

**ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ ΚΑΙ ΠΟΛΙΤΙΣΜΟΥ
ΥΠΗΡΕΣΙΑ ΕΞΕΤΑΣΕΩΝ**

ΠΑΓΚΥΠΡΙΕΣ ΕΞΕΤΑΣΕΙΣ 2018

Μάθημα: ΑΓΓΛΙΚΑ

Ημερομηνία και ώρα εξέτασης: Τετάρτη, 23 ΜΑΪΟΥ 2018

8:00 - 11:15

**ΤΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΕΠΤΑ (7) ΣΕΛΙΔΕΣ
Να απαντήσετε σε όλα τα ερωτήματα.
Πριν από κάθε απάντηση να σημειώσετε τα στοιχεία της ερώτησης.**

ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ

PASSAGE 1:

During a preparation for a school debate on social media, you were asked to read the passage below and do the two tasks that follow.

Social Media. Bad for You?

Three billion people, around 40% of the world's population, use online social media. We're spending an average of two hours every day sharing, liking, tweeting, and updating on these platforms, according to some reports. That breaks down to around half a million tweets and Snapchat photos shared every minute.

With social media playing such a big part in our lives, could we be sacrificing our mental health and well-being as well as our time? What does the evidence actually suggest? Since social media is relatively new to us, conclusive findings are limited. The research that does exist mainly relies on self-reporting, which can often be flawed, and the majority of studies focus on Facebook. That said, this is a fast-growing area of research, and clues are beginning to emerge. *BBC Future* reviewed some of the findings.

Stress

In 2015, researchers at the Pew Research Center based in Washington DC sought to find out if social media induces more stress than it relieves. In the survey of 1,800 people, women reported being more stressed than men. Twitter was found to be a "significant contributor" because it increased their awareness of other people's stress. But Twitter also acted as a coping mechanism, and the more women used it, the less stressed they were. The same effect wasn't found for men whom the researchers said had a more distant relationship with social media. Overall, the researchers concluded that social media use was linked to "modestly lower levels" of stress.

Anxiety

Researchers have looked at general anxiety provoked by social media characterised by feelings of restlessness and worry and trouble sleeping and concentrating. A study published in the journal *Computers and Human Behaviour* found that people who report using seven or more social media platforms were more likely than people using two or fewer platforms to have high levels of general anxiety symptoms.

That said, it's unclear if and how social media causes anxiety. Researchers from Babes-Bolyai University in Romania reviewed existing research on the relationship between social anxiety and social networking in 2016 and said the results were mixed. They concluded that more research needs to be done.

Addiction

Despite the argument from a few researchers that tweeting may be harder to resist than cigarettes and alcohol, social media addiction isn't included in the latest diagnostic manual for mental health disorders. However, if social media addiction does exist, it would be a type of internet addiction, and **that** is a classified disorder which "may" require professional treatment. Researchers from Nottingham Trent University found that excessive usage was linked to relationship problems, worse academic achievement, and less participation in offline communities. They found that those who could be more vulnerable to a social media addiction include those dependent on alcohol, the highly extroverted, and those who use social media to compensate for fewer ties in real life.

line 37

Conclusions

As with food, gambling, and many other temptations of the modern age, excessive social media use for some individuals is probably inadvisable. But, at the same time, it would be wrong to say social media is a universally bad thing because clearly it brings myriad benefits to our lives.

It's clear that, in many areas, not enough is known yet to draw many strong conclusions. However, the evidence does point one way: social media affects people differently, depending on pre-existing conditions and personality traits.

Source: <http://www.bbc.com/future/story/20180104-is-social-media-bad-for-you-the-evidence-and-the-unknowns>

A. For each of the questions (1-5), choose the best answer (a, b, c or d) according to the passage. (5x2=10 marks)

1. Since social media is new to us, research findings ____.

- a. are published in *BBC Future*
- b. are inadequate
- c. are well-grounded
- d. are conclusive

2. Twitter causes stress to women by ____ .

- a. acting as a coping mechanism
- b. inducing stress on others
- c. making them conscious of other people's stress
- d. relieving others from stress

3. Research has shown that the link between ____ .

- a. social media and anxiety is clear
- b. social media and anxiety is unclear
- c. relationships and anxiety is clear
- d. relationships and anxiety is unclear

4. The word that in line 37 refers to _____ .

- a. internet addiction
- b. tweeting
- c. alcohol addiction
- d. professional treatment

5. Which of the following ideas is best reflected in the article?

- a. Social media research is a fast-growing area.
- b. Gambling and other temptations are inadvisable.
- c. People who use many platforms are likely to suffer anxiety.
- d. The impact of social media on people varies.

B. Some of the following statements contain wrong information.

Tick (✓) the correct statement(s) and rewrite the wrong ones to make them true according to the passage. (5x1=5 marks)

1. According to some reports, people exchange around half a million tweets and Snapchat photos every two hours.
2. Researchers in Washington DC tried to answer the question whether more stress is caused rather than reduced by social media.
3. Research showed that men compared to women had a closer relationship with social media.
4. The fewer social media platforms people use, the lower the levels of anxiety symptoms they have.
5. The article concludes that how people are affected by social media depends on age and gender.

PASSAGE 2:

You are working on a team project trying to raise awareness on sustainable development.

Read the article about Tilos and do the exercises that follow.

Greece's "Green Island"



You're more likely to run into friendly partridges, rare orchids, and endangered eagles than people as you trek around Tilos. The entire Dodecanese island is a nature reserve with more than 150 species of resident and migratory birds, over 650 plant varieties, and a permanent human population hovering around 500. Tilos owes its extraordinary biodiversity not only to a network of underground springs that feed five wetlands but also to the late mayor, Tassos Aliferis, a committed environmentalist who earned Tilos its reputation as "Greece's green island."

Aliferis banned hunting in 1993. The current mayor, Maria Kamma, continues to champion sustainable development and human rights. She has extended an open invitation to families to settle on Tilos, working with Non-Governmental Organisations to establish sheltered accommodation and to set up organic farming businesses in partnership with locals.

"We want to revive traditions that were dying out due to a population decrease, like making cheese and gathering medicinal herbs," says Kamma. "This can boost the local economy and encourage eco-tourism."

Soon, Tilos could become even greener: it's set to be the first island in the Mediterranean powered by wind and solar energy. The island currently relies on oil-based electricity from neighbouring Kos via a submarine cable that is vulnerable to faults. Power cuts are frequent. By installing a single wind turbine and small photovoltaic park, Tilos is creating a hybrid micro-grid that will generate and store energy. Installation is under way, and an 18-month pilot begins in September as part of a €15-million project largely funded by the European Commission. Eventually, Tilos could export excess power to Kos, and the goal is to roll out similar projects on other small islands in Europe.

Financial support has also been provided for Tilos Park, a non-profit residents' association set up to protect and promote the island's natural and cultural heritage and upgrade the Information Centre where visitors can pick up maps of nature trails, mountain bike routes, and the best spots for sighting rare birds or sign up for canoe and kayak trips. It's hoped that knock-on effects will include increased visitor numbers—which currently stand at 13,000 per year—particularly among eco-minded travellers.

“Tilos has many loyal ‘fans’ who’ve come every year for 30 years,” says Kamma. “Now we’re getting a lot more interest from young people who have heard about Tilos because of the renewable energy project. They like what we are doing and want to support the island.”

Kamma also hopes the positive publicity will help generate additional funding to install solar-powered street lighting and introduce electric bicycles and motorbikes for municipal staff and charging stations for electric cars.

In addition to the potential benefits of the project, Tilos is an unspoilt and quiet island excellent for walking. The local people’s motto “see, discover, share” is urging us to escape routine and enjoy the generosity of nature.

Adapted from: <https://www.theguardian.com/travel/2017/jun/15/tilos-greece-renewable-energy-wind-solar-power>

A. State whether the following statements are True, False or Not Mentioned.

(5x1= 5 marks)

1. The island of Tilos is a wildlife sanctuary.
2. Hunting birds is one of the activities Tilos offers to a visitor.
3. Maria Kamma signed an agreement to continue sustainable development.
4. Some traditions have started to disappear because of population growth.
5. The current electricity supplier to Tilos is the island of Kos.

B. Answer the following questions.

(5 marks)

1. Why does Tilos have such a great variety of plant and animal life? (2 marks)
2. Mention three activities that visitors can do on Tilos island. (3 marks)

PASSAGE 3:

The following article is about the benefits of volunteering. You have been asked to produce a summary to be published in the school magazine.

Write your summary in about 100 words.

(15 marks)



Volunteering is more than spending one's time actively participating in selfless acts or activities that benefit other people. It has a greater impact on individual development and society as a whole.

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together.

Volunteering is a great way to meet new people. It strengthens ties within the community, brings people with common interests together, and encourages them to participate in fun and fulfilling activities. Volunteering offers a good opportunity to practice and develop social skills.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on the volunteer's overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. It combats depression. Volunteering keeps people in regular contact with others and helps them develop a solid support system, which in turn protects them against depression. In a sense, volunteering makes people happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. The more we give, the happier we feel.

Self-confidence is increased by doing good for others and the community, and it ultimately provides a natural sense of accomplishment. Volunteering gives a sense of pride and identity. The better volunteers feel about themselves, the more likely they are to have a positive view of their life and future goals.

Volunteering offers the chance to try out a new career; it can help you get experience in your area of interest and meet people in the field. It is a great way to gain experience in a new field as it gives you the opportunity to practice important skills used in the work place such as teamwork, communication, problem solving, project planning, task management, and organization.

All in all, volunteering is a fun and easy way to explore interests and passions. Doing volunteer work is meaningful and interesting while it can be a relaxing, energizing escape from day-to-day routine of work, school, or family commitments.

Adapted from: <https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>

WRITING TASK 1:

(15 marks)

You have attended an event which turned out to be more enjoyable than expected. Write an email to a friend who lives abroad telling him/her about it.

Write your email in 120-150 words.

Do NOT use your real name.

WRITING TASK 2:

(20 marks)

You want to help your community become a better place to live. Write an article for a newspaper describing one local problem and suggesting ways it could be solved.

Write your article in 150-180 words.

-END OF EXAMINATION-