



**Exercise 1**

Read the article, and then answer the following questions.

## **My Seychelles volunteering experience**

By Alexi Smith

The Republic of Seychelles is a group of 115 islands in the Indian Ocean. It's a popular destination for tourists. While many travel to the islands for water sports and exotic food, the majority are attracted by the stunning scenery. Recently, the number of tourists has risen significantly, bringing many economic benefits. Despite these, however, tourism has also led to increased development which is threatening the islands' wildlife. Given that Seychelles' marine environment is so attractive to tourists, protecting the ocean surrounding the islands is a priority. One project recently announced by the government is to establish marine protected areas covering 16% of these waters.

Fregate Island is the furthest east of Seychelles, and in its northern part there is an eco-resort with luxury cabins. Here, income from tourism helps fund conservation programmes such as reducing harmful non-native plants and protecting rare species. Through intensive efforts, the island is now free from rats, for example. This has enabled the delicate ecosystem, including beetles and tortoises, to be successful. When I heard about a position as a conservation volunteer, I applied, and was accepted. Activities on Fregate Island varied, but primarily involved observing and recording the island's marine and land wildlife. Helping guests gain a deeper understanding of the island's conservation approaches was also a key role for all volunteers.

I helped with projects like collecting data on marine life. Coral, for example, supports 25% of all other marine life and so is vitally important, but it takes hundreds of years to grow. We were testing the success of growing coral more quickly on special man-made underwater structures. Much of the area's coral is at risk, partly due to increased sea temperatures, which have an impact on other marine species too. This artificial method of growing coral could be helpful in replacing such a vital underwater resource.

There was also land work. The sandy beaches of Fregate Island provide nesting habitats for two rare turtle species. Whereas in most parts of the world turtles lay eggs at night when it's safer, this is one of the few locations where it happens in daylight, I was delighted to discover. During the nesting season, turtles arrive on the 7 beaches on the island, allowing us to easily witness the event. When I was there, we spotted over 240 turtles. We attached small labels, or tags, to 23 of them, containing various details about the turtles, which would be useful to know if they were seen again. Turtle season is a busy time for volunteers as turtles bury their eggs in the sand, and in some locations, their nests are being washed away. Because of this, we had to move some of them to safety. The majority of turtles get eaten by other animals before reaching adulthood, so protecting every nest is important for conserving these fascinating creatures.

One of the islands' most well-known conservation successes is a bird called the Seychelles magpie robin. In 1970 only 16 remained, all on Fregate Island. Since then, conservation efforts have saved the species. Some magpie robins were transferred to other Seychelles islands and new breeding populations were established. Their habitats were protected and recent research counted 170 birds. On Fregate Island, we positioned nest boxes in various locations and checked them regularly for eggs or chicks. Females typically lay a single egg, which they sit on for up to 22 days, until the chick emerges. At 14 days, a tag is attached to its leg for identification later. Despite the bird population suffering a mystery disease a few years ago, the project is an example of successful conservation management.

- 1 Why does the writer say most people go to Seychelles?  
..... [1]
- 2 What are Seychelles' authorities planning to create?  
..... [1]
- 3 Which area of Fregate Island has accommodation for tourists?  
..... [1]
- 4 What are no longer found on Fregate Island?  
..... [1]
- 5 Who did the writer teach about wildlife during her stay on the island?  
..... [1]
- 6 When do the turtles in the area lay their eggs?  
..... [1]
- 7 In how many places might you see turtles laying eggs on Fregate Island?  
..... [1]
- 8 What did the writer install to help protect the magpie robins?  
..... [1]
- 9 How old are the magpie robins when the research process begins?  
..... [1]
- 10 What are the dangers facing animals in Seychelles? Give **four** details.  
.....  
.....  
.....  
..... [4]

[Total: 13]

## Exercise 2

Read sections (A–D) of a magazine article about a birthday present that the writer received. Then answer Question 11(a)–(j).

## The Birthday Present



**A** A couple of years ago, at the start of the summer holidays, my family and I were staying at my grandmother's house. We were there for my birthday, and on that morning, I came downstairs to find a large box with my name on it. I had no idea what might be inside, as I hadn't told anyone what presents I wanted. Unlike my sister, who writes birthday lists every year, I prefer to let people choose my presents. It's more fun that way. Sometimes I get something I would never have thought to ask for, like the bright red shirt my mum got me one year. I always used to go for darker colours, but it looked much better than I expected, and now my wardrobe's full of colour! Anyway, I opened the box, and inside I discovered a unicycle – a type of bike with only one wheel! To be honest, I was a little disappointed because I was so sure I would never be able to ride it. What's more, it didn't come with instructions!

**B** There wasn't much room at my grandmother's. Our garden at home is much bigger so I decided it would be better to try riding my unicycle there. Looking back though, it's a pity as I think she would have liked to see me have a go. But anyway, it wasn't until I got home that I actually took my birthday gift out of the box. At first, I couldn't even get on it, and certainly not ride anywhere, until I watched some videos online – and that's when it all started to make more sense. Within just a few days, to my amazement, I was riding it! I was soon testing myself by going further and faster, and my friends were asking to have a go too. Although a few of them decided that it was too hard, and riding two-wheeled bikes was more fun, my unicycle was pretty popular that first summer!

**C** When I think back to how I felt about it at the start, I can't believe how much fun I've had! It feels as natural as riding my normal bike now. I ride my unicycle a lot during the school holidays, almost every day, in fact. The park near me has lots of nice flat paths. I can't use it so much during term time though. I wish I could ride it to school every day, but it's too far from my house, and not really practical when I need to wear a big school coat and carry heavy books. I think it might be a little tricky to balance lots of things on a unicycle! I still ride it at least once a week though, as I worry that if I don't, I might forget how to do it, and that would be such a shame.

**D** I think being able to ride a unicycle helps me to stand out a little from the crowd. I mean, how many unicycle riders do you know? Exactly! And I've even found it's changed the way I see other things too. For example, when I think about my experience with my unicycle, it encourages me not to give up before I've even started. I've learned that I can do anything if I make up my mind to do it. Even though I'm generally quite a positive person, it's good to be reminded, isn't it. And of course every time I see my grandmother, I always let her know how happy I am with the wonderful present she chose for me. She's even been to watch me ride it!

11 For each question, write the correct letter A, B, C or D on the line.

Which section ...

- (a) mentions a benefit of dealing with something challenging? ..... [1]
- (b) mentions what help was available to the writer? ..... [1]
- (c) suggests that the writer believed that trying an activity would be unsuccessful? ..... [1]
- (d) compares the writer's ability to do two different activities? ..... [1]
- (e) explains how receiving a gift changed the way the writer dresses? ..... [1]
- (f) contains a regret about a past decision? ..... [1]
- (g) suggests that a skill is not very common? ..... [1]
- (h) mentions a difference between two people? ..... [1]
- (i) explains the reason for a regular activity? ..... [1]
- (j) includes the idea that learning a skill was easier than expected? ..... [1]

[Total: 10]

**Exercise 3**

Read the article about plant blindness, which is the lack of awareness of the plants around us, and then complete the notes.

## **Plant blindness**

If you ask someone to describe what they see in a picture of a lion hiding in grass, it is highly likely that the lion is the first thing they'll mention, and that the grass might not be seen or noticed in the same way. Most people see the lion as the key element in the picture and the grass as far less important. This is an example of what some scientists call 'plant blindness' – the lack of awareness of the plants around us.

Plant blindness is a serious issue, particularly when you consider how important plants are to us and to the environment. Something that contributes to plant blindness is that people who live in cities are often separated from nature. A consequence of this is that when young people think about going to university, studying plant science may be less attractive. And this really matters. The study of plants is vital because without research, we can't develop better crops.

Earlier education also plays an important role in attitudes towards plant life. It has been shown that due to plant blindness, many young children don't realise that plants are living things and in fact this has to be taught. And when they are older, studies show that students are more likely to learn about animals than plants in biology lessons at school. While we are all aware of the need to save endangered animals, and are taught about how important this is, it can mean that endangered plants often get less attention. When we realise that the number of plants at risk around the world is actually far higher than the number of endangered animals, we can understand the seriousness of the problem. The reality is that people find it easier to build relationships with animals, particularly when they display human-like characteristics.

There are other factors leading to plant blindness. It is said that our eyes take in 10 million pieces of data per second. One of the ways in which our brains have developed to cope with so much information is to pay less attention to things that don't appear to move, like plants. For example, our attention is more likely to be drawn to a bee flying around than it is to the flower it lands on. Our brains also find it easier to identify objects that have different colours. So when we look at a rainforest, which appears to be completely green, we tend not to see individual plants. This is a serious problem as rainforests are exactly the sorts of places where we should be looking to find plant species that we might be able to use for different medicines. We will miss the chance to develop new treatments if we don't learn to appreciate the incredible range of plants there are in the natural world.

You are going to give a talk about plant blindness to your class at school.

Prepare some notes to use as the basis for your talk.

Make short notes under each heading.

**12** Reasons for plant blindness:

- .....
- .....
- .....
- ..... [4]

**13** Effects of plant blindness:

- .....
- .....
- .....
- .....
- ..... [5]

[Total: 9]

**Exercise 4**

- 14** Read the article about podcasts, which are digital audio programmes that people can download and listen to.

**Write a summary about the advantages of listening to podcasts AND tips for making your own podcast.**

**Your summary should be about 100 words long (and no more than 120 words long). You should use your own words as far as possible.**

You will receive up to 8 marks for the content of your summary, and up to 8 marks for the style and accuracy of your language.

## Podcasts

Podcasts are digital programmes that are downloaded by millions of people every day. Making podcasts, previously known as 'audioblogging', first came about in the 1980s. It wasn't until the mid-2000s, however, that it became a more popular, mainstream activity as broadband speeds increased and various devices became more affordable. Many people are getting involved with podcasts now – either by listening to them or even making podcasts of their own.

Not everyone is a fan of podcasts though. In the same way that reading a lot of text, or watching an online video doesn't appeal to everyone, there are those who find it hard to focus on a form of media that's just audio based. But for those who don't feel this way, there's a good chance that somewhere out there is a podcast on their own topic of interest, no matter how specialised. In fact, from a presenter's point of view, an unusual topic makes it easier to attract an audience for a podcast than, say, a radio programme. And of course, radio programmes are often only broadcast in one country, whereas podcasts can generally be accessed from all around the world. It's also true that for many of us, listening to someone talking can be more engaging than reading about a subject on our own.

Uploading audio content to the internet might sound simple, but for presenters, creating regular podcasts is not as easy as you would think. A lot of time and effort goes into making them. For this reason, you will generally find that podcasts deal with a topic in far more detail than a one-off radio programme ever could. Podcasts can, in theory, last for as long as the presenter wants, but most podcasts are generally recorded in time slots of half an hour, or an hour. If you want to run a series of podcasts, however, it is sensible to keep to a similar length for each recording. And the great thing for listeners, of course, is that podcasts can be enjoyed at any time, in any place, once they have been downloaded.

Well-known radio broadcasters and presenters of popular podcasts share certain skills. If you're wondering what it takes to be a successful presenter, then listening to a wide range of podcasts can be a useful way to hear different styles from different presenters – after all, most podcasts are free. The range of podcast topics is extensive, with everything from sports interviews, fashion and music to scientific discussions and even political debate. Regardless of the subject, what all good presenters have in common is that they talk directly to the listeners as if they were in the same room.

And if you are a presenter, you are bound to get a great deal of satisfaction as you watch the list of people who regularly listen or subscribe to your podcast growing week by week. It's great to know that all your efforts are paying off!





## Exercise 5



15 You recently took part in a photography competition.

**Write an email to a friend telling them about the competition.**

In your email, you should:

- explain how you found out about the competition
- describe the photograph you took for the competition
- tell your friend how you felt about the competition result.

The pictures above may give you some ideas, and you can also use some ideas of your own.

**Your email should be between 150 and 200 words long.**

You will receive up to 8 marks for the content of your email, and up to 8 marks for the language used.

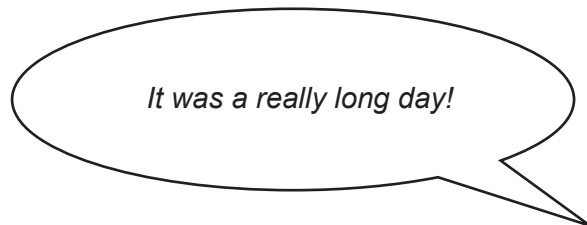
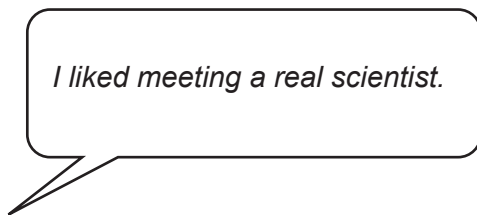


**Exercise 6**

- 16** You and your class recently spent the day at a science exhibition, and now your teacher has asked you to write a report about it.

In your report, say what you learned from the trip **and** how it could be improved if it is repeated next year.

Here are two comments from your classmates:



**Write a report for your teacher, giving your views.**

The comments above may give you some ideas, and you can also use some ideas of your own.

**Your report should be between 150 and 200 words long.**

You will receive up to 8 marks for the content of your report, and up to 8 marks for the language used.







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