

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Candidate Number

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## Pearson Edexcel International GCSE

**Thursday 8 May 2025**

Morning (Time: 2 hours)

Paper  
reference

**4ES1/01R**

### English as a Second Language PAPER 1: Reading and Writing

**You must have:**

Insert Booklet for Part 1, Part 2, Part 3 and Part 6 (enclosed)

Total Marks

### Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*
- Dictionaries may **not** be used in this examination.

### Information

- The total mark for this paper is 100.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*

### Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

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READING

Answer ALL questions in this section.

Part 1

Read 'The Outdoors Adventure 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 having your picture taken? (1)

A	B	C	D	E	F	G	H	I	J
<input type="checkbox"/>									

2 Which paragraph refers to being given equipment? (1)

A	B	C	D	E	F	G	H	I	J
<input type="checkbox"/>									

3 Which paragraph refers to a timed activity? (1)

A	B	C	D	E	F	G	H	I	J
<input type="checkbox"/>									

4 Which paragraph refers to different types of rooms? (1)

A	B	C	D	E	F	G	H	I	J
<input type="checkbox"/>									

5 Which paragraph refers to giving feedback? (1)

A	B	C	D	E	F	G	H	I	J
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6 Which paragraph refers to sleeping outdoors? (1)

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>
<input type="checkbox"/>									

7 Which paragraph refers to water activities? (1)

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>
<input type="checkbox"/>									

8 Which paragraph refers to meeting your activity leader? (1)

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>
<input type="checkbox"/>									

9 Which paragraph refers to where you can shop? (1)

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>
<input type="checkbox"/>									

10 Which paragraph refers to how many people take part in each course? (1)

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>
<input type="checkbox"/>									

(Total for Questions 1–10 = 10 marks)

**TOTAL FOR PART 1 = 10 MARKS**



**Part 2**

**Read the article 'The Beauty of Yoga' by Lysanne Currie 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** For how long was Barbara Currie a yoga instructor? (1)

**12** In which country did Barbara attend her first yoga class? (1)

**13** How does Lysanne Currie describe her first yoga class? (1)

**14** What do you have to learn to practise yoga successfully? (1)

**15** How does Lysanne feel about the healing power of yoga? (1)

**16** What do some people worry about with yoga? (1)

**17** According to Lysanne, what type of clothing should you wear for yoga? (1)

**18** What are created in the brain with regular yoga practice? (1)

**19** How does Lysanne describe her mum when she was younger? (1)

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**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** Barbara Currie stopped teaching yoga because she (1)
- A was planning to get married.
  - B wanted to visit new places.
  - C was having health problems.
  - D wanted to spend time alone.
- 22** When Barbara first started learning yoga (1)
- A her first class lasted for 60 minutes.
  - B it was already a very popular activity.
  - C she should have practised more often.
  - D it took her a few months to enjoy it.
- 23** Which of the following is true about Lysanne Currie? (1)
- A She regularly takes part in yoga classes.
  - B She works for an international company.
  - C She has a busy life and limited free time.
  - D She has two young children to look after.
- 24** Which of the following is true about choosing a yoga class? (1)
- A Online classes are the best option.
  - B You should pick a class near home.
  - C Yoga teachers offer similar classes.
  - D You should take part in trial classes.



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25 Which of the following is true about taking part in a yoga class?

(1)

- A People need to match what others are doing.
- B You have to buy all the equipment you need.
- C People do not always do the same exercises.
- D You have to be free from injury to take part.

(Total for Questions 21–25 = 5 marks)

**TOTAL FOR PART 2 = 15 MARKS**



Part 3

Read the article 'The Rise of Micro Mobility' by Stephen Armstrong 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 Micro vehicles have a range of uses.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	(1)
27 The prices of micro vehicles are falling as they become more popular.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	(1)
28 Stephen Armstrong is pleased about how the younger generation view car ownership.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	(1)
29 People feel that there are enough safety regulations in place for micro vehicles.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	(1)
30 Stephen is surprised that older people are the main buyers of micro vehicles.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	(1)

(Total for Questions 26–30 = 5 marks)

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### Questions 31–40

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

- 31 A decade ago, only ..... were riding scooters. (1)
- 32 Currently, ..... are the most purchased type of micro vehicle. (1)
- 33 You need to hold ..... to drive some of the new micro cars. (1)
- 34 Early micro cars were criticised for not having enough ..... (1)
- 35 The positives of micro cars are most advantageous for ..... (1)
- 36 In London, people cannot ride ..... on the roads. (1)
- 37 It has been suggested that ..... should be installed where people work and shop. (1)
- 38 A large company is using micro vehicles and ..... to make deliveries in London. (1)
- 39 In a recent trial, hospital staff made ..... on e-bikes instead of using traditional forms of transport. (1)
- 40 Smart road use allows for a ..... that looks at what people drive and how they use the roads. (1)

(Total for Questions 31–40 = 10 marks)



**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.

Over the last 20 years, there has been a big change in the transport choices people have been making. Smaller vehicles with

(41) ..... motors are increasing in popularity.

According to Stephen Armstrong, an interesting range of micro vehicles from around the (42) ..... is starting to appear in Britain. The rising popularity of micro vehicles is because of how the

(43) ..... generation now think differently. With

these trends set to continue, (44) ..... have to take responsibility for safety on the roads.

Stephen is (45) ..... about smart cities existing in Britain in the future.

drivers      world      powerful      governments      unsure  
 younger      hopeful      older      electric      country

**(Total for Questions 41–45 = 5 marks)**

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



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P 7 4 6 1 0 A 0 1 1 2 0



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**TOTAL FOR PART 4 = 10 MARKS**





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**TOTAL FOR PART 5 = 20 MARKS**



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**TOTAL FOR PART 6 = 25 MARKS**  
**TOTAL FOR WRITING = 55 MARKS**  
**TOTAL FOR PAPER = 100 MARKS**



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# Pearson Edexcel International GCSE

**Thursday 8 May 2025**

Morning (Time: 2 hours)

Paper  
reference

**4ES1/01R**

## **English as a Second Language** **PAPER 1: Reading and Writing**

### **Insert Booklet**

**For Part 1, Part 2, Part 3 and Part 6**

**Do not return this Insert Booklet with the Question Paper.**

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## Part 1

### The Outdoors Adventure Centre

If you want to challenge yourself, have fun and make friends, then take a look at what we do.

- A** We offer the opportunity for people to take part in our outdoor courses, which include a number of exciting activities. Each course lasts for four days, so you sleep at the centre for three nights. We have a range of rooms to accommodate all group sizes.
- B** There are 28 places available on each course and you can either book with friends and family or as an individual. We prefer to work with small groups, so you will be in a group of 14 for all of your exciting activities.
- C** Each group has an experienced leader who looks after them during their stay. The leader is also responsible for running the group's activity sessions and making sure everyone achieves and has fun at the same time. You will be introduced to your activity leader when you arrive.
- D** Arrival is in time for lunch. Afterwards, our friendly staff will provide you with the necessary kit and show you to your bed and locker so that you can unpack. All bedding will be provided for you. There will be some simple team activities after dinner before we finish for the day.
- E** On day two, we will be teaching you how to be safe and confident on the lake before moving on to learning how to paddle a canoe. Once comfortable, we will move onto team challenges, and finish the afternoon session by climbing a nearby waterfall.
- F** In the evening, we will teach you how to build a shelter in the woods. If the weather is fine, we will spend the night in the woods and you will sleep either in the shelters you have built or in tents. This is one of our most popular activities.
- G** On day three, you will learn how to read a map. Divided into two teams, you will then set out on a treasure hunt, following a route and collecting hidden items along the way. Each team will be given its own finish point and a set time to complete the task.
- H** In the morning, an obstacle course will be our final activity. After lunch, there will be free time, followed by group photographs and the presentation of certificates. You will have plenty of time to say goodbye to the new friends you have made.
- I** Please do not bring expensive items, such as iPads or laptops, with you. There is a small shop on site if you want to buy snacks. It is open every day from 2 pm to 5 pm and we only take card payments.
- J** Once you get home, we would appreciate it if you could visit our website and rate your experience. Your comments help us to understand what we are doing well and where improvements are needed. We really do like hearing about what you enjoyed most during your visit.

## Part 2

Read the article by Lysanne Currie.

### The Beauty of Yoga

Yoga instructor Barbara Currie taught her final yoga lesson three months before her 82nd birthday. It marks the end of an era, 51 years of teaching yoga, but why is she stopping now? The reason might surprise you. She and her 85-year-old husband are going travelling. They have more countries they want to see while they are fit, mobile and energetic enough to do so.

Barbara's youthful attitude and excellent physical health are because of her life of yoga, a practice she took up in Scotland in 1971. No one had heard of yoga back then, but she was happy to try a local class. She left the class an hour later, feeling marvellous. She knew immediately that yoga was for her. She started to practise regularly and became so pleased with her new shape, energy and positive attitude that she wanted to share the benefits, so she trained to be a yoga teacher.

I am proud to say that Barbara is my mum. She took me along to one of her early classes when I was three. It was magical, and yoga has been part of my life ever since. Whereas my mum taught and practised yoga daily, my relationship with yoga has been different. It's always been there: we did the exercises as children and, when I lived nearby, I'd go to her classes. But as well as being an exercise regime, yoga is a positive mindset that provides energy and resilience. Once you have put the time in to master the different positions, they not only provide a great workout when done in sequence but can also be used separately to help with specific health issues.

For me now, aged 55, parent to a 10 year old and running my own business, yoga has taken a different shape. Most of my sessions are done when I can snatch the time at home or attend a local yoga class, but I frequently use individual poses to treat any physical symptoms I might be having. It's unbelievable how it always works.

There are many types of yoga, so it's worth trying some styles to find the right one for you. Some classes offer free trial lessons, or you can look online for a taster class – it's a good idea to shop around. Every teacher is different, but when you find a teacher and a style of yoga that suits you, you will feel it instinctively. Some people are nervous about yoga because they think it involves lots of complicated routines; this is not the case. Yoga classes are always comfortable places to be and all the poses have a stage for complete beginners. It's important to just go at your own pace.

In terms of yoga kit, most classes that use equipment, such as blocks or straps, will provide them. As for clothes, in my opinion, you don't need to buy a special outfit; just wearing something loose and comfortable is most appropriate. Before a class begins, people are asked if they have any medical conditions or injuries. Some exercises may not be suitable, so alternatives are always offered.

A recent study reports that yoga practitioners are more skilled at processing new information. Regular yoga practice encourages new connections to be created in the brain that improve learning and memory. It has also been shown that regular yoga sessions lead to increased relaxation, which means less muscular tension and slower breathing and heart rate. This state of relaxation improves blood flow to the skin and reduces frown lines. Other physical benefits, of which there are many, include better balance and mobility.



In her late 20s, my pioneering mum would never have believed that, thanks to yoga, she would still be bending and stretching aged 81. Yoga has given her the flexibility, strength and energy to not only keep teaching all these years, but to now start a new adventure. Another great thing about yoga is that you can do it anywhere and I'm certain she will still practise yoga while travelling. As for me, it's now important to pass those same benefits onto my son.

(Source: The best type of yoga for your age (and how it can reverse ageing)

By Lysanne Currie © Telegraph Media Group)

### Part 3

Read the article by Stephen Armstrong.

#### The Rise of Micro Mobility

Nowadays, it's all about downsizing your wheels. There has been a growth in e-cycle and e-scooter use, and the introduction of new miniature cars. These types of vehicles are not only being used by companies for food deliveries, but also by families as everyday transport. Is this the future of transport?

Ten years ago, the only people on the streets of London using scooters would have been the under-fives. Today, however, you can find suited, middle-aged business people, food delivery riders and youngsters all using this transport. Welcome to the micro mobility boom.

The term 'micro mobility' refers to all small vehicles with electric motors and limited top speeds. While every other kind of transport use has fallen in recent years, the trend for smaller vehicles is soaring. E-bikes are the fastest growing category, now representing 30 per cent of all cycles sold in Britain. Also proving popular are e-scooters that have been trialled in about 30 British cities.

Researchers predict a wave of e-mopeds and bike hybrids that are already popular in India, Indonesia and Turkey, launching this year. Many more tiny vehicles are appearing too; an Italian micro car brand launched in London last year. It is a small electric car that you can drive with a moped licence at a top speed of 28 miles per hour. For me, these are all interesting developments in the micro vehicle market.

Micro mobility isn't just about finding new ways of filling bike lanes. The potential of these vehicles is huge. While some of these vehicles are new, many have their roots in older versions of micro cars. While these early versions were disliked for a lack of speed and space, the new micro models are eagerly awaited. So, what's changed?

There has been a shift in the way that younger generations see cars, not as status symbols, but as appliances. Rather than being attached to their identities, cars are seen as simply a means of transport. I am overjoyed by this new way of thinking. Micro cars offer a more flexible and eco-friendly mode of transport that best suits young city dwellers. It opens up a city where travel isn't only used to work or shop, but to enjoy a place.

As the popularity of micro mobility continues to rise, all generations are enjoying the significant benefits of lower road tax and emissions and fewer parking issues. However, there are some practical considerations. In London, e-bikes can legally be used in cycle lanes, but e-scooters are still illegal to ride on London roads and pavements. In addition, people are not clear about where they can use their e-mopeds, which has worried some people.

The Government needs to regulate and invest in micro mobility and the infrastructure we need to use these vehicles safely. We need to invest in separate cycle lanes and to put in charging points at offices and supermarkets. Clearer safety rules on new transport like e-scooters and e-mopeds are also necessary. While European cities show e-scooters to be a relatively safe form of transport, legal limits on speed have been suggested by some organisations.



Regulation is increasingly important as micro mobility isn't restricted to light consumer bikes; there are fleets of cargo e-bikes already being used in the city. Last year, a major distribution company launched its first micro-mobility hub in central London, with a target of one million deliveries a year using e-cargo bikes and walking couriers instead of vans. The company is aiming for zero carbon deliveries to help hit its zero carbon targets by 2040.

A British e-bike maker is offering e-bikes with attached trailers that can carry up to 90 kilograms. The company recently completed a trial with a London hospital trust offering staff the use of these e-bikes for a month to monitor how they would use them. Nurses were the keenest users, using the e-bikes for home visits as opposed to using cars or public transport, enjoying their journeys more.

Car ownership has been falling in Britain for the past 20 years; people are far less interested in having a driving licence compared to previous generations, and this trend looks set to continue. Younger people are leading the way when it comes to e-bike and e-scooter rental. However, as I could have predicted, the biggest buyers of micro vehicles are people who have retired.

By monitoring the way we use these new vehicles, the roll out of micro mobility has the potential to change the way we drive, and I am positive that it could make our cities smarter. When you have smart road use, you can have a pricing structure that charges road users for the vehicles they drive, the zones they drive in and when they use them. It also means cyclists and pedestrians can be identified in the same way cars can.

(Source: Honey, we shrunk the car: the rise of micro mobility  
By Stephen Armstrong © The Standard, March 2023)

## Part 6

### Living in the city or living in the countryside?

This is an ongoing debate, and your choice will depend on a number of factors. Some people prefer to live in busy cities, while others prefer a more natural setting. What then are the key benefits of living in the city and living in the countryside?

#### Advantages of Living in the City

People who live in the city have more career and job opportunities, but competition for jobs can be fierce. However, jobs are often well-paid and you are likely to find a job that matches your skills and abilities. If you're a university graduate or young professional, living in a city gives you access to more training and career opportunities. Cities are also a good source of universities and colleges, with modern facilities and high quality courses.

Cities also offer lots to do so you'll never be bored. They have great entertainment facilities, an endless choice of restaurants, shopping spots and cultural hotspots. Cities are also prime locations for festivals and events, so you can keep your schedule packed with exciting things to do. There are plenty of opportunities to socialise with others. Cities also attract different types of people from all over the world, making it easy to learn about different cultures.

With easily accessible public transport systems, you don't need a car. Public transport runs regularly and late at night, making it easy to get around. Most big cities also have airports for that flight abroad or to another part of the country.

#### Advantages of Living in the Countryside

Living in the countryside is good for your health as there are lower pollution levels because there is less traffic. The countryside can also be a very safe place to live. Of course, some cities and towns also have low crime rates; however, generally speaking, crimes are less likely to take place in the countryside.

Often in the countryside the plot of land your house comes with will allow for more space. This means having a good-sized garden and you'll also feel like your life is a lot more private if your house isn't overlooked. There will be an abundance of wildlife too, from birds to badgers and even deer. You can wake up to the sound of bird song and a view of the fields. The fresh air and beautiful scenery are perfect for relieving stress and enjoying a much healthier life.

Living in a small community in the countryside means it is easier to make connections and friendships. People tend to know each other and make time for each other, attending the same local events and sharing local interests. You can support small village businesses and schools, helping them to stay open.

Both locations have their advantages. The world is changing quickly and significantly, and people are looking for their ideal place to be in the world. Are people looking for a busier or a more peaceful life?

