

B1 Sample Accreditation online

***This is an example of an exam. The accreditation could have other kinds of exercises in listening and reading, such as matching, fill in the gaps, choosing headings, insert sentences/paragraphs into a text, etc.**

In writing, the task could be a letter/an email, review, report, blog post, article or story.

Reading 1

The silence of a big voice

“I’m the luckiest woman who was asked to make this wonderful film. It’s one of those strokes of luck that happens once in a lifetime”. With these words the English actress Julie Andrews has celebrated the fiftieth anniversary of the first release of the film *Mary Poppins*, the story of a nanny who captivated some millions of people in 1964 and gave the longest invented word; *Supercalifragilisticexpialidocious*. It gave her all the awards and opened all the doors of Hollywood to her. Five decades later, Julie won’t intone the unforgettable songs she performed with Dick Van Dyke. Julie doesn’t have a voice. She lost her voice in 1997 after surgery on her vocal cords to eliminate some benign nodules.

“The second operation took away my voice”, confessed Julie some years later. Moreover, it took her some time to speak again. “I haven’t sung since then”, she explained in 2010, before her last performance. “I want the public to know how I am,” she said. That concert, mainly spoken, was in London. Some part of the audience left the theatre before it finished. Those who knew the story stayed giving the last tribute to The Lady of the British Empire, that girl who sang to cheer up the troops during the Second World War.

In 1964, *Mary Poppins* was a blockbuster. Something that really annoyed Julie during the filming was the public interest in her, just because she didn’t expect it. She was a well-known theatre actress and she didn’t feel happy because her debut in the cinema was among cartoons, something that happened for the first time in the history of cinema. In addition, she was really worried about another film that was released the same year, *My Fair Lady*. She was performing the main role of this play in the theatre; she was rejected for the film. It was offered to Audrey Hepburn, who didn’t accept and the producer sent the script to Elizabeth Taylor. Later Hepburn accepted.

After the fantastic success of *Mary Poppins*, the film received five Oscars, including one for Julie. She tasted revenge when she dedicated the prize to the producers of *My Fair Lady*. Audrey wasn’t nominated, but she really enjoyed Julie’s success.

Later in life, these two ladies had somebody in common: Blake Edwards. He directed Audrey in *Breakfast at Tiffany’s* in 1965 which transformed Audrey into an icon. Eight years later, Blake and Julie got married and he directed her in her best films.

1. **What did Julie think the reason of her success in *Mary Poppins* was?**
 - a. Because she was a great actress.
 - b. Because she won an Oscar.
 - c. Because she was lucky.
 - d. Because the director was excellent.
2. **How did people feel when they watched the film in 1964?**
 - a. Bored
 - b. Excited
 - c. Sad
 - d. Nervous
3. **What was Julie operated on in 1997?**
 - a. Voice
 - b. Cancer
 - c. Vocal cords
 - d. Lungs
4. **Which were the effects of the surgery?**
 - a. She was healthy at last.
 - b. She couldn't walk.
 - c. She couldn't speak.
 - d. She had a better voice.
5. **When did she stop singing?**
 - a. 2010
 - b. 1964
 - c. 1977
 - d. 1997
6. **Which made her last performance different?**
 - a. People were uncomfortable.
 - b. She didn't like the songs.
 - c. People didn't like her voice.
 - d. She mostly talked.
7. **Why did Julie feel annoyed during the filming of *Mary Poppins*?**
 - a. Because she was working with cartoons.
 - b. Because it was her first film.
 - c. Because people were interested in her.
 - d. Because it was a blockbuster.
8. **Who was first offered the main role in the film of *My Fair Lady*?**
 - a. Julie Andrews
 - b. Elizabeth Taylor
 - c. Audrey Hepburn
 - d. Blake Edwards
9. **How did Julie take revenge on *My Fair Lady*'s producers?**
 - a. She married one of them.
 - b. She dedicated her Oscar to them
 - c. She dedicated her Oscar to Audrey Hepburn.
 - d. She wrote a letter of complaint.
10. **How did Audrey feel when Julie received the Oscar?**
 - a. Annoyed
 - b. Angry
 - c. Happy
 - d. Satisfied

Key Reading 1:

1. C

2. B

3. C

4. C

5. D

6. D

7. C

8. C

9. B

10. C

Reading 2

Sleep Deprivation

Everybody needs to sleep, but according to scientists not everybody needs to sleep the same amount of time. Scientists recommend between six and ten hours a day for human beings. According to Ignacio Burqueras, Spanish people sleep fifty-three minutes less than other Europeans, in part due to the seasonal time changes, which do not save too much money or increase workers' productivity.

Let's look at the example of adolescents. Over the last few decades, their habits have changed and their sleep hours have been reduced. Spanish teenagers waste a big amount of their sleep time on watching television, playing video games, surfing on the net or listening to music. In some areas of the USA, a number of schools have set back the school timetables to reduce sleep deprivation effects on school performance.

All animals need to sleep, and they normally have the same sleep disorders as we do such as nightmares, sleepwalking and insomnia. The amount of sleep that animals need varies according to their roles in the group, the environment, their necessity to keep half awake in order to protect themselves and furthermore some species need to sing themselves to sleep.

The longest anyone has ever gone without sleep is for eleven days, not much in comparison with a mother whale who can stay awake for a month.

The demands of work, and even home life, and sleeping problems like insomnia are some reasons why people don't get adequate sleep. There can be important consequences to our health and well-being depending on the hours and quality of sleep we get. When you normally sleep less than five hours a day, the risk of heart attack, diabetes, cancer and cerebrovascular accidents increases.

Sleep deprivation has some symptoms such as disorientation and hallucinations, which means that you misunderstand your environment or you can see illusions. These are the most frequent effects. Besides, some people with schizophrenia often have auditory hallucinations, hearing things that are not there. But there is a long list of less frequent consequences such as: decreased performance and alertness, memory and cognitive disability, stress, poor quality of life, occupational injury and automobile accidents. More than eighty-five sleep disorders are recognized by the American Sleep Disorders Association, affecting more than seventy million Americans, although most cases are undiagnosed and untreated.

According to research at the University of Harvard, the afternoon nap, renamed by some psychologists "power-napping", is a way to reduce the probability of heart disease by thirty-seven per cent. Of course, you must follow some recommendations. First of all, instead of getting into bed, look for a comfortable chair. Also, be conscious that the idea is relaxing twenty minutes, not sleeping eight hours. And lastly, drink some caffeine, it will make you wake up in more or less twenty minutes. So, sweet dreams!

- 1. How much should everybody sleep according to scientists?**
 - a. Exactly eight hours.
 - b. Between six and ten hours.
 - c. Less than five hours.
 - d. Fifty-three minutes less than they do now.
- 2. What do Spanish teenagers do when they should be sleeping?**
 - a. Watch television
 - b. Study
 - c. Text
 - d. Read
- 3. Why have some American schools changed the time to start lessons?**
 - a. To help students to arrive on time to school.
 - b. To reduce traffic jams at the front doors of schools.
 - c. To be less effective on school capacity.
 - d. To help students perform better at school.
- 4. What sleep disorders do animals share with human beings?**
 - a. Dreams, sleepwalking and insomnia
 - b. Nightmares, sleepwalking and apnea
 - c. Night terrors, sleepwalking and apnea
 - d. Nightmares, sleepwalking and insomnia
- 5. Why do some animals stay half awake?**
 - a. For hunting opportunities
 - b. For protection
 - c. For better sleep cycles
 - d. For their environmental needs
- 6. Why do people normally not sleep well?**
 - a. Excess of noise
 - b. Work in excess
 - c. Work and family demands
 - d. Drinking too much caffeine
- 7. In what way is your health affected if you sleep less than five hours?**
 - a. The risk of insomnia and heart attack increases.
 - b. The risk of heart attack and cerebrovascular accidents increases.
 - c. The risk of insomnia and nightmares increases.
 - d. The risk of apnea and heart attack increases.
- 8. Which are the most common effects of lack of sleep?**
 - a. Nightmares and hallucinations
 - b. Insomnia and apnea
 - c. Hallucinations and disorientation
 - d. Insomnia and nightmares
- 9. What is a tip for power-napping given in the text?**
 - a. Lie down on the sofa.
 - b. Don't sleep for very long.
 - c. Avoid coffee.
 - d. Sit down if your bed is not near.

Key Reading 2:

1. B
2. A
3. D
4. D
5. B
6. C
7. B
8. C
9. B

Listening 1

Listen to Gina and Chris talk about the Wilson family house and choose the best option to answer the questions or complete the sentences.

1. How well did Gina and Chris personally know Mrs. Wilson?

- A. They knew her very well.
- B. They didn't know her at all.
- C. They knew her quite well.

2. The city wants the house to become

- A. a tourist centre.
- B. a museum.
- C. the city hall.

3. The construction plans for the house were

- A. fixed from the start.
- B. changed by the workers.
- C. always changing.

4. Mrs. Wilson believed in

- A. ghosts and spirits.
- B. making changes.
- C. the carpenters working for her.

5. The house was

- A. sometimes under construction.
- B. constantly under construction.
- C. usually under construction.

6. What did Mrs. Wilson spend a lot of money on?

- A. expensive imported boxes.
- B. coloring the windows.
- C. building materials and furniture.

7. Some paintings in the house were

- A. very luxurious.
- B. by famous artists.
- C. decorating the floor.

8. How many of the speakers express interest in going inside the house?

- A. One.
- B. Both.
- C. Neither.

Key Listening 1:

1. B

2. B

3. C

4. A

5. B

6. C

7. B

8. A

Listening 2

Listen to five conversations. Choose A, B, or C.

- 1 What kind of secondary school did Bob go to?
 - A A small state school in a village
 - B A big school in the centre of a city
 - C A state school in a city suburb
- 2 What kind of punishments were there at Will's school?
 - A Physical
 - B There weren't any
 - C You could be expelled
- 3 Where would Lucy like to live?
 - A In a large house in the country
 - B In a small house in the country
 - C In a flat in the city
- 4 Which parts of the house are quite new?
 - A The roof and the cooker
 - B The fireplace and the cooker
 - C The curtains and carpets
- 5 What A level subject does Pete think is most useful?
 - A Physics
 - B Maths
 - C Art

Key Listening 2:

- 1 C
- 2 C
- 3 B
- 4 A
- 5 B

Listening 3

Listen to a conversation. Choose A, B, or C.

- 1 Lynn applied for a job in a _____.
A clothes shop
B department store
C design studio
- 2 She has experience of working _____.
A as a clothes designer
B in a bookshop
C as an artist
- 3 She _____ her last job.
A resigned from
B wasn't doing well in
C was made redundant from
- 4 She said that _____ customers prefer to shop online.
A book
B fashion
C most
- 5 She had bought some of her clothes _____.
A online
B at a department store
C in a clothes shop

Key Listening 3:

1. B
2. B
3. C
4. A
5. A

WRITING 1

Your Irish penfriend has asked you about traditional family dinners in your country. Write a reply telling him/her about family dinners. Include information about:

- Who comes
- What you eat
- What you do after dinner

(Write 125 words).

WRITING 2

Write a blog post about the worst hotel in your country. Tell your readers about the worst hotel stay you've ever had. Say:

- Where the hotel was
- What problems the hotel had
- Make suggestions to improve it

(Write 125 words).