

**CENTRUM JĘZYKÓW OBCYCH UNIwersYTETU PEDAGOGICZNEGO W KRAKOWIE**  
**EGZAMIN Z JĘZYKA ANGIELSKIEGO**  
**POZIOM C1**

**PAPER ONE: LISTENING (12 points) – see ANSWER SHEET**

**PAPER TWO: READING (12 points)**

**PART ONE.** You are going to read three extracts which are all concerned in some way with health and fitness. For questions 15-20, choose the answer (A, B, C or D) which you think fits best according to the text.

Text A

15 According to the advert, every route

- A offers some kind of aesthetic interest.
- B caters for all standards of running ability.
- C will require participants to run over a variety of terrain.
- D includes venues not previously visited by the general public.

16 What do we learn about the run?

- A It requires competitors to pre-register online.
- B It requires sponsors to donate money online.
- C It has broken records for the number of entrants.
- D It has become the most successful 10K fundraiser.

Text B

17 The writer believes that in the next hundred years

- A people will be able to survive indefinitely.
- B there will be fewer vastly overweight people.
- C young people will be the ones most affected by weight gain.
- D people will eventually become less obsessed by their appearance.

18 According to the writer, in the future drugs will enable people to

- A give up fitness training.
- B appear toned and athletic.
- C have younger looking skin.
- D eat what they like and look thinner.

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Text C

19 Which research area would be appropriate for the competition?

- A making effective life decisions
- B using the mind to improve football skills
- C getting inside the heads of male adolescents
  
- D an investigation of common neurological problems

20 Entrants for this competition must

- A have proven intellectual qualifications in the field of psychology.
- B provide empirical evidence to support any theories put forward.
- C prove that the work submitted has not previously appeared in print.
- D ensure that the research is presented in an appropriately academic style.

**TEXT A: GRANDEUR AND MAGNIFICENCE IN A 10K RUN?**

If ever you needed a reason to run a 10k, then this is it. Now in its fifth year, the Cancer Research UK fundraising series has proven to be a 'stayer' in the ever-increasing and competitive 10k marketplace. Where else would you get the chance to run through the grounds of the UK's most beautiful locations whilst at the same time raising money for charity? The courses pass through gardens, parkland, and woods, and include landscapes created by the famous eighteenth-century architect Capability Brown. With over thirty venues in the series, ranging from completely flat land to gentle slopes and challenging hills, there is bound to be one suitable for you - whether you are a complete novice or a seasoned competitor. In complete contrast to the type of settings, the entry process is entirely modern: online only, with no entries accepted on the day itself. The website contains all the information you need; choose a run suitable for your level, find tips on fundraising and collecting the money, download a training planner and get in contact with other runners. The aim is to raise £3.8 million - no mean task in this tough fundraising market - but the uniqueness of the venues on offer, coupled with the opportunity to run in areas of the grounds where no runners have ventured before, adds to the appeal of this very special series. Taking place in September and October, our target is to get 36,000 runners raising money for Cancer Research UK. To sign up for an event, or find out more, please visit:  
[www.cancerresearchuk10.co.uk](http://www.cancerresearchuk10.co.uk)

**TEXT B: SHAPING UP FOR THE NEXT CENTURY**

I read with interest Dr Hancock's article. While not disputing her prediction that it will be the norm a century from now to live to 100 and beyond, I would nevertheless argue there is a genetic limit that will impose a ceiling for everyone. My main concern, however, is what shape we will be in by then. The last 2.0 years have shown a startling rise in the number of obese people in the western world, and there is not a shred of evidence that the trend won't escalate. In fact I believe the change in body weight will be

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one of the most dramatic shifts in evolutionary history, continuing to have most impact on those under 20, for whom weight-related diseases and premature deaths will be an inevitable consequence. Every pharmaceutical company is pumping money into this area but I'm sceptical about the idea of a miracle cure. Drugs can only reinforce our voluntary efforts to cut down our food intake and the same is true of a 'fitness' cure. That is not to say that there aren't genes for body shape, good health and so on, but the benefits of exercise on body and mind are so complex that drugs will never be able to replicate these advantages. Although our great-grandchildren will still have to work out to be healthy, a great body might be easier to achieve. Research has already uncovered a single human gene that can increase muscle mass by almost thirty per cent. Ironically, rather than changing our attitudes, I fear that advances in science will mean that we will become even more obsessed by physical perfection and youth. It is likely that, as scientists develop ways of giving us wrinkle-free completions, body ideals will also move on even further towards the increasingly unattainable - the very thin and beautiful.

**TEXT C: £10,000 UP FOR GRABS!**

The Mind gym is offering £10,000 in prize money for cutting-edge research into the latest thinking about thinking. To stay ahead of our game we are looking for the latest and best research in the field of hands-on psychology, so that we can use your findings in our books and workshops. The research can cover any subject with universal appeal to an adult population, such as how an optimistic nature affects your life - anything so long as it's positive and can benefit everyone, not only certain sectors of the population. It should lead directly to plausible implications and the possibility of being applied in real world situations by the general population. Whether you're a student, researcher, professor or policymaker, there's more than a penny for your thoughts. The prize is open to everyone and submissions from new researchers are especially welcome. If the work has been done by more than one person, all authors must be signatories and divide any winnings accordingly. Submissions may be published or unpublished reports, carried out in the last two years, but it's your responsibility to ensure that there are no competing claims for intellectual property rights or copyright. Since we are looking for quality rather than quantity, the research should be no more than 8,000 words. Your research must withstand critical scrutiny and be rigorous in terms of the framing of the research questions, data collection, analysis and interpretation of results. Not scared off? If you are still up for the challenge, submit your proposal here.

**PART TWO.** You are going to read an article about guidebooks on Scotland. For questions 19-24, choose from the guidebooks (A-F). The guidebooks may be chosen more than once. When more than one answer is required, these may be given in any order.

**A - Island Fling**

**B - Scotland's Heritage**

**C - The Great Scottish Outdoors**

**D - Capturing the Magic**

**E - Essential Scotland**

**F - Secret Scotland**

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Of which guidebook(s) is the following stated?

It is aimed at both locals and foreigners. 19 \_\_\_\_

It is ideal for those who want a peaceful, relaxing break. 20 \_\_\_\_

Its information is well organized. 21 \_\_\_\_

It enables readers to learn a new skill. 22 \_\_\_\_

It is not suitable for those who would like to take their time to explore. 23 \_\_\_\_

It aims to help travellers decide on a suitable route to take. 24 \_\_\_\_

### **SCOTLAND GUIDEBOOKS**

**A - Island Fling** A highly informative read, this book is a must for those wishing to explore the Western Isles. It is packed with essential information such as ferry timetables and descriptions of B&Bs, and also includes useful tips on how to fit in with the local way of life and dress suitably for the Scottish weather. Particularly interesting is the section on 'music festivals of the north', as well as the English-Gaelic phrasebook for those who fancy trying their hand at the local language.

**B - Scotland's Heritage** Not only does this guide take you on a tour of all the main sites of historical significance, it also explores Scotland's Celtic heritage in depth and includes well thought out suggested travel itineraries. Whether you simply wish to read about Scotland from the comfort of your armchair or are planning an actual tour of the country, this guide is well worth a read.

**C - The Great Scottish Outdoors** Helpfully divided into different sections for each region of the country, this guidebook focuses on action and adventure and is full of ideas about how to get the most out of your stay in Scotland, such as where to go, what you can do there and where to get any equipment you might need. Written in a humorous tone, it assumes that the reader is travelling on a shoestring and would like to have a good time without breaking the bank.

**D - Capturing the Magic** Written by experienced travellers, this guide contains absolutely everything you could ever need to know about Scotland. It is so comprehensive that it is quite clearly intended to appeal to Scots, too. Covering popular places as well as those off the beaten track, this guide provides a wealth of information on various day trips, as well as suggestions on places to stay and eat to suit every budget. Whether you are interested in historic towns and cities, beautiful lochs, cliff-top castles or quiet fishing villages along the north-east coast, this book is for you.

**E - Essential Scotland** This has been revised for this year and so is the most up-to-date guide available on Scotland's top attractions, restaurants and hotels. It also now suggests a selection of tours aiming to cover the whole country in just ten days, including some of Scotland's finest sights, such as Loch Lomond, the Highlands and Edinburgh. This is ideal for those who simply want to get a 'taste' of Scotland but perhaps not for those who prefer a more relaxed approach to holidaying.

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**F - Secret Scotland** Scotland's quietest, most beautiful corners are explored in this guide along with plenty of suggestions for enjoying a stress-free holiday. As the key to a good holiday, according to the guide, is to have 'a unique experience in scenic surroundings', the book suggests a variety of ways in which to do this, such as staying in a lighthouse or going caving. This book stands out from its competitors, not least for its fantastic photographs, illustrations and maps.

**PAPER THREE: USE OF ENGLISH (46 points)**

**PART ONE : WORD FORMATION.** Read the article below about 'Quick Workout' and find out what it is. For questions 25-32, read the text again and use the words given in capitals to form a word.

**A QUICK WORKOUT**

For those with insufficient time to spend hours working out in the gym, there is some good news. Fitness enthusiasts can (25)..... (25) **EFFECT**

reduce their fitness workout time by two-thirds, according to recent research. Gym (26)..... has soared in recent years, much (26) **MEMBER**

to the delight of the health and fitness industries, and doctors are hoping the (27)..... will encourage even more (27) **FIND**

people to take up exercise. The results suggest that it is not (28)..... (28) **PRODUCE**

to spend long and exhausting hours exercising when working out for a shorter time and more (29)..... achieves the same (29) **ENERGY**

results. Participants were required to cut their exercise time, but increase the level of (30)..... of their workout. (30) **DIFFICULT**

Those who exercised for the shortest time found that a significant (31)..... in body fat had occurred. (31) **REDUCE**

Experts believe that this proves that a streamlined exercise programme is more (32)..... and also gives you more free time. (32) **BENEFIT**

**PART TWO: OPEN CLOZE** For questions 33 - 42 complete each gap with the missing word.

**MUSIC TO THEIR EARS**

The experience of standing at a bus stop or on a railway station platform and feeling intimidated by a group of noisy youths is not uncommon. A variety of expensive solutions to the problem have been tried but now the idea of playing classical music is gradually becoming adopted (33)..... a low-cost answer. All that's needed is the required licence to play music and (34)..... few speakers - and the problem seems to disappear. One railway station had (35)..... experiencing problems with youths hanging around, (36)..... getting up to criminal activities, but engaging (37)..... anti-social behaviour, like using bad language and annoying passengers. Passengers complained so the authorities responded (38)..... introducing classical music, a solution (39)..... completely

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eliminated the problem. Music makes up an important part of our identity. If we are forced (40)..... listen to music that we don't like, we will react and move (41)..... from it. Predictably, the youngsters loathed the music and very quickly gave (42)..... and left. Now the passengers not only say they don't see youths hanging around, but they also no longer feel uneasy when travelling.

**PART THREE : MULTIPLE CHOICE - VOCABULARY.** For questions 43-52, read the text and decide which answer (A, B, C or D) best fits each gap.

**WHAT MAKES SOMEONE INTELLIGENT?** Some people claim that only humans are truly intelligent. But what about animals – are they intelligent too? They can certainly learn and remember. However, many of their actions are instinctive, even (43)..... they may look intentional. Generally, animals cannot (44)..... one crucial test of self-awareness – they are unable to identify themselves in the mirror. In fact, we're not really sure exactly what intelligence is or how to measure it. In the competitive (45)..... market, IQ scores and formal (46)..... are used in the selection of employees, although many successful people did not actually do very well at school. So how are education, intelligence and success (47).....? It is generally agreed that intelligence is all about the ability to learn, solve problems and be successful in life. But is there more (48)..... it than that? What about the (49)..... of emotions? Successful people often show a (50)..... level of 'emotional intelligence'. This is described as self-awareness – they can understand their feelings, organise and (51)..... them. And above (52)....., this understanding means that they can motivate themselves, which seems to be the key to success.

- 43) A) since B) though C) but D) that
- 44) A) get B) succeed C) win D) pass
- 45) A) occupation B) work C) job D) business
- 46) A) certificates B) abilities C) qualifications D) talents
- 47) A) connected B) joined C) united D) tied
- 48) A) for B) to C) at D) with
- 49) A) role B) part C) situation D) work
- 50) A) big B) high C) tall D) huge
- 51) A) manage B) deal C) administer D) command
- 52) A) all B) each C) every D) whole

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**PART FOUR : MULTIPLE CHOICE – GRAMMAR.** Choose the right form A, B, C or D :

53. .... to have stolen all the family jewels.  
A.) He is believed B.) It is believed C.) People believe D.) He believes
54. The woman was on the point..... down.  
A.) to breaking B.) to break C.) about to break D.) of breaking
55. If I ..... the pill yesterday, I wouldn't be ill again.  
A.) took B.) had taken C.) has taken D.) would have taken
56. No sooner.....than everyone rushed to meet him  
A.) Vlad had arrived B.) had Vlad arrived C.) Vlad has arrived D.) did Vlad arrived
57. The author often wonders .....reading his books.  
A) do people enjoy B) did people enjoy C) if people enjoy D) people enjoy
58. Such unpopular legislation ..... Introduced before the election.  
A.) is unlikely to be B.) will have been likely C.) will likely been D.) will unlikely has been
59. By the time we arrived at the cinema, the film..... .  
A.) had been start B.) has already started C.) was started D.) had already started
60. Are you accusing me ..... ?  
A.) to lie B.) of laying C.) for lying D.) of not telling the truth

**PART FIVE: TRANSFORMATIONS.** Complete the second sentence so that it has a similar meaning to the first one. Do not change the word given. You must use between two and six words.

61. Someone saw Christine burn a letter in the fireplace.  
WAS Christine ..... burn a letter in the fireplace.
62. Enzo made sure Suzanna checked the essay a second time.  
GOT Enzo ..... the essay a second time.
63. It's a pity I missed your wedding.  
WISH I .....your wedding.
64. My husband keeps losing his keys!  
ALWAYS My husband .....his keys!
65. I'd prefer you not to smoke in here.  
RATHER I'd ..... in here.

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**ANSWER SHEET**

**PAPER ONE: LISTENING PART ONE.** You will hear three different extracts. For questions 1-6, choose the answer A,B or C which fits best according to what you hear. There are two questions for each extract.

Extract one

You hear part of an interview with a teacher talking about 'the cooler room'.

1. 'The cooler room' has attracted a lot of publicity because it

- A) is seen as a controversial punishment.
- B) has a link with a famous film.
- C) shows an old-fashioned approach to discipline.

2. The punishment has been effective because pupils

- A) dislike being constantly watched.
- B) do not like being on their own.
- C) hate the restriction imposed on them.

Extract two

You hear two people on a current affairs programme talking about ASBOs (Antisocial Behaviour Orders).

3. What do ASBOs do?

- A) give a short prison sentence
- B) offer help to offenders
- C) restrict people's movements

4. The problem with ASBOs is that they

- A) are not always obeyed.
- B) can be given to the wrong people.
- C) do not last long enough.



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Extract three

You hear part of an interview with a woman from the Witness Support Programme.

5. Why can giving evidence be distressing?

- A) It's frightening to face criminals.
- B) It's something you can't prepare for.
- C) It can bring back bad memories.

6. The majority of people who work on the Programme

- A) work unusual hours.
- B) do not receive payment.
- C) have special training.

**PART TWO.**

You will hear part of a radio programme about the athleticism of animals. For questions 7-12, complete the sentences.

Animal athletes One small ant can lift (7) ..... times its own body weight. Ants have an amazingly large number of (8) ..... It takes the cheetah just (9) ..... seconds to cover a distance of 100m. Cheetahs can reach high speeds, thanks to their enlarged internal organs and their (10) ..... The cheetah, however, has a low (11) ..... Springbok are frequently seen jumping in the rainy season. Archer fish catch (12) ..... with a 1.5 metre water jet. The archer fish carry out their shooting in groups.

**PAPER TWO : READING (12 points)**

PART ONE 13..... 14..... 15..... 16..... 17..... 18.....

PART TWO 19..... 20..... 21..... 22..... 23..... 24.....

**PAPER THREE: USE OF ENGLISH (46 points)**

PART ONE : WORD FORMATION 25..... 26..... 27.....  
28..... 29..... 30..... 31 ..... 32.....

PART TWO : OPEN CLOZE 33..... 34 ..... 35 ..... 36 ..... 37  
..... 38..... 39 ..... 40 ..... 41 ..... 42 .....

PART THREE : MULTIPLE CHOICE - VOCABULARY 43. .... 44. .... 45. .... 46. ....  
47. .... 48. .... 49. .... 50. .... 51. .... 52. ....

PART FOUR : MULTIPLE CHOICE - GRAMMAR 53. .... 54. .... 55. .... 56. .... 57. ....  
58. .... 59. .... 60. ....

PART FIVE: TRANSFORMATIONS

61. .... 62. ....  
63. .... 64. ....  
65. ....

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**KEY**

**PAPER ONE: LISTENING** (12 points)

PART ONE 1.A, 2.B, 3.C, 4.A, 5.C, 6.B

PART TWO 7.fifty, 8.brain cells, 9.three point two, 10.small head(s), 11.life expectancy, 12.insects

**PAPER TWO: READING** (12 points)

PART ONE 13.A 14.A 15.C 16.C 17.A 18.B

PART TWO 19.D 20.F 21.C 22.A 23.E 24.B

**PAPER THREE: USE OF ENGLISH** (46 points)

PART ONE: WORD FORMATION 25.effectively, 26.membership, 27.findings, 28.productive, 29.energetically, 30.difficulty, 31.reduction, 32.beneficial

PART TWO: OPEN CLOZE 33.as, 34.a, 35.been, 36.not, 37.in, 38.by, 39.that/which, 40.to, 41.away, 42. up/in

PART THREE: MULTIPLE CHOICE - VOCABULARY 43.B, 44.D, 45.C, 46.C, 47.A, 48.B, 49.A, 50.B, 51.A, 52.A

PART FOUR: MULTIPLE CHOICE - GRAMMAR 53.A 54. D 55.B 56.B 57.C 58.A 59.D 60.D

PART FIVE: TRANSFORMATIONS 61. was seen to 62. got Suzanna to check 63. I wish I had not missed/ I hadn't missed 64. is always losing 65. rather you didn't smoke