

Pearson Edexcel International GCSE

Wednesday 8 January 2020

Morning (Time: 2 hours)

Paper Reference **4ES1/01R**

English as a Second Language

Paper 1: Reading and Writing

Insert Booklet

For Part 1, Part 2, Part 3 and Part 6

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Part 1

Running tips for beginners

- A** Running is free, you can do it anywhere, and it burns more calories than many other popular exercises. Regular running can reduce your risk of certain illnesses, improve your mood and keep your weight under control. It is important that as a beginner you find this experience both safe and enjoyable.
- B** If you've not been active for a while, you may want to build your fitness levels gently by increasing how far you can walk before you progress to running. If you're recovering from an injury or worried about an existing condition, seek medical advice before you start running.
- C** A good pair of running shoes that suit your feet may help improve comfort, so get advice from a specialist retailer who will assess your feet and find the right shoes for you. The shoes' structure weakens over time, especially with regular use. Running experts advise replacing running shoes regularly.
- D** To avoid injury and enjoy the experience, it's essential to ease yourself into running slowly and increase your pace and distance gradually over several outings. Before setting off, do a gentle warm-up of at least five minutes. This can include marching on the spot, knee lifts and climbing stairs.
- E** When you first start running, try alternating between running and walking during your sessions. As time goes on, make the time spent running longer until you no longer feel the need to walk. Give yourself a few minutes to cool down after each run by walking and doing a few stretches.
- F** Regular running for beginners means getting out at least twice a week. Your running will improve as your body adapts to the activity. It's better to run twice a week, every week, than to run six times one week and then do no running for the next three weeks.
- G** Keep a diary of your runs. Note down each run, including your route, distance, time, weather conditions and how you felt. That way, whenever you are losing motivation, you can look back and be encouraged by how much you've improved. This should help you to keep your motivation going.
- H** You should remember to keep your running interesting by adding variety. Running the same route over and over again can become boring and lack challenge. Vary your distances and routes. Use a running app such as route planner to find, record and share your favourite running routes.
- I** A running club is the perfect way to commit to running regularly. Most clubs have running groups for different levels, including beginners. Clubs are also a fantastic way to find running partners to run with outside of club sessions. You'll encourage each other when you're not so motivated to run.
- J** If you go running when it's dark, it's essential that you're visible to others. Your clothes should be reflective or a bright, light colour. Most good running brands make clothes that feature reflective strips too. Stick to well-lit areas and avoid running anywhere you don't feel safe.

Part 2

We need to find more time

Based at opposite ends of the country, Alex and I don't meet up for a coffee very often. Like many adult siblings, we rarely make time for a catch-up at all. Our lives have taken dramatically different paths since I left home in Scotland, aged 19, at the start of a journey that would eventually lead me to London and a highly successful career as a radio, TV and podcast broadcaster.

My brother Alex, seven years my junior, studied sports science in Edinburgh, played for Scotland under-18s as a young footballer and had jobs coaching in America. He has otherwise remained close to home for most of his life, running his much-loved café along the coast from our childhood home.

And yet, to spend some time with him is quickly to appreciate what it is that bonds us. We both possess the same sense of humour, a quality that has served both of us well in our careers – me on the airwaves, him behind the café counter. And there's no doubt as to how and where our personalities were formed. It's how we grew up. Our time was divided between home and helping at our parents' hotel, the Craw's Nest. It's all we knew.

Family is everything in our world and the Craw's Nest was a focal point not only for the whole family but also for the community – host to concerts, film screenings, social clubs, meet-ups and many a good night out. And when I say family, I mean the whole enormous extended family – grandparents, aunts, uncles, cousins, the lot. Our mother, Eleanor, was one of seven children, and we had five families helping with the running of the hotel. We all used to go away together every January; one year, 60 of us all went together.

It really was a brilliant upbringing. However, sadly, while our friends were out socialising on evenings and weekends and having fun, Alex and I were helping in the kitchen, and sometimes cleaning rooms or waiting tables. The hours were long, but it taught us a great work ethic which I am most grateful for, and introduced me to the joy of friendly interaction with people of all ages and backgrounds.

Yet where Alex felt increasingly at home in that environment, I itched to seek out broader horizons. One of the biggest things for me was passing my driving test and buying my first car. The feeling of freedom I got from that was worth all the hours worked at the hotel to pay for it.

Soon after moving to Glasgow to study media, I was offered a job as a newsreader and I moved to London. From there I went on to join the BBC in London and to become one of the most recognisable new voices and faces in British broadcasting in the 2000s, and a friend to the stars.

As Alex meanwhile became a father for the first time, a gulf could easily have grown between us, but we wouldn't let that happen. Even when I was miles away, I always involved Alex. I'd invite him to festivals and award ceremonies. I never ever forgot about him.

The age difference between us is such that I do admit to feeling motherly towards Alex sometimes. But that's not to say that he doesn't feel protective over me in turn, on occasion. For instance, I still treasure a letter Alex sent me in my late teens after I'd had an argument with my friend, which really upset me. It's only a letter from a concerned brother but I'll always love the last line especially. It simply says, 'I never liked her anyway'.

Before Alex was born, I had wished for a younger sibling and, now we're separated by hundreds of miles, it does play on my mind and make me sad. I can't remember the last time just the two of us met up for a coffee and a chat because we've always got the children with us. I wish we did have more time for each other; we definitely need to make more time.

Part 3

Being distracted in a digital world

It is difficult to imagine life before our personal and professional worlds were so dominated and 'switched on' via phones and the other devices that make it easy for us to be reached and, crucially, easy for us to be distracted and interrupted every second of the day. This has become the new normal, to which we have adapted with ease, but there is a downside: these interruptions and distractions have decreased our ability to concentrate.

We have known for a long time that interruptions affect concentration. A recent research study has also shown that constant interruptions and distractions at work have a great effect. More than half of the people who took part in this research study said they always responded to an email immediately or as soon as possible. A large number admitted they would leave a meeting to do so.

The impact of interruptions on individual productivity at work can also be a disaster. It has been reported that, on average, in an eight-hour day we experience about 60 interruptions. The average interruption takes about five minutes, so that is about five hours out of our day. And if it takes some time to restart the interrupted activity at a good level of concentration, I would say this means that we are never concentrating very well at work.

By adopting an always-on, anywhere, anytime, anyplace behaviour, we exist in a constant state of alertness that scans the world but never really gives our full attention to anything. In the short term, we adapt well to these demands, but for long periods stress hormones create a situation, where we are always scanning for stimuli, and feeding the need to 'check-in'.

With our heavy use of digital media, it could be said that we have taken multitasking to new heights, but we're not actually multitasking. Instead, we are switching rapidly between different activities. Stress hormones are designed to support us through bursts of intense activity, but anything more than this can impact on the feel-good hormones in the brain.

Better concentration makes life easier and less stressful and we will be more productive. To make this change, we have to think about what we are doing to lower our concentration levels and then take steps towards changing our behaviour. This means deliberately reducing distractions and being more self-disciplined about our use of devices.

Getting into a new habit will not happen overnight. It takes about three weeks for a repeating behaviour to become a habit. Start by switching off phone alerts, or taking social media apps off your phone, then switching off the device for as long as you can. I did find it difficult to do and it does take a bit of time but, with practice, it becomes easier to accomplish and does make a difference.

Many people who feel they have lost the ability to concentrate mention how reading a book for pleasure is difficult for them. We have got so used to skim reading for fast access to information that the demand of a complex plot structure or a novel's length can be hard to engage with. However, close reading in itself can be a route to better concentration. To help that, read from an actual book, not a screen; screens are linked to skim reading and just turning pages will lessen your pace. Read for long enough to engage your interest, at least 30 minutes: engagement in content takes time, but will help you read for longer.

We access so much information through what we see, but often we are not particularly observant about what we are looking at, leaving us with just an impression or feeling about what we've seen. In an effort to improve concentration skills, it's worth considering how looking at and then visualising something, can help with concentration. Start by paying more attention, whether this is looking at a picture in an art gallery, or just enjoying the scenery from a window. Engage with whatever it is you are looking at, notice details, reflect on it and, within a short time, you will be able to close your eyes and recreate what you have seen. You don't have to be able to produce an exact image in your memory; it's just an opportunity to practise focus and improve concentration.

Somewhat ironically, digital apps may have their place in monitoring, managing or restricting digital time, but bear in mind that they still keep you connected to digital devices. Better perhaps, I feel, to move away from digital use wherever possible by doing something else: going to a movie, taking a walk or eating a meal without checking devices. Basically, the key is to restore some sort of balance through the use of alternative activities.

Part 6

Does air travel really have a big impact on the environment?

It is well known that flights are bad for the environment. Planes are worse than most other forms of transport in terms of the impact on the environment per passenger mile. Flying allows us to travel a far greater number of miles than we otherwise could. Thanks to these two factors, individual trips by air can significantly increase global warming.

A number of technologies designed to reduce the environmental impact of flying are being researched. However, this is very expensive and time consuming and there are no immediate results. Compared with greener cars, where the technologies are proved and the carbon saving huge, the potential for eco-friendly flying currently looks rather limited. Who knows what the future will bring?

The problem is that, at the moment, electric motors cannot produce enough power to get a plane off the ground. The only alternative to the fuels currently used are special kinds of biofuels which are not an ideal solution. Biofuels are not good for the environment either and it would take a lot of the world's land to grow enough crops to fuel all the world's planes.

For anyone concerned about global warming, reducing air travel is an obvious goal. This might mean giving up flying altogether or it might mean taking fewer flights and picking destinations that are closer to home. It is true that short flights are usually more harmful to the climate per mile travelled than long-distance flights. This is because they have more empty seats, and because taking off and landing burns more fuel than flying. However, this does not change the fact that the further you travel, the greater the emissions will be.

If you do fly, you can think about limiting your luggage. You might also want to consider which airlines you use. People often assume that budget flights are not as eco-friendly as expensive ones. In fact, the opposite tends to be true. Budget airlines pack more passengers on each flight and typically have younger, more fuel-efficient planes than airlines that are more established. Indeed, the least eco-friendly tickets of all are not the cheapest but the most expensive. Business-class and first-class seats take up more space on the plane, thereby reducing the number of people who can fit on each flight.

As a rule, taking the train instead of the plane will greatly reduce your carbon emissions. The benefits will be somewhat reduced as the journey gets longer. This is because long train journeys usually require you to sleep on board in sleeper carriages that carry fewer passengers than regular carriages. Their emissions per passenger are therefore higher.

Almost every long-distance train journey will cost you more than flying would. Indeed, the difference in price is often so great that for some unavoidable trips it would make more sense to take the plane. You could then spend the money saved on something else that benefits the environment.