

PRUEBA (GREEN GYMS)

Instrucciones: a) Duración: 1h30m. b) No se permite el uso de diccionario.
c) La puntuación de las preguntas está indicada en las mismas.

GREEN GYMS

- 1 How many of us really enjoy the time we spend in hot, airless gyms? Most people end up losing
2 more weight from their wallets than their waists! The hi-tech machinery may be impressive, but
3 think about the amount of energy they waste. Driving to the gym uses fossil fuels, and then
4 there's the plastic bottled drinks and foil-wrapped energy bars we buy. Surely there's a better
5 way to get active?
- 6 'Green gyms' are so cheap to join that they're practically free. Members work on a range of
7 conservation tasks, from planting flowers to clearing paths or building walls. You'll burn energy
8 more gradually and efficiently than at a short gym session, which studies suggest is better in the
9 long term. What's more, it's thought that exercising outdoors is more effective at reducing stress,
10 which scientists think endangers people's health more than obesity. Finally, you'll feel good
11 because you're *doing* good, for the planet as well as yourself.
- 12 Are you convinced yet? Luckily, joining a green gym is easy, as there are more than 100 in the UK
13 alone. British volunteers typically meet for sessions of around three hours a week, and with the
14 exception of your own footwear (tough rather than stylish is best!), all safety gear and tools are
15 provided, although you'll need to pay a small fee to cover your compulsory basic training and
16 insurance.
- 17 Rhona Thomas, who is a lawyer, volunteers every week. 'I've made some great friends through
18 volunteering, I love exercising with others and learning new skills. It gives me a great feeling
19 afterwards! I never get the same buzz at the gym, so I've cut back on my time there. Of course,
20 having a lifestyle that allows you to commit to three-hour sessions is essential, but everyone with
21 a smile and some enthusiasm for hard work is welcome, including well-behaved kids – and
22 lawyers!'

I COMPREHENSION (4 points)

CHOOSE AND WRITE THE CORRECT OPTION (A, B, C OR D). (0.5 points each)

1. What are the main benefits of joining a green gym?

- (a) saving money and getting fit (b) losing weight quickly
(c) burn more energy (d) spending less time doing exercise

2. What do volunteers need to take to a green gym session?

- (a) bottled water (b) strong shoes
(c) energy bars (d) garden tools

3. What kind of people can join green gyms?

- (a) only gardeners (b) children and lawyers
(c) adults and children (d) only unemployed people

ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR PHRASES FROM THE TEXT. (0.5 points each)

4. The writer has nothing positive to say about conventional gyms.
5. According to the article, getting anxious and upset can be dangerous for your health.
6. Green gyms are not suitable for everyone.

7. FIND IN THE TEXT: (0.5 points)

- 7.1 ONE SYNONYM FOR 'almost'. (adverb)
- 7.2 ONE OPPOSITE FOR 'optional'. (adjective)

8. FIND IN THE TEXT: (0.5 points)

- 8.1 ONE WORD MEANING 'a feeling of excitement'.
- 8.2 ONE WORD MEANING 'amount of money you pay to do something'.

II USE OF ENGLISH (3 points; 0.5 points each)

9. FILL IN THE GAP:

9.1 WITH THE CORRECT OPTION.

'You ... have any experience to be a green gym volunteer.'
don't have to / mustn't / ought not to

9.2 WITH THE CORRECT FORM OF THE VERB IN BRACKETS.

'There (be) 'green gyms' in the UK for many years.'

10. USE THE WORDS IN THE BOXES TO MAKE A MEANINGFUL SENTENCE. USE ALL AND ONLY THE WORDS IN THE BOXES WITHOUT CHANGING THEIR FORM.

joined	green	this	gym	week	a	she
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11. COMPLETE THE FOLLOWING CONDITIONAL SENTENCE. 'If you exercise regularly, ...'

12. JOIN THE FOLLOWING SENTENCES USING A RELATIVE PRONOUN. MAKE CHANGES IF NECESSARY. 'Rhona Thomas is a lawyer. She's also a volunteer.'

13. GIVE A QUESTION FOR THE UNDERLINED WORDS. 'Rhona joined a green gym last year.'

14. TURN THE FOLLOWING SENTENCE INTO:

14.1 THE ACTIVE VOICE. 'A lot of energy is wasted by high-tech machinery.'

14.2 DIRECT SPEECH.

'The scientist told me that going to the green gym would help to reduce my stress levels.'

III WRITING (3 points)

15. WRITE A COMPOSITION OF APPROXIMATELY 120 WORDS ABOUT THE TOPIC PROPOSED. YOU MUST FOCUS STRICTLY ON IT.

What are the benefits of spending time outdoors? Why is it important?