

## Integrated module

### CANDIDATE DETAILS

PLACE CANDIDATE LABEL HERE

## B2 Competency

**Paper M2-25**

### Instructions for candidates:

1. Do not open the exam until you are told to do so.
2. Check your name and candidate number on the cover sheet.
3. Listen to the instructions and answer carefully in the spaces provided. You will listen to each audio twice.
4. Write clearly in pen, not pencil. Correction fluid is allowed.
5. Please ask any questions now.

A

You would like to reduce your carbon footprint. Listen to a podcast on the topic. Complete your notes. You may use one or more words in each space.



Your notes:

1. The podcast presents small but \_\_\_\_\_ lifestyle changes.
2. Cars are a major cause of \_\_\_\_\_.
3. Choose walking or cycling for \_\_\_\_\_.
4. Sharing a car journey with a \_\_\_\_\_ is another eco-friendly option.
5. Cows produce a \_\_\_\_\_ which increases the greenhouse effect.
6. Eating less \_\_\_\_\_ can help reduce methane emissions.
7. Buying fruits and vegetables that are \_\_\_\_\_ is a smart choice.
8. Save energy by unplugging appliances and buying \_\_\_\_\_.
9. Choose a company that uses \_\_\_\_\_ power.
10. About \_\_\_\_\_ % of the world's electricity is produced using renewable energy.
11. Reusing items is often more effective than just \_\_\_\_\_.

**B** After listening to the podcast, a friend of yours sends a voice message to your WhatsApp group. She wants to tell you about her new eco-friendly lifestyle. Tick (✓) the most appropriate reply.

1.  Hey! I know what you mean. I've been ordering takeaway more often because I don't have time to cook. I'm also very busy. I agree that reusable containers are inconvenient. I tried sorting rubbish once, but it was confusing and took too much time, so I gave up.

2.  Wow! That's great to hear! I've also been trying to make more eco-friendly choices lately, like avoiding unnecessary packaging and separating my waste, just like you. It's not always simple, especially because some places don't have proper recycling bins or clear instructions. But I agree, small efforts can really add up. We should share tips sometime!

3.  Hi! I also hate documentaries. They always exaggerate problems and make people feel guilty or scared. I'd rather not change how I live just because of something I saw on TV. Besides, I think using plastic now and then isn't such a big deal if you're careful about how much you throw away.

4.  Congrats! You've made amazing changes. I'm really impressed with how your cooking business is improving. It sounds like you're making a real difference! I'd love to help you design the containers. I'm also thinking about buying special bins to separate my waste at home. Where did you get yours? It'd be great to have something similar!

C

Help your friend choose a conservation project to work as a volunteer.  
Read the descriptions and the statements below them. Then tick (✓) the correct column(s).  
You may select more than one option.

#### **Project A: Forest Future (Brazil)**

Join an inspiring reforestation project in the heart of the Amazon. Volunteers help communities in the area to restore damaged rainforest areas by planting native trees and removing invasive or harmful vegetation. You'll also support workshops at nearby schools, teaching children about forest conservation and sustainable farming practices, so clear and efficient communication skills are important. Part of your role involves collecting data on wildlife and monitoring how the forest is recovering. All participants stay in eco-friendly housing with shared facilities. While no special qualifications are needed, volunteers must commit to at least three weeks and be ready for humid conditions and outdoor work. It's a chance to make a real impact on one of the world's most vital ecosystems.

#### **Project B – Coral Care (Indonesia)**

This marine conservation project focuses on restoring damaged coral reefs affected by pollution and climate change. Volunteers assist marine biologists in planting coral fragments, monitoring reef health, and removing plastic from beaches and shallow waters. You don't need any scientific background, but strong swimming skills are essential. Basic snorkelling equipment is provided, and you'll receive an induction session during your first few days. Accommodation is in comfortable eco-lodges near the beach, and meals are included. The project welcomes people from all over the world and encourages teamwork and respect for marine life. This is a unique opportunity to help protect ocean biodiversity while learning new skills in a tropical paradise.

#### **Project C – Wildlife Watch (South Africa)**

This project gives volunteers the chance to help protect wild animals in a large nature reserve. You'll work with experienced staff to look after endangered species like rhinos and elephants. Your tasks may include walking through the park to check on the animals, fixing fences, and setting up special cameras to watch how the animals behave. The work can be physically tiring, but you'll get training before starting and always work as part of a group. Volunteers sleep in shared wooden cabins inside the reserve, with simple but comfortable living spaces. You may also need to drive special trucks, so having a driving licence can be useful. This is a great opportunity for anyone who loves nature and wants to support animal protection.

STATEMENTS	PROJECT A	PROJECT B	PROJECT C	NONE X
1. The project involves teaching local people how to take care of the environment				
2. Speaking the local language is one of the requirements for joining the project.				
3. Volunteers take part in activities that observe animal habits.				
4. Volunteers are given instructions before starting their tasks.				
5. Volunteers are given housing and food.				
6. The work may involve installing equipment.				
7. The accommodation offers basic comfort but not private rooms.				
8. The project is ideal for people who want to help recover natural habitats.				
9. The project helps protect both land and sea animals.				
10. Volunteers remove plants that affect the ecosystem.				

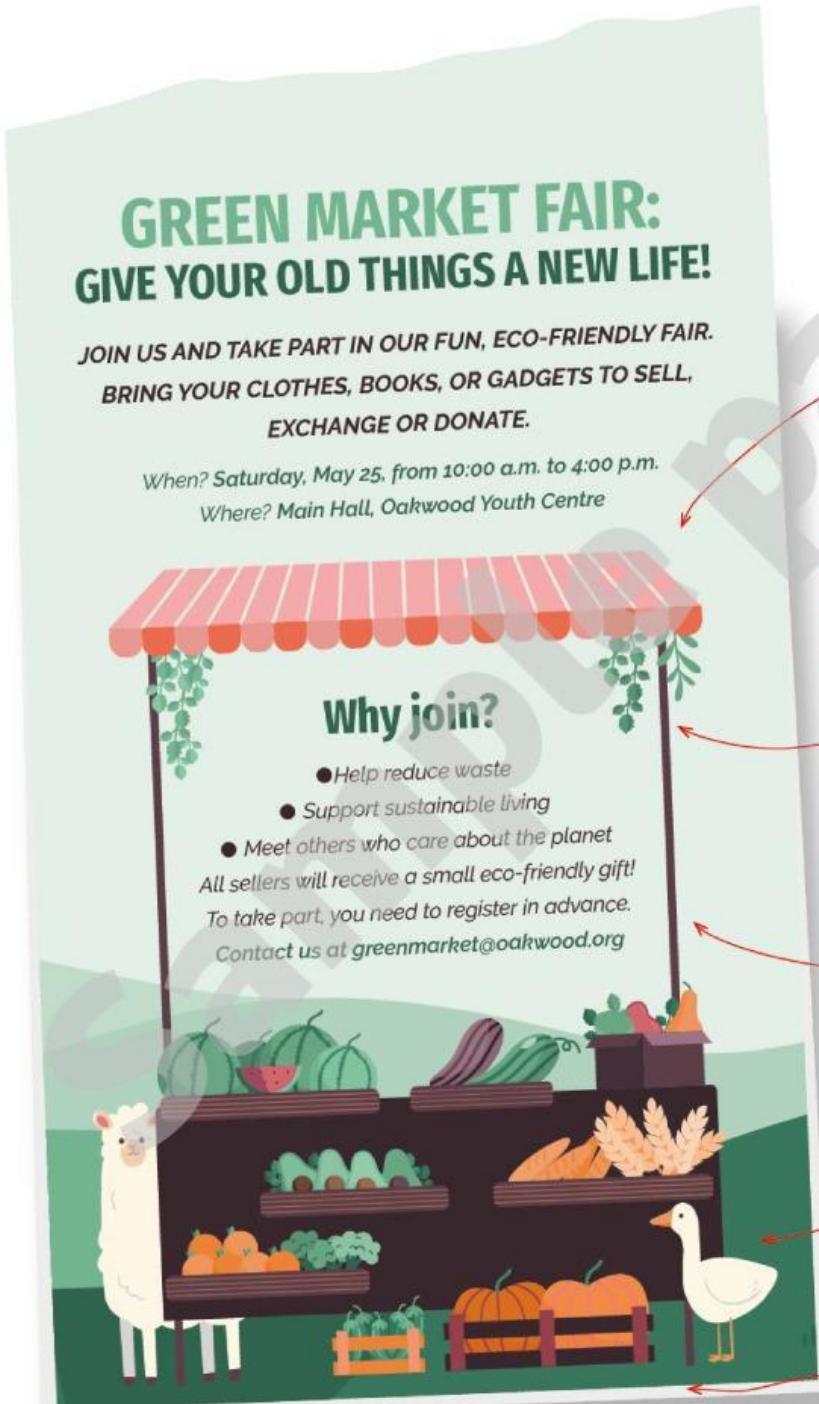
**D**

Write a brief WhatsApp message to your friend telling her which of the conservation projects you would recommend. Give reasons for your choice.



E

You see a flyer about a second-hand market in your town. You and your friends would like to sell your products at the market. Write an email to the organisers asking for more information. Use the notes in red.



Any fees or costs?

You want to share a table with your friends. Possible? Requirements? required?

Arrival and setup time? required?

Ask permission to sell homemade food or drinks

Offer to help with fair promotion



**F** Your friend sends you an article about other ways of being eco-friendly. Below the text, you will find some users' comments. **Circle**  if the comments are correct or  if the comments are incorrect.

## facebook



### Green kitchens

Many people are now trying to live in a more environmentally friendly way, and one of the best places to start is in the kitchen. From the ingredients we use to how we prepare and store food, small changes can lead to more sustainable lifestyles.

First of all, one simple habit is meal planning. Making a weekly menu helps avoid buying unnecessary products so that you reduce the chances of throwing food away. It also encourages creative cooking: leftover roasted vegetables, for example, can become a delicious soup the next day. Some apps can even suggest recipes based on what you already have at home.

Another major consideration is the type of food we eat. Choosing plant-based meals more often lowers your carbon footprint, since producing vegetables and grains requires less land, water, and energy than meat. This doesn't mean you have to become vegetarian overnight: even though you keep on eating, reducing your intake by two or three days a week can have a positive impact. In addition, buying seasonal products from local farmers helps reduce the environmental cost of transportation. How we cook matters, too. Choosing energy-efficient methods, such as microwaves or air fryers, can significantly reduce electricity use compared to a traditional oven. Simple habits like covering pots with lids or only boiling the amount of water you need for tea, coffee, or cooking can also make a difference. Eating raw vegetables when possible is another smart habit. Carrots and beets, for example, can be shredded and enjoyed raw in salads, preserving nutrients and reducing cooking time. Another key part of eco-friendly cooking is making the most of what you buy. Food that goes bad and gets thrown away not only wastes money but also adds to landfill and greenhouse gas emissions. Therefore, storing food properly helps it last longer. Check expiration dates on products to use them in time. Moreover, freezing leftovers is also a smart habit: not only does it stop food from being wasted, but it also gives you a ready-made meal for another day.

Finally, don't forget your kitchen tools. Choose reusable cloths instead of paper towels, and glass containers instead of plastic wrap, which is hard to recycle.

In conclusion, going green in the kitchen doesn't require big sacrifices. It's about being more aware of what we eat, how we prepare it, and how we deal with waste. Even small efforts can lead to meaningful change.

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1. Unless people plan their meals, they are more likely to waste food.  

2. Without switching to fully vegetarian meals, it's nearly impossible to make diets more sustainable.  

3. Buying imported fruits is less eco-friendly than buying local vegetables.  

4. When trying to choose energy-efficient cooking methods, avoid microwaves.  

5. People can save energy just by changing the way they boil water.  

6. Freezing leftovers helps save time and money, but not the environment.  

7. Using plastic wrap is discouraged mainly because it's expensive.  

115    Comments: 5

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G | Your local community centre posts an Instagram invitation to submit essays on the importance of learning how to adopt eco-friendly habits in everyday life. You decide to participate. Write your essay below.

A template for an Instagram post. The top bar features a house icon, the word 'Instagram', a message icon, and a three-line menu icon. The main content area has a large, semi-transparent watermark reading 'SUSTAINABILITY COMPETITION'. The text on the post reads: 'Take part in our next essay writing competition! Submit your essay on the importance of learning to live sustainably. • Why is it important to learn how to live in an eco-friendly way? • Where and how can people learn about sustainability? • How can local governments encourage greener lifestyles? • What kind of actions can young people take to reduce their environmental impact?'.

**Write your essay here:**



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