

ARKUSZ 1

Zadanie 1.

One

Man: Healthy eating has never been simpler. You don't need to become a skilled chef or buy expensive ingredients. With our new app, planning your meals is as easy as ABC. Just download it and explore recipes based on your preferences – vegan, gluten-free, high-protein, you name it. You can also create shopping lists and set meal reminders. Planning your meals can help you improve the quality of your diet and save time and money. The app is free for the first month – why not give it a go?

Two

Woman: I hope you've enjoyed trying out some of the recipes I've shared this week. Your next challenge is to keep a food diary for seven days. This means writing down everything you eat and drink, including snacks. No judging – just be honest. This simple habit can help you understand your eating patterns better. Tracking what you eat is one of the most effective strategies for managing your weight. We'll talk about your food logs at our next meeting.

Three

Man: My weeks are busy with work projects and social events, so I plan my meals every Sunday evening. It only takes 30 minutes, but it makes a big difference. I check what's in my fridge, write out a few dinner ideas, and prep anything I can ahead of time. Meal planning ahead of time takes away the stress of last-minute decisions and helps us make healthier food choices. Once I've done it, the whole week just runs smoother.

Four

Woman: Sometimes, knowing that vegetables are healthy isn't enough to make us eat them. What can help? Flavour! You don't need to suffer through plain salads. Add a tasty homemade dressing, roast your veggies with spices, or blend them into a smoothie. The more enjoyable your meals are, the greater the chances are that you will stick to a healthy diet. Turn your meals into something you actually look forward to.

Five

Man: I used to skip breakfast all the time and feel tired by mid-morning. But now I think of breakfast as a small treat that helps me start the day right. It gives me energy, and I never miss it. It can be anything – cereal, a smoothie, or just some fruit and yoghurt. Science shows this is true, because many studies say that eating a healthy breakfast can help you focus, do better at work or school, and feel more energetic. I don't think twice now – it's part of my self-care routine.

Zadanie 2.

Text One

Girl: I'm not going to take part in the science competition next month. It's too much work and I can't keep up with my other homework. Plus I feel like I'm the worst in the group.

Boy: But you can't give up now. I've seen your project – it's really creative. Maybe you just need some help organising your time.

Girl: Maybe. There's still a lot of work to do. I love science lessons, but I don't want to fall behind in my other subjects.

Boy: Why don't we meet after school tomorrow? I can help you make a schedule, and hopefully you can work smarter, not harder. It should make things easier.

Girl: That'd be great, actually. Thanks. I don't really want to quit.

Text Two

Over 200 Canadian tourists were stuck in Mexico this weekend after WestJet Airways cancelled their flights because of technical problems. Passengers at Tulum Airport waited for hours with very little information from the airline. Many didn't know when or how they would get home. "We were supposed to fly back on Saturday evening," said Karen Clarke, a teacher from Calgary. "But now they say we might have to wait until Monday." The airline said the flight cancellations were caused by "unexpected technical problems" and promised to organise new flights as soon as possible. Later, the passengers were taken by three buses 80 km north to a resort complex in Barcelo. Staff at the hotel worked quickly to find rooms for them. By the time the plane finally left on Monday, many people had missed work and were very upset. WestJet Airways has not offered any money or help to the passengers yet.

Text Three

Woman: My guest today is Clara James, a textile artist and restoration expert who many of you may recognise from her regular appearances on the popular Channel 4 series *Stitching Stories*. Clara, welcome to the programme. First of all, tell me, how did you end up working on the programme?

Clara: Well, I didn't expect to work in television. It happened all of a sudden! I've always loved working with cloth and I knew I would make it my career. After university, I ran a small business fixing old items such as quilts and tapestries for individuals as well as heritage groups and museums. One of my pieces was displayed at a local craft fair, and a producer saw it. She got my details and contacted me about a new programme they were developing. At first, I wasn't sure – I'd never even spoken on camera before! But I eventually said yes, and I'm so glad I did.

Woman: Many of the items on the show have a lot of sentimental value for their owners. Do you get emotional working with personal items?

Clara: I really do. People bring in embroidered tablecloths or blankets made by their grandparents, sometimes more than 100 years ago. These pieces are full of memories. I love hearing their stories. The most satisfying part is when someone tells me they thought it was beyond repair – and then they see it looking like new again. That moment is always worth all the hard work!

Woman: I bet it is. So, what's it like behind the scenes?

Clara: I can honestly say they're the nicest team I've ever worked with. We all have different skills and when one of us has a problem, someone else has an idea or helps. We really lift each other up. It's not about showing off – it's about making something beautiful together.

Zadanie 3.

Teacher: Good morning students! I'd like to tell you all about our upcoming 3-day school trip to one of Europe's most beautiful cities, Geneva in Switzerland. This trip is perfect for GCSE and A-Level science and technology students in the STEM programme, but it's also open to anyone else who wants to explore science outside the classroom in Year 10.

We'll get the incredible chance to visit CERN, the European Organisation for Nuclear Research – one of the most important science centres in the world and home to the Large Hadron Collider.

It offers inspirational experiences and we'll go on a three-hour guided tour led by CERN physicists and engineers. This includes an introductory film, visits to experimental areas, and a look at a real particle accelerator. You'll hear about CERN's amazing discoveries and how they build such powerful machines.

But that's not all – we'll spend the whole day at CERN so we can also visit the new Science Gateway. It's full of interactive exhibitions, like the *Our Universe* and *Quantum World* exhibitions, and we'll also enjoy hands-on lab workshops and live science shows. Everything is explained in a fun, easy way by real CERN experts.

Other highlights of the trip include a fun boat cruise on Lake Geneva to enjoy the beautiful views, and there'll be time to visit some of the city's famous museums including the Natural History Museum and the History of Science Museum. It's a great chance to experience science, history and culture all in one trip. The cost will be £300, includes flights and accommodation, and there are 30 places. The sign-up sheet is on the noticeboard outside my office and the closing date is Friday 9th May.

ARKUSZ 2

Zadanie 1.

One

Woman: Good morning everyone. My name is Lucia, and on behalf of Happy Travels, I'd like to welcome you all to San Marco. This journey will take about fifteen minutes. Please remain seated until we reach the hotel and do not eat or drink while on the bus. I'd like to take this opportunity to tell you that Happy Travels Tours offers a variety of special discounts on different day trips and experiences, depending on your plans. We have cultural tours, golfing experiences, boat trips, and fishing trips. You can learn about all these offers in a short information session in the hotel lobby at 10 am tomorrow. Meanwhile, sit back and enjoy the view.

Two

Man: Good afternoon ladies and gentlemen. This is Captain John Williams speaking from the flight deck. Welcome aboard Flight 3639 to Athens. We are currently cruising at an altitude of 33,000 feet, at an airspeed of 400 miles per hour, with a flight time of 3 hours and 25 minutes, and an estimated time of arrival of 5:15 pm, which is fifteen minutes ahead of schedule thanks to a strong tailwind. The weather in Athens is clear and sunny, with a high of 27 degrees this afternoon. Thank you for choosing Mediterranean Air, and have a pleasant flight.

Three

Woman: I travel a lot for work, and so I have got packing light down to a fine art. First, start with a very light suitcase or backpack. Then use packing cubes. They keep down the number of items you pack, and keep everything tidy. Wherever you are going, and for how long, a week's worth of clothing is enough. You can always wash your clothes. Stick to neutral colours and choose fabrics that don't crease. Use a packing list and weigh your bag. Don't pack at the last minute, and don't be tempted to fill your bag up. You need space for souvenirs, after all!

Four

Man: Start your Scottish adventure today! Come to a land full of history and legends with some of the most dramatic landscapes in the world that will take your breath away. With miles of sandy beaches, rugged coastlines, and beautiful castles, it's the perfect place to get swept up, explore and play. You can connect to nature and reconnect with the people you love. If you prefer exciting cities, then we've got you covered there too. Live it up in one of Scotland's eight cities, visit museums, see amazing architecture art, and attend some fantastic events. What are you waiting for?

Five

Woman: I can't recommend Willow Bank Guesthouse highly enough. It has a great location, just outside the village of Walcott, surrounded by green hills and walking trails, and it was the perfect escape from the city. The guesthouse is quite small but very cosy, and my room was clean and bright, with a comfortable bed and a view of the garden. The hosts, Ann and Pete, were very helpful, and served a delicious homemade breakfast every morning. I'd definitely stay again. It's the perfect place for a mini-break in the country, and great value for money, too.

Zadanie 2.

Text One

Woman: I'm not going to do the science course this year. I don't have time and I think it'll be very tiring travelling to college in the evenings after work. I'll do it next year when I don't have so much going on.

Man: Really? But I thought you needed the qualification to apply for a better job.

Woman: I do, but I guess I'll stay where I am for now and work on my career development next year. It's disappointing, but I don't see any other choice.

Man: Why don't you find an online course that you can fit around your other commitments? That way you won't have to wait another year.

Woman: That's a great idea. I'll look into it.

Text Two

A major UK telecommunications company, MetroNet, has confirmed that a serious data problem has occurred. The company says that hackers gained access to the personal details of more than two million customers. This includes email addresses, phone numbers, and in some cases, payment information. The issue likely started late last week, but the company only discovered it yesterday when they noticed something unusual on their computer systems. Experts say that customers should be careful. They should watch out for any strange emails or phone calls. The National Cyber Security Centre says people should change passwords if they use the same one on different websites, especially if the password includes personal information. They also say it's a good idea to use additional steps to log in, like getting a code on your phone. MetroNet has apologised for the incident and says it is now working with authorities to look into the problem and improve their security systems.

Text Three

Woman: Today's guest is Jamie Robertson, a travel vlogger who has just spent six months travelling around Southeast Asia on a budget. Jamie, welcome to the programme. First of all, what made you decide to take this kind of trip?

Jamie: Well, I wanted to do something that would really challenge me as well as entertain my viewers. So, I planned a route that would take me through six countries. I started in Thailand and it was a perfect starting point with delicious street food, cheap hostels and beautiful beaches.

Woman: A great tourist destination! As a solo traveller, was it difficult to meet people?

Jamie: Not really. I met lots of people in hostels and on tours. Sometimes, it costs more to join a tour group but it can be worth it to meet people. In Laos, for example, I joined a group for a white-water rafting trip and it was so much more fun than doing it alone. We all got along really well and I've stayed in touch afterwards.

Woman: That's great! What was one of the more memorable moments of your trip?

Jamie: Probably hiking in north Vietnam. The scenery was incredible, and I even stayed with a local family in a small village. That was an amazing experience. We cooked dinner together; we managed to communicate using simple English phrases and gestures. This whole trip has helped me to be more confident and open-minded.

Woman: Well, anyone who wants to see where you went and how you got on can watch your videos on your YouTube channel, Jamie's Adventures.

Jamie: Yes! And they'll also get lots of travel tips such as where to start, where to stay, what local experiences to try, some basic useful phrases as well as some tips on what to do if anything goes wrong.

Woman: That sounds great. Where are you off to next?

Jamie: I'm planning my next trip as we speak to South America.

Zadanie 3.

Man: In our studio today, we have Molly Carlyle, a young activist who has spent years picking up rubbish on her way to school, and is going to receive an award for her environmental work from the British Prime Minister this week. Molly, what made you decide to start picking up litter by yourself? Most people I know might clean up a specific area like a park or a beach, and usually as a community volunteer as part of a bigger group.

Girl: To be honest, I just want to do my bit. It's everyone's responsibility to protect the world we live in. We all have a duty to keep Britain tidy instead of thinking it's someone else's job.

Man: I guess some people thought it was strange, didn't they?

Girl: Of course. Some people started calling me names and bullying me. They even threw more rubbish and said I should pick it up.

Man: How did that make you feel?

Girl: Obviously, it made me feel angry, but I decided that I wasn't going to let it stop me from doing the right thing. Just because a small group of people called me 'Rubbish Girl', I wasn't going to give up my green habits. I made the name my own and collected bag after bag of recyclable rubbish. Plastic is a huge problem, and we should all help to solve it.

Man: So, that's how it all started...

Girl: Exactly. Now, other members of my family and community have started helping, and some local artists have shown me support too, and are using their art to spread my message. Now there is a team of people helping to get the message out.

Man: What about the bullies?

Girl: They still call me 'Rubbish Girl', but it doesn't bother me anymore because most people now say it with respect, and I get a lot of support from people on social media.

Man: Well done, Molly. I'm sure that, thanks to you, many people have begun to care about the environment and will think twice before dropping litter, and maybe they will help pick it up too.

ARKUSZ 3

Zadanie 1.

One

Man: When I started out as a tour guide, I soon realised that speaking only English wasn't enough, and if I wanted to continue working, I needed to learn at least one more language. I started learning Italian and, in no time, I was able to communicate in it. I learnt basic phrases and soon I could give my tour in Italian. Then I moved on to Spanish, as it is similar in a lot of ways to Italian. Now I can answer questions, give directions, and even makes jokes with tourists, and my clients really appreciate that.

Two

Woman: I think that learning a language in school is useful, but it's not enough because it focuses more on vocabulary and grammar than speaking. I know a lot of my classmates who get good grades in class, but after 4 years of English in school, they cannot speak it well at all. I improved my English more by watching TV shows and chatting online with English speakers than in my school lessons.

Three

Man: When my daughter started learning English at school, I decided to learn with her. Of course we did the homework and we started reading together, but we also watched cartoons, played word games, and even sang songs in English. I think doing all this at home made it easier for her – and for me too! My advice is: if you want your child to enjoy language learning, make it fun and be part of it.

Four

Woman: Last summer, while backpacking through South America, I understood in real life how important it is to speak the local language. I didn't know a lot of Spanish, but I was so happy that it was enough to be able to buy food, get directions and even get help one time when I missed the last bus. That moment showed me how important it is to be able to communicate in the local language – even if it's only a few words.

Five

Man: Want to learn a language in just 15 minutes a day? Then try *LinguaBoost*! This app offers short interactive lessons, fun quizzes and real-life dialogues to help you pick up a language quickly and easily. You can use it anytime, anywhere! Thousands of users have successfully learnt a language with *LinguaBoost*. Try it today and see for yourself!

Zadanie 2.

Text One

Girl: I'm not going to go on the school trip to Spain next month. There are so many other things I can spend the money on, and I'm nervous about flying.

Boy: That's too bad. I was looking forward to going with you. But I suppose it's your choice.

Girl: I've never flown before, and my Spanish isn't that great. I don't even like speaking it. I'd rather save the money for a road trip this summer to the lakes.

Boy: That sounds like fun.

Girl: You can come along too if you like. What do you think?

Text Two

StudyBoost is a free online study platform used by over 5 million students from KS3 to A Level. It helps you remember things better by showing questions again and again at just the right time. This method is based on how the brain learns and helps students study twice as fast as usual revision guides. StudyBoost makes learning fun and keeps students more focused.

You can create a free StudyBoost account anytime.

Why use StudyBoost?

- it's 100% free for students and teachers
- includes over 1000 courses for KS2, KS3, GCSE, and A Level, covering all exam boards
- teachers can use it to set tasks and see how students are doing
- proven to help students learn two times faster
- fun and interactive, so it's easier to stay motivated

Text Three

Woman: Today's guest is Dr Taylor, an education expert who is here to tell us what schools might look like 50 years from now. Thank you for talking to us today.

Dr Taylor: Of course. I believe classrooms in the future will be very different from what we know today. Technology will play a much bigger role, and learning will be more flexible and personalised for each student.

Woman: When you say "flexible", what do you mean exactly?

Dr Taylor: Well, students might not need to sit in the same classroom all day. They could learn from different places – at school, at home, or even online. Lessons will include more group projects, creative tasks, and real-world problem solving.

Woman: And what about the role of the teacher? Will that change too?

Dr Taylor: Definitely. Teachers will still be very important, but their role will change. They'll become more like coaches or guides – helping students find answers, think critically, and stay motivated. With tools like artificial intelligence, teachers can better understand what each student needs, and support them individually.

Woman: That sounds promising. But what about students who don't have good access to technology?

Dr Taylor: That's a real problem. In the future, governments and schools must work together to make sure all students have equal access to devices, the internet, and learning support – no matter where they live.

Woman: Will schools also focus more on life skills, and not just academic subjects?

Dr Taylor: Absolutely. Future education will include teamwork, emotional intelligence, environmental awareness, and communication skills. The goal is to prepare students not just for exams, but for life.

Woman: Thank you Dr Taylor. It's exciting to hear how education could become more meaningful and inclusive.

Zadanie 3.

Woman: In our studio today, we have Jason Elton, founder of Green Travel, a travel company that focuses on responsible tourism that benefits local communities as well as tourists. Jason, why did you start Green Travel and how is your company trying to help the environment?

Man: Well, I've always loved to travel, but I think visiting a place that has been spoilt by too much tourism is disappointing, especially if the local people stay away because of the visitors. I want to see beautiful places in a way that helps the environment and respects the local people. At Green Travel, we care about the environment so we try to do things in a green way. We want travellers to enjoy their trip, but we also want to help local people and nature.

Woman: What has Green Travel done to support eco-friendly travel? Can you give examples of how problems were turned into chances to do something good?

Man: We support eco-friendly travel by helping with local clean-ups and working with farmers to give visitors real farm experiences. One problem we had was too much rubbish in popular tourist places. We started a campaign called 'Leave no trace' which reduced litter and got tourists more involved in talking about the preservation of a place.

Woman: In what other ways do you educate travellers about responsible tourism?

Man: We help people learn in a fun way. Before the trip, we give useful tips about how to travel responsibly using colourful guides and short talks. During the trip, we ask travellers to ask questions and take part in local traditions.

Woman: Okay. And how do you make sure that the local people you work with benefit from the tourism experiences you offer?

Man: We believe strongly in helping local communities and we work closely with local guides, restaurants and craftspeople. Every time a traveller has a meal or buys a souvenir, they are helping the local economy. We also support traditional crafts and community projects.

Woman: Great! In the future, what are the most important things you want to do to support eco-tourism with Green Travel, and how will you grow these ideas?

Man: We're looking forward to growing our eco-tourism business and working more with local communities. We want to encourage travellers to visit places that are not so popular and to respect the culture there. To grow this idea, we plan to use social media to tell people about what we do, and to work with other groups who also care about responsible travel. Our goal is to start something bigger than just a company – we want to make a positive change.

Woman: That's great. Thanks so much for talking with me today and good luck!