

GRAMMAR

Complete the text with the correct form of the verbs in brackets. Write the correct form in the spaces provided.

My Life in Lisbon

My name is Yvonne Ivanescu, and I am a Canadian living in one of the most beautiful countries in the world, Portugal. I am from Toronto, Canada, but I (1).....(travel) almost non-stop for the last 10 years, living in six different countries, including Belgium, Brazil, Chile, and France. While living in Brussels, I (2).....(search) for a place to call home. At the time, I (3).....(finalise) my Ph.D. in community tourism and business development.

Our family (4).....(move) to Portugal in June 2020, in the middle of the global pandemic. Since then, I (5).....(spend) the better part of the year setting roots in Portugal. We originally (6).....(land) in the small fishing village of Trafaria before moving to Lisbon. Our first flat in Lisbon was in the neighbourhood of Campo de Ourique. I (7).....(end up) choosing this particular area of the city because it (8).....(remind) me a lot of Ipanema in Rio de Janeiro. Our flat at the time had no outside space, so during lockdown, I was especially craving nature. As a result, we (9).....(decide) to take a little break from the downtown area and (10).....(move) just outside of the city. At the moment, we (11).....(live) in Costa da Caparica in a two-bedroom flat around 5 minutes from the beach.

Lisbon is an expensive city, especially if you want to live by yourself. The pandemic (12).....(lower) flat prices in the city, which is why rents feel slightly less extreme now. At the moment, we pay US\$1,000 for our flat, which is still very high.

The reason I (13).....(love) Lisbon, and Portugal in general, is that it has everything that you would ever need. It has cities like Lisbon, but just a short drive away you have access to beaches or mountains or nature. That's one of the reasons that I (14).....(start) my blog about Portugal. We also (15).....(create) the ultimate guide to Lisbon.

Adapted from <https://www.psimonmyway.com/living-in-lisbon-portugal>, 25/1/2026

Total points:/15 pts

VOCABULARY

Read the article below. Use the word given in CAPITALS to form a word that fits in the space.

Write your answers in the spaces provided.

5 Timeless Habits for Better Health

People today often hear ...¹... advice about how to stay healthy. Dr. Wynne Arman recommends five simple habits. Try to work these habits into your ...²... routines. First of all, mindfulness and meditation can help reduce stress, improve sleep, and increase ...³.... Dr. Armand says that ...⁴... and stress are common in her patients, and too much worrying can have a negative effect on both body and mind. Paying attention to the ...⁵... environment during a walk or using a meditation app can help you feel a little ...⁶... and more positive. Secondly, a lack of good-quality sleep often results in ...⁷... and irritation. Proper ...⁸... habits can lead to an ...⁹... in your immune system, memory, and overall mood. Most adults have a ...¹⁰... of about seven hours of sleep, but the quality of rest is usually more important than its quantity. A regular sleep schedule, reduced caffeine ...¹¹..., and the ...¹²... of screens before bedtime can lead to better quality rest. Thirdly, a diet rich in vegetables, fruit, and ...¹³... processed foods supports long-term health and longevity. Highly processed foods often have lower ...¹⁴... value and can make you crave more. Fourthly, regular ...¹⁵... is also important. Short walks, stretching, or choosing active ways to meet friends help maintain ...¹⁶... and energy. Fifthly, protect yourself from toxins. Air ...¹⁷..., microplastics, and everyday chemicals can harm your body. These particles can be ...¹⁸... to your body and may make it harder to stay ...¹⁹... over time. Reducing your exposure where possible can also improve your ...²⁰... and protect your long-term health.

Adapted from <https://www.health.harvard.edu/blog/5-timeless-habits-for-better-health-202509243106> , 25/1/2026

CONFLICT	1.....	CONSUME	11.....
DAY	2.....	AVOID	12.....
CONCENTRATE	3.....	MINIMAL	13.....
ANXIOUS	4.....	NUTRITION	14.....
SURROUND	5.....	MOVE	15.....
CALM	6.....	MOBILE	16.....
TIRED	7.....	POLLUTE	17.....
SLEEP	8.....	HARM	18.....
IMPROVE	9.....	HEALTH	19.....
REQUIRE	10.....	SAFE	20.....

Total points:/10 pts

READING COMPREHENSION

Read the text and complete the task. There are 10 phrases (A-L) missing from the article. Decide which of the phrases best fits into each of the numbered gaps in the text. There are two extra phrases.

Diner Girl

The sound of the bell ringing as I entered the diner was nothing compared to the sound of customers chatting with each other and the waiters (1)___ to rush with the orders. The only familiar sound missing was her laughter. I scanned the room with my eyes, 2)___ of her presence. I saw a woman with the same hair colour, but it wasn't her. I heard a laugh from the girl 3)___ with a boy, but she wasn't her. I found myself 4)___. She wasn't there. How could she not be there? I always saw her there. Every morning, she'd sit at whichever table was free and have her breakfast.

I never talked to her. I hadn't planned on noticing her, but 5)___ every day makes an impression on you, and it made an impression on me. I guess I wasn't as unnoticed as I thought, because one day she 6)___. Just that small moment was enough to make me forget to breathe for a second. I wanted to introduce myself, or just say hi at least, but I only waved at her. Every day for the rest of that week, we kept 7)___. I was perfectly content just being acknowledged by Diner Girl, but I was still 8)___ to exchange a few words.

Last night, I came here. Not to see her or to eat; I just needed 9)___. Fortunately for me, not my grades, she was there. I don't know what possessed me in that moment, but I walked towards her table and 10)___, to which she said yes. I finally got to learn her name: Clara. It fit her.

Adapted from <https://reedsy.com/short-story/ms6llc>, 25/1/2026

- | | |
|-----------------------------------|-----------------------------|
| A. seeing someone so attractive | G. checking each table |
| B. to search for any sign of her | H. to study for my finals |
| C. sitting at the corner table | I. trying to find any hint |
| D. asked if I could sit | J. smiled at me kindly |
| E. repeating that ritual | K. yelling at the cooks |
| F. trying to build up the courage | L. laughed at me ironically |

Total points:/10 pts

LISTENING COMPREHENSION

Listen carefully and circle the correct answer. You will score five points.

1. What influenced Drew's early interest in drawing?

- A. Being exposed to stories from a young age.
- B. Watching animated films with his siblings.
- C. Writing short stories with his parents.
- D. Reading books written by his father.

2. According to Drew, what affects how closely illustrations match a story?

- A. The illustrator's personal style and preferences.
- B. The amount of time available for revisions.
- C. The clarity of the author's ideas and descriptions.
- D. The number of characters and scenes in the story.

3. What makes Drew's way of preparing his book different from others?

- A. He wants to share parts of the story before it's finished.
- B. He finishes the main image before completing the story.
- C. He works with a team of writers and artists.
- D. He wants to turn the book into a full-length comic.

4. What does Drew believe is special about certain illustrations?

- A. They allow viewers to imagine missing elements.
- B. They are more effective than written language.
- C. They follow a fixed and predictable structure.
- D. They are useful for describing real situations.

5. What advice does Drew give to young artists?

- A. Try different styles until you find your own.
- B. Try copying drawings from professionals.
- C. Learn how things look and keep practicing.
- D. Take breaks often to stay creative.

Total points:/5 pts

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