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**PROVA DE EQUIVALÊNCIA À FREQUÊNCIA**

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**2015**

**ACTIVITY A**

Comment on ONE of the following pictures.

1.



2.

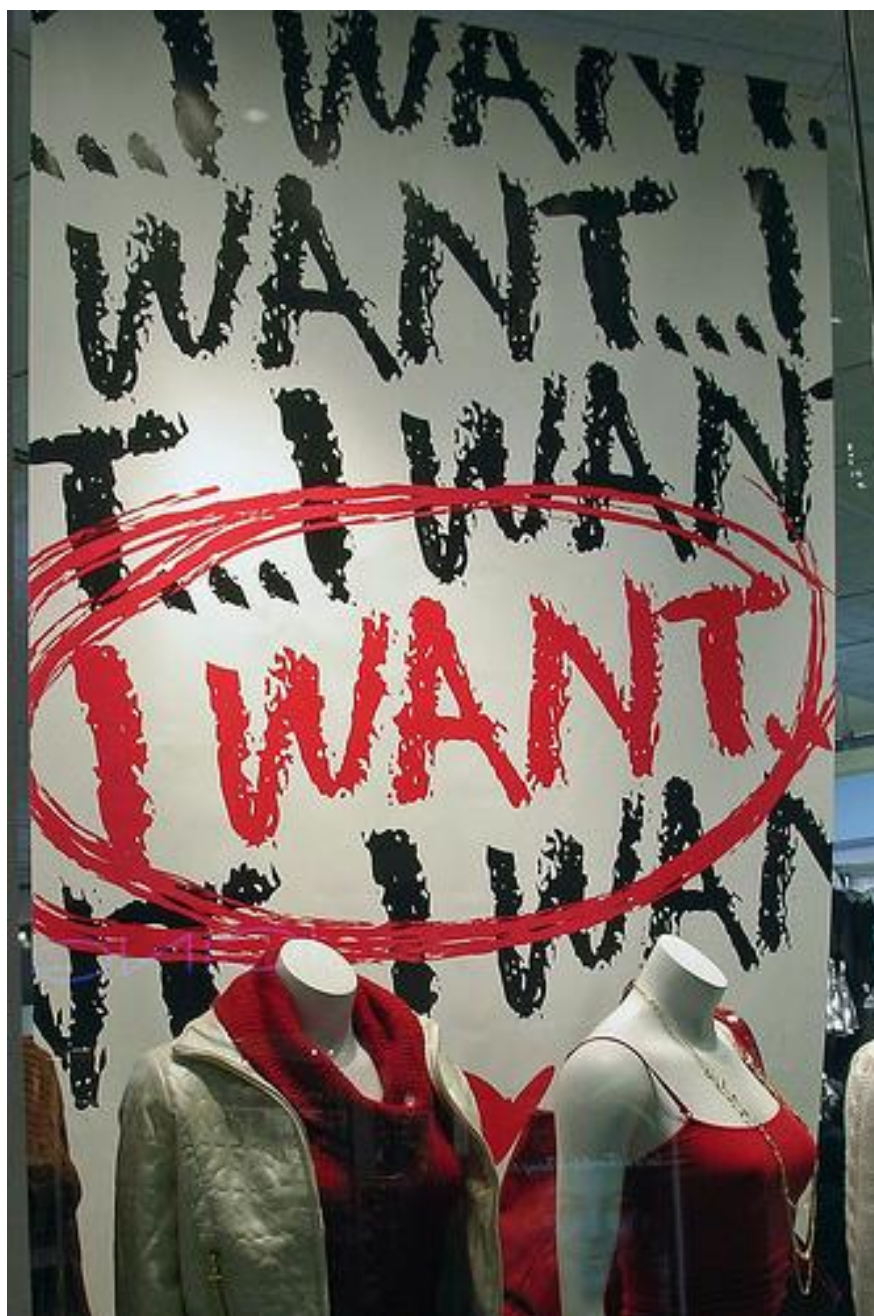




3.



4.



5.





6.



## **ACTIVITY B**

Read ONE the following texts.

1.



### **Why not study in New Zealand?**

I studied at the University of Canterbury (UC) in New Zealand for ten months last year. Unfortunately, New Zealand has not been a popular destination for Japanese exchange students. I was actually the first student who went there from Waseda. It is a country full of attractive and impressive aspects. And I am sure you will be fascinated by New Zealand even after you come back to Japan, just like me!

Lectures at UC were very interesting and entertaining, but at the same time they were very hard. It was one of my routines to study in the library up to 10 p.m., its closing time. I wrote more than 20 essays over the year. Now, you may wonder how I managed to do it. I could do it because the lectures were fascinating, and because every single lecturer was making a studious effort to offer students the best environment to study. You didn't have to worry about the level of textbooks written in English. I don't think they are as difficult as one may think. Rather, there are even some cases that you can read them more easily than Japanese ones, because the languages used in them are usually very clear, precise, and what is more, the technical terms are originally in English, aren't they?

The days with more than 100 "dorm mates" were also very interesting. In my dormitory, there were students from more than ten countries together with the local students called "Kiwis", or New Zealanders. Conversations with friends at and after dinner, chats with friends who didn't have any lectures in the daytime on the grass in a quad...

Every moment was so precious. Of course, as you can guess, there were some days when I never wanted to go out of my room because I was up against the high walls of language and cultural differences. Looking back now, however, it was only very momentary. You might feel the same way. But with your steady effort and a little courage to talk with people there, the troubles will be gone very soon!

I recommend you to go on some trips during the three breaks. New Zealand is full of aboriginal nature. Don't miss the chance to travel around! Therefore, let me recommend you to study in New Zealand and you will be able to get a wonderful year of study abroad!

**Shohei Noda**

[http://www.waseda.jp/cie/publication/newsletter/e\\_exp.html](http://www.waseda.jp/cie/publication/newsletter/e_exp.html)

2.



## The impact of technology on family life

by **Gillian Taber**

February 04, 2011

Technology is everywhere. It's used to chill food, for communication via cell phones and email, research information online, light homes, drive cars and in a thousand other ways. Look around the average home and technology will be a major part of the décor. From the flat screen, HD TV to the sat-nav in the car (protected by automatic alarms and movement sensitive lights), humans can barely move for technological advances aimed at making life easier.

What impact does all this technology have on the life of the family? It is not difficult to imagine what this mass of technology might do to the family unit. The family meal is one of the major casualties of technology. Of families in one survey who said they ate together three or less times per week, 45% said the television was on during those meals. Why cook a fresh meal when the microwave can serve up in seconds? Why try to make conversation when the television will talk instead? Why come down from the bedroom to eat when every conceivable appliance resides in the room? Easier to pick up the cell phone and order take-out than go downstairs and make an effort to talk to the family.

Television and the ability to be online have all but destroyed the need for families to interact. If boredom sets in there are a thousand channels of television to watch. No need to talk to anyone. Where once a child would have gone to a parent or grand-parent for help with homework, now there is no need. A couple of clicks, a quick question to Google and everything is there without the need for human interaction. Feel the sudden need to talk to a real person? It is more than likely that such interaction will happen over a cell phone than with a family member who is in the same house.

Learning to adapt the family unit around these advances is a new challenge and one most families will rise to with enthusiasm and skill. If nothing else, they can always look up how to cope on the Internet...

Source: <http://www.helium.com/items/2085873-the-impact-of-technology-on-family-life> (adapted)



3.



## Are you addicted to TV?

by Katherine Westphal

It is 2 a.m. and you are blankly staring at a rerun of *Columbo*. You meant to go to bed hours ago, but the time has somehow managed to slip through your fingers. Your hand reaches for the remote.

It's Saturday afternoon and your best friend since kindergarten calls and asks to meet with you over coffee. She has some exciting news,

and she can't wait to share it. "Wait until *Friends* is over," you answer.

Sound familiar? If so, you may be addicted to your TV. TV has some funny effects on the brain. Most people are not aware of these effects. However, the effects of TV on the brain are similar to those of addictive drugs. The good news is, once you become aware of these effects, you can begin to reduce TV's addictive hold.

Everyone knows TV can be very relaxing. TV has the ability to completely shut out the rest of our crazy world. All the world's problems vanish as you are wrapped in a cozy TV Neverland. The relaxation is almost instantaneous. As long as you are watching TV, you feel relaxed. Unfortunately, this sense of relaxation ends as soon as the TV is turned off.

After the set is turned off, you will feel either worse or the same as you did before watching TV. If you were trying to avoid painful feelings, those feelings will surge back when you re-enter the real world.

### What are the major symptoms of TV addiction?

- ◆ You want to watch less, but find it difficult to turn off the TV.
- ◆ You tried in the past to limit your TV watching – but failed.
- ◆ You feel anxious when the TV is not on.
- ◆ You think about TV when you are not watching it.
- ◆ TV replaces other meaningful activities, like spending time with family and friends.

Katherine Westphal is the founder of a daring new website [TrashYourTV.com](http://www.trashyourtv.com), that makes it fun and easy for people to get control of their TV set.

in: <http://www.peopleoffaith.com/tv-addiction.htm>

4.



### What teens wish their parents knew

Parents, did you know your teens often want you to say no? Teens live in a fascinating world that few adults who were born before computers, video games and cable television can understand. Kids are stuck on fast forward. They want everything, and they understand little of the world around them.

But, even if you don't understand the latest styles or have never heard of the songs or artists on your teen's latest CDs, you have much to offer.

The role of a parent is that of a coach, mentor and friend. Often, slowing down the pace and halting your teen's hectic life is the best way to prepare him for the challenges of life.

Recently a young teenager feeling pressure from his neighbourhood peers begged his parents to tell him he couldn't go out on school nights. He mentioned to his mother and father, "You must help me do what is right." Shockingly for many parents who feel guilty about spending too much time at work and too little time supervising their children, kids want guidance.

Help your children by defining their roles in the family and including a sense of responsibility. It wasn't too many years ago that many families lived on family farms. Chores and other responsibilities were a way of life.

Today's teens often don't feel needed or vital to the welfare of the family. Parents do well to include responsibilities and chores in the daily lives of their children. Teens need money, perhaps in the form of an allowance. However, chores should be considered a necessary part of working together as a family. This helps knit the family as a team.

Other ways of developing needed structure are to have meals together and create some family rituals. Too many moms and dads become absentee parents while fantasizing that the outward attitude of their teens means they want to be left alone. Teens need and want their parents' love and guidance. Be there for them and don't be afraid to sometimes say no.

<http://www.ucgstp.org/lit/gn/gn026/teens.html>

## 5.

With fish moving rapidly amongst them in a blue lagoon, the Maldivian president Mohamed Nasheed and 11 ministers held a meeting 4m underwater to publicise climate change. The idea is to focus on the plight of the Maldives, where rising sea levels threaten to make the nation uninhabitable by the end of the century.

Mr Nasheed has become an important global voice for climate change since he won in polls last October. "We have to get the message across through a course of action which is understood by ordinary people," the president said, as the boat neared their destination - the turquoise lagoon off Girifushi, in North Male atoll.

The cabinet then zipped themselves into diving suits before jumping in the water. The president and his team took their seats at the bottom of the lagoon, sitting at desks while colourful fish rushed around them.

While underwater, they signed a document ahead of the UN Climate Change Conference in Copenhagen in December, calling on all nations to cut their carbon emissions. World leaders at the summit aim to create a new agreement to replace the 1997 Kyoto Protocol, which expires in 2012.

Emerging out of the water, President Nasheed removed his mask to answer questions from reporters and photographers crowded around on the shore. "We must unite in a global effort to halt further temperature rises. We are trying to send a message to the world about what is happening and what would happen to the Maldives if climate change isn't checked," he said, "If the Maldives is not saved, today we do not feel there is much chance for the rest of the world."

In the Indian Ocean, the 1192-island chain is at severe threat from rising sea levels, with 80% of its islands less than a metre above sea level. The Maldives stand an average of 2.1 metres above sea level, and the government says they face being wiped out if oceans rise. Even though his country is under threat from climate change, President Nasheed told the journalists his nation would only go to the December talks in Copenhagen if someone offered to pay for the trip.

"What do we hope to achieve? We hope not to die. I hope I can live in the Maldives and raise my grandchildren here," says Mr Nasheed.



*BBC NEWS ONLINE, 17 October 2009 (shortened and adapted)*



6.



STEVIE CASE, NOW AGED 23, WAS A WORRY to her parents when she was in high school. She suddenly fell in love. She couldn't think about anything else apart from one thing... her favorite video game, *Quake*. She played it obsessively whenever she could until she became brilliant at it. Eventually she went to Dallas, met the creator of the game and he offered her a job. Now she earns \$65,000 a year and she helps to design online games such as *Quake III*. Sounds too good to be true? It's not.

The good news is many companies are looking for young people who eat, breathe and sleep computers.

### TOP TIPS

#### 1 Experience

As with all jobs, experience is desirable. It helps you get the edge over those without it. For example, in the USA, many companies offer part-time jobs or summer internships to 'techno savvy' kids. Sometimes they pay well, sometimes they pay peanuts. The main advantage of these jobs is that they often help people to get a future position, especially as temporary jobs often lead to permanent job offers.

#### 2 Technical knowledge

Make sure your keyboard skills are good. It is important to know how to set up and install software. Many 17-year-old network managers got jobs installing software at local schools. Many young people are hired due to the amount of knowledge or skill they have picked up while surfing the net or playing around. For potential webpage designers HTML (hypertext markup language) knowledge is an advantage. Familiarity with Photoshop (for still graphics) and Flash (for animated graphics) would be good too but not essential.

#### 3 Skills

Although the stereotypical computer geek is desirable for his/her enthusiasm, many jobs require further skills such as the ability to work in a team, so being able to communicate is also important. Aaron Gavios, vice president for sales at Mondosoft, a software company, believes analytical skills to be essential: 'Problem solving and an ability to recognize patterns and trends are a big part of the job.'

#### 4 Upsides and downsides

The world of computer software and games is a youthful, vibrant industry. For many games and computer enthusiasts their hobby has become their bread and butter and they get paid for doing something they love. The downside to the industry is that it isn't all play and the work can be tough and challenging.

### **ACTIVITY C**

**Comment / State your opinion on ONE of the following topics:**

1. A World of many Languages and Cultures
2. A Technological World
3. Media and Global Communication
4. Young People and Consumerism
5. The World Around Us
6. The World of Work

**FIM**

## COTAÇÕES

### ATIVIDADE A

..... 75 pontos

### ATIVIDADE B

..... 75 pontos

### ATIVIDADE C

..... 50 pontos

Total da prova ..... 200 pontos