

1. FELADATSOR



Reading

Part 1

You are going to read an article about junk food but some parts of the text are missing. Find the right part to each blank space (from 1 to 10). There are more possible parts given than you need. Give your answers in the grid below. There is an example already done for you.

Junk food in rural America

The stereotype that everyone in rural America lives on a farm, plucking apples from trees and eggs from under a chicken, is **(0)** as research from the University of South Carolina shows. The study, which examined food-shopping options in Orangeburg County with a population of around 90,000 found a dearth of supermarkets and grocery stores. Of the 77 stores **(1)** nearly 75 percent were convenience stores. Convenience stores are more easily reached by the inhabitants (who mostly have to do their shopping on foot) than grocery stores. Grocery stores stock far more fruits and vegetables than convenience stores and food is also cheaper there than in the convenience stores, but for many inhabitants they are too far away and the prices of fruit and vegetables **(2)** as well.

Like other rural areas, Orangeburg County **(3)** Although only 28 percent of all the stores in Orangeburg County carried any of the fruits and vegetables – apples, cucumbers, oranges, tomatoes – that were part of the survey, there were plenty of healthy foods in the county's 20 supermarkets and grocery stores. The situation in the convenience stores was decidedly grimmer. The advice given by nutritionists is in fact **(4)** Moreover, only 4 percent of the convenience stores sold high-fibre bread, and only 2 percent carried high-fibre bread and low-fat or skimmed milk, which makes the situation even worse.

Poverty poses **(5)** good nutrition in rural areas. In Orangeburg County, for example, 22 percent of the residents fall below the poverty line.

In fact, a large number of the inhabitants in rural America are at increased risk of what the government calls 'low food security,' (6) According to data from the U.S. Department of Agriculture, more than 35.5 million Americans (7) fall into this category. The highest food insecurity rates are in states with large rural populations: Mississippi, New Mexico, Texas and South Carolina. Ironically, people with low food security are often hungry and fat. The reason for this is that they (8) that fill them up. Contrary to the general belief that to be overweight, you have to eat a lot, many obese people actually struggle with hunger. Poverty, food insecurity and obesity are often linked because poor people are not getting enough resources(9) And, according to a study published in the Journal of the American Dietetic Association by the University of Washington, the cost of fresh fruits and vegetables is increasing faster than the cost of other foods.

Nutritionists and anti-hunger activists know what rural Americans should eat. In an ideal world, more people would take advantage of nutrition and financial education programs, (10), that teach consumers how to make a food budget and use recipes that provide them with nutritious food.

Possible missing parts:

- A** a big barrier to
- B** if they are willing to participate
- C** are often unaffordable in them
- D** hard to follow
- E** binge on cheap, high-calorie foods
- F** to maintain a healthy diet
- G** (not including homeless people)
- H** far from the truth
- I** what is often called 'a food desert'
- J** like those offered by the USDA
- K** meaning fear of going hungry
- L** not supported by locals
- M** selling food / that sold food

0.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
H										

10 pont

Part 2

You are going to read an article about the findings of some studies on the importance of smiling. After reading this article, finish the sentences on the basis of the text. Use maximum seven words. There is an example done for you.

Smile! It Could Make You Happier

We smile because we are happy, and we frown because we are sad. But does the causal arrow point in the other direction, too? A spate of recent studies of Botox recipients and others suggests that our emotions are reinforced, and perhaps even driven, by their corresponding facial expressions.

Charles Darwin first posed the idea that emotional responses influence our feelings in 1872. "The free expression by outward signs of an emotion intensifies it," he wrote. The esteemed 19th-century psychologist William James went so far as to assert that if a person does not express an emotion, he has not felt it at all. Although few scientists would agree with such a statement today, there is evidence that emotions involve more than just the brain. The face, in particular, appears to play a big role.

Psychologists at the University of Cardiff in Wales have found that people whose ability to frown is compromised by cosmetic Botox injections are happier, on average, than people who can frown. The researchers administered an anxiety and depression questionnaire to 25 females, half of whom had received frown-inhibiting Botox injections. The Botox recipients reported feeling happier and less anxious in general; more important, they did not report feeling any more attractive, which suggests that the emotional effects were not driven by a psychological boost that could come from the treatment's cosmetic nature.

According to Michael Lewis, a co-author of the study, the way we feel emotions isn't just restricted to our brain. There are parts of our bodies that help and reinforce the feelings we're having. It's like a feedback loop.

In a related study, scientists at the Technical University of Munich in Germany scanned Botox recipients with MRI machines while asking them to mimic angry faces. They found that the Botox subjects had much lower activity in the brain circuits involved in emotional processing and responses as compared with controls who had not received treatment.

The concept works the opposite way, too, enhancing emotions rather than suppressing them. People who frown during an unpleasant procedure report feeling more pain than those who do not, according to another study. Researchers applied heat to the forearms of 29 participants, who were asked to either make unhappy, neutral or relaxed faces during the procedure. Those who exhibited negative expressions reported being in more pain than the other two groups. Lewis, who was not involved in that study, says he plans to study the effect that Botox injections have on pain perception. He says that people may feel less pain if they are unable to express it.

But it is common knowledge that it is bad to repress our feelings. So, what happens if a person intentionally suppresses his or her negative emotions on an ongoing basis? Work by psychologist Judith Grob of the University of Groningen in the Netherlands suggests that this suppressed negativity may “leak” into other realms of a person’s life. In a series of studies she asked subjects to look at disgusting images while hiding their emotions or while holding pens in their mouths in such a way that prevented them from frowning. A third group could react as they pleased. As expected, the subjects in both groups that did not express their emotions reported feeling less disgusted afterward than the control subjects. Then she gave the subjects a series of cognitive tasks. She found that the subjects who had repressed their emotions performed poorly on memory tasks and completed the word tasks to produce more negative words. She claims that people who tend to do this regularly might start to see the world in a more negative light. When the face does not aid in expressing the emotion, the emotion seeks other channels to express itself through.

No one yet knows why our facial expressions influence our emotions as they seem to. The associations in our mind between how we feel and how we react may be so strong that our expressions simply end up reinforcing our emotions. There may be no evolutionary reason for the connection. Even so, our faces do seem to communicate our states of mind not only to others but also to ourselves.

0.	<p>Example: Studies of Botox recipients prove <i>that our facial expressions</i> determine how we feel.</p>
1.	<p>According to Charles Darwin, showing our feelings </p>
2.	<p>Some people are unable to frown after </p>
3.	<p>The participants of the study conducted at the University of Cardiff didn't feel </p>
4.	<p>The feedback-loop of emotions involves our </p>
5.	<p>Botox treatment seems to affect </p>
6.	<p>People who suppress their emotions in painful situations </p>
7.	<p>According to Michael Lewis, Botox injections might influence patients' </p>
8.	<p>..... might have a negative effect on one's everyday life.</p>
9.	<p>Hiding your negative feelings from others may lead to </p>
10.	<p>..... have an important role in communication.</p>

10 pont



Writing

Part 1

An internet site is asking for people's opinions about the role of celebrities in your country. Write a blog entry (ca. 300 words) in which you consider the following:

- what makes celebrities so interesting for so many people
- which fields of life they represent / or come from
- whether celebrities make good role models
- whether their private lives are of public interest

50 pont

Part 2

Your friend has recently heard that in his/her country couples can choose between paternity and maternity leave. Now he/she is curious about all kinds of changes in work life and attitudes towards work, and is asking you about the situation in your country. Write an email (ca. 300 words) in which you answer your friend's questions about:

- people's attitudes towards work in your country
- work time (e.g. how long a day/week, flexitime, holidays)
- gender differences (e.g. jobs for men/women, salaries, who is considered the breadwinner)
- people's attitudes and possibilities concerning retirement

50 pont



Listening

Part 1

 Track 2–3

You are going to hear an interview with a life coach specialized in time management. Listen to the interview and choose the correct answer. There is an example already done for you.

Example:

0. Time management is described as

- A a set of inherited abilities
- B a set of desirable skills**
- C a set of applications

1. Poor time-managers

- A lose a lot of business
- B have a damaged sleep-cycle
- C find it difficult to relax

2. The first step to time management is

- A buying a gadget or an application
- B learning about time
- C changing our daily routine

3. The problem with time is that

- A it is a cultural concept
- B it varies according to the season
- C it is difficult to comprehend

4. We can manage real time because

- A we create it individually for ourselves in our minds
- B we can think, speak and act simultaneously
- C we need not bother with all the interruptions

5. You can make your choice between spending time
- A dealing with productive and unproductive activities
 - B in conversations with others and individual thought processes
 - C on getting on with your job and dealing with disruptions
6. When you start managing your time, you should record your activities
- A using different methods and different media to note down different kinds of activities
 - B making sure you note both productive and unproductive activities of spending time
 - C on a smartphone, in a sketchbook and a simple notebook paying special attention to wasting time
7. You need to make appointments
- A with your business partners, co-workers and family
 - B with your business partners, co-workers and doctors
 - C with your business partners, co-workers and yourself
8. You should
- A never answer the phone at your workplace
 - B only answer the phone if it is important for your work
 - C always answer the phone at your workplace but keep the conversation short
9. You should give people your attention when
- A when they can create new business
 - B when they require human response
 - C when the action is of a high priority
10. Social media
- A should only be used to bring about results
 - B should be blocked out from work time
 - C should be used to generate new business

0.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
B										

10 pont

Part 2

 Track 4–5

You are listening to your friends talking about the majors they have chosen for their university studies. While listening, finish the sentences with short phrases, containing maximum 3 words. There is an example already done for you.

0.	<p>Example: English majors are said to end up working <i>...in coffee-shops....</i></p>
1.	<p>English majors who enjoy contemplating philosophical questions may want to gain</p>
2.	<p>One of the useful skills communications majors will study is analysing</p>
3.	<p>Understanding the connection between and business life is an advantage in the job market for computer scientists.</p>
4.	<p>A lot of students drop out of</p>
5.	<p>People who study computer sciences are likely to get a competitive salary as soon as</p>
6.	<p>Besides social work, health science can lead to a career in</p>
7.	<p>A nursing background can be useful if you want to enrol for a programme in</p>
8.	<p>The biology student really enjoys the aspect of her studies.</p>

9.	The student of economics used not to be confident about her
10.	The student of economics compares studying to a biology field trip.

10 pont



Oral exam

Introduction (3-5 minutes approximately) – is not to be assessed.

The main purpose of this part of the test is to put the candidates at their ease and to familiarize them with the exam situation, that is, the candidates engage in conversation, initiating and reacting to different viewpoints. In this part of the exam, one of the candidates picks a number that gives the topics for the other two parts.

Part 1

Guided conversation (5-8 minutes)

The interviewer initiates a conversation based on the topic determined by the number the examinee has picked and, by asking questions, helps develop the conversation between the two candidates. The examinees should be able to ask and answer questions, express and argue for their opinions.

Topic: Homelessness

Possible questions:

- Why do you think people become homeless?
- What do you think can be done to help homeless people?
- How difficult is it for homeless people to get back to work or get a house?
- Why do many people look down on the homeless?
- What does homelessness say about society?

Part 2

Individual presentation of a topic based on visual stimuli (5-8 minutes)

In this part of the exam, the candidates, one after the other, talk about a topic with the help of some pictures. They are not expected to describe the pictures but to present their ideas related to the topic suggested by the pictures.

Topic: Traffic and transport: public transport



Összesen: 25 pont

MEGOLDÁSOK

1. FELADATSOR



Reading

Part 1

0.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
H	M	C	I	D	A	K	G	E	F	J

Part 2

0.	that our facial expressions
1.	makes them stronger / more intense
2.	(cosmetic) Botox injections
3.	more attractive after the Botox injections / treatment
4.	brain and other parts of the body / our bodies
5.	emotional processing and responses
6.	feel less pain
7.	pain perception
8.	repressing / the suppression of negative feelings/emotions
9.	a negative world-view
10.	facial expressions / our faces



Writing

Part 1

Although I am not into celebrities myself, it seems that more and more of people are interested in the life of celebrities and take a keen interest in their lives through both traditional and social media. Young people may see them as role models, others are perhaps just curious to find out how the rich and famous live.

People turn into celebrities for various reasons: some are born into a famous family or happen to be at the right place at the right time, others become well-known as talented actors, musicians, athletes or politicians. I do not find the former group interesting at all, but the latter are worth paying attention to. Most of them seem to come from wealthy backgrounds, but there are others who grew up in poverty, and became famous through their own efforts.

As I have already mentioned, there are young people who see celebrities as role models, and the role that media influencers play nowadays is enormous. However, some celebrities do not present a worthwhile role model, since they create the impression that life is all about expensive cars, homes, clothes, and not having to work every day. On the other hand, those who have turned their lives around show us that if we are ambitious enough, we can embrace our talents, and inspire others to do so as well. Some celebrities make really good role models by, for example, raising awareness of illnesses or global warming, and staying humble and loyal despite the fame that surrounds them.

As far as private life is concerned, I firmly believe it should stay private, and be shared only with family members and close friends. Since much media interest revolves around weddings, love affairs and divorces of famous people, this belief does not seem to be shared by many, and these events will sadly create much interest in the future too.

Part 2

Dear Tom,

Since you are curious about work-life attitudes and facts in my country, Hungary, I'll explain a couple of things you asked about.

As far as I can see, people's attitude towards work is not the best compared to countries like India or Germany. People really don't like to work overtime here; they leave work as soon as they can. They also tend to see work as an evil monster they must fight every day, not as a way to earn money for themselves and help our society and country develop. For example, road constructions which take two days in Japan take at least one month here. On the other hand, in my opinion, the younger generation in Hungary has better motivation, bigger goals, and overall, a better attitude towards work.

The average daily work time in Hungary is around eight hours. According to statistics, the average weekly work time is 41 hours here. Although much of the work here is flexible in an increasing number of jobs, we barely get time for holidays compared to Austria, for example.

The gap between jobs for women and men is getting smaller and smaller each year, with lots of women even joining the National Army, and lots of men performing traditional women's jobs. But sadly, men still get a higher salary on average, and men are still considered breadwinners. This will hopefully change in the coming years.

Concerning retirement, people's attitudes towards retirement in Hungary is very pessimistic. Youngsters are being told that, according to calculations, they won't get a single penny from the government after retiring. Also, the average age of retirement is rising bit by bit, which isn't really encouraging.

Overall, in the area of work Hungary is getting better and better each year, but it is still a bit behind compared to many other European countries, so we all have to work a bit harder and more efficiently, in the hope that we'll get those retirement benefits after all.

Greetings,

Andrew



Listening

Part 1

0.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
B	C	B	C	A	C	B	C	B	C	A

Part 2

0.	in coffee-shops
1.	a PhD degree
2.	speeches and scripts
3.	computer technology
4.	computer sciences
5.	they start working
6.	health administration / the pharmaceutical industry
7.	health science
8.	hands-on problem solving
9.	people / communication skills
10.	current events