

Candidate Name _____

Centre Number

Candidate
Number

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UNIVERSITY OF CAMBRIDGE ESOL EXAMINATIONS

English for Speakers of Other Languages

Cambridge ESOL Entry 3 Certificate in ESOL Skills for Life

[Reading]

0787

Test 051

Candidates answer on the question paper.
No additional materials are required.

TIME 1 hour 15 minutes

Do not open this paper until your teacher tells you to.

Write your name, Centre number and candidate number at the top of this page.

You have **1 hour 15 minutes** to answer these questions.

Write clearly in **pen**, not pencil.

Write your answers on the question paper.

You can use an English-English dictionary.

Each task tells you:

- how much to write
- how much time to spend
- how many marks you can get.

This question paper consists of 9 printed pages and 3 blank pages.

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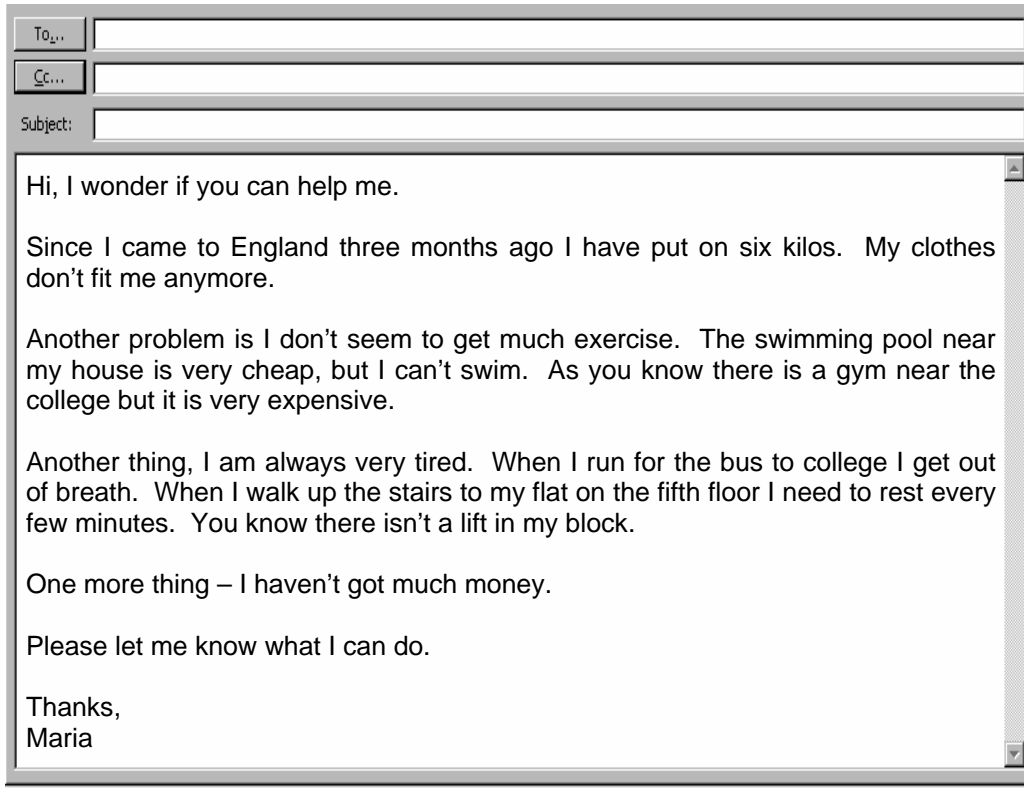
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Part 1

(About 20 minutes)

Look at this email from your friend Maria.

TEXT A



Question 1

(2 marks)

Why did Maria send this email?

.....

Question 2

(5 marks)

What is important for Maria? Write YES or NO.

- to lose weight
- to learn to swim
- to get fit
- to go to a gym
- to find a cheap form of exercise

Now look at the information (Texts B and C) you have found for Maria.

TEXT B



Living Streets

The Government wants to get more people to walk. Walking is enjoyable, and it is also free. Moderate exercise reduces the risk of people getting fat, having stress, heart problems and other illnesses.

The Chief Medical Officer urges us to take 30 minutes' exercise at least five times a week. It doesn't have to be walking – anything from cycling to housework will be fine. But cycling can be dangerous and not everyone can afford a health club. Walking is easy and is a sociable type of exercise. Many people would be surprised how quickly they can walk to work. Buses and trains are often delayed.

The Government says that a quarter of all journeys are shorter than a mile. Nearly half are shorter than two miles. If the UK started walking again it would make people healthier, reduce pollution and cut down on traffic problems.

Go on, leave the car at home. Don't go on the bus. Walk to work, college or school. You know it makes sense.

TEXT C



Leicester Spokes

Leicester Spokes is a social cycling group for cyclists in and around Leicester. There are others throughout the country.

We organise free, fun and easy leisure rides throughout the year where you can meet new people while enjoying the best of the countryside. You can also get fit at the same time. We cycle at a slow pace and take many breaks with regular stops at cafés or pubs.

Spokes members also enjoy social events, which can be anything from film shows to curry nights. We also run weekend and longer cycle tours, both in the UK and abroad. We recommend that you take out insurance. You also need to know your Highway Code. So come on, learn it.

Get the bike out, dust it off, and join in! If you haven't got a bicycle, don't worry. You can get a cheap one for about £100.

Question 3

(3 marks)

Which form of exercise is best for Maria? Tick (✓) one box.

- walking
cycling

Why? Give one reason.

.....

Question 4

(5 marks)

Look at the following statements. From the information in Texts B and C, choose TRUE or FALSE for each statement. Tick (✓) one box for each statement.

- | | TRUE | FALSE |
|---|--------------------------|--------------------------|
| A We should exercise every day. | <input type="checkbox"/> | <input type="checkbox"/> |
| B Most journeys are less than a mile. | <input type="checkbox"/> | <input type="checkbox"/> |
| C You need to be very fit to join Leicester Spokes. | <input type="checkbox"/> | <input type="checkbox"/> |
| D The cycling club encourages members to have insurance. | <input type="checkbox"/> | <input type="checkbox"/> |
| E Leicester Spokes organise cycling holidays in other countries. | <input type="checkbox"/> | <input type="checkbox"/> |

Part 2

(About 30 minutes)

You find three interviews on how people keep fit. Read the articles and then answer the questions.

TEXT D

Jasmine

I am a member of the Rambler's Association and I have been on many interesting walks since I joined. A year's membership fee costs £20. There is a special rate for families, about £26, I think.

Why did I join? Well, I did it for both health and pleasure. I knew that walking regularly was good for your heart and bones and helped you to lose excess weight. The problem was that I could never be motivated to do anything alone. Another thing was, I was stressed living in a foreign country. I had no friends, did very little exercise and ate unhealthy food.

The result is I am no longer lonely, as I have met many people with similar interests. We organise different social events, like going out to health food restaurants, and going on guided walks to some wonderful places. I am really enjoying getting fit.

TEXT E

Ella

My husband and I try to combine bringing up our children around work and pleasure. That is why every morning I put my six-year-old daughter on her bicycle, my two-year-old on a special seat on my bicycle, and then we ride to school.

Peter cycles to the station on a fold-up bicycle, which he takes on the train. He then cycles from the station to work.

I used to drive to work but because of traffic jams was often late. Because I now cycle, this never happens. I also save money on petrol and do my bit to cut down on pollution. But of course sometimes, because of the British weather, I am forced to take the car.

At weekends we put the bikes in the car and drive to a quiet spot in the country where we go for a relaxing spin. We always go to Wales on holiday and hire bicycles there. So we have lots of fun riding to the shops or the seaside, and get lots of exercise at the same time. The children love it. When they are older we would like to go abroad on a cycling holiday.

TEXT F

Miriam

Well, I started swimming when my son went to nursery school. I had put on a lot of weight and had very little time for exercise before that.

Then some of the mothers from the school suggested taking lessons at our local swimming pool. They had special classes for ladies in the mornings, which fitted in nicely with our children's timetable. It was very cheap and because there was a group of six of us we got a special reduction.

line 7

It's great fun. First we have an hour's exercise and **this** is followed by a forty-five minute lesson. It's very relaxed because you can go at your own pace. The instructors are very nice and don't shout at you if you do anything wrong. Two of my friends are quite good swimmers but I didn't learn to swim when I was a child so I was a complete beginner when I started.

I am not ready for the Olympics yet but I have made some progress! Last week I swam a full width of the pool and I felt very satisfied with myself. My husband says I am looking healthier and I hope thinner too!

Question 5

(1 mark)

Which would be the best title for Text D? Tick (✓) one box.

- Where to make new friends
- Get more out of walking
- How to lose weight

Question 6

(1 mark)

Which would be the best title for Text E? Tick (✓) one box.

- Forget the car, get on your bike
- Teaching your children to cycle
- A cycling holiday

Question 7

(1 mark)

Which would be the best title for Text F? Tick (✓) one box.

- Swimming your way to health
- Meeting friends after school
- Special offers at the swimming pool

Question 8

(5 marks)

Look at the statements below. Which person is each statement about? Tick (✓) one box for each statement.

	Jasmine	Ella	Miriam
A She has learnt a new skill while keeping fit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B She has made new friends while keeping fit.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C She always gets to work on time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D She hopes to do her hobby in other countries.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E She pays money once a year to do her hobby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Question 9

(2 marks)

Look at Text D.

Why was Jasmine unhappy?

.....

Question 10

(2 marks)

Look at Text E.

How is Ella helping the environment?

.....

Question 11

(1 mark)

Look at Text F.

What does the word **this** in line 7 refer to? Tick (✓) one box.

- a forty-five minute lesson
- the instructor
- an hour's exercise

Part 3

(About 25 minutes)

Your friend Ali has bought an old bicycle and is worried about security. You found this article and sent it to him.

TEXT G

Introduction
A lot of crime is against bicycles. About 150,000 bicycles are stolen every year and most are never found. You can prevent this happening by following a few careful steps.

Basic Security
Do not leave your bicycle in isolated places. Always lock your bicycle when you leave. Secure it to parking meters or trees. Take off smaller parts and take them with you, for example lights and saddles.

Locks and Bolts
Get a good lock. There are many different types in the shops. Buy one that has been tested against attack. Ask for a recommendation from a bike shop.

Property Marking
Security marking your bike can act as a deterrent to a thief. It can also help the police find your bicycle. It should be clearly written and include your postcode and your house or flat number. This will provide a simple way to identify your bicycle.

Registration Scheme
There are a number of companies who will security mark your bicycle for you. They will then put your registration number and personal details on their computer database. Then if your bicycle is found it will be easy to contact you.

Finally
Keep a record of the bicycle yourself: its make, model and registration number. You can even take a photograph of it. This will prove the bicycle belongs to you.

line 13

Now answer the questions.

Question 12

(1 mark)

What is the main purpose of this leaflet? Tick (✓) one box.

- to tell you what to do if your bicycle is stolen
- to suggest ways of keeping your bicycle safe
- to say why you shouldn't keep your bicycle in a quiet place

Question 13

(3 marks)

Which part of the text gives you information on how to lock up your bicycle when you leave it? Write the title of the paragraph here.

.....

Give two examples of what to do when you leave your bicycle in the street.

1

2

Question 14

(2 marks)

Where can you ask for advice on the type of lock you should buy?

.....

Question 15

(2 marks)

The phrase “act as a deterrent to a thief” (line 13) means

- A help the police find your bicycle.
- B help you identify your bike.
- C stop someone stealing your bicycle.

Question 16

(2 marks)

Write two things which can be used as a security mark.

1

2

Question 17

(4 marks)

What are the advantages of

- A the security company keeping your personal details on their computer?
.....

- B you keeping a record of your bicycle?
.....

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