

EXAMEN INGLÉS PAU JUNIO 2024 Extra Exam

Option A: The hidden plastics in our clothes – and how to avoid them

There is a lot of plastic hidden in our clothes. Sometimes it's in plain sight, like a pair of pleather trousers that squeak with every step. Sometimes it's disguised, like the elastic inside the waistband of your otherwise organic cotton shorts. Often it is invisible, like the microplastics shed by synthetic materials; while you may never see them, they have been found at the bottom of the ocean and in human blood, placenta and baby poo.

Despite our awareness of the perils of plastic, fashion's dependence on it persists. A recent report by the sustainability not-for-profit Fibershed says that, between 1980 and 2014, production of polyester increased by nearly 900%.

Two common plastics, polyester and nylon, account for 69% of all the materials used in clothing globally and that number is expected to increase to 75% by 2030, according to Georgia Rae-Taylor, the sustainability strategy director for environmental consultancy Eco-age.

So why do we continue to use plastics? Synthetic materials are cheap and making them isn't dependent on seasons or farms affected by rainfall or heatwaves, as is the case with cotton and wool. Without them, fast fashion and mass-produced luxury – as well as the incredible waste they generate – would almost certainly not exist.

"Material sourcing of our clothing matters," says Heather Podoll, who works at Fibershed. "Our plastic-based textile economy has led to unsustainable overproduction of clothing that is unhealthy for our communities and our ecosystems." We should do our best to minimise the harm.

Adapted from an article by Lucianne Tonti, The Guardian, 13-2-2024.

Part I. Reading Comprehension

A1. Are the following statements true (T) or false (F)? Identify the part of the text that supports your answer by copying the exact passage on the answer sheet. (2 points: 0.5 each)

- a. Even sustainable and organic clothing contains plastics.
- b. A recent report shows that we may find 900% polyester in clothes.
- c. Almost 70% of all materials used in clothing are plastics.
- d. The use of synthetic materials depends on seasonal changes and climate conditions.

A2. Answer the following questions using your own words but taking into account the information in the text. (2.5 points: 1.25 point each)

- a. Can we always be sure that there is no plastic in our clothes?
- b. Why are plastics employed so often if we know that the environment is damaged?

A3. Find a synonym for each of the four words below from these six options. All words are underlined in the text (1 point: 0.25 each)

strategy	luxury	waste	generate	sourcing	harm
a. damage			b. plan		
c. litter			d. cause		

A4. Choose a, b, or c, in each question below. Only one choice is correct. (1.5 points: 0.5 each)

1. Fashion industry depends on...

- a) plastic.
- b) microplastics.
- c) organic polyester.

2. Polyester and nylon presence in clothes will...

- a) increase before 2030.
- b) rise after 2030.
- c) drop in 2030.

3. The plastic-based textile industry is...

- a) in danger in our communities.
- b) not sustainable for our illnesses.
- c) a danger for our ecosystems

Part II. Composition (130 to 150 words approximately) (3 points)**5. Choose one of these two topics and write a composition about it.**

- A) What can we do to reduce the large amount of plastic that we use?
- B) Describe your experience and point of view about the use of plastics in clothing and its impact on the environment.

Option B: That smartphone in your hand changes how you walk

One recent study found that a quarter of people crossing intersections were glued to a device, which can cause what some experts call "inattentive blindness." But that screen in your hand also changes your mood and your posture, and hinders your ability to get from point A to point B without running into trouble. When we walk and use a phone at the same time, we reflexively adjust how we move. People on phones walk about 10 percent slower than their undistracted counterparts. People take shorter steps and spend longer time with both feet on the ground.

And if walking makes up a big portion of your daily physical activity, strolling more slowly may have repercussions for your fitness. Besides, looking down at a smartphone while walking can also increase the amount of load, or force, placed on the neck and upper back muscles, which can contribute to symptoms of "text neck."

There's also evidence that walking while using a phone increases the levels of cortisol, the stress hormone. Generally, when people go for a walk, they feel better afterwards, and this is found in the phone-free walking people. In the phone-walking ones, these effects were reversed. Instead of feeling more positive after walking, people feel less positive, less happy, less relaxed.

It's important that your attention is on the environment, rather than on your phone. It's also possible that walking and trying to use a phone is simply annoying, and that's why it sours your mood.

Adapted from an article by Markham Heid, The New York Times, 23-1-2024.

Part I. Reading Comprehension

A1. Are the following statements true (T) or false (F)? Identify the part of the text that supports your answer by copying the exact passage on the answer sheet. (2 points: 0.5 each)

- Your device can help you go from place A to place B without getting lost.
- Looking down at a smartphone always reduces your fitness.
- Having to look at the environment while walking increases the levels of cortisol.
- People using their phones while walking tend to take longer steps to move faster.

A2. Answer the following questions using your own words but taking into account the information in the text. (2.5 points: 1.25 point each)

- How do smartphones impact on the way we move?
- Which are the symptoms of "text neck"?

A3. Find a synonym for each of the four words below from these six options. All words are underlined in the text (1 point: 0.25 each)

glued	changes	hinders	repercussions	increases	mood
a. consequences			b. state of mind		
c. stuck			d. raises		

A4. Choose a, b, or c, in each question below. Only one choice is correct. (1.5 points: 0.5 each)

- People who use a phone while walking do so...
 - without looking at the street.
 - without paying attention to how fast they are walking.
 - with steps that reduce their walking speed.
- Text neck is associated with...
 - how small the steps we take are while walking.
 - tension in some of the body's muscles.
 - stiff muscles due to having to look at the environment.

3. People who look at their mobiles while walking are less happy because they have to...

- a) control how many steps they take while walking.
- b) manage both the use of the device and the walking activity.
- c) decide how to get from point A to point B.

Part II. Composition (130 to 150 words approximately) (3 points)

5. Choose one of these two topics and write a composition about it.

- A) What is your experience when you use your mobile while walking?
- B) Describe your experience and point of view about using smartphones while walking and how it affects your mood, attention, and well-being.

