Redni rok 2025
Druga pisna naloga

Ministero dell'istruzione e del merito

K020 - DRŽAVNI IZPIT OB ZAKLJUČKU DRUGEGA CIKLUSA

Smeri: IT04 – TURIZEM, EA27 – ESABAC TECHNO
(Besedilo velja tudi za štiriletno smer IT26)

Predmet: ANGLEŠKI JEZIK

KANDIDAT/-KA NAJ RAZVIJE VSE DEJAVNOSTI, KI JIH PREDVIDEVA NALOGA.

PART 1 – COMPREHENSION AND INTERPRETATION

Question A

Read the text below

Bleisure Travel: The Rise of Mixing Business with Pleasure

The concept of a "'workcation," in which people travel to a vacation destination but work while on the trip in order to save paid time off, has been around for many years. However, "bleisure" – which merges the words leisure and business – adds extra days at the beginning or end of a business trip, thereby offering employees some additional rest and relaxation before or after diving into work.

Bleisure trips became very popular a few years ago after travel restrictions were lifted and a growing number of workers started returning to business trips. Often wanting to take their loved ones with them for a respite from the isolation everyone had been subjected to, these trips evolved into hybrids of work and pleasure.

Chrisy Ranallo, Director of Sales & Marketing at Skytop Lodge in the Pocono Mountains of northeast Pennsylvania, hosts many bleisure travellers. She explains, "Many business events have a full itinerary in a conference room setting, so they have not been able to explore the 5,500 acres and everything we have to offer. We often get requests for the group guests to extend their stays and invite their families for the weekend, since we are an easy two-hour drive from Philadelphia, New York and New Jersey. Our resort offers an array of summer activities and breathtaking views for unwinding."

Research indicates that nearly half of American workers now embrace the concept of bleisure travel, and bleisure trips currently reach a worldwide market value of nearly $600 billion. Research indicates this market is expected to grow by around 500% or more over the next decade.

According to Routespring, a top-rated travel management platform that caters to the growing bleisure travel market, around 40% of business trips are extended for bleisure travel. Bleisure trips have seen significant growth in the last decade, with estimates suggesting a 20% increase from 2016. This trend has continued to accelerate, driven by factors like changing work dynamics, the desire for more personal and work balance and the relative affordability of adding personal time to business trips. (…)

Skytop Lodge, Skytop, Pennsylvania

Since 1928 Skytop Lodge has stood as a symbol of elegance and refinement. Guests are transported to a more dignified time from the moment they arrive at this exquisite lodge. Steeped in 5,500 acres of nature, Skytop offers bleisure travelers an abundance of activities to enjoy before or after a few days of corporate commitment such as zip lining, treetop adventure course and axe throwing. The array of thoughtful accommodations include: The Lodge, central location with four delectable on-site dining options and historical significance;

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The Inn, secluded and located near the golf course, with two on-site dining options and fantastic views of the entire property; The multi-room Cottages, nestled by the lake, ideal for large gatherings.

(461 words)

Oct 9, 2024, Forbes
https://www.forbes.com/sites/rogersands/2024/07/02/bleisure-travel--the-rise-of-mixing-business-with-pleasure/

Choose the answer which fits best according to the text. Circle <u>one</u> letter.

1. What is the main difference between a "workcation" and "bleisure" travel?
   a. Workcations involve extending business trips for personal time, while bleisure trips involve working remotely from vacation destinations.
   b. Workcations require employees to work remotely while traveling, whereas bleisure trips add leisure days before or after a business trip.
   c. Workcations are only for freelancers, while bleisure travel is exclusive to corporate employees.
   d. Workcations involve no work at all, whereas bleisure trips combine business and leisure activities.
2. Why did bleisure travel become popular after travel restrictions were lifted?
   a. Business travelers wanted to bring their families to recover from isolation.
   b. Employers started paying for extra leisure days.
   c. Airlines offered discounts for extended business trips.
   d. Hotels began offering free accommodation for business travelers.
3. What is expected to happen to the bleisure travel market in the next decade?
   a. It will disappear due to rising travel costs.
   b. It will grow by about 500% or more.
   c. It will remain the same as it is today.
   d. It will become less popular as people return to traditional vacations.
4. What is a key factor contributing to the rapid growth of the bleisure travel market?
   a. The decline of remote work and the return to traditional office settings.
   b. The increase in corporate travel budgets for employee vacations.
   c. The affordability of adding leisure time to business trips and changing work-life balance expectations.
   d. The requirement for all business travellers to include leisure days in their itineraries.

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5. Why is Skytop Lodge a popular destination for bleisure travellers?
   a. It is far from major cities, offering complete isolation.
   b. It provides both corporate facilities and leisure activities like zip-lining.
   c. It only hosts business conferences without leisure options.
   d. It exclusively caters to families on vacation.

Answer the following questions. Use complete sentences and your own words.

6. How does bleisure travel benefit employees and companies?
7. What factors have contributed to the rapid growth of bleisure travel?
8. What types of accommodation are available at Skytop Lodge for bleisure travelers?

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QUESTION B

Read the following text

Why laughter is good for you

From reducing stress to enhancing social connections, the health benefits of laughter are backed by science.

Laughter is a simple, yet powerful tool to enhance our physical and mental wellbeing.

People often say that laughter is the best medicine, and it seems that this saying may be more accurate than we realise.

Ongoing trials are exploring whether "comedy-on-prescription" can boost mental health, lower NHS expenses, and offer an alternative to antidepressants.

Craic Health has secured grant funding to develop comedy-based interventions, such as stand-up shows and workshops, to help isolated individuals reconnect with their communities.

The initiative aims to cut mental health-related costs while fostering collaboration between the comedy industry, local communities, and the government.

In a world where stress and anxiety are ever-present, how can laughter contribute to improving both our mental and physical health?

Releases endorphins

"Laughing releases endorphins, which help to reduce stress, depression and anxiety," says Alison Goolnik, integrative psychotherapist at *Therapy Here.* "It boosts your mood and can distract you from any stress or pain.

"Laughter may be a simple act, but it is a powerful tool that can easily be used to improve your mindset, strengthen positive beliefs and enhance physical and mental wellbeing."

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Improves cognitive functions

"When we engage in fun and laughter, the brain releases dopamine, a key chemical that boosts mood and activates learning centres," says Lowri Dowthwaite-Walsh, cognitive behavioural psychotherapist and honorary senior lecturer at the University of Central Lancashire. "This enhances executive functions such as memory, problem-solving, and concentration, making it easier to absorb and process new information."

Enhances pain tolerance

"Laughter triggers the release of feel-good endorphins, our body's natural painkillers, helping to relax muscles and reduce discomfort," says Dowthwaite-Walsh. "It also shifts our nervous system from a 'fight or flight' state to a more adaptive response known as 'tend-and-befriend,' which promotes resilience and relaxation."

Strengthens bonds

"Laughter is highly contagious," says Dowthwaite-Walsh. "When we laugh with others, we strengthen social bonds and create more opportunities for spontaneous joy.

"Research shows that meaningful social connections are one of the most powerful protective factors for mental wellbeing."

Lowers stress hormones

"Cortisol, the body's main stress hormone, spikes when we're anxious or overwhelmed, and laughter brings it down almost instantly," says Dr Naheed Ali, senior contributor at Vera Clinic, and author of Living with Metabolic Syndrome. "It shifts the body out of a stress response and into a relaxed state, which is why people feel lighter after a good laugh, even if nothing about their situation has changed."

Eases tension

"A deep belly laugh physically releases tension in the muscles, sometimes for up to 45 minutes," says Ali. "It's like a natural antidote to the stiffness and tightness that builds up from stress.

"Even people dealing with chronic pain sometimes notice that laughter helps them feel looser and more comfortable."

Supports heart health

"When you laugh, your heart rate and blood pressure increase briefly, but then they drop – kind of like a mini workout for your cardiovascular system," says Ali. "This helps improve circulation and reduces the strain on blood vessels over time.

"Studies even suggest that regular laughter can lower the risk of heart disease."

(526 words)

The Independent, 20 February 2025
https://www.independent.co.uk/life-style/health-and-families/gloucestershire-labour-people-therapy-university-of-central-lancashire-b2701555.html

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*Say whether each of the following statements is **True (T)** or **False (F)**. Put a cross in the correct box in the table below and quote **the first four words of the sentence** where the piece of information is found.*

1. Comedy-based interventions are being developed to support mental health and reduce NHS costs.
2. Endorphins released during laughter act as natural painkillers, helping to reduce discomfort.
3. Laughter can weaken social bonds because it is often misunderstood.
4. Laughter can help lower levels of cortisol, the body's primary stress hormone.
5. Studies suggest that laughter has no significant impact on heart health.

Statement	T	F	First four words of the sentence
1			
2			
3			
4			
5			

Answer the following questions. Use complete sentences and your own words.

6. How does laughter help reduce stress and anxiety, according to the experts mentioned in the text?
7. What role does laughter play in strengthening social bonds and fostering meaningful connections?

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PART 2 – WRITTEN PRODUCTION

Complete both Task A and Task B

TASK A

You are a tour operator in Italy, and you want to promote a new exclusive food experience to international travel agencies. **Write a circular letter** describing the experience and encouraging agencies to include it in their packages. In your letter introduce your company, describe the food experience, highlight what makes this experience unique and appealing to travelers. Provide practical details (duration, location, group size, price options), invite the agency to collaborate and offer contact information for further enquiries.

TASK B

What are the benefits of regular exercise, and how can it improve people's daily lives?

Write an article of about 300 words for any local or school magazine.

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Za nalogo ima kandidat/-ka največ 6 ur.
Dovoljena je uporaba enojezičnih in dvojezičnih slovarjev.
Nihče ne sme zapustiti šolskega poslopja pred iztekom 3 ur od vročitve naloge.