

INGLÉS**INDICACIONES**

El examen consta de 2 apartados. En el apartado 1, se presentan dos opciones (Option 1 y Option 2); el alumnado debe escoger una sola opción y responder únicamente a las preguntas correspondientes a esa opción. En el apartado 2, se ofrecen también dos opciones de expresión escrita; igualmente, se debe elegir una y redactar un único texto siguiendo las instrucciones de la opción seleccionada.

En las preguntas en las que se indique explícitamente que debe seleccionarse un número determinado de opciones, si se responden más opciones de las necesarias, solo se corregirán las primeras, siguiendo el orden en que aparecen en el cuadernillo de examen.

PART 1 [7 points]. Written comprehension. Choose one of the two options below and follow the instructions to answer the questions.

Option 1.**Screen time in Japan**

- 1 Amid growing concerns about excessive screen time, the city council of Toyoake in Japan is asking its residents to limit their recreational use of smartphones and tablets to no more than two hours per day. Official guidelines on the use of digital devices came into municipal law in October 2025. The mayor of Toyoake explained: "Digital technologies are wonderful, but it is important to limit the time we spend on them for non-work or non-educational purposes. We also need to think about our youth. Many children and teenagers have their own smartphones and bedrooms. With nothing else to do, they spend hours staring at screens. Day turns to night, their sleep suffers, and the cycle repeats." The primary purpose of the law is to ensure sufficient sleeping hours among children and adolescents. For children aged 6 to 12, the guidelines recommend switching off phones and tablets by 9:00 pm to ensure that sleep is not disturbed. Older children, and even adults, are encouraged to switch off by 10:00 pm.
- 2 The Toyoake city council first proposed the law in August and immediately received criticism from residents. Local councillor Mariko Fujie argued: "Many residents believe this is total nonsense. For my part, I feel a strong resistance to regulating people's free time with a law." Councillor Fujie also published an open letter in the local newspaper arguing that the guidelines were not based on scientific evidence. However, several studies carried out in Asia have confirmed the negative impact of screen time on wellbeing. For example, one study of teenagers in China found that sleep patterns, social relationships, and academic performance were all negatively affected by the number of hours participants spent on their devices.

- 3 In reality, the law is more symbolic than enforced. The Toyoake city council will not track residents' phone usage, and it will not issue fines to those who exceed the recommended two-hour limit. Instead, the guidelines are more about encouraging users to carefully consider their screen time. Although the measure was controversial at first, many residents have responded positively to it. University student Shoki Moriyama has reduced his screen time from eight hours to just under two, admitting that although it had been a struggle, it was worth it: "I now use that extra time to study or go to the gym." Local resident Akari Saito agrees: "I found it especially hard to put my phone away during the train to school or while I was walking, but I can see that reducing my phone use will allow me to spend my day more meaningfully."

Adapted from *Time*, December 2025

Question 1 [2 points].

Indicate clearly by writing the words TRUE or FALSE whether the following statements are true or false according to the text and write down the sentence or the part of the text that you consider justifies your answer. The evidence must make sense and be grammatically and lexically coherent.

No points will be given if the evidence is not correct or if the handwriting is not sufficiently clear.

- A. The law's main aim is to guarantee better sleep habits for young people.
- B. When the law was initially suggested, it received full support from the community.
- C. There is research evidence from studies conducted in Asia that helps to justify the law.
- D. If residents are caught passing the two-hour limit, they will have to pay a penalty.

Question 2 [2 points].

Choose and answer only TWO of the following questions in your own words according to the text.

- A. Which specific guidelines does the law provide regarding screen time in the evenings?
- B. Why was Councillor Mariko Fujie against the law, and what actions did she take to show this?
- C. What has happened to university student Shoki Moriyama's mobile phone habits since the law came into place, and how does he feel about this change?

Question 3 [1.5 points].

Find in the text a word or phrase that corresponds to the meaning, definition, or opposite of each of the following.

- A. A synonym for "inhabitants" [paragraph 1]
- B. A word that means "silly or stupid" [paragraph 2]
- C. A word that means "health and happiness" [paragraph 2]
- D. A word that means "to persuade, inspire or convince someone" [paragraph 3]

Question 4 [1.5 points].

Choose the correct option - A, B, C, or D - for each question. Indicate your choice clearly in your answer sheet, either by writing the letter A, B, C, or D or by copying the letter and the sentence that follows. No points will be given if the handwriting is not sufficiently clear.

1. Which statement best describes the Toyoake Mayor's point of view on digital technologies?
 - a. He thinks that children should be allowed to take smartphones into their bedrooms.
 - b. He strongly believes that only adults should have access to digital technologies.
 - c. He thinks digital technologies should be used in moderation.
 - d. He dislikes smartphones and argues that they should be avoided altogether.
2. According to the study focused on teenagers in China, what causes the negative effects of digital device use?
 - a. The age range of the users (e.g., younger or older teenagers)
 - b. The number of apps users have access to on their device
 - c. The amount of time users spend on their device
 - d. The type of device used (e.g., smartphone, tablet, laptop)
3. What do the experiences of university student Shoki Moriyama and local resident Aikari Saito show?
 - a. It is very easy for people to reduce their use of digital devices.
 - b. Reducing screen time can be challenging but also positive.
 - c. Young people are angry that the Toyoake city council created this law.
 - d. There are no real benefits to reducing screen time.

Option 2.**Overtourism**

- 1 Tourism is booming. In 2024, there were 1.5 billion holidaymakers worldwide, setting the second-highest ever record after 2019. *Overtourism* refers to the excessive influx of holidaymakers to a destination. The UN World Tourism Organisation defines the phenomenon as follows: "It is the point at which locals or visitors feel tourism has negatively impacted the quality of life in a region to an unacceptable degree." This certainly applies to the Canary Islands. Home to 2.2 million residents, the islands hosted 15.2 million visitors last year, and a new record is expected for 2026. Tourism accounts for more than one-third of the Canary Islands' economy, but local community groups argue that the tourism industry is transforming the islands in ways that do not serve local needs.

- 2 Overtourism stretches infrastructure and local resources to their limit. Noise, littering, and traffic jams are just a few of the unpleasant aspects of surges in visitors. Landscapes are often altered, disrupting the local flora and fauna. Overtourism also threatens local water resources, particularly in places like the Canary Islands, where supplies are limited, and holidaymakers generally consume more water than locals. Moreover, tourism today accounts for 10% of global greenhouse gas emissions, with air travel mainly to blame for its growing climate impact. Short trips with low-cost airlines are increasingly popular in Europe and are particularly damaging, as the largest proportion of tourists' carbon emissions comes from the flights to and from their destinations.
- 3 They say the presence of nearby airports, particularly those served by low-cost airlines, encourages overtourism. Mallorca, for example, would perhaps not be so popular if people could only travel there by ship. However, cruise ships are also criticised for aggravating the problem. Cruise ships carry large numbers of passengers, who usually go ashore for only a few hours, putting pressure on local infrastructure and contributing very little to the local economy, as everything they need is on board.
- 4 But can overtourism be prevented? Some regions are trying to limit the number of visitors they receive. Tenerife is restricting access to the summit of the *Pico del Teide* volcano to 300 visitors per day, and Thailand has gone one step further; to help local ecosystems recover, the Thai government has closed the popular *Similan* and *Surin* Islands entirely to the public this year until autumn 2026. Restrictions aside, there are also places that reward climate-friendly travellers. Last year, Copenhagen city council launched *CopenPay*, a campaign that rewards visitors with bonuses such as reduced admission prices to local attractions or a free cup of coffee when they travel to the city by train rather than by aeroplane.

Adapted from *Yahoo! News*, December 2025

Question 1 [2 points]

Indicate clearly by writing the words TRUE or FALSE whether the following statements are true or false according to the text and write down the sentence or the part of the text that you consider justifies your answer. The evidence must make sense and be grammatically and lexically coherent.

No points will be given if the evidence is not correct or if the handwriting is not sufficiently clear.

- A. Only residents of a tourist destination can feel the effects of overtourism.
- B. The Canary Islands expect to receive more than 15 million tourists this year.
- C. Wildlife and plant life are generally unaffected by overtourism.
- D. The *Similan* and *Surin* Islands will reopen to the public after summer.

Question 2 [2 points]

Choose and answer only TWO of the following questions in your own words according to the text.

- A. Why are the Canary Islands especially vulnerable regarding water resources? Give two reasons
- B. According to the text, how does cruise ship tourism affect local communities? Give two examples
- C. What measures have been taken in Copenhagen to mitigate the environmental impact of tourism?

Question 3 [1.5 points].

Find in the text a word or phrase that corresponds to the meaning, definition, or opposite of each of the following.

- A. A word that means “a person who is on holiday” [paragraph 1]
- B. A phrase that means “when large numbers of vehicles are unable to move or are moving very slowly” [paragraph 2]
- C. A word that means “to say something is responsible for something bad happening” [paragraph 2]
- D. synonym for “completely” [paragraph 4]

Question 4 [1.5 points]

Choose the correct option - A, B, C, or D - for each question. Indicate your choice clearly in your answer sheet, either by writing the letter A, B, C, or D or by copying the letter and the sentence that follows. No points will be given if the handwriting is not sufficiently clear.

1. What concerns have local community groups expressed about overtourism in the Canary Islands?
 - a. Tourism in the Canary Islands is not profitable.
 - b. The Canary Islands are changing and neglecting the needs of residents.
 - c. There are not enough tourists visiting the Canary Islands.
 - d. Tourists do not respect the Islands' integrity.

2. Why are short trips with low-cost airlines especially bad for the environment, according to the text?
 - a. They encourage tourists to take longer trips in the future.
 - b. Low-cost airlines promote non-environmentally friendly leisure activities on their websites.
 - c. Airports operating the flights are located far away from tourist destinations.
 - d. Flights are the main contributor towards tourists' carbon emissions.

3. Why is Mallorca a popular tourist destination, according to the text?
 - a. Local transportation in Mallorca is affordable.
 - b. Mallorca is easy to reach with affordable flights.
 - c. Mallorca can only be reached by cruise ship.
 - d. Mallorca offers great accommodation and leisure activities.

Part 2 [3 points]. Written production.

Choose ONE of the two options below and write a short composition (120-150 words). Compositions up to 200 words won't be penalised.

Remember that compositions MUST NOT be signed.

Option 1.

Write a story about something that happened to you in the past. Your story must begin with this sentence: *"It all started with an email from ..."*

Option 2.

Write a for and against essay on the following topic: *What are the advantages and disadvantages of living in the countryside?*