

ANGLU VALODA

(optimālais mācību satura apguves līmenis)

KODS

													A	N	G	O	L
--	--	--	--	--	--	--	--	--	--	--	--	--	---	---	---	---	---

Darba burtnīca

1. daļa. Lasīšana

2. daļa. Klausīšanās

Norādījumi

Iepazīsties ar norādījumiem.

Darba burtnīcā un katrā atbilžu lapā ieraksti kodu, kuru tu saņēmi, ienākot eksāmena telpā.

Eksāmena rakstu daļā veicamo uzdevumu skaits, iegūstamo punktu skaits un paredzētais izpildes laiks:

Daļa	Uzdevumu skaits	Punktu skaits	Laiks (min)
1. Lasīšana	3	25	50
2. Klausīšanās	3	25	30
Starpbrīdis			
3. Rakstīšana	2	25	80

Rakstīšanas daļas darba materiāla un atbilžu lapas saņemsi pēc starpbrīža.

Darbu veic ar tumši zilu vai melnu pildspalvu. Raksti salasāmi.

Eksāmena izpildes laikā darba burtnīcā un rakstīšanas daļas darba materiāla lapās drīkst izmantot krāsu zīmulus vai flomāsterus.

Atbilžu lapās atbildes raksti tieši tām paredzētajās vietās.

Ar zīmuli rakstītais netiek vērtēts.

Eksāmena norises laikā eksāmena vadītājs skaidrojumus par uzdevumiem nesniedz.

Eksāmenā izmantotie teksti adaptēti atbilstoši eksāmena uzdevumu mērķim.

Pie izglītojamajiem un personām, kuras piedalās eksāmena nodrošināšanā, no brīža, kad viņiem ir pieejams eksāmena materiāls, līdz eksāmena norises beigām nedrīkst atrasties ierīces (planšetdators, piezīmjdators, viedtālrunis, viedpulkstenis u. c. saziņas un informācijas apmaiņas līdzekļi), kuras nav paredzētas Valsts pārbaudes darbu norises darbību laikos.

READING**Task 1 (7 points)**

Four people have shared their first-time AntiGravity class experiences. Read their comments (A–D) and answer the questions.

ANTIGRAVITY CLASS EXPERIENCES**TEXTS****A**

I wasn't completely sold on this type of fitness, but a friend kept encouraging me to give it a try, so I finally agreed – mostly out of curiosity. The instructor greeted everyone warmly, which helped ease my initial discomfort. The first few positions felt manageable, though I noticed how stiff I was. As we moved on to more complex movements, the instructor offered comments that felt oddly relevant to what I was struggling with – like my breathing rhythm or how I shifted weight too quickly. I had a suspicion that she said similar things to everyone, but it felt like she really understood what I needed. By the end, I was surprised at how energized I felt. She explained how certain movements promote circulation and flexibility. While I'm still not convinced AntiGravity classes will transform my health, it made me reflect on how little attention I usually pay to my body. I won't be rushing back, but I see how it could fit into my routine.

Oliver**B**

I'd heard a few things about AntiGravity classes, so when a local studio offered a free trial, I signed up. I went in expecting slow stretching exercises and calming music. Instead, I found myself wobbling through balance movements – an unexpected challenge I really enjoyed. The instructor didn't call people out, but somehow, she gently adjusted my position without making me feel awkward. Her comment about how balance improves over time stayed with me. This new experience opened a door to something I didn't know I needed. Only three weeks after that first class, I signed up for a weekend fitness retreat focused on deeper movement exploration. I can now genuinely call myself an AntiGravity enthusiast; it revealed a new dimension of my own strength. I still remember the instructor's advice that discomfort isn't a stop sign, it's part of the path – it didn't mean much then, but it's something I've thought about more than once since.

Maria**C**

I went into my first AntiGravity class pretty open-minded. I've done other types of fitness training, so I figured it'd be a different kind of challenge. Unfortunately, the whole session felt superficial. The instructor led us through a sequence with no real explanation. She spoke in generalities that didn't help me understand what I was doing wrong. When I asked for clarification, she smiled but didn't answer, which felt dismissive. It seemed like she was more focused on creating a serene mood than actually helping people learn. I left feeling a little frustrated – not because the exercises were hard, but because the guidance wasn't there. Maybe some people like that kind of experience, but it didn't work for me. I'm not saying all AntiGravity classes are like that, but I'm in no hurry to try another one.

Liam**D**

I'd spent some time diving into fitness forums and tutorial videos before I attended the class. I remember watching a few clips of people floating serenely in hammocks and thinking, "It looks beautiful, but how challenging could it really be? I'd probably get a better workout from a spin class or lifting weights." Despite my uncertainty, I decided to give it a try. The instructor was nice and the environment was fine, but honestly, it felt a bit basic. I kept waiting for the advanced part to kick in, but it seemed geared toward absolute newcomers. I didn't dislike the class, but I didn't walk away convinced that AntiGravity provides more than what I could get from training on my own.

Sophia

For each question (1–7), choose one of the texts (A–D). Write one appropriate letter (A, B, C or D) next to the questions (1–7). Each text may be used more than once.

Questions		Text
1.	Who found the instructor's comments about their physical abilities surprisingly accurate and useful?	
2.	Who felt the instructor wasn't responsive to their individual needs?	
3.	Who felt physically better after the class, despite having some doubts before?	
4.	Who went to the class hoping to see how it matched up with what they'd learned on their own?	
5.	Whose approach to fitness was transformed by the class?	
6.	Who felt that the class was more about creating an atmosphere rather than a proper learning environment?	
7.	Who went with certain expectations and ended up having a better experience than they imagined?	

Task 2 (10 points)**Read the article and answer questions 8-17.****FROM PRINTER TO PLATE: THE FUTURE OF FOOD**

1. News reports and industry blogs are very positive about what 3D-food printing can offer. They have covered such events as Michelin-starred chefs experimenting with 3D-food printers in pop-up restaurants in Europe. The media have also reported on the potential for 3D-printing to cater for astronauts, air travellers and people in emergency situations. Developers of 3D-food printers claim that people will soon have these devices in their kitchens, helping them prepare tasty and healthy foods at home.
2. So, it is not far-fetched to imagine a sophisticated dinner party featuring 3D-printed food made from red meat and poultry or decorative edible items made from fruit or vegetable purees, sugar or chocolate. Despite industry enthusiasm and investment in research and development, only a few studies have asked consumers what they think about the possibilities this technology offers. The results highlight some interesting complications in the way many people perceive 3D-printed foods and what might tempt them to try some.
3. First, the research revealed that none of the participants were aware of 3D-printing technology being used to create food products. Second, because participants strongly associated 3D-printing with inedible materials like plastic or metal, they initially found it not only difficult to understand but almost unbelievable that it could be used to create food. This manner of food processing was viewed as highly unnatural, leading them to conclude that the resulting food would be somehow “plastic” and therefore inedible.
4. Beliefs about what kinds of matter are considered tasty and appropriate to eat were also central in participants’ responses. While they were comfortable with common, familiar ingredients, there was strong resistance to unconventional sources. The radical idea of using insects and laboratory-grown meat in 3D-printed food as a sustainable alternative to traditional protein sources was considered disgusting by nearly all the participants. They could not imagine eating such food or serving it to others. It was completely inedible according to the cultural norms of participants, no matter how they were prepared or processed. So, it wasn’t that they were 3D-printed per se, but what they were printed from that affected their attitude to the food.
5. Lacking familiarity with the process, many participants were wary of how 3D-printed food would handle risks like contamination and preservation. Healthiness was also a major factor for them. While they could view printed confections, pizza, or chocolate as potentially edible, their core issue was that these foods would remain unhealthy – essentially 3D-printed junk food.
6. So, if the results can be generalized to the broader population, it seems many people are open to novel food products. However, the study highlights several challenges for those promoting 3D-printed food. First, the public may need to be familiarized with how the process works and reassured of its safety. Then, emphasis must be placed on the food’s taste, even if its appearance is unusual. Only then might consumers consider integrating 3D-printed food into their lives – from everyday dining to festive gatherings.

For questions 8–13, match the most appropriate heading (A–G) to paragraphs 1–6. You can use each heading once. There is one heading you do not need to use.

	Paragraph	Heading	Headings	
8.	Paragraph 1		A	A dual concern: safety and nutrition
9.	Paragraph 2		B	Working towards acceptance
10.	Paragraph 3		C	The environmental impact of 3D-printers
11.	Paragraph 4		D	Food tech needs consumer feedback
12.	Paragraph 5		E	Participants' reservations towards the materials used
13.	Paragraph 6		F	The application of 3D-printers
			G	Scepticism and disbelief about 3D-foods

For questions 14–17, decide if the statements are true (T), false (F) or not mentioned (NM) based on the text. Tick (✓) the appropriate box.

Statements		T	F	NM
14.	Industry is investing heavily in 3D-food technology but has largely overlooked consumer opinion.			
15.	A minority of participants reported being already familiar with 3D-printed food.			
16.	According to the study, participants had reservations regarding the costs of 3D-printed food.			
17.	Cultural norms turned out to be a more crucial factor than taste for participants evaluating the food.			

Task 3 (8 points)

Read the article about teenagers' sleeping habits and school policies and do the task. For questions (18–25), choose and circle the answer (A, B, C or D) that you think fits best based on the text.

TEENAGERS' SLEEPING HABITS

Jilly Santos really did try to get to school on time. She set three successive alarms on her phone. Skipped breakfast. Hastily applied makeup while her father drove. But last year she rarely made it into the frantic rush at the doors of Rock Bridge High School by the first bell at 7:50 am. Mostly, it was the opposite – she joined the first lesson in silent solitude, 20 minutes late. Then she heard that the school board was about to make the day start even earlier, at 7:20 am.

"I thought, if that happens," recalled Jilly, "I will drop out of school!" That was when the sleep-deprived teenager turned into a sleep activist. She was determined to convince the board of a truth she knew in the core of her tired body: teenagers are developmentally driven to be late to bed and late to rise. Could the board realign the first bell with that biological reality?

New evidence suggests that later high school starts have widespread benefits. Researchers at the University of Minnesota, funded by the Centers for Disease Control and Prevention, studied eight high schools in three states before and after they moved to later start times. The results showed that the later a school's start time, the better off the students were on many measures, including mental health, attendance, attention in class and, in some schools, grades and standardized test scores.

Dr. Elizabeth Miller, chief of adolescent medicine at Children's Hospital of Pittsburgh, who was not involved in the research, noted that the study was not a randomized controlled trial, which would have compared schools that had changed times with similar schools that had not. But she said its methods were pragmatic and its findings promising. "Even schools with limited resources can make this one policy change with what appears to be advantages for their students," Dr. Miller said.

Researchers have found that during adolescence, as hormones surge and the brain develops, teenagers who regularly sleep eight to nine hours a night learn better and are less likely to be tardy, get in fights, or sustain athletic injuries. Sleeping well can also help moderate their tendency toward impulsive or risky decision-making.

During puberty, teenagers have a later release of the "sleep" hormone melatonin, which means they tend not to feel drowsy until around 11:00 pm. That inclination can be further delayed by the stimulating blue light from electronic devices, which tricks the brain into sensing wakeful daylight, slowing the release of melatonin and the onset of sleep.

Despite growing support for a change in school policy in hundreds of schools in dozens of districts across the country, many parents and some students object to shifting the start of the day later. They say doing so makes sports practices end late, jeopardizes student jobs, bites into time for homework and extracurricular activities, and upsets the morning routine for working parents and younger children.

Jilly Santos contacted the nonprofit Start School Later, gathered research, and organized a campaign with friends, teachers, and students using emails, petitions, and posters. Her efforts and community outreach prompted the school board to meet and consider later start times. "It is really reassuring to know that students can have a say in the matter," Jilly wrote. "So, thank you, guys, for that." One month later, the decision was made at the board's next meeting. The board voted, 6 to 1, to push back the high school start time to 9:00 am.

At 8:53 am, Jilly burst through the north entrance door, long hair uncombed and flyaway, wearing no makeup, lugging her backpack. "Even when I am late to school now," she said, dashing down a corridor to make the 8:55 am bell, "it's only by three or four minutes."

Adapted from nytimes.com

18. What is the main purpose of the article?

- A To inform the reader why schools are being urged to start later.
- B To provide ideas on how to start an initiative at school.
- C To explain the negative impact of early morning on teenagers.
- D To argue that hormones are the main reason for sleep problems.

19. What does “silent solitude” suggest about Jilly’s arrival at school?

- A She waited quietly before the next lesson began.
- B She came in alone after the school had started.
- C She was detained for 20 minutes as punishment.
- D She was late to protest the early start at school.

20. How does Jilly’s change into a “sleep activist” relate to the general argument about school start times?

- A It proves that one student’s experience can influence school policies.
- B It suggests that her school start times match her biological clock.
- C It highlights how her choices are the primary shapers of her day.
- D It illustrates how one student’s concerns can align with scientific research.

21. How do later school start times impact the learning process?

- A They reduce absences and improve focus in lessons.
- B They allow students to study less but still perform well.
- C They reduce tiredness but affect the academic results less.
- D They show a significant influence on exam results.

22. Why does the author include Dr. Miller’s opinion in the text?

- A To point out the serious problems with the research.
- B To question the validity of sleep studies in general.
- C To attract attention to the need for more research.
- D To emphasize that all schools can benefit from this change.

23. According to the text, which of these statements is NOT mentioned?

- A Proper sleep results in better choices teenagers make.
- B Melatonin is released later during puberty.
- C Students should refrain from using technology.
- D Light from screens can delay sleep in teenagers.

24. Why are many parents resistant to later school times despite the scientific evidence?

- A It would mean too many drastic changes.
- B It would mean homework would take too long.
- C It would be too expensive to implement.
- D It would be difficult to do everywhere in the country.

25. What was the school board’s response to the Jilly Santos’ campaign?

- A They considered the change but postponed its final vote for several months.
- B They agreed to adopt a new start time for a one-month trial period.
- C They approved a later high school start time despite some opposition.
- D They formally made an exception for Jilly, allowing her to come to class later.

LISTENING

Task 1 (6 points)

You will hear six people speaking about their experiences whilst learning to drive. For questions (1–6), match each speaker with the statement (A–G) that is true for them. Write the letter of the statement next to the speaker. You can use each letter only once. There is one extra statement which you do not need to use. You will hear the recording twice.

LEARNING TO DRIVE

		Statement
1.	Speaker 1	
2.	Speaker 2	
3.	Speaker 3	
4.	Speaker 4	
5.	Speaker 5	
6.	Speaker 6	

This person	
A	gained informal driving experience that proved helpful later.
B	discovered the reality of driving was different than they had imagined.
C	found it hard to drive through certain intersections.
D	got better at a manoeuvre they used to struggle with.
E	started learning to drive because their situation changed.
F	felt worried about driving at first but improved with support.
G	hasn't mastered some driving tasks.

Task 2 (11 points)

You will listen to a programme about manga. For questions (7–17), complete the gaps in the notes on the programme with the missing information (words or numbers). Use up to three words or a number per gap. You will hear the recording twice.

COMICS FROM JAPAN

7. In Japan, manga is referred to as comics from any _____.
8. Manga uses adjacent drawn images to tell a narrative, putting text in _____.
9. Manga differs from Western comics: they are rarely printed in _____.
10. Characters are often drawn with exaggerated features to _____.
11. Manga stories tend to be _____ paced than Western comics.
12. Careful _____ is a way publishers attract a specific demographic.
13. The first published “manga” books were a series of _____, not a story.
14. Modern manga developed after _____.
15. Tezuka Osamu, influenced by _____, pioneered modern manga conventions.
16. Kodansha’s *Shonen Magazine*, launched in _____, was the first magazine exclusively dedicated to manga.
17. Manga is a major part of Japan’s _____.

Task 3 (8 points)

You will listen to a podcast about happiness. Read the questions (18–25) and choose the correct answer (A, B, or C) based on what you hear in the podcast. You will hear the recording twice.

HAPPINESS**18. What can people gain by doing something unpleasant?**

- A An improvement in their social status.
- B Alignment of their actions with their principles.
- C A strongly built structure of values.

19. What characterizes the atmosphere of growth?

- A A sense of meaning and purpose.
- B Absence of significant challenges.
- C Learning from enjoyable activities.

20. What does the author agree is one of the most important conditions for happiness?

- A Prioritizing personal well-being.
- B Finding the key to a stress-free life.
- C Maintaining meaningful connections.

21. Why is it challenging for people to know themselves?

- A They are affected by external influences or aspirations.
- B They struggle to see how helpful it is to know themselves.
- C They are unwilling to engage in genuine self-reflection.

22. Why does the author use the example of night and morning people?

- A To argue that personal routines can reflect character.
- B To show that people tend to lack awareness of themselves.
- C To suggest that everyone should try to change their behaviour.

23. What mistake regarding happiness does the author warn against?

- A Using too many self-help practices.
- B Ignoring the experience of others.
- C Believing in a universal method.

24. How can knowing themselves help people?

- A It helps them do the hard things today for a better future.
- B It helps them identify the obstacles on their way to happiness.
- C It helps them view failure at acquiring habits more positively.

25. What is the author's attitude towards happiness and temptations?

- A She believes moderators tend to be happier than abstainers.
- B She thinks her personal approach might make others happier.
- C She feels whatever people decide for themselves is correct.

Neaizmirsti aizpildīt „Klausīšanās daļas” atbilžu lapu!

Task 1. Ar „X” atzīmē izvēlēto atbildi!

	A	B	C	D
1.	☐	☐	☐	☐
2.	☐	☐	☐	☐
3.	☐	☐	☐	☐
4.	☐	☐	☐	☐
5.	☐	☐	☐	☐
6.	☐	☐	☐	☐
7.	☐	☐	☐	☐

1.–7. jautājuma kļūdu labojumam

	A	B	C	D
	☐	☐	☐	☐
	☐	☐	☐	☐

Task 3. Ar „X” atzīmē izvēlēto atbildi!

	A	B	C	D
18.	☐	☐	☐	☐
19.	☐	☐	☐	☐
20.	☐	☐	☐	☐
21.	☐	☐	☐	☐
22.	☐	☐	☐	☐
23.	☐	☐	☐	☐
24.	☐	☐	☐	☐
25.	☐	☐	☐	☐

18.–25. jautājuma kļūdu labojumam

	A	B	C	D
1	☐	☐	☐	☐
2	☐	☐	☐	☐

Task 2. Ar „X” atzīmē izvēlēto atbildi!

[illegible]

	T	F	NM
14.	☐	☐	☐
15.	☐	☐	☐
16.	☐	☐	☐
17.	☐	☐	☐

8.–13. jautājuma kļūdu labojumam

[illegible]

14.–17. jautājuma kļūdu labojumam

	T	F	NM
	☐	☐	☐
	☐	☐	☐

A N G O L

Task 2. Ieraksti atbildi!

[illegible][illegible]

7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

	A	B	C
18.	☐	☐	☐
19.	☐	☐	☐
20.	☐	☐	☐
21.	☐	☐	☐
22.	☐	☐	☐
23.	☐	☐	☐
24.	☐	☐	☐
25.	☐	☐	☐

A	B	C
☐	☐	☐
☐	☐	☐

Task 1**E-mail (9 points)**

You should spend about 25 minutes on this task.

You are a student at an international school in Latvia. You see this information on the school website.

Conference For Young Leaders
YOUNG MINDS UNITE

Join us at the *Young Minds Unite* conference – a dynamic space for learning, networking, and action. Connect with students from across Europe to share ideas on building a sustainable future together.

The conference includes workshops on:

- building leadership skills,
- developing public speaking abilities,
- presenting projects through social media.

Location: Vienna, Austria
Duration: 3 days of inspiring sessions, workshops and cultural exchange.

Write an e-mail to your school director Ms. Amelia Kramer about attending the conference.

In your e-mail:

- introduce yourself and state why you are writing,
- explain why you would like to attend the conference,
- ask if the school would support you (accommodation and travel),
- offer to organize an event at school after the conference and explain why it could be useful for other students.

Write between 120-150 words. Texts shorter than 50 words will not be evaluated.

Notes

Task 2**Essay (16 points)**

You should spend about 55 minutes on this task.

You are participating in an international youth newspaper essay competition on the sleep habits of students. Read the information provided and write an essay in which you:

- formulate the problem raised in the sources and explain why it should be addressed,
- propose and support at least two solutions to the problem,
- come to a conclusion.

Write between 250–300 words. Texts shorter than 100 words will not be evaluated.

Do not forget to use “quotation marks” if you quote a phrase from the sources.

Source 1:

Good sleep hygiene is crucial for young people, because it directly impacts their quality of life. Some of the benefits of good sleep are an improved memory and concentration, a more positive mood, and increased energy levels, all of which contribute to better academic performance and overall well-being. However, developing good sleep routines is a common challenge. Research shows that many teenagers do not get the recommended 8-10 hours of sleep per night. They may stay up late for various reasons, but this often results in sleepiness, fatigue, and difficulty concentrating the following day, hindering both their learning and personal potential.

Adapted from www.sleepfoundation.org

Source 2:

The reasons students do not have healthy sleep habits include:

- excessive use of electronic devices late at night,
- irregular schedules caused by schoolwork, jobs, or social activities,
- caffeine consumption or eating too much late in the evening,
- misconceptions about the importance of sleep.

Adapted from healthline.com

Notes

3. daļa. Rakstīšana

Eksāmena rakstīšanas daļas 1. un 2. uzdevuma tematus izsniegs eksāmena vadītājs.

Katru uzdevumu veic tikai tam paredzētajā lapas pusē!

Uzmetumu veic lapā ar uzdevumu tematiem!

Task 1 (9 points)

E-mail

You should spend about 25 minutes on this task.

Write between 120–150 words.

Task 2 (16 points)

Essay

You should spend about 55 minutes on this task.

Write between 250–300 words.

EKSĀMENS ANĢĻU VALODĀ
(optimālais mācību satura
apguves līmenis)
2026
SKOLOTĀJA MATERIĀLS
Mutvārdu daļa, 1. diena

EKSĀMENS ANĢĻU VALODĀ
(optimālais mācību satura apguves līmenis)

Mutvārdu daļa, 1. diena
Skolotāja materiāls

Pie izglītojamajiem un personām, kuras piedalās eksāmena nodrošināšanā, no brīža, kad viņiem ir pieejams eksāmena materiāls, līdz eksāmena norises beigām nedrīkst atrasties ierīces (planšetdators, piezīmjdators, viedtālrunis, viedpulkstenis u. c. saziņas un informācijas apmaiņas līdzekļi), kuras nav paredzētas Valsts pārbaudes darbu norises darbību laikos.

2026

Paper 1

Task instructions:

You are taking part in an English debate club discussion on part-time jobs for students.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Working part-time can teach students responsibility, money management, and time organisation. However, it can also interfere with their academic progress, lead to stress, and reduce time for rest or social activities. The impact largely depends on the number of hours worked and the student's ability to balance competing demands. When carefully managed, part-time work can provide valuable real-world experience that complements classroom learning.

Adapted from studentlife.org

Source 2:

A survey of university students with part-time jobs showed that:

- 40% say they learn important life skills
- 30% say it distracts from their studies
- 20% report increased stress and tiredness
- 10% say it helps them explore career opportunities.

Adapted from guardian.com

Ask the student three questions after the talk:

1. What are the best types of part-time jobs for students?
2. How can part-time work experience help you get your first full-time job?
3. Should students be encouraged to work while studying?

Paper 2

Task instructions:

You are taking part in an English debate club discussion on teens' screen time.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

New data from the World Health Organisation reveals a sharp rise in problematic social media use among adolescents, with rates increasing over a recent period, and a similar proportion also at risk of problematic gaming. This raises urgent concerns about the impact of digital technology on youth mental health and well-being. Excessive social media use involves addiction-like behaviours such as loss of control, withdrawal symptoms, neglecting other activities, and harmful effects on daily life.

Adapted from who.int

Source 2:

Most teens think the benefits of smartphones outweigh the harms for people their age. 70% of teens say smartphones provide more benefits than harms, while a smaller share (30%) take the opposing view, saying there are more harms than benefits.

Majorities of teens say smartphones make it easier to pursue hobbies and interests (69%) and be creative (65%). Close to half (45%) say these devices help to do well in school.

Adapted from pewresearch.org

Ask the student three questions after the talk:

1. If you wanted to reduce your screen time, what activity would you do instead?
2. Who is most responsible for managing teen screen time: app companies, parents, or teens themselves?
3. Will social media make people feel more connected or more alone over time?

Paper 3

Task instructions:

You are taking part in an English debate club discussion on digital detox.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

More young people are opting for digital detoxes to reconnect with nature and cut screen time. Just 20 minutes outdoors can reduce stress by 16%, and those who spend time outside report feeling 30% happier.

To initiate a digital detox, experts recommend setting screen time limits, planning outdoor adventures, joining nature-based groups, and practicing mindfulness activities like quiet reflection or journaling outdoors. This trend shows a growing desire among youth to find balance between digital lives and real-world experiences.

Adapted from kifflab.com

Source 2:

About 60% of young people feel addicted to their phones. A 2024 survey shows 95% of U.S. teens have smartphones, 97% go online daily, and 48% are online almost constantly. The average screen time for young people has skyrocketed in the past decade, with teens averaging 7-9 hours daily and kids aged 8-12 around 5 hours.

With so much time spent online, the negative effects are becoming clearer: increased anxiety, depression, poor sleep, and lack of real-world social interactions.

Adapted from who.int

Ask the student three questions after the talk:

1. How can excessive screen time affect social relationships?
2. Could too much screen time make it harder for people to be patient? Please explain.
3. Would it be realistic for schools to create screen-free zones to protect students' focus? Why/Why not?

Paper 4

Task instructions:

You are taking part in an English debate club discussion on shopping.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Teenagers are reshaping shopping habits by embracing sustainability and digital platforms. They actively participate in the second-hand online clothing market, having spent millions on sustainable fashion in 2025. Platforms like Depop and Vinted are popular among teens for buying and selling pre-loved items, fostering a circular economy. This shift reflects a broader trend towards ethical consumption and social shopping, where digital interactions blend with retail experiences.

Adapted from gohenry.com

Source 2:

The UK's "Recommerce Economy" – encompassing reusing, reselling, and renting pre-owned goods – has reached nearly £7 billion in value. This growth is driven by rising living costs and a shift towards sustainable shopping habits. Gen Z leads the trend, with over two-thirds preferring second-hand purchases. Clothing, electronics, and vehicles are the top sectors. Retailers are responding by offering resale and rental options, with 82% reporting increased revenue from these services. This shift reflects a broader move towards a circular economy.

Adapted from home.barclays

Ask the student three questions after the talk:

1. Why do many manufacturers produce goods which break down soon after the guarantee period ends?
2. Should people try to repair broken products or just buy new ones?
3. Is it better to buy or rent some products?

Paper 5

Task instructions:

You are taking part in an English debate club discussion on overtourism.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

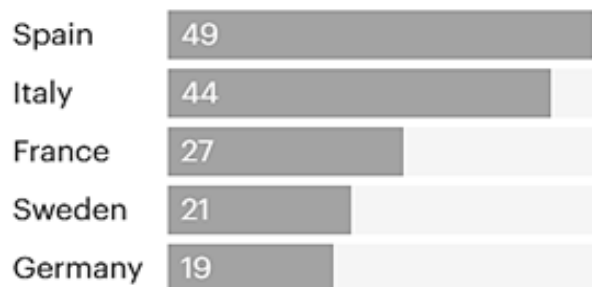
Source 1:

In popular tourist cities, too many visitors can create problems for locals. These include high housing costs, traffic, trash, and pollution. Destination management strategies vary including limiting visitor numbers, introducing tourist taxes, restricting opening times and access, pre-booking popular attractions, and promoting lesser-known places. For example, Lisbon's mayor supports raising the tourist tax, which is currently 2 euros per night, to help pay for cleaning parks and streets.

Adapted from roadbook.com

Source 2:

The percentage of people who say there are too many international tourists in their local area.



Adapted from who.int

Ask the student three questions after the talk:

1. Why do tourists continue to visit places that are already overcrowded with visitors?
2. Is it possible to have a good holiday in Latvia rather than travelling abroad?
3. Is international tourism good for a country? Why/ Why not?

Paper 6

Task instructions:

You are taking part in an English debate club discussion on sustainable packaging.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

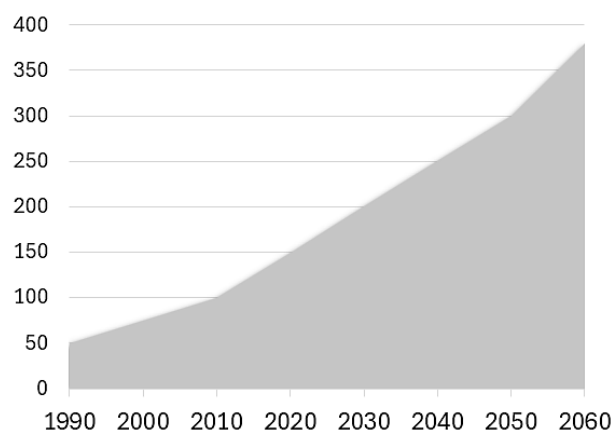
Source 1:

To understand how consumer thinking has evolved since the pandemic, a survey was launched in ten countries around the world to explore consumers' attitudes toward sustainable packaging. Their responses uncovered several key findings. First, consumers rank overall sustainability relatively low as a buying criterion; they regard price, quality, brand, and convenience as more important. This consumer behaviour matters because most packaging waste still ends up as pollution. Globally, only about 9% of plastic packaging is recycled, while the rest is landfilled, or mismanaged in the environment.

Adapted from mckinsey.com

Source 2:

Estimated global plastics use by packaging sector (in million tonnes).



statista.com

Ask the student three questions after the talk:

1. How important is product packaging for teens?
2. Should packaging that contributes to plastic pollution be banned? Why/Why not?
3. How can people be motivated to care about food packaging?

Paper 1**Task instructions:**

You are taking part in an English debate club discussion on part-time jobs for students.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Working part-time can teach students responsibility, money management, and time organisation. However, it can also interfere with their academic progress, lead to stress, and reduce time for rest or social activities. The impact largely depends on the number of hours worked and the student's ability to balance competing demands. When carefully managed, part-time work can provide valuable real-world experience that complements classroom learning.

Adapted from studentlife.org

Source 2:

A survey of university students with part-time jobs showed that:

- 40% say they learn important life skills
- 30% say it distracts from their studies
- 20% report increased stress and tiredness
- 10% say it helps them explore career opportunities.

Adapted from guardian.com

Notes

Continue overleaf if necessary.

Paper 2**Task instructions:**

You are taking part in an English debate club discussion on teens' screen time.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

New data from the World Health Organisation reveals a sharp rise in problematic social media use among adolescents, with rates increasing over a recent period, and a similar proportion also at risk of problematic gaming. This raises urgent concerns about the impact of digital technology on youth mental health and well-being. Excessive social media use involves addiction-like behaviours such as loss of control, withdrawal symptoms, neglecting other activities, and harmful effects on daily life.

Adapted from who.int

Source 2:

Most teens think the benefits of smartphones outweigh the harms for people their age. 70% of teens say smartphones provide more benefits than harms, while a smaller share (30%) take the opposing view, saying there are more harms than benefits.

Majorities of teens say smartphones make it easier to pursue hobbies and interests (69%) and be creative (65%). Close to half (45%) say these devices help to do well in school.

Adapted from pewresearch.org

Notes

Continue overleaf if necessary.

Paper 3**Task instructions:**

You are taking part in an English debate club discussion on digital detox.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

More young people are opting for digital detoxes to reconnect with nature and cut screen time. Just 20 minutes outdoors can reduce stress by 16%, and those who spend time outside report feeling 30% happier.

To initiate a digital detox, experts recommend setting screen time limits, planning outdoor adventures, joining nature-based groups, and practicing mindfulness activities like quiet reflection or journaling outdoors. This trend shows a growing desire among youth to find balance between digital lives and real-world experiences.

Adapted from kifflab.com

Source 2:

About 60% of young people feel addicted to their phones. A 2024 survey shows 95% of U.S. teens have smartphones, 97% go online daily, and 48% are online almost constantly. The average screen time for young people has skyrocketed in the past decade, with teens averaging 7-9 hours daily and kids aged 8-12 around 5 hours.

With so much time spent online, the negative effects are becoming clearer: increased anxiety, depression, poor sleep, and lack of real-world social interactions.

Adapted from who.int

Notes

Continue overleaf if necessary.

Paper 4**Task instructions:**

You are taking part in an English debate club discussion on shopping.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Teenagers are reshaping shopping habits by embracing sustainability and digital platforms. They actively participate in the second-hand online clothing market, having spent millions on sustainable fashion in 2025. Platforms like Depop and Vinted are popular among teens for buying and selling pre-loved items, fostering a circular economy. This shift reflects a broader trend towards ethical consumption and social shopping, where digital interactions blend with retail experiences.

Adapted from gohenry.com

Source 2:

The UK's "Recommerce Economy" – encompassing reusing, reselling, and renting pre-owned goods – has reached nearly £7 billion in value. This growth is driven by rising living costs and a shift towards sustainable shopping habits. Gen Z leads the trend, with over two-thirds preferring second-hand purchases. Clothing, electronics, and vehicles are the top sectors. Retailers are responding by offering resale and rental options, with 82% reporting increased revenue from these services. This shift reflects a broader move towards a circular economy.

Adapted from home.barclays

Notes

Continue overleaf if necessary.

Paper 5**Task instructions:**

You are taking part in an English debate club discussion on overtourism.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

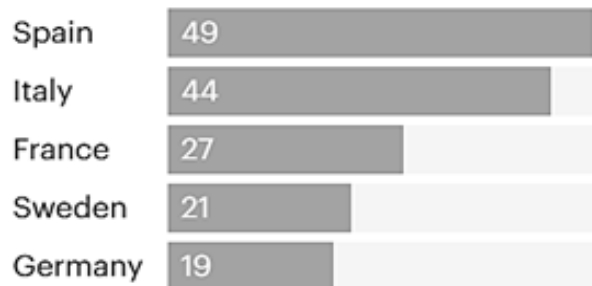
Source 1:

In popular tourist cities, too many visitors can create problems for locals. These include high housing costs, traffic, trash, and pollution. Destination management strategies vary including limiting visitor numbers, introducing tourist taxes, restricting opening times and access, pre-booking popular attractions, and promoting lesser-known places. For example, Lisbon's mayor supports raising the tourist tax, which is currently 2 euros per night, to help pay for cleaning parks and streets.

Adapted from roadbook.com

Source 2:

The percentage of people who say there are too many international tourists in their local



Adapted from who.int

Notes

Continue overleaf if necessary.

Paper 6

Task instructions:

You are taking part in an English debate club discussion on sustainable packaging.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

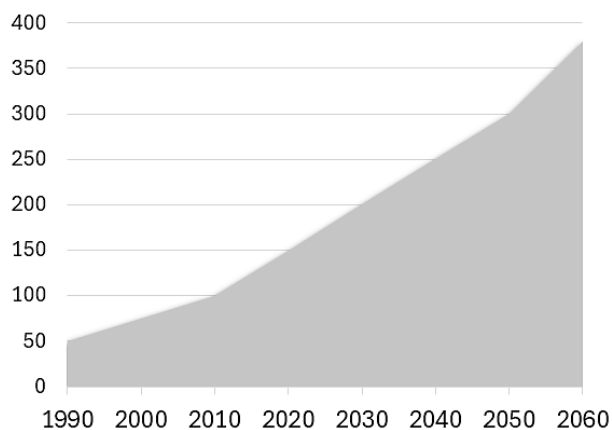
Source 1:

To understand how consumer thinking has evolved since the pandemic, a survey was launched in ten countries around the world to explore consumers' attitudes toward sustainable packaging. Their responses uncovered several key findings. First, consumers rank overall sustainability relatively low as a buying criterion; they regard price, quality, brand, and convenience as more important. This consumer behaviour matters because most packaging waste still ends up as pollution. Globally, only about 9% of plastic packaging is recycled, while the rest is landfilled, or mismanaged in the environment.

Adapted from mckinsey.com

Source 2:

Estimated global plastics use by packaging sector (in million tonnes).



statista.com

Notes

Continue overleaf if necessary.

EKSĀMENS ANĢĻU VALODĀ
(optimālais mācību satura
apguves līmenis)
2026
SKOLOTĀJA MATERIĀLS
Mutvārdu daļa, 2. diena

EKSĀMENS ANĢĻU VALODĀ
(optimālais mācību satura apguves līmenis)

Mutvārdu daļa, 2. diena
Skolotāja materiāls

Pie izglītojamajiem un personām, kuras piedalās eksāmena nodrošināšanā, no brīža, kad viņiem ir pieejams eksāmena materiāls, līdz eksāmena norises beigām nedrīkst atrasties ierīces (planšetdators, piezīmjdators, viedtālrunis, viedpulkstenis u. c. saziņas un informācijas apmaiņas līdzekļi), kuras nav paredzētas Valsts pārbaudes darbu norises darbību laikos.

2026

Paper 7

Task instructions:

You are taking part in an English debate club discussion on the role of social media in friendships.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Many young people say social media helps them stay in touch with friends and build new connections. It makes communication easier and often strengthens friendships by enabling frequent contact. However, critics argue that online friendships may be superficial and reduce the quality of face-to-face communication. Yet for some, particularly those who struggle to find community in their immediate surroundings, online spaces offer a vital sense of belonging and support. The challenge lies not in the technology itself, but in how it is used and balanced with offline life.

Adapted from psychologytoday.com

Source 2:

A survey of teenagers on social media use and friendships showed that:

- 65 % say it helps them feel more connected to friends
- 45 % say it makes resolving conflicts easier
- 35 % feel it sometimes causes misunderstandings
- 28 % report feeling left out or anxious after seeing posts

Adapted from who.int

Ask the student three questions after the talk:

1. Do online friendships feel the same as face-to-face ones? Why/Why not?
2. How can students balance online and offline communication?
3. Should schools educate young people about healthy social media use?

Paper 8

Task instructions:

You are taking part in an English debate club discussion on healthy lifestyles for young people.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

A healthy lifestyle, including good nutrition, physical activity, and enough sleep, improves concentration and mood. Many students, however, struggle to maintain a healthy lifestyle due to their busy schedules and unhealthy habits. Late-night study sessions, easy access to processed foods, and screen time that cuts into rest all contribute to the problem. Without enough sleep and proper nutrition, students may find it harder to focus and manage daily stress. Over time, these patterns can affect both their academic performance and long-term health.

Adapted from healthline.com

Source 2:

A survey on student lifestyle showed that:

- 60 % eat fast food at least twice a week
- 55 % do not exercise regularly
- 40 % report high stress levels
- 25 % say they sleep fewer than 6 hours per night

Adapted from who.int

Ask the student three questions after the talk:

1. Why do students often find it hard to change their lifestyle?
2. What changes could schools introduce to encourage healthy habits?
3. Do you think small lifestyle changes can make a big difference?

Paper 9

Task instructions:

You are taking part in an English debate club discussion on sustainable lifestyle.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Sustainability refers to humanity's impact on the environment and the ability of the Earth to continue supporting human life and culture. It's about finding ways for communities, social structures, and practices to last a long time. Sustainability is an alternative to short-sighted, wasteful actions. It helps us judge our current systems and guides us toward a better future. It helps protect the environment, ensures we have resources for the future, and supports fair and equal societies. It is essential to balance the needs of people and the planet.

Adapted from britannica.com

Source 2:

Buy Nothing Day is a day of protest in which participants pledge to buy nothing for 24 hours to raise awareness of the negative environmental, social, and political consequences of overconsumption. This global event is a direct protest against consumer frenzies like Black Friday. The statistics are staggering, for example, over 50% of fast fashion items are discarded in under a year. Furthermore, the average American generates over 2 kg of waste per day, much of it from packaging and short-lived products.

Adapted from www.earthday.org

Ask the student three questions after the talk:

1. What changes could you make to make your life more sustainable?
2. Is it realistic to expect everyone to live sustainably?
3. How effective are special days like Buy Nothing Day in changing people's behaviour?

Paper 10

Task instructions:

You are taking part in an English debate club discussion on children using technology.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

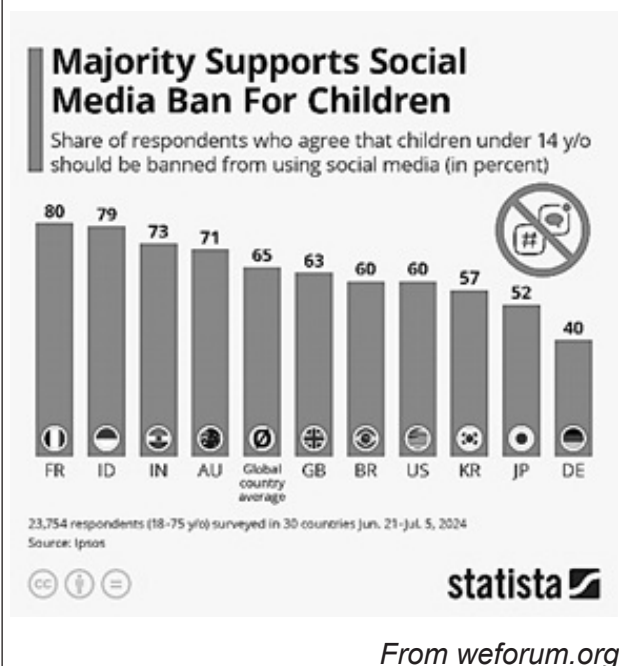
Source 1:

A study reveals that 60% of children begin using technology before learning to read. Many parents use screens as bargaining tools for chores or homework, as well as for managing children's behaviour in public settings. Parents' top concerns include children's safety and mental health - 73% of parents believe their children need a "digital detox". Parents admit there are other negative effects like reduced family time, emotional reliance on technology, and increased anxiety about in-person interactions.

Adapted from investors.brighthorizons.com

Source 2:

Many countries are considering banning social media for children.



Ask the student three questions after the talk:

1. Do you think children benefit from using technology at an early age? Why/Why not?
2. Should social media be banned for teenagers between 14 and 18? Why/Why not?
3. How can parents and schools encourage healthier habits for children?

Paper 11

Task instructions:

You are taking part in an English debate club discussion on career paths.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Gen Z teens are rethinking education and career paths. Many question the value of formal academic learning and, instead, want a system that is more flexible and personalized in its approach to both learning and work. Gen Z values practical skills like financial literacy and emotional intelligence and prefers hands-on learning through internships. They want more guidance on finances, careers, and mental health, seeking a flexible, career-focused education system.

Adapted from the74million.org

Source 2:

Teenagers today face a rapidly changing job market, so early career planning is essential. While many still dream of traditional jobs like medicine or law, interest is shifting towards technology-related fields, influenced by digital trends and role models like Elon Musk, sparking interest in careers such as robotics. However, it's crucial for teens to balance aspirations with realistic expectations by seeking guidance from mentors and teachers to align their dreams with achievable goals.

Adapted from teencoachacademy.com

Ask the student three questions after the talk:

1. Is it easy for young people to choose their future profession? Why / Why not?
2. Which jobs do you think will be most affected by artificial intelligence? How?
3. Why do some people often reconsider their choice of profession as they gain more life experience?

Paper 12

Task instructions:

You are taking part in an English debate club discussion on internet usage.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

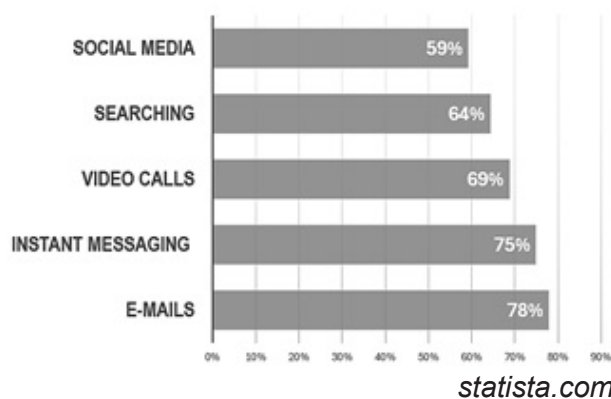
Pamela Paul, who edits The New York Times Book Review, wrote a book called 100 Things We've Lost to the Internet.

The book describes things that have disappeared or changed because of the internet. Some are small, like handwritten cards, knowing phone numbers by heart, and not having every moment of your teenage years recorded. Others are more serious, like weaker memories, less ability to keep ourselves entertained, and the total loss of privacy.

Adapted from news.miami.edu

Source 2:

Most common online activities in European Union as of 2023



Ask the student three questions after the talk:

1. Should the internet be used more or less in schools? Why/Why not?
2. What are the risks of people relying too much on their phones?
3. Do you think the internet has been positive or negative development?

Paper 7**Task instructions:**

You are taking part in an English debate club discussion on the role of social media in friendships.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Many young people say social media helps them stay in touch with friends and build new connections. It makes communication easier and often strengthens friendships by enabling frequent contact. However, critics argue that online friendships may be superficial and reduce the quality of face-to-face communication. Yet for some, particularly those who struggle to find community in their immediate surroundings, online spaces offer a vital sense of belonging and support. The challenge lies not in the technology itself, but in how it is used and balanced with offline life.

Adapted from psychologytoday.com

Source 2:

A survey of teenagers on social media use and friendships showed that:

- 65 % say it helps them feel more connected to friends
- 45 % say it makes resolving conflicts easier
- 35 % feel it sometimes causes misunderstandings
- 28 % report feeling left out or anxious after seeing posts

Adapted from who.int

Notes

Continue overleaf if necessary.

Paper 8**Task instructions:**

You are taking part in an English debate club discussion on healthy lifestyles for young people.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

A healthy lifestyle, including good nutrition, physical activity, and enough sleep, improves concentration and mood. Many students, however, struggle to maintain a healthy lifestyle due to their busy schedules and unhealthy habits. Late-night study sessions, easy access to processed foods, and screen time that cuts into rest all contribute to the problem. Without enough sleep and proper nutrition, students may find it harder to focus and manage daily stress. Over time, these patterns can affect both their academic performance and long-term health.

Adapted from healthline.com

Source 2:

A survey on student lifestyle showed that:

- 60 % eat fast food at least twice a week
- 55 % do not exercise regularly
- 40 % report high stress levels
- 25 % say they sleep fewer than 6 hours per night

Adapted from who.int

Notes

Continue overleaf if necessary.

Paper 9**Task instructions:**

You are taking part in an English debate club discussion on sustainable lifestyle.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Sustainability refers to humanity's impact on the environment and the ability of the Earth to continue supporting human life and culture. It's about finding ways for communities, social structures, and practices to last a long time. Sustainability is an alternative to short-sighted, wasteful actions. It helps us judge our current systems and guides us toward a better future. It helps protect the environment, ensures we have resources for the future, and supports fair and equal societies. It is essential to balance the needs of people and the planet.

Adapted from britannica.com

Source 2:

Buy Nothing Day is a day of protest in which participants pledge to buy nothing for 24 hours to raise awareness of the negative environmental, social, and political consequences of overconsumption. This global event is a direct protest against consumer frenzies like Black Friday. The statistics are staggering, for example, over 50% of fast fashion items are discarded in under a year. Furthermore, the average American generates over 2 kg of waste per day, much of it from packaging and short-lived products.

Adapted from www.earthday.org

Notes

Continue overleaf if necessary.

Paper 10

Task instructions:

You are taking part in an English debate club discussion on children using technology.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

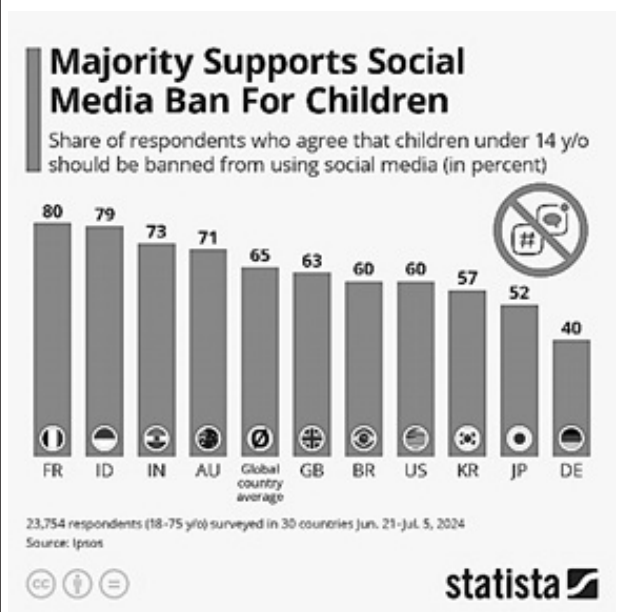
Source 1:

A study reveals that 60% of children begin using technology before learning to read. Many parents use screens as bargaining tools for chores or homework, as well as for managing children's behaviour in public settings. Parents' top concerns include children's safety and mental health - 73% of parents believe their children need a "digital detox". Parents admit there are other negative effects like reduced family time, emotional reliance on technology, and increased anxiety about in-person interactions.

Adapted from investors.brighthorizons.com

Source 2:

Many countries are considering banning social media for children.



From weforum.org

Notes

Continue overleaf if necessary.

Paper 11**Task instructions:**

You are taking part in an English debate club discussion on career paths.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Gen Z teens are rethinking education and career paths. Many question the value of formal academic learning and, instead, want a system that is more flexible and personalized in its approach to both learning and work. Gen Z values practical skills like financial literacy and emotional intelligence and prefers hands-on learning through internships. They want more guidance on finances, careers, and mental health, seeking a flexible, career-focused education system.

Adapted from the74million.org

Source 2:

Teenagers today face a rapidly changing job market, so early career planning is essential. While many still dream of traditional jobs like medicine or law, interest is shifting towards technology-related fields, influenced by digital trends and role models like Elon Musk, sparking interest in careers such as robotics. However, it's crucial for teens to balance aspirations with realistic expectations by seeking guidance from mentors and teachers to align their dreams with achievable goals.

Adapted from teencoachacademy.com

Notes

Continue overleaf if necessary.

Paper 12**Task instructions:**

You are taking part in an English debate club discussion on internet usage.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

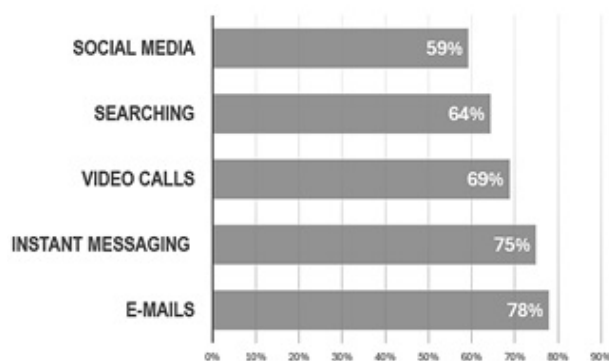
Pamela Paul, who edits The New York Times Book Review, wrote a book called 100 Things We've Lost to the Internet.

The book describes things that have disappeared or changed because of the internet. Some are small, like handwritten cards, knowing phone numbers by heart, and not having every moment of your teenage years recorded. Others are more serious, like weaker memories, less ability to keep ourselves entertained, and the total loss of privacy.

Adapted from news.miami.edu

Source 2:

Most common online activities in European Union as of 2023



statista.com

Notes

Continue overleaf if necessary.

EKSĀMENS ANĢĻU VALODĀ
(optimālais mācību satura
apguves līmenis)
2026
SKOLOTĀJA MATERIĀLS
Mutvārdu daļa, 3. diena

EKSĀMENS ANĢĻU VALODĀ
(optimālais mācību satura apguves līmenis)

Mutvārdu daļa, 3. diena
Skolotāja materiāls

Pie izglītojamajiem un personām, kuras piedalās eksāmena nodrošināšanā, no brīža, kad viņiem ir pieejams eksāmena materiāls, līdz eksāmena norises beigām nedrīkst atrasties ierīces (planšetdators, piezīmjdators, viedtālrunis, viedpulkstenis u. c. saziņas un informācijas apmaiņas līdzekļi), kuras nav paredzētas Valsts pārbaudes darbu norises darbību laikos.

2026

Paper 13

Task instructions:

You are taking part in an English debate club discussion on emotional intelligence.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others. The emotionally intelligent people are highly conscious of their own emotional states, even negative ones like anger or sadness. They can identify and understand what they are feeling. They are not impulsive or hasty with their actions. People are naturally drawn to a person with high emotional intelligence.

Adapted from psychologytoday.com

Source 2:

Emotional Intelligence isn't typically a standalone subject like math or history, but it can be taught in many subjects:

- Literature/Arts: Analysing and discussing characters' motivations and relationships builds empathy and helps explore complex emotions.
- Social Studies/History: Examining the decisions of historical figures, the causes of conflicts develops consideration of multiple viewpoints.
- Science: Learning about the brain, the nervous system, and the physiological basis of emotions helps to understand the "why" behind emotions.

Adapted from britannica.com

Ask the students three questions after the talk:

1. What else, apart from emotional intelligence, helps build friendly relationships?
2. Is it really possible to learn to become more emotionally intelligent? Why/Why not?
3. Why is it important to be polite and say 'please', 'thank you' or 'sorry' to people?

Paper 14

Task instructions:

You are taking part in an English debate club discussion on planning free time.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Researchers found that strictly scheduling fun activities can make them feel like chores and reduce enjoyment. In contrast, spontaneous or roughly planned events – without exact times – are more enjoyable. This is because people associate fixed schedules with work. The study conducted at Ohio State University suggests that leisure should feel flexible and free-flowing. Even simply assigning a start time to a fun activity can lower the enjoyment. This has implications for how leisure experiences should be organized.

Adapted from news.osu.edu

Source 2:

Planning your free time may seem strange, but it helps improve well-being, reduce stress, and bring more joy. Unplanned time often leads to guilt or restlessness. By organizing leisure activities, you avoid decision fatigue and enjoy the benefits of anticipation. A good plan includes rest, hobbies, and social time, while still leaving space for spontaneity. Intentional leisure helps you recharge and live a more balanced, fulfilling life.

Adapted from gobeflo.com

Ask the students three questions after the talk:

1. Why do many people complain that they do not have enough free time?
2. Can too much free time ever be a bad thing? Why or why not?
3. How can people use their free time for their personal growth?

Paper 15

Task instructions:

You are taking part in an English debate club discussion on consumerism.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

The anti-shopping movement is a social and environmental response to excessive consumerism, advocating for mindful consumption and rejecting the constant pressure to buy new goods. Core activities of this movement include initiatives like Buy Nothing Day, clothing swap events, and the growth of repair cafes and “minimalist” lifestyles. Ultimately, it is a cultural push to redefine value, prioritizing sustainability over the endless accumulation of possessions.

Adapted from euronews.com

Source 2:

Generation Alpha are kids born after 2010, and they are growing up completely surrounded by technology. This makes them very powerful shoppers, even at a young age. Studies show that 93% of parents say their kids influence what the family buys, often by asking for things they see in online videos.

Their older siblings, Generation Z teens also shop online but with a sustainable twist. They are huge fans of online resale sites and thrifting, with over 70% preferring to buy from brands that are sustainable. For both groups, shopping is deeply social and digital.

Adapted from bbc.com

Ask the students three questions after the talk:

1. What are the advantages and disadvantages of shopping online compared to shopping in physical stores?
2. How has social media transformed the way teenagers shop?
3. Will the current anti-shopping movement continue, or will it go out of fashion?

Paper 16**Task instructions:**

You are taking part in an English debate club discussion on pets.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Scientists have set up cameras to see what dogs do when home alone all day, and it turns out there's a lot of yawning, barking, howling, whining, and sleeping – signs of anxiety and frustration. Charlotte Burn, a biologist (the UK), thinks our pets could also become bored when left alone for hours at a time.

For most of us, boredom is a temporary thing, and we can do something about it, but when you cannot do anything about it, it's incredibly distressing. Even for animals it might actually be a serious problem.

Adapted from gohenry.com

Source 2:

In Europe there are already 340 million pets. Cats (26%) and dogs (25%) remain the most popular companion animals.

The European Companion Animal Feeding Federation has published its annual report on the pet food market in Europe, relating to the year 2022. The report confirms healthy growth in pet ownership. This increase is reflected in the growth of the market. In general figures, during 2022 a total of 10.5 million tons of pet food were sold in Europe, which represented an annual growth rate for this industry of 5.1%.

Adapted from ultimasnoticias.com

Ask the students three questions after the talk:

1. What should people keep in mind when getting a pet?
2. Why do you think pet ownership is increasing in Europe?
3. How can a family benefit by owning a pet?

Paper 17

Task instructions:

You are taking part in an English debate club discussion on the impacts of social media.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

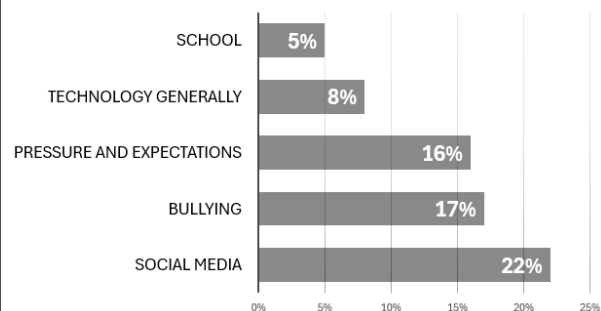
Social media's impact has created many positive effects for society. In a 2020 Harvard study, Mesfin Bekalu concluded that routine daily use of social media positively correlated with "three health-related outcomes: social well-being, positive mental health, and self-rated health." While this national study of adult social media use did not overlook potential problems like addiction or overuse, it also found that positive networking on these platforms can reduce feelings of loneliness, social isolation, and low self-esteem.

Adapted from apu.apus.edu

Source 2:

Social Media: The Biggest Threat to Teen's Mental Health?

Share of teens who think the following have the biggest negative impact on teen's mental health.



statista.com

Ask the students three questions after the talk:

1. Do you feel positively or negatively toward social media? Why?
2. Should there be any restrictions on social media use? Why/Why not?
3. Should healthy social media habits be taught at school? Please explain.

Paper 18

Task instructions:

You are taking part in an English debate club discussion on cybersecurity.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Cybercrime is increasing around the world. More people are using smartphones, social media, cloud storage, and online payments, which means personal and financial information is everywhere. Hackers are getting better at stealing this data. Computers and phones are common targets for attacks like malware, ransomware, and phishing, which try to get things like credit card numbers and bank details.

In 2022, the Cybersecurity Almanac reported that there were nearly 5.3 billion mobile devices worldwide, and more than 60% of digital fraud now happens on mobile phones.

Adapted from mckinsey.com

Source 2:

In today's hyper-connected world, children and students are increasingly exposed to the same cybersecurity risks that affect adults and organizations. Despite their general tech-savviness, students are highly vulnerable to cyberattacks and often use technology without understanding the risks. To address this, schools and families should teach basic online safety habits, such as using strong passwords, recognizing suspicious messages, and keeping software updated. Students also benefit from privacy settings on social media and learning not to share personal information publicly.

Adapted from forbes.com

Ask the students three questions after the talk:

1. Do schools do enough to help students understand cybersecurity?
2. Do you think artificial intelligence will help people against cybercrime?
3. What are the benefits of the internet for people in both their professional and personal life?

Paper 13**Task instructions:**

You are taking part in an English debate club discussion on emotional intelligence.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others. The emotionally intelligent people are highly conscious of their own emotional states, even negative ones like anger or sadness. They can identify and understand what they are feeling. They are not impulsive or hasty with their actions. People are naturally drawn to a person with high emotional intelligence.

Adapted from psychologytoday.com

Source 2:

Emotional Intelligence isn't typically a standalone subject like math or history, but it can be taught in many subjects:

- Literature/Arts: Analysing and discussing characters' motivations and relationships builds empathy and helps explore complex emotions.
- Social Studies/History: Examining the decisions of historical figures, the causes of conflicts develops consideration of multiple viewpoints.
- Science: Learning about the brain, the nervous system, and the physiological basis of emotions helps to understand the "why" behind emotions.

Adapted from britannica.com

Notes

Continue overleaf if necessary.

Paper 14**Task instructions:**

You are taking part in an English debate club discussion on planning free time.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Researchers found that strictly scheduling fun activities can make them feel like chores and reduce enjoyment. In contrast, spontaneous or roughly planned events – without exact times – are more enjoyable. This is because people associate fixed schedules with work. The study conducted at Ohio State University suggests that leisure should feel flexible and free-flowing. Even simply assigning a start time to a fun activity can lower the enjoyment. This has implications for how leisure experiences should be organized.

Adapted from news.osu.edu

Source 2:

Planning your free time may seem strange, but it helps improve well-being, reduce stress, and bring more joy. Unplanned time often leads to guilt or restlessness. By organizing leisure activities, you avoid decision fatigue and enjoy the benefits of anticipation. A good plan includes rest, hobbies, and social time, while still leaving space for spontaneity. Intentional leisure helps you recharge and live a more balanced, fulfilling life.

Adapted from gobeflo.com

Notes

Continue overleaf if necessary.

Paper 15**Task instructions:**

You are taking part in an English debate club discussion on consumerism.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

The anti-shopping movement is a social and environmental response to excessive consumerism, advocating for mindful consumption and rejecting the constant pressure to buy new goods. Core activities of this movement include initiatives like Buy Nothing Day, clothing swap events, and the growth of repair cafes and “minimalist” lifestyles. Ultimately, it is a cultural push to redefine value, prioritizing sustainability over the endless accumulation of possessions.

Adapted from euronews.com

Source 2:

Generation Alpha are kids born after 2010, and they are growing up completely surrounded by technology. This makes them very powerful shoppers, even at a young age. Studies show that 93% of parents say their kids influence what the family buys, often by asking for things they see in online videos.

Their older siblings, Generation Z teens also shop online but with a sustainable twist. They are huge fans of online resale sites and thrifting, with over 70% preferring to buy from brands that are sustainable. For both groups, shopping is deeply social and digital.

Adapted from bbc.com

Notes

Continue overleaf if necessary.

Paper 16**Task instructions:**

You are taking part in an English debate club discussion on pets.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Scientists have set up cameras to see what dogs do when home alone all day, and it turns out there's a lot of yawning, barking, howling, whining, and sleeping – signs of anxiety and frustration. Charlotte Burn, a biologist (the UK), thinks our pets could also become bored when left alone for hours at a time.

For most of us, boredom is a temporary thing, and we can do something about it, but when you cannot do anything about it, it's incredibly distressing. Even for animals it might actually be a serious problem.

Adapted from gohenry.com

Source 2:

In Europe there are already 340 million pets. Cats (26%) and dogs (25%) remain the most popular companion animals.

The European Companion Animal Feeding Federation has published its annual report on the pet food market in Europe, relating to the year 2022. The report confirms healthy growth in pet ownership. This increase is reflected in the growth of the market. In general figures, during 2022 a total of 10.5 million tons of pet food were sold in Europe, which represented an annual growth rate for this industry of 5.1%.

Adapted from ultimasnoticias.com

Notes

Continue overleaf if necessary.

Paper 17**Task instructions:**

You are taking part in an English debate club discussion on the impacts of social media.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

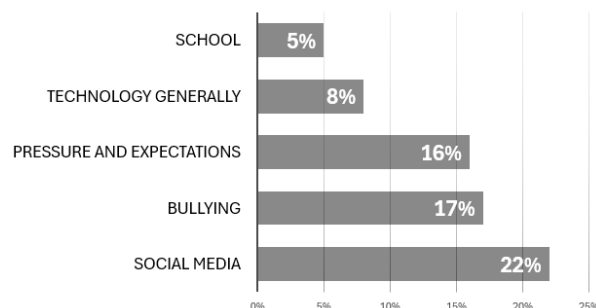
Source 1:

Social media's impact has created many positive effects for society. In a 2020 Harvard study, Mesfin Bekalu concluded that routine daily use of social media positively correlated with "three health-related outcomes: social well-being, positive mental health, and self-rated health." While this national study of adult social media use did not overlook potential problems like addiction or overuse, it also found that positive networking on these platforms can reduce feelings of loneliness, social isolation, and low self-esteem.

Adapted from apu.apus.edu

Source 2:**Social Media: The Biggest Threat to Teen's Mental Health?**

Share of teens who think the following have the biggest negative impact on teen's mental health.



statista.com

Notes

Continue overleaf if necessary.

Paper 18**Task instructions:**

You are taking part in an English debate club discussion on cybersecurity.

You should give a 3 to 5-minute talk in which you present your opinion on the issue.

After your talk you will answer three questions and justify your opinion.

Use the two sources provided below to plan your talk.

You have 5 minutes to prepare. You can make notes on the paper.

In your talk you should:

- formulate the issue raised in the material,
- compare the information provided in the material,
- state your opinion on the issue,
- support your opinion with at least two arguments, including reasons and examples,
- come to a conclusion.

Source 1:

Cybercrime is increasing around the world. More people are using smartphones, social media, cloud storage, and online payments, which means personal and financial information is everywhere. Hackers are getting better at stealing this data. Computers and phones are common targets for attacks like malware, ransomware, and phishing, which try to get things like credit card numbers and bank details.

In 2022, the Cybersecurity Almanac reported that there were nearly 5.3 billion mobile devices worldwide, and more than 60% of digital fraud now happens on mobile phones.

Adapted from mckinsey.com

Source 2:

In today's hyper-connected world, children and students are increasingly exposed to the same cybersecurity risks that affect adults and organizations. Despite their general tech-savviness, students are highly vulnerable to cyberattacks and often use technology without understanding the risks. To address this, schools and families should teach basic online safety habits, such as using strong passwords, recognizing suspicious messages, and keeping software updated. Students also benefit from privacy settings on social media and learning not to share personal information publicly.

Adapted from forbes.com

Notes

Continue overleaf if necessary.