



Comissão de Exames de Admissão
EXAME DE INGLÊS - 2026

1. A prova tem a duração de 120 minutos e contempla 60 questões;
2. Confira o seu código de candidatura;
3. Para cada questão assinale apenas a alternativa correcta;
4. Não é permitido o uso de qualquer dispositivo electrónico (máquina de calcular, telemóveis, etc.).

PART A

Reading I

Cheating in Sports

Read a text about Cheating in Sports, and for questions 1 to 7, choose the correct answer (a, b, c, or d).

Anyone who loves sports will agree that cheating is bad. For example, it was simply wrong for Spain to enter people who were not actually disabled into the 2000 Sydney Paralympics basketball team. But sometimes, it is hard to draw a line between what is cheating and what is not. Many sports encourage players to be 'sporting', that is, to play honestly and accept when they lose. However, in sports, the prizes for winning are great, so it is natural for people to use different ways to win a game. Sometimes players cheat or bend the rules to get an advantage in a game.

Gamesmanship is when you try to win a game by bending the rules or using dubious tactics. For example, when British Team cyclist Philip Hindes had a bad start in a team race in the 2012 Olympics, he didn't want to let his team down, and since he knew that if a rider fell early, the race would be restarted, he crashed his bike on purpose. Britain went on to win gold.

Other examples of gamesmanship are when players fake injuries or waste time. This might give them a chance for a short rest, or it could annoy their opponent and affect their concentration. For example, at the 2016 Rio Olympics, badminton player Carolina Marin screamed and shouted every time her opponent made a mistake. This affected her opponent's feelings, and people thought she behaved rudely. However, she won the gold medal without breaking any rules.

When there is a grey area, it is the referee or umpire's job to decide whether cheating is taking place. However, players can take advantage of this situation because referees aren't perfect and can't see everything. For example, in cricket, if the ball hits a batter's legs, he is out, and most batters know when they are out, so they should leave the field immediately. However, few cricketers are sporting. They wait until the umpire tells them to go because they want to stay in the game, and the umpire might not see what happened. This isn't considered cheating.

However, there's no denying that Diego Maradona cheated in the 1986 World Cup quarter-finals between England and Argentina. In that particular match, Maradona infamously scored a goal using his hand. The referee, who missed the incident, awarded the goal, and unsurprisingly, Maradona didn't question the decision. But the game of football, however, isn't always so forgiving of those who bend the rules, as Brazilian player Rivaldo knows. In the 2002 World Cup, he faked an injury during a match. Unlike Maradona, Rivaldo wasn't so lucky; he was caught out and was later fined, proving that the outcomes of such actions are not always in the player's favour. Sometimes, players might even try to lose on purpose. At the 2012 London Olympics, four women's badminton doubles teams from China, Indonesia, and South Korea purposely played badly. They all wanted to lose because it would lead to an easier place in the tournament. Although none of the players broke any badminton rules, they were all disqualified for their poor sportsmanship.

Where there are games, people will always try different ways to win. But is bending the rules the same as cheating? Or does it just make the game more interesting because sports competitions are not only about physical skills but also about clever strategies?

1. According to the passage, the 2000 Sydney Paralympics basketball team...

A. won the gold medal despite cheating.
B. were in a grey area.
C. rightly accused of cheating.
D. were accused of cheating when they did not.

2. British Team cyclist Philip Hindes...

A. lost a medal because he cheated.
B. used gamesmanship to win a medal.
C. won a medal despite cheating.
D. lost a medal because of gamesmanship.

3. Badminton player Carolina Marin...

A. used gamesmanship to win a game.
B. used gamesmanship, but lost a game.
C. cheated and won a game.
D. did not cheat, but was disqualified.

4. **Cricketers who leave the field when they feel the ball touch their legs...**

- are breaking the rules.
- are rare.
- are using gamesmanship.
- are following the rules.

5. **Diego Maradona is mentioned because he...**

- took advantage of a referee's mistake.
- challenged a referee's decision.
- persuaded a referee to make a decision.
- was punished for his gamesmanship.

6. **Rivaldo...**

- didn't realise he was breaking a rule.
- exaggerated an injury.
- was punished for bending the rules.
- was accused of cheating when he did not.

7. **The four badminton teams were disqualified...**

- despite not cheating.
- because they cheated.
- because they were sporting.
- after winning their games.

Reading II

Read a text on "How to stay fit, happy, and healthy", and for the gaps 8 to 14, choose the correct answer (a, b, c, or d) from the choices provided below the text.

How to stay fit, happy, and healthy

If you've been listening to the news, you already know about our national obesity levels rising by the day. It has never been more critical (8) _____ and to get an adequate amount of exercise and sleep to keep yourself fit and healthy. Though it may feel like really hard work at first, once you adopt an exercise routine and start (9) _____, you'll forget you ever did things differently.

Here are just four of the top adjustments to make:

1. Get more sleep!

Sleep is huge, and almost a third of the US population doesn't get nearly enough to stay physically and mentally healthy. If you are sleep deprived, try changing your habits in order (10) _____.

2. Strive for a better diet

Look at your diet and what you're eating now, and make changes where you see fit. If you are susceptible to snacking, keep a piece of fruit or a few nuts at hand. The key is to eat small meals throughout the day. Reduce portion sizes, eliminate white bread and replace it with whole grains, and make sure each meal includes at least one portion of fruit and/or vegetables. Healthy food doesn't have (11) _____, and you can get an abundance of low-priced fruit and veggies, like apples, bananas, potatoes and peas.

3. Stop all those bad habits

Take a look at your current lifestyle and make a short list of everything you do that isn't good for your health. This could be anything, from eating too much junk food or drinking too much caffeine, to smoking or drinking. Start breaking these habits one by one. Some will be easy, while others may take months or maybe years (12) _____, but the sooner you start fighting, the better.

Some addictions (like smoking, drugs, or alcohol) are incredibly bad not only to your health, but also to your pocketbook. If you smoke and/or drink, start by cutting back on how many drinks you have, or cigarettes you smoke, in a day, and if necessary, seek medical advice and assistance (13) _____.

4. Exercise, exercise, exercise

We all should be doing at least 30 minutes of exercise, 3 to 4 or more times a week, (14) _____. This can be pretty much anything physical, like walking, cycling, running, swimming, or weightlifting. This too does not have to be expensive, and you can get a great workout without joining any costly gyms. Most of these exercises are inexpensive, and just doing a cardiovascular workout, like walking, jogging, or treadmill walking, a few times a week will do your body (and heart) good.

8

- to reduce your protein intake
- to watch what you are eating
- to change your sleep patterns
- to be expensive in the least bit

9

- to adapt to a new situation
- to reduce your protein intake
- to watch what you are eating
- to change your sleep patterns

10 A. to be expensive in the least bit
C. to maintain good health and keep fit

11 A. to watch what you are eating
C. to be expensive in the least bit

12 A. to be expensive in the least bit
C. to maintain good health and keep fit

13 A. to get a full eight hours every night
C. to make further steps towards completely

14 A. to change your sleep patterns
C. to get a full eight hours every night

B. to get a full eight hours every night
D. to make further steps towards stopping completely

B. to change your sleep patterns
D. to get a full eight hours every night

B. to get a full eight hours every night
D. to get rid of and eradicate completely from your life

B. to maintain good health and keep fit
D. to get rid of and eradicate completely from stopping your life

B. to be expensive in the least bit
D. to maintain good health and keep fit

PART B: Grammar, Vocabulary & Language use

Read the sentences 15 to 60 and choose the correct or most suitable answer (a, b, c, or d) to complete the gaps in each sentence

15. They didn't reach an agreement ____ their differences.
A. on account of
C. because

16. I wish I ____ those words. But now it's too late.
A. not having said
C. never said

17. The woman, who has been missing for 10 days, is believed ____.
A. to be abducted
C. to have been abducted

18. ____ to offend anyone, she said both cakes were equally good.
A. Not wanting
C. She didn't want

19. ____ in trying to solve this problem. It's clearly unsolvable.
A. There's no point
C. There isn't point

20. Last year, when I last met her, she told me she ____ a letter every day for the last two months.
A. had written
C. had been writing

21. He ____ robbed as he was walking out of the bank.
A. had
C. got

22. ____ forced to do anything. He acted of his own free will.
A. In no way was he
C. In any way he was

23. They ____ in the basement for three months.
A. were made sleeping
C. were made to sleep

24. If success ____ , we need to prepare ourselves for every possible scenario.
A. is to be achieved
C. will be achieved

25. ____ gifts to the judges.
A. It's not allowed offering

B. due
D. owing

B. have never said
D. had never said

B. to be abducting
D. to have been abducting

B. As not wanting
D. Because not wanting

B. It's no point
D. It's no need

B. has written
D. wrote

B. did
D. were

B. No way he was
D. In any way was he

B. were made sleep
D. made to sleep

B. is achieved
D. is due to achieve

B. It's not permitted to offer

C. It's not permitted offering
26. The drawer is full of ____; there is nothing of value in there.
A. pros and cons
B. wine and dine
C. bread and butter
D. odds and ends
D. It's not allowed to offer
27. When I first moved to the country, I missed the ____ of city life.
A. life or death
B. thick and thin
C. hustle and bustle
D. ups and downs
28. After a lot of ____ I've finally perfected the recipe.
A. wine and dine
B. hit and run
C. hide and seek
D. trial and error
29. Married life isn't all ____; it can be very hard at times.
A. fun and games
B. dine and wine
C. law and order
D. lock and key
30. We need to weigh up the ____ of each option before making a final decision.
A. pros and cons
B. lock and key
C. wear and tear
D. odds and ends
31. Although I don't usually drink, every ____ I treat myself to a beer.
A. wine and dine
B. thick and thin
C. now and then
D. safe and sound
32. Sam called to let us know that he had arrived ____.
A. safe and sound
B. trial and error
C. back and forth
D. now and then
33. ____ a ghost?
A. Have you ever seen
B. Did you ever see
C. Have you ever see
D. You have seen a ghost
34. I'm sure I ____ this man before.
A. 've seen
B. saw
C. 've see
D. did see
35. i: How long ____ a teacher?
ii: I ____ teaching a long time ago.
A. were / started
B. have you been / have started
C. have you been / started
D. are you / am
36. ____ Titanic?
A. Did you see
B. You have seen
C. Have you seen
D. you saw
37. Here are your shoes. I ____ them.
A. just cleaned
B. 've just cleaned
C. just have cleaned
D. have been cleaned
38. I'm wondering which country ____ this year.
A. they have travelled
B. have they travelled to
C. they have travelled to
D. have they travelled
39. Lisa likes opera, which is lucky for me, because ____ too.
A. I do
B. I like
C. do I
D. I am
40. ____ Peter? I ____ for him all morning.
A. Have you been seeing / have looked
B. Have you seen / 've been looking
C. Have you been seen / have been looking
D. Have you seeing / 've looked
41. I don't understand why you always have to say _____.
A. so
B. such
C. such a
D. so much
42. If I continue reading 50 pages every day, I ____ 8,000 pages by the end of the month.
A. will read
B. am going to read
C. will be reading
D. will have read
43. She wouldn't be helping you if she ____ your sister.
A. wouldn't be
B. wouldn't have been

44. I wish I _____ come to the zoo with you next weekend, but I'm going to be busy.
 A. could
 B. would
 C. had
 D. will

45. My parents were very _____. I expected they would buy me a better present.
 A. disappointing
 B. disappointed
 C. disappoint
 D. disappointingly

46. She regretted _____.
 A. get married
 B. to get married
 C. having got married
 D. to have got married

47. I'd rather _____ for me at the station.
 A. you waited
 B. you wait
 C. you to wait
 D. you waiting

48. The robbers _____ have escaped.
 A. are thought that they
 B. it's thought that they
 C. are thought to
 D. are thought that

49. I must go to the doctor and _____ before I go on holiday.
 A. test my blood pressure
 B. have my blood pressure tested
 C. have tested my blood pressure
 D. get to test my blood pressure

50. _____ everything she said, I won't forgive her.
 A. Despite of
 B. Although
 C. In spite of
 D. However

51. I'd like to know when _____.
 A. will he arrive
 B. is he arriving
 C. he will arrive
 D. does he arrive

52. We need to stop and rest. I am very tired and _____.
 A. so are you
 B. so you are
 C. you do too
 D. so do you

53. Research shows that winter weather can bring depression to _____.
 A. the elderly people
 B. the elderly
 C. the olders
 D. the old people

54. I'll call you as soon as I _____.
 A. finished
 B. will finish
 C. will have finished
 D. have finished

55. If it wasn't raining, we _____ on the beach right now.
 A. I'd be
 B. would have been
 C. had been
 D. were

56. He _____ so much attention.
 A. 's not used to getting
 B. doesn't use to get
 C. 's not used to get
 D. 's got used to get

57. I can't help _____ about my son's future.
 A. worry
 B. to worry
 C. worrying
 D. to worrying

58. I wish you _____ that. It's very annoying!
 A. wouldn't do
 B. didn't do
 C. hadn't done
 D. shouldn't do

59. We can't go out because it's _____ raining heavily.
 A. for
 B. yet
 C. already
 D. still

60. Experts warn that more pandemics _____ happen in the future.
 A. definitely will
 B. are sure
 C. are bound to
 D. are likely

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