

**PRUEBA and ANSWERS (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 (This section consists of eight items combining 'True/False', 'Multiple choice' and 'Find in the text ...' questions) (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. *False. 'The hi-tech machinery may be impressive ...' (line 2)*
5. According to the article, getting anxious and upset can be dangerous for your health. *True. '... stress, which scientists think endangers people's health more than obesity.' (lines 9-10)*
6. Green gyms are not suitable for everyone. *True. '... having a lifestyle that allows you to commit to three-hour sessions is essential, ...' (line 20)*

**SMART TIP: giving evidence**

Remember to support your answers with evidence. You will not get any points if you only write 'true' or 'false'. Quote the EXACT words or phrases from the text.

7. FIND IN THE TEXT: (0.5 points)
- 7.1 ONE SYNONYM FOR 'almost'. (adverb) *practically (line 6)*
- 7.2 ONE OPPOSITE FOR 'optional'. (adjective) *compulsory (line 15)*

8. FIND IN THE TEXT: (0.5 points)
- 8.1 ONE WORD MEANING 'a feeling of excitement'. *buzz (line 19)*
- 8.2 ONE WORD MEANING 'amount of money you pay to do something'. *fee (line 15)*

**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.'  
*have been*

**SMART TIP: using the correct verb tense**

Look for clues such as adverbs to help decide which tense to use. In this sentence, the adverbial expression *for many years* will help you.

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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*This week She joined a green gym. OR She joined a green gym this week.*

11. COMPLETE THE FOLLOWING CONDITIONAL SENTENCE: 'If you exercise regularly, ...'  
*Suggested answer: (If you exercise regularly), you'll get fit.*

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

*Rhona Thomas, who is a lawyer, is also a volunteer.*

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

*When did Rhona join a green gym?*

14. TURN THE FOLLOWING SENTENCE INTO:

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

*High-tech machinery wastes a lot of energy.*

14.2 DIRECT SPEECH.

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

*'Going to the green gym will help to reduce your stress levels,' the scientist told me.*

### 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?**

Many different answers are possible. Here is one suggested model.

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

*Today, most people live in cities and towns. However, it is important for everyone to regularly spend time outdoors, ideally in a natural place, like the countryside or a park.*

*Being outdoors has many benefits. It is unhealthy to spend all your time indoors. Outdoors, you can enjoy many active hobbies, like playing a sport or going for a walk. It is also a great opportunity to look at beautiful plants and trees. Some studies suggest that being outdoors ought to make people feel less stressed, too.*

*Even though I love living in Seville, I also like going to the beach or into the mountains at the weekend. In my opinion, it is good to spend time in different places.*

#### **SMART TIP: checking your grammar**

You must check your grammar carefully as you will receive points for the correct use of language. Try to use a variety of grammatical structures. However, if you are not sure about how to use a particular language point, it is better to think of an alternative. For example, if you were not sure how to use *ought* to correctly, you could write '... being outdoors *should* make ...' instead.