

Aufnahmeprüfung 2026
für den Eintritt in das 1. Jahr des gymnasialen Bildungsgangs

Prüfung für den Übertritt aus dem 8./9. Schuljahr Englisch

Kandidat*innennummer:

Name:

Vorname:

Geburtsdatum:

Bitte genau lesen:

- Die Prüfung dauert **60 Minuten**.
- **Alle Anleitungen vor den Prüfungsaufgaben genau lesen und befolgen.**
- Alle Lösungen mit **Tinte oder Kugelschreiber** direkt auf die Aufgabenblätter schreiben.

Punktzahlen:	Part 1: Reading comprehension	30 Punkte
	Part 2: Writing	30 Punkte
	Total	60 Punkte

GOOD LUCK!

Punktzahl Part 1

_____ / 30

Part 1

Reading Comprehension (30 points; 2 points per question)

Read the article and choose the correct option (A-C) to complete the sentences.

‘It made my day more meaningful’: the Japanese gen Zers attempting a two-hour limit on smartphone use

Justin McCurry, 8 October, 2025

Authorities in Japan are taking action against excessive phone time – but what is it like to restrict scrolling to 120 minutes a day?

Despite working full-time for a company in Tokyo, Shoki Moriyama manages to squeeze out eight hours a day to devote to his smartphone. Moriyama, 25, is part of a generation that can't imagine life without scrolling through news and social media, messaging apps and crazy video clips.

He is not alone. While excessive smartphone use is a worldwide phenomenon, authorities in Japan are taking action, amid growing concern over its physical and psychological damage, particularly on children and young people.

Last week, the town of Toyoake in central Japan introduced a measure limiting smartphone use among its 69,000 residents to two hours a day, in what officials say was an attempt to deal with evidence of online addiction and lack of sleep.

Moriyama, who habitually checks LINE – an instant-messaging, news and entertainment “super app” popular in Japan – as well as TikTok, Instagram and X, confessed that staying off the sites had been a struggle. “I spend around eight hours a day on my phone, so two hours is way too little ... and not enough time for me to stay up to date with everything,” he says. “In the end I used my smartphone for an hour and 50 minutes, which is a massive reduction on my usual screen time. I used the extra time to read a book, study a little and go to the gym, so my day wasn't wasted.”

His colleague Tomomi Hanaoka also managed to cut back on her habit. “I spend about three hours on my phone on weekdays and six or seven hours at weekends, so two hours felt very short. Most people need at least three to four hours,” says Hanaoka, who usually “can't do” without LINE, TikTok and Instagram. “I kept my usage to two hours and used the free time to read and do other things.”

Toyoake's mayor, Masafumi Koki, defended the measure, which drew dozens of complaints from residents who accused the local government of interfering in their private lives. Koki says he was worried that children and younger people were sacrificing sleep and family time in favour of scrolling, texting and posting.

After a wave of online criticism, some of which wrongly claimed the two-hour limit would be strictly enforced, he told the Mainichi Shimbun newspaper: “If someone hears two hours, they'll stop and think about how long they really use their smartphone for. That's the point.”

Young Japanese spend an average of over five hours a day online on weekdays, according to a survey released this year by the Children and Families Agency.

Aya* spends considerably more time on her device than the national average, regularly clocking up eight hours a day. "I couldn't limit myself to just two hours, but just being conscious of the challenge made a difference. In the end, I was able to cut down my usual smartphone use by about 60 per cent, which felt significant," the university student says, confessing that she had consulted a travel planner and checked her emails and texts. And she did not miss the hours she usually spends "aimlessly scrolling".

"I spent more time enjoying conversations and taking notice of what was happening around me. It made my day feel more meaningful."

That will be music to the ears of Koki. On the eve of his town's controversial experiment in social engineering, the mayor insisted it would be worthwhile. "This is about sleep, family and wellbeing," he says. "If the regulation makes even a few people stop and talk about their habits, then it's working."

*Name has been changed on request.

© Guardian News and Media 2025 First published in *The Guardian*, 08/10/2025

Choose the correct option (A, B or C) to complete the sentences. Choose only one answer.

1. Shoki Moriyama _____
 - A works part-time for a company in Tokyo.
 - B spends many hours a day on his smartphone.
 - C manages to walk around in Tokyo for eight hours a day.

2. Moriyama belongs to a generation that _____
 - A often imagines participating in video clips.
 - B doesn't live alone.
 - C feels dependant on online input.

3. Authorities in Japan are taking measures because _____
 - A young people are more and more excessive.
 - B they are more and more worried about the harm smartphones may do to young people's health.
 - C young people are more and more concerned about the use of smartphones.

4. The town of Toyoake wants its residents to use the smartphone less because _____
 - A the officials hope they will get more sleep.
 - B the officials want to see if they will manage to limit their screen time.
 - C the officials want to find out if they may be too obsessed with their phones and do not get enough sleep.

5. When Moriyama reduced his time on the smartphone to 1h50 for the first time, _____
- A he felt calm.
 - B he felt uninformed.
 - C he felt confused.
6. His colleague Tomomi Hanaoka _____
- A also managed to reduce her screentime.
 - B reduced her screen time to three to four hours.
 - C had no problems to reduce her screen time.
7. The mayor of Toyoake, Masafumi Koki _____
- A accused the local government of interfering in the private lives of the residents.
 - B was worried about the complaints from the residents.
 - C was in favour of the decision of the local government.
8. The new rule that the town of Toyoake established to limit the time spent on the smartphone _____
- A caused the written protest of a lot of people.
 - B had to be respected by everyone.
 - C would be checked regularly.
9. According to Masafumi Koki the aim of the new rule is _____
- A to make people aware of how long they use their smartphone.
 - B to control the residents.
 - C to gain points.
10. Before this rule was introduced, the university student Aya _____
- A spent just a little more time online than the average young Japanese.
 - B spent clearly more hours on her device than most people her age.
 - C spent a bit over five hours on the smartphone on a weekday.
11. The government measure made Aya _____
- A reduce her time on the phone to two hours a day.
 - B use her phone for 40% of her usual time only.
 - C start a challenge with friends to cut down her smartphone use.
12. Because Aya reduced her online time, she _____
- A is afraid of missing out on what is happening in town.
 - B is more attentive to the real world.
 - C spends more time reading her emails.
13. Aya's reaction to the new regulation _____
- A made Koki listen to more songs online.
 - B showed how controversial it was.
 - C convinced Koki that they had taken the right decision.

14. Overall, the article _____
- A suggests that the younger generation is out of control.
 - B points out that authorities can change things for the better.
 - C seems to say that the Japanese gen Zers are stubborn.
15. The sentence '*It made my day more meaningful*', which can be found in the title, refers to _____
- A the usefulness of smartphones.
 - B the necessity of getting enough sleep.
 - C the importance of human interaction.

