

Grammar and vocabulary

7 Read the text. Choose the correct answers.

People volunteer for different reasons, but probably most of us volunteer ¹..... try to improve life for others. However, generosity brings a reward. It seems that volunteers can expect ²..... themselves as well!

In the past few years, studies ³..... that people who volunteer typically experience greater levels of self-esteem than those who don't. ⁴....., their overall health and well-being also improves. People who volunteer regularly today ⁵..... longer in the future, and they tend to suffer from fewer diseases – although of course there are no guarantees!

Partly, these health benefits are ⁶..... to the extra exercise, as volunteers are usually fairly active people. Helping others burns calories! What's more, it seems that we generally enjoy ⁷..... others happy, which in turn boosts our energy and fitness levels. It is now generally agreed that being ⁸..... in the dumps for extended periods of time is bad for our health, as depression weakens us physically as well as mentally.

So how much time should we volunteer for? Some studies suggest that we ⁹..... volunteer for at least 100 hours a year to enjoy the full advantages. At the end of our first year of volunteering, we ¹⁰..... our own lives for the better, too.

- | | | |
|---------------------------|--------------------|-------------|
| 1 a in order to | b because of | c so that |
| 2 a benefit | b to benefit | |
| c benefitting | | |
| 3 a have been showing | b had shown | |
| c have shown | | |
| 4 a Similarly | b Really | c Extremely |
| 5 a are living | b will live | c may live |
| 6 a because | b due | c so as |
| 7 a making | b to make | c make |
| 8 a under | b below | c down |
| 9 a can | b need to | c may |
| 10 a will be transforming | b are transforming | |
| c will have transformed | | |