

	<p style="text-align: center;"><b>Pruebas de Acceso a Enseñanzas Universitarias Oficiales de Grado Mayores 25 y 45 años Castilla y León</b></p>	<p style="text-align: center;"><b>LENGUA EXTRANJERA: INGLÉS</b></p>	<p style="text-align: center;"><b>EXAMEN 2 páginas</b></p>
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## OPTION A

### HOW COFFEE CAN HELP YOU LIVE LONGER

There's great news for coffee lovers. A new study found that those who drank coffee on a regular basis had a lower risk of dying from problems such as heart diseases, diabetes, brain conditions and suicide. The findings only show a link, and cannot confirm that coffee is directly responsible for the reduced risk of death from these causes, but the researchers report that the many compounds in coffee are known to help lower insulin resistance or inflammation, which could result in better health.

The scientists studied several groups of people totalling 208,500 men and women. Every four years for three decades, they asked the volunteers about their coffee drinking habits. The connection between coffee consumption and a lower death risk was even more pronounced among people who had never smoked.

The researchers admit that the self-reports of coffee consumption aren't completely reliable. But, they argue, previous studies have isolated some potentially beneficial compounds in coffee, from antioxidants to inflammation fighting agents. Interestingly, the researchers found the lower risk of death was similar among people who drank caffeinated as well as decaffeinated coffee. That suggests, the researchers write, that "other components in coffee besides caffeine might play a beneficial role."

### QUESTIONS

**1. Translate the following paragraph into Spanish (4 points).**

The scientists studied several groups of people totalling 208,500 men and women. Every four years for three decades, they asked the volunteers about their coffee drinking habits. The connection between coffee consumption and a lower death risk was even more pronounced among people who had never smoked. The researchers admit that the self-reports of coffee consumption aren't completely reliable.

**2. Read the text and answer the questions. Use your own words. Answers will be assessed from 0 to 1 (2 points as a whole).**

- a) Why does the text claim that there's great news for coffee lovers?
- b) Why do researchers think that caffeine might not be the only beneficial component in coffee?

**3. Complete the following sentences. Use the appropriate form of the word in brackets when given. Answers will be assessed from 0 to 0.5 each (4 points as a whole).**

For many years coffee \_\_\_\_\_ (1.) deemed unhealthy. As it had been reported previously, much of that concern came from research in the 1970s and 1980s \_\_\_\_\_ (2.) linked coffee to higher rates of cancer and heart disease, \_\_\_\_\_ (3.) didn't account for the fact that coffee drinkers are also more likely to smoke, possibly drink and engage in other behaviours that contribute to cancer \_\_\_\_\_ (4.) heart problems. More recent studies that account for these factors are \_\_\_\_\_ (5. start) to find the opposite, showing that coffee drinkers might have a slightly \_\_\_\_\_ (6.) risk. As with any food or behaviour, however, it's all about moderation. As long as you are \_\_\_\_\_ (7.) overdoing it, the study authors say, "results \_\_\_\_\_ (8.) this and previous studies indicate that coffee consumption can be incorporated into healthy lifestyle."

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## OPTION B

### DISPLACED AGAIN AND AGAIN, SOME AFRICAN MIGRANTS HAD NO PLAN TO LAND IN ITALY

Conflicts in Africa, the Middle East and Central Asia have shaped and reshaped Europe's migrant flows in recent years, with none more transformative to the Mediterranean smuggling trade than the civil war in Syria.

Migration statistics offer a hint. More than 170,000 migrants and refugees arrived in Italy by sea last year; Syrians and Eritreans were the two largest groups among them, accounting for more than 76,000 people, according to Italy's Interior Ministry.

"We see that even people who had originally moved to Libya with the intention to remain there have now decided to flee toward Europe, even though it means risking their lives in a very dangerous journey at sea," Matteo de Bellis said in an email.

At the Umberto I detention center in this ancient Sicilian port city, Mohammed Njie, 31, described his route to Italy. He left his home in Gambia and made his way to Libya, hoping to send money back to his parents and two children. At this center, many of the migrants expressed dismay and uncertainty. Not one had a cellphone or had been able to contact relatives in Africa. None of the migrants knew the status of their asylum applications.

### QUESTIONS

#### 1. Translate the following paragraph into Spanish (4 points).

"We see that even people who had originally moved to Libya with the intention to remain there have now decided to flee toward Europe, even though it means risking their lives in a very dangerous journey at sea," Matteo de Bellis said in an email.

#### 2. Read the text and answer the questions. Use your own words. Answers will be assessed from 0 to 1 (2 points as a whole).

- a) Why do people leave their countries of origin?
- b) How do migrants feel at the Umberto I center?

#### 3. Complete the following sentences. Use the appropriate form of the word in brackets when given. Answers will be assessed from 0 to 0.5 each (4 points as a whole).

Europe's migration crisis escalated sharply in April, with the coming of warmer weather \_\_\_\_\_ (1.) the Mediterranean. Many more smugglers' boats took to the sea, and a record number of migrants died \_\_\_\_\_ (2. attempt) the crossing -more than 1,700 people so far in 2015, \_\_\_\_\_ (3.) to some estimates.

Conflicts in Africa, the Middle East and Central Asia have shaped and reshaped Europe's migrant \_\_\_\_\_ (4.flow) in recent years, with none \_\_\_\_\_ (5.) transformative to the Mediterranean smuggling trade than the civil \_\_\_\_\_ (6.) in Syria. And the tumult in Libya is changing the migration equation once again.

Libyan lawlessness \_\_\_\_\_ (7. allow) a haven for smugglers to operate along the country's coastline, but it has also unmoored many African laborers who were working there as migrants. \_\_\_\_\_ (8.) of these men now languish in Italian detention centers without contacts or plans for the future, and their growing numbers are frustrating some Italian mayors and other officials.