

GOLD FCE – UNIT 6

Reading

Task 1

1. Read the article. Choose from the paragraphs (A–G) the one which fits each gap (11–16). There is one extra paragraph which you do not need to use.

A It is proof of your ability to work as part of a team and develops you as a person.

B Once there they have started to set up camp.

C 'I have met people I would never have met had I not done the award.'

D As well as team work, going on an expedition allows young people to develop route planning and map-reading skills.

E It's day two of their expedition and, so far, they have walked 35 km.

F It sounded really interesting and a good way to meet people, which for me meant a way to overcome my shyness.

G 'I've already decided I want to go on and do my Silver Award next year.'

Going for Bronze

2 It's ten in the morning, it's raining heavily and Rita and a small group of her classmates have been hiking for four
hours. (11) They are doing their Bronze level of the Duke of Edinburgh (DofE) award and to achieve the award
4 they have to complete an expedition of two days and one night. Last night they camped under some trees and they
were woken at 5 a.m. by the birds singing. They haven't had much sleep, but that hasn't had a negative impact on
their good spirits.

6 'Yesterday we walked for twenty-five kilometres so we were really tired at the end of the day.' says Rita. 'We set up
camp under some trees, then we made a camp fire and cooked dinner – we had sausages and baked beans.
8 Everyone helped out and then we sat round the fire and sang camp songs. It was really good fun.' For many, such as
10 Dan, one of the benefits of doing the DofE is the friendships that develop out of a shared experience.
(12) 'When it's pouring with rain and you still have to walk ten kilometres, the team spirit keeps you going and
determined to finish,' adds Rita.

12 (13) 'We got a bit lost yesterday and walked five kilometres more than we should have, but we were able to find
14 our way again using the map and a compass.' says Dan. Participants also learn how to pitch a tent and start a camp
fire. In addition to this, many young people grow in self-confidence and self-belief. 'Before starting my DofE award, I
didn't think I could do many things.' says Tanya. 'Now I feel I can tackle most things.'

16 'I've been working towards my bronze DofE award for three months now,' says Rita. 'I first heard about it when a
leader came to our school to tell us about the award. (14) The leader explained that you also have to volunteer,
18 do a physical activity and learn a new skill. I have always wanted to work with children so I offered to help at a local
play scheme where I coached netball and helped the children with their arts and crafts. I love dancing so for my
20 physical activity I started flamenco dancing classes and for my skill I started playing the clarinet in the school
orchestra.

22 'Doing the DofE gives you much more than something that looks good on your CV. (15)' says Rita. 'It can be
challenging at times, but by persevering through tough times on expeditions and juggling my DofE commitments with
24 studies, I've learnt about commitment and a determination to achieve my end goal.' Rita continues, 'The DofE
26 programme helps young people get a sense of discipline and structure. It encourages children with disabilities to take
part and they go on to complete their expeditions and experience a huge sense of achievement.'

28 (16) Rita is not alone. In 2016/17, more than 271,000 young people started their DofE – that's up 7 percent
on 2015/16. Awards achieved also increased with over 133,000 gaining a Bronze, Silver or Gold Award, up 11 percent
30 from the previous year. However, the biggest increase by a long way is in the number of young people from a
disadvantaged background starting their DofE. This figure rose 19 percent from 2015/16 to almost 50,000. Over
sixty years since the awards were established, they remain relevant to young people.

2. You are going to read an article about four young people who have volunteered to help on different projects. For questions 11–17, choose from the people A–D. The people may be chosen more than once.

Which person/people:

11 was determined to assist the victims of a natural disaster?
12 refers to the negative effects of mass tourism on native species?
13 reports that some people in the community recognise how the project helps them?
14 describes a regular commitment to volunteering with children?
15 mentions the requirement to help to tidy up the environment?
16 had the opportunity to educate the next generation about conserving their environment?
17 reports that similar conditions had not been seen for generations?

Young volunteers

Four young people talk about the projects they volunteered on

A

Last year, I went to help with the conservation of endangered species in the Galapagos Islands. I've always been fascinated by the animals that live there. Unfortunately, the fact that over 80,000 tourists visit the islands each year means that the rubbish that they leave on beaches can harm the giant tortoises and seabirds. At first, I monitored the Galapagos Petrel, which builds its nests where the native miconia plants grow. Humans have introduced non-native plants, like the guava tree, which stop miconia from growing freely and so are a threat to this unique bird, as are the black rats that live in the rubbish-strewn urban areas on the islands. After a week of counting, tagging and measuring these birds, I then worked in the giant tortoise breeding centre. This is the only protected area on the islands and tortoises are bred and kept safe here. I helped repair nests and ponds and also fed the tortoises. They eat the otoi plant, so we planted lots of these. I also went into local schools to talk about how schoolchildren can help this endangered species to survive.

B

As part of my Duke of Edinburgh Gold award, I went on an expedition to Base Camp at the foot of Mount Everest to clear up the rubbish left by many groups of climbers. Each year, around 100,000 walkers and climbers visit the area and damage the precious ecology of the mountain. Since 2014, climbers have had to fill canvas bags left on the mountain with the rubbish left by previous visitors to the area. The bags are then taken away by helicopters at no extra cost as these fly to the mountain to drop climbing ropes and used to return empty. To date, over sixteen tonnes of waste including oxygen tanks, tents, eating utensils and other camping materials have been taken away, but there is still more to do to return this famous location to its pure and clean condition of earlier times.

C

Most people think it rains all the time in Britain, which isn't true, but at times it can seem like it does. Sometimes we get too much rain and it floods. In December 2015, the city of Carlisle and the surrounding villages in the north of England experienced devastating floods after Storm Desmond hit the area. Luckily, my family lives in a village on a hill so we weren't affected. But when I saw that local children had had to leave their homes with their parents and sleep in the sports hall of their school, I decided to do something to help. I went to the flood relief centre and distributed hot meals that other volunteers had cooked. I am a bit of a whizz at building websites, so I made one that asked people to donate clothing, shoes, food and toys to be given to flood victims. There were also a lot of elderly people whose homes were flooded and they said it was the worst flooding they had seen since 1947.

D

I live in a town near London, but my uncle and aunt live on a farm in Devon and I go to visit them in the school holidays. I love helping to feed and care for the animals, so when I heard that Hackney City Farm in the centre of London was looking for volunteers, I jumped at the chance. I like working with children so I help at the Mini Farmers Club every Saturday morning. We make arts and crafts and get to know the animals. Some children have never seen a live farm animal until they come to the farm so it is wonderful to see their faces light up when they can stroke the goats and cows. They also learn about where foods like milk, cheese and meat come from as some think they are made in supermarkets! It's not just the children that we help –adults who want to learn how to grow fruit and vegetables come to gardening sessions. I can only help on these during the school holidays, and I meet a lot of retired people. Some of them tell me they feel isolated and like getting out and meeting people. The farm is always looking for volunteers, so what are you waiting for?