

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