

Fill in gaps A-F with parts of sentences 1-7. There is one extra sentence part. Write your answers in the chart on the next page.

Getting involved

Schools in English-speaking countries usually offer extracurricular activities, and they encourage kids to "get involved". Students join school clubs and participate in school sports, and as they get older, they often join voluntary organisations. These groups provide help to the community, like A —, doing the shopping for an elderly person, or raising money for a homeless shelter; or they may get involved in other activities, like making and putting up posters to promote a particular cause – a campaign to stop smoking, for example.

When they leave school, many young people take time off before starting university. This is known as a gap year. While some "gappers" use this time B —, many enjoy doing volunteer work, often abroad. Young international volunteers mostly spend their time working in developing countries. There they do social work (e.g. helping to bring health care to rural areas or teaching children to read), or C — (e.g. building schools or clinics, or bringing clean water to poor communities) or ecological projects (e.g. planting trees or showing local farmers how to save water). Some serve in places that have been hit by natural disasters, D —.

While most volunteers work quietly to make a difference in their small corner of the world, activists want to change the world – or at least people's thinking and behaviour. Activists E —. To do so, they lobby politicians, advertise for their cause or stage protests to draw people's attention to their cause. But why do people F — or donating money to a charity? Well, there are rewards for this sort of commitment. Research has proved that when we help other people, we feel better ourselves: do good, feel good!

- | | |
|---------------------------------------|--|
| 1 help on construction projects | 5 hope to achieve social or political change |
| 2 turn up at demonstrations | 6 to travel or to pursue their hobbies |
| 3 cleaning up a park | 7 such as earthquakes, tsunamis or tropical storms |
| 4 want to help others by volunteering | |

A	B	C	D	E	F

Choose the best word from the table (A, B, C or D) to complete gaps 1–10 in the text.

My friends think I'm crazy. I got the **1** ___ marks in my school and my university place secured, and here I am in this dusty little village in Africa where I don't know **2** ___, looking after sick people. My dad was against it and tried to talk me **3** ___ it, but my mum **4** ___ that I should do **5** ___ I felt was important for me and my future. My friend thinks I am a loser because I **6** ___ to go into banking or marketing or one of **7** ___ so-called "normal" professions. But here I can see what **8** ___ is like for most of humanity – not just the privileged **9** ___ where I came from. I am learning **10** ___ here which will be useful for the rest of my life.

1	A good	B best	C better	D well
2	A anyone	B someone	C a person	D nobody
3	A into	B out of	C round	D over
4	A told	B wanted	C advised	D said
5	A that	B what	C which	D that what
6	A turned down	B denied	C rejected	D refused
7	A those	B that	C such	D much
8	A live	B alive	C life	D to live
9	A few	B many	C less	D little
10	A teaching	B people	C lessons	D a friend