Voorbeeldexamen MBO 2023-2024: Engels B2  
Tekstdocument

Examenduur: 90 minuten + toegestane verlenging.

Het examen bestaat uit:

- 8 teksten (4 leesteksten en 4 kijk- en luisterteksten)

- 42 vragen

Bij dit tekstdocument horen een vragendocument en een antwoordblad.

In het tekstdocument staan de 4 leesteksten.

In het vragendocument staan eerst de vragen over de leesteksten en daarna de vragen over de kijk- en luisterteksten met hyperlinks naar de betreffende fragmenten.

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# Algemene instructie

- Je mag zelf bepalen in welke volgorde je het examen maakt.

- Let op dat je alle vragen maakt. Een vraag die niet beantwoord is, is fout.

- Je kunt een fragment zo vaak afspelen als je wilt.

- De aantekeningen op kladpapier moet je na het examen inleveren of van de computer verwijderen.

- Je mag woordenboeken gebruiken.

- Na het beantwoorden van de vragen lever je het antwoordblad in of laat het printen.

# Leestekst 1. Run free

Deze tekst hoort bij vraag 1 t/m 4.

De volgende tekst gaat over de sport parkour, ook wel free running genoemd. Bij free running beweeg je je door gymnastische technieken zo snel mogelijk door stedelijk gebied, waarbij je gebruik maakt van obstakels, zoals muren, hekken, daken enz., om vooruit te komen.

**paragraph 1**

Frazer Meek jumps down from a wooden platform and jogs across the floor of the Fluidity Freerun Academy, a 650 m2 warehouse in an industrial estate on the outskirts of Cardiff. It is a wintry Thursday evening and there are only a few hardy souls practising their leaps and swings on the purpose-built equipment, designed to mimic the bollards, railings and concrete building blocks of the great urban outdoors. "It's funny that recognition has come just after we opened," he says. "We've always been the underdogs because we're not a recognised sport, but now that should change."

**paragraph 2**

Last week, the UK became the first country in the world to recognise parkour as a sport. Defined as the discipline of moving 'freely over and through any terrain using only the abilities of the body', parkour is notable for its participants' ability ..1.. while almost always seeming to land, cat-like, on their feet. Also known as free running and *art du déplacement*, the newly minted sport already attracts thousands of mainly young, mainly male participants across the country, their interest propelled by the sport's high profile on YouTube and in popular culture, from the opening sequence of James Bond's *Casino Royale* to advertising and music videos.

**paragraph 3**

"A lot of people from the pedestrian world don't understand parkour," says Meek. "It's not just about technique, it's about the attitude. It's about exploring boundaries sensibly, seeing danger and calculating risk." Meek, 24, who set up Fluidity Freerun with fellow parkour enthusiast Craig Robinson and a £50,000 loan, is almost an archetypal follower of the sport. "I started when I was 12," he says. "I really hated conventional sports, I was a nervous kid who liked video games. Then I started to come across it on internet forums, and it seemed to be just a bunch of long-haired nerds, a lot of people who didn't fit in with more conventional stuff, shy people. That's what appealed to me about it."

**paragraph 4**

Sebastien Foucan, is now president of Parkour UK, the sport's governing body. "It took many years to get to this point," he says. "It's a journey, an evolution. You have to tick many boxes but the core of it is still the same." Foucan was an early ambassador for parkour in the UK, appearing in *Jump London*, a TV documentary that introduced the activity to a wider public in 2003 as he and two friends leapt across the capital's rooftops. He also played Mollaka, the bomb-maker chased by Daniel Craig's Bond in the memorable sequence at the start of *Casino Royale* in 2006. "I love my country but the UK opened the door to us," he says, when asked why Britain has beaten France to recognise parkour. "They embraced it straight away when we did *Jump London*. I met with the minister of sport at the Élysée Palace but nothing happened. Here I met the sport minister and she is amazing. They're more inclined to embrace the subculture here, there's more openness to exploring possibilities."

**paragraph 5**

That spirit of openness has led some to decry the apparent risks associated with free running, although Parkour UK insists that the injury rate is lower than in other sports. Nevertheless, parkour has been dogged by accusations of recklessness, not least when 17-year-old Nye Newman died in an accident on the Paris Métro on New Year's Day. Both his family and the parkour group he was with have denied suggestions he was free running when he died. Film-maker and anthropologist Julie Angel has chronicled the rise of parkour, even completing a PhD on the sport as she attempts to decode its appeal. "Parkour opens up the possibilities of a generally mundane urban environment," she says. "When you walk through a playground rather than a general living environment it really changes your worldview. You return to this sense of wonderment about the world. It becomes a metaphor for overcoming obstacles in life, and that's where it becomes a transformative process."

**paragraph 6**

Participants point to the lack of equipment as one of parkour's advantages, arguing that with recognition the sport will be able to extend its work in schools. "We've been in schools for 12 years," says Parkour UK chief executive Eugene Minogue. "Given the lack of outdoor space and the funding challenges, the great thing about parkour is that all you need is a pair of trainers. It goes back to the core of what PE (Physical Education) is about." Charlotte Blake is the chair of Free Your Instinct, a charity that brings parkour to the field of mental health. It has, she says, been an effective tool in helping people with anxiety, depression and bipolar disorder to build resilience and overcome the obstacles in their lives. "Parkour helps you to move naturally within your environment and to develop a new dialogue with your environment, to play with it and to open up a world of opportunity," says Blake.

# Leestekst 2. How to change

Deze tekst hoort bij vraag 5 t/m 10.

De volgende tekst gaat over gedragsverandering.

Anyone who has ever made and broken a New Year's resolution can appreciate the difficulty of behavior change. Making a lasting change in behavior is rarely a simple process and usually involves a substantial commitment of time, effort and emotion.

**paragraph 1**

**Behavior change: getting started**

Whether you want to lose weight, stop smoking, or accomplish another goal, there is no single solution that works for everyone. You may have to try several different techniques, often through a process of trial-and-error, to achieve your goal. It's during this period that many people become discouraged and give up on their behavior change goals. The key to maintaining your goals is to try new techniques and find ways to stay motivated.

Change might not come easily, but psychologists have developed a number of ways to effectively help people change their behavior. Many of these techniques are used by therapists, physicians, and teachers. Researchers have also proposed theories to explain how change occurs. Understanding the elements of change, the stages of change, and ways to work through each stage can help you achieve your goals.

**paragraph 2**

**Stages of Change Model**

One of the best-known approaches to change is known as the Stages of Change or Transtheoretical Model. The Stages of Change Model has been found to be an effective aid in understanding how people go through a change in behavior.

**Stage 1: Precontemplation**

The earliest stage of change is known as precontemplation. During the precontemplation stage, people are not considering a change. People in this stage are often described as "in denial" due to claims that their behavior is not a problem.

If you are in this stage, you may feel resigned to your current state or believe that you have no control over your behavior. In some cases, people in this stage do not understand that their behavior is damaging or are under-informed about the consequences of their actions.

If you are in this stage, begin by asking yourself some questions. Have you ever tried to change this behavior in the past? How do you recognize that you have a problem? What would have to happen for you to consider your behavior a problem?

**Stage 2: Contemplation**

During this stage, people become more and more aware of the potential benefits of making a change, but the costs tend to stand out even more. This conflict creates a strong sense of ambivalence about change.

Because of this uncertainty, the contemplation stage of change can last months or even years. In fact, many people never make it past the contemplation phase. During this stage, you may view change as a process of giving something up rather than a means of gaining emotional, mental, or physical benefits.

If you are contemplating a behavior change, there are some important questions to ask yourself: Why do you want to change? Is there anything preventing you from changing? What are some things that could help you make this change?

**Stage 3: Preparation**

During the preparation stage, you might begin making small changes to prepare for a larger life change. For example, if losing weight is your goal, you might switch to lower-fat foods. If your goal is to quit smoking, you might switch brands or smoke less each day. You might also take some sort of direct action such as consulting a therapist, joining a health club, or reading self-help books.

If you are in the preparation stage, there are some steps you can take to improve your chances of successfully making a lasting life change. Gather as much information as you can about ways to change your behavior. Prepare a list of motivating statements and write down your goals. Find outside resources such as support groups, counselors, or friends who can offer advice and encouragement.

**Stage 4: Action**

During the fourth stage of change, people begin taking direct action in order to accomplish their goals. Oftentimes, resolutions fail because the previous steps have not been given enough thought or time.

For example, many people make a New Year's resolution to lose weight and immediately start a new exercise regimen, begin eating a healthier diet, and cut back on snacks. These definitive steps are vital to success, but these efforts are often abandoned in a matter of weeks because the previous steps have been overlooked.

If you are currently taking action towards achieving a goal, congratulate and reward yourself for any positive steps you take. Reinforcement and support are extremely important in helping maintain positive steps toward change. Take the time to periodically review your motivations, resources, and progress in order to refresh your commitment and belief in your abilities.

**Stage 5: Maintenance**

The maintenance phase of the Stages of Change Model involves successfully avoiding former behaviors and keeping up new behaviors. During this stage, people become more assured that they will be able to continue their change.

If you are trying to maintain a new behavior, look for ways to avoid temptation. Try replacing old habits with more positive actions. Reward yourself when you are able to successfully avoid a relapse. If you do lapse, don't be too hard on yourself or give up. Instead, remind yourself that it was just a minor setback. As you will learn in the next stage, relapses are common and are a part of the process of making a lifelong change.

**Stage 6: Relapse**

In any behavior change, relapses are a common occurrence. When you go through a relapse, you might experience feelings of failure, disappointment, and frustration.

The key to success is to not let these setbacks undermine your self-confidence. If you lapse back to an old behavior, take a hard look at ..10... What triggered the relapse? What can you do to avoid these triggers in the future?

While relapses can be difficult, the best solution is to start again with the preparation, action, or maintenance stages of behavior change. You might want to reassess your resources and techniques. Reaffirm your motivation, plan of action, and commitment to your goals. Also, make plans for how you will deal with any future temptations.

# Leestekst 3. Nosy rats

Deze tekst hoort bij vraag 11 t/m 18.

De volgende tekst gaat over het trainen van ratten voor speciale doeleinden.

**paragraph 1**

The grass is still damp with dew as the sun begins to glint over the Uluguru Mountains. It's only 7 a.m. in Morogoro, Tanzania, but Oprah and Malala and Taylor Swift and the others are already hard at work. They are heroes in the region, literal saviors to thousands of Tanzanians and those in the international community as well. It is on this large swath of land that giant African pouched rats, often named by their handlers after celebrities or loved ones, are meticulously trained for nine months to sniff out landmines. Down the dusty red dirt road, you'll find others just like them - but there the rats are training in a laboratory, learning how to detect the disease tuberculosis (TB) amid thousands of samples.

**paragraph 2**

It is here in the field that APOPO, a nonprofit organization that trains African giant pouched rats to undertake such endeavors, works its magic. The humans are patient, methodical, while the rats seem eager to learn - an interaction reminiscent of a new owner training a puppy. After each rat undergoes its daily weigh-in - they are generally between two and three pounds - it is put in a harness to walk one of the areas marked off on the field. It paces the ground, scratching feverishly when it detects a dismantled landmine beneath the surface. An APOPO worker uses a clicker to notify the rat that it is correct. The rat then scrambles to receive its treat of bananas or peanuts. After nine months of training, they are shipped out to APOPO's partner organizations in various countries, where they will detect and help dismantle thousands of landmines that have been left over from decades of prior conflicts.

**paragraph 3**

Since 1997, APOPO personnel has been training these giant rats (think cat-size) that are native to the East Africa region. Bart Weetjens, a native of Belgium, had always loved rats, and had them as pets since he was a kid. In 1995, while exploring solutions for the global landmine problem, he realized that rats, smart and obedient by nature, could be trained for such endeavors. Because they are so light weight, they wouldn't explode a landmine if a rat did indeed step on the ground above one. Weetjens, along with Christophe Cox, founded the organization, which has steadily grown in size and stature within the global de-mining community. "We dealt with a lot of skepticism in the past - rats certainly carry a lot of stigma," said Cox from his office in Morogoro. "But as the years went by and our trained rats proved how efficient and accurate they actually are, those feelings from the de-mining community ..13..." A mine-detecting rat can check an area the size of a tennis court in about 30 minutes, a job that would take a de-mining worker with a metal detector up to four days. Since APOPO began, nearly 22 million square meters of land have been given back to local communities, more than 19,000 landmines have been located and deactivated and more than 82,000 items of unexploded ordnance, such as bombs and artillery shells, have been found and destroyed.

**paragraph 4**

Down the road, the other rats, all known as 'HeroRATs', are doing a different type of training - inside a laboratory, taking turns detecting tuberculosis out of 100 samples of sputum per session. A lab worker walks in with Han Solo propped on her shoulder before she eases him into a long glass encasement. Using the same click-training technique as the land mine detectors, the rats learn to associate the sound of the click with a reward when sniffing out TB. So far, 57 public hospitals in the area participate in the APOPO TB detection program, and its rats have helped increase the detection rate for the infectious disease by more than 40 percent. Despite being curable, tuberculosis kills more than 30,000 people in Tanzania every year, and about 30 percent of those cases are either not detected or not treated properly. And since APOPO began its TB detection, more than 200,000 samples have been screened by rats, and more than 11,000 additional TB patients have been detected, with more than 165,000 additional infections prevented. A HeroRAT can check 100 samples of TB in less than 20 minutes, a job that takes a lab technician using a conventional microscope up to four days.

**paragraph 5**

These days, CEO and co-founder Christophe Cox is looking to the future to decide what is next for the beloved rats. Together with Germany's Max Planck Institute and Braunschweig University, APOPO is continuing fundamental research to determine what exactly it is that the rats are smelling. The TB detection rats make their decisions based on what gases have been paired with food in the past, but human samples contain several other substances that emit gases along with the TB bacteria, explains Cox. When it comes to infections like TB, it is imperative to have several qualitative samples, every day, to properly train the rats in detection. There has been a lot of discussion about training for certain kinds of cancers as well, especially lung cancer, but the key is to have proper access to a high volume of samples.

**paragraph 6**

Another potential area for the HeroRATs' keen detection abilities is wildlife trafficking. About a dozen of the rats have been part of a new program to sniff out the endangered pangolin - the world's most illegally trafficked mammal whose meat and scales are sold in Vietnam and China. If implemented, the plan would involve rats sniffing shipping containers heading to Asia from Africa. "It's tough, though, and we still have a lot we need to manage with it. Right now, it's a needle in a haystack," said Cox. Other governments have expressed interest in training the rats to detect humans in the aftermath of natural disasters like earthquakes or floods.

"There are so many possibilities in this type of detection," said Cox. "We're really looking ahead. I feel we've only really scratched the surface."

# Leestekst 4. A cruel message

Deze tekst hoort bij vraag 19 t/m 22.

In de volgende tekst vraagt iemand advies over een voorval op het werk. De tekst bestaat uit een ingezonden probleem door een werknemer en het antwoord daarop. Vraag 19 en 20 horen bij het ingezonden probleem; vraag 21 en 22 hebben betrekking op het antwoord op het probleem.

**My boss asked me to log into a coworker's email to delete a cruel message**

**A reader writes:**

Dear Aurora,

As background, I work for a company with fewer than 10 employees. We all have similar passwords to access both email and the programs we use on a daily basis - think something like the company name followed by our initials. Since it's such a small group, we each essentially have everyone else's password. It's not unheard of for someone to log into a coworker's account if they're out sick or need assistance while traveling, but it's rare and has always been at the request of the account holder.

A few days ago, the owner/manager of the company, "Fergus," sent out an email discussing shortcomings of my most junior coworker, "Jane." He mentioned several specific issues and asked those of us who worked with her to let him know what concerns we had so he would be fully informed when he sat down to talk with Jane. He ended the email in an uncharacteristically harsh manner, saying something along the lines of, "Jane has been a disappointment so far and appears to be a waste of the time and resources we dedicated to training her." Though he had intended to send the email only to the two of us who work directly with her, he sent it to the whole office - including Jane.

I serve as the office manager, and as soon as Fergus realized that Jane was on the email he told me to log into her account and delete the message before she saw it. She had the day off, so it's unlikely she would have seen it before coming in the next morning. While I have issues with the general idea of accessing someone else's email to delete messages, in this case it was both a direct request from the owner and, to my mind, the kindest option for Jane, who would have been mortified and hurt seeing what he had said. I deleted the email from Jane's account, and Fergus sent a message to everyone else who had been on the original email telling them that the outsourced IT company had recalled the message, and to please not mention it to Jane as he planned to sit down and discuss her performance with her privately.

So, there are a few things here that I'm unsure about. One is the ethics of deleting messages from someone else's account - not to sabotage or exclude them, but to spare their feelings. Do the good intentions do anything to lessen the extreme ickiness of accessing a coworker's email without their knowledge or consent? I'm also a bit torn about Fergus telling everyone else that the IT company had magicked the email away. It's not totally believable - they usually take hours/days to respond to requests, not minutes - and part of me feels like he should be up-front. But I also understand that the others might panic if they thought Fergus was accessing their emails on the sly. And since I'm the one who actually did it, I worry that if there is any blowback, I'll be caught up in it. Am I just caught up in small company drama, or are there legitimate concerns here?

Magda

**Answer:**

Dear Magda,

You're caught up in small company drama and there are legitimate concerns here.

Frankly, the biggest concern to me is that Fergus is sending emails saying that an employee is a waste of time. Even if his email had gone only to the people he intended to send it to, that's a crappy thing to put in an email. There's no need to be gratuitously nasty about an employee - ever, but especially in writing and especially to her coworkers. It would have been perfectly sufficient for him just to say, "I'd like your input about Jane's work so far, so that I can incorporate it into feedback I'll be giving her later this week." He even could have added, "Please be candid - I know that there have been some problems and I want to make sure that I have a full view of where we are."

So I'm curious to know how Fergus's people-management skills are in general. Was this a one-time flub, or is he typically this unkind? If it was a flub, then fine - but I wonder if it's part of a pattern.

As for having you remove the email from Jane's account ... yeah, that's not great. But I agree with you that it's justifiable since the alternative was letting Jane see an inappropriate and frankly cruel message about her. It's hard to imagine someone continuing to be comfortable at work after seeing that message went to all of their coworkers. So, icky and uncomfortable, but I have to reluctantly say that it's better than the alternative.

The part about Fergus telling everyone that the outsourced IT company had recalled the message is just weird, because presumably people are going to see that the message remains in their in-boxes and will know that it's not true. It also could potentially create problems in the future, if someone else sends an email accidentally and figures that they can just have the IT company recall it.

Plus, handling things that way denied Fergus the ability to address the mess he created head-on, which he really should do. Right now, everyone in your company except Jane has received an awful message about Jane, and Fergus is just ... ignoring that? It would be better for him to address what happened (not via email) and say something like, "I've made a mistake. I intended to send this to two people who work closely with Jane, and I'm mortified that it happened. No one deserves to have that kind of message about them sent to all their coworkers. When someone is having difficulties, it should be a private matter, and so I'm asking you all to do your best to put this out of your mind so that Jane isn't at the disadvantage of her coworkers knowing about this kind of discussion. I've learned a lesson about not using email this way in the future, and I want to apologize to all of you that it happened."

All the best,

Aurora

Dit is het einde van het tekstdocument.