

Pearson Edexcel International GCSE

Thursday 6 June 2019

Afternoon (Time: 2 hours)

Paper Reference **4ES1/01**

English as a Second Language

Paper 1: Reading and Writing

Insert for Part 1, Part 2 and Part 3.

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Pearson

READING

Part 1

Ways to Raise Money for Charity

Does your school want to raise money for good causes? We've put together ten great ideas on how you can achieve this.

- A** Set a date and put up some posters asking enthusiastic students to enter a baking competition. Advertise for others to attend, to sample what entrants have made and to choose the best entry. Charge people for each slice they try and ask them to mark each one out of ten.
- B** The school can hold a swimathon at the local pool. The target distance can be divided between teachers and students based on how many lengths participants want to swim. Friends can be asked for sponsorship and extra donations picked up on the day.
- C** If your school has after-school clubs, ask those session teachers for assistance. Invite parents to pay slightly more than the sessions would normally cost, clarifying that all the extra money goes to charity. By offering a variety of activities there will be something for everybody to attend.
- D** Form a group of students who don't mind getting wet, and ask which members of staff want their cars cleaning. Ask those interested to pay a fee in advance and record their registration numbers at the same time. At break time, students can get to work washing cars in the car park.
- E** Students and teachers who enjoy sweet foods could try to give these up for a week and donate to charity all the money saved. Organise this for January when people are typically trying to get fit; it will hopefully provide some added motivation.
- F** Contact a local supermarket and arrange for students to work at the checkouts packing customers' bags. Students work in shifts throughout the day. Clearly marked collection buckets show the charity being collected for, and people are free to give as much or as little as they like.
- G** Pick a date, hope for good weather, and organise a sports day on a grassy area near your school. You can make the team activities as serious or as light-hearted as you desire – from hurdles to an egg and spoon race – just ensure there's something for everyone.
- H** Ask parents to send in any unwanted items, such as books and toys, that are in good condition. The items are priced to create a temporary shop, and everyone is invited along for some second-hand shopping. Any items remaining at the end of the day can be donated to charity.

- I Choose a popular sporting event like the Olympics. Students then pay for each competitor name they draw from a hat before the event starts. Whoever has the winning names at the end of the competition takes half of the entry money while the rest goes to charity.
- J Devise a circuit of activities in the playground for students to work their way around. This can be anything from timed star jumps, sit-ups and short sprints to shooting baskets. Students are sponsored based on achieving each task and all money raised goes to charity.

Sourced from: <https://runforcharity.com/fundraising/fundraising-ideas/top-100-fundraising-ideas>

Part 2

The Joy of Wild Water Swimming

My toes sink into the mud at the edge of the River Mole at the bottom of Box Hill in Surrey; the water immediately cools my feet beyond feeling. I have come here today looking for my usual interesting swim. Normally there are stepping stones that cross the river at this point, and I pictured myself skipping over them. However, the reality is quite different. After significant rain and snow melt, I should have known the river would be higher than usual. The spot – tranquil in all my previous visits – was now a rushing, fast-flowing river. It had the appearance of chocolate milkshake, rather than the image I'd pictured. Oh well, I have swum in worse.

I step cautiously into the unknown and find the stepping stones under my feet. I try to walk across them, but with the strong current against my legs it's no use, so I just get in. I fumble into the water with zero grace. The water feels silty and leaves brush against my body rushing downstream.

But I barely notice the cold anymore. I have been doing a Dip a Day December – swimming every day this month in rivers, lakes, ponds and sea – and today it is day 14. It isn't uncommon for me to reach the edge of a river and question why I am doing this. We are often encouraged to slow down, pay attention and appreciate the little things in life, but at this time of year it can be hard to take a moment. Swimming everyday outside, often in low light or darkness and in pretty cold weather, forces me to find the beauty in winter. This aspect of swimming in the darkest month of the year always wins me over. It is much easier to catch the sunrise and sunsets at this time of year, and the glitter trail in water reflecting the sun is something truly worth pausing over.

Of course, not every day has the sparkle of frost on the ground and blue skies. Most of December in Britain is grey. When I wake up to the sound of rain, when the light never seems to appear, those are the hardest days. On most swims I am solo, balancing my camera on a riverbank hoping to capture the magic I feel from the water. Swimming alone, especially in colder weather, isn't advisable. But there is something special about a swim all by myself; nature reveals itself to you more frequently and I have taken the time to understand my limits and don't take unnecessary risks. Swimming with like-minded cold-water fanatics has its charms too, yelping and whooping, gathering afterwards to share hot chocolate – there is much joy to that too, so it's always worth finding a local group if you want to give it a go yourself.

Living in Berkshire, I am lucky enough to have a good selection of swim spots on the Thames and Jubilee rivers. There are plenty of lidos* within reach too, but by mid-December I ache for the sea and I am more confident to try places I haven't swum before. I plan my days around the weather forecast, working around the dry spells and sunshine. There is a lovely spot in Medmenham, near Marlow, that is perfect to catch the sun rising; the Jubilee River near Maidenhead offers boat free swimming and ice at the edge when it's really cold; and a spot by the Flowers Cafe not far from Henley provides a great jetty to leap off when you're feeling bold!

Being self-employed, I can work flexible hours which I am very thankful for, but there are still days when only an early morning swim or evening dip will work. That means scrabbling around in the dark on a cold riverbank, sinking into inky black water – which provides a whole different challenge. I will swim every day until New Year's Day to complete the month – the nip of the water and the zing of a swim is quite addictive.

*lidos outdoor swimming pools

Sourced from: <https://www.theguardian.com/travel/2017/dec/19/joy-of-wild-winter-swimming-dip-a-day-december>

Part 3

Building Your Own Passive House

The idea for a Passive House originated in Germany. Desperate to put together designs for houses that could be as energy efficient as possible, two scientists came up with a working model and made it public in 1988. Then, as the idea became more popular, in 1996 the Passive House Institute was founded to promote and control the building standards for this type of house. With the worries about climate change, the increasing scarcity of fossil fuels, and the interest in renewable energy, these houses are definitely the perfect solution to a worldwide problem. Since 1996, over 25,000 buildings have been constructed worldwide by forward thinkers. This includes not only houses but also energy-efficient schools, office buildings and commercial premises.

With Passive Houses, all the necessary components to make the house are delivered pre-cut to the correct size and numbered. The companies that supply these houses generally have set designs to choose from, although it is possible to request something more individual. Once a house design has been decided upon, the company will create all of the structural parts within their factory. The customer has to organise the groundworks but, once that is complete, the whole house will be delivered in sections, and can be put together on site in a very short time.

These houses have many technical features and they have to be constructed so that they reach all the required standards. Having all the parts of the house made for you means that the practical considerations are catered for. This saves money and particularly time spent finding local specialists who are familiar with all the technical aspects of these houses. When a Passive House is put together to the correct standards, the result is an extremely fast build of a superbly energy-efficient house.

When building a Passive House, the guiding principle is to reduce heat loss as much as possible. This is achieved through specialist techniques including insulation and advanced window technology. As the houses have excellent insulation properties, they do not need, or indeed have, any form of heating system to maintain a comfortable temperature. Even the small amount of heat generated by the activities of occupants and the use of household appliances, such as the oven for example, can be all that is needed to heat the home. Owing to this ability to regulate the internal temperature and keep it stable, it is a comfortable house to live in, whether it is a freezing winter's day or the height of summer. Despite this, it is a good idea to consider which direction the house should face to take full advantage of the sun; solar power can then be used to generate any additional heat needed.

The houses are airtight in an effort to preserve the internal temperature. This has the downside of making the air quality suffer unless a ventilation system is installed; this has the very obvious function of allowing fresh air in to the home to replace stale air. In winter, the systems used for these houses recover heat from the removed air and this warmth is then used to heat the house. It is not just in the winter that the internal temperature of the home is maintained. With the introduction of an overnight cooling system, it is possible to have a pleasant environment in the summer months without using extra power. As long as the air in the home is exchanged frequently to prevent it becoming stale, which is all part of the construction, these houses are as comfortable to live in as they are environmentally-friendly.

The self-build industry is thriving in the UK and, with everyone looking out for environmentally-sound practices, it is more important than ever to think of this type of house for the future. Not only are these houses factory-made, which saves considerable time when building them, they are also very cheap to run once completed. A house that requires a minimal amount of energy to heat or keep cool can help to reduce the demand for energy. Unpredictable weather is no problem as you do not have to ensure the heating is pre-timed to come on, or wait for the air-conditioning to make it a comfortable temperature.

Building a house like this means future generations will benefit from both the low energy required to run it and the fact that long-term maintenance is not costly. Being well-insulated and airtight, these houses save energy constantly and they will continue to do so far into the future.

Sourced from: <https://www.thegreenage.co.uk/the-future-of-building-passiv-kit-houses>

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