

PrácticoB_parte1

TRANSLATE THIS TEXT INTO ENGLISH

Alas y cimientos

Narramos, escribimos y leemos porque hemos fabricado la fabulosa herramienta del lenguaje humano. Por medio de las palabras, podemos compartir mundos interiores e ideas quiméricas. Cuando un animal fantasea —si tal cosa es posible—, carece de herramientas para contárselo a otro animal. Algunas especies están dotadas de habilidades comunicativas, en ocasiones asombrosamente complejas, pero ninguna puede compararse con las nuestras en flexibilidad, libertad y riqueza de matices. Este prodigio lingüístico nos permite coexistir en dos geografías: el espacio tangible que habitamos junto a miles de seres vivos y un universo paralelo que nos pertenece en exclusiva —el de la fantasía, el de las posibilidades, el de los símbolos—, al que ninguna otra criatura puede acceder.

Propulsados por el lenguaje y la creatividad, nuestros cerebros despegaron de la mera evolución biológica, cuya cadencia es implacablemente lenta, y elevamos el vuelo con las rápidas alas de la evolución cultural. Hace miles de años, la invención de una sofisticada tecnología, la escritura, abrió las puertas a conservar conocimientos, ideas y sueños, a expandirlos y hacerlos revivir con cada mirada que se posa en las letras de una página. El filósofo Richard Rorty piensa que leer nos cambió la mente de forma irreversible. Gracias a la lectura, hemos desarrollado una anomalía llamada «ojos interiores». Descubrir los personajes de una historia se parece a conocer gente nueva, comprendiendo su carácter y sus razones. Cuanto más diferentes son esos personajes, más nos amplían el horizonte y enriquecen nuestro universo. A través de los libros, anidamos en la piel de otros, acariciamos sus cuerpos y nos hundimos en su mirada. Y, en un mundo narcisista y ególatra, lo mejor que le puede pasar a uno es ser todos.

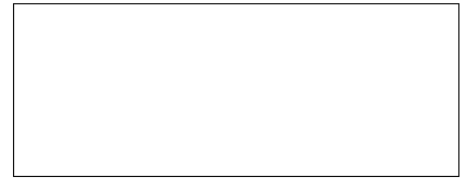
Leer nunca ha sido una actividad solitaria, ni siquiera cuando la practicamos sin compañía en la intimidad de nuestro hogar. Es un acto colectivo que nos avvicina a otras mentes y afirma sin cesar la posibilidad de una comprensión rebelde al obstáculo de los siglos y las fronteras. Por el camino del placer, sobre los abismos de las diferencias, la lectura ofrece puentes colgantes de palabras.

[...]

El hábito de leer no nos hace necesariamente mejores personas, pero nos enseña a observar con el ojo de la mente la amplitud del mundo y la enorme variedad de situaciones y seres que lo pueblan. Nuestras ideas se vuelven más ágiles y nuestra imaginación, más iluminadora. Al asomarnos a la madriguera de un relato, escapamos de nosotros y nos proyectamos en los personajes de un país inventado.

Manifiesto por la Lectura,

Irene Vallejo Moreu, 2020



Ales i fonaments

Narrem, escrivim i llegim perquè hem fabricat la fabulosa eina del llenguatge humà. Mitjançant les paraules, podem compartir mons interiors i idees quimèriques. Quan un animal fantasieja —si és que això és possible—, no té les eines per explicar-l'hi a un altre animal. Algunes espècies estan dotades d'habilitats comunicatives, a vegades increïblement complexes, però cap no es pot comparar amb les nostres en flexibilitat, llibertat i riquesa de matisos. Aquest prodigi lingüístic ens permet coexistir en dues geografies: l'espai tangible que habitem amb millers d'éssers vius, i un univers paral·lel que ens pertany en exclusiva —el de la fantasia, el de les possibilitats, el dels símbols—, al qual cap altra criatura pot accedir.

Propulsats pel llenguatge i la creativitat, els nostres cervells ens van enlairar de la mera evolució biològica, i vam alçar el vol amb les ràpides ales de l'evolució cultural. Fa milers d'anys, la invenció d'una sofisticada tecnologia, l'escriptura, va obrir les portes a conservar coneixements, idees i somnis, a expandir-los i a fer-los reviure amb cada mirada que es fixa en les lletres d'una pàgina. El filòsof Richard Rorty pensa que llegir ens va canviar la ment de manera irreversible. Gràcies a la lectura, hem desenvolupat una anomalia que es coneix com a «ulls interiors». Descobrir els personatges d'una història és com conèixer gent nova; comprenem el seu caràcter i les seves decisions. Com més diferents són aquests personatges, més ens amplien l'horitzó i enriqueixen el nostre univers. A través dels llibres, ens posem a la pell dels altres, acariciem els seus cossos i ens submergim en la seva mirada. I en un món narcisista i egòlatra, el millor que li pot passar a algú és ser tots.

Llegir no ha sigut mai una activitat solitària, ni tan sols quan la practiquem sense companyia en la intimitat del llar. És un acte col·lectiu que ens acosta a altres ments i afirma constantment la possibilitat d'una comprensió rebel a l'obstacle dels segles i les fronteres. Pel camí del plaer, sobre els abismes de les diferències, la lectura ofereix ponts penjants de paraules.

[...]

L'hàbit de llegir no ens fa necessàriament millors persones, però ens ensenya a observar amb l'ull de la ment l'amplitud del món i l'enorme varietat de situacions i d'éssers que l'habiten. Les nostres idees es tornen més àgils, i la nostra imaginació, més il·luminadora. Quan ens endinsem en un relat, fugim de nosaltres i ens projectem en els personatges d'un país inventat.

Manifest per la Lectura,

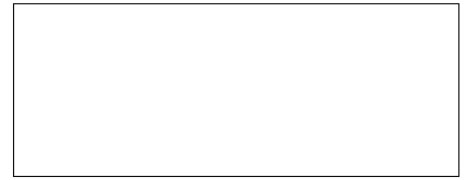
Irene Vallejo

(Trad. al Valencià: Núria Parés Sellarès)



CONSELLERIA D'EDUCACIÓ, CULTURA I ESPORT

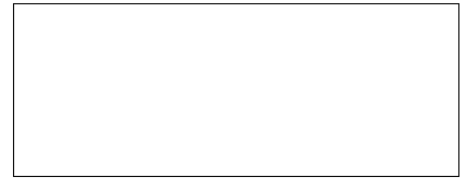
PROCÉS SELECTIU D'INGRÉS EN EL COS DE PROFESSORAT DE SECUNDÀRIA
PROCESO SELECTIVO DE INGRESO EN EL CUERPO DE PROFESORADO DE SECUNDARIA
ESPECIALITAT D'ANGLÉS / ESPECIALIDAD DE INGLÉS – Prova 1B/ Prueba 1B





CONSELLERIA D'EDUCACIÓ, CULTURA I ESPORT

PROCÉS SELECTIU D'INGRÉS EN EL COS DE PROFESSORAT DE SECUNDÀRIA
PROCESO SELECTIVO DE INGRESO EN EL CUERPO DE PROFESORADO DE SECUNDARIA
ESPECIALITAT D'ANGLÉS / ESPECIALIDAD DE INGLÉS – Prova 1B/ Prueba 1B



PrácticoB_parte2

The missing lynx: how the rise of border walls has split up wildlife populations

The lynxes of the Białowieża forest once freely prowled through 1,420 sq. km (548 sq. miles) of ancient woodland. Then, in 2022, the habitat was abruptly sliced in two. Poland built a 115-mile (186km) wall across its border with Belarus to stop refugees and migrants entering the EU. About 15 lynxes were left stranded on the Polish side of the forest, forced into a genetic bottleneck.

The 5.5-metre-high barrier, which is topped with wire and cameras, also dissects the forest's population of bison, wolves and elk. Researchers monitored 10 sites along the border, walking along sections and counting signs of humans and wildlife.

"I could not have foreseen the diversity of impacts that we ended up finding," says the lead author of the report, Katarzyna Nowak, from the Polish Academy of Sciences' Mammal Research Institute.

Humans have been building walls for thousands of years, but the speed and scale with which they are now being constructed has ballooned over recent decades.

With refugee crises in Europe and Asia, and the rise of governments cracking down on immigration, the planet is increasingly crisscrossed with steel barriers, chain-link fencing and razor wire – with significant consequences for wildlife.

There are now an estimated 74 border walls globally, up from just six in 1989, with more in the pipeline. "The hardening of international borders through fortification and militarisation is on the rise," researchers say in the report on the impacts of the Polish Belarusian border wall.

In a separate paper published in February, another researcher argues for "ecological peace corridors" to protect wildlife movement amid growing human conflict.

At the same time that borders are strengthened, the need for humans and other animals to migrate is being supercharged by climate breakdown. "It is a worrying future in multiple respects," says Dr Stuart Butchart, chief scientist at BirdLife International. "This is a worldwide phenomenon that is going to become of increasing importance."

His research found that border walls obstruct the ranges of more than 700 species of mammals, including leopards, tigers, cheetah and the critically endangered Saiga antelope. The study identified 20,000 miles of borders fortified with fences and walls, which can cause habitats to fragment and create injuries from entanglement, genetic bottlenecks and blocked migration routes.

The US-Mexican border wall – which was found to have the most impact of those studied – bisects the ranges of 120 mammals alone. Pygmy owls, which stay close to the ground for safety, do not fly high enough to cross the wall, and populations of pumas and coatis – a raccoon-like animal found across Latin America – have fallen. Bighorn sheep risk becoming "zombie species" as the populations become too genetically fragmented and unable to move sufficiently to adapt to climate change.

The study of the Polish Belarusian border showed animals were keeping their distance from the wall because they were scared of it. Despite the fact that it passed through a rich forest habitat, Nowak says: "We had very few signs of animals along the border."

Thirty-six cameras were up for more than a year and images of lynxes were only found on them twice. Humans were more frequently seen on cameras than wildlife, especially at border sites.

PràcticoB_parte2

Sound recordings revealed human sounds – such as vehicles, music, dogs and gunshots – penetrated up to 250 metres into the forest, which is a UNESCO world heritage site.

Rubbish lined the border, drawing dogs, cats and other scavengers to the area. “This again creates an unnatural interface, not just between people and wild animals, but also domestic animals,” says Nowak.

Plant surveys suggested invasive species might be able to survive in the “sun-streaked strip in the middle of the forest”, says Nowak, who is worried that the forest could start to split into two.

Borderland regions such as Białowieża Forest can also be among the continent’s most biodiverse places. The border fence between Slovenia and Croatia has sliced up the Dinaric Mountain range, home to some of the most important brown bear and wolf populations in Europe.

The region’s lynx population is threatened with high levels of inbreeding, with researchers warning that the fence “may just be the last push for the population to spiral down the extinction vortex”. The 3,000-mile border between China and Mongolia, which is almost entirely fenced, has blocked the migrations of Asiatic wild ass.

Even if these fences are removed in the future, migratory routes are not easily re-routed. Red deer on the border between the Czech Republic and the former West Germany still do not cross what was the “iron curtain” – even though the electric fence that divided the countries was taken down 25 years ago, a study found. The life expectancy of a deer is 15 years, so no deer alive at the time of the study would have ever encountered the barrier.

A 2025 review of the impacts of border walls had four key recommendations to make them less damaging: leave gaps in the fencing; cut down on light and noise; avoid the concertina razor-wire tops, which many animals die on; and increase cooperation between countries on the borders.

To ease the pressure on wildlife, scientists are pushing for small gaps in fencing to allow species through. The US-Mexican border wall covers more than 700 miles of the almost 2,000-mile-long frontier, and crosses the Madrean Sky Islands – patches of woodland that are home to the greatest diversity of mammals, reptiles and ants in the US.

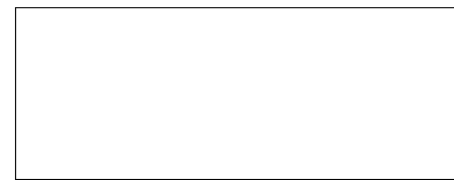
A study looked at the 13 small passages for wildlife along 80 miles of continuous border – or roughly one every 10km – each about the size of an A4 sheet of paper. Researchers collected and analysed more than 12,000 videos of animals encountering them.

Deer, bears, wolves and pronghorn sheep were all blocked by the wall, but cameras showed coyotes, wild pig-like peccaries, American badgers and even some smaller mountain lions were squeezing through.

“We were surprised by how busy the A4 holes ended up being,” says Eamon Harrity, wildlife programme manager at Sky Islands Alliance in Arizona and lead author of the study of the wall along the US-Mexico border.

“We want more of them,” says Harrity. “They need to be, at a minimum, every half a kilometre.”

Extracted from: The Guardian (<https://www.theguardian.com/environment/2025/apr/28/missing-lynx-migration-how-rise-border-walls-split-up-wildlife-populations-extinction>)



PrácticoB_parte2

1. Define briefly the following words expressions in the sense in which they are used in the text using your own words. (0,5 marks)

prowled –

bottleneck –

ballooned –

criscrossed –

bisects –

breakdown –

scavengers –

heritage –

inbreeding –

vortex –

2. Provide an antonym from the text for each of the following words: (0,5 marks)

Word from the text	Antonym
Freely	
Stop	
Stranded	
Diversity	
Impacts	
Constructed	
Cracking down	
Strengthened	
Obstruct	
Scared	

3. Give the phonological transcription of the following words from the text listed below. (0,5 marks)

- Wolves
- Refugee
- Obstruct
- Critically
- Camera
-

PrácticoB_parte2

4. For each of the sentences below, write a new sentence without changing the meaning of the original sentence, but using the provided word given in brackets. This word must not be altered in any way. (0,5 marks)

The presence of border infrastructure has severely limited transboundary ecological connectivity. (**OBSTRUCTED**)

These ecosystems supported thriving wildlife communities, but human intervention changed everything. (**WERE**)

Numerous species have been unable to bypass the barrier due to its extreme elevation. (**HIGH**)

With environmental degradation worsening, the frequency of forced migration is expected to escalate. (**INCREASINGLY**)

After the wall was erected, certain species were left isolated, unable to maintain gene flow. (**STRANDED**)

The lynxes of the Białowieża forest used to roam freely before the wall was built. (**ONCE**)

Scientists did not expect to find so many different negative effects. (**FORESEEN**)

The forest is divided by a barrier, so bison and wolves are now separated. (**DISSECTS**)

Building walls across borders has become increasingly common in recent decades. (**BALLOONED**)

Despite the habitat being rich, there were hardly any signs of animals near the wall. (**FEW**)

PrácticoB_parte2

- 5. This text is part of a different article. Match the sentences below with the correct number in the text so that they all make sense. There are two extra sentences given: (0,5 marks)**

A couple of years ago, I became obsessed with changing my body. Inspired by “gymfluencers” and an Instagram feed filled with workouts and progress journeys, I dug into gym culture, often spending two hours weightlifting in one day, nauseous from chocolate-flavoured shakes and consuming more than 100g of protein daily to bulk my gluteal muscles and build a “revenge booty”.

Statistics suggest I am not alone. A recent industry report shows that gym memberships for gen Zers have risen quickly over the past few years, almost doubling since 2020. Moreover, 30% of this generation are regularly working out in fitness facilities, compared with 15-25% of the total adult population.

It’s been suggested that – since we’re also drinking less – my generation is replacing the pub with the gym. “With the right support, this could become the most health-aware generation ever,” says the chief executive of UKActive. **(1)** _____. But, as a 26-year-old with a love of beer *and* bench presses, I’m not sure it’s that simple.

While exercise and alcohol abstinence do improve health and prevent disease, I worry that this new gym craze actually reflects an atomised society, not a health-aware one. As I became obsessed with the gym, I certainly noticed that the things pushing me away from the pub and towards exercise were not positive thoughts, but fears – self-esteem issues, financial worries and an anxious desire to be maximising my time.

I also suspect that the rush to the gym is partly driven by social media. **(2)** _____, and we know the latter particularly affects the children who grew up on a diet of online fitness influencers who prioritise their looks: 40% of gen Z report that social media makes them anxious about how they look. Fifteen years ago, only the celebrities on TV had unachievable bodies; now seemingly thousands of “normal” people do too. Given this environment, **(3)** _____; a recent report shows that nearly half of gen Zers list “improving their appearance” as a key reason they work out. It certainly is one of mine.

This is sad, because the pub was a huge part of growing up for me – it’s where my friendships formed and solidified. This has changed; now we have full-time jobs, work on projects in our spare time, go to the gym as much as we can and go to the pub less. **(4)** _____. It’s not age, it’s a generational shift in how young people live, and it’s partly down to a lack of disposable income.

The price of a pint has risen from an average of £2.30 in 2008 to more than £5 nationally, and much more in London, where I live. When I can go to my budget gym every day for £28 a month, hanging out over drinks with mates just doesn’t add up. **(5)** _____. What used to be a regular meeting spot for my friends and me has become more of a special occasion; we all decline invites more readily, chalking it up to a need to save money.

PrácticoB_parte2

- a) It is difficult for people not to compare and compete.
- b) Hundreds of pubs a year are closing, maybe partly because they can't grab the younger consumer base they used to rely on.
- c) More and more people seem to be prioritising productivity over relaxation, even in their free time.
- d) Great news, you might think: finally, a generation so healthy it's going to live – happily and mindfully – for ever.
- e) I thought this was because we're getting older, but we're still only 26.
- f) It's hard to tell the difference between an obsession with health and an obsession with physical appearance,
- g) Spending time at the gym has become a form of self-validation rather than just a health choice.

6. Didactic proposal (2,5 marks)

In this section you are requested to describe and explain the adaptation process and the use of the text for a class and propose a task based on it (maximum 350 words). Your justification must contain a description of your task, providing examples of lexical, structural and stylistic adaptations from the original text. Remember to include references to the curricular content of the level (A2 - B1), your students' characteristics and previous knowledge, how to approach it in terms of inclusion and how it would be assessed

PLEASE, WRITE YOUR "DIDACTIC PROPOSAL" HERE.



CONSELLERIA D'EDUCACIÓ, CULTURA I ESPORT

PROCÉS SELECTIU D'INGRÉS EN EL COS DE PROFESSORAT DE SECUNDÀRIA
PROCESO SELECTIVO DE INGRESO EN EL CUERPO DE PROFESORADO DE SECUNDARIA
ESPECIALITAT D'ANGLÉS / ESPECIALIDAD DE INGLÉS – Prova 1B/ Prueba 1B



PrácticoB_parte2