

Integrated Skills in English

ISE I

Reading & Writing exam

Sample paper

10am-12pm

Your full name:.....
(BLOCK CAPITALS)

Candidate number:.....

Centre:.....

Time allowed: 2 hours

Instructions to candidates

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

Information for candidates

You are advised to spend about:

- ▶ 20 minutes on Task 1
- ▶ 20 minutes on Task 2
- ▶ 40 minutes on Task 3
- ▶ 40 minutes on Task 4

For examiner use only

Examiner initials	Examiner number

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. says how often to do different types of exercise?
17. says that spending energy can give you more energy?
18. suggests a connection between performance at school and exercise?
19. advises people to limit certain activities?
20. recommends exercise as a sociable activity?

Text A

teenhealth.com
Health Forums



TiredTeen01: Hi. I'm a high school student. I sleep well and eat well but I'm just so tired all the time! Can you give me some advice please?



DoctorT: Hi TiredTeen01. Your problem is very common, and there may be a very easy solution to your tiredness. You might feel too tired to exercise, but regular exercise will make you feel less tired and you'll have more energy. Even a single 15 minute walk can increase your energy, and the benefits increase with more frequent physical activity. Start with a small amount of exercise and then build up your physical activity gradually over weeks and months. While it may seem as if moving about when you feel exhausted is the quickest way to feeling more exhausted, the opposite is true. Try it – you won't be disappointed!

Text B

<p>Why do you go to the gym? Maybe it's because you want to get fit or lose weight, but it's probably not because you want to improve your brain. However, exercise is one of the best things you can do for your brain in terms of memory and learning. Exercise increases brain chemicals, which help make new brain cells. Complicated physical activities, like taking a dance class or playing</p>	<p>tennis, help us learn better by improving our attention and concentration skills. Researchers found that high school students scored better on difficult tasks after doing 10 minutes of a complicated fitness routine. Those who did 10 minutes of regular exercise did less well and those who hadn't exercised at all scored the worst.</p>
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Text C

Why Exercise?

- ✓ It's free and easy and has an immediate effect.
- ✓ It can reduce your risk of serious illnesses such as heart disease by up to 50%.
- ✓ Exercise improves your mood. It is great for decreasing stress as the chemicals produced when you exercise leave you feeling happier and more relaxed.
- ✓ Physical exercise can improve your sleep. Regular exercise can help you fall asleep more easily and also gives you a deeper sleep. However, don't exercise too close to bedtime or you may find it difficult to sleep.
- ✓ Exercise is fun! It's a great way to meet people or to enjoy free time with friends and family.

Text D

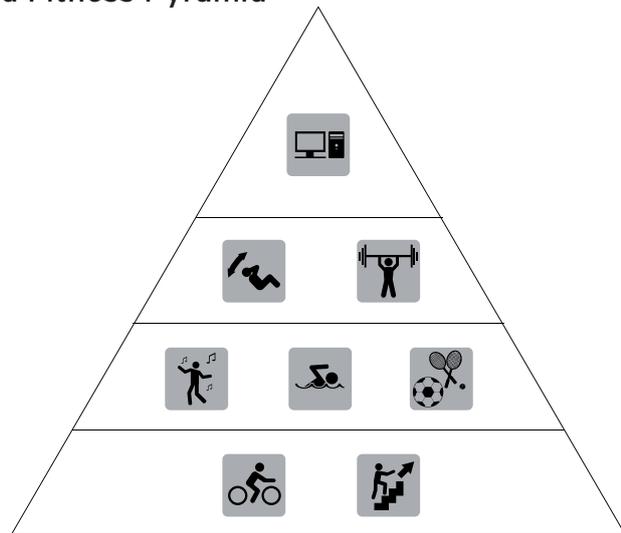
The Health and Fitness Pyramid

Avoid
Long hours on TV or computer

2-3 times a week
Activities that make muscles stronger and body more flexible

3-5 times a week
At least 30 minutes of exercise that raises your heartbeat

Every day
Be active in as many ways as possible



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 You can increase energy levels without going to the gym every day.
- B If you feel exhausted it's better not to exercise.
- C Exercise can help you remember things better.
- D All kinds of exercise have the same effect on your learning.
- E Exercise can make you feel less stressed.
- F The quality of your sleep is better when you exercise during the day.
- G If you exercise regularly, it isn't important how much TV you watch.
- H You should do half an hour or more of sports such as swimming.

Turn over page

Questions 26-30

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

Write your answers on the lines below.

Summary notes**Exercise****Benefits to health:**

- 50% less **(26.)** of serious illnesses, eg heart disease
- Improves sleep – but remember not to exercise too **(27.)**
- Exercise produces **(28.)** which leave you feeling happier and more relaxed, and it is also a great way to socialise

Benefits to brain:

- Increases brain chemicals which create new brain cells
- **(29.)** physical activities improve attention and concentration

How much and what kind of exercise?

- Make small changes every day, eg using stairs and walking to school
- 3-5 times a week do exercise that **(30.)**
- 2-3 times a week do exercises that strengthen muscles and make you more flexible

