



**PRUEBA DE ACCESO A CICLOS FORMATIVOS DE GRADO SUPERIOR
JULIO 2020
PARTE COMÚN:
TRATAMIENTO DE LA INFORMACIÓN Y COMPETENCIA DIGITAL
Duración: 45 minutos**

ADVENTURER OF THE YEAR

Kilian Jornet arrived to Everest base camp with the objective of getting a Fastest Known Time (FKT) for an up and down trip of the world's tallest mountain from the Tibetan side. Jornet reached Everest's summit twice within a single week, first on May 22, then again on May 27. Both times he climbed solo, without the use of supplemental oxygen, without fixed ropes, and without reliance on supplies or support.

Climbing Everest without oxygen twice in the same week has been done once before, in 2007 by Pemba Dorje Sherpa, whose ascents were seven days apart.

However, Jornet had food poisoning, which slowed him down, especially above 7,000 meters. He had diarrhea, vomiting, but he knew it wasn't going to kill him.

Emotional control is very important," says Jornet, "especially in mountaineering. Euphoria can be just as dangerous as fear. You can be happy, but you need to be able to really not listen to these emotions when making decisions to keep going.

Since he was a kid, recovery was one thing he was very good at. His parents were mountaineers and he climbed mountains at the age of three in Spain with his family. He has a passion for moving in the mountains.

He is the most dominating endurance athlete of his generation. In just eight years, Jornet has won more than 80 races, claimed some 16 titles and set at least a dozen speed records, many of them in distances that would require the rest of us to purchase an airplane ticket. He has run across entire landmasses (Corsica) and mountain ranges (the Pyrenees), nearly without pause. He regularly runs all day eating only wild berries and drinking only from streams.

A text adapted from National Geographic

www.nationalgeographic.com/adventure/features/adventurers-of-the-year/2018/kilian-jornet-mountain-runner/



Read the instructions for each question carefully before answering.

1. Answer the following questions. Write complete sentences. (1point)

a) According to the text, Killian Jornet arrived to Everest. What was his objective? (0,5 points)

Evidence from the text: "with the objective of getting a Fastest Known Time (FKT) for an up and down trip of the world's tallest mountain from the Tibetan side." (Paragraph 1)

Possible answer: He wanted to climb Everest from the Tibetan side and return as quickly as possible, trying to set a speed record.

b) What problems did Killian have when climbing Everest? (0,5 points)

Evidence from the text: "Jornet had food poisoning, which slowed him down" and "He had diarrhea, vomiting." (Paragraph 3)

Possible answer: He became ill because of food poisoning, and this made the climb harder and slower for him. He also suffered from stomach problems, including diarrhea and vomiting.

2. Find a synonym in the text for these words. (1 point)

a) extreme happiness : ___ **euphoria** ___ (0,5 points)

b) child: ___ **kid** ___ (0,5 points)

3. Are the following sentences true or false? Underline the correct option. (1 point)

a) Killian Jornet was the only one climbing the Everest without oxygen twice. TRUE/ **FALSE** (0,5 points) **Evidence from the text:** "Climbing Everest without oxygen twice in the same week has been done once before, in 2007 by Pemba Dorje Sherpa." (Paragraph 2)

b) Killian Jornet climbed mountains when he was a child. **TRUE**/FALSE (0,5 points) **Evidence from the text:** "he climbed mountains at the age of three in Spain with his family." (Paragraph 5)

4. Underline the best option. (1 point)

1. It took Jornet _____ time to reach the summit because of food poisoning (0,5 points)

a) many **X** This option is incorrect because "many" is used with countable plural nouns, not with time.

b) a lot of (Time is uncountable, so we use a lot of time. We do not use many or few with uncountable



nouns. Also, the text says he was slower, so he needed more time.)

c) few **X** This option is incorrect because "few" is used with countable plural nouns, not with time.

2. Jornet knew that he _____ die from diarrhea and vomiting. (0,5 points)

a) wouldn't ("**Wouldn't**" is correct because it expresses that something was not going to happen.

b) mustn't **X** This option is incorrect because "mustn't" means prohibition, and "had to" means obligation. Neither meaning fits the sentence.

c) had to **X** This option is incorrect because "had to" means obligation.

5. Complete the sentences with the PAST SIMPLE form of the verbs in brackets. (2 points)

a) _____ **Did** _____ they usually _____ **climb** _____ mountains in summer? (CLIMB) (0,5

points) *In Past Simple questions, we use Did + subject + infinitive. That is why we write Did they climb, not "Did they climbed".*

b) The race _____ **was** _____ always in winter. (BE) (0,5 points) *The race is singular, so the Past Simple of be is was. We use were with plural subjects.*

c) He _____ **went** _____ to Canada last year because his friend was living there. (GO) (0,5 points) *Go is irregular. Its Past Simple form is went, not "goed". Also, last year tells us it is in the past.*

d) Yesterday I _____ **watched** _____ a film about bears in the Pyrenees. (WATCH) (0,5 points) *Watch is regular, so we add -ed: watched. Yesterday tells us it is in the past.*

6. Choose one of the following topics and write a text of 60–80 words long. (4 points)

MODEL SAMPLE A

a) Do you like sports? Do you usually play any sports? Write about sports. Describe advantages, positive aspects and consequences of practising a sport.

Note: We have **bolded** the connectors, linkers, and useful phrases in the essay

<p>Short introduction, 2– 3 lines</p>	<p>I like sports because they help me feel better and forget stress. In my free time, I usually go running or play football with my friends.</p>
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Main body
divided into 2
or máx. 3
paragraphs

In my opinion, practising sports is very positive. **First of all**, it is good for your health because you move your body and feel stronger. **Also**, sport helps you meet people and learn teamwork.

However, it is important to practise sport carefully because you can get injured.

Short
conclusion, 2-3
lines

To sum up, sport is a healthy and fun activity.

(83 words)

MODEL SAMPLE B

b) Sport and healthy diet. Write about the connection between practising any sport and following a healthy diet.

Note: We have **bolded** the connectors, linkers, and useful phrases in the essay

Short
introduction,
2- 3 lines

Sport and a healthy diet are very important for a good lifestyle. **Personally**, I think they should go together because your body needs energy to practise sports.

Main body
divided into 2
or máx. 3
paragraphs

For example, fruit, vegetables, rice, pasta or meat can help you feel stronger. **Another important point is that** drinking water is necessary when you do exercise because you lose liquid.

On the other hand, eating fast food every day is not good for your health.

Short
conclusion, 2-3
lines

In conclusion, if you practise sports and eat well, you can feel better and have more energy.

(89 words)