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Pearson Edexcel International GCSE

English as a Second Language
PAPER 1: Reading and Writing

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

**DO NOT RETURN THIS BOOKLET WITH
THE QUESTION PAPER.**

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Part 1

10 Reasons Why You Should Swim

Swimming can sometimes seem like too much trouble. You have to get changed at the pool and you have wet hair. Also, getting out of the water in the middle of winter isn't always appealing. However, the positives definitely outweigh the negatives.

- A** You don't need to spend hundreds of pounds to swim. All you need is a swimsuit, cap, and goggles. Even if you do decide to add more equipment, for example a kickboard, they are not expensive. Your local pool will probably have some that they can lend you.
- B** Swimming is a full body workout, using all those muscles you had totally forgotten about. Whether you choose breaststroke or front crawl, it is brilliant exercise. If you're sitting at a desk all day, give swimming a try and see how much healthier you feel.
- C** If you're lucky enough to live near a swimming pool, you have the added bonus of being able to walk there. You can also exercise indoors all year round and attend swimming sessions on days and at times that suit you.
- D** If you want to build your strength slowly after an injury, then swimming is ideal as the water supports your body. Swimming is a great way to work out on those days you want to do a less tiring form of exercise.

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- E** Swimming is a solo sport as it tends to be just you and the pool. However, there are plenty of swimming clubs around if you're looking to meet some new people. You can find one suited to your abilities and spend time with like-minded people.
- F** You might feel nervous if it's been a while since you've been to the pool. However, once you get into a routine, you might find doing laps is truly meditative. Many people find concentrating on the rhythm of their strokes helps them to relax.
- G** You can go to the pool with others to make it more fun. Even if you're swimming lengths, it still brings back that feeling of childhood and splashing around in a pool. If something is fun, you're far more likely to continue with it.
- H** Swimming is the best aerobic activity for you. One hour of swimming can burn around 500 calories. Compared to running, you have to control your breathing more. Your body needs more oxygen and you work harder. You carry on burning calories even after leaving the pool.
- I** Contact your local pool if you're new to swimming. They will be able to advise you on attending beginner's sessions, or having a private instructor if that's what you prefer. Either way, it shouldn't be too long before you're swimming your first strokes.

Part 1 continued.

J Swimming is not only a good form of exercise, but being able to swim well is important for your own safety, especially if you want to spend time in or near the sea or a lake. You can feel confident of your abilities in the water.

Part 2

Read the article by Madeleine Howell.



Living and Working on the Road

Forget working from an office, from home or even from a hotel. A growing number of so-called ‘digital nomads’ are pushing the benefits of working and living in a portable office, with ever-changing views and the opportunity to meet like-minded people. The ultimate dream is definitely a better work-life balance, with the added bonus of far fewer bills and expenses. It has become increasingly possible to work from anywhere in the world.

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One couple, Sally and Gary, run an online tuition business. While renting out their five-bedroom house, they've been travelling around England and France. They retrained as teachers in their 40s and built a business based at their home. They've always been inspired by travel programmes, and it was when they moved to online tuition that the couple became convinced they could tutor regardless of their location. In my opinion, this would be a dream for many people. They set out to find a vehicle that would double up as an office, and bought an old ambulance that they converted into their tiny home and workspace.

One of the reasons parents want their tuition is for the one-to-one tutor and pupil connection. While I think some parents feel their children are on computers enough, online tuition works in exactly the same way as face-to-face, offering flexibility for them and convenience for their pupils. Many parents are grateful they don't have to drive to a tutor's house at 6 p.m. and wait outside for an hour while their child has a lesson; they can be anywhere too. Of course, the couple can only tutor when they can guarantee a Wi-Fi signal, something they struggled with in the early days. They've now added a Wi-Fi aerial and things have improved.

They love never knowing what will be around the corner. The beauty of living and working on the road is that you stumble across sights you wouldn't expect. You come across all sorts of interesting people and this, to me, is most appealing. They

Part 2 continued.

are hopeful that one day they will ship their vehicle over to Canada, the United States or southern Africa. They've got no fixed plans to go back to life as it was before, but as their grandchildren grow up, they'll want to spend more time close by, but with the option of getting away.

Emma, 26, worked in marketing for five years but left this role to travel the world and retrain as a yoga teacher, doing freelance marketing as she went. Before she bought her campervan, she had felt a huge amount of pressure to stay in an office job and save to buy a house. But she decided to take this money and buy an office on wheels instead. It was the best decision she's ever made.

She stayed with her brother in a campervan in Australia for the first time a few years ago and fell in love with the lifestyle, but never saw it as something she could do full-time. When she returned to England with no work, the job interviews she had were for office roles that had received thousands of applications. She must have found this very disappointing. However, she noticed a gap in the market for creative marketing for small businesses, and realised, as her new business built up, that she could work from anywhere. She can live the life she wants, while producing work that's better than any she would be able to in an office. She can work whenever it is needed, and be there when a client needs her.

The costs of living on the road are so low compared with property rental prices that it's allowing her to save. She uses an App to find camp sites with Wi-Fi and she's stayed at

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Part 2 continued.

some amazing places at a fairly low cost; experiences she wouldn't have had if she'd got a job in an office. What really stands out for her is that she's driven the length of the country, but never feels lonely. She's now travelled solo such a lot, she's used to it.

It all sounds like an amazing adventure. For me, the people who pursue this liberating lifestyle are true pioneers. Perhaps, one day, the rest of us will follow.

Part 3

Read the article by Colin Drury.

In Search of Green Spaces

In an era of online shopping, struggling town centres and a climate crisis, Dexley council has decided that creating a park in its town centre is the best way of regenerating this area and increasing the number of visitors. It will not simply be a green space, it will be a destination. In what some would consider to be a brave move, a shopping centre that has existed for the last 50 years will be knocked down to create an enormous public park. The shopping centre's multi-storey car park and a number of nearby shops, as well as a hotel, will also be demolished. They will be replaced by one of the country's biggest green spaces, offering landscaped lawns, wildlife areas and a range of attractive facilities, such as a picnic spot. It is one of many projects currently being spoken about around the country. Nothing like this has been attempted before in England.

Green spaces are now commonly being planned on sites previously considered for housing and business development. For example, in Hexford city centre, a park is to be created on a site where a car park and offices were previously going to be built. In Farwell city centre, a proposed park, which is part of a wider development of apartments and hotels, will become the city's biggest new green space in over a hundred years. With projects such as these, could we now be seeing the first signs of a new age of park building?

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I was horrified to learn that over the last twenty years, a noticeable amount of green space has been lost to development. However, thankfully, there does appear to have been a significant change in the way people now view green spaces, and people are beginning to realise how important they are. Experts believe that one way forward is to protect the green spaces we already have from any future development. This growing awareness of the value of green spaces appears to be driving the creation of more new parks. Thankfully, the government wants to make towns and cities greener as part of its 25-year plan for the environment.

Previously, it was more likely for green spaces to be added to developments where land was left over, but this is definitely not the case anymore. Now, they are starting to be seen as a key part of these developments. This is the thinking in Dexley, where the vast new park will be bordered on one side by a river, and on the other by a remodelled high street, including new shops, restaurants, council offices and a library. Few would argue that this town is in need of regeneration. Thirty per cent of retail units are empty and over the past few years, popular high street stores have abandoned the place. The shopping centre was not only under-used, but it was also widely disliked; in a local meeting, 80 per cent of those present wanted it knocked down.

Work is scheduled to begin early next year, and there are already suggestions that the idea could be one to copy in nearby towns and cities, where they are facing shop closures

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and where the high streets are struggling. Yet, if all this does suggest we are entering a new era of park creation, experts suggest that we must be realistic about what is happening outside of our towns and city centres too.

Over the last 10 years, existing parks within towns and cities have lost so much of their funding that it has become a real issue to maintain them, and this is a widespread problem. In my opinion, you can have lots of green spaces everywhere but, if they are not well maintained, or they do not offer the facilities needed by users, then their benefits are not being maximised. Therefore, there does need to be a new vision that takes this financial element into account. It must be recognised that whatever we invest in parks now is a saving for the future, for example, on healthcare.

Outside of urban centres, we are still losing green spaces to development at an alarming rate, and people do not have the same access to those that still exist. Depending on where you live, you could be far less likely to have a park nearby, one that you can walk to, compared to someone living in another area. I do agree that this worrying issue needs addressing through careful future planning, but I am optimistic that it will happen at some point in the future. There are definite signs that we are committed to investing in both new and existing parks and we will, one day, be able to maximise the potential of green spaces and improve the general wellbeing of the population.

Questions 41–45

discussions

doubtful

location

wellbeing

interviews

size

advertised

confident

facilities

improved

Part 6

How to Make Holidays Greener

The plastic waste being washed into the oceans is not only unsightly but, more importantly, causes harm to marine wildlife. Furthermore, given that clean beaches and healthy marine life are key elements to a good holiday, this is a vitally important issue for the travel industry. Some travel companies are therefore taking steps to do more for the environment. As individuals, what can we do to help?

Before You Arrive

How you choose to travel to your holiday destination is important, as how you get there is often the biggest carbon footprint of a holiday. Take time to do some research and choose a more carbon efficient airline. When you are packing for your holiday, do not take unnecessary items; reducing the weight of your luggage means less fuel is needed to power the aeroplane. In addition, remember to remove any excess packaging from items where possible. If you can, avoid buying new items, such as clothing, and reuse what you already have. Check if you already have headphones for the aeroplane, so that you do not have to buy a new pair.

When thinking about accommodation, you can book somewhere that displays the Travelife logo. Many tour operators require their hotels to sign up to this scheme. It helps them to manage their impact on the environment, for example, using less water and energy, and reducing waste. The scheme also asks hotels to think about their social

Part 6 continued.

impact, encouraging them to support local people, businesses and culture. You can also ask your tour operator about which resorts have beach cleans organised, so that you can take part if you want to.

After You Arrive

There are several things you can do to help once you arrive at your destination. The first of these is to think about your use of plastic by taking a reusable bag with you and avoiding plastic straws. A lightweight, reusable bag will not take up much space in your suitcase and can be used in a number of ways, such as on trips to the beach and to the local shops.

When you leave your hotel room for the day, remember to turn off all electrical appliances, including the air conditioning. These simple actions will reduce your carbon footprint because electricity can make up a big part of hotel carbon emissions. Many countries have water shortages, so make sure you use water sparingly and only send items to the laundry when completely necessary.

When you are out and about, think about using local transport, or walking or cycling where you can. You can also support the local economy by choosing local food and drink, and buying gifts from local traders.

No one can fail to be shocked by the reports of the current levels of plastic in our oceans. If everybody does a little, this can all add up to making a huge difference to us all.

Part 2

(Source: © guy harrop / Alamy Stock Photo)

Part 2

(Source: <https://www.telegraph.co.uk/family/life/wfc-middle-class-nomads-work-live-campervans/>)

Part 3

(Source: <https://www.independent.co.uk/news/uk/home-news/urban-parks-green-spaces-climate-crisis-b1890564.html?r=79384>)

Part 6

(Source: <https://www.independent.co.uk/travel/news-and-advice/beach-pollution-how-we-can-all-play-a-part-in-keeping-our-oceans-clean-10368281.html?r=91449>)