

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΠΟΛΙΤΙΣΜΟΥ, ΑΘΛΗΤΙΣΜΟΥ ΚΑΙ ΝΕΟΛΑΙΑΣ
ΔΙΕΥΘΥΝΣΗ ΑΝΩΤΕΡΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
ΥΠΗΡΕΣΙΑ ΕΞΕΤΑΣΕΩΝ

ΠΑΓΚΥΠΡΙΕΣ ΕΞΕΤΑΣΕΙΣ 2020

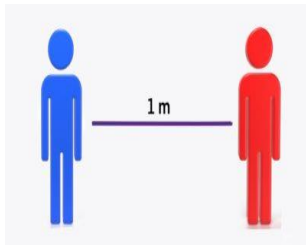
ΜΑΘΗΜΑ: ΑΓΓΛΙΚΑ (6)

ΗΜΕΡΟΜΗΝΙΑ: ΤΕΤΑΡΤΗ, 24 ΙΟΥΝΙΟΥ 2020

ΩΡΑ: 8:00 - 11:00

ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΕΠΤΑ (7) ΣΕΛΙΔΕΣ
Να απαντήσετε σε όλα τα ερωτήματα.
Πριν από κάθε απάντηση να σημειώσετε τα στοιχεία της ερώτησης.

ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ

PASSAGE 1**SOCIAL DISTANCING, RELATIONSHIPS AND MENTAL HEALTH**

At a time when much of the population is practising social distancing due to the spread of COVID-19, losing direct connection with friends, colleagues and extended family can aggravate mental health concerns at an especially stressful time.

What do we know about social interaction and how has it been impacted by the spread of COVID-19?

In general, we humans are social creatures and we value our relationships with other people. Indeed, as the old saying goes, “No man is an island”. So in times of stress, our instinct is often to reach out to others in our primary social groups to help ourselves feel better, whether that is to be comforted by a friend or a loved one, or to do the same for other people. When we cannot do this, we may feel helpless or lonely, and this may interfere with our ability to cope effectively with stress.

When there is a big event happening in our environment (such as the spread of COVID-19) our instinct is often to connect with others to seek support or discuss the situation and gain perspective as methods of coping. Because COVID-19 is spread through person-to-person contact, our normal avenues for social interaction in the physical world have changed and need to be conducted through a computer. This may feel less effective and less comforting than connecting in person because we are not used to it as our main form of connection.

What approaches can help people overcome the mental health challenges and stress of living through a global pandemic while practising social distancing?

Even if you are physically distanced from people, there are many things you can do to socially connect with others. Now may be a great opportunity to reach out and connect with an old friend you do not have time to call on a regular basis. Reaching out to people in times of difficulty is important - some are even hosting virtual birthday parties, happy hours and concerts to connect in times of social distancing.

When we are experiencing stress, the stress systems in our body are activated, which makes sense but can be harmful if kept up indefinitely. Learning deep breathing or muscle relaxation exercises can directly help to calm our biological stress response. There are apps and videos that can help you engage in these behaviours. Physical movement or exercise also provides a range of benefits, including reducing stress and

improving mental health. Consider taking a walk outside (if you are healthy and staying at a 6-foot distance from others). There is research that shows that even looking at nature can help calm stress.

Another thing to consider is how much you are monitoring the current COVID-19 situation and how much news you are consuming. It is extremely important to be informed, but if the information is causing a lot of stress for you, it may be best to limit how often you are watching the news or reading articles. Perhaps limit yourself to viewing the news twice a day. You will hear about big news. Do not watch the news before going to bed because it can interfere with sleep, and we all need sleep in order to cope. No one handles stress well in an overtired state. You also need to make sure that you take regular breaks from on-screen activities like playing video games or using Social Media.

Finally, along the lines of positive well-being, it is important to engage in positive emotional experiences and reflect on positive things during a stressful time; this can reduce our stress as well. Think about things that you are grateful for, do acts of kindness for others, deliver letters to your neighbours. There are many positive activities we can all participate in while still practising social distancing.

Adapted from: <https://ihpi.umich.edu/news/alison-miller-what-are-effects-social-distancing>

TASK 4

For each of the questions (1-5), choose the best answer (a, b, c or d) according to the passage. (5x2=10 marks)

1. Being unable to meet with friends or relatives ____ mental problems.

- a. improves
- b. worsens
- c. neutralises
- d. diminishes

2. When human beings feel worried or tense, they ____.

- a. make a conscious effort to get help from close friends
- b. naturally turn to people they feel close to for help
- c. automatically seek support from acquaintances
- d. hesitate to ask a friend or relative for help

3. Having to interconnect with others virtually makes people feel ____.

- a. uneasy
- b. annoyed
- c. frightened
- d. embarrassed

4. Strategies to maintain one's mental wellness during the pandemic include ____.

- a. feeling pessimistic when reflecting upon past experiences
- b. attending birthday parties, happy hours and concerts
- c. calling on people one has not seen for a long time
- d. minimising newsfeeds and screen time

5. The purpose of the author is to ____ social distancing.

- a. provide readers with statistics and facts about
- b. compare and contrast different methods of
- c. offer solutions to problems caused by
- d. discourage the reader from engaging in

TASK 5

Some of the following statements contain wrong information.

REWRITE the wrong ones to make them correct according to the passage.

Put a TICK (✓) if the statements are correct.

(5x1=5 marks)

1. No one can live in isolation; we all need the company of others.
2. There is a limited choice of things you can do to stay connected while social distancing.
3. Doing physical activity is a way to improve mental health.
4. Being exhausted does not affect the way we deal with stress.
5. Performing kind gestures can lessen stress.

PASSAGE 2

GRAFFITI IN AUGMENTED REALITY



In the 20th century, only the brave would make daring political or social statements in public places. Whether sprayed with an aerosol can or stencilled with a piece of cardboard, graffiti became the greatest form of artistic anarchy. Despite being illegal, the art form became a central component of life in major cities and an important part of the greater cultural conversation.

Today, although heavy policing has not stopped artists from making their mark, it has definitely meant fewer tags. Luckily, in the 21st century there is a plethora of ways to practise self-expression and Augmented Reality (AR) is one of them. For a start, AR allows you to look at the environment around you through the lens of your smartphone and, via an app, reveal a new layer of information that appears to be located in the real world. Pokémon GO inserted capturable creatures on street corners. Facebook wants you to leave messages for your friends in bars. In this way, AR turns physical sites into a blank canvas for the creation of new content altering one's ongoing perception of a real-world environment and intensifying their experience.

AR technology is vital when it comes to offering up-and-coming, young artists new possibilities for communicating their feelings and ideas. Armed only with their phone and a virtual spray can or stencil, young artists could soon leave hidden marks for others to find in the urban environment. Virtual graffiti would also allow them to be creative, push boundaries and step out of their comfort zone without creating ugly sights in public places. Local governments would then be able to clean up the actual streets of traditional graffiti while, at the same time, letting young artists have a creative outlet.

In the future, we could have virtual graffiti on every surface and virtual art exhibits on every corner, available to anyone who chooses to search for it, but hidden to those who think it is visual pollution. Some well-known street artists are already playing with this technology with their legal murals, and others are finding ways to use it to support social-justice causes. We are even seeing this AR art in our museums: In late 2016, a digital sculpture was placed inside the Bellevue Arts Museum in Washington State to demonstrate the potential of Microsoft HoloLens. The virtual sculpture consisted of moving words and phrases, visible only to those wearing the headset.

As with many other emerging technologies, the consequences and implications of this blurring of the real and fake world are complicated and unsettled. As AR increases in popularity, it is coming up against established rules and societal expectations: If something only exists in virtual space, but it appears real to its creator, is it bound to the laws of the actual world? Legal systems everywhere are yet to gain a good

understanding of this new technology, and there is cultural confusion about the role of virtual items located in public places.

We will soon have to answer some complicated questions: Is graffiti still a crime if it only exists in the virtual world? If the message inscribed on the side of a building is only visible to those who wish to see it through their phones, is it still counted as vandalising public property? Or does ownership carry over to the digital world? The issue has caused a lot of heated debate. It is too early to tell - but isn't that the spirit of anarchy that graffiti artists wanted to capture in the first place?

Adapted from: <https://qz.com/1072528/the-next-trend-in-street-art-will-be-graffiti-in-augmented-reality/>

TASK 6

Decide whether the following statements are True, False or Not Mentioned according to the passage. (5x1=5 marks)

1. Graffiti became a vital part of life in overpopulated parts of major cities in the 20th century.
2. Nowadays, frequent police patrolling has discouraged graffiti artists.
3. Everyone can see the digital sculpture inside the Bellevue Arts Museum.
4. AR makes the difference between the real world and the virtual world clearer.
5. Whether or not virtual graffiti is a form of vandalism, is a controversial issue.

TASK 7

Answer the following questions according to the passage. (5 marks)

1. How does Augmented Reality enhance one's experience?
(2 marks)
2. Mention (3) three ways in which Augmented Reality is important for up-and-coming, young artists.
(3 marks)

TASK 8

PASSAGE 3: SUMMARY WRITING

Read the following article about the impact of climate change on children and what can be done to alleviate the problem.

Write a summary in about 100 words. You should use your own words as far as possible. (15 marks)

THE IMPACT OF CLIMATE CHANGE ON CHILDREN PROBLEMS AND SOLUTIONS



There may be no greater, growing threat facing the world's children than climate change. This mounting global crisis has the potential to threaten many of the gains we have made in child survival and development – and presents even greater dangers ahead.

In every crisis, children are the most vulnerable. Climate change is no exception. As escalating droughts, flooding and rising temperatures cause water scarcity, compromise water and sanitation facilities and degrade food production, children will bear the greatest burden of hunger and malnutrition as well as feel the deadliest impact of water-borne diseases.

The evidence for the impact of climate change on children is firm and growing. As extreme weather events expand the number of emergencies and humanitarian crises, children will pay the highest price. As the world experiences a steady rise in climate-driven migration, children's lives and futures will be the most disrupted.

These are the threats that children face today. Unless we take drastic action to control the climate crisis now, the danger will only escalate. It is a prospect so painful to imagine that many people would rather not think about it.

But action must begin with knowledge and understanding of the costs of inaction. We have an opportunity to tackle this crisis before it is too late. That means taking decisive action to cut greenhouse gas emissions in order to harness, and eventually stop, the advance of climate change. It means educating children to adapt to the immediate challenges of climate change – and to understand the role that they will be called on to play.

Finally, it means listening to the voices of children and young people who, for better or worse, will inherit the planet we share. No human responsibility runs deeper than the charge of every generation to care for the generation that follows it. For current and future generations of children, and for us all, the stakes could not be higher.

Adapted from: [Unless we act now The impact of climate change on children.pdf](#)

TASK 9

WRITING 1

(15 marks)

You were recently on a trip with family when something unexpected happened. Write an email to a friend about the experience.

In your email, you should:

- say where you were and what you were doing
- describe what happened
- explain how this experience made you feel.

Your email should be between 120 and 150 words long.



TASK 10

WRITING 2

(20 marks)

'The world is a book and those who do not travel read only one page', runs an old saying emphasising the importance of travelling.

Write an essay giving your views on travelling.

Your essay should be between 150 and 180 words long.



-END OF EXAMINATION-