

1. FELADATSOR



Reading

Part 1

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

Walk rather than run

If you want to stay healthy, you know that you have to **(0)** And even if you do not want to join a gym and if you struggle **(1)**, and you have always thought that walking is not enough to improve your health, set those fears aside; walking appears to bestow all the same health benefits as running. There is a growing agreement **(2)** the physical activities offered **(3)** and gained by running are not the only ways to better health, or even necessarily the best ways. In fact, the best thing you can do, according to the experts, may be to walk.

Just walk, **(4)**, about five to six kilometres per hour, for approximately half an hour five to six times a week. You may not feel the benefits immediately, but the evidence suggests that over the long term, a regular walking routine can do a world of good. In a new study published in *Arteriosclerosis, Thrombosis, and Vascular Biology*, regular walkers turned out to be healthier than those who run regularly. Risk for hypertension, high cholesterol, diabetes, and heart disease all dropped more significantly **(5)**, compared with runners. Runners, for instance, reduced their risk of heart disease by about 4.5 percent if they ran an hour a day. Walkers who used **(6)** per day reduced their risk of heart disease by more than 9 percent. Walking is also said to lower your risk of stroke and osteoporosis, and even be useful in treating depression.

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Walking may be the best exercise for (7) First of all, it is one of the safest things you can do with your body. It is much easier on the knees than running, and does not generally (8) “Regular physical activity is probably as close to a magic bullet as we will come in modern medicine,” says Dr JoAnn Manson, chief of preventive medicine at Harvard’s Brigham and Women’s Hospital. “If everyone in the US (9) briskly 30 minutes a day, we could cut the incidence of many diseases by 30% to 40%.” In the United States obesity might even take over from cigarette smoking as the leading cause of preventable death.

In order to exercise for good health and extended lifespan walking is an ideal form of exercise. So you may want to consider an after-dinner stroll with your family (10) as well as your own.

Possible missing parts:

- A** the same amount of energy
- B** among walkers
- C** doing aerobics
- D** to find motivation to run
- E** daily walks
- F** trigger unpleasant side effects
- G** at a reasonably vigorous speed
- H** various reasons
- I** ~~do more exercise~~
- J** were to walk
- K** to protect their health
- L** among researchers that
- M** by most health clubs

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

10 pont

Part 2

You are going to read an article about how to spend your holiday in your hometown. After reading this article, finish the sentences on the basis of the text. Use a maximum of seven words. There is an example done for you.

What to do on a staycation

More and more people are taking the increasingly popular and fun stay-at-home-vacation, or the “staycation”. Staycation is really nothing more than a fancy term for spending your holiday at home. Since people tend to dismiss local sites or assume they will go there some day, there are bound to be places around us we have not explored or activities we have not tried.

Some of the benefits of a staycation include not having to spend money on airline tickets, or hotels, and being able to enjoy holiday activities during the time you save by not travelling, as well as the certain knowledge that no airline will cancel your holiday or lose your luggage.

The trick to enjoying a staycation is to deviate from daily routines and truly make it a vacation. You must not do any household chores, but eat out instead of cooking, forget your daily routine and relax. Some go about this very seriously, even packing a suitcase for their fortnight off work to discover areas of their own city, while others go about it in a more relaxed way. Whichever type of staycationer you belong to, you should plan ahead for things to do on your staycation. Here are some suggestions:

Pretending to be a tourist, visit your local museums, botanical gardens, and zoos. Download an application on your mobile and go for a guided walk to look at the historical buildings of your city. Like holidaymakers with time on their hands, walk the streets to experience and thoroughly enjoy the architectural gems they offer.

There are numerous ways you can enjoy the water. For a swim, you can go to the beach. If you do not live at the seaside or lakeside, visit the local aquapark or the community swimming pool. For relaxing and sightseeing, take a little cruise or rent a paddle boat. Most lakes and rivers offer dinner or sightseeing cruises that run in the summer.

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To stay in shape without too much effort, take a hike. You know that walking is good exercise, so find a park or scenic area and plan a long walk. To enjoy the experience even more, pack a delicious picnic lunch and lemonade.

For family entertainment, play golf. If you are not a golfer, take your family to the nearest miniature golf course and negotiate boulders and water hazards, and even joust with windmills. When it's too hot outside, go bowling together. You may also want to take up tennis again, or if it is too hot outside, play squash.

Watching a local ballgame is always fun. Whether it is football, basketball or water polo, there is bound to be a match worth watching at the weekend. Go and cheer for your local team and enjoy the community spirit.

For indoor entertainment, go to the cinema or the theatre instead of streaming or watching TV. You will be able to enjoy a 3D experience with popcorn, or alternatively, you can enjoy dressing up for the theatre, opera or ballet and dinner afterwards.

0.	Example: Staycation is a word used to describe: <i>spending your holiday at home.</i>
1.	Some people do not visit local sites because they think
2.	One of the advantages of staycations is
3.	Cleaning the house on staycation.
4.	It is not necessary although some staycationers do it.
5.	Smartphones are useful if you want to
6.	To enjoy food and sights at the same time, you can

7.	Long walks are both
8.	On a miniature golf course you can encounter moving obstacles such as
9.	Experiencing the friendliness surrounding you and add to the pleasure of neighbourhood sports events.
10.	Staycationers should wear elegant clothes

10 pont



Writing

Part 1

You got an email from your foreign friend who is coming to visit your town soon. Write him/her an email (ca. 150 words) in which you discuss your home town, mentioning the following:

- some basic information (e.g. location, size)
- how people spend their free time (e.g. theatres, shopping centres, sports facilities)
- events that are popular with young people
- places you would like to visit with your friend and the reasons why

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Dear

Thank you for your email. I was so happy to hear you are coming to visit us soon. Let me tell you about

50 pont

Part 2

The advantages and disadvantages of several generations living together are being discussed on an internet forum and you want to share your views with the others. Write your comment (ca. 150 words) and include the following:

- what reasons there are for choosing a multigenerational household
- how the different generations share household chores
- when and where they spend time together
- issues that have to be discussed (e.g. who pays for what)

More and more families choose to share their household between multiple generations. In my opinion, having three generations living under one roof is

.....

50 pont



Listening

Part 1

 Track 2–3

You are going to hear Antony Brice, consultant at Global Recruitment Agency, giving you advice on what career expectations people should set nowadays. Your task is to write the letter of the correct answer in the grid below. There is an example (0) at the beginning.

Example:

0. If you don't set realistic job expectations, you ...

- A might not get a good job.
- B** you can easily become disillusioned.
- C you will have to change jobs quite often.

1. A person's job expectations

- A depend on their personality.
- B might have an effect on their body and mind.
- C can be determined by considering various aspects.

2. Job security is

- A the most important element to consider when setting your job expectations.
- B a thing of the past because nowadays companies often make people redundant.
- C having a job that provides steady employment.

3. Your chances of being laid off are reduced if

- A you are valuable to the company.
- B you regularly approach your colleagues for advice.
- C you improve skills in subjects that others are good at too.

4. If you develop your capabilities in a field unknown to others,
- A you will never be made redundant no matter what the economic environment is.
 - B the company is less likely to dismiss you.
 - C your value to the company will double compared to that of salesmen.
5. A lot of people leave their jobs
- A if they don't get enough opportunities for development.
 - B because of hard economic circumstances.
 - C if their employers are not satisfied with their work.
6. Career growth opportunities should be discussed
- A only when you have got the job.
 - B with all the colleagues.
 - C during job interviews.
7. Skills and knowledge improvement
- A become important only after working for some years.
 - B are imperative if you want to succeed at work.
 - C are made possible with online training.
8. Work-life balance
- A is promoted by companies to maintain productivity at work.
 - B means trying to schedule enough time for work and personal activities.
 - C is important because it affects the well-being of every worker and their colleagues.
9. If you are too worried about your tasks at work,
- A your colleagues will suffer because the quality of your work decreases.
 - B you won't have enough free time for your family and friends.
 - C you won't have time to relax and this may lead to your dismissal.
10. Workplace culture
- A is usually rather difficult to understand.
 - B is not widespread at all companies.
 - C influences you and your work.

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

10 pont

Part 2

 Track 4–5

Listen to the interview with Professor James Grant, a researcher, who talks about some findings of a study on memory in a radio interview. Your task is to complete the statements below using not more than 4 words. There is an example (0) at the beginning.

0.	Example: Professor Grant carries out research on <i>memory</i> .
1.	According to studies, the main aim of memory is to keep
2.	The brain functions better if it ignores
3.	Certain mechanisms in the brain contribute to memory loss while others are responsible for
4.	When new neurons integrate into the hippocampus, new connections will
5.	Children often forget new information because their brains use lots of energy
6.	The interaction between remembering and forgetting lets us

7.	When we don't remember all the details, it is easier to
8.	Forgetting and remembering depend on we live in.
9.	When we live in an environment that, we might remember less.
10.	It depends on the environment you are in how long a certain piece of information.

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: Shopping habits

Possible questions:

- Do you prefer going shopping alone or with friends?
- Which is better, shopping in shops or shopping online?
- When's the best time to go shopping?
- Do you like markets? Why?/Why not?
- Do you like going shopping in other countries?

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: Sport – Summer Olympic Games



Összesen: 25 pont

MEGOLDÁSOK

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Reading

Part 1

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

Part 2

0.	spending your holiday at home
1.	they will do it later
2.	saving money (on airline tickets and hotels)/saving time (on travelling)/knowing your flight won't be cancelled/luggage won't get lost
3.	must not be done/should be avoided
4.	to pack a suitcase
5.	go for a guided walk
6.	go on/take a dinner cruise
7.	enjoyable and healthy
8.	windmills
9.	supporting/cheering for your local team
10.	when they go to the theatre/to the theatre, opera or ballet



Writing

Part 1

Dear Barbara,

Thank you for your email. I was so happy to hear that you are coming to visit us soon. Let me tell you a few things about my town, Martonvásár.

My town is very kid- and family friendly and there's always lots to see and do although it's quite small with about 6,000 inhabitants. It is located about 30 kilometres from Budapest and the distance to Székesfehérvár is the same.

Martonvásár is the centre of Hungarian Beethoven cult. The famous composer stayed in the Brunsvik Palace and composed the famous "Für Elise" there. Several cultural events are organised in the Castle, and it also hosts a Beethoven Museum. There is also a beautiful English Garden next to the Castle. There is a little island on the lake of the garden, where Beethoven concerts are given in summer.

There are a lot of things to do and places to visit in the huge Castle park, so we can spend a whole day there. The next day we could visit the only Kindergarten Museum in Hungary. It is quite famous and there are lots of interesting toys and children's programmes to see.

On Saturday I think we could go to Székesfehérvár to see the remains of the Roman city you said you'd like to see. And since I know you're interested in football, on Sunday we could go and see a match at the stadium in the Castle garden.

See you soon,

Kata

Part 2

More and more families choose to share their household between multiple generations. In my opinion, having three generations living under one roof is both beneficial and disadvantageous for various reasons.

The older generation can share their experience and time with their children and grandchildren and the younger generations can also teach a lot to the grandparents and help them cope with new technology and new ways of managing things like bank accounts and dealing with taxes.

It is also much easier to maintain a property when both the expenses and the household chores can be shared between the grandparents and the parents living together. The grandparents can do the everyday shopping on weekdays, as well as help the children with their homework. They can also cook for the whole household if they want to, and help with the gardening.

The whole family can spend evenings and weekends together, for example, they can go hiking or play boardgames if the weather is not nice. It is important, however, for the family members to spend some time on their own so as to avoid tension. All families have their own habits and routines, and it is important to take this into consideration.

Before moving together, it is very important for the family members to discuss all financial issues. I think they can agree on the other things later.



Part 1

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

Part 2

0.	on memory
1.	(only) valuable information
2.	irrelevant / unimportant details
3.	storing information
4.	overwrite old /existing memories
5.	to create new neurons
6.	make (more intelligent) decisions
7.	predict new experiences
8.	the environment
9.	changes (very often)
10.	you (will) remember

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Reading

Part 1

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