

## ĐÁP ÁN

### I. LISTENING (5.0 points)

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. B  | 2. F  | 3. F  | 4. B  | 5. F  |
| 6. F  | 7. C  | 8. G  | 9. E  | 10. J |
| 11. B | 12. B | 13. B | 14. B | 15. C |
16. snus  
 17. blood vessels  
 18. white snus / nicotine pouches  
 19. British American Tobacco  
 20. illegal to buy  
 21. Belgium / the Netherlands  
 22. footballers  
 23. one in five  
 24. receding gums / tooth decay  
 25. 20 times

### II. READING (8.0 points)

#### II.1. LANGUAGE IN USE (3.0 points)

26. A	27. B	28. C	29. C	30. C
31. B	32. A	33. C	34. D	35. A

36. interaction	37. censorship	38. compelling	39. disconnectedness	40. unmistakable
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### PART 3.

On a Friday afternoon in a huge open-planned office in a customer call centre located in a windy business park, twenty minutes from the nearest shop, there is the subdued murmur of concerned customer service representatives handling confusing, demanding, anxious customers. Their patience does not falter. It is hard, emotional labour for all 1,700 representatives and it goes on for eight-hour shift with half an hour for lunch and two fifteen-minute breaks. It requires them to set back every aspect of their character except an obliging, cheerful, nothing-is-any-trouble manner. How do you motivate someone to be that patient on what is a very low starting salary? The answer is the brand: if your employers love the brand, they'll work much, much hard.

0. open-plan	41. confused	42. shifts	43. aside	44. employees	45. harder
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#### II.2. READING COMPREHENSION (5.0 points)

46. purposes	47. on	48. Ever	49. in	50. Until
51. on	52. sooner	53. with	54. case	55. talk

- |        |        |                            |
|--------|--------|----------------------------|
| 56. NG | 61. NG | 66. B                      |
| 57. F  | 62. F  | 67. A                      |
| 58. F  | 63. B  | 68. F                      |
| 59. T  | 64. D  | 63-65: <i>IN ANY ORDER</i> |
| 60. T  | 65. E  |                            |

69. F	70. C	71. D	72. H	73. A	74. G	75. B			
76. C	77. D	78. D	79. B	80. A	81. B	82. D	83. C	84. A	85. B
86. A	87. A	88. D	89. C	90. C	91. A	92. D	93. A	94. B	95. B

### III. WRITING (5.0 points)

#### PART 1

##### - Contents (1.5 points)

The summary **MUST** cover the following points:

##### Main Purpose / Central Idea:

- The article explores how some news media prioritize sensationalism and profit over truth and objectivity, emphasizing the importance of media literacy.

##### Key Supporting Points:

- News as a Business:**
  - News outlets are often driven by business motives rather than a commitment to objective reporting.
- Yellow Journalism:**
  - The concept of yellow journalism has existed since the early days of mass media, focusing on exaggerated or sensationalist stories to boost sales.
- The Great Moon Hoax (1835):**
  - A historical example where *The New York Sun* published false stories about life on the moon, increasing sales through shocking content.
- Techniques of Sensationalism:**
  - Use of dramatic headlines, large graphics, anonymous sources, and emotionally charged language to attract attention.
- Modern Media Concerns:**
  - It's harder today to trace the origins or ownership of online news, making it more difficult to judge the credibility of sources.

##### - Language use (0.5 points)

The summary:

+ should show attempts to convey the main ideas of the original text by means of paraphrasing (structural and lexical use),

+ should demonstrate correct use of grammatical structures, vocabulary, and mechanics (spelling, punctuations,...),

+ should maintain coherence, cohesion, and unity throughout (by means of linkers and transitional devices).

##### Penalties:

+ A penalty of 1 point to 2 points will be given to personal opinions found in the summary.

+ A penalty of 1 point to 2 points will be given to any summary with more than 20% of words copied from the original.

+ A penalty of 1 point will be given to any summary longer or shorter 20% of the word limit.

#### SAMPLE

The passage explores how some news outlets prioritise profit and sensationalism over truth, warning readers to be critical of what they consume. It argues that news is not just a means of informing the public but also a business that often sacrifices objectivity for commercial gain. This trend is not new: "yellow journalism" emerged in the 19th century, where dramatic and misleading stories were used to boost newspaper sales, such as the infamous 1835 "Great Moon Hoax." Today, similar practices continue through the use of emotional language, eye-catching graphics, and unverifiable anonymous sources, all designed to stir public reaction rather than convey truth. The author cautions that with modern digital platforms obscuring ownership and credibility, recognising these manipulative

strategies is more important than ever. Ultimately, the passage encourages readers to question the integrity of news sources and remain vigilant against misinformation.

## PART 2

### - Task achievement: (1.0 points)

- + ALL requirements of the task are sufficiently addressed.
- + Ideas are adequately supported and elaborated with relevant and reliable explanations, examples, evidence, personal experience, etc.

### - Organization: (1.0 points)

- + Ideas are well organized and presented with coherence, cohesion, and unity.
- + The essay is well-structured:
  - + Introduction is presented with clear thesis statement.
  - + Body paragraphs are written with unity, coherence, and cohesion. Each body paragraph must have a topic sentence and supporting details and examples when necessary.
  - + Conclusion summarises the main points and personal opinions (prediction, recommendation, consideration,...) on the issue.

### - Language use: (1.0 points)

- + Demonstration of a variety of topic-related vocabulary
- + Excellent use and control of grammatical structures
- + Correct punctuation and no spelling mistakes
- + Legible handwriting

## SAMPLE

Altruism is often regarded as one of the noblest human traits, yet when extended toward individuals who exhibit ingratitude, it can become a source of personal disillusionment. The assertion that helping an ungrateful person not only squanders effort but also taints one's intrinsic goodness raises a complex moral dilemma. While I agree that repeated unreciprocated kindness may lead to emotional erosion, I ultimately believe that true kindness retains its value regardless of the recipient's response.

To begin with, it is understandable why many would perceive aiding the ungrateful as futile or even self-defeating. Gratitude functions as social fuel—it affirms the worth of the giver's action and encourages further altruism. Without it, the giver may feel exploited or emotionally depleted. Over time, such negative experiences may deter future acts of generosity, thereby threatening the sustenance of kindness as a social norm.

However, to claim that ungratefulness *corrupts* kindness is to misunderstand the nature of genuine altruism. Authentic goodness is unconditional; it is rooted in the values and intentions of the giver, not in external validation. If one's compassion becomes contingent upon appreciation, then the act transforms from generosity to a transaction. From this perspective, helping someone—even if they fail to acknowledge it—can still reflect moral strength and personal integrity.

Moreover, kindness in the face of ingratitude often distinguishes the truly benevolent from the merely performative. Many revered figures in history, such as Mahatma Gandhi and Nelson Mandela, exhibited extraordinary patience and selflessness, frequently in the absence of gratitude. Their legacy reminds us that enduring kindness, even toward the unworthy, strengthens character rather than corrupts it.

In conclusion, while assisting ungrateful individuals may at times feel like a misallocation of emotional energy, it does not degrade one's kindness. On the contrary, it reinforces the selfless spirit at the heart of true compassion. Therefore, I respectfully disagree with the statement.

## TRANSCRIPT

### PART 1

<https://www.youtube.com/watch?v=XQ767LlrDc0>

Speaker 1: With me today is Russell Foster, professor of circadian neuroscience at the University of Oxford.

speaker 3: Hello Johnny, nice, nice to be with you. speaker 1: And Dr. Narina Ramlakan, a physiologist and author.

speaker 2: Hello Johnny, lovely to be here.

speaker 1: Russell, you specialize in circadian rhythms. Um, some people watching and listening may know what that is, others will not. What are they? And and I suppose why are they so important?

speaker 3: So, if we think about what our biology needs to do, it has to deliver the right stuff, the right concentration to the right tissues and organs at the right time of day. And what our circadian system allows us to do is give a time structure for our entire biology. And so it's an internal representation of a day, which is fine tuning every aspect of our physiology, every aspect of our biology to the varying demands of sleep and activity, consciousness and sleep.

speaker 1: And the critical question, I suppose, well, for for ordinary punters like me, um, what does the clock recommend, um, or mandate even as an optimal amount of sleep?

speaker 3: I've often said that sleep is like shoe size. One size does not fit all. And there have been some somewhat irresponsible sort of statements saying, you know, if you don't get eight hours of sleep, you're going to die. Well, that's just nonsense. I mean, the healthy range for sleep from the National Sleep Foundation, which I'm a member of that board, is somewhere between six hours and it may be up to 10 and a half, even 11 hours for some people. The average true is about seven to eight hours, but there's lots of variation between individuals.

speaker 1: Narina, you have spent what, three decades helping people to get better sleep. Um, and I think it's ranged from what schools to psychiatric wards. What do people tell you causes their poor sleep?

Speaker 2: Sometimes people have these really unhelpful beliefs, you know, these misconceptions about what they should or should not be getting and you know, they go around saying I've got this amount of sleep and they're measuring it and they're obsessing about it and that in itself is creating problems with their sleep. It's creating anxiety. Um, so I think that there's that side of things, but there's also what I've been observing uh for the last 30 years, you know, I started doing this work in the 90s. I left the academic world and ended up in a health screening clinic where I was measuring the health of city professionals. And that's when I started to notice that more and more people wanted to talk about sleep. And at the same time, of course, technology had exploded onto the scene. Um the internet and mobile phones and everything was going really fast. So I've been paying attention to the speed and noticing how it impacts our human physiology and as Russell has said, you know, the circadian timer and then and then how it impacts sleep. And I think that's playing its part, the speed of life.

Speaker 1: How does that play a part? I mean I understand things that feel like they've got a lot faster. Does it mean in your eyes that we are unable to slow down into sleep because we are spending so much more of our lives in a sort of heightened state of existence.

Speaker 2: That's a very good way of putting it, yes. Um, we've certainly lost the ability to slow down. Uh, we've we've lost the ability to oscillate. I love that word that Russell's used, but not just at night, but but throughout the day oscillate and all of the physiological processes in the body, they oscillate in a kind of sinusoidal up and down rhythm. And I think the way we're living our lives, we've become very restless. You know, I remember the the good old days, I don't want to give my age away, but when we had lunch breaks and coffee breaks and tea breaks and people don't. They they're they're so stretched to the limit. So we thought technology would make life easier and it and it does in many respects that we can do this sort of thing, but it it does mean that, you know, people are stretching themselves and often against the limits of their physiological capabilities. Narina, you mentioned this sort of irony that people, some people at any rate are now getting so anxious about sleep that it's affecting their sleep. It leads inexorably to the question, how can you tell when you're not getting enough sleep?

Speaker 2: Well, I I try to encourage my my clients and you've mentioned some of them, you know, they might be children in schools, they could be uh people in psychiatric clinics, but a lot of corporate employees. Um, I try to encourage people to listen more deeply. Um, to not reach for their phones or

their devices first thing in the morning to see what an app has just told them. But actually to just when you wake up in the morning before you reach outside of yourself to be told X Y or Z, just listen, how do you feel right now? How do you feel? And even to listen to the speed of your breathing or the speed of your thoughts. And then as you go about your day, to pay attention to how the body feels physically, how you feel emotionally, how are you relating to other people? Speaker 1: Russell, I see you nodding along. Speaker 3: Yeah, I I think it's a really good point. I completely agree. And I think many people fundamentally don't have a sleep problem, they have an anxiety or a stress problem. And and uh, you know, sleep anxiety is now um recognized as an issue and it arises for lots of reasons. But but it means we have a target. There are things that one can do about reducing one's anxiety either before you go to bed, before you go to sleep, or if you happen to wake up, there are anxiety uh reducing regimes that you can adopt to get back to sleep. And I think an increasing understanding of why you might be having sleep anxiety.

## **PART 2**

<https://www.youtube.com/watch?v=TLSyrCibfSg>

The roots of apple cider vinegar can be traced back thousands of years to ancient civilizations such as Babylonia, Egypt, and China. In these early cultures, vinegar was revered not only as a culinary staple, but also for its medicinal properties and use in religious rituals. The process of fermenting apples to produce vinegar was likely discovered serendipitously, as fruit juices naturally undergo fermentation when exposed to yeast and bacteria in the environment.

One of the earliest recorded uses of vinegar dates back to around 5,000 BC in ancient Babylon, where it was utilized as a preservative for food and as a cleaning agent.

Similarly, in ancient Egypt, vinegar was prized for its ability to preserve fruits and vegetables, as well as its purported healing properties. The Ebers Papyrus, an ancient Egyptian medical text dating back to around 1500 BC, documents the use of vinegar as a remedy for various ailments, highlighting its esteemed status in early medical practices.

In ancient China, vinegar was an integral part of traditional medicine and cuisine, with references to its therapeutic properties found in texts dating back to 1200 BC. The Chinese used vinegar not only as a condiment, but also as a tonic to promote digestion, alleviate pain, and even as a disinfectant.

The significance of vinegar in Chinese culture is reflected in the legend of the four thieves vinegar, a concoction believed to protect against the plague during the Middle Ages.

Throughout history, vinegar has held symbolic significance in various cultures, often representing purity, cleansing, and vitality.

In ancient Rome, vinegar was prized for its astringent properties and was commonly used as a condiment, preservative, and medicinal remedy. Roman soldiers were known to consume vinegar as a refreshing drink and to purify water during long marches and military campaigns.

In medieval Europe, vinegar was regarded as a panacea for numerous ailments, earning it the moniker sour wine of the four thieves, due to its association with a group of bandits who purportedly used a vinegar-based concoction to protect themselves from the bubonic plague.

Vinegar's reputation as a potent elixir continued into the Renaissance period, where it was praised by alchemists and herbalists for its purported ability to ward off disease and promote longevity. The Renaissance also saw the emergence of vinegar as a culinary ingredient in Europe, with recipes featuring vinegar-based sauces and marinades becoming increasingly popular among the aristocracy. Vinegar's versatility in cooking, combined with its purported health benefits, cemented its status as a staple in European households for centuries to come.

The modern era has witnessed a resurgence of interest in apple cider vinegar, fueled by a growing appreciation for natural remedies and holistic health practices. In the 20th century, pioneering health advocates such as Paul Bragg and Patricia Bragg played a significant role in popularizing apple cider vinegar in the United States through their books and lectures promoting its health benefits.

Today, apple cider vinegar has become a household staple for health conscious individuals seeking to improve digestion, boost immunity, and enhance overall well-being. Its purported benefits range from aiding weight loss and regulating blood sugar levels to promoting healthy skin and hair. However, it's

essential to approach these claims with a critical eye, as scientific evidence supporting the efficacy of apple cider vinegar for many of these purposes remains limited.

Nevertheless, the allure of apple cider vinegar persists with countless testimonials attesting to its transformative effects on health and vitality. Whether consumed diluted in water, used as a salad dressing, or incorporated into homemade skin care remedies, apple cider vinegar continues to captivate the imagination of wellness enthusiasts worldwide.

In concluding our journey through the annals of apple cider vinegar's history, we find ourselves marveling at the enduring legacy of this ancient elixir. From its humble beginnings in the kitchens of ancient civilizations to its modern day status as a wellness phenomenon, apple cider vinegar has traversed continents and centuries, leaving an indelible mark on human culture and tradition. As we reflect on the myriad ways in which apple cider vinegar has shaped our collective consciousness, it becomes evident that its appeal transcends mere utility. Beyond its purported health benefits and culinary uses, apple cider vinegar embodies a deeper connection to the natural world and a reverence for the wisdom of our ancestors. Cheers to apple cider vinegar, a testament to the enduring power of tradition, innovation, and the timeless quest for vitality and well-being.

### **PART 3**

<https://www.youtube.com/watch?v=MGJpR591oaM>

Speaker 1: I began by asking Jeffrey Hinton whether he thought the world is getting to grips with this issue or if he's concerned as ever.

Speaker 2: I'm still as concerned as I have been, but I'm very pleased that the world's beginning to take it seriously. So in particular, they're beginning to take the existential threat seriously, that these things will get smarter than us and we have to worry about whether they'll want to take control away from us. That's something we should think seriously about and people now take that seriously. A few years ago, they thought it was just science fiction.

Speaker 1: And from your perspective, from having worked at the top of this, having developed some of the theories underpinning all of this explosion in AI that we're seeing, that existential threat is real.

Speaker 2: Yes. So some people think these things don't really understand. They're very different from us. They're just using some statistical tricks. That's not the case. Um, these big language models, for example, the early ones were developed as a theory of how the brain understands language. They're the best theory we've currently got of how the brain understands language. Um, we don't understand either how they work or how the brain works in detail, but we think probably they're working fairly similar ways.

Speaker 1: What is it that's triggered your concern?

Speaker 2: It's been a combination of two things. So playing with the large chatbots, particularly one at Google before GPT4, but also with GPT4. Um, they're clearly very competent, they clearly understand a lot. They have a lot more knowledge than any person. They're like a not very good expert at more or less everything. Um, so that was one worry. And a second was coming to understand the way in which they're a superior form of intelligence, because you can make many copies of the same neural network. Each copy can look at a different bit of data and then they can all share what they learned. So imagine if we had 10,000 people, they could all go off and do a degree in something, they could share what they learned efficiently, and then we'd have all be have 10,000 degrees. Um, we'd know a lot then. We can't share knowledge nearly as efficiently as different copies of the same neural network can.

Speaker 1: Okay, so you so the key concern here is that it could exceed human intelligence, indeed the mass of human intelligence.

Speaker 2: Very few of the experts own doubt about that. almost everybody I know who's an expert on AI believes that they will exceed human intelligence. It's just a question of when.

Speaker 1: And and at that point, it's really quite difficult to control them.

Speaker 2: Well, we don't know. We've never dealt with something like this before. There's a few experts like my friend Jan Laun, who think it'll be no problem. We'll give them the goals, it'll be no problem, they'll do what we say. They'll be subservient to us. Um, there's other experts who think absolutely they'll

take control. Given this big spectrum of opinions, I think it's wise to be cautious. I think there's a chance they'll take control and it's a significant chance. It's not like 1%, it's much more.

Speaker 1: Should they not be contained in certain areas, I don't know, scientific research, but not, for example, the armed forces.

Speaker 2: Maybe, but actually if you look at all the current legislation, including the European legislation, um there's a little clause in all of it that says that none of this applies to military applications. Governments aren't willing to restrict their own uses of it for defense.

Speaker 1: I mean there's been some uh evidence even in current conflicts of the use of AI in generating thousands and thousands of targets. Yes. I mean that's happened since you started warning about AI. Is that the sort of pathway that you're concerned about?

Speaker 2: I mean that's the thin end of the wedge. What I'm most concerned about is when these things can autonomously make the decision to kill people. So robot soldiers. Yeah. And those are drones and and the like. And it may be we can get something like Geneva conventions to regulate them, but I don't think that's going to happen until after very nasty things have happened.

Speaker 1: And there's an analogy here with the Manhattan project and with Oppenheimer, which is if we restrain ourselves from military use in the G7 advanced democracies, what's going on in China? What's going on in Russia?

Speaker 2: Yes, it has to be an international agreement. But if you look at chemical weapons, Yeah. the international agreement for chemical weapons has worked quite well.

Speaker 1: I mean do you have any sense of whether the shackles are off in a place like Russia?

Speaker 2: Well, Putin said some years ago that whoever controls AI controls the world. So I imagine they're working very hard. Fortunately, um the West is probably well ahead of them in research. Um, we're probably still slightly ahead of China, but China is putting more resources in. And so in terms of military uses of AI, I think there's going to be a race.

Speaker 1: Sounds very theoretical, but you but this this argument, this thread of argument, if you if you follow it, you really are quite worried about extinction level events.

Speaker 2: So we should distinguish these different risks. The risk of using AI for autonomous lethal weapons doesn't depend on AI being smarter than us. That's a quite separate risk from the risk that the AI itself will go rogue and try and take over. I'm worried about both things. The autonomous weapons is clearly

## PART 4

<https://www.youtube.com/watch?v=o9-T5URlpZg>

Speaker 1: Here in the studio with me is Elena Bailey, a BBC health reporter. Hello, welcome.

Speaker 2: Hi yeah, thanks so much for having me.

Speaker 1: So can you break things down for us including how we say it, right? Is it snooz, is it snus? What is it? How popular is it?

Speaker 2: So confusing, isn't it? I feel like there's so many different names, but um so snooz, snus, um I think it's meant to be pronounced snooz, but that is a smokeless tobacco product which is mainly found in Scandinavian countries. Now, these are little rectangular pre-proportion pouches that contain ground tobacco salt and some other ingredients. And how they work is you pop them into your upper lip, pop them on your gum and the blood vessels in your gum absorb the nicotine and it gets into your bloodstream that way. But there's also white snus or nicotine pouches what they're referred to. And these are little pouches, they look very similar in the sense that they're used orally still, they contain nicotine, but white snus and nicotine pouches do not contain tobacco, which is obviously the ingredient which is originally found in snooz.

Speaker 1: So who is making these? Who are the manufacturers?

Speaker 2: There's loads of different manufacturers making these at the moment, but to name some of the big ones, you've got the British American Tobacco, you've got Swedish match. But honestly, I feel like everyone is jumping on the bandwagon of these products because they seem to be more becoming increasingly popular. So there's loads of different manufacturers out there.

Speaker 1: We know how bad smoking cigarettes is for us. There are all kinds of restrictions on sale and on advertising, vaping as well, right? There is a little bit more data coming in on that. What about this? Are there restrictions on it too?

Speaker 2: So if you're talking about snus which contains tobacco, um that's actually illegal to buy and sell in the UK. However, it's not illegal to use. Um but if you're talking about nicotine pouches, the anyone can technically buy those. It's recommended that it's over you should be age 18 or over. However, there's no strict laws on that.

Speaker 1: So you can buy it here, but there are other countries in the EU where it's been banned.

Speaker 2: Yes, so there are other countries in the EU where it has already been banned. So France, Belgium, the Netherlands, they've all seen um put restrictions in place around these white nicotine pouches.

Speaker 1: Let's zoom out for a second and look at the kind of world picture because there are varying restrictions on nicotine pouches around the world. Some countries like Australia, Thailand and Singapore, they've got strict bans on nicotine products on import, sales, marketing. But here in the UK, there's quite high use of snooz among footballers. And do you know why they started using it in the first place?

Speaker 2: So yeah, that's right. Footballers have admitted to um using snooz, these white nicotine pouches um in recent years. And that's probably because they're that they're known for being able to help you calm down, help with concentration, both of which are things that are essential if you are a sports person, I suppose. Um and yeah, I've seen that um study I think you're talking about the one from Loughborough University where I think it wasn't it almost one in five um footballers um across of various divisions um admitted to using snooz. And that number is also um potentially a lot higher because not all footballers want to come out and say that they do use snooz. So we could anticipate that that number of players actually using it could be in fact higher.

Speaker 1: Some of the people in the report, they gave quotes anonymously because they didn't want to be associated with it, but there were people who said they were addicted to it. Does it break doping rules if footballers use it?

Speaker 2: No, there's nothing actually legally stopping footballers from using it. Um it it's not on the prohibited list and out there at the moment there's not any kind of solid evidence and enough studies into the impacts that nicotine can actually have on the body. And that's what footballers are using mainly. It's the white snooz, the nicotine pouches, but they do sometimes refer to it as snooz.

Speaker 1: What are the health risks? Do we know if it causes cancer?

Speaker 2: So if you're talking about brown snus, that has links to oral, throat and pancreatic cancer. Um and there's evidence out there to suggest that. Where in contrast to white snus, which has it's a slightly newer product. So there's not as much evidence out there, but there are links to oral health problems. So things like receding gums, sores, um tooth decay, things like that are all problematic when it comes to white snus. And it's also worth noting that these nicotine pouches come in various different strengths. So some of the strengths are lower than what you'd find in a cigarette, some are equal to. But there's also like nicotine pouches out there that are 20 times the nicotine strength found in cigarettes, which can have adverse reactions and there's been reports of young people who have never smoked or