

**LISTENING**

*Listen to Rowan giving a talk about volunteering. For questions 1–5, complete the sentence with a word or short phrase.*

Rowan's organisation aims to provide young people with \_\_\_\_\_ to assist others.

Making a commitment to volunteering can be a difficult \_\_\_\_\_ for some people.

Many young people can only talk about their success in academic subjects and \_\_\_\_\_ on their CVs.

Volunteering can help people build stronger \_\_\_\_\_ with the people around them.

Volunteering can improve your \_\_\_\_\_ health as well as your mental well-being