

Albion 2022

Wojewódzki Konkurs Języka Angielskiego Półfinał



wynik _____ / 35

imię _____ nazwisko _____ klasa ____ szkoła _____

Listening (10 points)

Unique to Japan

https://www.youtube.com/watch?v=s1m_yhi9oqA

Complete the sentences and answer the questions.

1) Slurping in Japan is considered

2) Why do they have people pushers in Japan?

3) What can you do with your umbrella in the umbrella rack?

4) How many vending machines do they have in Japan?

5) How does a water-saving sink work?

6) What is inemuri?

7) Which number is considered unlucky?

8) Why are the traffic lights blue, not green?

9) In Japan kids have c..... classes.

10) Where can you find foot baths?

Reading (10 points)

Fill in the gaps in the text with the letter corresponding to the appropriate passage.

Does sleeping with a dog disrupt your rest time?



Over the past years dogs have moved from kennels to human beds. How does this affect the sleep qualities of their owners some may wonder?

According to the American Pet Products Association, an industry trade group, almost 60 percent of dog owners say they regard their pet as a child or member of the family. And many let their dogs snuggle up to sleep right in their human owners' beds, often alongside their owners.

But is sleeping in the same bed with your dog a good idea? Wouldn't they be disruptive to our sleep?

According to a recent study, not really. Researchers at the Mayo Clinic in Phoenix studied 40 dogs (none were puppies) who slept in the bedroom with their owners. The humans were all generally good sleepers, **1.** _____.

The dogs wore a device called a Fitbark, an activity tracker that attaches to the collar and records whether an animal is at rest and sleeping or active and at play. The people wore an Actiwatch 2, an activity monitor that records people's movements and whether they are sleeping soundly or not. Both monitors were set to sample movement every minute, while the humans also kept a sleep diary.

Over seven days of testing, the researchers found that **2.** _____. Humans had a mean sleep efficiency, or the percentage of time spent asleep while in bed, of 81 percent, while dogs had a sleep efficiency of 85 percent. Levels over 80 percent are generally considered satisfactory. People slept slightly better when the dog was off the bed; dogs slept the same whether they were on the bed or in another location in the bedroom.

Some dogs may not belong in the bedroom, such as very young or old pets who may not sleep through the night, a sick pet or a reactive pet who might become aggressive when startled or woken up suddenly. Also,

if a new baby is entering the family and will sleep in the same bedroom as the parents, Dr. Siracusa said, that might no longer be a good place for the pet to sleep – not because of concerns of a pet smothering a baby, he said, **3.**_____.

If a pet is already sleeping in your bed or in the bedroom and interfering with your sleep, you can take steps to transition a pet out of the bedroom. Dr. Siracusa said it is best to make the transition a gradual one rather than abruptly kicking the pet out of the bed or bedroom. That may mean first moving a dog from the human bed to a comfortable spot elsewhere in the bedroom, and then moving the pet just outside the door.

The key is to create a similar sleeping experience for the pet. Dogs may be attracted to humans' beds, especially if they're elevated, "because they are comfortable and strategically in a good position," letting dogs keep watch over their surroundings, Dr. Siracusa said. **4.** _____ or that it has coverings that the dog can burrow under, or that it is near a heater that can simulate the warmth of the people in the humans' bed.

Some dogs will never want to sleep with their owners, especially if the owner snores or moves around a lot at night. "When dogs sleep, they want a safe space and don't want to be bothered," just like people, he said.

Figuring out where a new dog should sleep can take some time. **5.** _____ But as Mikey became more settled in their home and he slept more soundly through the night, that changed. He started sleeping in the bed with Mrs. Hastings when her husband traveled for work. Now he's there all the time and, Mrs. Hastings says, helps her fall asleep faster.

"I have trouble settling down, and he's got very rhythmic breathing," she said of Mikey. "It's almost like white noise. And he's really warm."

Dr. Krahn said the next step in her research is to study a larger group of dogs and their owners, and also to see whether having one or two humans in the bed makes a difference.

She'd also like to do a similar study on cats, though they, of course, are entirely different animals. Dr. Krahn has a 4-year-old cat, Oliver, who is allowed anywhere in the house except the bedroom because "the cat wanders, scratches, meows," she said. While most dogs can be trained, "I think cats do what they want. If that cat is hungry in the middle of the night, that cat does not care" about waking you up, she said.

Oliver the cat declined to comment.

Adapted from The New York Times

- A.** When Natalie Hastings and her husband adopted Mikey, a 70-pound boxer bulldog mix, they tried letting him sleep in the bed at first, but he shifted around so much they moved him onto a couch.
- B.** but because space may be an issue with that many human and furry bodies in one room.
- C.** Creating an equally strategic place might mean that it's also elevated,
- D.** with no known sleep disorders.
- E.** with a dog in the bedroom, both the humans and the dogs slept reasonably well.

Writing (15 points)

Choose one of the two topics below and write an essay of 150-180 words.

1. Those who do not learn from history are doomed to repeat it.

2. Holidays abroad – for and against.
