

[Turn over

Exercise 1

Read the article about reintroducing animals called beavers into Scotland, and then answer the following questions.

Bringing beavers back to Scotland

Beavers are one of the largest members of a group of animals called rodents, which also includes mice and rats. Beavers live in and around rivers. They build structures called dams in rivers with sticks and mud, which provide them with shelter, but also create pools that attract fish, frogs, birds and other wildlife. Beavers live in many parts of the world, but I am proud to have played a part in bringing these beautiful creatures back to my country, Scotland.



Unfortunately, beavers died out in many European countries during the nineteenth century. In Scotland, they had disappeared long before that, with no recorded sightings there after the sixteenth century. There's evidence to suggest that a few beavers survived until the eighteenth century in parts of England.

The main reason for the beavers' decline was hunting, largely for fur. Coats made from their fur were incredibly warm, but far too expensive for all but the wealthiest people. Hats made from it, however, were more affordable and became very fashionable, which increased the trade in beaver fur.

The twentieth century saw growing interest in returning beavers to areas where they had once lived. They were reintroduced into 25 European countries after permission was granted by the relevant authorities. In Scotland, an organisation called Scottish Natural Heritage (SNH) wanted to reintroduce beavers there, and during the ten years between 1995 and 2005 gathered the large amount of evidence required for a proposal to submit to the Scottish parliament for bringing beavers back. This proposal was unsuccessful, and it took a further three years before the reintroduction was approved.

The first application was turned down because it was felt that beavers might damage ancient forests. Other concerns expressed by some people that the beavers' habit of blocking rivers would create floods were not seen as a serious issue.

However, SNH didn't give up and, with the help of another organisation called the Scottish Wildlife Trust (SWT), submitted a second application in 2008. This time it was quickly approved, and the first beavers were released into the wild in 2009. Over the next few years, the beavers spread, and the total population increased to more than 400. Local fishermen's worries that the animals' presence might impact on their hobby didn't last long, but objections from the region's farmers regarding flooding were far harder to overcome. An understanding was finally reached that if beavers were having a significant negative impact on agricultural land, they would be removed. Some years later, in 2016, it was agreed that beavers should be allowed to move to new territories. SWT made further proposals regarding conservation of the species in 2018, and the following year, beavers were made a protected species by the government.

Beaver numbers are now increasing worldwide and, once again, there are beavers living in the wild in Scotland. For me personally, the reintroduction of beavers was a significant moment in Scotland's history. It's hard to explain the excitement I get every time I visit an area where beavers are present. I watch the water, looking and listening for signs that they are out and about: a small, silent wave spreading across a pool in the river, or the splash of a tail on the water, which warns other beavers of danger.

You've probably heard of the expression 'eager beaver', which describes someone who's willing to work harder than anyone else. It comes from the fact that beavers always appear to be busy. I prefer to call them 'natural engineers', though; it seems to sum up really well their extraordinary ability to change the environments and landscapes in which they live.

- 1 In which century did beavers die out in Scotland?
..... [1]
- 2 What clothing made from beaver fur was especially popular?
..... [1]
- 3 How long did it take to prepare the first application to reintroduce beavers to Scotland?
..... [1]
- 4 What reason was given for rejecting the first application to reintroduce beavers?
..... [1]
- 5 Which group of people was most strongly against the reintroduction of beavers?
..... [1]
- 6 What important decisions about Scottish beavers have been made since 2016? Give **two** details.
.....
..... [2]
- 7 What sound does the writer listen for to check if beavers are active?
..... [1]
- 8 Which phrase does the writer like to use to describe beavers?
..... [1]
- 9 What do we learn about beaver populations in places *other* than Scotland? Give **four** details.
.....
.....
.....
..... [4]

[Total: 13]

Exercise 2

Read the article about four people (**A–D**) who are describing accommodation they stayed in while on holiday. Then answer Question **10(a)–(j)**.

Holiday accommodation

A Hoda

I've just got back from a week away in the mountains. There were eight of us in one rented house: me, my sister and parents, and my aunt, uncle and two cousins. The style of the place wouldn't please some people and it was only just big enough for everyone, but it suited us. We've never had the slightest disagreement in all the times we've been away together. We stayed at a ski resort: it was warm, so there wasn't any snow. I'd love to have been there when everything was frosty and white. We spent all day walking in the mountains and ate out in the evening, so we only went back to the house to sleep. The owners of the house lived nearby and gave us tips on the best walking routes. They clearly did loads of walking themselves, but perhaps they should have spent more time cleaning the holiday home – it could have done with it!

B Phillip

My wife and I have just spent two weeks in an apartment by the sea with our two children. There were lots of other families staying in the same block, so the kids weren't short of friends. I can't remember how many times we got lost while driving there, but the beach was great, and unlike many holidays I'd been on before, there was no need to clean the apartment when we arrived. Normally, pictures you see of holiday accommodation on websites are taken using special cameras to make the rooms look bigger than they actually are. The opposite seemed to be true there, though, which was a pleasant surprise. I can't say the colours the owners had painted the walls were to my taste, but you can't have everything, I guess. As well as the sea, there were hills behind the town, so we spent time hiking in those as well as relaxing on the beach.

C Alicia

My parents discovered the hotel we've just come back from a few years ago. We've been there in both summer and winter, and I've always enjoyed it whatever time of year it is. It belongs to a lovely family, who we've got to know well. I lost my passport when we were there this time, and I had to get them to translate when I reported it to the police. They were happy to do it, though. Our rooms are usually huge, but the only ones available this year were probably half the size, which was a bit of a shock. At least I had my own bedroom – I can't think of anything worse than sharing. While I was there, I reserved a couple of rooms for my parents and me next spring. It's their 25th wedding anniversary and my grandparents are going to pay as a special surprise. It's a beautiful area and the perfect place to stay.

D Hassan

My family has been going away with my best friend and his parents for years. This time, we found a house by a lake, which seemed like a great place for a holiday, especially in summer. Getting there was relatively straightforward and, although the house was fairly small, we thought it'd be fine for the six of us. Anyway, according to the guidebook, there was a huge variety of things to do in the region, which my parents and I hoped to make the most of. Once we'd got there, all the others fancied doing, however, was swimming in the lake and relaxing at the house. Because we'd travelled there in their car, it meant we were stuck and ended up spending far more time in the house and at the lake than we were hoping. This created quite a bit of tension between us, and I was left wishing we'd rented two separate houses instead of just one!

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

Which person ...

- (a) says their accommodation was smaller than they were expecting? [1]
- (b) felt uncomfortable sharing their accommodation with another family? [1]
- (c) suggests that their accommodation was rather dirty? [1]
- (d) admits to not liking how the accommodation was decorated? [1]
- (e) says they spent little time in their accommodation during the holiday? [1]
- (f) needed to ask the owners of the accommodation for help? [1]
- (g) had difficulty finding the way to their accommodation? [1]
- (h) wishes they'd stayed in the accommodation at a different time of year? [1]
- (i) wanted to explore the area around their accommodation more? [1]
- (j) has already booked to go back to the same accommodation? [1]

[Total: 10]

Exercise 3

Read the article about yoga, and then complete the notes.

Yoga

Yoga, which originated in India, is a set of combined physical, mental and spiritual exercises. During yoga sessions, the people who take part adopt different physical positions, particularly certain ways of sitting, stretching parts of the body and balancing. The positions used depend on many things, such as the type of yoga, and the age and level of experience of the participants. Research has demonstrated that yoga develops physical flexibility, but it is important to remember that yoga can also cause injury.



It is thought that yoga was first developed around 5000 years ago, and the exercises and positions used have not changed a great deal since then.

Ideally, yoga should be practised in a quiet and calm environment, as when a suitable setting is not available, you may become distracted. So you should definitely try your best to find an appropriate place to do it. Whatever the location, anyone who practises yoga is sure to notice the increased physical strength that comes from doing it. This effect has been well documented on many occasions.

Yoga was introduced into western nations in the nineteenth century, and it is now popular around the world. Most people who wish to try yoga go to group classes or have individual sessions with a teacher. Some teachers may be untrained, so it is always worth checking their experience and qualifications carefully, otherwise you run the risk of learning the wrong techniques. A major plus highlighted by many yoga teachers to attract potential new clients to their sessions is that it reduces back pain, and there is plenty of evidence to support this claim. The idea that yoga can help with weight loss, on the other hand, requires far more investigation before any firm conclusions can be drawn.

Yoga sessions typically last for between 45 and 90 minutes. Taking part in a longer class will give you more time to learn how to breathe effectively and will give the teacher time to provide you with individual attention. Without it, many yoga students experience frustration at a lack of progress, so longer sessions are well worth considering. Speak to a teacher about their approach before you sign up for a class, and of course check how much each session will cost.

After training for a while with the teacher that you feel is the right one for you, you will become aware that you have developed improved balance. This is one of the positive outcomes that scientists have confirmed as being directly due to practising yoga. Think carefully about what you hope to gain from yoga sessions and make sure that these aims are realistic. If you are hoping to have better-quality sleep as a result of practising yoga, then you are very likely to achieve this, as many academic studies have shown that a regular yoga routine, preferably just before bedtime, can bring this about. However, yoga is not intended as a replacement for meeting the weekly exercise targets recommended by many government health departments: more demanding activities such as swimming, cycling or running are required for these.

You are going to give a talk about yoga to your class at school. Prepare some notes to use as the basis for your talk.

Make short notes under each heading.

11 The history of yoga:

-
- [2]

12 Proven benefits of yoga:

-
-
-
- [4]

13 Problems that can occur when doing yoga:

-
-
- [3]

[Total: 9]

Exercise 4**14** Read the article about growing your own fruit and vegetables.

Write a summary about the advantages of growing your own fruit and vegetables **and** advice on what you should do to get started.

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.

Growing your own fruit and vegetables

For a lot of people, growing fruit and vegetables is a way of life their families have followed for several generations. They often start doing this when they are very young and continue with it throughout their lives. Anyone new to growing fruit and vegetables, however, may be put off by the thought that it requires an awful lot of time and effort for very little reward at the end. So if you are one of those people who believe this and need convincing of the many advantages to growing your own fruit and vegetables, then read on.

Home-grown fruit and vegetables are usually higher in nutrients, such as vitamins and minerals, than shop-bought products. This is because levels of vitamins in food, for example, decrease gradually over time. Fruit and vegetables in shops may well have been picked many days before they appeared in the store, as it took time to transport them from where they were grown to where they are sold. So what are you waiting for? After all, it can be done in many different locations. That's one of the great things about it. The first thing to do is to choose a place with plenty of natural light and off you go! Lots of people use gardens or community areas for growing food, for example.

Wherever you end up deciding to grow your fruit and vegetables, if you are buying plants rather than growing them from seeds, be sure to select your plants carefully. For example, plants with brown leaves or which are damaged are unlikely to do well or produce much. If you're planting your new fruit and vegetables out into a garden, then you'll get lots of physical exercise when you're putting them in, looking after them and harvesting them. Having said that, it's preferable to grow only a few to begin with.

An unexpected result of growing your own fruit and vegetables that many people report is that it helps to increase your confidence. There may be many reasons why this is the case but what's undoubtedly true is that you'll be learning important new skills. There's nothing worse than losing some or all of your crops when a few careful steps could have prevented it, so make sure that you protect your newly planted crops well, for instance, against the possible impact of bad weather, insects or disease. Whether your long-term plan is to provide you and your family with all or most of your fresh fruit and vegetables, or just to produce a few different types, it's always worth trying to avoid using harmful chemicals in any kind of gardening, even though lots of advertising attempts to persuade gardeners to use them.

So if and when you decide to take up the challenge of producing your own fruit and vegetables, then the very best of luck with it, and happy growing!

[Total: 16]

Exercise 5

15 You have recently been having difficulty with a piece of homework.

Write an email to a friend asking for their help.

In your email, you should:

- describe what you have to do for the homework
- explain why you are finding it so difficult
- say how you would like your friend to help you.

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.

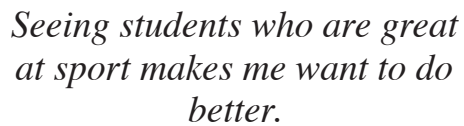
[Total: 16]

Exercise 6

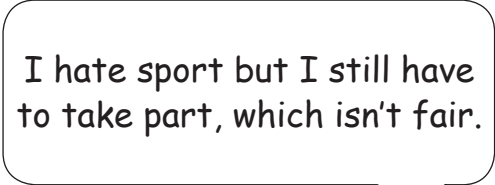
- 16** Recently, your school held a sports day in which all students had to take part in sports competitions. Your headteacher has asked you to write a report about it.

In your report, say what was good about the sports day, **and** suggest how it could be made more enjoyable for all students next year.

Here are two comments from students:



Seeing students who are great at sport makes me want to do better.



I hate sport but I still have to take part, which isn't fair.

Write a report for your headteacher, 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.

[Total: 16]

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