Cambridge Assessment International Education

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FIRST LANGUAGE ENGLISH **0500/12**

Paper 1 Reading **May/June 2022**

INSERT **2 hours**

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INFORMATION

- This insert contains the reading texts.
- You may annotate this insert and use the blank spaces for planning. **Do not write your answers** on the insert.

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Read **Text A**, ***Kayaking***, in the insert and then answer **Questions 1(a)–1(e)** on the question paper.

Text A: Kayaking

Kayaking is a fun activity that involves moving through water using a double-bladed paddle in a small buoyant vessel, a kayak. The paddler sits face-forward in a cockpit with the legs extended beneath a closed deck, propelling ahead with alternating side-to-side paddle strokes.

The kayak has been around for centuries. It was first used by people living in the Arctic regions for navigating waterways. It offered a pragmatic way to hunt, fish, and transport passengers across water.

Nowadays kayaking is also a great activity for enthusiasts of all levels – one reason for its popularity. It can be a wonderful way to discover quiet, shallow waters at the edge of a lake, or an exciting high-energy sport racing along fast-moving rivers and rapids. Open to everyone, basic kayaking requires no previous experience other than a passion for exploring open waters.

Kayaking can be combined with other outdoor activities like camping and fishing, adding another layer of challenge to your trip. If you plan on ski-touring or rock-climbing in areas that require water travel, a kayak can be an excellent tool for accessing the remote beauty of a region.

Kayaks come in two basic styles: sit-on-top and sit-inside. Sit-on-tops are increasingly popular as they're the most stable, easy to get in to and out of, so a great choice for new, or nervous paddlers, for warm environments and for paddling with kids who love to swim. Sit-insides shelter your lower body from the wind, which makes them much warmer. They're great for paddlers on cooler water who want to stay dry while paddling, and who consider the kayak more a vehicle for travel than a toy.

Sleek and noiseless, kayaks have few limits – though high-traffic waterways are best avoided to prevent accidents. Faster vessels, emitting pollutants, can seriously harm populations of water-dwelling species who cannot move quickly enough to avoid a speedy oncoming boat. Kayaking is an environmentally friendly alternative to boating. Responsible kayakers always drain their boat before leaving a paddle-site to avoid transporting water, which may contain some form of living creature or plant material, from one water course to another.

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Read **Text B**, and then answer **Question 1(f)** on the question paper.

Text B: Kayaking is good for your health

Some plunge down waterfalls, others fish from their vessels, but all kayakers have one thing in common: they all know a thing or two about leading a healthy lifestyle.

Bobbing around in a kayak offers far more than a relaxing way to spend a sunny afternoon. Kayakers can teach the rest of us lots about leading happier, healthier lives, and luckily it's easier to start kayaking than you think.

All of that paddling (and water resistance!) lends itself to a serious workout. Just one hour of kayaking can burn over 350 calories, depending on how hard you paddle, and builds muscle strength in more areas than just the arms. 'You can enjoy the benefits of a full workout far from the confines of a sweaty gym,' says outdoor-sports expert Brad Bostrom.

But pick the right vessel. Brad recommends going for a wide boat that you sit on top of. 'These boats are much easier to get back in if you flip them over,' he says. Along with your boat, Brad advises investing in a high-quality, lightweight paddle, which will make for more efficient movement.

Apparently, the consistent motion of kayaking is a great way to get your heart beating too (easier on the knees than pounding pavements) and research shows that elite kayakers actually breathe more efficiently.

And there are just as many mental benefits. Whether battling white water rapids or drifting along with the help of ocean waves, kayaking is a way to de-stress. Exercise decreases stress by increasing endorphins, bringing athletes to the present moment and actually lifting moods. A new book, Blue Mind, by Wallace J. Nichols, Ph.D., shows that adding water to the equation brings a whole new level of stress-busting.

'Though remember that even the best swimmers can tire quickly in rough or cold water. Kayakers of all levels should always wear a personal flotation device,' Brad advises. 'Paddle in a group too – join a club – it's safer and a great way to make new friends.'

Time spent outdoors comes with a slew of bonuses, including vitamin D intake from 'sensible sun exposure' time. But watch the weather. Finding yourself stranded in a storm isn't fun. Lightning loves to strike water and wind can create dangerous waves. It's always good to check the forecast before heading out.

Overcoming extreme challenges like white-water rapids, or even paddling a longer distance than you did last time, helps build confidence and positive self-image. 'There's nothing like floating quietly through a forest and surprising a sun-bathing alligator,' says Brad. 'I see and learn new things every day'.

Read **Text C**, and then answer **Questions 2(a)–(d)** and **Question 3** on the question paper.

Text C: Paddling Alaska

The writer, Audrey Sutherland, worked for years as a careers adviser for high school students before setting off on her first solo kayaking trip through Alaska. Since that first trip she has paddled more than 13 000 solo Alaskan kilometres.

I first saw southern Alaska from the air, looking down on islands with secluded beaches and hidden inlets, huge trees and a point for watching sunrise and sunset.

Fifteen kilometres from any town was wilderness; towns were dotted far apart. That left lots of space to paddle, explore and camp. Since 1967, whenever I could squeeze in a vacation, I'd been voyaging in inflatable kayaks. I'd written a fairly successful book about my trips around Hawaiian islands. Paddling through Alaska was top of my 25-morale-building-things-to-do list. My publisher was also keen.

Looking at the map, my choice was clear: I could paddle direct along established routes for fishing boats, or go 'gunkholing', as boaters say, prowling in and out of tiny coves and meandering south. Connecting a roundabout route of hot springs, old cabins, the smallest islets and resupply towns, I could trace excerpts of historic voyages, forage natural delicacies and communicate with such endearing animals as whales and otters. I wasn't yet factoring in grizzly bears.

This second route would be over 800 miles and involve crossing open sea and dangerous straits. Obviously, I'd go gunkholing.

My inflatable kayak would be the smallest boat to attempt this distance, an impertinent toy compared to the crafted cedar-log-dugout canoes paddled for centuries along these misty shores, or sturdy modern fibreglass canoes.

'You're seriously paddling 800 miles in Alaska in that?' said a man on a beach one day. 'Where's the unicorn head and mermaid flippers to go with it?'

He sneered at the limp, shapeless roll of plastic on the sand. I attached the hose of the air pump to a valve in the newly patched intrepid vessel and the plastic kayak squirmed slowly and reluctantly out of its wrinkles into a tube shape. I kept pumping. The second side and the hull gradually assumed a wonky banana shape, a bit like a boat-shaped doughnut, bright yellow with ridiculously optimistic red-and-white 'racing stripes' down the sides.

Why use this boat? Well, I already owned it. It would roll up in a small bag that I could take on the plane. I'd paddled enough rough seas in it to know it was seaworthy. Above all, it was light enough to carry by myself up the beach above high tide each night.

My yellow colour scheme was reinforced when my order of foul-weather gear arrived. I tried it on, laughing at my incongruous image in the mirror. 'Getting older aren't you?'

I'd asked for two months off work to complete the trip. I wanted to be lean, hard and kind. Instead I felt soft, fat and mean. Years of a desk job can do that. After decades spent helping others decide what to do with their lives, I wondered whether I knew what to do with mine.

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During the next weeks I booked cabins where I could stay for 10 of the 80 nights of the trip. I mailed my camping essentials to excited friends living near my launching point, and sent resupply boxes of dried food addressed to myself at post offices en route, with notes to the incredulous post masters to 'hold for paddling expedition to arrive approx. (date)'. I dutifully made copies of the daily route so my grown-up family would know where to start their search if I didn't check in along the way and made notches on one side of my pencil to measure a nautical mile on some of the ocean charts.

My request for leave came back, unapproved.

I resigned.

And the bear? Well that was actually years later. Beginning this first Alaskan adventure, I'd have been relieved to know that any bears and I would avoid each other. Every Alaskan has a bear story. Should I start with mine? 'The grizzly bear stood one metre away, his enormous muzzle visible through the plastic sheet over the cabin window …' Nah, I'll tell you about that later.

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