



REPUBLIKA E SHQIPËRISË
MINISTRIA E ARSIMIT
QENDRA E SHËRBIMEVE ARSIMORE

MODEL TESTI I MATURËS SHTETËRORE 2026

Lënda: Gjuhë Angleze (Niveli B2)

Udhëzime për maturantin/kandidatin

Testi përmban gjithsej **60 pikë**.

Koha për zhvillimin e pyetjeve të testit është **2 orë e 30 minuta**.

Testi ka **20 pyetje me zgjedhje (alternativa)** dhe pyetjet e tjera janë me zhvillim dhe arsyetim.

Pikët për secilën pyetje janë dhënë përbri saj.

Për përdorim nga komisioni i vlerësimit

Pyetja	1	2	3	4	5	6	7
Pikët							
Pyetja	8	9	10	11	12	13	14
Pikët							
Pyetja	15	16	17	18	19	20	21
Pikët							
Pyetja	22	23	24	25	26	27	28
Pikët							
Pyetja	29	30	31	32	33	34	
Pikët							

Totali i pikëve

KOMISIONI I VLERËSIMIT

1.....Anëtar

2.....Anëtar

SECTION 1

READING COMPREHENSION

There are 3 tasks in the Reading Section, in which you can read a series of texts and paragraphs and answer questions that test your reading skills and abilities and show that you can read and understand different types of texts and question formats.

Reading Section Description

Number of Tasks	3
Number of Items	30
Number of Total Points	30
Types of Texts	Descriptive and informative texts, promotional and info materials, advertisements, letters, etc.
Duration	60 minutes

TASK 1

Taking your information from the text below, choose the answer which you think fits best by circling one of the alternatives corresponding to letters A, B, C, or D for the answer you choose.

The Healing Powers of Pets: How Animals Can Improve Mental and Physical Well-Being

Having a pet at home can make you feel happier and less stressed. Pets can also help improve your heart health and help children with their social and emotional skills.

About 68% of homes in the United States have a pet. But which type of pet is best for your health? Scientists are still trying to figure that out by doing research studies on different types of animals, from fish to guinea pigs to dogs and cats.

Health Benefits

Pets can provide an immense amount of emotional support, companionship, and practical benefits to their owners. Studies have shown that pet ownership can **alleviate** stress, depression, and anxiety while also improving mood and promoting socialization. In short, pets can have a significant positive impact on mental health.

It's believed that animals help people feel connected in ways that human interactions don't. Pets offer unconditional love and acceptance without judgment—something that humans often struggle to find in life. By providing consistency, comfort, and physical affection without the need for words, pets can be powerful tools for healing.

The act of caring for a pet has been found to be beneficial for mental health as well. The sense of responsibility that comes with taking care of another living being is known to reduce stress levels, increase feelings of self-worth and ultimately improve overall psychological wellbeing. Additionally, simply being around animals can reduce the production of cortisol—a hormone associated with stress—in the body.

Pets also encourage outdoor activity which itself has numerous benefits including increased sunlight exposure which helps regulate hormones related to sleep patterns as well as increasing serotonin levels which contribute to improved moods. Engaging in outdoor activities such as walking a dog or playing with cats outside also provides people with more time away from electronic screens which are known to increase depression and anxiety symptoms when used too much or excessively.

Furthermore, studies suggest that having a pet may lead to better cardiovascular health due to increased levels of physical activity associated with pet ownership as well as reduced stress-related hormones like cortisol impacting heart rate patterns and reducing swelling throughout the body. All these factors combine to create an environment where both physical health and mental health can flourish leading to better overall wellbeing all around!

Are Pets Kids' Best Friends?

Dogs may help children in school too. One study found that dogs can help children with ADHD (Attention Deficit Hyperactivity Disorder) focus their attention. Researchers put two groups of kids diagnosed with ADHD into 12-week group therapy sessions. The first group of kids read to a therapy dog once a week for 30 minutes. The second group read to puppets that looked like dogs.

Kids who read to the real animals showed better social skills and more sharing, cooperation, and volunteering. They also had fewer behavioral problems.

Some children feel better when they are around animals. In one study, children with autism spectrum disorder were calmer while playing with guinea pigs (soft, tailless rodents that make great pets) in the classroom. When the children spent 10 minutes in a supervised group playtime with guinea pigs, their anxiety levels dropped. The children also had better social interactions and were more engaged with their peers. The researchers suggest that the animals offered unconditional acceptance, making them a calm comfort to the children.

"Animals can become a way of building a bridge for those social interactions," says Dr. James Griffin, a child development expert at NIH (National Institutes of Health). He adds that researchers are trying to better understand these effects and who they might help.

A recent study showed that caring for fish helped teens with diabetes better manage their disease. Researchers had a group of teens with type 1 diabetes care for a pet fish twice a day by feeding and checking water levels. The caretaking routine also included changing the tank water each week. This was paired with the children reviewing their blood glucose (blood sugar) logs with their parents. Researchers tracked how consistently these teens checked their blood glucose. Compared with teens who weren't given a fish to care for, fish-keeping teens were more disciplined about checking their own blood glucose levels, **which** is essential for maintaining their health.

Things to Consider

While pets may offer some health benefits, they are not right for everyone. Some studies suggest that being exposed to pets at a young age may help protect children from developing allergies or asthma. However, for people who are allergic to certain animals, having a pet in the home can make their condition worse.

When you own a pet, you also have new responsibilities, such as knowing how to care for and feed the animal. The NIH and Mars Company fund studies that look into the effects of human-animal interactions on both the pet and the person.

Remember that animals can feel stressed and fatigued just like humans can. It's important for kids to be able to recognize signs of stress in their pet and know when not to approach it. Animal bites can cause serious harm. "Parents need to think about preventing dog bites, especially for young children who might not know when they're being too rough with a dog," says Dr. Layla Esposito, who oversees NIH's Human-Animal Interaction Research Program. Researchers will keep studying the health effects of having a pet. "We want to know what's working and what's not working, and what's safe for both humans and animals," Esposito says.

Written By Helen Kaplonski

1. What is one main reason pets improve mental health? 1 point

- A) They encourage isolation from stressful situations.
- B) They provide unconditional love and emotional support.
- C) They reduce the need for human interaction.
- D) They require minimal attention from their owners.

2. How does caring for a pet influence your self-worth? 1 point

- A) It has little impact on their owners' lives.
- B) It increases responsibility and sense of achievement.
- C) It makes owners feel more dependent on their pets.
- D) It reduces confidence while offering comfort.

3. Why might outdoor activities with pets, lower depression and anxiety? 1 point

- A) Being under the Sun and exercising improve mood and reduce stress.
- B) Pets encourage exercise which can slightly tire owners.
- C) Pets may help children to concentrate and study more effectively.
- D) Screen time increases serotonin and helps being patient.

4. How did reading to a therapy dog affect children with ADHD? 1 point

A) They became more distracted and dependent.
B) They participated unwillingly in therapy sessions.
C) They improved reading focus but not social skills.
D) They showed better social skills and cooperation.

5. Based on the text, “**alleviate**” comes closest in meaning to _____. 1 point

A) avoid
B) increase
C) leave
D) reduce

6. How did interacting with guinea pigs help children with autism? 1 point

A) It had no measurable effects on their social skills.
B) It slightly increased hyperactivity and restlessness.
C) It reduced anxiety and improved peer engagement.
D) It replaced therapy sessions entirely.

7. What does “**which**” used in the text, refer to? 1 point

A) It refers to children’s life skills.
B) It refers to checking teens’ blood glucose levels themselves.
C) It refers to fishkeeping and other daily situations.
D) It refers to teens’ responsibility toward pets and themselves, too.

8. How can pet interactions help bridge social gaps? 1 point

A) Pets prevent communication with other people.
B) They make people more independent but socially isolated.
C) They provide a calm focus and encourage cooperation among children.
D) They replace human friendships completely.

9. What is a potential risk mentioned for children handling pets? 1 point

A) Animal bites and stress if pets are mishandled.
B) Children may become lazy and indifferent.
C) Pets may create loud or messy environments.
D) Pets may increase the time spent indoors.

10. Why is ongoing research on human-animal interaction important? 1 point

A) To see if pets are smarter than humans.
B) To determine what works, what is safe, and who benefits most.
C) To show pets have no health impacts on their owners.
D) To replace different health therapies with pets entirely.

TASK 2

Read the texts below and answer the questions using the information from them. You may use words from the text or your own words. Do not use more than 20 words for each answer.

Here is your selection of the best youth destinations in Europe, voted by young people aged 18-35. For the quality of their events, the presence of university campuses, an associative and cultural fabric, projects made for and by young people, the low price of accommodation, bars, restaurants and activities, here are the most exciting European cities for young people.

1. Amsterdam - The Netherlands

Amsterdam has always welcomed young people; everything is in motion, everything is possible in Amsterdam. Millions of young students on ERASMUS programme learn how to become more independent from their parents.

For teenagers with a passion for history, do not miss a visit to the Van Gogh Museum and a guided tour of the Rijksmuseum. If your teenager is passionate about sports book your tickets to the "Amsterdam Arena Stadium". For a family outing, treat yourself to a visit at Madame Tussauds or a cruise on the canals of Amsterdam.

Book your flight tickets and hotel at the best price guaranteed and your best activities and tours in Amsterdam. For its location and excellent value for money we advise you to stay at the hotel Monet Garden Hotel Amsterdam.

During your stay do not miss to visit the Best Secret Destinations in The Netherlands!

2. Nijmegen – The Netherlands

A large number of students, numerous events and festivals, unique hot spots and cozy restaurants all add up to an unprecedented liveliness in this city awarded among the Best Youth Capitals in Europe. Just put your feet in the sand at the city beach next to the river Waal, or relax at one of the numerous sidewalk cafes.

A large array of both chain stores and small and unique specialty stores will complete your Nijmegen experience, whether you're here for a day or for the entire weekend. And don't forget to have a drink and a bite to eat at one of the many restaurants and cafes.

"Het Rijk van Nijmegen" has a very rich history, surrounded by hilly fields. Go for example on a relaxing tour past the vineyards and hills of Groesbeek. Berg en Dal is also an attractive destination with impressive sights, a rich cultural history and a remarkable viniculture. The many differences in altitude, which inspired the town's name (roughly translated: "Hill and Valley"), result in impressive vistas.

Book your flights to Eindhoven or Amsterdam Airport (1h30 by public transport) as well as your accommodation at the best price in Nijmegen.

Need more inspiration? Discover the Best Beaches in The Netherlands!

3. Leuven - Belgium

Welcome to Leuven, a picturesque city in the heart of Belgium, an ideal destination for an exciting city break with your friends, family or individually, all year round. Thanks to its rich and varied offering in heritage, art, culture, science, beer, gastronomy and shopping, this town is an invite to stroll and discover. Moreover, it's very easily accessible and everything lies within walking or biking distance.

The moment you walk out the Leuven Railway Station, you can already feel the radiation of a hip & urban vibe in a historical setting, guaranteed to draw you into its vibrancy. 157 nationalities from all walks of life call *it* home and are the beating heart of this 21st century-old university town.

Have an unforgettable stay at this city that really radiates old-world **grandeur** with its cobbled streets, beautiful churches, the Gothic Town Hall, the University Library, the Great Beguinage and Park Abbey. And its soul? It never grows old! You can feel that dynamic ambience, all around Leuven.

Enjoy shopping in attractive, car-free shopping streets, from eco fashion to major chain stores, from markets with local products to souvenir and gift shops.

You are in the land of chocolate, beer and gastronomy so don't forget to drop by one of the many cozy cafés and charming restaurants, you can find one around every corner. Home to the legendary and world famous Brewery Stella Artois, Leuven has an incredibly rich brewery history (goes back to 1366!). It's without a doubt the capital of beer. Experience the local breweries in action and enjoy a wonderful beer after your tour.

During your stay do not miss to visit the Best Christmas Markets in Belgium!

11. What do the three texts have in common? 1 point

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12. Which city is known for an international student program for young people? 1 point

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13. Which city is officially recognized as one of the best destinations for young people? 1 point

.....

14. Which city provides opportunities for scientific exploration? 1 point

.....

15. Which of the places offers attractions specifically aimed at sports enthusiasts? 1 point

.....

16. Which city offers varied geographical features worth visiting? 1 point

.....

17. Which place can be easily visited on foot? 1 point

.....

18. What does the word “**grandeur**” in Text 3 mean? 1 point

.....

19. Which city is renowned for its long history of brewing and beer production? 1 point

.....

20. What does the word “**it**” in Text 3 refer to? 1 point

.....

TASK 3

You are going to read a letter. 10 word groups have been removed from it. Choose from the word groups (a-k) the one which fits each gap (21-30). Write letters instead of word groups in each gap. There is one extra word group which you DO NOT need to use. 10 points

The Benefits of Remote Work

In recent years, (21) _____ popularity due to technological advancements and shifting workplace dynamics. Many companies (22) _____, allowing employees to work from home or other locations.

While some argue that (23) _____ and communication, studies suggest that it can improve productivity, job satisfaction, and overall well-being. One (24) _____ is the flexibility it offers. Employees can create their own schedules, (25) _____ work-life balance. Additionally, remote work reduces commuting time, enabling workers to use that extra time for personal development, family, or relaxation.

Another major benefit is the potential increase in productivity. Without the distractions of a traditional office, employees can focus better on their tasks. However, (26) _____, such as maintaining discipline and staying motivated without direct supervision. Companies (27) _____ setting clear expectations and using digital tools to improve communication.

Despite its advantages, remote work is not suitable for everyone. Some individuals (28) _____ the social aspect of working in an office. To counter this, (29) _____ team meetings and occasional office visits to encourage a sense of community.

As technology continues to evolve, remote work is likely to become even more common. Employers and employees alike (30) _____ developing effective strategies to balance productivity and well-being in a virtual work environment.

- a) which helps them maintain a better
- b) working remotely reduces collaboration
- c) remote work has gained significant
- d) some challenges exist
- e) of the key advantages of remote work
- f) have adopted flexible work arrangements
- g) often address these issues by
- h) many organizations encourage virtual
- i) must adapt to this new reality by
- j) struggle with isolation and miss
- k) plenty of benefits exist

SECTION 2

USE OF LANGUAGE

Use of Language Description

<i>Number of Tasks</i>	2
<i>Number of Items</i>	11
<i>Number of Total Points</i>	15
<i>Types and focus of the questions</i>	<p style="text-align: center;"><i>Items 31 (a-j)</i> <i>Multiple-choice/gap-fill questions to test vocabulary and grammar.</i> <i>Items 32(a-e)</i> <i>Gap-fill questions to test conversational English.</i></p>
<i>Duration</i>	<i>30 minutes</i>

TASK 1

31. Read the text carefully. From the words listed below the text, choose the ones which best fit the spaces. There is only one correct answer for each question. 10 points

A limit of your kindness

Recently, Steve had a car accident. So he put his car in the garage to (a) _____ the repair work. Since he had to go to the job daily, he decided that until the car is ready, he (b) _____ by the metro train. One day, he noticed a homeless guy at the train station at night. He felt pity for him, so he gave him some change from his pocket. The homeless guy thanked him for it.

Next day again, he noticed the homeless guy at the same place. This time Steve thought (c) _____ him something to eat, so he went outside the station and brought him a meal. The homeless guy thanked him for his (d) _____. But Steve got curious and asked him, "How did you get to this (e) _____?"

The homeless guy looked up at him and with a smile, he said, "By showing love." Steve didn't understand it, so he asked him, "What do you mean by that?" The homeless guy replied, "(f) _____ my whole life, I made sure that everyone was happy. No matter what was going right or wrong in my life, I always helped everyone."

Steve asked him, "Do you (g) _____ it?" To which the homeless man replied, "No, it just hurts my soul that the very people I gave the shirt off my back to wouldn't give me a sleeve of that same shirt when I was in need. Son, it is better to build your own house and invite someone in for shelter than to hand them your bricks (h) _____ you are building yours. Because one day you will turn around and look at the spot where you had planned to build your house. It will be an empty lot. Then you are the one looking for bricks."

Steve understood what the homeless guy meant and thanked him for the good advice.

Moral: Helping others is not a bad thing at all. But sometimes, while we are helping others, we forget our own problems and needs. One (i) _____ remember that sometimes sharing is better than giving away. You can do a lot more by being in a strong position instead of (j) _____ yourself into a weaker situation.

<https://www.moralstories.org/a-limit-of-your-kindness/>

a) A) carry in	B) carry out	C) carry off	D) carry at
b) A) will travel	B) would travel	C) travel	D) travelled
c) A) get	B) getting	C) to get	D) to getting
d) A) concern	B) passion	C) fondness	D) kindness
e) A) grade	B) spot	C) peak	D) point
f) A) Over	B) Round	C) Throughout	D) Beyond
g) A) regret	B) blame	C) shame	D) embarrass
h) A) so	B) but	C) while	D) though
i) A) may	B) must	C) might	D) would
j) A) bringing	B) taking	C) keeping	D) placing

TASK 2**32. Complete the gaps in the following situation with ONE appropriate word.****5 points***Paul: So?**Emir: I'm not convinced of that idea.**Paul: Why?**Emir: Well, this design is just too simple.**Paul: It's not simple, it's minimal. Plus, it's (a) _____ the client asked for.**Emir: I'm not so sure. Look ... Look at these designs here. I think this is the style that the client wants.**Paul: Hmm ... I think I disagree. They said they (b) _____ it clean and minimal.**Emir: These designs are clean and minimal.**Paul: Look, don't (c) _____ me wrong, Emir. I like them, but I don't think they fit the brief. For example, here, there's just a bit too much going on.**Emir: OK, I see what you mean, but without all the colour, it would look a bit ... empty.**Paul: True. OK, how (d) _____ taking that and that away? So it still looks interesting, but less busy.**Emir: OK ... maybe you've got a point there. Actually, that has given me an idea.**Emir: So we remove the blue. I think that creates a nice balance.**Paul: Yeah, yeah. I think you're right. Changing the circles helped too.**Emir: I agree. So we're happy with this now?**Paul: Yes, definitely.**Emir: So it (e) _____ like we can agree!**Paul: Occasionally.***SECTION 3**
WRITING**Writing Section Description**

<i>Number of Tasks</i>	2
<i>Number of Total Points</i>	15
<i>Types and focus of the tasks</i>	<p><i>Item 33: (10 points)</i> <i>An essay: Arguing for or against the topic given. Giving reasons and examples to support the answer by respecting the structure of an essay.</i></p> <p><i>Item 34: (5 points)</i> <i>Formal letters or emails, (complaints, job requests, etc.) respecting the structure of an informal letter or email.</i></p>
<i>Duration</i>	60 Minutes

Write the **TWO** tasks below.

33. **TASK 1** will be marked for:

10 points

- ✓ content 2 points
- ✓ organization 2 points
- ✓ grammar 2 points
- ✓ vocabulary 2 points
- ✓ mechanics 2 points

Each of the five criteria carries two points, making a total of ten points. You should use between 150-180 words.

Topic: You have had a class discussion about the inappropriate and sometimes offensive content posted on social media. Your teacher has asked you to write an essay, **“Should there be restrictions on what people share on social media?”**

Write an essay by giving examples/reasons to support your opinion.

task completion (33-a)	organization (33-b)	grammar (33-c)	vocabulary (33-d)	mechanics (33-e)	total
2 points	2 points	2 points	2 points	2 points	10 points

34. **TASK 2** will be marked for:

5 points

- ✓ task completion 1 point
- ✓ organization 1 point
- ✓ grammar 1 point
- ✓ vocabulary 1 point
- ✓ mechanics 1 point

Each of the five criteria carries one point, making a total of five points. You should use between 60-80 words.

Topic: You have just celebrated your 18th birthday at an international restaurant with your friends. Unfortunately, the service was slow and the food was a disaster; the steak was undercooked and the cake wasn't fresh. You have decided to write a **letter of complaint** to the restaurant manager.

In your letter, you should include:

- ✓ reason for writing
- ✓ complaints and justifications
- ✓ suggested action

Dear Sir/Madam,

Julie Smith

task completion (34-a)	organization (34-b)	grammar (34-c)	vocabulary (34-d)	mechanics (34-e)	total
1 point	1 point	1 point	1 point	1 point	5 points