

## LISTENING

Time: 11 minutes (13 points)

*Listen to five different people talking about communication in the digital world and complete the sentences with the correct options in Task 1. Then, do the true/false task. You will hear the text twice.*

### Task 1.

Speaker 5	No speaker	Speaker 1	Speaker 4	Speaker 2	Speaker 3	No speaker	No speaker
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- \_\_\_\_\_ has recently learned about some of the negative effects of excessive online communication.
- \_\_\_\_\_ has witnessed great changes in the way we communicate over recent years.
- \_\_\_\_\_ thinks that the amount of time teens spend online is alarming.
- \_\_\_\_\_ is quite happy for any photos of themselves to be posted online.
- \_\_\_\_\_ wishes people would talk more in person.
- \_\_\_\_\_ enjoys being able to contact all friends with the same message at once.
- \_\_\_\_\_ thinks limiting teenagers' access to technology is unfair.
- \_\_\_\_\_ is suffering from the fear of missing out.

### Task 2.

*For statements 9–13, choose **TRUE** if the statement agrees with the information given in the text; **FALSE** if the statement contradicts the information given in the text.*

- Speaker 1 likes to know as soon as they get a new message.
  - True
  - False
- Speaker 2 thinks that the most annoying thing is when people use their phones in meetings.
  - True
  - False
- Speaker 3 says that FOMO, or fear of missing out, is more common among teens.
  - True
  - False

12. Speaker 4 thinks that young people today are aware of the drawbacks of online communication.

- a. True
- b. False

13. Speaker 5 has made a lot of new friends thanks to online communication.

- a. True
- b. False

<b>Transfer your answers to the answer sheet!</b>
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## READING

**Time: 30 minutes (20 points)**

*Read the text and do the tasks after*

In recent years, the concept of a staycation has emerged as a novel alternative to the traditional holiday away from home. Conjuring up a vacation within the comforting embrace of one's own residence or nearby surroundings, individuals are now exploring creative ways to unwind and rejuvenate without venturing too far. Tapping into local attractions can unearth hidden gems and provide day-trips full of discovery, avoiding the tedious airport traipses. Visits to nearby museums, galleries, or historical sites can offer a taste of culture and education, without the burden of packing suitcases.

For the more active soul, a staycation presents the perfect opportunity for embracing local trails for hiking or cycling. Immersing oneself in the serenity of nature on these outings can offer a sense of escape, promoting physical and mental well-being. Local parks also afford a host of recreational activities, from improvised picnics to casual sports encounters with friends. Moreover, staycationers can cultivate the art of leisure right at home, with garden projects or the comfort of a good book in a cozy backyard hammock.

The culinary enthusiast can delight in the kitchen with newfound time to experiment with elaborate recipes or to embark on the savory journey of a 'restaurant at home' night. With no concern for restaurant reservations, one can host intimate dinner gatherings, or simply enjoy the pleasure of unhurried meals with loved ones. The home entertainer might even transform the living space into a personal cinema, theater or concert hall, showcasing a selection of films, plays, or music to enjoy with family.

For those who seek relaxation, a home spa day could be the perfect antidote to stress, equipped with aromatic oils, soothing music, and homemade beauty treatments. Crafting, from knitting to painting, allows for creative expression and the satisfaction of producing something tangible with ones' own hands. As a boundary between home life and a holiday blurs, the crucial element is the intentionality behind every activity, infusing each moment with a sense of occasion and novelty.

Ultimately, a staycation emphasizes the rejuvenation of the self and the nurturing of relationships with others within a comfortable and familiar environment. It is an invitation to slow down and savor the subtle beauty in everyday surroundings, an approach perhaps more important than ever in our fast-paced modern lives. Whether it's through exploring local culture, embarking on outdoor adventures, indulging in culinary exploits, or simply enjoying the sanctity of one's own space, staycations underscore the potential for joy and relaxation that lies right at our doorsteps.

**Task 1.**

*For items 14–25 read the text about staycation and decide whether the statements (1–10) are **TRUE**, **FALSE** or **NOT GIVEN** according to the text.*

14. Local attractions can be as rewarding as distant destinations.
15. People must travel long distances to truly disconnect and relax.
16. Staycations require one to seek activities outside their immediate living space.
17. Staycationers have the chance to take pleasure in arranging a home-based cinema experience.
18. For a relaxing time at home, one needs to invest in professional spa equipment.
19. One of the benefits of a staycation is cultivating interpersonal connections.
20. Going on a local cultural excursion exclusively offers academic benefits.
21. Local parks only offer opportunities for passive leisure activities.
22. The growth of the staycation trend has been influenced by modern life's accelerated pace.
23. A staycation offers no alternative to those who typically enjoy an active vacation.
24. The intention behind each staycation activity is inconsequential to the experience.
25. Embarking on outdoor adventures is seen as a possible way to enjoy a staycation.

**Task 2.**

*Choose the correct option to answer questions 26–35.*

- 26) What is a primary reason the text gives for considering a staycation over a traditional holiday?
- a) Tapping into local attractions offers more thrilling experiences than distant travel.
  - b) There's a legal restriction on international travel.
  - c) Local activities can avoid the hassle of airport travel and still provide discovery.
  - d) Staycations are less expensive than traditional holidays.
- 27) Why does the text mention 'picnics' and 'casual sports encounters' in relation to staycations?
- a) To highlight the requirement for outdoor activities during staycations.
  - b) To suggest that outdoor activities are only fulfilling during staycations.
  - c) To denote the limited options available during staycations.
  - d) To illustrate the variety of recreational activities available in local parks during a staycation.
- 28) According to the text, what benefit can local museums, galleries, and historical sites offer during a staycation?
- a) They facilitate international travel without leaving the city.
  - b) They are typically less crowded than usual during staycations.
  - c) They can provide enriching cultural and educational experiences.
  - d) They are the only places to visit when on a staycation.
- 29) What is the text suggesting when it refers to the 'art of leisure right at home'?
- a) Crafting is the most significant form of leisure available at home.
  - b) One should redesign the entire living space during a staycation.
  - c) Relaxation and leisure can be pursued through activities like gardening or reading at home.

d) Professional home decoration is required for a successful staycation.

30) How does the text describe the advantage of cooking at home during a staycation?

a) Cooking at home is a faster option than dining out.

b) Home-cooking allows for creativity and the pleasure of sharing meals without the rush and need for reservations.

c) It's impossible to get restaurant-quality food during a staycation.

d) Restaurants are less enjoyable than home-cooked meals.

31) In what way does the text suggest a staycation promotes well-being?

a) By offering a distraction from work-related stress with intensive activities.

b) Through the engagement in outdoor activities such as hiking or cycling that promote physical and mental health.

c) Solely through the change in environment, staycationers feel better.

d) By enforcing a strict regimen of exercise and diet.

32) What intention behind staycation activities does the text emphasize as important?

a) The intention to save money by avoiding expensive outings.

b) The intention of experiencing activities as if they were novel and special.

c) The intention to eventually transition back to traditional holidays.

d) The intention of competing with friends to have the best staycation.

33) Why might someone choose to create a 'restaurant at home' night during a staycation according to the text?

a) Because making reservations at real restaurants is too complicated.

b) To mimic the experience of dining out and enjoy the creativity and personal touch of home cooking.

c) To save money by not wasting it in expensive restaurants and eating cheaply at home.

d) Because it is a widely accepted cultural practice during staycations.

34) How does crafting contribute to the staycation experience as illustrated by the text?

a) Crafting is essential to keep the brain active and prevent boredom at home.

b) It promotes social interaction by requiring people to craft in groups.

c) Crafting encourages self-expression and the satisfaction of creating something by hand.

d) It's a way to avoid spending money on other staycation activities.

35) What aspect of 'slowing down' is particularly valued in the text's portrayal of a staycation?

a) It is a way to reduce expenses by doing less.

b) Slowing down is practically the only benefit of a staycation.

c) By slowing down, one can appreciate the beauty in everyday surroundings and emphasize self and relational care.

d) There is an assumption that people with fast-paced lives cannot enjoy the benefits of travel.

<b>Transfer your answers to the answer sheet!</b>
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