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Zadanie 1.

Tekst 1.

Man: The world's largest cruise ship, the Symphony of the Seas, is owned by Royal Caribbean International. It currently sails in the Caribbean, offering 7-night cruises from Miami to the Bahamas. The ship weighs 228,000 tonnes and has 2,759 staterooms, allowing it to carry many guests. To serve them, there are 2,200 crew members on board.

This massive ship features a water park, full-size basketball court, ice-skating rink, a 1,400-seat theatre, an outdoor aquatic theatre, rock-climbing walls, and more. Cruising is often seen as good value because you pay one all-inclusive price covering most things.

For example, a 7-day Caribbean cruise for two in August 2021 costs £3,080 for the cabin. However, some services aren't included and can be paid for separately or in packages costing £25–£50 per person per day. Also, flights from London to Miami cost around £800. When adding these extras, the true price of an "all-inclusive" cruise is higher than it first appears.

Tekst 2.

Man: I've listened to a great podcast recently, and apparently the big concern with climate change is carbon emissions. A recent survey has shown that cars and transportation release so much CO₂

Woman: True. I drive a car and even longhaul flights add up. Reducing flights seems more effective than just avoiding car trips.

Man: I don't own a car so I take the bus. And I try to eat local and seasonal food. You'll never guess what I found one day in the supermarket, though. A banana wrapped in plastic! To my mind, it's utterly unacceptable.

Woman: I agree. Also, even small things matter, like refusing plastic bags. I always say, "I don't need that bag, thank you." It's a tiny step, but if many people do it, it helps.

Man: Exactly. Scientists keep warning us that plastic production uses huge amounts of energy, but people seem like they couldn't care less.

Tekst 3.

Man: Welcome to today's show. We're happy to have Anna Oliveira with us. Anna is the creator of HomeworX, an app that helps teenagers with their homework. Thank you for joining, Anna.

Woman: Thank you. It's great to be here.

Man: To start, can you explain how HomeworX works?

Woman: Of course. Many families face difficulties when it comes to homework, since both parents often work full time and don't have enough time to help their children. Even if they do, they may not remember the content well, especially in subjects like biology or economics, which means they sometimes lack the knowledge to properly support their kids. To solve this, HomeworX connects students with qualified tutors through live online sessions, providing help anytime and anywhere, without the need for travel or more expensive in-person lessons.

Man: That sounds very useful. How did you come up with the idea?

Woman: It came from watching local tutoring options grow harder to access. My sister, a single parent, had trouble finding a reliable tutor and often struggled to support her son. I realized there was a gap: a service that was both affordable and flexible.

Man: And what makes HomeworX different from other tutoring services?

Woman: First, it's entirely online, so students and tutors don't need to be in the same location. This also reduces costs since tutors don't need to commute. Second, we carefully screen all tutors by checking their qualifications and experience. This ensures quality support. Finally, pricing is transparent and lower than typical in-person tutoring, making it more accessible to families with tight budgets.

Man: What challenges did you face when building the app?

Woman: There were many. Recruiting reliable tutors was one. Ensuring the online platform was userfriendly was another. We invested in clear instructions, especially since some parents and students aren't tech-savvy.

Man: What are your next goals for HomeworX?

Woman: We plan to offer new features like peer study groups and AI-driven homework reminders. We also want to expand into more countries and add support for additional subjects.

Man: That's exciting. Finally, what advice would you give to someone starting an educational tech business?

Woman: I'd say: listen to user feedback, prioritize accessibility, and build a strong support network. Combining teaching experience with tech skills is essential so that your solution genuinely solves a real problem.

Man: Thanks, Anna, for sharing your journey and insights. HomeworX sounds like a fantastic resource for families and tutors alike.

Woman: Thank you for having me!

Zadanie 2.

2.1.

Woman: I walked into Goodwill one day and saw a basic \$6 dress hanging on the rack. Most people probably wouldn't give it a second glance, but I immediately saw its potential. As a designer, I love the idea of taking something simple and turning it into something extraordinary. I brought the dress home and spent hours putting beads and shiny decorations on it. When it was finished, it looked like a high-end gown. Instead of keeping it, I returned it to the same Goodwill store, hoping someone else would discover it and feel special. That experience inspired me to do this regularly. Upcycling, for me, isn't just creative but it's a form of giving back.

2.2.

Woman: As a design student, I used to see old or worn-out materials as waste. That changed when I found an old scarf in my closet and decided to turn it into a small top. The process was simple but rewarding. I stitched it by hand and added some decorations. The result was stylish, and I felt proud knowing I had made it myself. Since then, I've upcycled jeans into tote bags and turned paper scraps into gift packaging. Upcycling taught me to see potential where others see trash. It also made me more aware of the waste we produce. Now, whenever I look at old objects, I ask myself: how can I make this useful again?

2.3.

Man: We live in a world where waste is everywhere, but creativity allows us to transform it. Through upcycling, we can take used materials and give them new life. Old pallets become coffee tables, used glass bottles become lamps, and worn-out clothes become fashion statements. When we upcycle, we don't just reduce landfill waste. We create something valuable and

beautiful. As a community, we benefit in many ways: we save energy, help local makers, and make sure materials are used again. Upcycling lets us express ourselves while also doing good for the planet. The more we participate, the more we shift away from a throwaway culture and toward a sustainable, creative future.

2.4.

Man: You probably have something at home that you no longer use, like a broken chair, an old T-shirt, or a stack of magazines. Before throwing them away, think about what they could become. Upcycling gives you the chance to turn unwanted items into something practical or artistic. You don't need expensive tools or advanced skills. What you need is creativity and the willingness to try. You'll reduce waste and discover new ways to express yourself. Plus, upcycling can save money and even bring people together through group projects or workshops. So why not give it a go? You might surprise yourself with what you can make and how good it feels.

2.5.

Man: When we say "upcycling," we're talking about more than just reusing materials. What we mean is improving them. We take something unwanted or broken and turn it into something better. As a society, we've started to adopt this approach in art, fashion, furniture design, and even technology. We build instruments from scrap metal, create home décor from old wood, and fix old electronics to give them new life. What's important is that we don't destroy the material, but we reimagine it. Upcycling helps us reduce waste and energy use, while encouraging creativity and innovation. Together, we're proving that what we once considered trash can become a resource. We just need to look at it differently.

Zadanie 3.

Woman: Lewis, you've had an incredible career so far. What motivates you to keep pushing yourself every season?

Man: Thanks. I think it's about the love of racing but also constantly trying to be better. Every year, the competition gets tougher, and that challenge drives me. I want to keep breaking my own records and inspiring others.

Woman: That's impressive. With so much pressure, how do you prepare mentally for a Grand Prix weekend?

Man: Mental health is crucial, especially in high-pressure environments like Formula 1. I've learned to recognise when I need a break or support. Being open about it helps others, too. It's about balancing mind and body so I can perform at my best.

Woman: Besides racing, you're also very active in social issues and environmental activism. How do you manage to combine these with your demanding career?

Man: For me, they're connected. I don't separate my passion for racing from my desire to make a difference. I use my platform to raise awareness about climate inclusion in sport. It's not easy, but I believe athletes have a responsibility beyond their sport.

Woman: That's inspiring. Can you give an example of how you've used your influence for change?

Man: Sure. For instance, I've pushed Formula 1 to be more sustainable by encouraging greener technologies and reducing waste. I also support charities and campaigns that promote education and equal opportunities for young people. It's about creating a lasting impact.

Woman: Looking ahead, what are your goals for the future, both on and off the track?

Man: On the track, I want to keep competing and hopefully win more championships. Off the track, I'm exploring new interests like music and fashion. But the bigger goal is to continue raising awareness about sustainability and diversity. I want to inspire the next generation.

Woman: How do you maintain balance with so many responsibilities?

Man: It's definitely challenging. I try to stay grounded by spending time with family and friends. Also, learning to say no and prioritise what's important helps a lot. At the end of the day, staying true to myself is key.

Woman: Finally, what advice would you give to young people who want to follow in your footsteps?

Man: Believe in yourself and be patient. Success doesn't come overnight. Work hard, stay focused, but also take care of your mental and physical health. And remember, it's okay to ask for help when you need it.