CASLE
CENTRO DE AVALIAÇÃO DE SUFICIÊNCIA EM LÍNGUA ESTRANGEIRA

FL
FACULDADE DE LETRAS

UFG
UNIVERSIDADE FEDERAL DE GOIÁS

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LÍNGUA INGLESA

TEXT 1 – Noise pollution: how to reduce the impact of an invisible threat?

Atmospheric pollution is not the only type of contamination that is harming living beings on the planet. According to the World Health Organization (WHO), it is one of the most dangerous environmental threats to health. In Europe alone, according to the European Environment Agency (EEA), it causes 66,000 premature deaths each year and tens of thousands of cases of cardiovascular disease and type two diabetes.

According to the WHO, noise is harmful when it exceeds 75 decibels (dB) and feels painful at levels above 120 dB.
Drivers honking the horn, groups of workers drilling the road surface, aircraft flying over us in the sky... Noise, noise and more noise. Cities have become the epicentre of a type of pollution, acoustics, which, although its invisibility and the fact that coronavirus crisis reduced it until almost yearn it, is severely damaging to human beings. The European Environment Agency's 2025 report confirms this: noise causes 66,000 premature deaths, 50,000 cases of cardiovascular disease and 22,000 cases of type two diabetes in Europe.

Although specific global estimates on noise are still limited, several medical organisations point out that environmental factors – including noise – play a major role in cardiovascular disease. The European Society of Cardiology, the American College of Cardiology, the American Heart Association and the World Heart Federation published a statement in 2026 warning that between four and six million cardiovascular deaths each year worldwide are linked to environmental exposures (air, noise, chemicals and climate). This evidence suggests that noise pollution is an environmental trigger that contributes to increased health risks.

Moreover, if it is harmful to humans, it is also harmful to animals. According to the National Park Service (NPS) in the United States, noise pollution has an enormous environmental impact and does serious damage to wildlife. Experts say noise pollution can interfere with breeding cycles and rearing and is even hastening the extinction of some species.

What is noise pollution?
Not all sound is considered noise pollution. The World Health Organization (WHO) defines noise above 65 decibels (dB) as noise pollution. To be precise, noise becomes harmful when it exceeds 75 decibels (dB) and is painful above 120 dB. As a consequence, it is recommended noise levels be kept below 65 dB during the day and indicates that restful sleep is impossible with nighttime ambient noise levels in excess of 30 dB.

Causes of noise pollution
There are many sources of noise pollution, but here are some of the main ones:

Traffic noise
Traffic noise accounts for most polluting noise in cities. For example, a car horn produces 90 dB and a bus produces 100 dB.

Air traffic noise
There are fewer aircraft flying over cities than there are cars on the roads, but the impact is greater: a single aircraft produces 130 dB.

Construction sites
Building and car park construction and road and pavement resurfacing works are very noisy. For example, a pneumatic drill produces 110 dB.

Catering and night life

Bars, restaurants and terraces that spill outside when the weather is good can produce more than 100 dB. This includes noise from pubs and clubs.

Animals
Noise made by animals can go unnoticed, but a howling or barking dog, for example, can produce around 60-80 dB.

Effects of noise pollution
As well as damaging our hearing by causing — tinnitus or deafness —, constant loud noise can damage human health in many ways, particularly in the very young and the very old. Here are some of the main ones:

Risk of cardiovascular disease
Prolonged exposure to environmental noise increases the risk of hypertension, coronary heart disease, heart attacks and strokes. According to the aforementioned EEA report, noise triggers physiological stress responses that raise blood pressure and cause vascular damage, contributing to thousands of premature deaths each year.

Mental health and wellbeing problems
Continuous exposure to noise is associated with irritability, anxiety, psychological stress and lower wellbeing. A study by the EEA published in 2026 identifies noise pollution as a trigger for conditions such as depression and as a factor that contributes to reduced quality of life.

Sleep disorders
One of the most common effects of environmental noise is sleep fragmentation. The WHO notes that night-time noise reduces sleep quality and can cause fatigue, lower performance and long-term health problems.

Metabolic risk and diabetes
Prolonged exposure to traffic noise is also associated with metabolic disorders. An epidemiological analysis published in 2025 in the European Heart Journal estimates that chronic exposure to transport noise contributes to around 22,000 new cases of type two diabetes each year in Europe.

What's more, researchers from the Helmholtz Center and Ludwig Maximilian University (LMU) of Munich found in 2025 that living in areas with higher levels of traffic noise is associated with greater accumulation of body fat, a key factor in the development of metabolic diseases.
https://www.iberdrola.com/sustainability/what-is-noise-pollution-causes-effects-solutions

TEXT 2 – Noise Pollution

Noise pollution is an invisible danger. It cannot be seen, but it is present nonetheless, both on land and under the sea. Noise pollution is considered to be any unwanted or disturbing sound that affects the health and well-being of humans and other organisms.

Sound is measured in decibels. There are many sounds in the environment, from rustling leaves (20 to 30 decibels) to a thunderclap (120 decibels) to the wail of a siren (120 to 140 decibels). Sounds that reach 85 decibels or higher can harm a person's ears. Sound sources that exceed this threshold include familiar things, such as power lawn mowers (90 decibels), subway trains (90 to 115 decibels), and loud rock concerts (110 to 120 decibels).

Noise pollution impacts millions of people on a daily basis. The most common health problem it causes is Noise Induced Hearing Loss (NIHL). Exposure to loud noise can also cause high blood pressure, heart disease, sleep disturbances, and stress. These health problems can affect all age groups, especially children. Many children who live near noisy airports or streets have been found to suffer from stress and other problems, such as impairments in memory, attention level, and reading skill.

Noise pollution also impacts the health and well-being of wildlife. Studies have shown that loud noises can cause caterpillars' dorsal vessels (the insect equivalent of a heart) to beat faster, and cause bluebirds to have fewer chicks. Animals use sound for a variety of reasons, including to navigate, find food, attract mates, and avoid predators. Noise pollution makes it difficult for them to accomplish these tasks, which affects their ability survive.

Increasing noise is not only affecting animals on land, it is also a growing problem for those that live in the ocean. Ships, oil drills, sonar devices, and seismic tests have made the once tranquil marine environment loud and chaotic. Whales and dolphins are particularly impacted by noise pollution. These marine mammals rely on echolocation to communicate, navigate, feed, and find mates, and excess noise interferes with their ability to effectively echolocate.

Some of the loudest underwater noise comes from naval sonar devices. Sonar, like echolocation, works by sending pulses of sound down into the depths of the ocean to bounce off an object and return an echo to the ship, which indicates a location for object. Sonar sounds can be as loud as 235 decibels and travel hundreds of miles under water, interfering with whales' ability to use echolocation. Research has shown that sonar can cause mass strandings of whales on beaches and alter the feeding behavior of endangered blue whales (Balaenoptera musculus). Environmental groups are urging the U.S. Navy to stop or reduce using sonar for military training.

Seismic surveys also produce loud blasts of sound within the ocean. Ships looking for deep-sea oil or gas deposits tow devices called air guns and shoot pulses of sound down to the ocean floor. The sound blasts can damage the ears of marine animals and cause serious injury. Scientists believe this noise may also be contributing to the altered behavior of whales.

Among those researching the effects of noise pollution is Michel Andre, a bioacoustics researcher in Spain who is recording ocean sounds using instruments called hydrophones. His project, LIDO (Listening to the Deep Ocean Environment), collects data at 22 different locations. Back in the lab, computers identify the sounds of human activities as well as 26 species of whales and dolphins. The analysis aims to determine the effects that underwater noise is having on these animals. Andre hopes his project will find ways to protect marine animals from the dangers of ocean noise.
https://education.nationalgeographic.org/resource/noise-pollution/

QUESTÃO 01 (1,0)

A partir da leitura dos textos, pode-se inferir que a caracterização da poluição sonora como uma "ameaça invisível" ocorre principalmente porque ela:

(A) afeta exclusivamente o sistema auditivo humano, causando perda auditiva temporária.
(B) é produzida em ambientes urbanos densamente povoados e com alta atividade industrial.
(C) provoca impactos profundos sem deixar marcas físicas imediatamente perceptíveis.
(D) só representa riscos à saúde humana acima de 120 decibéis.

QUESTÃO 02 (1,0)

Ao relacionar os dados apresentados pela Organização Mundial da Saúde (WHO), pela Agência Europeia do Ambiente (EEA) e por associações médicas internacionais, os textos sugerem que:

(A) a exposição contínua ao ruído está associada a múltiplos sistemas do organismo humano.
(B) o ruído ambiental deve ser compreendido como um fator secundário diante da poluição atmosférica.
(C) os efeitos da poluição sonora ainda são considerados cientificamente irrelevantes.
(D) apenas indivíduos com predisposição genética sofrem consequências cardiovasculares causadas pelo ruído.

QUESTÃO 03 (1,0)

Qual a opção correta de problemas de saúde explicitamente mencionados no texto que podem ter seu risco aumentado devido à poluição sonora?

(A) Problemas cardíacos, impotência e ansiedade.
(B) Pressão alta, convulsões e derrames.
(C) Diabetes, depressão e hipertensão.
(D) Insônia, alergias e irritabilidade.

QUESTÃO 04 (1,0)

A partir das informações sobre animais terrestres e marinhos, conclui-se que a poluição sonora:

(A) prejudica apenas espécies que dependem da audição para caça e ecolocalização.
(B) interfere em comportamentos essenciais à sobrevivência e à reprodução das espécies.
(C) afeta somente animais de grande porte, como tubarões, baleias e golfinhos.
(D) produz impactos limitados relacionados à extração de petróleo e uso de sonares no oceano.

QUESTÃO 05 (1,0)

De acordo com o texto, qual é a principal fonte de poluição sonora nas cidades?

(A) Tráfego rodoviário.
(B) Tráfego aéreo.
(C) Concertos de rock.
(D) Atividades industriais.

QUESTÃO 06 (1,0)

O texto sugere que crianças que vivem próximas a aeroportos e ruas movimentadas constituem um grupo particularmente vulnerável porque:

(A) possuem audição mais sensível a sons graves e agudos.
(B) apresentam maior tendência natural à distração e à ansiedade.
(C) o ruído prejudica a saúde física, cognitiva e a habilidade de leitura.
(D) convivem menos com tecnologias de proteção auditiva.

QUESTÃO 07 (1,0)

A referência ao projeto LIDO, conduzido por Michel André, cumpre a função de:

(A) defender exclusivamente interesses militares ligados ao uso de sonar.
(B) monitorar sons oceânicos e analisar seus impactos na fauna marinha.
(C) comprovar que todas as espécies marinhas respondem igualmente ao ruído.
(D) verificar se o ruído submarino natural interfere no comportamento das espécies.

QUESTÃO 08 (1,0)

Considerando os dois textos em conjunto, pode-se afirmar que a poluição sonora é apresentada como um problema:

(A) predominantemente individual, relacionado a escolhas pessoais.
(B) restrito a grandes centros urbanos, como por exemplo as capitais europeias.
(C) inevitável em sociedades tecnologicamente avançadas e, portanto, irreversível.

(D) multifatorial, com implicações ambientais, sociais e de saúde pública.

QUESTÃO 09 (1,0)

No trecho “Noise pollution is considered to be any unwanted or disturbing sound...”, a estrutura “is considered to be” expressa:

(A) Voz passiva com valor definicional.
(B) Voz ativa no presente simples.
(C) Tempo passado com sentido hipotético.
(D) Futuro do presente com intenção.

QUESTÃO 10 (1,0)

No trecho “Whales and dolphins are particularly impacted by noise pollution. These marine mammals rely on echolocation…”, o pronome demonstrativo “These” exerce a função de:

(A) introduzir uma ideia oposta à frase anterior.
(B) indicar distância temporal em relação aos mamíferos citados.
(C) retomar e especificar os elementos mencionados anteriormente.
(D) substituir uma informação ainda não apresentada no texto.