Part 1

The Croft Shopping Centre

There is something for everybody here, so come and enjoy the perfect day out.

A Our opening times allow you to visit either during the day or after a day at the office. We open at 10 a.m. on weekdays and close at 9 p.m. At the weekend, our opening times are different: 9 a.m. to 8 p.m. on Saturday and 11 a.m. to 5 p.m. on Sunday.

B Getting directions to us could not be any easier. Go to our website, enter your postcode and tell us how you are travelling. This could be by car, public transport or you could be walking. You will then be given the quickest and easiest route.

C The Croft has over 12,000 free car parking spaces across seven car parks. Pick a car park that is closest to the shops you are visiting to make your shopping trip more convenient. We have charging points for electric vehicles in some of our car parks.

D We have a huge selection of shops for you to visit, from well-known fashion outlets to shops selling designer clothes and accessories. You can find everything you need for the home, for school and for your leisure activities. Don't forget our click and collect service.

E On every floor of The Croft there are coffee shops, cafes and restaurants to suit all tastes and all budgets. Whether you want to take a quick break from shopping or have a coffee or a special meal with family, there's a place for you.

F If the children want to get active then visit the adventure playground. It's the ideal place for them to learn new skills and have fun. They can get wet in the splash area, enjoy digging in the sand pit and use their imagination on the pirate ship.

G We have an entertainment centre with activities such as basketball hoops and air hockey. Use one of our Fun Cards to pay for the games you want to play. The higher your score, the more points you win and the better the prizes will be.

H For new parents, we have a well-equipped parent and baby room. This room includes baby changing facilities and a place for warming bottles. Take a welcome break from the noise and the crowds until you are ready to start shopping again.

I Come and watch the latest movies on one of our nine screens. You can book your tickets using our app and select where you want to sit. Children can watch films for £1 at the Saturday morning film club, giving adults the chance to shop.

J The climbing centre is a popular choice for all ages and abilities. Our qualified instructors will teach you all about safety in your first session and then you can start climbing. Lessons are available for individuals and small groups to help develop climbing skills. Come and enjoy the adventure.

LIVEWORKSHEETS

READING

Answer ALL questions in this section.

Part 1

Read 'The Croft Shopping Centre' in the Insert Booklet, Part 1, page 3 and answer Questions 1–10.

Questions 1–10

Identify which paragraphs (A–J) contain information listed in Questions 1-10 by marking a cross for the correct answer ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

You must choose answers only from the information given.
Paragraphs may be used more than once or not at all.

1 Which paragraph refers to food options?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

2 Which paragraph refers to choosing your seats?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3 Which paragraph refers to going to the centre after work?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

4 Which paragraph refers to a group lesson?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

5 Which paragraph refers to where to leave your car?

(1)

A	B	C	D	E	F	G	H	I	J
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

LIVEWORKSHEETS

6 Which paragraph refers to a quiet space?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

7 Which paragraph refers to finding out where the centre is?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

8 Which paragraph refers to winning something?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

9 Which paragraph refers to a range of clothing stores?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

10 Which paragraph refers to enjoying a water activity?

(1)

A	B	C	D	E	F	G	H	I	J
☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

(Total for Questions 1–10 = 10 marks)

TOTAL FOR PART 1 = 10 MARKS

LIVEWORKSHEETS

Part 2

Read the article by Sian Lewis.

The Beauty of West Sweden

I am on day one of my trip to the city of Gothenburg in West Sweden and I am enjoying a guided tour of the nearby islands. We left the calm waters of Gothenburg harbour and are now out at sea. The wind sprays water in our faces as my guide and I paddle in our canoes over rolling waves. We land on some rocks and find a comfortable place to sit for our coffee and cake break. We are on a deserted island with a fantastic view of the ocean.

This region, which takes in the lovely city of Gothenburg and the surrounding coast and countryside, wants to make eco-friendly travel as simple as possible. In order to do this, a new initiative called 'Stepping up Sustainability' was introduced in November 2021. This scheme provides details of around 450 local businesses and accommodation providers working together to reduce their impact on the environment. For example, this means that travellers can make informed decisions about where they eat and stay, and feel great about the choices they have made.

Even after a short time in Gothenburg, I can see how green the lifestyle is and I am inspired. Locals zoom about on bicycles, jump on electric trams, or rent electric boats to get around the city's harbour. The city centre is designed to be pedestrian-friendly too. As I wander around, I spot very few cars along the way. Most of the city's hotels are also eco-certified, showing that they operate in a way that considers the environment. Gothenburg is also a popular spot for second-hand and vintage clothes shopping.

In terms of getting from one place to another, Sweden's public transport system is truly remarkable. Bus, train and ferry timetables to the islands are all designed to match perfectly. There are not the same delays I've come to expect when travelling in Britain, and ticket prices in Sweden are much more reasonable. Also, if you prefer having your own car, you can rent an eco-friendly one. For the second half of my trip, I do just that, finding plenty of charging points as I go.

The island of Hono is a quick ferry ride from Gothenburg and I am exploring the island with someone who lives there. The successful 'Meet the Locals' scheme links visitors with welcoming volunteers from all over the region for the day. I am put in touch with someone who shares my obsession with wild swimming. Making friends is always difficult in a new country, but the Swedes have solved that problem too. We hike along the island's coast path in the sunshine and swim off the rocks in clear waters. It's the kind of relaxed, sociable day you rarely get to experience in a new place, and I'm grateful for this opportunity.

With 8000 islands to choose from in West Sweden's archipelago, it's hard to pick a favourite, but I love the relaxed pace of Dyron. It is 43 miles away, and a quick ferry ride from Gothenburg. Locals transport their goods from the ferry to their homes in carts, on bicycles or on electric scooters. There have never been cars on this small, delightful island.



LIVEWORKSHEETS

The 600 permanent residents work to keep the island open to visitors through every season, not just the summer. For me, the 'Stepping up Sustainability' scheme is about more than clean energy and environmentally-friendly holidays. Encouraging visitors throughout the seasons provides jobs for locals. Other islands are closed and quiet in the winter months. On this island, the inhabitants happily join together to make sure transport, food, events and hiking trails keep going, so that the island appeals to visitors all year round. It certainly is a place worth visiting.

At the far southern point I find Dyron's community sauna, which visitors can book for private use. On my last evening here, I have it all to myself. There is a huge picture window that looks out to the West Sea. A platform with a ladder leads down to the water outside. You can take a post-sauna swim if you are brave enough. For me, it's the perfect place to appreciate the sunset and the forward-thinking West Sweden communities who look after these beautiful spaces.

(Source: https://www.independent.co.uk/travel/sustainable-travel/west-sweden-sustainable-travel-eco-friendly-b2131473.html)

LIVEWORKSHEETS

Part 2

Read the article 'The Beauty of West Sweden' by Sian Lewis in the Insert Booklet, Part 2, pages 4–5 and answer Questions 11–25.

Questions 11–20

Answer the following questions. For each question write no more than THREE words that must be taken from one point in the text. DO NOT write full sentences.

11 What are Sian Lewis and her guide travelling in to tour the islands?

(1)

.....

12 What scheme was started to help visitors choose accommodation?

(1)

.....

13 How does the way of life in Gothenburg make Sian feel?

(1)

.....

14 According to Sian, what is more expensive when using public transport in Britain?

(1)

.....

15 On the island of Hono, how long do visitors spend with volunteers?

(1)

.....

16 How does Sian feel about her time on the island of Hono?

(1)

.....

17 What are not used on the island of Dyron?

(1)

.....

18 According to Sian, why does Dyron need visitors all year round?

(1)

.....

19 In which place does Sian spend her final evening on Dyron?

(1)

.....

LIVEWORKSHEETS

20 How does Sian describe the people of West Sweden?

(1)

.....

(Total for Questions 11–20 = 10 marks)

Turn over ▶

LIVEWORKSHEETS

Questions 21–25

Identify which of the options (A–D) is correct for Questions 21–25 by marking a cross in the box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

21 The 'Stepping up Sustainability' scheme

(1)

- ☐ **A** takes hotel room bookings.
- ☐ **B** helps start new businesses.
- ☐ **C** gives people business loans.
- ☐ **D** promotes local businesses.

22 Which of the following is true about Gothenburg?

(1)

- ☐ **A** It does not allow people to use cars.
- ☐ **B** It is easy to rent bicycles for the day.
- ☐ **C** It is designed to encourage walking.
- ☐ **D** It is known for its big brand stores.

23 Sweden's public transport system is

(1)

- ☐ **A** an efficient choice for travellers.
- ☐ **B** known for regularly being delayed.
- ☐ **C** in need of more transport options.
- ☐ **D** a better alternative to using a car.

24 Which of the following is true about Sian's time on the island of Hono?

(1)

- ☐ **A** She spent the day with a group of people.
- ☐ **B** She was able to enjoy a favourite activity.
- ☐ **C** She went to visit a friend who lives there.
- ☐ **D** She would have liked to stay there longer.

LIVEWORKSHEETS

25 Which of the following is true about the island of Dyron?

(1)

- ☒ **A** It is a long journey from Gothenburg.
- ☒ **B** The residents only live there in summer.
- ☒ **C** It is busier than other islands in winter.
- ☒ **D** The residents dislike working together.

(Total for Questions 21–25 = 5 marks)

TOTAL FOR PART 2 = 15 MARKS

LIVEWORKSHEETS

Part 3

Read the article by Harriet Sherwood.

Getting Back to Nature

Every day, apart from when it's raining heavily, Dr Qing Li heads to a leafy park near the Nippon Medical School in Tokyo where he works. The park is not just a pleasant place to eat his lunch. He believes the time spent under the trees' canopy is a critical factor in having a healthy mind and body. Once a month, Li spends three days in forests near Tokyo, using all five senses to connect with the environment and clear his mind. This practice of forest bathing has the power to prevent both physical and mental illnesses.

The Woodland Trust, Britain's largest woodland conservation organisation, has suggested that forest bathing should be among a range of non-medical therapies recommended by doctors to boost patients' wellbeing. Other non-medical therapies include volunteering, gardening, sport and cookery. Known as social prescribing, this is a growing movement in Britain.

Forest bathing is an opportunity for people to take time out, slow down and connect with nature. Forest bathing was developed in the 1980s in Japan. Although people had been taking walks in the country's forests for centuries, new studies showed that such an activity could have health benefits. A chemical released by trees and plants was found to boost the immune system. As more research highlighted the benefits of forest bathing, the Japanese government incorporated it into the country's health programme. We have them to thank for this idea.

It's considered to be a preventative medicine, not a treatment. About 80 per cent of Japan's population live in urban areas, with little access to green areas, and those in America typically lead indoor lives. However, our bodies are designed to be connected to the natural world, to listen to the wind and taste the air.

In order to practise forest bathing effectively, you should make sure you have left your phone and camera behind. You have to walk aimlessly and slowly and you don't need any devices. Allow your body to be your guide and listen to where it wants to take you. It doesn't matter if you don't get anywhere. You are not going anywhere. You are enjoying the sounds, smells and sights of nature, and letting the forest in.

Gary Evans, who set up the Forest Bathing Institute in Britain last year, believes that people initially think they've been forest bathing all their lives by heading for the woods and going for a walk. However, they might be going too fast, or they might be worrying about what the children are doing, and not focusing on their environment. A better way to think about forest bathing is to view it as mindful time spent under the canopy of trees for health and wellbeing purposes.

A typical session at the Institute might last three hours. It begins with an explanation of the history and science of forest bathing before heading for the woods to take part in sensory exercises. Guides try to hold people's attention on the present moment, to give their bodies and minds a chance to slow down. The group moves very slowly, touching the trees, appreciating nature and breathing deeply. They finish by lying down under the trees and looking up through the branches to appreciate how relaxing the colours of the forest are.



LIVEWORKSHEETS

After a slow start, Gary Evans believes that forest bathing is becoming more popular. There is a growing recognition of the value of forest bathing. Doctors in Britain have expressed interest in prescribing forest bathing as a non-medical therapy. The Forest Bathing Institute is training people to become forest bathing guides. However, we're 40 years behind Japan's forest bathing initiative.

One study conducted in Britain found that exposure to trees, the sky and birdsong in cities improved mental wellbeing. The benefits were still evident several hours after the exposure. Even the occasional 20 minutes can help, which surprised me, though a regular 10 hours a month is even better. If you live in a city, you may not be able to get to a forest easily, but taking off your shoes in the park and feeling the grass will help you de-stress.

A study of 585 Japanese people published last year said that city dwellers were constantly exposed to stressors, and that urban living is linked to increased risk of health problems. The study concluded that the psychological benefits of walking through forests are very significant. Therefore, city planners should pay more attention to maintaining and increasing the number of green spaces in urban areas. The beneficial effects of nature suggest a simple and accessible method to improve the quality of life and health of urban residents. I think spending time in green areas is an activity we can all practise as a way of regaining balance, and escaping the pressures of everyday life.

(Source: https://www.theguardian.com/environment/2019/jun/08/forest-bathing-japanese-practice-in-west-wellbeing)

LIVEWORKSHEETS

Part 3

Read the article 'Getting Back to Nature' by Harriet Sherwood in the Insert Booklet, Part 3, pages 6–7 and answer Questions 26–45.

Questions 26–30

Read the statements below. Decide whether they are TRUE, FALSE or NOT GIVEN according to the text.

Mark a cross ☒ for the correct answer. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

		True	False	Not Given	
26	The Woodland Trust supports the use of forest bathing to help with people's health.	☐	☐	☐	(1)
27	Harriet Sherwood is unhappy with decisions made by the Japanese government.	☐	☐	☐	(1)
28	Forest bathing requires people to walk a certain distance.	☐	☐	☐	(1)
29	The forest bathing sessions at the Institute are expensive.	☐	☐	☐	(1)
30	Harriet thought that a short time spent in nature would not have a positive impact.	☐	☐	☐	(1)

(Total for Questions 26–30 = 5 marks)

LIVEWORKSHEETS

Questions 31–40

Complete the following sentences using no more than THREE words that must be taken from one point in the text.

31 Dr Qing Li visits the nearby park to ..... and feel the benefits of being in nature.

(1)

32 It is thought that ..... should add forest bathing to their list of non-medical therapies.

(1)

33 Trees and plants produce a ..... that has a positive impact on people.

(1)

34 People in America tend to have ..... and they are losing their connection with nature.

(1)

35 People think that taking a ..... in the woods is the same as forest bathing.

(1)

36 At the Institute, people learn about the ..... of the process before going out into the woods.

(1)

37 At the end of their session, people focus on the ..... of their surroundings.

(1)

38 By ....., the Institute is working to increase the number of forest bathing guides.

(1)

39 An alternative to forest bathing is to remove ..... when walking on grass.

(1)

40 One study states that ..... should remember the value of green spaces when developing urban areas.

(1)

(Total for Questions 31–40 = 10 marks)

LIVEWORKSHEETS

Questions 41–45

Complete this summary of the text using words from the box below. Each word may be used once or not used at all.

People's lifestyles do not provide them with enough opportunities to connect with nature. However, forest bathing has been recognised as a way of helping people with **(41)** ..... issues.

According to Harriet Sherwood, the practice of forest bathing should be used to **(42)** ..... other non-medical therapies used in Britain. Studies into forest bathing have **(43)** ..... the benefits of this practice.

Even people living in **(44)** ..... areas can find ways of connecting with nature.

Harriet now **(45)** ..... that time spent in nature truly benefits people.

confirmed	green	health	urban	work
believes	support	questioned	replace	doubts

(Total for Questions 41–45 = 5 marks)

TOTAL FOR PART 3 = 20 MARKS
TOTAL FOR READING = 45 MARKS

LIVEWORKSHEETS