

Task 1

Read this interview with a young actor about his training schedule. Parts of his answers have been left out. Use the list below the text to fill in the gaps. Write the letters in the boxes under the numbers. There is an extra letter in the list that you will not need. An example has been given for you.

READY TO RUN
Jonny Lee Miller, 29, actor

You are running the New York marathon in November; have you started training yet?

I run all the time, but I'm upping the schedule. _____(0) for five days a week, then do a big run _____(1) – the week before the race, it will be 22 miles.

Don't you find the long runs a bit boring?

No, _____(2); some people sit and meditate, I go for a run.

Do you have a particular route?

_____(3). It's a great way to explore the area. At home I run on Hampstead Heath: the inclines are good for strength and help me to run faster on a flat course.

Do you use a gym to build up strength?

When I smoked a lot I used a running machine, but it was so boring. I prefer to kickbox. The important thing is to stretch after training, _____(4), for 25 minutes. It does wonders for your recovery rate.

Are there any parallels between preparing for a marathon and a film?

Both _____(5). I find getting up early and running improves my work. But _____(6) is much more worrying than the pure fun of a marathon.

Does the build-up to a marathon affect your eating habits?

Not really. I exercise _____(7).

Do you have any race-day food tips?

Three days before the race I do nothing _____(8), which is a good form of slow-release energy. It's a tip from a runner. Bananas, too, are a wonder food.

What motivates you?

The thought of the crowd and the other runners.

EMELT SZINT
OLVASOTT SZÖVEG ÉRTÉSE

- A** the stress of having to get your lines right
- B** to relieve stress, breathe deeply
- C** except lie down and eat pasta
- D** it's like yoga for me
- E** require discipline
- F** not before
- G** at the weekend
- H** I run one hour a day
- I** I run wherever I happen to be
- J** so that I can eat what I like

<i>0</i>	1	2	3	4	5	6	7	8
<i>H</i>								

1	2	3	4	5	6	7	8	Max.	Elért
								8	

Task 2

Read this text about Hippocrates. Some parts of sentences have been removed. Your task is to fill in the gaps from the list below. Write the letters in the boxes under the numbers. There is an extra letter you do not need. An example has been given for you.

WHO WAS HIPPOCRATES?

In many doctor's offices, you will see _____ (0) on the wall called the Hippocratic Oath. This is an oath taken by doctors _____ (9) from medical school. What is this oath and who was Hippocrates?

Before the age of scientific medicine, which we have today, man had a form of medicine _____ (10) and witch doctors. Then, in ancient Egypt and India, _____ (11) form of medicine developed. The ancient Egyptians, for example, were good observers. They had _____ (12), and practised surgery. But the treatment of _____ (13) a part of the Egyptian religion, with _____ (14) as a part of the treatment.

Scientific medicine had its beginning in Greece when a group of men who were not priests _____ (15). The most famous of these, Hippocrates, who lived about 400 B.C., is called "the father of medicine."

His approach to medicine was scientific. He _____ (16), magic, and charms. He and his pupils made _____ (17) of their cases. Some of their observations are considered to be true _____ (18).

Hippocrates also had strong ideas about what a doctor should be and _____ (19). This is incorporated in his Hippocratic Oath, which among many others contains such ideas as the following:

"I will do what according to my ability and judgement I consider for the benefit _____ (20), and abstain from anything harmful. I will give no deadly medicine to anyone if asked. Whatever, in connection with my professional practice or not in connection with it, I see or hear in the life of people which ought not to be spoken about, I will keep secret."

- A** of my patients
- B** that depended on magicians
- C** even today
- D** prayers, charms, and sacrifices
- E** medical schools
- F** became physicians
- G** chronic pain
- H** a framed document
- I** disease was still
- J** put aside all superstition
- K** how he should behave
- L** when they graduate
- M** careful records
- N** a more sensible

0	9	10	11	12	13	14	15	16	17	18	19	20
H												

9	10	11	12	13	14	15	16	17	18	19	20	Max.	Elért
												12	

Task 3

Read this article about what managers can do to make employees more interested in their work. Then read the statements that follow the text and decide if they correspond to what the article says.

If the statement says the same as the article, mark it **A**.

If what it says is different from what the article says, mark it **B**.

If it says something not mentioned in the article, mark it **C**.

Write the letters in the boxes under the numbers. An example has been given for you.

SIMPLEST TRICKS OFTEN BEST WAY TO MOTIVATE STAFF

The desperate attempts of one manager to persuade his staff to produce better results made dramatic viewing on the recent BBC Two documentary *The Secret Life of the Office*.

If it was not a textbook example of how to do things (employees were filmed weeping in their offices) it was a vivid illustration of the importance of keeping staff motivated and happy in the workplace, not simply for a pleasant working environment but because of the impact on the company's bottom line.

One recent study by academics at Sheffield University attributed a variation in performance of 18 percent in productivity and 19 per cent in profitability to people management. Yet separate research shows that three quarters of managers find attracting, motivating and retaining staff a perennial problem.

"It is all about putting yourself in your employee's shoes," says Colin Bath, a lecturer in management studies. "Too many employers are missing the easy tricks, believing the only way to motivate is through money."

The most crucial thing, he thinks, is to involve staff in company decisions and change. "If employees don't get involved then they won't feel valued and their job will simply be a means to an end."

He says one way to do this is through "smart circles", where employers select a problem and then ask staff to think of solutions. "Reward the best ones and, more importantly, adopt them. Then you're showing that their voice counts."

It is claimed that British companies saved £150 million last year by using ideas from staff that improved office processes.

Making the working environment attractive is also crucial. "Have communal areas set aside for relaxing and ensure there is a kitchen with free supplies of tea, coffee and fruit."

Some firms go even further, offering free yoga, gym sessions and massage for their employees.

Obviously, whatever scheme you adopt, it will not be right for everyone. What triggers motivation in one individual may have a negative effect on another, and if you get it wrong you can end up with low morale and poor performance.

EMELT SZINT
OLVASOTT SZÖVEG ÉRTÉSE

0. *The Secret Life of the Office* showed what life in an ideal office is like.
21. People management can influence both productivity and profitability.
22. Managers often employ people just because they find them attractive.
23. There are other ways of motivating staff beside money.
24. It is worth trying to involve employees in decision making.
25. In “smart circles” employees tell employers what they think the problems are.
26. By following employees’ suggestions several companies have managed to cut down on costs.
27. It is a good idea to have a canteen where employees can buy themselves snacks and drinks.
28. The writer of the article thinks everybody should be offered the same incentives.

0	21	22	23	24	25	26	27	28
B								

21	22	23	24	25	26	27	28	Max.	Elért
								8	

Task 4

Read this article about how to tackle children's fear of flying. Then finish the statements about the text by adding one, two or three (not more!) words to complete each sentence. An example has been given for you.

HIGH ANXIETY

Every summer for eight years we have holidayed in France or Britain, travelling to our destination by car, train or ferry. Every summer, for eight years, my husband and I have contemplated going farther afield – to visit family in America or hire a villa in Greece – but we never get there because objections are always raised by our daughters who, over the years, have allowed a small worry about planes to develop into a massive fear of flying. Or perhaps it is us who allowed the fear to develop by giving in to their concerns.

My daughters (now 13 and 10) have flown just once, my son (aged 5), never. Flora, the 10-year-old, was two when she flew from Gatwick to Florence, but even then I recall that when the wheels made that clunking sound before landing, she gave me an anxious look – already aware that weird noises could signify something was wrong.

Last year, determined not to be restricted any longer by our daughters' fear of flying, we tentatively told them that we hoped to fly to California to visit their cousins. If I worked on them early enough, I reasoned, I might be able to convince them that flying was not only the safest method of travel, but also the most fun.

By now, peer pressure meant our oldest daughter was determined to get airborne, but Flora was still adamant that she never would. I had just about persuaded her that our aeroplane was not going to fall out of the sky or plough into a mountain range when September 11 happened.

Not surprisingly, Flora refused to fly again. As a parent, I wasn't sure how to deal with her immovable apprehension. My husband, who relishes flying with boyish enthusiasm, was in favour of going ahead and booking anyway, convinced that in the end she would relish it too. I felt less keen to make her do something of which she was plainly terrified.

To find out how to tackle the problem, I contacted Aviatours, which, in conjunction with British Airways, runs monthly fear of flying courses at Heathrow and Manchester. I booked Flora and myself a place on board the 45-minute flight from Heathrow to Heathrow, but scheduled us in beforehand with a counsellor and hypnotherapist who deals with phobias. Patrick Keeley has a knack with children and the way he approached Flora's fear of flying was intriguingly simple: he convinced her that if she enjoyed rollercoasters, she should find the same excitement in flying. He did not seek to rationalise away her fear but taught her some basic techniques with which to change feelings.

First, he asked her to imagine she was boarding a plane. Was she frightened? She nodded and grimaced. He asked where she felt the fear. She pointed to her stomach. He asked if the fear was static or moving. She said it was moving. He asked which way. Clockwise. "Right, now I want you to spin it round the other way and see what happens." She concentrated hard on moving the fear in an anti-clockwise direction and then announced: "I don't feel frightened any more."

The flight was a big success. We joined a plane-load of other frightened flyers at Heathrow – one of whom was so nervous she insisted on being let off the aircraft before take-off. I was wondering if it was such a good idea to let Flora fly with so many agitated adults when, as were taxiing out to the runway, a mobile phone went off and fellow passengers screeched. However, with Keeley's exercise, Flora seemed able to tackle anything.

EMELT SZINT
OLVASOTT SZÖVEG ÉRTÉSE

0. For almost ten years, the writer and her family have spent their summer holidays in
..... *France or Britain.*
29. They go there because this way they don't have
30. The children, especially the younger daughter, are
31. In spite of this, last year the parents decided to
32. The elder daughter was persuaded to go by
33. Flora, the younger, said no again after the events on
34. The father thought this time they should not
35. The mother, however, decided to turn to a
36. Flora was told that flying would be similar to being on a
37. The therapy proved
38. On the flight, most passengers looked more frightened

29	30	31	32	33	34	35	36	37	38	Max.	Elért
										10	

EMELT SZINT
OLVASOTT SZÖVEG ÉRTÉSE

	ELÉRHETO PONTSZÁM	ELÉRT PONTSZÁM			
1. FELADAT	8				
2. FELADAT	12				
3. FELADAT	8				
4. FELADAT	10		VIZSGAPONT	I. JAVÍTÓ ALÁÍRÁSA	II. JAVÍTÓ ALÁÍRÁSA
ÖSSZESEN	38				

Elérhető nyerspontok: 38

Elérhető vizsgapontok: 30

Nyerspontok	Vizsgapontok
38	30
37	29
36	28
35	28
34	27
33	26
32	25
31	24
30	24
29	23
28	22
27	21
26	21
25	20
24	19
23	18
22	17
21	17
20	16
19	15
18	14
17	13
16	13
15	12
14	11
13	10
12	9
11	9
10	8
9	7
8	6
7	6
6	5
5	4
4	3
3	2
2	2
1	1