

# CERTIFICADO DE NIVEL AVANZADO C1

## IDIOMA: INGLÉS

CONVOCATORIA ORDINARIA - 2023

### COMPRENSIÓN DE TEXTOS ESCRITOS

CUMPLIMENTE LOS SIGUIENTES DATOS:

APELLIDOS: _____
NOMBRE: _____
ASPIRANTE:    Libre <input type="checkbox"/> Escolarizado <input type="checkbox"/> Grupo: _____ <i>(Marque con una X la respuesta que corresponda)</i>

**INSTRUCCIONES PARA REALIZAR ESTA PARTE:**

**DURACIÓN: 80 minutos**

- Esta parte consta de tres tareas. Lea las instrucciones al principio de cada tarea y realícela según se indica.
- Las respuestas escritas a lápiz o en tinta roja no se calificarán.
- No está permitido el uso del diccionario.
- El uso del cualquier dispositivo electrónico queda prohibido durante toda la prueba. El móvil tendrá que permanecer apagado y guardado.
- **Atención:** No escriba en los recuadros sombreados; son espacios reservados para la calificación de las tareas.

**PUNTUACIÓN:**                      / 10



APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

**TASK 1 (6 x 0.4 marks = 2.4 marks)**

**Read the texts below and match each text (1-6) to the most suitable phrase (A-J). There are THREE phrases you do NOT need to use. Write your answers in the table provided. Text 0 is an example.**

## How Many Types of Empaths Are There? Here Are Our Favourite

When you think of empaths, you're probably thinking of those with a supercharged sense of empathy: sensitivity to the feelings and emotions of others. Empaths, so it's said, go one step beyond simply understanding those emotions – they actually feel stuff as if it's happening to them. And just like there are a myriad of personality types, there is not just one type of empath out there. Here are the kinds of empaths that we've discovered on our travels. There's some overlap, but each has its own distinct set of experiences.

**TEXT 0:** More than picking up on thoughts and feelings, cognizant empaths are able to discern info seemingly from thin air. Y'know those people who visit a house for the first time and instinctively know the right kitchen drawer to look in? Yeah, these empaths. This isn't a million light-years away from being Luke Skywalker.

**TEXT 1:** Telepathic empaths crank things up a notch — they can read other people's thoughts, not just sense their emotions. They normally use the same techniques as emotional empaths, "reading minds" by reading body language. Whether that implies a deeper level of insight or just a different perspective is tough to say. The opinion is divided within the empath community.

**TEXT 2:** These claim above-normal sensitivity to the state of other people's bodies. Physical empaths can sense if something's not right about your bodily health, down to sharing other people's experiences of headaches and upset stomachs. Some also have a habit of mirroring others' corporal habits, little tics, and mannerisms that often go unnoticed. Know how you always want to yawn when you see someone else yawning? That's how it feels for these empaths, but way stronger.

**TEXT 3:** Psychometric empaths can read a person's connection to an object or place. The love and loss you feel when you look at a photograph of a departed family member, the memories stirred up when you hold a cherished heirloom — those are the types of connections this empath picks up on. Some claim to pick up impressions from inanimate objects themselves, without the need for another person's presence in order to connect with the object. Again, opinion is split on whether this means their type of empathy is more powerful, or whether they're simply employing their talents in a different way.

**TEXT 4:** Molecular empaths resonate with other people at what is said to be the deepest possible level. It's unclear whether this is at the same kind of infinitesimal level we talk about when we discuss physics or not. Either way, they often possess insights into another person's truest nature, without all the layers of ego we build up over the years. Some of the advice they offer may catch you off guard.

**TEXT 5:** All empaths display a degree of heightened sensitivity to other people's feelings. But in the case of emotional empaths, this is either their strongest or only empath trait. Some might feel their powers of empathy are so strong that they're superpowers in their own right. Others might feel they're missing out on some of the other cool abilities attributed to other types of empaths.

**TEXT 6:** Not to be confused with the type of children, who are a totally separate thing, indigo empaths are sensitive to issues of morality and virtue. If someone's acting in bad faith, this empath is likely to spot it. They instinctively feel drawn to those who act with a sense of righteous moral purpose, caring whether someone is good more than whether they're nice. Big difference.

*Adapted from: [www.greatist.com](http://www.greatist.com)*



APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

PHRASES	
<b>A</b>	Actions speak louder than words.
<b>B</b>	Being tremendously touchy.
<b>C</b>	Material energy.
<b>D</b>	No need to call the doctor.
<b>E</b>	Overthinking that something else.
<b>F</b>	Psychics go into action.
<b>G</b>	Seeing your essence.
<b>H</b>	Something more than feelings.
<b>I</b>	The highly tactful empaths.
<b>J</b>	<del>When you are 100% aware.</del>

WRITE YOUR ANSWERS TO TASK 1 HERE:							
Texts	0	1	2	3	4	5	6
Phrases	J						
	✓						
						<b>MARK</b>	



APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

**TASK 2 (9 x 0.4 marks = 3.6 marks)**  
**Read the text below. Fill in the gaps (1-9) with one suitable word from the WORD BANK provided. There are FOUR extra words you do NOT need to use. Write your answers in the table provided. Item 0 is an example.**

### The proof is in: TV really does rot your brain

Until now, claims that television makes you stupid have only been 0 by anecdotal evidence. True, at a certain point it does seem that people who watch vast amounts of TV do become so intellectually impaired that they start involuntarily 1 along to theme tunes like imprisoned sea lions performing for fish, but that isn't anything you could write a medical paper about.

Now, sadly, science has 2 moved along to back it up. According to Dr Ryan Dougherty, from Johns Hopkins Bloomberg School of Public Health in Baltimore, the more television you watch in middle age, the lower your volume in grey matter. Examining the viewing habits of 599 American adults between 1990 and 2011, Dougherty found that those who watched an above average amount of television showed reduced volume in their frontal cortex and entorhinal cortex. Basically, your mum was right: TV really does rot your brain.

To make matters worse, Dougherty goes out of his way to suggest other sedentary activities that are better for your brain. Horrifically these include board games. Which 3 the question: would you rather lower your IQ by watching the defining cultural art form of the 21st century, or stay clever forever by 4 prodding counters around a backgammon board?

Look, I'll admit this study provoked a moment of worry in me. I have written about television for 12 years now, and have probably watched a considerably higher amount of it than the average viewer. Have I been doing this at the cost of my intellect? I spent a full day last week watching the entire new season of The Morning Show. Is that why I forgot the date of my car's MOT this morning? I've watched Lost, all the way through, three times in my life. Most people 5 after two series. Is this why they can remember their internet banking password and I can't?

But you know what? I think we're fine. Because, unless I'm mistaken, I don't think the study made any distinction about the type of TV the guinea pigs watched, and I suspect this is a big variable. If people, for instance, watched four hours of 6, shiny-floored entertainment shows every day, of course they're going to lose brain function. It's like being spoon-fed ice-cream every day then realising you can't fit into your trousers any more.

We're different, though. I'm assuming behaviour based on the fact that you're reading a piece on the television section of a broadsheet newspaper, but I suspect you're like me. You only watch the good stuff. You enjoy television that challenges you, that makes you question things, that makes you 7 for meaning. You still, 14 years after the fact, spend a great deal of time wondering if David Chase's editing decisions in Made in America contained a hidden meaning about the fate of Tony Soprano. You agonise over the motivation of character choices in The Wire. You're so used to overthinking television that you 8 arrived at a grand unified theory about the logistics of policing on Paw Patrol. To you, television isn't a passive activity. It's an obsession. Your brain isn't rotting; it's glowing red with theories and questions and excitement.

I have to believe this. We all do. The moment we give in, and let ourselves believe that our devotion to television is hurting our capacity to think, we're admitting defeat. We're admitting that those 9 people who boast about not owning a TV really are as superior as they think they are. Well, I'm not having it. Intact brains or not, those people are still missing out on huge moments of cultural unity. The savagery of Succession. The slow emotional destruction of Mare of Easttown. The fast-twitch social commentary of The White Lotus. This is important stuff, and I refuse to give it up because a fancy doctor says the shiny box makes your brain go bad.



APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

That said, I probably do need a contingency of sorts. So, please, tell my children I love them. Strictly Come Dancing starts soon, and I doubt I'll be able to remember their names afterwards.

*Adapted from: www.theguardian.com*

WORD BANK				
<i>backed</i>	bailed	clapping	conceited	contained
drooling	grand	hunt	joylessly	loosely
raises	shallow	soothes	timidly	

WRITE YOUR ANSWERS TO TASK 2 HERE:				
0. <i>backed</i>	✓			
1.		2.		3.
4.		5.		6.
7.		8.		9.
				<b>MARK</b>



APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

**TASK 3 (10 x 0.4 marks = 4 marks)**

**Read this text and decide which of these sentences (1-10) are true or false. Write T (TRUE) or F (FALSE) in the table provided. Sentence 0 is an example.**

### Sew it yourself!

My foot hovers nervously over the sewing machine pedal. I am cautiously working my way through a sew-it-yourself kit produced by Pattern Project, a “microfactory” startup in south London. It has pioneered a laser-cutting machine that can cut patterns on demand, with minimal waste. The pieces for the dropped-sleeve dress that I am sewing have been snipped to my precise measurements by a zippy little laser, which whizzes over the crisp Irish linen, scorching faint seam guides into the fabric so I know exactly where to sew.

Pattern Project’s founders, Shruti Grover, 34, and Simon Johnson, 35 – partners in life and in business – are seeking funding for their first shop. A “22nd-century” vision of fashion, says Grover, it will hold no stock, but will sell custom-fit clothing that is laser-cut in front of you within minutes, out of local, ethical and sustainable fabrics – and then sewn by you. Pattern Project is at the cutting edge of a make-your-own-clothes revival, but it is not the only business facilitating home-sewn fashion. The catalyst was Covid. “We took six weeks of sales in one day over lockdown,” says Michael Jones of Merchant & Mills, which sells whatever you might need – patterns, fabric, tools and online tutorials – to sew your own.

Shedding its “mumsy”, hobbyist image, the sew-it-yourself (SIY) movement has become something more modern, sustainably minded and social. For starters, sewers have been rebranded as “sewists” – because who would want to be mistaken for a waste pipe? Plus, thanks to a new wave of independent pattern-makers, it is not hard to find on-trend designs, downloadable in pdf format anywhere in the world.

According to Jones, the new customers are “young and mostly female, against fast fashion and much more switched on about environmental issues”. Many are motivated to sew because it enables them to avoid sweatshop production. “A lot of people are clear that cutting and sewing is where the exploitation happens,” says Lydia Morrow, a 25-year-old Glasgow-based sewing influencer. “I can cut that out now.”

There is plenty of support available for newbie sewists, too. The Fashion District festival, a five-day celebration of sustainable fashion that took place last week in Stratford, dedicated a third of this year’s programme to maker workshops, including a tutorial on upcycling scarves into kimonos, hosted by the community interest company Trashion Factory. “This is a different incarnation of the good life. Rather than just following a pattern, the maker community is going off-grid and having a go. It’s about being able to take control of your style.”, says Helen Lax, the festival’s founder

The new generation of mail-order sewing kits – complete with pattern, sustainable fabric and the promise of a clean conscience – serves as an outstretched hand waiting to guide nascent sewists through the daunting process of dressmaking. Made My Wardrobe, which has sold 20,000 dungarees kits (from £58) and patterns (£12.50) since launching them two years ago, also offers kits for underwear, period pants and swimwear, using recycled denim and recycled fishing yarn (in UK sizes 6 to 24).

While you will find only British and European organic fabrics at Pattern Project (as well as an Italian polyamide that they claim will biodegrade about five years after disposal), the bigger fashion problem it wants to solve is overstock. It is estimated that 20% of the 100bn items of clothing produced each year are not sold; they are then usually buried, shredded or burned. “Brands always over-order,” says Grover. “It’s cheaper to produce more and sell at mad discounts later than it is to produce less, but higher-quality, stuff.” Pattern Project’s ultimate goal is to see its zero-waste laser in fashion stores and haberdasheries across the country, so clothes can be cut and sewn on demand, affordably and



APELLIDOS: \_\_\_\_\_ NOMBRE: \_\_\_\_\_

quickly. In the meantime, the sewists are playing what they call “pattern Tetris – making patterns fit into a smaller amount of fabric”, says Johnson.

According to the government’s 2019 report Fixing Fashion, “as much as 15% of fabric can end up on the cutting room floor ... Hundreds of thousands of tonnes of fabric are wasted at the design and production stage before clothing reaches the customer.” Within the sewing community, downloadable zero-waste patterns have blown up online. “When you’re wearing something you’ve made, not for one second are you not aware of that,” says d’Angelo. “Every time I look down, I think about the mistakes I made and the way I saved it and I’m filled with pride. It’s the ultimate in conscious consumption.”

My Pattern Project dress takes a painstaking four hours to sew, although a professional could make it in an hour. The experience gives me a new appreciation of the skilled stitchwork of millions of unthanked garment workers around the world. “The more you make for yourself, the more you realise the time and effort it takes to make things – and how cheap things are on the high street, compared with how long it takes,” says Azmi. “The value people place on fashion has been diminished because of cost.”

To get involved, d’Angelo recommends following the Instagram hashtags #sewfrosting, #indiepatterns and #tntpatterns. You will find monthly challenges based around a loose theme, but the ultimate challenge is to sew your whole wardrobe. The shopping sprees of old have been replaced with research trips; instead of asking: “Shall I buy this?” she now asks: “Could I make that?” She says: “If I’m not prepared to spend five hours making it, do I really want it?”

*Adapted from: www.theguardian.com*

WRITE YOUR ANSWERS TO TASK 3 HERE:			
SENTENCES			
0	<i>Pattern Project has marked the beginning of a revolutionary ecological DIY industry sector.</i>	T	✓
1	Once customers choose the model they fancy, Pattern Project orders stock for the customers to sew at home.		
2	Sewing has been turned into a more heterogeneous activity thanks to a recent amenable movement.		
3	Eliminating the most laborious part of dressmaking using easily accessible trendy patterns helps young women eradicate exploitation.		
4	One of the workshops of The Fashion District Festival was focused on how to make mainstream sewing techniques more environmentally-friendly.		
5	Since one can purchase countless materials online, amateur sewists can create their personal designs in the blink of an eye.		
6	The main obstacle found by these new companies is the supply of green textile goods.		
7	Pattern Project’s aims to reduce production costs by limiting the amount of orders and discounts they receive and offer.		
8	Pattern Tetris allows sewists to combine fabric scraps so the manufacturing process is more affordable.		
9	Wearing self-made clothes makes one recognize the performance of the manufacturing industry.		
10	Internet challenges contribute to avoiding indulgent purchases.		
		<b>MARK</b>	

**NIVEL AVANZADO C1 DE INGLÉS – COMPRENSIÓN DE TEXTOS ESCRITOS  
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**CLAVE DE RESPUESTAS**

**TASK 1 (6 x 0.4 marks = 2.4 marks)**

Read the texts below and match each text (1-6) to the most suitable phrase (A-J). There are **THREE** phrases you do **NOT** need to use. Write your answers in the table provided. Text 0 is an example.

<b>Texts</b>	<b>0.</b>	<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>	<b>5.</b>	<b>6.</b>
<b>Phrases</b>	<b>J</b>	<b>H</b>	<b>D</b>	<b>C</b>	<b>G</b>	<b>I</b>	<b>A</b>

<b>N.º respuestas correctas</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Puntuación</b>	<b>0,4</b>	<b>0,8</b>	<b>1,2</b>	<b>1,6</b>	<b>2</b>	<b>2,4</b>

**TASK 2 (9 x 0.4 marks = 3.6 marks)**

Read the text below. Fill in the gaps (1-9) with one suitable word from the **WORD BANK** provided. There are **FOUR** extra words you do not need to use. Write your answers in the table provided. Item 0 is an example.

0. <i>backed</i>	✓								
1. clapping		2. timidly		3. raises		4. joylessly			
5. bailed		6. shallow		7. hunt		8. grand			
9. conceited									

<b>N.º respuestas correctas</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Puntuación</b>	<b>0,4</b>	<b>0,8</b>	<b>1,2</b>	<b>1,6</b>	<b>2</b>	<b>2,4</b>	<b>2,8</b>	<b>3,2</b>	<b>3,6</b>

**TASK 3 (10 x 0.4 marks = 4 marks)**

Read this text and decide which of these sentences (1-10) are true or false. Write **T (TRUE)** or **F (FALSE)** in the table provided. Sentence 0 is an example.

<b>Sentences</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>T/F</b>	<b>T</b>	<b>F</b>	<b>T</b>	<b>T</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>F</b>	<b>T</b>	<b>T</b>

<b>N.º respuestas correctas</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Puntuación</b>	<b>0,4</b>	<b>0,8</b>	<b>1,2</b>	<b>1,6</b>	<b>2</b>	<b>2,4</b>	<b>2,8</b>	<b>3,2</b>	<b>3,6</b>	<b>4</b>