

TEXTO A

World's Deepest Hotel

The deepest sleep experience in the world has just opened in North Wales, offering people the chance to stay overnight in an abandoned Victorian mine, 1,375 feet below the surface. Deep Sleep, the latest creation by Go Below's founder, Miles Moulding, is a unique adventure like no other. Set below the mountains of Snowdonia above, Deep Sleep was tunneled by miners over a century ago to mine minerals at the bottom of the sea. It comprises four private twin-bed cabins and a romantic cavern with a double bed.

Once you've met your trip leader at the base, he will drive you to a little cottage to give you a hard hat, a head protector, and water-resistant boots. Then, you will embark on a 60-minute walk to the mine, navigating an old stairway and deteriorated bridges. Food will also be provided once you arrive; the price includes an expedition-style meal to eat at the large picnic table. The route down is not for the fearful but don't worry, you won't be left alone in the mine. Your instructor and a member of technical staff will remain in their own cabin next to you, ready to prepare breakfast the following morning. Once you've eaten, it will be time to embark on the long climb up to the sea level.

Speaking about the experience, Deep Sleep says: "The trip to reach it is an adventure in itself, journeying for over an hour through tunnels and channels carved by those miners. One of Go Below's experienced and qualified trip leaders will guide guests through the caverns, showing the visitors some fascinating sights and giving an insight into the history of the mine and the lives of the men and boys who worked there. You can live a totally different ecosystem, and, most important, get away from screens for a couple of days."

Adapted from "World's deepest hotel opens in Snowdonia mine 1,375 feet below ground," Country living, June 10, 2023.

<<https://www.countryliving.com/uk/travel-ideas/staycation-uk/a44139060/world-deepest-hotel-snowdonia-go-below-deep-sleep/>>

Sistemas Personalizados de Enseñanza

QUESTIONS

A.1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE. (Puntuación máxima: 2 puntos)

a) Deep Sleep was specifically excavated to serve for lodging.

FALSE: "Set below the mountains of Snowdonia above, Deep Sleep was tunneled out by miners over a century ago to mine minerals at the bottom of the sea."

b) You can descend to the hotel even if you are afraid.

TRUE. "The route down is not for the fearful but don't worry, you won't be left alone in the mine."

A.2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text. (Puntuación máxima: 2 puntos)

a) What is the safety equipment provided to go down to Deep Sleep?

The safety equipment provided includes a helmet hard enough to protect them and special boots that can resist water.

b) Mention two ways in which you can enjoy this adventure.

You can enjoy the views of a mine, learn its history, be in a unique and immersive environment and have a chance to disconnect from technology.

A.3.- Find the words in the text that mean: (Puntuación máxima: 1 punto)

a) ground (paragraph 1) surface

b) special (paragraph 1) unique

c) includes (paragraph 1) comprises

d) ascent (paragraph 2) climb

A.4.- Complete the following sentences. Use the appropriate form of the word in brackets when given. (Puntuación máxima: 2 puntos)

a) In Deep Sleep, you are prevented from approaching other caves by signs on the walls.

b) Visitors (visit) to the mine should consider bringing (bring) warm clothes.

- c) If I had had (have) the money for such an adventure in 1993, I would have undertaken (undertake) that expedition in 1998.
- d) Complete the following sentence to report what was said.

“I can’t go to the expedition with my friends.”

Joanna apologized because she couldn’t go to the expedition with her friends.

A.5.- Write about 150 to 200 words on the following topic. (Puntuación máxima: 3 puntos)

Explain the pros and cons of adventure holidays.

Adventure holidays have become increasingly popular among travelers seeking unique experiences. Many people choose these vacations to break away from routine and explore the unknown. However, while they can be thrilling, they may not be suitable for everyone. In my opinion, although they offer great benefits, there are also drawbacks that should be considered.

On the positive side, adventure holidays provide an opportunity to step outside one’s comfort zone. Activities like hiking or scuba diving allow people to connect with nature and discover hidden places. This not only improves physical fitness but also boosts mental well-being by reducing stress. Additionally, such trips often lead to unforgettable memories that can be cherished for years.

On the other hand, adventure holidays can also pose risks and challenges. These trips often involve activities that require physical skill, which may not be ideal for families with young children or older individuals. Additionally, costs for specialized equipment and guides can be quite high. In some cases, accidents can occur, turning an exciting holiday into a stressful experience.

In summary, while adventure holidays can be rewarding, they also come with risks. A balanced approach, mixing adventure with relaxation, might be the ideal way to enjoy a safe and memorable vacation.

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TEXTO B

What Air Pollution Does to our Lungs

The World Health Organization is on a mission to make politicians understand that the climate crisis is a health crisis. Dr. María Neira (Director of the Department of Public Health and Environment) used the Cop28 summit last December to wake people up to the tremendous human cost of a global economy based on coal, oil and gas, and to make every politician take action immediately. “Are you ready to cope with the consequences of your inaction?” she said. “You have to live with that weight on your shoulders. You are not saving those lives – I don’t want to say killing – but you are definitely not protecting the lives of those people.”

That brings us back to our lungs. Burning fossil fuels leads to air pollution, which kills millions of people due to lung illnesses each year. Only blood pressure, smoking and diet play a bigger role in early deaths in the world. Nevertheless, the difference is that we have direct control over those three; we can decide how much exercise we do, whether we smoke, and what we eat.

Air pollution is a far bigger killer than extreme climate, which dominates discussions nowadays. But fortunately, stopping climate change and cutting air pollution go hand in hand. The shift to clean energy implies burning fewer fuels that emit toxic particles.

Doctors see “co-benefits” like this everywhere. Cleaning up transport implies fewer vehicles, cleaner cars, and more walking and cycling, all of which can save 5 million lives a year. Cleaning up agriculture implies a shift to healthier diets that can save millions more. Taken together, these health benefits strongly support a fast climate action. And Neira is confident she can make policymakers see this too.

Adapted from “What air pollution does to our lungs,” The Guardian, November 9, 2023.

<https://deal.town/the-guardian/what-air-pollution-does-to-our-lungs-the-guardian-P3ZZNLS45E>

QUESTIONS

B.1.- Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE. (Puntuación máxima: 2 puntos)

a) Severe weather conditions cause more deaths than air pollution.

FALSE: “Air pollution is a far bigger killer than extreme climate, which dominates discussions nowadays”.

b) Having cleaner transport options saves lives.

TRUE: “Cleaning up transport implies fewer vehicles, cleaner cars, and more walking and cycling, all of which can save 5 million lives a year”.

B.2.- In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text. (Puntuación máxima: 2 puntos)

a) What did Dr. Neira use last Cop28 summit for?

She used the convention to make people aware of the negative impact that using fossil fuels has on people’s lives, and to influence politicians to act.

b) What consequences does air pollution have on our health?

Air contamination produces an enormous number of deaths annually because it causes problems in the lungs.

B.3.- Find the words in the text that mean: (Puntuación máxima: 1 punto)

a) prepared (paragraph 1) ready

b) means (paragraph 3) implies

c) change (paragraph 4) shift

d) encourage (paragraph 4) support

B.4.- Complete the following sentences. Use the appropriate form of the word in brackets when given. (Puntuación máxima: 2 puntos)

a) She is a politician who has an excellent capacity to create new rules. However, she is unable (able) to develop traffic control regulations.

- b) The healthier (health) my diet is, the stronger I feel whenever I need to make (make) an effort.
- c) Normally it is thought (think) that using the train is less polluting than driving because of the reduction in gas emissions.
- d) Sam, would you mind finishing (finish) the report now? It's terribly late, and this is a very stressful / stressing (stress) situation.

B.5.- Write about 150 to 200 words on the following topic. (Puntuación máxima: 3 puntos)

Do you think that only governments can do something to limit pollution or that individuals can contribute too? Justify your opinion.

Pollution is one of the most urgent challenges facing the world today. Some argue that only governments can effectively reduce pollution, while others believe individuals also play a crucial role in protecting the environment. In my opinion, while government policies are essential, individual actions are equally important.

To begin with, governments have the authority to enforce regulations that can significantly reduce pollution. For example, implementing stricter emissions standards for factories and vehicles can cut air pollution. Additionally, banning single-use plastics or taxing harmful products can have a large impact. These measures can compel companies to adopt sustainable practices, which individuals alone cannot achieve.

However, individuals also play a vital role in reducing pollution. Small actions, when taken collectively, can lead to significant change. For instance, people can reduce waste by recycling and conserving energy. Choosing public transportation, biking, or walking instead of driving can lower air pollution. These actions not only reduce one's carbon footprint but also inspire others to adopt sustainable habits.

In summary, while governments must lead by setting clear policies, individuals are not powerless. By combining government initiatives with personal efforts, we can work together to create a cleaner planet for future generations.