

Exercise N°			Professor's Name Mark		
Part I	1. 2.	Reading Comp. Paraphrasing	/2/3 Total Part I (Min. 26)/50	80	
Part II	3.	Essay Re correction Essay Final Mark (Do NOT fill in)		50	

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION - MAY 2022 Tema 1

NOMBRE y APELLIDO:	
N.º de ORDEN: (NO es el DNI)	

Please read the text carefully and then choose the best answer. Remember the questions do not follow the order of the reading passage

Constant craving: how digital media turned us all into dopamine addicts

According to addiction expert Dr Anna Lembke, our smartphones are making us dopamine junkies, with each swipe, like and tweet feeding our habit. So how do we beat our digital dependency?

Jamie Waters

Dr Anna Lembke, a world-leading expert on addiction, is concerned about my "phone problem". During our interview I confess, in passing, to having an unhealthy attachment to my iPhone, checking it every few minutes like a compulsive tic (sound familiar?) Lembke is having none of it. She wants me to abstain from using it for at least 24 hours by locking it in a drawer and going out. The first 12 hours will be filled with anxiety and FOMO, but as time unfolds, I'll experience a sense of "real freedom", will gain insight into my relationship with my digital companion and will "resolve to get back to using it a little differently", she says, speaking with a soothing yet firm tone.

She wrote Dopamine Nation because she believes her recovering patients – whether 60-something Jacob who built a masturbation machine to satiate his sex habit; teenaged Delilah, who couldn't get out of bed unless she was high on cannabis; or Chi, who bought thousands of cheap consumer goods online just to experience the thrill of opening the package – have "acquired a wisdom we all could benefit from".

Although dopamine was only identified by scientists in 1957, seeking pleasure is hardwired into our brains. With addiction, about 50% is down to genetic disposition, with the other 50% coming from environmental factors such as access, says Lembke. Our brains haven't changed much over the centuries, but access to addictive things certainly has. Whereas our ancestors put all their efforts into seeking a mate and tasty food, we can find those, and much more besides, with the click of an app.

When we binge on pleasurable things, homeostasis means "our brain compensates by bringing us lower and lower," says Lembke. Each time the thing becomes less enjoyable, but we eventually become dependent on those stimuli to keep functioning. We spiral into a joy-seeking abyss. The digital world enables bingeing on a previously unseen scale because there are no practical limitations forcing us

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to pause. With substances, you eventually run out of money or lines of cocaine (even temporarily), but Netflix shows or TikTok feeds are indefatigable. Often you needn't do anything: the next hit automatically loads on your screen.

As well as compromising our attention spans, Lembke says our obsession with instant gratification means we're constantly living in our limbic brain, which processes emotions, rather than in our pre-frontal cortex, which deals with future planning and problem-solving and is important for personality development. When we're confronted with a complex or unsettling issue in our work or social lives, our digital companions are always there to help us escape the stickiness of life with an easy distraction. (And the version of life presented on screens removes all rough edges: faces are filtered and beautiful, there are no awkward silences, and if we don't like what we see we can simply click on another tab.)

"It's very different from how life used to be, when we had to tolerate a lot more distress," says Lembke. "We're losing our capacity to delay gratification, solve problems and deal with frustration and pain in its many different forms."

Dopamine has been dubbed 'the Kim Kardashian of molecules' owing to its mainstream prominence

Want to kick your habit? Like my phone-in-locked-drawer situation, you should start with a period of fasting, from 24 hours up to one month (the longer, the better). Make sure you can't access the thing during the first 12 hours, when cravings are most acute – willpower is only so strong.

The purpose of that time away, says Lembke, is to reset our brain's pathways and gain perspective on how our dependency affects us. The goal is generally not to banish it forever, but to figure out how to enjoy it in moderation – that most elusive of things. Some will realise they cannot enjoy it without going too far but usually "self-binding" techniques should help with finding a balance. You might try putting barriers between you and the vice, like removing all screens from your bedroom, putting your phone on airplane mode, or committing to only using the thing at certain times, like at weekends. These will be more manageable after your initial fast. It's "easier to go from abstinence to moderation, than from excessive consumption to moderation," says Lembke. Like the Dutch practice of niksen, which involves setting aside time each day to do nothing, it's about being still with your thoughts.

Many of these ideas are familiar: we've all heard about digital detoxes and mindfulness practices, but unlike many spiritual gurus, Lembke is straight-shooting. She is not promising sunshine and rainbows. Yes, it's natural and healthy to pursue enjoyment, but our consumer culture has created an expectation "that life is supposed to be so fun!" she says. "And really, it's not. Life is a slog and I think if we could admit that and take comfort in knowing we're not alone in the day-to-day struggle, paradoxically, we would be happier."

We're losing our capacity to delay gratification, solve problems

It's a sobering thought. Because the bounty of high-octane stimuli enables us to instantly boost our mood – something previous generations couldn't do to the same degree – we're under the impression we can fully control when we feel joy. In reality, our drip-fed, tech-fuelled bliss is fleeting, and often less than blissful. The main message is to stop hunting for pleasure all the time. It's too much of a good thing, and all that.

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Lembke is sanguine that we can beat our digital dependencies by embracing a more monastic mindset. She advocates replacing some pleasure-seeking vices with "painful" pursuits. When we do things that are challenging – going for a run, having an ice bath, talking to a stranger, reading a book on philosophy – instead of receiving a dopamine boost beforehand we experience it afterwards. "Doing things that are hard is one of the best ways to pursue a life worth living, because the pleasure we get afterwards is more enduring," she says. We tend to forget that earned highs are that much sweeter

PART I (Minimum Passing Mark: 26 points)

PAPER1

1. READING COMPREHENSION All the correct answers are awarded 2 points each.

Choose the best option. (More than one choice might be possible)

- 1- Paragraph 2. "Lembke is having none of it" can be best paraphrased as:
 - a- She would rather go without using it.
 - b- She would not allow that particular behaviour.
 - c- She abstains from using an iPhone.
 - d- She has no unhealthy attachments.
- 2- Patients who went through her treatment
 - a- Managed to build interesting contraptions to satisfy their cravings.
 - b- Kept their cravings at bay easily.
 - c- Might serve as an example for people who are going through similar plights.
 - d- Manage to experience new thrills in life
- 3- The quest for pleasure
 - a- Has changed for our brains have adapted to access addictive things more easily.
 - b- Is deeply engrained in our brains.
 - c- Is ameliorated in our brains by lowering the levels of satisfaction.
 - d- Has been clearly understood as from 1957.
- 4- Digital binges can be more difficult to solve. (Choose all that apply)
 - a- Because these particular binges affect our limbic brain
 - b- Because access to this new drug is unbounded.
 - c- Because humans are by nature indefatigable pleasure seekers.
 - d- Because higher dopamine levels are to be found in apps.
- 5- The interviewer went to see Dr, Anna Lembke because she seems to have an unhealthy attachment to her iPhone.
 - a- True
 - b- False.
 - c- Not mentioned in the text

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- 6- Dr Anna Lembke's approach to curing patients seems to be convoluted and far-fetched.
 - a- True
 - b- False.
 - c- Not mentioned in the text
- 7- Binge eating is a by-product of our obsession with instant gratification.
 - a- True
 - b- False.
 - c- Not mentioned in the text.
- 8- Keeping our phones-in-locked-drawer situation
 - a- Should be accompanied by a period of fasting to be able to control your weight as well
 - b- Tests the strength of your willpower to control other possible addictions.
 - c- Might help re-wire your brain.
 - d- Will end your cravings for good.
- 9- Dr, Lembke asserts that "paradoxically, we would be happier." Because:
 - a- We need to come to terms with what life really means.
 - b- Life is really a slog, and we should resign ourselves to that.
 - c- Pursuing enjoyment makes life fun.
 - d- She is straight-shooting.
- 10- The path of life Dr Lembke proposes:
 - a- Will instantly boost our mood.
 - b- Is fleeting, and often less than blissful.
 - c- Seems to provide a more enduring happiness.
 - d- Calls for delaying gratification.

2. USE OF ENGLISH: PARAPHRASING (30 points)

All the correct answers are awarded 3 points each.

Use the given beginnings.

DO NOT change the meaning. There is no limit to the number of words you can write

1.	If you confess to having an unhealthy attachment to your iPhone, you need to refrain from using it
1.	It is high timein order to
	ameliorate
2.	People tend to follow her advice because she expresses her views with a soothing yet firm tone.
	But for her

3. Although dopamine was only identified by scientists in 1957, its potentiality to cause damage was unveiled much later.

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3. In fact"	spite of		(You cannot use "the
	Whereas our ancesto	rs put all their efforts into seeking a r	nate and tasty food, we can
4	. Only by		, nevertheless
	. It is a real shame tee ato a joy-seeking abys	naged Delilah has become dependent s.	on those stimuli that spiral her
5	. If only		
st	cickiness of life.	our digital companions are always the	
6	. Our digital companio	ons	
		(Use the passive)	
		regain our capacity to delay gratificant in its many different forms.	ation, solve problems and deal
7	. (Requires)		
••			
b	. Will humans ever machaviour? Succeed)	anage to control their unhealthy attac	hments and compulsive
,	,		
aı	rtificially.	ave to cope with is so difficult, that p	
9	Such		
	0. Dr. Lembke to her aily predicaments"	patient "Take each day as it comes, it	t is pointless to over worry over
		s to	
F	or there		

PART II (Minimum Passing Mark 26) 3. ESSAY WRITING (350 words) Write an opinion essay on ONE of the topics below: Please mind your handwriting

- (a) How has the use of iPhones and computers changed the way in which we relate to people?
 - -(b) For and Against essay: Pros and Cons of having devices available 24/7

Make sure you include:

- Advanced structures (inversion, conditionals, passive voice, linkers, complex clauses, etc.)
 - Relevant vocabulary
 - Meaningful and rich ideas
 - Well-ordered and cohesive paragraphs

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			TOTAL/50

Students write **HERE** TOTAL WORD COUNT:

Poor/Inaccurate use of structures requested	Spelling mistakes	
Poor use of language/grammar	Punctuation mistakes	
Lack of Cohesion / Coherence	Poor contents/ poor ideas	

(DAI394) Student's Name: N° de Orden:	
DRAFT (This is for you to write notes. It is to hand in, but it will	ll not be corrected)



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Part I	1. 2.	Reading Comp. Paraphrasing	/20 /30 Total Part I (Min. 26)/ 50
Part II	3.	Essay Re correction Essay Final Mark (Do NOT fill in)	/50 /50 /50 Total Part II (Min.26)/50

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION - MAY 2022 Tema 2

NOMBRE y APELLIDO:
N.º de ORDEN: (NO es el DNI)
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PART I (Minimum Passing Mark: 26 points)

PAPER1

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 - d. She is straight-shooting.

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2. USE OF ENGLISH: PARAPHRASING (30 points)

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1. Everyone supposes our digital companions are always there to help us escape the stickiness of life.
1. Our digital companions
2. It is essential that we regain our capacity to delay gratification, solve problems and deal with frustration and pain in its many different forms.
2. (Requires)
3. Will humans ever manage to control their unhealthy attachments and compulsive behaviour? (Succeed)
3
4. The plight humans have to cope with is so difficult, that people try to boost their mood artificially.4. Such
5. Dr. Lembke to her patient "Take each day as it comes, it is pointless to over worry over daily predicaments"5. Dr. Lemke suggests to
For there
If you confess to having an unhealthy attachment to your iPhone, you need to refrain from using it It is high time
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7- People tend to follow her advice because she expresses her views with a soothing yet firm tone.7- But for her.
8. Although dopamine was only identified by scientists in 1957, its potentiality to cause damage was unveiled much later.
8. In spite of(You cannot use "the fact"
9. Whereas our ancestors put all their efforts into seeking a mate and tasty food we can find those with the click of an app.9. Only by, nevertheless
10. It is a real shame teenaged Delilah has become dependent on those stimuli that spiral her into a joy-seeking abyss.
10. If only

Nº de Orden:

(DAI394) Student's Name:

PART II (Minimum Passing Mark 26) 3. ESSAY WRITING (350 words) Write an opinion essay on ONE of the topics below: Please mind your handwriting

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DRAFT (This is for you to write notes	a. It is to hand in, but it will not be corrected)



	Exercise No	Professor's Name Mark
	1. Reading Comp.	/20
Part I	2. Paraphrasing	/30
		Total Part I (Min. 26)/ 50
Part II	3. Essay	

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION - SEPTEMBER 2022 Tema 1

NOMBRE y APELLIDO:
N.º de ORDEN: (NO es el DNI)

Please read the text carefully and then choose the best answer. Remember the questions do not follow the order of the reading passage

The Science That Could Help You Live to 100

This is what we've learnt from worms, fruit flies and centenarians about defying the steady march of time.

In the early 1990s, Tom Perls met two people who would change his life. Perls, then a gerontology fellow at Harvard, was visiting Boston's Hebrew Rehabilitation Center for Ageing and needed to see a couple of patients who just happened to be over 100. But he couldn't find them in their rooms. He eventually tracked down one patient, a 103-year-old woman. She was busy playing Chopin and Mozart on the piano. Perls' other patient, a 101-year-old former tailor, was discovered in the occupational health room mending his housemates' clothes. "They totally surprised me and that's when the epiphany happened," says Perls. "These folks seemed to be ageing incredibly slowly compared to other people." He wanted to figure out their longevity secrets and vowed to find as many other centenarians as he could. The project became the New England Centenarian Study, the world's largest study of exceptionally old people. We spoke to longevity experts about the science that might help all of us get there and the misconceptions about ageing you should stop believing.

Myth: There's an evolutionary reason for ageing

To figure out how to slow (or even stop) ageing, we need to know why our bodies do it in the first place. But biologist Cathy Slack says scientists just aren't sure yet. "From a purely theoretical perspective, there's no beneficial reason to age," she says. The current most popular explanation is that ageing is an unwanted side effect of biological processes that promote growth and reproduction in our younger years, says Slack. After a certain point, the same mechanisms that once made us fitter start making us sicker and the body fails to turn them off. Scientists call this the 'hyperfunction' theory of ageing.

Myth: Old age automatically means poor health

Findings from Perls' study of centenarians showed the pianist and the tailor weren't outliers. People who make it to 100 aren't just long-living, they tend to avoid serious illness until the final chapter of their lives. His participants' medical histories suggest there are three broad categories of centenarian. Around 43% are 'delayers' who don't exhibit age-related diseases until they reach their eighties. Another 42% are 'survivors' who live with chronic disease from their 60s and 70s but it

doesn't kill them. The remaining 15% or so are 'escapers' - those with no clinically demonstrable disease at 100 years and over. It's true that age is a major risk factor for many serious illnesses. But Perls believes the old adage 'the older you get, the sicker you get' is false. He prefers to think of it as 'the older you get, the healthier you've been'.

Myth: There's nothing you can do to prevent death

It's likely that centenarians, and especially super-centenarians (people who live to 110 and over) have genetic variants which protect them from age-related disease, says Perls. But genetics isn't the full picture when it comes to longevity. Research suggests only about 25% of the variation in human lifespan is down to genes. Nutritional epidemiologist Frank Hu, from Harvard, agrees. His research uncovered five lifestyle factors that could gift you ten extra years of life. People who'd never smoked, didn't drink much, exercised for around 30 minutes a day, and ate a high-quality diet expanded not only their lifespan but also the number of years they lived without serious diseases. The findings are cause for optimism, says Hu. "You don't need to go vegan or run a marathon." Small healthy tweaks from middle age might extend your life significantly.

We can learn a lot from fruit flies and worms

Although studies of exceptionally old people are vital for helping us understand how to reverse ageing in humans, we're also learning a lot about longevity from seemingly unrelated organisms such as worms and insects. "I often get an incredulous look when I say I work with fruit flies," says Slack. "But what we recognise now is that animals across very diverse species actually age in quite similar ways." Slack's research focuses specifically on insulin signalling and how it contributes to ageing. "What we know is this signalling pathway allows the animal to grow bigger and to reproduce when they're young," says Slack. But she's found that if you inhibit this pathway, the laboratory creatures live far longer than they're supposed to. Slack says she can extend the life of a fruit fly by up to 20% with no ill effects, other than the organism no longer being able to reproduce. Her work builds on a discovery from nearly 30 years ago when scientists removed the insulinsignalling receptor from a worm and doubled its lifespan. But more research is needed to determine whether such findings could be extrapolated to humans, and how you would manipulate vital signalling pathways without causing harm.

Fasting might have a longevity benefit

Scientists can help flies and worms live longer using genetic manipulation tools, but they also know an easier way of prolonging the lifespan of organisms: starvation. In the 1930s, biochemist Clive McCay discovered that rats with severely restricted diets lived up to 33% longer than was previously thought possible. More recent research from the Salk Institute in California compared rats who had eaten 30% fewer calories than normal since middle age with animals on a standard diet. When the scientists analysed cells from multiple body tissues, they found cells from older dieting rats closely resembled those of much younger animals. Such work raises the possibility that calorie restriction in humans would see similar gains in lifespan, and perhaps other health outcomes. But it's not an attractive, or advisable, pursuit for most. Intermittent fasting diets where people eat normally the majority of the time – save for a couple of days on a low-calorie diet – are popular for people trying to lose weight. And some experts believe these plans could have a longevity benefit, but the evidence is far from clear yet. "Some people find intermittent fasting is a great way to maintain a healthy weight," says Slack. "But whether or not it's going to be proven beneficial in terms of living longer is yet to be seen."

PART I (Minimum Passing Mark: 26 points)

PAPER1

1. READING COMPREHENSION All the correct answers are awarded 2 points each.

- 1- According to biologist Cathy Slack, there are no theoretical grounds to support the idea that we have sound reasons to explain ageing.
 - a) True
 - b) False
 - c) Not stated
- 2- Choose all that apply. Findings from Perls' study showed that:
 - a) Most centenarians haven't suffered from serious illnesses during their lives.
 - b) Almost the same percentage of centenarians have either delayed age-related diseases or survived them.
 - c) There is a small percentage of centenarians who haven't shown evidence of disease.
- 3- Paragraph 3: "Findings from Perls' study of centenarians showed the pianist and the tailor weren't outliers" can be best paraphrased as:
 - a) They were in fact being honest about the way in which they managed to make it to 100 years.
 - b) They were merely lucky to have lived that long.
 - c) They weren't just isolated centenarians but a part of a long-ageing group that can be used to draw general conclusions when it comes to longevity.
- 4- Choose the right option. With the underlined statement in paragraph 3, Perls:
 - a) Shows that centenarians haven't suffered from serious illnesses.
 - b) Debunks the myth "old age automatically means poor health".
 - c) Shares a point of view according to which if you live longer it is because you've had a healthy lifestyle.
 - d) All of the above.
 - e) None of the above.
- 5- According to the article, we could live longer only if we followed a strictly healthy lifestyle during all of our lives.
 - a) True
 - b) False
 - c) Not stated
- 6- People who have never smoked, don't drink much and exercise for around 30 minutes a day are expected to expand their lifespan and totally avoid serious diseases.
 - a) True
 - b) False
 - c) Not stated

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Student's Name: No de Orden:

7- According to Slack, species which appear to be unrelated in fact develop and age quite similarly.

- a) True
- b) False
- c) Not stated
- 8- According to the article, the intermittent fasting diet: (Choose all that apply)
 - a) is an eating plan that helps to live longer
 - b) is likely to help people live longer
 - c) does not help to live longer
 - d) prevents serious diseases
 - e) is an eating plan that allows people to eat normally and fast during a period of time
 - f) All of the above
 - g) None of the above
- 9- The conclusion that can be drawn from the article is that:
 - a) There's no way to defy the passing of time and its consequences in our health
 - b) Only our genes can determine whether we will make it to 100 years or not
 - c) Our genes may have an impact on our lifespan, but our healthy lifestyle makes the difference when it comes to longevity.
- 10- The main purpose of the article is to:
 - a) Provide different suggestions on how to live longer
 - b) Show the result of different studies performed in animals and insects
 - c) Debunk some myths related to ageing
 - d) Provide a scientific explanation for longevity
 - e) Show a possible correlation between fasting and longevity
 - f) C), D) and E) are correct
 - g) All of the above

2. USE OF ENGLISH: PARAPHRASING (30 points)

All the correct answers are awarded 3 points each

Use the given beginnings and/or words. DO NOT change the meaning. There is no limit to the number of words you can write

1.	With Perls being greatly surprised by those centenarians, the New England Centenarian Study project started.
Ha	d,the New England Centenarian Study
nro	piact wouldn't have existed

2	Perls was so surprised by the centenarians at the Hebrew Rehabilitation Center for Ageing that
۷.	he wanted to figure out their longevity secrets.
Su	ch that he wanted
to	figure out their longevity secrets.
3.	We need to stop believing that genetics is all that matters when it comes to longevity.
It i	is high timewhen it comes to
lor	ngevity.
	Everyone believes that old age automatically means poor health. (Use the passive) esult)
Ol	d age
5.	Frank Hu, a nutritional epidemiologist, said: "You don't need to go vegan or run a marathon. Small healthy tweaks might extend your life significantly." (Use AN EMPHATIC PATTERN)
(ra	ather than)
Fr	ank Hu, a nutritional epidemiologist, said that it
•••	
6.	Although studies of exceptionally old people are vital for helping us understand how to reverse ageing in humans, we're also learning a lot about longevity from worms and insects. (do NOT use the fact that)
De	espite,
•••	
7.	Further research is required to determine whether the findings could be extrapolated to humans.
(de	etermined)
Un	ıless

(AD229JZ)
Student's Name:

8. Scientists can help insects live longer using genetic manipulation tools, but they can also prolong the lifespan of organisms through starvation.
(as well)
Not only
 It's not advisable to restrict calories in order to extend one's lifespan or lose weight, according to scientists. (Use the subjunctive mood) (not)
It is suggested that
10. Fasting might have a longevity benefit, but that is yet to be seen.
(likely)
Fasting
PART II (Minimum Passing Mark 26)
3. ESSAY WRITING (350 words)
Write an opinion essay on <u>ONE</u> of the topics below:
Credit will be given to an orderly presentation and clear handwriting
(A) Opinion Essay: Life expectancy depends on the country you live in. Do you agree?
(B) For and Against Essay: Pros and Cons of living over 100 years.
Make sure you include:
 Complex structures (inversion of order, conditionals, passive voice, correct linkers)
 Relevant vocabulary
 Meaningful and clear ideas to support your point
 Well-ordered and cohesive paragraphs

(AD229JZ) Student's Name:	Nº de Orden:

(AD229JZ) Student's Name:	Nº de Orden:

ident's Name:	Nº de Orden:	
tudents write <u>HERE</u> TOTAL WORD COUNT:	TOTAL/	/50
iddents write <u>HERE</u> TOTAL WORD COUNT:		
/ I	Spelling mistakes	
oor/Inaccurate use of structures requested oor use of language/grammar	Punctuation mistakes	

(AD229JZ) Nº de Orden: Student's Name: DRAFT (This is for you to write notes. It is to hand in, but it will not be corrected)



	Exercise No	Professor's Name Mark
	1. Reading Comp.	/20
Part I	2. Paraphrasing	/30
		Total Part I (Min. 26)/ 50
Part II	3. Essay	

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION - SEPTEMBER 2022 Tema 2

NOMBRE y APELLIDO:
N.º de ORDEN: (NO es el DNI)

Please read the text carefully and then choose the best answer. Remember the questions do not follow the order of the reading passage

The Science That Could Help You Live to 100

This is what we've learnt from worms, fruit flies and centenarians about defying the steady march of time.

In the early 1990s, Tom Perls met two people who would change his life. Perls, then a gerontology fellow at Harvard, was visiting Boston's Hebrew Rehabilitation Center for Ageing and needed to see a couple of patients who just happened to be over 100. But he couldn't find them in their rooms. He eventually tracked down one patient, a 103-year-old woman. She was busy playing Chopin and Mozart on the piano. Perls' other patient, a 101-year-old former tailor, was discovered in the occupational health room mending his housemates' clothes. "They totally surprised me and that's when the epiphany happened," says Perls. "These folks seemed to be ageing incredibly slowly compared to other people." He wanted to figure out their longevity secrets and vowed to find as many other centenarians as he could. The project became the New England Centenarian Study, the world's largest study of exceptionally old people. We spoke to longevity experts about the science that might help all of us get there and the misconceptions about ageing you should stop believing.

Myth: There's an evolutionary reason for ageing

To figure out how to slow (or even stop) ageing, we need to know why our bodies do it in the first place. But biologist Cathy Slack says scientists just aren't sure yet. "From a purely theoretical perspective, there's no beneficial reason to age," she says. The current most popular explanation is that ageing is an unwanted side effect of biological processes that promote growth and reproduction in our younger years, says Slack. After a certain point, the same mechanisms that once made us fitter start making us sicker and the body fails to turn them off. Scientists call this the 'hyperfunction' theory of ageing.

Myth: Old age automatically means poor health

Findings from Perls' study of centenarians showed the pianist and the tailor weren't outliers. People who make it to 100 aren't just long-living, they tend to avoid serious illness until the final chapter of their lives. His participants' medical histories suggest there are three broad categories of centenarian. Around 43% are 'delayers' who don't exhibit age-related diseases until they reach their eighties. Another 42% are 'survivors' who live with chronic disease from their 60s and 70s but it

doesn't kill them. The remaining 15% or so are 'escapers' - those with no clinically demonstrable disease at 100 years and over. It's true that age is a major risk factor for many serious illnesses. But Perls believes the old adage 'the older you get, the sicker you get' is false. He prefers to think of it as 'the older you get, the healthier you've been'.

Myth: There's nothing you can do to prevent death

It's likely that centenarians, and especially super-centenarians (people who live to 110 and over) have genetic variants which protect them from age-related disease, says Perls. But genetics isn't the full picture when it comes to longevity. Research suggests only about 25% of the variation in human lifespan is down to genes. Nutritional epidemiologist Frank Hu, from Harvard, agrees. His research uncovered five lifestyle factors that could gift you ten extra years of life. People who'd never smoked, didn't drink much, exercised for around 30 minutes a day, and ate a high-quality diet expanded not only their lifespan but also the number of years they lived without serious diseases. The findings are cause for optimism, says Hu. "You don't need to go vegan or run a marathon." Small healthy tweaks from middle age might extend your life significantly.

We can learn a lot from fruit flies and worms

Although studies of exceptionally old people are vital for helping us understand how to reverse ageing in humans, we're also learning a lot about longevity from seemingly unrelated organisms such as worms and insects. "I often get an incredulous look when I say I work with fruit flies," says Slack. "But what we recognise now is that animals across very diverse species actually age in quite similar ways." Slack's research focuses specifically on insulin signalling and how it contributes to ageing. "What we know is this signalling pathway allows the animal to grow bigger and to reproduce when they're young," says Slack. But she's found that if you inhibit this pathway, the laboratory creatures live far longer than they're supposed to. Slack says she can extend the life of a fruit fly by up to 20% with no ill effects, other than the organism no longer being able to reproduce. Her work builds on a discovery from nearly 30 years ago when scientists removed the insulinsignalling receptor from a worm and doubled its lifespan. But more research is needed to determine whether such findings could be extrapolated to humans, and how you would manipulate vital signalling pathways without causing harm.

Fasting might have a longevity benefit

Scientists can help flies and worms live longer using genetic manipulation tools, but they also know an easier way of prolonging the lifespan of organisms: starvation. In the 1930s, biochemist Clive McCay discovered that rats with severely restricted diets lived up to 33% longer than was previously thought possible. More recent research from the Salk Institute in California compared rats who had eaten 30% fewer calories than normal since middle age with animals on a standard diet. When the scientists analysed cells from multiple body tissues, they found cells from older dieting rats closely resembled those of much younger animals. Such work raises the possibility that calorie restriction in humans would see similar gains in lifespan, and perhaps other health outcomes. But it's not an attractive, or advisable, pursuit for most. Intermittent fasting diets where people eat normally the majority of the time – save for a couple of days on a low-calorie diet – are popular for people trying to lose weight. And some experts believe these plans could have a longevity benefit, but the evidence is far from clear yet. "Some people find intermittent fasting is a great way to maintain a healthy weight," says Slack. "But whether or not it's going to be proven beneficial in terms of living longer is yet to be seen."

Nº de Orden:

PART I (Minimum Passing Mark: 26 points)

PAPER1

1. READING COMPREHENSION All the correct answers are awarded 2 points each.

- 1- The main purpose of the article is to:
 - a) Provide different suggestions on how to live longer
 - b) Show the result of different studies performed in animals and insects
 - c) Debunk some myths related to ageing
 - d) Provide a scientific explanation for longevity
 - e) Show a possible correlation between fasting and longevity
 - f) C), D) and E) are correct
 - g) All of the above
- 2- According to biologist Cathy Slack, there are no theoretical grounds to support the idea that we have sound reasons to explain ageing.
 - a) True
 - b) False
 - c) Not stated
- 3- Choose the right option. With the underlined statement in paragraph 3, Perls:
 - a) Shows that centenarians haven't suffered from serious illnesses.
 - b) Debunks the myth "old age automatically means poor health".
 - c) Shares a point of view according to which if you live longer it is because you've had a healthy lifestyle.
 - d) All of the above.
 - e) None of the above
- 4- Choose all that apply. Findings from Perls' study showed that:
 - a) Most centenarians haven't suffered from serious illnesses during their lives.
 - b) Almost the same percentage of centenarians have either delayed age-related diseases or survived them.
 - c) There is a small percentage of centenarians who haven't shown evidence of disease.
- 5- According to the article, we could live longer only if we followed a strictly healthy lifestyle during all of our lives.
 - a) True
 - b) False
 - c) Not stated
- 6- Paragraph 3: "Findings from Perls' study of centenarians showed the pianist and the tailor weren't outliers" can be best paraphrased as:
 - a) They were in fact being honest about the way in which they managed to make it to 100 years.

(AD229JZ)

Student's Name: No de Orden:

- b) They were merely lucky to have lived that long.
- c) They weren't just isolated centenarians but a part of a long-ageing group that can be used to draw general conclusions when it comes to longevity.
- 7- The conclusion that can be drawn from the article is that:
 - a) There's no way to defy the passing of time and its consequences in our health
 - b) Only our genes can determine whether we will make it to 100 years or not
 - c) Our genes may have an impact on our lifespan, but our healthy lifestyle makes the difference when it comes to longevity.
- 8- People who have never smoked, don't drink much and exercise for around 30 minutes a day are expected to expand their lifespan and totally avoid serious diseases.
 - a) True
 - b) False
 - c) Not stated
- 9- According to the article, the intermittent fasting diet: (Choose all that apply)
 - a) is an eating plan that helps to live longer
 - b) is likely to help people live longer
 - c) does not help to live longer
 - d) prevents serious diseases
 - e) is an eating plan that allows people to eat normally and fast during a period of time
 - f) All of the above
 - g) None of the above
- 10- According to Slack, species which appear to be unrelated in fact develop and age quite similarly.
 - a) True
 - b) False
 - c) Not stated

2. USE OF ENGLISH: PARAPHRASING (30 points)

All the correct answers are awarded 3 points each.

Use the given beginnings.

DO NOT change the meaning. There is no limit to the number of words you can write

DO NOT change the meaning. There is no minit to the number of words you can w	V I T
1. Fasting might have a longevity benefit, but that is yet to be seen.	
(likely)	
Fasting	•
2. Everyone believes that old age automatically means poor health. (Use the passive) (result)	
Old age	•••

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3.	Perls was so surprised by the centenarians at the Hebrew Rehabilitation Center for Ageing that he wanted to figure out their longevity secrets.
Su	ch that he wanted to
fig	ure out their longevity secrets.
4.	Perls being greatly surprised by those centenarians, the New England Centenarian Study project started.
Bu	t for, the
Ne	w England Centenarian Study project wouldn't have started.
5.	Although studies of exceptionally old people are vital for helping us understand how to reverse ageing in humans, we're also learning a lot about longevity from worms and insects. (do NOT use the fact that)
De	spite,
6.	Frank Hu, a nutritional epidemiologist, said: "You don't need to go vegan or run a marathon. Small healthy tweaks might extend your life significantly." (Use reported speech AND emphasis) (what)
Fr	ank Hu, a nutritional epidemiologist, said that
•••	
	We need to stop believing that genetics is all that matters when it comes to longevity eemed)
	is essential that genetics
	It's not advisable to restrict calories in order to extend one's lifespan or lose weight, according to scientists.
,	ontribute)
Li	ttle

(AD229JZ) Student's Name: N° de Orden:				
9. Scientists can help insects live longer using genetic manipulation tools, but they can also prolong the lifespan of organisms through starvation.(as well)				
Not only				
10. Further research is required to determine whether the findings could be extrapolated to humans.(determined)				
Only after				
PART II (Minimum Passing Mark 26) 3. ESSAY WRITING (350 words) Write an opinion essay on ONE of the topics below: Credit will be given to an orderly presentation and clear handwriting				
(A) <u>Opinion Essay:</u> Life expectancy depends on the country you live in. Do you agree?				
(B) For and Against Essay: Pros and Cons of living over 100 years. Make sure you include:				
 Complex structures (inversion of order, conditionals, passive voice, correct linkers) 				

- Complex structures (inversion of order, conditions)
 Relevant vocabulary
 Meaningful and clear ideas to support your point
 Well-ordered and cohesive paragraphs

(AD229JZ) Student's Name:	Nº de Orden:

(AD229JZ) Student's Name:	Nº de Orden:

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dents write <u>HERE</u> TOTAL WORD COUNT: .	TOTAL
oor/Inaccurate use of structures requested oor use of language/grammar	Spelling mistakes Punctuation mistakes
ack of Cohesion / Coherence	Poor contents/ poor ideas

(AD229JZ) Nº de Orden: Student's Name: DRAFT (This is for you to write notes. It is to hand in, but it will not be corrected)



	Exercise N°	Professor's Name Mark
	1. Reading Comp.	/20
Part I	2. Paraphrasing	/30
		Total Part I (Min. 26)/ 50
Part II	3. Essay	50 Total Part II (Min.26)/ 50

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION - NOVEMBER 2022 Tema 1

NOMBRE y APELLIDO:	
N.º de ORDEN: (NO es el DNI)	

Please read the text carefully and then choose the best answer. Remember the questions do not follow the order of the reading passage

Only proper online regulation can stop poisonous conspiracists like Alex Jones.

Note of the teachers: (QAnon is an American political conspiracy theory and political movement. It originated in the American far-right political sphere in 2017. QAnon centers on false claims made by an anonymous individual or individuals known as "O")

A US court has imposed a huge fine for lies he spread about a school shooting. But he and others like him will continue to sow mayhem

I assume every reader of the Guardian will cheer the news of a \$965m (£860m) fine imposed on Alex Jones, the American conspiracist. A Connecticut court fined him for disseminating the cruel lie that the 2012 Sandy Hook elementary school shooting was staged with actors by the anti-gun lobby. Justice is now done. Up to a point.

One of the most unfortunate pieces I ever wrote was to greet the internet in the 1990s as of benefit only to lawyers and pornographers. Wired magazine called me Neanderthal of the Year. I admit that among millions of other beneficiaries, I should also have added political maniacs. But the guilty parties uniquely let off scotfree by the Jones jury were the agents of his mendacity, the gold diggers of social media.

There have always been Alex Joneses spreading poison from the world's soap boxes and pavements. As a boy I used to listen to them at Speakers' Corner in Hyde Park. We would turn away with a grimace from their rubbish, while a couple of police stood by in case of trouble. Their lies never made it into newspapers or on to the airwaves. Free speech went only as far as the human voice could carry. Beyond that, "news" was mediated behind a wall of editors, censors, and regulators, to keep it from gullible and dangerous ears.

That wall has crashed. Jones, like QAnon, Donald Trump and others, can navigate fake news sites and social media to reach millions. For years, the latter refused to admit responsibility for their content, Facebook asserting that it was a "platform" not a "publisher." Free speech was what it said on the tin. The global village was open to all, ordered anonymously by the democracy – or perhaps anarchy – of the web.

A quarter century has rendered us wiser and less gung ho. Of course, the internet has brought myriad gains and enjoyments. The main social media outlets have accepted a modicum of responsibility to monitor content. Increasingly frantic attempts are made to keep up with a deluge of often biased and mendacious material, but almost invariably, by the time it is taken down it re-emerges elsewhere. Jones has been banned by Facebook, Twitter and YouTube, but he can still reach audiences on his own website. He says he will appeal forever. He is unrepentant, while his multitudinous backers will pay. Justice is meaningless without enforcement or prevention.

I see nothing in sight that is likely to stop people like Jones in their tracks. Lawyers and some victims may have the rule of law on their side, but that does not curb the climate deniers, anti-vaxxers, trolls and QAnon followers or the appalling and anonymous abuse that now greets the expression online of any liberal – I might say reasonable – point of view. It is a far cry from the decorum of Speakers' Corner.

Optimists say that the resulting outbreak of political polarisation and hysteria in most western democracies will somehow correct itself. Freedom of speech will evoke the requisite antibodies and virtue will triumph. I doubt it. As Jones has shown, lies can indeed travel the world while truth is still getting on its boots.

Historians of the news media can chart a progress from early censorship by the church and crown to state licensing and legal regulation. This control was initially employed to enforce conformity, but over the past century it has also sought to sustain diversity and suppress blatant falsity. Editorship was a moral undertaking. At least in Britain, broadcast news was expected to be non-partisan. Laws of libel and privacy followed. These were weaker in America, where free speech is guarded by the constitution and digital giants use it to retain market share. Justice can avenge lies – but not prevent them.

No one seriously believes free speech is an absolute right. The British government is now making desperate attempts to define such concepts as "causing offence" and "legal but harmful." More ruthless efforts at control are emerging from authoritarian regimes in Russia, China, Iran, and Saudi Arabia. The EU, too, is pondering regulation. But this realm of government is patently in its infancy.

The freedom of speech which to John Milton was "above all liberties" is not that simple today. As the philosopher of the web Jamie Susskind has written, social media platforms must urgently revise ideas of harmfulness. "Forms of speech that were mildly problematic in the past now have the potential to be mortally dangerous." Parents are learning with agony that a teenager with an iPad can easily be driven to fatal self-harm or suicide. Likewise, an ex-president with a fantasy can lead followers towards a coup in the capital of world democracy.

Susskind and others regard it as indefensible that the digital industry should regulate itself. There is "a clear tension between the logic of capitalist innovation and the public good." To Susskind, that tension can be resolved only by government. But if freedom is to be protected and treasured, this means the US and Europe acting in concert. Regulation must burrow down into the global media platforms, "to bring out the best and curtail the worst." People like Jones cannot be left to return to his ranch and sow mayhem unchecked.

PART I (Minimum Passing Mark: 26 points)

PAPER1

1. READING COMPREHENSION

All the correct answers are awarded 2 points each. Except for the True-False answers- 1 point each.

- 1- According to the article we readers can conclude that Alex Jones is in favour of gun control.
 - a-True
 - b- False
 - c- Impossible to infer from the text.
- 2- Choose the best option. When the author writes: "The EU, too, is pondering regulation. But this realm of government is patently in its infancy." He means
 - a- The government of the EU is too liberal to accept regulation in this field.
 - b- The government of the EU is too immature to accept regulation in this field.

c- This domain of the EU is still clearly underdeveloped, though regulation is being contemplated.

- d- This sector of the EU is not fully developed; therefore, regulation is not an option.
- e- None of the above.
- 3 Choose the best option: The writer (Simon Jenkins):
 - a- Regrets, not having included political maniacs among the possible internet beneficiaries.
 - b- Feels that the media that gave voice to Jones got unscathed.
 - c- Feels that social media should be accused of mendacity.
 - d- Was called the Neanderthal of the Year by the gold diggers of social media
 - e- None of the above.
- 4- Choose the best option:
 - a- Scaremongers in the past found it difficult to make the news.
 - b- Disseminating lies was controlled by the police, in case of trouble in the past.
 - c- It was easier, in the past, to influence gullible and dangerous ears.
 - d- Speakers' Corner in Hyde Park was the place to go to for the likes of Alex Jones.
- 5- Choose the best option "That wall has crashed" refers to:
 - a- People like Alex Jones
 - b- Newspapers and radios.
 - c- A platform like Facebook.
 - d- Editors and regulators.
 - e- The web.
- 6- Choose the best option "Less gung-ho" in this text can be best paraphrased as:
 - a- Less in favour of the gun lobby.
 - b- Unthinkingly enthusiastic.
 - c- Absurdly ignorant.
 - d- Eager to reject everything that appears on the web.
 - e- Fervid supporter of the media.
- 7- Choose the best option: When the author writes: "Justice is now done. Up to a point," he means that:
 - a- The fine imposed on Jones was not high enough.
 - b- The penalty imposed was not severe enough.
 - c- The penalty did not include everyone involved in the crime.
 - d- The penalty is thought to be unfair.
 - e- None of the above.
- 8- Choose the best option: According to the author "The main social media outlets"
 - a- Are ardent defenders of freedom of expression.

b- Accept that they should be held responsible for what is published in the web.

- c- Try their best to monitor the content uploaded in the web.
- d- Make frantic attempts to monitor content.
- e- Turn a blind eye when it comes to monitoring content.
- 9-. "It is a far cry from the decorum of Speakers' Corner." Can be best paraphrased as:
 - a- People can now reach a larger audience, for they do not need to cry.
 - b- People on Speakers' Corner could only reach passers- by.
 - c- It is different from the decorum of Speakers' Corner.
 - d- It is more aggressive than the decorum of Speakers' Corner.
 - e- The decorum of Speakers' Corner should by now be deemed old fashioned.
- 10- According to the writer libel can be easily identified and penalised should governments take it seriously.
 - a-True
 - b-False
 - c- Impossible to infer from the text.
- 11- Sow mayhem can be best paraphrased as:
 - a- Cultivate lands unchecked.
 - b- Bring about chaos.
 - c- Disseminate lies with a vengeance.
 - d- Foresee the possibility of disseminating blatant lies.
 - e- Broadcast ideology in secret.

2. USE OF ENGLISH: PARAPHRASING (30 points)

All the correct answers are awarded 3 points each

Use the given beginnings and/or words.

DO NOT change the meaning. There is no limit to the number of words you can write

1-	It was a good thing that a Connecticut court fined him for disseminating a cruel lie; otherwise, Alex
	Jones would have got away with it.
	But for

2- Simon Jenkins regrets greeting the internet in the 1990s as of benefit only to lawyers and pornographers.

	"If only
3-	Although There have always been Alex Joneses spreading poison from the world's soap boxes and pavements, they have seldom reached large audiences.
	Despite, seldom
4-	Some people maintain that social media need to exert some influence over their content or else, fake news will take whole control before gullible people take notice of it.
	Unless social media
	by the time gullible people take notice of it.
5-	As a boy I used to listen to them at Speakers' Corner in Hyde Park. The moment speakers started to spread rubbish; we would turn away with a grimace.
	No sooner
6-	QAnon, Donald Trump and others, can navigate fake news sites and social media to reach millions; pitifully, social media does not seem to have the tools to control libel.
	I'd rather social.
7-	If broadcast news, as expected, were non-partisan, people would find it easier to believe in them.
	Were
8-	Some people seem to believe that lies can indeed travel the world while truth is still getting on its boots.
	Lies are

	Had				
	now.				
10	"A person was fined for expressing his views; this is outrageous, for it never happened before" said jones' supporters.				
	You need to use: Alleged – the first time.				
	PART II (Minimum Passing Mark 26) 3. ESSAY WRITING (350 words)				
	Write an opinion essay on ONE of the topics below:				
	Credit will be given to an orderly presentation and clear handwriting				
(A)	Opinion Essay: Many people would say that lying is morally wrong. Expand on this idea.				
(B)	For and Against Essay: People are often undecided when it comes to discussing the controversia topic of Freedom of Speech; for as much as there are pros, there are also an equal number of cons to freedom of speech.				
M	ake sure you include:				
1410	Complex structures (inversion of order, conditionals, passive voice, correct linkers)				
•	Relevant vocabulary				
•	Meaningful and clear ideas to support your point				
•	Well-ordered and cohesive paragraphs				

Zas321 Student's Name:	N° de Orden:

as321 tudent´s Name:		I	N° de Orden	:	
Students write HERE TOTAL WORD COU	NT:		TOTAL .	/50	
Poor/Inaccurate use of structures requested Poor use of language/grammar	S	pelling mistakes Punctuation mistakes			

Poor/Inaccurate use of structures requested	Spelling mistakes	
Poor use of language/grammar	Punctuation mistakes	
Lack of Cohesion / Coherence	Poor contents/ poor ideas/ Repetition of ideas	

Zas321 Student's Name:	N° de Orden:			
DRAFT (This is for you to write notes. It is to hand in, but it will not be corrected)				



	Exercise Nº	Professor's Name Mark
Part I	 Reading Comp. Paraphrasing 	/20 /30 Total Part I (Min. 26)/ 50
Part II	3. Essay	

CARRERA DE TRADUCTOR PÚBLICO - ENTRANCE EXAMINATION - NOVEMBER 2022 Tema 2

NOMBRE y APELLIDO:	
N.° de ORDEN: (NO es el DNI)	

Please read the text carefully and then choose the best answer. Remember the questions do not follow the order of the reading passage

Only proper online regulation can stop poisonous conspiracists like Alex Jones.

Note of the teachers: (QAnon is an American political conspiracy theory and political movement. It originated in the American far-right political sphere in 2017. QAnon centers on false claims made by an anonymous individual or individuals known as "Q")

A US court has imposed a huge fine for lies he spread about a school shooting. But he and others like him will continue to sow mayhem

I assume every reader of the Guardian will cheer the news of a \$965m (£860m) fine imposed on Alex Jones, the American conspiracist. A Connecticut court fined him for disseminating the cruel lie that the 2012 Sandy Hook elementary school shooting was staged with actors by the anti-gun lobby. Justice is now done. Up to a point.

One of the most unfortunate pieces I ever wrote was to greet the internet in the 1990s as of benefit only to lawyers and pornographers. Wired magazine called me Neanderthal of the Year. I admit that among millions of other beneficiaries, I should also have added political maniacs. But the guilty parties uniquely let off scotfree by the Jones jury were the agents of his mendacity, the gold diggers of social media.

There have always been Alex Joneses spreading poison from the world's soap boxes and pavements. As a boy I used to listen to them at Speakers' Corner in Hyde Park. We would turn away with a grimace from their rubbish, while a couple of police stood by in case of trouble. Their lies never made it into newspapers or on to the airwaves. Free speech went only as far as the human voice could carry. Beyond that, "news" was mediated behind a wall of editors, censors, and regulators, to keep it from gullible and dangerous ears.

That wall has crashed. Jones, like QAnon, Donald Trump and others, can navigate fake news sites and social media to reach millions. For years, the latter refused to admit responsibility for their content, Facebook asserting that it was a "platform" not a "publisher." Free speech was what it said on the tin. The global village was open to all, ordered anonymously by the democracy – or perhaps anarchy – of the web.

A quarter century has rendered us wiser and less gung ho. Of course, the internet has brought myriad gains and enjoyments. The main social media outlets have accepted a modicum of responsibility to monitor content. Increasingly frantic attempts are made to keep up with a deluge of often biased and mendacious material, but almost invariably, by the time it is taken down it re-emerges elsewhere. Jones has been banned by Facebook, Twitter and YouTube, but he can still reach audiences on his own website. He says he will appeal forever. He is unrepentant, while his multitudinous backers will pay. Justice is meaningless without enforcement or prevention.

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I see nothing in sight that is likely to stop people like Jones in their tracks. Lawyers and some victims may have the rule of law on their side, but that does not curb the climate deniers, anti-vaxxers, trolls and QAnon followers or the appalling and anonymous abuse that now greets the expression online of any liberal – I might say reasonable – point of view. It is a far cry from the decorum of Speakers' Corner.

Optimists say that the resulting outbreak of political polarisation and hysteria in most western democracies will somehow correct itself. Freedom of speech will evoke the requisite antibodies and virtue will triumph. I doubt it. As Jones has shown, lies can indeed travel the world while truth is still getting on its boots.

Historians of the news media can chart a progress from early censorship by the church and crown to state licensing and legal regulation. This control was initially employed to enforce conformity, but over the past century it has also sought to sustain diversity and suppress blatant falsity. Editorship was a moral undertaking. At least in Britain, broadcast news was expected to be non-partisan. Laws of libel and privacy followed. These were weaker in America, where free speech is guarded by the constitution and digital giants use it to retain market share. Justice can avenge lies – but not prevent them.

No one seriously believes free speech is an absolute right. The British government is now making desperate attempts to define such concepts as "causing offence" and "legal but harmful." More ruthless efforts at control are emerging from authoritarian regimes in Russia, China, Iran, and Saudi Arabia. The EU, too, is pondering regulation. But this realm of government is patently in its infancy.

The freedom of speech which to John Milton was "above all liberties" is not that simple today. As the philosopher of the web Jamie Susskind has written, social media platforms must urgently revise ideas of harmfulness. "Forms of speech that were mildly problematic in the past now have the potential to be mortally dangerous." Parents are learning with agony that a teenager with an iPad can easily be driven to fatal self-harm or suicide. Likewise, an ex-president with a fantasy can lead followers towards a coup in the capital of world democracy.

Susskind and others regard it as indefensible that the digital industry should regulate itself. There is "a clear tension between the logic of capitalist innovation and the public good." To Susskind, that tension can be resolved only by government. But if freedom is to be protected and treasured, this means the US and Europe acting in concert. Regulation must burrow down into the global media platforms, "to bring out the best and curtail the worst." People like Jones cannot be left to return to his ranch and sow mayhem unchecked.

PART I (Minimum Passing Mark: 26 points)

PAPER1

1. READING COMPREHENSION

All the correct answers are awarded 2 points each. Except for the True-False answers- 1 point each.

- 1- Choose the best option: The writer (Simon Jenkins):
 - a- Regrets, not having included political maniacs among the possible internet beneficiaries.
 - b- Believes that the media that gave voice to Jones got unscathed.
 - c- Is under the impression that social media should be accused of mendacity.
 - d- Was called the Neanderthal of the Year by the gold diggers of social media
 - e- None of the above.
- 2- According to the article we readers can conclude that Alex Jones is in favour of gun control.

- a-True
- b- False
- c- Impossible to infer from the text.
- 3- Choose the best option. When the author writes: "The EU, too, is pondering regulation. But this realm of government is patently in its infancy." He means
 - a- The government of the EU is too liberal to accept regulation in this field.
 - b- The government of the EU is too immature to accept regulation in this field.
 - c- This domain of the EU is still clearly underdeveloped, though regulation is being contemplated.
 - d- This sector of the EU is not fully developed; therefore, regulation is not an option.
 - e- None of the above.
- 4 Choose the best option "That wall has crashed" refers to:
 - a- People like Alex Jones
 - b- Newspapers and radios.
 - c- A platform like Facebook.
 - d- Editors and regulators.
 - e- The web.
- 5- Choose the best option:
 - a- Scaremongers in the past found it difficult to make the news.
 - b- Disseminating lies was controlled by the police, in case of trouble in the past.
 - c- It was easier, in the past, to influence gullible and dangerous ears.
 - d- Speakers' Corner in Hyde Park was the place to go to for the likes of Alex Jones
- 6- Choose the best option: According to the author "The main social media outlets"
 - a- Are ardent defenders of freedom of expression.
 - b- Accept that they should be held responsible for what is published in the web.
 - c- Try their best to monitor the content uploaded in the web.
 - d- Make frantic attempts to monitor content.
 - e- Turn a blind eye when it comes to monitoring content.
- 7-. "It is a far cry from the decorum of Speakers' Corner." Can be best paraphrased as:
 - a- People can now reach a larger audience, for they do not need to cry.
 - b- People on Speakers' Corner could only reach passers- by.
 - c- It is different from the decorum of Speakers' Corner.
 - d- It is more aggressive than the decorum of Speakers' Corner.
 - e- The decorum of Speakers' Corner should by now be deemed old fashioned.
- 8- According to the writer libel can be easily identified and penalised should governments take it seriously.

- a-True
- b-False
- c- Impossible to infer from the text.
- 9- Sow mayhem can be best paraphrased as:
 - a- Cultivate lands unchecked.
 - b- Bring about chaos.
 - c- Disseminate lies with a vengeance.
 - d- Foresee the possibility of disseminating blatant lies.
 - e- Broadcast ideology in secret.
- 10- Choose the best option "Less gung-ho" in this text can be best paraphrased as:
 - a- Less in favour of the gun lobby.
 - b- Unthinkingly enthusiastic.
 - c- Absurdly ignorant.
 - d- Eager to reject everything that appears on the web.
 - e- Fervid supporter of the media.
- 11- Choose the best option: When the author writes: "Justice is now done. Up to a point," he means that:
 - a- The fine imposed on Jones was not high enough.
 - b- The penalty imposed was not severe enough.
 - c- The penalty did not include everyone involved in the crime.
 - d- The penalty is thought to be unfair.
 - e- None of the above.

2. USE OF ENGLISH: PARAPHRASING (30 points)

All the correct answers are awarded 3 points each

Use the given beginnings and/or words.

DO NOT change the meaning. There is no limit to the number of words you can write

1-	QAnon, Donald Trump and others, can navigate fake news sites and social media to reach millions;
	pitifully, social media does not seem to have the tools to control libel.
	I'd rather social.
	, otherwise

2-	If broadcast news, as expected, were non-partisan, people would find it easier to believe in them.
	Were
3-	Some people seem to believe that lies can indeed travel the world while truth is still getting on its boots.
	Lies are
4-	Thanks to the prosecutor, Sam Jones has to face the consequences of his actions now
	Had
	now.
5-	"A person was fined for expressing his views; this is outrageous, for it never happened before" said jones' supporters.
	You need to use: Alleged – the first time.
6-	It was a good thing that a Connecticut court fined him for disseminating a cruel lie; otherwise, Alex Jones would have got away with it.
	But for
7-	Simon Jenkins regrets greeting the internet in the 1990s as of benefit only to lawyers and pornographers.
	"If only
8-	Although There have always been Alex Joneses spreading poison from the world's soap boxes and pavements, they have seldom reached large audiences.
	Despite, seldom

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Students write HERE TOTAL WORD COU	лт:		TOTAL	/50	
Poor/Inaccurate use of structures requested Poor use of language/grammar		Spelling mistakes Punctuation mistakes			

Poor/Inaccurate use of structures requested	Spelling mistakes	
Poor use of language/grammar	Punctuation mistakes	
Lack of Cohesion / Coherence	Poor contents/ poor ideas/	
	Repetition of ideas	

Student's Name:	N° de Orden:	
DRAFT (This is for you to write notes. It is to hand in, but it will not be corrected)		