

Section one – LISTENING

This section of the test has three parts. You will hear three recordings which you will listen to twice. While listening, answer the questions in the appropriate part of the test.

Follow the instructions. When answering questions in the first and second part, use the answer sheet labelled with a cross. When answering questions in the third part, use the answer sheet labelled with a pen.

Now prepare the answer sheet labelled with a cross.

prestávka (5 sekúnd)

Part one

In this part you will hear two different extracts. In the first extract you will hear an interview with Sir John Gurdon, 2012 Nobel Prize winner in Physiology or Medicine. In the second extract you will hear an interview with Anastasia Danias, NFL's vice president of legal affairs.

For the following statements 01 to 10, choose the correct answer (A), (B), (C) or (D). There is always only one correct answer.

Mark your answers on the answer sheet labelled with a cross.

Now you have 2 minutes to read the tasks.



Now listen to Part One.

Extract One: An Interview with Sir John Gurdon

How did you first become interested in studying biology?

From an early age I had been fascinated by growing plants and breeding insects, although I was especially interested in developmental biology, rather than genetics. I had to take the entrance exams for Oxford in classics as that is what I had studied at school. But, by that time, I'd already decided that I wanted to convert to biological sciences. I knew that I'd not have been allowed to study classics at Oxford because my entrance papers were not good enough.

You received a poor report from your teacher at Eton, who said it would be a "waste of time" for you to study science. Why did you not thrive at school?

When I was at school, there were no textbooks and I had to learn by taking notes and listening to what the teacher said. Maybe a good teacher tries to find out what interests a student rather than forcing them to learn facts by memory. I am amused to keep my unfavourable school report in my office. It must be one of the best examples of a complete turnaround in the fortunes that can accompany a career in science.

What are your current research interests?

My current research interests are the same now as they have been since starting my graduate work in 1956, to understand the mechanisms by which somatic nuclei can be reprogrammed and hence provide the results that have been the basis of my career. We are trying to find ways of obtaining embryo cells from the cells of an adult with the aim of providing replacement cells of all kinds, starting from easily obtainable cells of an adult individual; for example to find a way of obtaining spare heart or brain cells from skin or blood cells. I hope to contribute to the eventual understanding of the mechanism of nuclear reprogramming, on the grounds that it will surely have some therapeutic benefits.

You are 79 and a Nobel Prize winner. Are you not tempted to retire?

If I am fortunate enough to receive funding, I hope I will be able to continue. If I feel that I, or others, have fully understood the mechanisms of somatic cell nuclear reprogramming, then that would be a good time to retire. There are a number of problems of interest to me if I no longer have access to a sophisticated laboratory. For example, what is the mechanism by which colour patterns are generated in the development of insects or fish?

Are you proud of your legacy and the significance of stem cell research for curing disease in the future?

I never feel I am just “doing my job.” The greatest reward for the efforts I have been able to make is that they help us understand how cells and parts of the body work and hence should have therapeutic benefits.

Extract Two – An Interview with Anastasia Danias

Did you grow up watching football?

I was the only girl in a family of many, many male cousins who lived, breathed, and died football, so I had almost no choice in the matter. I grew up in Queens, New York, rooting for the Jets. My mom raised me by herself. She’s got a great story, actually. She went back to school in her 30s while working to make ends meet, and now she’s a physician. When she had classes at night, I’d often go with her. Later, she went to medical school, and if she couldn’t find a babysitter, I’d wait outside the rooms and labs while she did, for example, anatomy rotations. I was about 10 at the time.

She must have stood out, a woman entering med school at that stage in her life. Did that make an impression on you?

I think I was struck more by how hard she worked to fulfil her goals. At that age, I was less focused on the gender differences in the profession.

How did you come to apply for a job at the NFL?

At that time, I worked for one of the top law firms in New York City and focused on intellectual property. I remember it was very, very late at night. I was doing some research on a website dedicated to intellectual property matters, and along the side of the screen, there was a list of job openings, including one for an associate who had experience and was interested in moving into the sports world. I thought: It’s 1:30 in the morning, what’s another 15 minutes to get my résumé together? A few weeks later, I got a call from the NFL. I thought that maybe it was my season tickets coming through. During the interview, I met with some of the most incredible legal minds.

What kind of cases do you handle?

The job that I was hired for was really focused on intellectual property law. But my portfolio has expanded in a very big way. I’ve since become responsible for managing the antitrust challenge to the NFL’s lockout of its players last year. More recently, I’ve become the lead in-house lawyer managing the personal injury lawsuits that have been filed by retired players.

What's the NFL's position on these lawsuits?

Almost 4,000 former players are basically claiming that the NFL knew or should have known of what they claim are long-term cognitive risks of repeated head injuries, and that the NFL either hid those risks or didn't do enough to prevent them. We vigorously dispute those claims. We are still in the very early stages. Given how many complainants there are and that we'll need to delve into the medical history of each one, the litigation has the potential to go on for many, many years.

Is it safe to say that you work in a mostly male, macho kind of environment? What's that like?

As a general matter, men hold most of the leadership and ownership positions in the sports industry, and the NFL is no different. But in my experience, I think that the differences that drive management styles are less gender-driven and more about individual personalities. I try to take the parts of leaders that I admire and incorporate them into my style. I think one of the mistakes that many women make, and one that I made early on in my career, is a tendency to be apologetic. I can't tell you how many women come into my office and say, "I'm sorry to bother you with this." It's far more productive and confidence-inspiring to be direct and straightforward.

Now, listen again.

Nahrávka 1 odznie ešte raz

Now you have 30 more seconds to complete the tasks.



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Part two

In this part you will hear five short extracts in which five experts talk about how to avoid catching a cold in winter. There are two blocks of five matching questions. Read the questions carefully before you listen.

For questions 11 to 15, choose from the list marked (A) to (H) the type of remedy or protection each expert describes. For questions 16 to 20, choose from the list marked (A) to (H) the profession or position each speaker represents. Be careful, for each block of questions there are three extra possibilities which you do not need to use. There is always only one correct answer.

Mark your answers on the answer sheet labelled with a cross.

Now you have 2 minutes to read the tasks.



Now listen to Part Two.

You will hear five short extracts in which five experts talk about how to avoid catching a cold in winter. They all have their strategies of how to sail through winter illness-free.

Speaker 1

“Most bugs enter the immune system by the nose, so my favourite flu-busting weapon is a daily preventive nasal spray. It’s important to choose the right product, though. It has been well-known for centuries that a combination of cellulose and a quality antiviral, such as garlic, works as a great cold preventative. The good news is that these ingredients have now been incorporated into a simple powder nasal spray, which helps to trap the virus as it enters the nasal cavity.

The great thing about this remedy is rather than letting the virus multiply and cause symptoms, the gel and garlic trap the virus and wash it down into the stomach where it is destroyed. It has been proved that if you use the spray just twice a day, you’re less likely to catch a cold. I travel abroad quite a lot to lecture in microbiological science and planes are one of the best environments for transmitting infection, so I always carry it with me as a preventative measure.”

Speaker 2

“My top tip for keeping well? Always wear a scarf. This may seem obvious in winter, but even on a warm, windy day I wear a thin scarf to keep infection at bay. This is because in Chinese medicine, wind is considered to be the “spearhead of disease” and invades the body at points of prolonged exposure, such as the base of the neck, bringing with it all of the pathogens that cause nasty seasonal bugs, coughs and colds.

It may be helpful to remember that regular acupuncture boosts the immune system and repairs our weak spots. As well as administering it, I’ve been having acupuncture as a patient for the last 12 years, so I’ve known it also from this perspective, and I’ve found that combining it with the lifestyle advice in Chinese medicine really builds up my immunity. I’d recommend it to everyone.”

Speaker 3

It may come as no surprise, but eating a balanced diet is key to the immune system. Some people go on extreme diets and skip meals in order to lose weight, but by consuming fewer calories, your body thinks it’s under siege and releases stress hormones that weaken the immune system. Instead, fuel your body with seasonal fruit and vegetables, which are full of antioxidants, vitamins and minerals.

Chicken soup brings together all the ingredients your body needs to prevent and fight a virus. Chicken is a lean protein, key to manufacturing the white blood cells that combat infection. Frying onions in rapeseed oil will provide an omega-3 fatty-acid boost, which prevents inflammation. Throw in some mushrooms too, as they contain high levels of antioxidants and, finally, add a dollop of live yoghurt to help raise the body’s natural defences.”

Speaker 4

“On average, I see 40 ill people a day, so I have to protect my immune system. I take Elderberry Complex daily – and it’s what I recommend to my patients, too – because it helps the body fight infection. That’s important because if they keep getting sick and taking antibiotics, they’re suppressing their body’s natural ability to ward off infection, making them more susceptible - it’s a vicious circle.

Elderberries are full of vitamins B, C and D, which all help to strengthen the immune system. They have bioflavonoids and other proteins, which destroy the ability of cold and flu viruses to infect a cell. They also contain lysine, an amino acid essential for making the antibodies that fight infections, and beta-glucan, which boosts the immune system.”

Speaker 5

“As a specialist working on natural drugs, I read all the current scientific literature and studies on herbal medicines, so I know what has good research behind it. And on the odd occasion I start to feel a cold coming on, I take special tablets, which contain pelargonium extract.

You may have heard of this medical plant, but it is the most researched cough and cold remedy in the world. Studies show that it reduces the severity and length of a cold and has significant antibacterial and antiviral properties. What’s more, it helps to clear mucus – key in overwhelming a cold.”

Now, listen again.

Nahrávka 2 odznie ešte raz

Now you have 30 more seconds to complete the tasks.



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Now, look at Part Three.

For Part Three, you will need the answer sheet labelled with a pen.
Please find and prepare it.

Part three

You will hear a radio programme about yoga. Complete the sentences 21 to 30, which summarize the information from the text. Use one word in your answers. To complete some of the sentences, you will have to use words different from those you have heard in the recording.

Write your answers on the answer sheet labelled with a pen.

Now you have 2 minutes to read the sentences.



Now listen to Part Three.

Growing desire to compete has led to an increasing number of national and international yoga championships. The US is leading the way when it comes to competitions in the Western World, with championships in around 40 of its states. And the new book, *Hell-Bent*, has shone a light on what it takes to train for one. The author Benjamin Lorr tried out Bikram yoga, then set himself the challenge of entering a National Asana Championship. Through his brilliant, absurd journey, he reveals what being a competitive yogi is all about. Similar events are going on across the globe, from the UK to Australia, and there’s even an international movement to make yoga an Olympic sport.

But does all this competition have a place in a practice that is traditionally thought of as self-reflective and spiritual? Is competitive yoga a contradiction in terms? When it comes to yoga competitions in the formal sense, yogis are divided. “Do you want to practise postures competitively? No problem. But don’t call it yoga because it’s not,” says Nina Samuel-Camps, who’s been a yoga instructor for six years. She notes that the postures are only one small part of what yoga is about – with other aspects including breathing, meditation and guidance on how to conduct yourself. In fact, the postures were only created to facilitate meditation in the first place. “Competition takes yoga away from its original purpose. It’s a very internal practice that is about individual reflection,” Nina Samuel-Camps argues.

Lorr, the author of the book, has a different opinion. “The whole idea of competition is more about demonstrating to others and letting the people in the event inspire you.” And if that compels some yogis to deepen their practice then he sees it as a positive thing. Lorr also believes that it’s a mistake to think there’s only the authentic way of practising yoga – whether you are doing it on stage or simply on a mat at home.

The first reference to yoga as a spiritual practice was in 500 BC in an ancient Indian text called the *Katha Upanishad*. It explained that the aim of yoga was to create a unified person – one not distracted by negative feelings such as jealousy. What it didn’t do was explain how to achieve that aim – there was no mention of postures or breathing exercises. “The absence of this guidebook is where a thousand gurus bloom,” says Lorr. “It is why, for all its promises of authenticity, yoga will never have certainty.”

Indeed, it was a thousand years later that Hatha yoga, which you do in most modern classes nowadays, arrived. And it’s believed that it was as recently as one hundred years ago, when Indian gurus started hanging out with European bodybuilders that postures we take for granted, such as downward dog and sun salutation, came into existence.

Yoga competitions – with their emphasis on the body beautiful – have been going on in India itself for hundreds of years. Lorr believes we romanticized the yoga later on, in the West.

When it comes to the jealous kind of competition, all yogis agree it’s not a good thing. But you can deal with those feelings in a yogic way. Yoga is rooted in the idea of union. “That’s what the word translates to,” says Lorr. “Hatha yoga, in particular, is all about creating unity within opposites – the word *hatha* separates into *ha*, which means sun, and *tha*, which means moon. So our yogic aim is to accept our ugly competitive thoughts as part of us. Once we acknowledge how we truly are, there comes acceptance; and with acceptance usually comes change,” says Samuel-Camps.

Now, listen again.

Nahrávka 3 odzníe ešte raz

Now you have 30 more seconds to complete the tasks.



The Listening Section is now over.

Please, stop working on this section.

Now go on to the next sections of the test.

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