждат 0 точки.**

**36. Read the task and write an e-mail (100 – 110 words) including the suggested prompts.**

Your friend called **Tim/Julia** is always short of pocket money. Write an email to him/her and suggest some ways in which he/she can deal with this problem. Write about:

- how he/she can earn some money;
- how he/she can cut down on his/her expenses;
- what he/she can do to save some money.

Start and finish the email in an appropriate way. **Sign it with Jack/ Mary.**

**Писмен текст с обем под 55 думи или текст, изцяло несъответстващ на темата, се оценява с 0 (нула) точки.**

**37. Read the task and write a composition (120 – 130 words) including the suggested prompts.**

**What type of place would you like to take your friends out to for your next birthday celebration?** Support your choice with specific arguments and examples. Consider the following:

- location and size of the place;
- its interior design;
- the type of food offered and music played.

**Писмен текст с обем под 65 думи или текст, изцяло несъответстващ на темата, се оценява с 0 (нула) точки.**