

Integrated Skills in English I

Time allowed: 2 hours

This exam paper has four tasks. Complete all tasks.

Task 1 – Long reading

Read the following text about tour guides and answer the 15 questions on page 3.

Paragraph 1

For a lot of young people, being a tour guide seems to be an ideal way to make money. You visit wonderful places and meet interesting people – it's almost like a paid holiday with no expenses. In reality, of course, it can be tiring, boring and stressful having to solve all the problems and deal with the demands of the people who have paid money for your services.

Paragraph 2

And it seems that tourists these days demand more and more. This is partly because of the internet: before they go away on holiday, they do their research, so they already know a lot of the basic information that guides used to tell them. What they want is something different and special. It isn't enough any more just to take them round the famous buildings, monuments and tourist sites and tell them a few dates and interesting stories. In fact, tourists nowadays don't like to think they are tourists at all. Today's well-informed 'traveller' prefers culture, seeing something of people's real way of life in the place they're visiting.

Paragraph 3

This need has led to a new kind of tour guide becoming popular. These people, sometimes called 'step-on guides', live in the area and have local knowledge. They don't take the place of the normal guide; their job is just temporary, 'stepping onto' the tour bus and taking visitors to unusual places and providing the kind of information that regular tour guides can't offer.

Paragraph 4

Being a step-on guide can give you all the fun of being a tour guide without all the problems. 'I really enjoy it,' says Enrique, a university student who became a step-on guide in his home city of Valencia in Spain two years ago. 'It's best not to think of it as just a job. Of course the extra money is useful but mainly it's a great way to meet people and give them an introduction to your town or city.'

Paragraph 5

Being a successful step-on guide depends on getting to know what travellers really want. Enrique has learnt this from experience: 'To me, my customers are more like students than tourists. But I never lecture them. That's very important because they're normally very well-educated people. I don't want them just to take in whatever I say – I prefer them to have an active experience, meeting local people and asking questions.'

Questions 1-5

The text on page 2 has five paragraphs (1-5). Choose the best title for each paragraph from A-F below and write the letter (A-F) on the lines below. There is one title you don't need.

1. Paragraph 1
2. Paragraph 2
3. Paragraph 3
4. Paragraph 4
5. Paragraph 5

- A Advantages of the job
- B A new type of tourist
- C The problems of tourism
- D The perfect job?
- E Becoming a better step-on guide
- F A guide with a difference

Questions 6-10

Choose the **five statements** from A-H below that are **TRUE** according to the information given in the text on page 2. Write the letters of the **TRUE** statements on the lines below (in any order).

6.
7.
8.
9.
10.

- A Many young people have jobs as tour guides.
- B Being a tour guide is less exciting than some people think.
- C Modern travellers are no longer satisfied with traditional tourist activities.
- D People now prefer to describe themselves as travellers rather than tourists.
- E In some countries, step-on guides are replacing regular tour guides.
- F For Enrique, pay is a less important part of the job than meeting people.
- G Enrique understands his clients better now than when he first started.
- H Enrique talks to his customers like a teacher.

Questions 11-15

Complete sentences 11-15 with an exact number, word or phrase (maximum three words) from the text. Write the exact number, word or phrase on the lines below.

11. Some young people think a tour guide's job is a kind of
12. Tourists nowadays often already know a lot because they have done
13. What makes step-on guides special is their
14. One reason Enrique works as a guide is to make some
15. Enrique wants to give visitors a more instead of them just listening to him.

Task 2 – Multi-text reading

In this section there are four short texts for you to read and some questions for you to answer.

Questions 16-20

Read questions 16-20 first and then read texts A, B, C and D below the questions.

As you read each text, decide which text each question refers to. Choose one letter – A, B, C or D – and write it on the lines below. You can use any letter more than once.

Which text

16. describes a more relaxing activity?
17. mentions the importance of diet?
18. refers to all types of physical activity?
19. says that one activity is the best for your whole body?
20. talks about doing a variety of activities in the same place?

Text A

If you are looking for a new regular exercise routine perhaps you can try swimming? There are a lot of reasons why we think swimming is the best exercise.

The four swimming styles exercise all of the muscles in your body. It is a great activity as there is more breath control compared to running, and this increases the oxygen in your body, causing your muscles to work harder. Unlike running, swimming doesn't cause so much damage to joints such as knees and ankles.

You do not need any special equipment; you only need a swimming costume, cap and goggles. Why not go to your local swimming pool today?

Text B

What are your opinions on going to the gym?



Pippa: I try to get to the gym at least three times a week but if I'm busy I only go once a week. I listen to music while using the running machine for 40 minutes. I have a really good pair of trainers. Sometimes I do the aerobics classes too.



Alex: I go to the gym every day to lift weights as I want to make my upper body stronger, especially my arms.



Chris: I am too busy to do exercise. I'm careful with what I eat so I think it isn't necessary.



Sunny: @ Chris – It's important to exercise as well as taking care of what you eat. You feel much better after exercising.

Text C

To: gill@email.edu
Subject: Walking

Hi Gill

I went walking in the countryside yesterday with a local walking group. There were many people of all different ages so I have already made a lot of new friends. We walked about 12 kilometres and we had a picnic lunch on top of West Hill. The view from there was great.

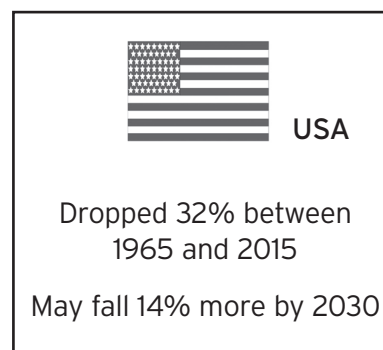
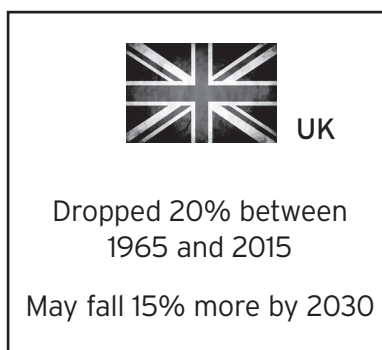
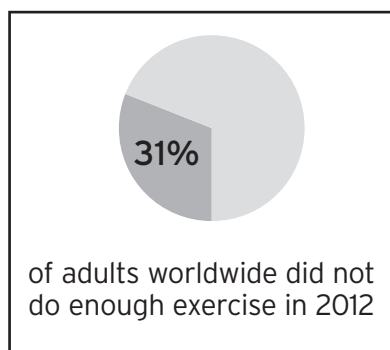
I recently read that walking in the countryside is healthier than more intense exercise, such as running, playing football or volleyball. If you walk for four hours a week, you might burn more calories than going to the gym twice a week. I think walking in the fresh air also helps people feel calmer than other forms of keeping fit.

Why don't you come with me for a long walk next Sunday? You just need a pair of walking boots.

Sally

Text D

Physical Activity – People are doing less

**Questions 21-25**

Choose the **five statements** from A-H below that are **TRUE** according to the information given in the texts above. **Write the letters of the TRUE statements on the lines below (in any order).**

21.
22.
23.
24.
25.

- A Swimming is better than running because more oxygen reaches your muscles.
- B You need to control your breathing more in running than swimming.
- C Pippa doesn't go to the gym as often as she wants to.
- D Sunny thinks diet is less important than exercising.
- E Sally thinks walking is a good way to meet new people.
- F Sally says that going to the gym is better than walking in the countryside.
- G In 2012 most people did enough exercise.
- H The number of people not doing exercise will fall more in the UK than the USA by 2030.

Questions 26-30

The notes below contain information from the texts on pages 4 and 5. Find an exact number, word or phrase (maximum three words) from texts A-D to complete the missing information in gaps 26-30.

Write the exact number, word or phrase on the lines below.

Notes**Activities to get fit:****Swimming**

- Gives all muscles in body a total workout
- Needs good **(26.)** – this increases oxygen so muscles work harder
- Less **(27.)** to knees and ankles
- No special equipment needed

Gym

- Can do different activities such as running, **(28.)** or lifting weights
- Can focus on particular parts of the body
- Can listen to music at the same time

Walking

- Can be a very sociable/friendly activity
- Can **(29.)** than more intense exercise
- Makes people feel calmer and more relaxed

Worldwide trend

- Fall in physical activity since 1965
- Fewer people will exercise in **(30.)** than in 2015

