

LISTENING – TAPESCRIPT

FIVE EASY WAYS TO DEVELOP YOUR INTERNAL STRENGTH

You will hear a radio programme in which a psychologist describes five ways to develop your internal strength. You will hear the programme twice.

There are lots of examples of people who have overcome huge obstacles, and they've done this because of their internal strength, which enables them to keep things under control. Whatever difficulties you face, or fears you have about the future, there's always something you can do to improve things, and it's often the little things that make a difference. Here are five little things you should do.

No 1: Don't be around people who talk negatively. They will only bring you down. Try to stay around positive people who exude good thoughts. Being around positive people will bring vibrancy in your life.

No 2: Let go of regrets. You can't change the past, but you can change how you view it. See it as part of life's rich experience. Decide there'll be no more recriminations and forgive yourself and others.

No 3: Look after yourself. This should be your number one priority. Regular exercise and good nutrition is the key to staying well. Incorporate enjoyable exercise and healthy food choices into the fabric of your life, creating new habits.

No 4: It's never too late to start doing new things. Or in the words of novelist George Eliot, "It's never too late to be what you might have been." It's unlikely you'll become an astronaut if you're 45, but are you sure it's totally impossible? Look at 54-year-old singer and actress Sarah Brightman, who is training for a mission to the International Space Station in order to fulfil her lifelong dream.

No 5: Try to live as if your life matters right now, and see each day as a new beginning. This will help you stay balanced in body and mind. This capability will make you feel in charge, whatever age you are. Since challenges in your life are inevitable, having faith in your ability to face them and remain positive will mean living a happier, perhaps longer life.

Olympiáda v anglickom jazyku, 26.ročník, krajské kolo 2015/16, kategória 2B
– riešenia a úlohy

ANSWER KEY

READING:

1. T 2. F 3. F 4. F 5. T 6. T
7. b 8. d 9. a 10. b

10 points

VOCABULARY:

1. I 2. I 3. C 4. C 5. I
6. encoded
7. spatial
8. functional
9. Meanwhile (*also accept meanwhile*)
10. wisdom

10 points

GRAMMAR:

- | | |
|-------------------------------------|--------------------------------|
| 1. would/could/might | 9. to |
| 2. However/Nevertheless/Nonetheless | 10. on/upon |
| 3. by | 11. out |
| 4. some | 12. back/off |
| 5. have | 13. have been tracing |
| 6. into | 14. must have won |
| 7. being | 15. hadn't been / had not been |
| 8. ought | |

15 points

LISTENING

1. 4
2. x
3. 5
4. 1
5. 3
6. x
7. 2

5 points
40 points

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– riešenia a úlohy

R O L E – P L A Y

STUDENT:

Your best friend is a heavy smoker. You are trying to persuade him to quit this habit. It seems that all your arguments related to health do not work. But when you mention his new girlfriend, who is a sporty type and prefers a healthy lifestyle, he seems to be willing to give up smoking.

You are the first one to talk. You are sitting in a café, having a friendly chat.



TEACHER:

You are a secondary school student but a heavy smoker. Your best friend tries to persuade you to quit this habit. You resist all his arguments related to health, but when he mentions your new girlfriend, it seems you might give up. (Your new girlfriend is a sporty type, preferring a healthy lifestyle.)

Your friend is the first one to talk. You are sitting in a café, having a friendly chat.

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PICTURE – STORY

Based on the picture,

- 1. discuss the pros and cons of doing dangerous sports (or adrenaline sports)**

OR

- 2. create a story in which the main character pursued an adrenaline sport and experienced something unique.**



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