

Olympiáda v anglickom jazyku, 36. ročník, celoštátne kolo 2025/2026, kategória 1A – úlohy**GRAMMAR**

Read the text about a teenager reacting to the recent social media ban in Australia. Decide which answer (A, B, C, or D) best fits each space (1 – 15). Then circle the correct option on the following page.

‘I feel free’: Australia’s social media ban, one month on

For the first time in years, Amy finally 1. _____ free. One month since Australia’s teen social media ban kicked 2. _____, she says she is disconnected from her phone and her daily routine 3. _____. The 14-year-old first felt the pangs of online addiction in the days after the ban started.

“I 4. _____ that I was still unable to access Snapchat – however, from instinct, I still reached to open the app in the morning,” she wrote on day two of the ban in a diary she 5. _____ for the first week afterwards.

By day four of the ban – when ten platforms including Facebook, Instagram, and TikTok went dark for thousands of Australian children aged 16 and under – she had started to question the magnetic pull of Snapchat.

“6. _____ it’s sad that I can’t snap my friends, I can still text them on other platforms and I honestly feel kind of free knowing that I don’t have to worry 7. _____ doing my streaks anymore,” Amy said.

Streaks – a Snapchat feature considered by 8. _____ as highly addictive – require two people to send a “snap” – a photo or video – to each other every day 9. _____ order to maintain their “streak” which can last for days, months, even years.

Eventually, by day six, the pull of Snapchat – which she first downloaded when she was 12 and checked several times a day – 10. _____ fast for Amy.

“I often 11. _____ call my friends on Snapchat after school, but because I am no longer able to, I went for a run.” Fast-forward a month, and her habits 12. _____ markedly different.

“Previously, it was part of my routine to open Snapchat,” the Sydney teen told the BBC.

“Opening Snapchat would often lead to Instagram and then TikTok, which sometimes resulted 13. _____ me losing track of time after being 14. _____ up by the algorithm... I now reach for my phone less and mainly use it when I genuinely need 15. _____ something.”

(Adapted from Lana Lam: 'I feel free': Australia's social media ban, one month on. *BBC*. January 9, 2026. [online]. Retrieved from: <https://www.bbc.com/news/articles/c0mpmgn3jv2o>.)

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- | | | | |
|--------------------|----------------|-----------------|---------------------|
| 1. A) feel | B) felt | C) feeling | D) feels |
| 2. A) out | B) on | C) in | D) for |
| 3. A) has changed | B) changes | C) change | D) was changing |
| 4. A) have known | B) knew | C) know | D) will know |
| 5. A) kept | B) is keeping | C) keep | D) will keep |
| 6. A) When | B) So | C) Because | D) While |
| 7. A) for | B) from | C) about | D) on |
| 8. A) much | B) some | C) any | D) lot |
| 9. A) on | B) in | C) at | D) for |
| 10. A) was fading | B) fading | C) fade | D) fades |
| 11. A) was calling | B) use to call | C) used to call | D) was used to call |
| 12. A) is | B) are | C) been | D) was |
| 13. A) up | B) in | C) on | D) at |
| 14. A) sweep | B) to sweep | C) sweeping | D) swept |
| 15. A) to do | B) doing | C) to doing | D) do |

Total _____ / 15 points

VOCABULARY

Complete the gaps (1 – 20) with the correct form of the words in the box below. There are two extra words.

<i>discount</i>	<i>bracelet</i>	<i>necklace</i>	<i>sandals</i>	<i>shopping mall</i>	<i>sneakers</i>	<i>fitting room</i>	<i>return</i>		
<i>try on</i>	<i>boots</i>	<i>gloves</i>	<i>dress</i>	<i>size</i>	<i>fit</i>	<i>purchase</i>	<i>change</i>	<i>price</i>	<i>sunglasses</i>
		<i>scarf</i>	<i>receipt</i>	<i>jacket</i>	<i>cash register</i>				

Last Saturday, Emma and her friend Tom were in the mood for shopping, so they went to the city
1. _____. At the weekends, the shops there are usually crowded, but they didn't mind because they had plenty of time.

The first place they visited was a shoe shop. Emma saw some tall 2. _____ for winter and soft 3. _____ for walking around the city on warm sunny days. Tom found a pair of 4. _____ that he really liked – and they were also at a 20 %
5. _____ ! They decided to 6. _____ the shoes to see if they
7. _____ .

Next, they started to look for clothes. Emma found a red 8. _____ to wear for her birthday party, and Tom chose a warm, dark 9. _____ for colder days. They went to the 10. _____ , where Tom found out that he needed to pick a larger
11. _____ .

After that, they went to the accessories section. Emma bought a golden
12. _____ for her wrist to match the dress, 13. _____ to protect her eyes from the sun, and a pair of 14. _____ to keep her hands warm.

Finally, they went to the 15. _____. Emma looked at the 16. _____ before paying. The cashier handed her the 17. _____ and the paper
18. _____ in case they would like to 19. _____ something.

Both of them were very satisfied with all their 20. _____ .

Total _____ / 10 points
(0.5 point each)

READING COMPREHENSION

TASK I. Read this article about showering. Seven sentences have been removed from the text. Write the letters (A – I) of the missing sentences which are printed on the next page into the spaces provided in the text. There are two sentences that do not fit.

Is It Better to Shower in the Morning or at Night?

In this increasingly polarised world we live in, there is one question that perhaps divides us more than any other – do you shower first thing in the morning, or last thing at night? **1.** _____. Whichever camp you belong to, you may wonder what impact your choice has on your health.

For many of us, after we wake up bleary-eyed in the morning, one of the first things we do is jump into the shower. Morning-shower advocates often argue that standing for 10 minutes under a torrent of hot water helps them to wake up and feel fresh and ready to start the day. **2.** _____. So what does the science say on which is actually more beneficial for us?

Showering removes dirt, sweat, and oil from the skin, which accumulates along with dust, pollen, and pollutants. If you don't shower before bed, this debris ends up on your sheets and pillowcases. Your skin also hosts 10,000 to 1 million bacteria per square centimetre which feed on sweat oil.

3. _____. "Even if you shower at night, you'll sweat overnight," says microbiologist Primrose Freestone. Up to half a pint of sweat and 50,000+ skin cells are deposited on your bed, feeding bacteria and dust mites. "You're still slightly on the smelly side in the morning," she adds.

4. _____. Bacteria, fungi, and dust mites survive on pillows, sheets, and duvets for weeks. People with severe asthma are often allergic to fungi, and long-term exposure to dust-mite excretions can increase allergy risks. Holly Wilkinson, senior lecturer in wound healing, says, "It's probably more important to clean your bedsheets on a regular basis than shower in the evening." Dirty sheets may also raise the risk of skin infections.

5. _____. A meta-analysis of 13 studies found that a 10-minute warm shower or bath an hour or two before bedtime significantly shortened the time it took to fall asleep. Raising body temperature before cooling may act as a circadian signal, though more research is needed.

So, which is best? Freestone prefers a morning shower to remove sweat and microbes from the night. **6.** _____. "If you're showering once a day, it probably doesn't really matter what time of day you do it," says Wilkinson. In fact, as long as you give the key areas a daily wash, a shower or bath twice a week is probably enough to maintain health and hygiene. **7.** _____. So if you're a farmer, for example, you're probably going to want to wash when you come home at the end of the day, but, according to Wilkinson, maintaining a clean bed is probably more important overall.

(Adapted from Jasmin Fox-Skelly: Is it better to shower in the morning or at night? BBC. September 21, 2025. [online]. Retrieved from: <https://www.bbc.com/future/article/20250919-is-it-better-to-shower-in-the-morning-or-at-night>.)

READING COMPREHENSION (continued)

A	Night showers may seem more hygienic, but it's complicated.
B	Some argue that showers at night help sleep.
C	Or perhaps you are one of the 34 % of the American population who do not shower daily.
D	Because of this, many people believe that showering twice a day is necessary for good hygiene.
E	The benefits of nighttime showers depend on the frequency of washing your bed linen.
F	However, the timing likely makes little difference to your health.
G	Yet nighttime bathers argue that showering before bed helps them wash the day's grime away before they slip under the covers.
H	From a comfort perspective, many people simply prefer the feeling of going to bed clean.
I	It does depend on what kind of job you do, though.

Total _____ / 7 points

TASK II. Based on the text, fill in the sentences using one word.

8. The debate about showering habits is presented as one that _____ people.
9. Long-term exposure to dust-mite excretions increases the risk of developing _____ .
10. The hygiene benefits of showering at night apply only if bed linen is washed _____ .

Total _____ / 3 points

LISTENING COMPREHENSION

TASK I. You will hear educator Mia Nacamulli talking about the benefits of being bilingual. For the four types (1 – 4) of bilingualism (the ability to speak two languages) mentioned in the recording, choose the correct definition. Write the corresponding letters (A – D) into the spaces provided.

1. _____ A compound bilingual...
 2. _____ A coordinate bilingual...
 3. _____ A subordinate bilingual...
 4. _____ A balanced bilingual...
-
- A) uses both languages equally well.
 - B) learns two languages at the same time.
 - C) learns the two languages in separate environments.
 - D) learns the second language via their first language.

Total _____ / 2 points
(0.5 point each)

TASK II. Based on the recording, choose the correct options to complete the sentences. For questions 5 – 7, circle the correct answers (A – D).

5. **The critical period hypothesis suggests that ...**
 - A) adults learn languages better than children.
 - B) children learn languages quickly because their brains are very flexible.
 - C) language skills are fixed after a certain age.
 - D) learning a second language has no benefits.
6. **One of the brain benefits of speaking multiple languages is associated with ...**
 - A) faster brain activity.
 - B) increased density of grey matter.
 - C) increased ability to learn new concepts.
 - D) higher intelligence.
7. **Bilingualism was historically viewed as ...**
 - A) a beneficial skill.
 - B) a natural part of language development.
 - C) a problem that delayed a child's progress.
 - D) a skill irrelevant to learning abilities.

Total _____ / 3 points

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