

Integrated Skills in English

ISE I



The Controlled Written examination

Wednesday 12 November 2008

10.00-11.30am

Your full name:
(BLOCK CAPITALS)

Candidate registration number:

Centre:

Time allowed: 1 hour 30 minutes

Instructions to candidates

1. Write your name, candidate number and centre number on the front of this examination paper.
2. You must not open this examination paper until instructed to do so.
3. This examination paper contains **two** tasks. You must complete **both** tasks.
4. Use blue or black pen, not pencil.
5. Write your answers on the examination paper.
6. Do all rough work on the examination paper. Cross through any work you do not want marked.
7. You must not use a dictionary in this examination.
8. You must not use correction fluid on the examination paper.

Information for candidates

The tasks in this examination have equal weighting.

You are advised to spend about 45 minutes on Task 1 and about 45 minutes on Task 2.

Examiner's use only					
Task 1					
Task fulfilment	A	B	C	D	E
Accuracy and range	A	B	C	D	E
Task 2					
Task fulfilment	A	B	C	D	E
Accuracy and range	A	B	C	D	E

Integrated Skills in English I

Time allowed: 1 hour 30 minutes

This examination paper contains two tasks. You must complete both tasks.

Task 1 – Reading into writing task

Your English penfriend is having some problems sleeping at the moment. Read the text below and then, **in your own words**, write a letter (approximately 150 words) to your friend saying:

- i) what he needs to do to sleep well
- ii) which of the things below you do personally **and**
- iii) how it helps you feel better.

Sleep well and feel better!



1. Sleep only when you are tired. This reduces the time you are awake in bed.
2. Use the 20-minute rule. If you can't fall asleep in 20 minutes, switch the light on and read or get up and sit somewhere warm and comfortable with your eyes closed. When you start to feel sleepy, go back to bed.
3. Get up and go to bed at the same time every day. When your sleep cycle has a regular rhythm, you will feel better.
4. If you exercise every day, it will help you sleep. Walk the dog, play football or go to the gym.
5. It is important to relax before you go to bed. Listen to some music, read a book or have a glass of milk.
6. Avoid big meals, coffee, tea and chocolate late at night.
7. Take a hot bath before bedtime. It may help you feel sleepy.
8. Make sure your bed and bedroom are quiet and comfortable. A hot room can be uncomfortable. A cooler room with blankets to stay warm is better.



(Source: Adapted from the *Daily Telegraph*; Images: www.spokane.wsu.edu)

Use your own words as far as possible. No marks for answers copied from the reading texts.

Ruled area with horizontal lines.

Turn over page

Turn over page

Task 2 – Writing task

Write an article for a travel guide (approximately 150 words) about the three best tourist attractions in your country:

- i) saying which **three** places of interest visitors to your area need to see **and**
- ii) giving reasons why they will enjoy them.

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