



**BOLD  
CONFIDENT  
READY**

# pause



ISSUE 31 >



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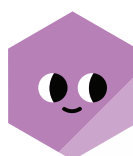
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INTERMEDIATE  
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OUR PUBLICATIONS



OUR DIGITAL READING PLATFORM



# Editor's NOTE



Dear Reader,

Every day there seems to be a lot of do. The morning starts in a frenzy on most days, with us rushing for school or work. The day speeds up with the numerous tasks we do till the end of the day. It is often only at bedtime that we get a breather, although that, too, can be a challenge for some. Perhaps it is time that we take a step back and hit the pause button?

All of us need a break from the web of activities that never seem to end from one day to the next. Taking breaks in between long periods of studying, for instance, is important. We need to let the mind rest a little so that it can consolidate all the ideas we have gathered and help us to organise them into coherent thoughts. The break could be as simple as taking a shower or taking a walk around the house or in the neighbourhood. Digital devices have made pausing more complicated, though. With the constant barrage of information and notifications from social media apps, we are continuously stimulated, and our brains do not get a rest. However, more people nowadays have started digital detox days or weeks, where they keep away from their mobile phones or stay away from social media. Some celebrities such as Daniel Radcliffe, the Harry Potter star, have even abstained from social media altogether.

Animals also take their breaks, with some taking much longer than others, especially those that hibernate. Bears and hedgehogs enter a period of inactivity during wintertime, resting their bodies, in order to be recharged once winter is over. It must be nature's way of telling us that we all need to take a pause.

Put your feet up, and enjoy the read.

Warmly,

*Shoba Nair*

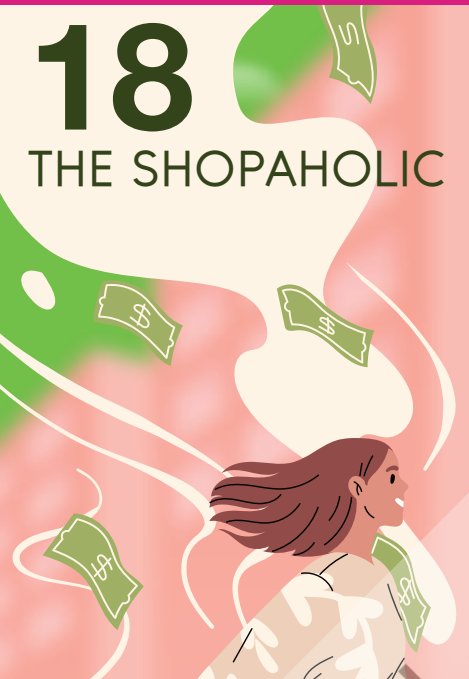
Chief Editor

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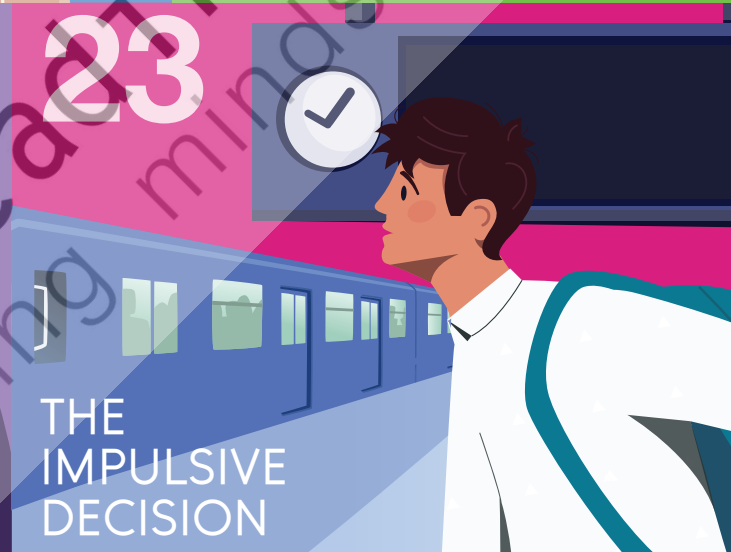
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METACOGNITIVE POINT

*making*  
connections

The theme is **Pause**.

What do I know about this topic?

What are some questions I have on this topic?





# THE BIG Idea

# PAUSE

## PAUSE TO THINK

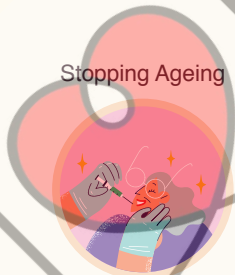


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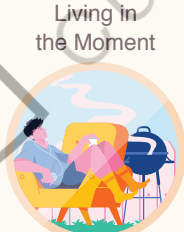


Rash Actions

*"He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed."*  
 ~ Albert Einstein



Stopping Ageing



Living in the Moment

## PAUSE TIME

*"I wish I could freeze this moment, right here, right now and live in it forever."*  
 ~ Suzanne Collins



Taking a Break



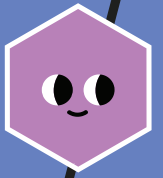
Digital Detox

## PAUSE TO RECHARGE

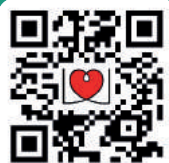
*"Take a walk with a turtle. And behold the world in pause."*  
 ~ Bruce Feiler

# HOLIDAY GONE WRONG

By Chitra Pillay



Writing  
Tips



[qrs.ly/6hfnq17](https://qrs.ly/6hfnq17)

“Ouch! Alice! Quit being annoying!” I screamed at my twin as we <sup>1</sup>traipsed through the sun-dappled narrow path, breathing in the heady scent of tropical blossoms mixed with the earthy musk of decomposing vegetation.

“Stop it, girls!” My mother reprimanded us, her voice high with exasperation.

“The whole point of this trip is to bond as a family in a beautiful place. But even here, you both cannot stop your silly squabbles!” Father added, his eyes flashing in anger.

They were right. Alice and I, born two minutes apart, were like chalk and cheese. We fought over everything and out of sheer frustration, our parents had decided to take us on a holiday for all of us to relax and bond. We were in a stunning lodge nestled amidst verdant greenery and vibrant fauna in Queensland, Australia. The <sup>2</sup>allure of adventure was in the air as there was something for all of us to look forward to. From birdwatching to glow worm caving, our whole trip had been meticulously planned by my father.

“Let’s get up early tomorrow morning to catch the sunrise,” Father ordered, while Alice and I grunted <sup>3</sup>irascibly and stomped on ahead. Eventually, the <sup>4</sup>colossal trees reaching skyward and the cacophony of bird calls, intermingled with the rhythmic hum of a million insects, brightened our moods, and Alice and I began chatting



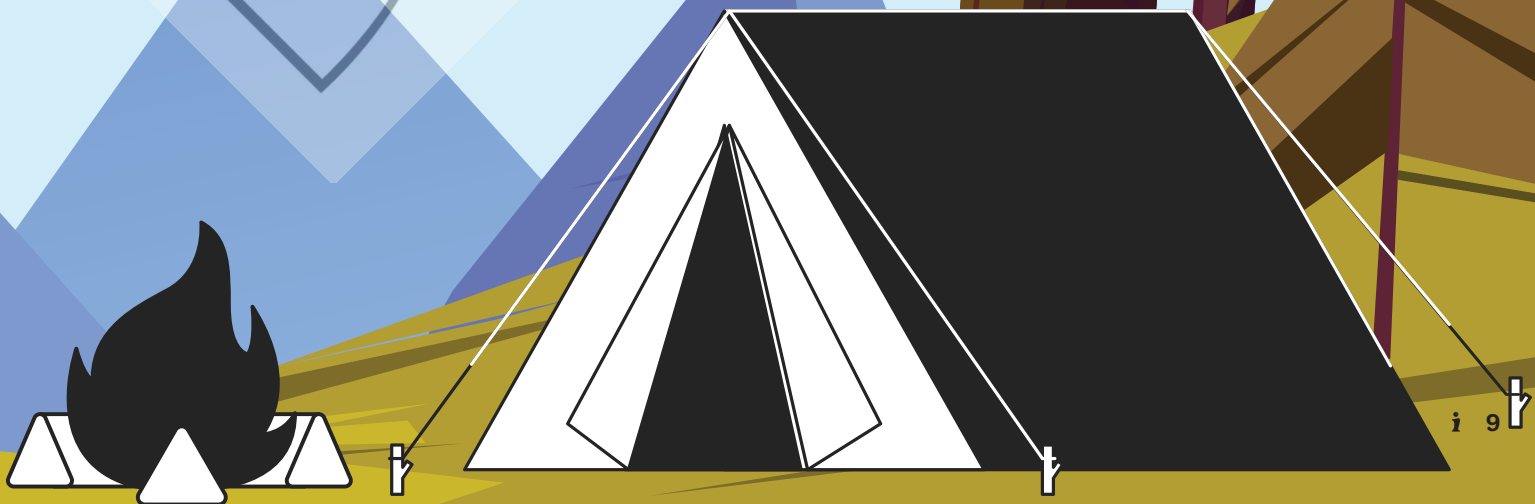


happily about our plans for the next few days. Here and there, intrigued by the brilliantly coloured flowers, we stopped to point them out to each other, admire them and have a closer look at the foliage.

Exhilarated and ravenous after our hike, we returned to our lodge for a hearty meal and decided to turn in early so we could wake up well-rested and ready for an early start. However, none of us could have predicted the chain of events that was to happen that night.

I was awakened by a sharp, searing pain on my right wrist. I turned on the lamp by my bedside to have a closer examination and was shocked at the sight that greeted me. My wrist was red, itchy and had swollen to the size of a golf ball. What was worse was it looked as if pus was seeping out of the area. I could hardly move it. I felt hot and feverish and started shivering uncontrollably. With much difficulty, I made my way to my parents' bed and woke them up. Alarmed at the sight of my hand, my parents immediately asked the staff at the lodge to call a doctor. Moans and whimpers escaped my lips because of the unbearable pain as my parents tried to keep me calm. Their foreheads were creased with worry, not knowing what was ailing me.

By the time the doctor arrived, my eyes had glazed over from the pain and my breathing was<sup>s</sup>laboured. I was barely conscious. He took one look at me and immediately said I had to be taken to the nearest hospital — I had been bitten by a venomous spider and my body was reacting very badly to the venom. My family gaped at the doctor, their faces drained of blood, as he explained the situation.



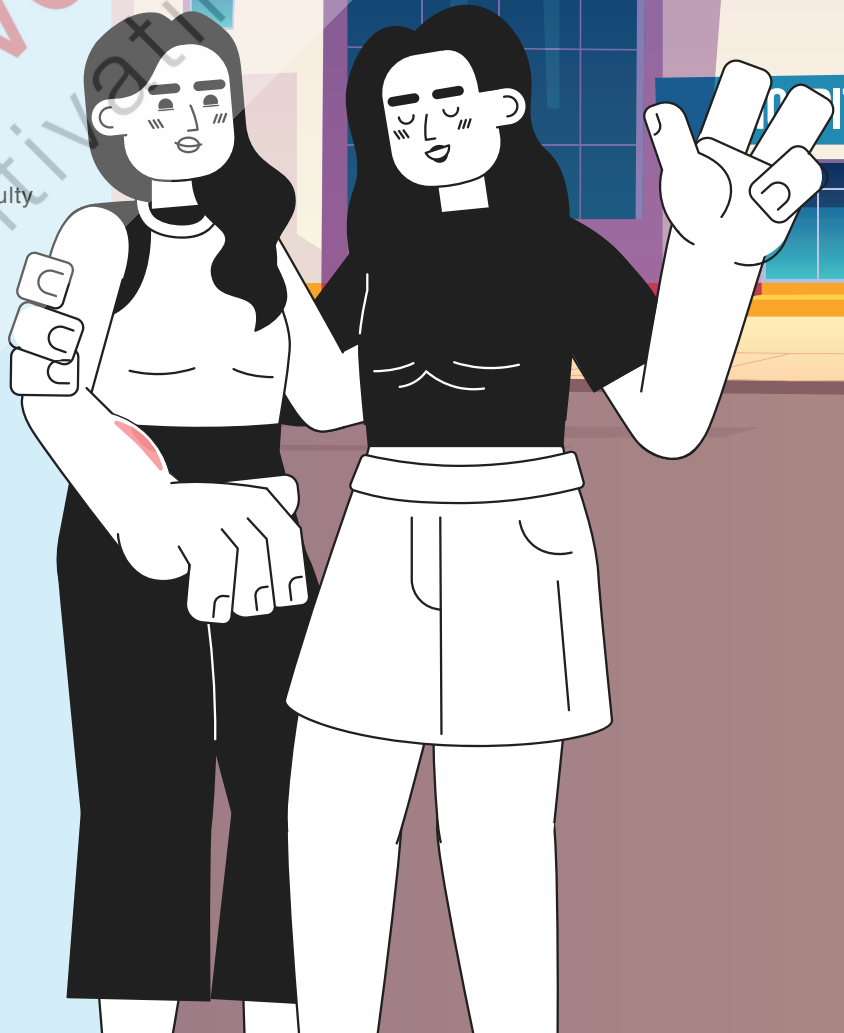
Once I arrived at the hospital, I was rushed into intensive care. Thankfully, everything went well but the whole episode left me pale and feeble and still in a lot of pain. When I came to, I was greeted by the welcoming sight of my family surrounding my bed, faces stained with tears, but lips holding smiles of immense relief. The one with the brightest smile was Alice. As tears streamed down her face, she uttered in between sobs, “How dare you scare us like this. I have so much more to fight with you about!”

We did not have much of a holiday after that. However, through that experience, Alice and I understood that no matter what, family ties were like unbreakable threads that strengthened with adversity and challenges. That holiday, though not what my parents had in mind, did indeed bring out the best in all of us.

### WORD BANK

- 1. traipsed:**  
walked or moved wearily or reluctantly
- 2. allure:**  
the quality of being powerfully and mysteriously attractive or fascinating
- 3. irascibly:**  
being irritable
- 4. colossal:**  
extremely large
- 5. laboured:**  
done with great effort and difficulty

**‘Blood is thicker than water.’ Do you think family ties are stronger than relationships with friends?**

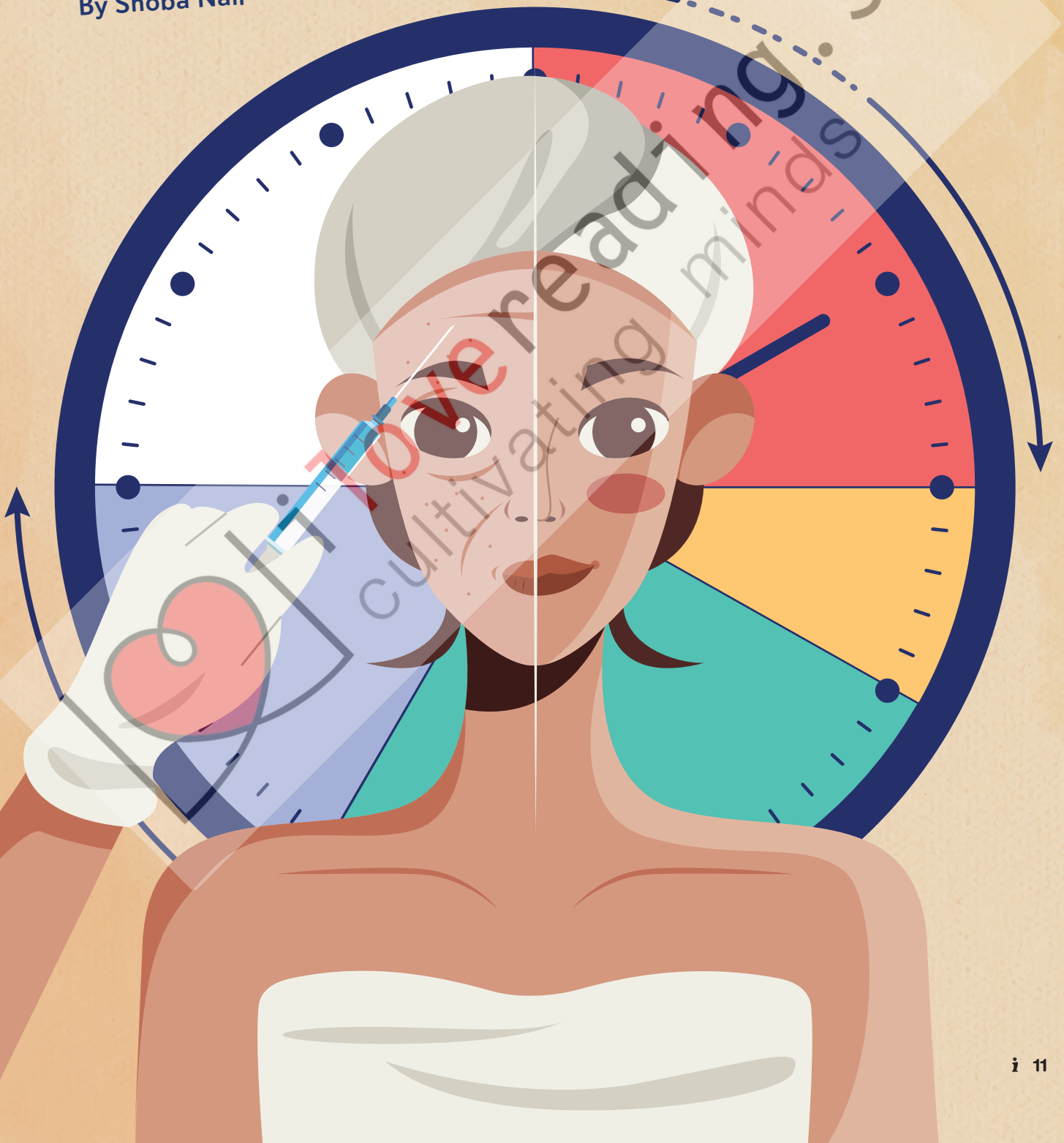


# Should We Try

# to Stop Ageing?



By Shoba Nair



Ageing is a natural process that begins in our mother's womb, even before we are born. However, we typically associate ageing with wrinkles and grey hair, and this slowly starts when a person is in their mid-twenties. Many people try to stop ageing, using hair dye to cover up the greys and even going for Botox treatments to lift sagging cheeks and jowls. However, increasingly, there are some who wear their mark of age with dignity, sporting full heads of grey and wearing a face free of reverse-ageing treatments.

Here are three people who share their thoughts about ageing.



**Mariko Soo**

I am worried about how my body is changing as I age, especially my skin and face. There are now lines around my eyes – my friends call them worry lines – and that is getting me worried already! I am thinking of getting Botox treatment to get rid of these lines. Also, I am putting on weight easily now. Usually when women reach their late thirties, it becomes more difficult for them to lose weight – another problem of ageing! I heard of a recent study by Harvard Medical School about a new treatment to reverse ageing. Apparently they have come up with an age reversal pill which is essentially a chemical cocktail of drugs that works internally, transforming our organs. I can't wait for this pill to be available to us – perhaps we can be like Peter Pan, forever young!



**Russell James**

I am not obsessed about ageing, but I do want to age gracefully. In my job, it is important that I appear young and energetic, as I compete with the young staff here. Although I wouldn't say my company discriminates against age, I think it is important for me not to look too old and tired. I do not want to give my company or my staff the impression that I am not keeping up with the times. So, I take extra trouble to look good. I work out at the gym so that I look fit, and I also groom myself well. I upkeep my salt-and-pepper hair, as that is a sign of a trendy, mature man, and make sure I wear well-tailored shirts and pants to work.



**Anna de Silva**

Go with the flow – that is my philosophy in life. The same goes for my thoughts on ageing. I don't worry about growing old. In fact, I look forward to it as I find that I am wiser with each passing year. The wrinkles on my face show how much I have learnt about life, and my sagging skin reminds me that I should relax and enjoy life. I also believe that I should take greater care of my health as I age, and keep my mind stress-free. Well, that is exactly what I am doing, and it has worked out fine so far!

**WATCH**

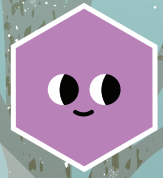
**Scientists are learning how to reverse ageing**

[qrs.ly/3hfnq6f](https://qrs.ly/3hfnq6f)

Source is relevant at the time of publishing

**Do you think we should strive to reverse ageing?**





# Nature's Deep Slumber

By Annabelle Chan



If the cold weather makes you want to hit the snooze button and bury your head under the covers, you are not alone. Many animals in the wild survive in harsh winter environments by sleeping more and conserving energy through a process called hibernation. It is much more complex than simply sleeping, though.

Hibernation is a way for some animals to cope with nature not providing enough of their food during winter. To survive, animals such as birds and whales migrate and some such as squirrels and moles store food to eat during the winter. Others such as bears and hedgehogs are equipped with a biological 'game-changer': the ability to put their bodies on pause mode. A hibernating animal's metabolism slows down and its temperature plunges, allowing it to survive without having to forage for food. During this time, the animal's body requires less oxygen, water and food than it usually needs and instead uses nutrients the animal has stored up before hibernation. When the environment becomes warmer, it emerges from its dormant state and picks up from where it left off.

Hibernating animals are adept at sensing seasonal changes. Some start getting ready to hibernate as soon as summer draws to an end. These animals prepare for hibernation by eating as much as possible to build a thick layer of body fat. Not only does the body feed on this fat to keep itself alive during the cold winter months, but the extra fat also helps the animal stay warm when it is immobile. Animals also need to find or build shelters for hibernation. While they hibernate,



they become more vulnerable to predators. If an animal miscalculates where it chooses to hibernate or wakes up prematurely, it may not survive the winter. Hibernating animals usually choose to stay underground or in caves to protect themselves from predators. Some make dens specifically for hibernating, called 'hibernaculum'. These dens are hidden, insulated and often contain food, in case the animals lack body fat.

During hibernation, an animal's body temperature drops, its heart rate slows down, and the breathing becomes shallow. In bats, the heart rate can fall from 400 to 11 beats per minute. However, hibernating animals do not stay in their 'comatose-like state throughout winter. They can rouse easily from their slumber if needed and typically wake up intermittently to eat and warm up. Hibernation can also be a time for females to give birth. Some female bears give birth and nurse their cubs in enclosed dens that provide protection during hibernation. This allows mother bears to focus on raising their cubs, something they may not be able to do very well during the more active summer months. In spring, the new family emerges from the den.

Hibernation is a profound and fascinating topic for scientists all over the world. Imagine if we could put our own bodies on pause the way animals do. That would give us the ability to keep a sick or injured person alive until medical care is available or get 'un-paused' in the future, seemingly having time travelled. That is only if humans can crack nature's hibernation code.



Source is relevant at the time of publishing

## WORD BANK

- 1. game-changer:**  
something such as a product or event that significantly affects a situation or area of business
- 2. forage:**  
to search widely for food or provisions
- 3. adept:**  
very skilled or proficient
- 4. comatose-like:**  
very tired or in a deep sleep because of extreme tiredness, hard work, or too much alcohol
- 5. rouse:**  
to wake someone up or make someone more active or excited

## References:

1. Fascinating ways animals prepare for winter, from National Geographic Kids, 10 October 2019.
2. Hibernation: nature's nap time, from National Park Service, 13 September 2021,
3. Not just sleep: all about hibernation? From Australian Academy of Science, 20 May 2016.
4. Some animals don't actually sleep for the winter, and other surprises about hibernation, from National Geographic Education, 19 October 2023.
5. What humans can learn from some of nature's most skilled hibernators, from PBS News Hour, 2 February 2023.
6. What is hibernation? From World Animal Protection, 5 May 2023.
7. What is hibernation, how does it work, and which animals do it? From BBC Wildlife, 28 March 2022.



The following are some animals that hibernate. Can you identify them using the clues given?

1. A type of reptile that lives in freshwater or salt water.

			T		E
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2. The only mammal capable of true and sustained flight and is more agile than most birds.

		A	
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3. Famous for its ability to roll up into a ball when threatened. Its spiny coat helps protect it from predators.

		D				G
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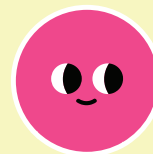
4. This beetle is crucial in controlling pests in gardens and crops.

			Y	B		
--	--	--	---	---	--	--

5. This insect has no control over its body temperature.

		O			H
--	--	---	--	--	---





# The Shopaholic

By Rachelyn Gordon

I used to be an <sup>1</sup>impenitent shopaholic. In fact, the number of bags I would amass from my regular shopping sprees used to attract whispers.

Having a <sup>2</sup>copious number of choices for every occasion conceivable thrilled me; the thought of repeating outfits for even common activities was unbearable. I also had a <sup>3</sup>proclivity for falling in love with every shiny trinket and bauble I saw. More was simply better.

That was until the day my mother discovered the magnitude of my credit card debt.

In a blind rage, she threw open all the cupboards and drawers in my room. The shame and guilt of my destructive shopping habit hit me in the gut as bags of clothes, shoes, electronics, stationery, and knick-knacks of every sort poured out from every nook and cranny. A deafening silence followed as the last object hit the floor.

"I'm sorry, Ma," I blurted out. "I know I have to stop shopping, but I don't know how."

"You are donating everything you don't need," my mother instructed me firmly.

As recycling bags got filled to the brim, a strange lightness crept in. The clarity of my physical space was manifesting itself in my head.

“Ma, I am not going to shop until I pay off my credit card bills. I will try to make do with what I have.”

“You have more than enough if you look around,” my mother responded without missing a beat.

My face flushed as I knew that this time around, my actions were going to need to speak louder than my words. I shook off my shame and devised a plan to pay off my debts. Resisting the urge to shop was difficult at first, but I managed to quell the temptations by remembering the look of disappointment my mother had. No bag, shoe or clothing was worth putting any more wrinkles on her face.

After two years, I made my last payment to the bank. As the teller processed my cheque and brought my balance down to zero, I felt<sup>4</sup>liberation coursing through me. On my way home that day, I noticed that the Great Singapore Sale had just started. I wandered into the nearest shop, and as the sales assistant turned to smile at me, I caught my reflection in the mirror.

I was finally free of financial insecurity. That freedom was too precious to exchange for a moment of fleeting happiness.

I wished the<sup>5</sup>zealous sales assistant well and headed home, empty-handed but filled with joy.

## WORD BANK

- 1. impenitent:**  
not feeling ashamed or sorry about something bad you have done
- 2. copious:**  
abundant in supply or quantity
- 3. proclivity:**  
a tendency to choose or do something regularly
- 4. liberation:**  
the act or process of freeing a country or a person from the control of somebody else/something else
- 5. zealous:**  
showing great energy and enthusiasm for something

**WATCH**

**Australian Shopaholics Can Now Be Diagnosed With Compulsive Buying Disorder**

- Excessive purchasing without using items
- Lack of control over purchases
- Shopping to regulate emotions
- Post-purchase shame



qrs.ly/h1fnq9v

Source is relevant at the time of publishing

SALE

Have you ever regretted buying something on an impulse?



# ECOTOURISM

By Dvorah Nair

Many of you reading this right now will be exploring parts of this world on your own or with friends in a few years. Perhaps, by that time, ecotourism will be synonymous with travelling.

Ecotourism includes enjoying natural environments and supporting local businesses by eating local produce and buying local <sup>1</sup>merchandise, while respecting the local flora, <sup>2</sup>inhabitants and land, leaving them undisturbed. What does this look like?

For one, tourists leave a place cleaner than when they arrived. Some of the ways they do this are by picking up their rubbish, using natural and <sup>3</sup>renewable materials and travelling via public buses and trains as well as riding bicycles and, simply, walking. Place conservation is also about being aware of and respecting the local cultures and heritage, including their <sup>4</sup>spiritual and social practices. As they say, when in Rome do as the Romans do.

This brings us to the next point - patronising local businesses and restaurants that source their <sup>5</sup>produce locally. Ecotourism aims to provide locals with business opportunities that help fight against poverty and provide <sup>6</sup>sustainable income. When tourists support local businesses, they indirectly help to create jobs locally which, in turn, helps support their local communities and boost their economy.



Moreover, ecotourism focuses on nature-based travels where tourists encounter natural and cultural landmarks such as rainforests, wildlife sanctuaries, <sup>7</sup>sacred buildings and spaces and nature reserve parks, to name a few. Tourists will not only get to experience these beautiful natural places, but will also be educated on issues that will increase their awareness and appreciation for such environments. Moreover, the money earned from tours to these natural and protected places goes back to preserving and upkeeping them, and at times, funding research to learn more about the flora, fauna and culture of the land.

Travelling is educational, life-changing and fun. However, it also causes harm to our planet and its inhabitants. Thus, it is critical that we make socially and environmentally sound decisions when planning our travels. Ecotourism promotes awareness and encourages us to conserve the unique landscapes, communities, cultures and wildlife we have been blessed with.

## WORD BANK

- 1. merchandise:**  
goods to be bought and sold
- 2. inhabitants:**  
people and animals that live in or occupy a place
- 3. renewable:**  
a natural resource not depleted when used
- 4. spiritual:**  
relating to or affecting the human spirit or soul as opposed to material or physical things
- 5. produce:**  
agricultural and other natural products collectively
- 6. sustainable:**  
able to continue over a period of time
- 7. sacred:**  
dedicated to a religious purpose and so deserving veneration

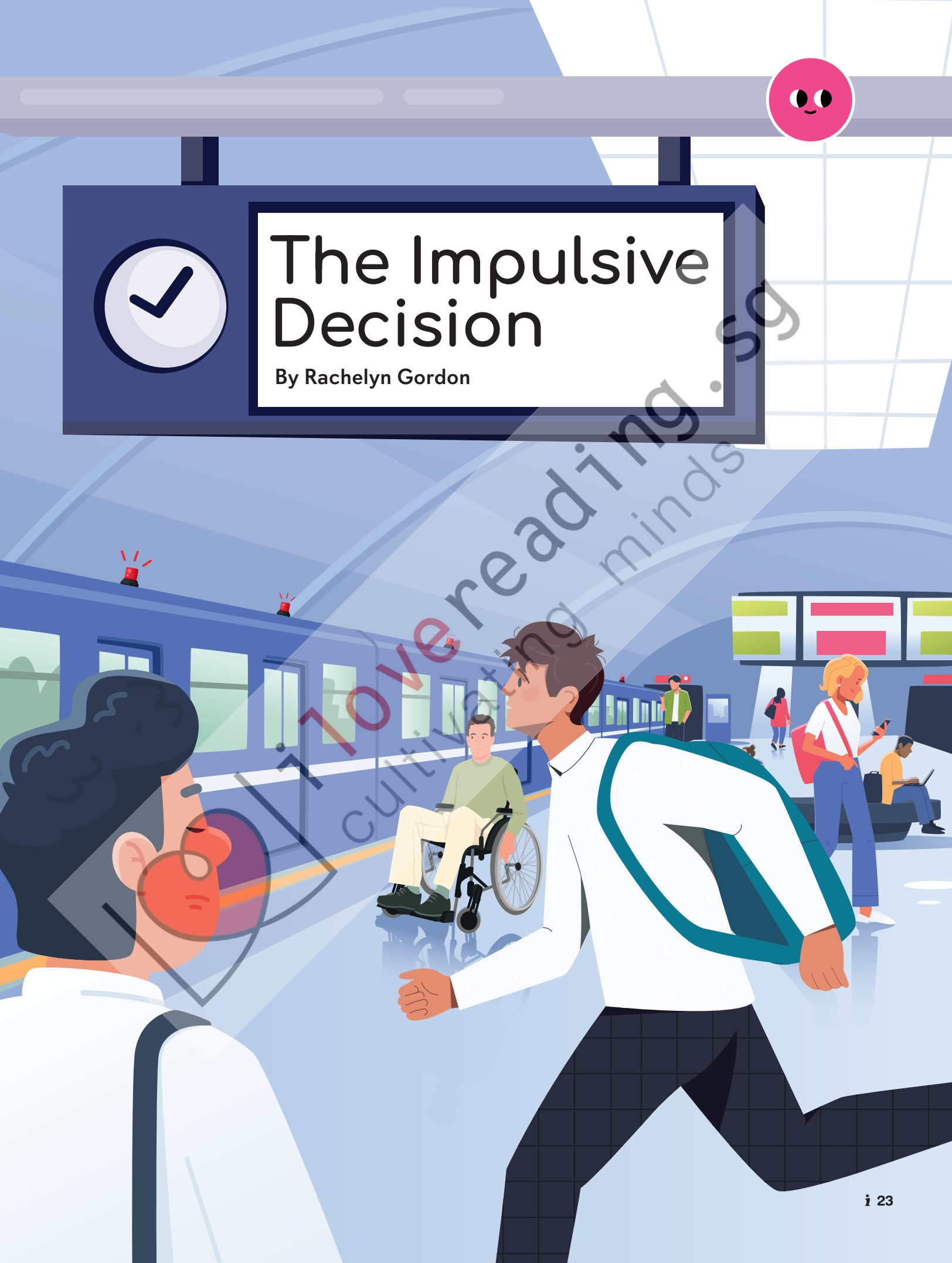


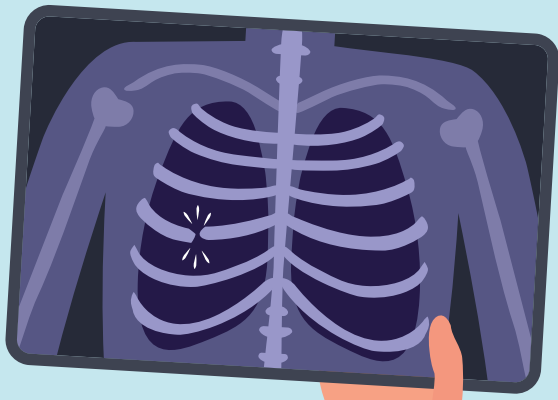
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# The Impulsive Decision

By Rachelyn Gordon





1 “Please stand back. The doors are closing,” droned the cautionary message from the annoying speakers above my head.

I had two choices. I could either wait patiently for the  
5 next train or I could heed my impulse and sprint for the departing train. I made my choice and my sneakers squealed across the glossy linoleum as I twisted my body and hurled myself sideways into the closing doors. Then, darkness engulfed me.

10 Impulsivity had been ingrained in me. Although this was often criticised by my parents and teachers, I saw it as spontaneity. Changing decisions on a whim was thrilling. Life simply seemed boring without such last-minute gambles.

2 15 I woke up in hospital with a throbbing pain in my chest that made me gasp for air. I fumbled for the call button and amidst my blurring vision, I saw a nurse and my mother rush towards me. I looked down and discovered half my chest in a cast. My mother, who looked pale,  
20 brushed aside my matted fringe. Softly, she told me that I had been in an accident. My attempt to board the train had led to a collision with a wheelchair. The impact had dislodged several ribs in my chest.

3 I gasped in disbelief. All I wanted that day was to  
25 reach school on time, to submit an assignment. I tried to swallow my tears but the pain refused to allow me a composed cry. My mother quietly comforted me through my messy, grunting, tearful state. Suddenly, a thought surfaced—had I harmed the person in the  
30 wheelchair? Panic surged as I closed my eyes, hoping I had not injured an innocent bystander. Struggling for words, I turned to my mother.

“Did I hurt that...”



## WORD BANK

- 4 Before I could finish, she assured me that the man in  
35 the wheelchair was unharmed. In fact, he had played a  
pivotal role in getting me help after the collision. Relief  
3 intermingled with shame and guilt overwhelmed me.
- 5 After months of physiotherapy and bed rest, I recovered  
enough to be independent again. As I moved through the  
40 world with a heightened sense of awareness and care, I  
noticed many intricacies of life which I had previously been  
oblivious to.
- 6 I had finally come to realise the value of pausing and  
thinking before acting. It was a 4 profound life lesson learned  
45 and one that will be permanently 5 etched in my mind.

1. **ingrained:**  
a habit or attitude that has existed for a long time and is therefore difficult to change
2. **matted:**  
of hair forming a thick mass, especially because it is wet and dirty
3. **intermingled:**  
mixed people, ideas, colours, etc. together; to be mixed in this way
4. **profound:**  
felt or experienced very strongly
5. **etched:**  
imprinted vividly on someone's mind or memory

## Lang Game

Are they really the same? ● ● ●

The following are sentences where either the word **COMPULSIVE** or **IMPULSIVE** will fit. Can you find out the correct fit?

1. (Compulsive / Impulsive) means a strong desire to do something repeatedly and unable to stop doing it.

\_\_\_\_\_

2. (Compulsive / Impulsive) refers to behaviour in which you do things suddenly without any planning nor consideration of the effects they may have.

\_\_\_\_\_

3. When I am really angry, I tend to make (compulsive / impulsive) decisions I later regret.

\_\_\_\_\_

4. It seems that one of the signs your cat is stressed is if it is (compulsively / impulsively) grooming itself.

\_\_\_\_\_

5. Sammie should not have made that (compulsive / impulsive) decision to buy the camera she knew she could not afford.

\_\_\_\_\_

Lang Game  
Answers



qrs.ly/47fpibj

# HATS THROUGH HISTORY

By Shoba Nair

Hats have been worn for many decades. Throughout history, hats have held significant social, cultural and functional importance. Although it has waned in popularity now, there was a time when it was unacceptable for the English people to go into the streets without one.

In early times, hats were used to indicate a person's social status. It was a symbol of power, wealth and authority. In the 19<sup>th</sup> century, the top hat was worn by men of high social standing – those in the middle and upper classes – although by mid-century this hat was being worn by all social classes, including coachmen, policemen and fishermen. By the late 19<sup>th</sup> century, top hats made of silk, considered more luxurious, were worn in cities by prosperous businessmen whereas the soft felt hat was popular with railroad workers and farmers. The bowler hat was adopted by the upper class for sports, although it was originally invented as an occupational hat for gamekeepers and hunters in 1850. Within a decade, the working class, such as the milkmen and warehouse workers, started donning this hat. After the Second World War, though, it was worn mainly by middle-class businessmen.

The military has its own set of hats, too, which denote the rank of the personnel. The peaked cap, for example, is a symbol of authority and command within the armed forces. Also known as a visor cap or service cap, this is a hat with a stiff brim and a slightly rounded crown. It is often worn by officers in the military, lending a professional and polished appearance. It is an essential part of ceremonial dress uniforms and are worn on formal occasions.



TOP HAT



BOWLER HAT



PEAKED CAP



**WIDE-BRIMMED HAT**

Women have always enjoyed wearing a wide variety of headgear too. In the late 19<sup>th</sup> century, the wide-brimmed hats, which complemented the fuller hairstyles and flowing skirts of the era, were popular. These hats, often decorated with floral accents and plumes of feathers, were donned by only the wealthy upper-class women. This is in sharp contrast to the mob caps of the women in the lower classes (such as housemaids and daily wage workers), worn for the practical reason of keeping their hair out of the way as they went about their daily chores. In the 1920s, the most popular hat was undoubtedly the cloche hat. These bell-shaped head coverings were perfectly suited for the cropped bob hair cut that was in trend during the Jazz Age then. Cloche hats made from opulent fabrics such as silk, satin or velvet (with small jewels on them as well) were a perfect accessory for the evening wear of the wealthy during this period.

Many other societies besides the Europeans also adorned hats. There was the sombrero of the Mexicans, the fez of the Moroccans and the conical hat of Asians, all of which remind us of the rich culture and history of the people around the world. The hat is indeed a fascinating accessory that tells us stories of the culture and social climate of civilisations across time and place.



**CLOCHE HAT**



**WATCH**

**Bobi Wine launches the red beret movement**



[qrs.ly/cffnq9z](https://qrs.ly/cffnq9z)

Source is relevant at the time of publishing

# Lang Game

Idiom-ise me! ● ● ●

The following are idioms on HATS. Match the idiom to the meaning. Also, challenge your friends to form sentences, using these idioms.

**A hat trick**

**Talking through your hat**

**Eat my hat**

**To hang up your hat**

**At the drop of a hat**

1. If you are willing to do this if a particular thing happens, it means you do not believe it will.

---

2. Three successes in a row.

---

3. Immediately or very suddenly, with little to no provocation or forewarning.

---

4. To talk a lot about something you do not really understand.

---

5. To retire or cease working or performing some task or duty that you have done for a long time.

---

Lang Game  
Answers



[qrs.ly/47fpibj](https://qrs.ly/47fpibj)



# Taking a Break

By Shoba Nair

Pause – take a break.

Take a break from your work. Take a break from social media. Take a break from the whirlwind of activities.

Why?

Here are three reasons we should take a break.

## 1. Breaks are a stress reliever

Life is hectic, and there are many stressors such as school, friends or family, in our lives. Thus, we need to find an outlet to relieve our stress from time to time.

## 2. Breaks activate our creativity

When we take a break, our minds will feel more at ease and start to wander. As this happens, our brain is better able to make new connections and foster creative thinking.

## 3. Breaks improve our focus

Research says that taking breaks from studying helps to prevent cognitive fatigue, increasing our ability to concentrate. The mind needs to rest and regain its energy before embarking on the next task at hand.



What are some of the things you can do during your break? If you are studying intensely for an examination, ensure that you take into account study breaks in your study plan. During the break, you can take a short nap, go for a walk, listen to music or even take a shower. If you have a longer break, it is a good idea to engage in some physical exercises. You may consider going for a jog or cleaning up your living space. Talking to someone is also a good way to take a break. You should take breaks from your electronic devices as well as these devices may overstimulate your mind and become a source of stress. So, do a digital detox from time to time to ensure you take a break from your phone and social apps.

As you go about taking breaks, do remember to time your breaks. You do not want to be carried away in the leisure activity and forget the main task you are working on!



# Five Travel Jobs

By Dvorah Nair

Do you love to travel but find that your bank account refuses to allow you to? The following jobs may just be the answer – to travel for free.

## Flight Attendant

A flight attendant often travels to cities near and far and meets new people. Food and beverages are provided for them when they fly, and most airline crew are reimbursed for food expenses when they have to stay overnight (or nights) in one city and before their return flight. Together with food, hotel accommodation is included. This means that as a flight attendant, you travel to many places without having to pay for flight, food and accommodation.

## Travel Show Host

If you enjoy being in front of the camera, you may find this option very alluring. You and your video crew will be spending time in each city to visit its attractions, sample its cuisines, enjoy free accommodation and meet new people while learning about its culture. Best of all, all expenses are taken care of by the programme network AND you get paid a pretty penny.





### **International Tour Guide**

What are the perks of being an international tour guide? As someone who leads groups of people to new destinations, you are paid to familiarise yourself with the history of the place, interesting facts and finds and the best places to visit first, all expenses paid. The best part? You get to revisit these places with different groups of people you lead – again, for free.

### **Travel Writer**

Do you love expressing yourself in words and also love travelling? Then travel writing may interest you. Unlike the previous options, as a travel writer, you are usually self-employed (if you are a travel blogger) or a freelancer (selling your travel-related articles to publishers). It is very satisfying when you see your published works and the payment but this also means you may have to pay for your own travel, food and accommodation. However, the options for sponsorships in return for an article, review or marketing are always available, so some travel writers literally travel for free. Your hours are extremely flexible, you are not limited by the organisations that sponsor you and you get a chance to inspire and influence the travel plans of others through your writing.

### **Travel Photographer**

Not a wordsmith but believe a picture is worth a thousand words? A travel photographer may just be the right fit for you. As you network and build your reputation and skills while exploring different spaces and places, you decide how much or little you wish to work and the projects you decide to work on. Just as a travel writer, your potential for earnings is significant, as there is scope for sponsorships. Capture the world through your lens.

This is not an exhaustive list of careers that offer free travel. However, it is a good indication that there is no reason for you to delay those travel dreams to after retirement. In fact, your travel dreams may just be the key to saving up for a healthy retirement nest!



**The following quotes each has a homophone error (sounds the same but different spelling, meaning and origin). Can you correct them?**

1. "To my mind, the greatest reward and luxury of travel is to be able to experience everyday things as if fore the first time, to be in a position in which almost nothing is so familiar it is taken for granted."

~ Bill Bryson

\_\_\_\_\_

2. "The world is a book and those who do not travel read only one paige."

~ St. Augustine

\_\_\_\_\_

3. "When oversees you learn more about your own country, than you do the place you're visiting."

~ Clint Borgen

\_\_\_\_\_

4. "Not all those who wonder are lost."

~ J. R. R. Tolkien

\_\_\_\_\_

5. "Like all grate travellers, I have seen more than I remember, and remember more than I have seen."

~ Benjamin Disraeli

\_\_\_\_\_

Lang Game  
Answers



qrs.ly/47fpibj



# Digital Detox

By Shoba Nair



qrs.ly/m2fsesc

Listening

Hi Ann, I was trying to contact you last week, but you seemed unreachable.

Yes, James. Sorry about that! I was trying a digital detox the past week.

Oh, so you did not use your mobile phone for a whole week?

I still used my laptop for my school work, but yes, I didn't use my mobile phone at all last week.

That's quite a surprising move, especially for someone like you who's very active on social media. What made you try this digital detox?

I just felt that I was too attached to my devices, especially my phone, and I was afraid of getting addicted to it. With Instagram and WhatsApp chats, it seemed as if my whole life were trapped inside that tiny device.

That is true. Technology can sometimes even be a source of stress. I used to check my phone for at least two hours before bed, and I realised that over time, I had difficulty sleeping. I also started to feel easily distracted in class the next day. I then decided not to use my phone at all just before bedtime. I've been sleeping much better since.



Checking our phones just before bedtime can even cause anxiety, so it's good that you managed to kick that habit. I also find that spending excessive time on social media can make us feel depressed.



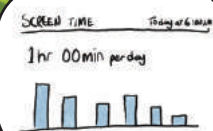
Yes, we start comparing our own lives to those of our friends and celebrities, and we may feel that everyone else is leading more fulfilling or exciting lives than us. As they say, comparison is the thief of joy.

I agree. By detoxing from all these digital connections, we can focus on what is important to us and work on ourselves. Even celebrities such as Selena Gomez and Ed Sheeran have taken long breaks from social media.



I intend to do one once every month. Then I intend to progress to doing it once every week. I also have started restricting my mobile phone usage to just one hour a day, and I already see an improvement in the quality of my life.

So, are you going to do another digital detox any time soon?



# Expressions ON PAUSE

## pregnant pause

a long pause in speech that indicates a lot of meaning or significance

*There was a pregnant pause when I asked him where his grandfather was, and I immediately knew that something was wrong.*

## hold that thought

to pause in a conversation for an interruption

*Hold that thought - I just need to make a quick call to my mother.*

## hem and haw

to be indecisive

*When asked about her plans for the holidays, Alice hemmed and hawed.*



## buck stops here

to have to take responsibility or blame for something

*There is no one else to blame for this accident - the buck stops here with me.*

## showstopper

an act, song or performer that wins applause so prolonged that it interrupts a performance

*Her mesmerising exotic dance was a showstopper.*

## call it a day

to stop doing something for the day, for example work, temporarily.

*We have been working on this assignment for too long. Let's call it a day.*

## take a breather

to stop what you are doing for a short time and have a rest

*You have been studying non-stop for five hours - you must take a breather!*



## put your feet up

to relax and take a break

*Put your feet up and enjoy a cup of coffee before continuing with your revision.*

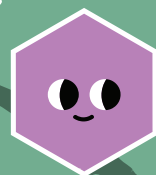


## METACOGNITIVE POINT CHECKPOINT

Is there anything surprising in the articles I have read so far?

What do I find confusing?

# CHAMPIONS OF A DIFFERENT LIFESTYLE



By Dvorah Nair



Have you heard of the term, 'rat race'? It is a term to describe a way of life where people are caught up in a competition, struggling for money, status and power. It is also one of the main reasons for being 'burnt out' in life. Some people choose to leave that lifestyle, pause, and ask themselves what truly matters to them. Here are three people who decided to approach life differently.



### **Martin & Jacinda**

Martin and Jacinda (surnames not revealed), a Singaporean couple, decided to leave the rat race behind to explore the world while they were still young – from the back of a van. They bought an old van, refurbished it and that became their home and mode of transportation for over 500 days on the road. The initial plan was to travel up to China and eventually Portugal through Southeast Asia. Sadly, the Covid-19 pandemic threw a spanner in the works and forced them to return home from Chiang Mai. Still, they are happy to tell the brave stories of their adventures!

### **Norbert Figueroa**

Puerto Rican architect Norbert Figueroa decided to take a break from his job in New York in 2011. His plan was to “travel the world for a year”. Ten years later, this architect now leads a nomadic life and has professional traveller, blogger and freelance architect as his resume entries. He has since travelled to close to 140 nations – about three-quarters of his bucket list of 193 countries. He lives to inspire others to see the world too and to debunk myths of inaccessibility and unaffordability to do so.



## WORD BANK

1. **burnt out:**  
ill or very tired from working too hard
2. **threw a spanner in the works:**  
prevented something happening smoothly in the way it was planned, by causing a problem or difficulty
3. **nomadic:**  
moving from one place to another rather than living in one place all of the time
4. **nurture:**  
to take care of, feed, and protect someone or something, especially young children or plants, and help them to develop

## Michael Schoeffling

While many (especially men) hit pause on their careers to nurture their love for travel and adventures, Michael Schoeffling left the rat race to nurture a love of another kind – children. At what seemed to have been the peak of his career, Schoeffling, a former model and Hollywood actor, walked away from it all – for his son, and later, his daughter. He showed the world that it was not only mothers who give up their careers for the family. Today, Schoeffling runs a successful carpentry business and is still contented with the decision he made to leave the limelight 30 years ago.

Do you think they made the right choice?

WATCH

▶

'Gap Year' becoming a trend among students



NEWS8

WE'VE GOT YOUR BACK

TAKING A GAP YEAR

  
[qrs.ly/rrfnqak](https://qrs.ly/rrfnqak)

Source is relevant at the time of publishing

## References

1. Singaporean couple leaves their jobs and goes on the roadtrip of their life in an old van, from Says, 31 August 2019.
2. About me, from Globotreks, retrieved from <https://www.globotreks.com/about-me/>
3. Whatever happened to Michael Schoeffling? From Nicki Swift, 21 July 2021.

# My Favourite Hobby

By Chitra Pillay

Good morning, dear friends! For this week's 'Share My Hobby' talk, it is my turn to share with you something that is very close to my heart. In this day and age of digital communication among people even within the same room, my hobby brings back the 'nostalgia of handwritten messages. It is one that makes me excited as I check my letterbox every week. Friends, I am talking about the lost art of writing postcards! Why postcards, you ask? Let me share my thoughts on this.

About a year ago, I came across an online 'initiative called 'Postcrossing', founded by a Portuguese student, Paulo Magalhaes, in 2005. The goal is to connect people from all over the world through postcards. All you have to do is register with the website and participants can send and receive postcards from anyone in the world. What began as a little side project has since grown into a diverse community of individuals united by a simple yet profound love for sharing a piece of their lives through postcards. This is how we Postcrossers, as we are called, have created a global 'tapestry of human connections.

Read Aloud



qrs.ly/rkfesem



You may wonder, why would I want to write some more when we already have to write so much in school? Well, that's the beauty of postcards. There is only a small space to write in so we have to keep our messages bite-sized and <sup>4</sup>succinct. Also, the process of sending and receiving the postcards is a delight in itself. I take my time to meticulously select the postcards I wish to send. Once, I met a Postcrosser from Sweden who was crazy about mushrooms. I searched high and low and finally found the perfect postcard with beautiful mushrooms on it for her. Another Postcrosser from Japan loved our local food so much that with the help of my mother, I sent her a specially made spice mix! Imagine her excitement!

It is not all about giving, though. It is hard to describe my heart-thumping anticipation as I eagerly await postcards from some far-flung corner of the planet. To date, I have a mindboggling array of almost 200 postcards, featuring a variety of pictures, ranging from breathtaking landscapes to artistic creations, not to mention stamps from all over the world that I proudly display in a stamp album. I have even been the lucky recipient of a gorgeous Hello Kitty stationery set from a very generous Postcrosser who had learnt about my love for stationery! From interesting personal anecdotes and travel stories to even movie recommendations, each postcard offers a tiny glimpse into the world of the sender – a world that I may otherwise have never known about.

Thanks to my unique hobby, I have been able to bond with people from all walks of life – a bond that <sup>5</sup>transcends not only geographical borders but also racial, religious and cultural barriers. The postcards are not merely paper. They carry with them the warmth of the human touch. My world is open and more interconnected. If you too would like to enrich your life with a little Postcrossing, all you need is a postcard of your choice, some stamps and an open mind. So, are you ready to open up your world, my friends?

## WORD BANK

- 1. nostalgia:**  
a sentimental longing
- 2. initiative:**  
a plan or project
- 3. tapestry:**  
something made up of different things, people, colours, etc
- 4. succinct:**  
brief and concise
- 5. transcends:**  
goes beyond the limits of something



## Picture Stimulus

**CHILDREN'S  
FESTIVAL  
OF THE ARTS**

**Saturday, 27 January, 10am to 3pm  
Yuna Arts Centre**

**Free Event  
Hands-on Arts Activities  
Art Exhibits  
Food Vendors  
Music & Dance Live Performances**

Note: This is a fictitious poster, created for educational purposes.

# Video Stimulus



## Stimulus-Based Conversation

### Elementary

1. Look at the picture on page 42. Would you like to attend this event? Why or why not?
2. What are some arts activities that you enjoy watching or participating in?
3. With an increased emphasis on Science, Technology, Engineering and Mathematics, also known as STEM, what do you think is the role of the arts in the lives of students today?

### Intermediate/Advanced

1. Watch the video above. How has the person's feelings changed from the start to the end of the video?
2. What are some things you do to relax?
3. Do you think spending one's free time on digital devices is unhealthy? Why or why not?

Suggested Response



qrs.ly/3efsesu

Elementary

Suggested Response



qrs.ly/c7fset4

Intermediate/  
Advanced

METACOGNITIVE POINT  
REFLECTION

What is one takeaway from this topic?

**I. GRAMMAR CLOZE [10 marks]**

There are ten blanks, numbered (1) to (10) in the passage below. From the list of words given, choose the most suitable word for each blank. Write its letter (A to Q) in the blank. The letters (I) and (O) have been omitted to avoid confusion during marking.

**EACH WORD CAN BE USED ONLY ONCE.**

(A) can	(D) of	(G) having	(K) are	(N) until
(B) could	(E) every	(H) in	(L) on	(P) was
(C) each	(F) for	(J) is	(M) to	(Q) would

I used to be an impenitent shopaholic. The number of bags I (1)\_\_\_\_\_ amass from my regular shopping sprees used to attract whispers. (2)\_\_\_\_\_ a copious number of choices for every occasion thrilled me; the thought (3)\_\_\_\_\_ repeating outfits even for common activities was unbearable. I also had a proclivity (4)\_\_\_\_\_ falling in love with every shiny trinket and bauble I saw. More was simply better.

That was (5)\_\_\_\_\_ the day my mother discovered the magnitude of my credit card debt! In a blind rage, she threw open all the cupboards and drawers in my room. Bags of clothes, shoes, electronics, stationery, and knick-knacks of (6)\_\_\_\_\_ sort poured out from every nook and cranny. A deafening silence followed as the last object hit the floor. The shame and guilt of my destructive shopping habit hit me (7)\_\_\_\_\_ the gut. I finally had to confess that I did not know how to stop shopping, although I desperately wanted to.

“You are donating everything you don’t need,” my mother instructed me firmly.

As recycling bags got filled (8)\_\_\_\_\_ the brim, a strange lightness crept in. The clarity of my physical space was manifesting itself in my head. I devised a plan to pay off my debts. Resisting the urge to shop (9)\_\_\_\_\_ difficult at first, but I managed to quell the temptations by remembering the look of disappointment my mother had. No bag, shoe or clothing was worth putting any more wrinkles (10)\_\_\_\_\_ her face. Finally, after two years, I made my last payment to the bank. I was finally free of financial insecurity.



## II. EDITING [12 marks]

Each of the underlined words contains either a spelling or grammatical error. Write the correct word in each of the boxes.

If the cold weather makes you want to hit the snooze button and bury your head under the covers, you are not alone. Many animals in the wild survive in harsh winter (1) envairements  S by sleeping more and conserving energy through a process called hibernation. It is much more complex than (2) simple  G sleeping, though.

Hibernation is a way for some animals to cope with nature not providing enough of their food during winter. For (3) survive  G, animals such as birds and whales migrate and some such as squirrels and moles store food to eat during the winter. Others such as bears and hedgehogs are equipped with a biological game-changer: the ability to put their bodies (4) at  G pause mode. A hibernating animal's (5) metahbelisum  S slows down and its temperature plunges, allowing it to survive without having to (6) forrije  S for food. During this time, the animal's body requires less oxygen, water and food than it usually needs. Instead, it uses nutrients stored up before hibernation. When the environment becomes warmer, it emerges from its (7) doorment  S state and picks up from where it left off.

Hibernating animals are adept (8) to  G sensing seasonal changes. Some start getting ready to hibernate as soon as summer draws to an end. These animals prepare for hibernation by eating as much as possible to build a thick layer of body fat. Not only does the body feed on this fat to keep itself alive during the cold winter months, (9) and  G the extra fat also helps the animal stay warm when it is immobile. Animals also need to find or build shelters for hibernation. While they hibernate, they become more (10) vulnerebel  S to predators. If an animal miscalculates where it chooses to hibernate or wakes up (11) premacherly  S, it may not survive the winter. Hibernating animals usually choose to stay underground or in caves to protect themselves from predators. Some make dens specifically for hibernating, called 'hibernaculum'. These dens are hidden, (12) insulation  G and often contain food in case animals lack body fat. Hibernation is indeed a profound and fascinating topic for scientists all over the world.

**III. VOCABULARY CLOZE [15 marks]**

Fill in each blank with a suitable word.

Many of you reading this right now will be exploring parts of our world on your own or with friends in a few years' time. Perhaps, by that **(1)** \_\_\_\_\_, ecotourism will be synonymous with travelling.

Ecotourism **(2)** \_\_\_\_\_ enjoying natural environments and supporting local businesses by eating local produce and buying local merchandise, while respecting the local flora, inhabitants and land, leaving them undisturbed. What does this look **(3)** \_\_\_\_\_?

For one, tourists leave a place cleaner than when they arrived. Some of the ways they do this are by cleaning up after **(4)** \_\_\_\_\_, using natural and renewable materials and travelling via public buses and trains, riding bicycles as well as, **(5)** \_\_\_\_\_, walking. Place conservation is also about being aware of and respecting the local cultures and heritage, including their spiritual and social **(6)** \_\_\_\_\_. As they say, when in Rome, do as the Romans do.

This brings us to the next point – **(7)** \_\_\_\_\_ local businesses and restaurants that source their produce locally. Ecotourism aims to provide locals with business opportunities that help **(8)** \_\_\_\_\_ against poverty and provide sustainable income. By supporting local businesses, tourists indirectly help to create jobs locally which in **(9)** \_\_\_\_\_ help support the local communities and boost the economy.

Moreover, ecotourism focuses on nature-based travels where **(10)** \_\_\_\_\_ will encounter natural and cultural landmarks such as rainforests, wildlife sanctuaries, sacred buildings and spaces, and nature reserve parks, to **(11)** \_\_\_\_\_ a few. Tourists will not only get to experience these beautiful natural places but will also be educated on environmental **(12)** \_\_\_\_\_. This increases their awareness and appreciation for such environments. Moreover, the money earned from tours to these natural and protected places goes back to preserving them, and sometimes also funds research on the flora, **(13)** \_\_\_\_\_ and culture of the land.

Travelling is educational, life-changing and fun. However, it can also **(14)** \_\_\_\_\_ our planet and its inhabitants. Thus, it is **(15)** \_\_\_\_\_ that we make socially and environmentally sound decisions when planning our travels. Ecotourism promotes awareness and encourages us to conserve the unique landscapes, communities, cultures and wildlife that we have been blessed with.



**IV. COMPREHENSION OE [20 marks]**

Read the story on pages 23-25, and answer questions (1) to (8).

1. Explain in your own words the following:
  - (a) How did the narrator feel about the message from the speakers at the train station? [1]  
[Literal Question]
  - (b) Why did he feel this way? [2]  
[Inferential Question]
2. Which phrase in paragraph 1 tells us that the narrator squeezed through the closing doors of the train? [1]  
[Vocabulary Question]
3. Which word in paragraph 1 suggests that the adults in his life disapproved of the narrator's habit? [1]  
[Vocabulary Question]
4. Choose one word from paragraphs 2, 4 and 5 that is similar in meaning to each of the following words below. [5]  
[Vocabulary Question]

Meaning	Paragraph	Word in Passage
dishevelled	Paragraph 2	
force	Paragraph 2	
vital	Paragraph 4	
overcame	Paragraph 4	
complexities	Paragraph 5	

5. Which three words below accurately describe the narrator's emotions as he woke up in the hospital? [3]  
Tick the correct three words.  
[Inferential Question]

<input type="checkbox"/> dismay	<input type="checkbox"/> sadness	<input type="checkbox"/> joy
<input type="checkbox"/> shock	<input type="checkbox"/> anger	<input type="checkbox"/> anxiety



6. Based on the story, state whether each statement in the table below is TRUE or FALSE, then support your answer with one reason from the passage. [3]

[Literal Question]

	True / False	Reason
The narrator was rushing to school to avoid punishment for being late.		
The man in the wheelchair escaped injury.		
The narrator made a quick recovery after the accident.		

7. Why did the narrator feel both 'relief' (line 36) and 'shame' (line 37)? [2]

[Literal Question]

8. (a) What change was the narrator inspired to make after the accident? [1]

[Literal Question]

- (b) Pick the phrase in paragraph 6 that tells us that this incident made a lasting impact on him. [1]

[Vocabulary Question]







## VI. LISTENING COMPREHENSION

### Notes on listening for details

#### **Before the first reading**

- Read through the questions carefully.
- Take note of information you will need to look out for.
- Underline the keywords in the questions.

#### **During the first reading**

- Listen carefully to the passage while looking out for the information needed to answer the questions.
- Circle your answers first.

#### **During the second reading**

- Listen closely for information you may have missed during the first reading.
- Continue listening attentively and check your answers.

### **Listening Task:**

Listen to the recording played by the teacher, and answer the questions below.

You may listen to the recording **twice**.

1. Ann was uncontactable for a week as she was \_\_\_\_\_.
  - (1) on a holiday
  - (2) taking a break from her mobile phone
  - (3) taking a break from social media and work (      )
  
2. What benefit did James see after not using the phone before going to bed?
  - (1) He slept better.
  - (2) He experienced more joy.
  - (3) He was more distracted in class. (      )
  
3. Spending a lot of time on social media can \_\_\_\_\_.
  - (1) cause us to feel depressed
  - (2) help us discover what is important in life
  - (3) inspire us to follow what celebrities do (      )
  
4. It is said that comparison is the thief of joy because it can \_\_\_\_\_.
  - (1) make us feel dissatisfied with our own life
  - (2) make us take breaks from social media
  - (3) make us strive to do better (      )
  
5. Which one of the following statements is true?
  - (1) Ann has inspired James to do a digital detox.
  - (2) Ann hopes to eventually do a weekly digital detox.
  - (3) Ann has decided to do a digital detox for an hour a week. (      )





## VII. ORAL

### Reading

Listen to the recording of 'My Favourite Hobby' on pages 40-41. Now, try reading the text and listen to your peers read too. Obtain feedback on your reading and provide feedback to your peers.

### Stimulus-Based Conversation

Refer to the picture stimulus on page 42 and answer the questions on page 43 (Elementary).





### I. MODIFIED CLOZE [10 marks]

Read the passage below very carefully, and then fill in each blank with the most suitable word from the list of options provided. You will not need to use all the words provided.

DO NOT USE ANY OF THE OPTIONS MORE THAN ONCE.

end	rise	medical	survive	fall
close	bodies	resting	care	hibernation
lack	protection	store	moving	immobile

Hibernation is a way for some animals to cope with nature not providing enough of their food during winter. To survive, animals such as birds and whales migrate and some such as squirrels and moles (1)\_\_\_\_\_ food to eat during the winter. Others such as bears and hedgehogs are equipped with a biological game-changer: the ability to put their bodies on pause mode. A hibernating animal's metabolism slows down and its temperature plunges, allowing it to survive without having to forage for food. During this time, the animal's body requires less oxygen, water and food than it usually needs and instead uses nutrients the animal has stored up before (2)\_\_\_\_\_. When the environment becomes warmer, it emerges from its dormant state, and picks up from where it left off.

Hibernating animals are adept at sensing seasonal changes. Some start getting ready to hibernate as soon as summer draws to an (3)\_\_\_\_\_. These animals prepare for hibernation by eating as much as possible to build a thick layer of body fat. Not only does the body feed on this fat to keep itself alive during the cold winter months, but the extra fat also helps the animal stay warm when it is (4)\_\_\_\_\_. Animals also need to find or build shelters for hibernation. While they hibernate, they become more vulnerable to predators. If an animal miscalculates where it chooses to hibernate or wakes up prematurely, it may not (5)\_\_\_\_\_ the winter. Hibernating animals usually choose to stay underground or in caves to protect themselves from predators. Some make dens specifically for hibernating, called 'hibernaculum'. These dens are hidden, insulated and often contain food in case animals (6)\_\_\_\_\_ body fat.

During hibernation, an animal's body temperature drops, its heart rate slows down, and breathing becomes shallow. In bats, the heart rate can (7)\_\_\_\_\_ from 400 to 11 beats per minute. However, hibernating animals do not stay in their comatose-like state throughout winter. They can rouse easily from their slumber if needed and typically wake up intermittently to eat and warm up. Hibernation can also be a time for females to give birth. Some female bears give birth and nurse their cubs in enclosed dens that provide (8)\_\_\_\_\_ during hibernation. This allows mother bears to focus on raising their cubs, which they may not be able to do very well during the more active summer months. In spring, the new family emerges from the den.

Hibernation is a profound and fascinating topic for scientists all over the world. Imagine if we could put our own (9)\_\_\_\_\_ on pause the way animals do. That would give us the ability to keep a sick or injured person alive until (10)\_\_\_\_\_ care is available or get 'un-paused' in the future, seemingly having time travelled. That is only if humans can crack nature's hibernation code.



**II. COMPREHENSION I [10 marks]**

Refer to the article, 'The Impulsive Decision' on pages 23-25.

**For Questions 1-3, state who or what the following words in the passage refer to.**

1. my choice (line 6) : [1]
2. it (line 12) : [1]
3. he (line 35): [1]
4. How badly was the narrator injured due to the accident? [1]
5. List two things the mother did to gently break the news of the accident to the narrator. [2]
6. In paragraph 3, explain why the narrator suddenly became anxious. [2]
7. In what way had the man in the wheelchair played a 'pivotal role' (line 36)? [1]
8. What was the 'life lesson learned' (line 44)? [1]

**III. COMPREHENSION II [10 marks]**

Refer to the article, 'Hats through History' on pages 26-27 to answer the questions in this section.

1. What are **two** things that hats used to represent in the early days?  
Tick **two** of the boxes below. [2]

- power
- family type
- culture
- wealth
- education



2. Which **two** phrases from the article show the extravagance of the hats worn by wealthy women in the late 19<sup>th</sup> and early 20<sup>th</sup> century? Tick **two** of the boxes below. [2]

- 'keeping their hair out of the way'
- 'most popular hat'
- 'opulent fabrics'
- 'perfect accessory'
- 'floral accents and plumes of feathers'

3. Which **one** description of hats mentioned in the article do the five pictures best illustrate? Tick **one** box. [1]

- 'worn by all social classes'
- 'social, cultural and functional importance'
- 'rich culture and history'
- 'adopted by the upper class'

4. Match each of the descriptions A-E below to each type of hat. Write the correct letter **A-E** next to the name of each hat.

**Descriptions**

- A** Although this hat was originally made for use by the upper class for sports, it was later adopted by people in other social classes.
- B** This hat suited women with a bob hair style.
- C** This hat was popular among the upper-class women in the late 19<sup>th</sup> century.
- D** This hat is made of silk and was worn by rich businessmen.
- E** This hat gives the wearer a professional and polished appearance.

**Types of hats**

- (i) Top hat: \_\_\_\_\_
- (ii) Bowler hat: \_\_\_\_\_
- (iii) Peaked cap: \_\_\_\_\_
- (iv) Wide-brimmed hat: \_\_\_\_\_
- (v) Cloche hat: \_\_\_\_\_

[5]



**I. EDITING [10 marks]**

Read the following passage carefully. It contains ten language errors. Each of these errors is underlined. Write the correction of each error in the numbered column on the right. Either write the correct word or write 'delete' if you want to delete the word.

Examples:

They were excite to receive the news

\_\_\_\_\_ excited \_\_\_\_\_

She told to me that her mother had a fall.

\_\_\_\_\_ delete \_\_\_\_\_

**Column for Corrections**

Ecotourism includes enjoying natural environments and supporting

local businesses by eating local produce and buy local merchandise, while

1 \_\_\_\_\_

respecting the local fauna, inhabitants and land, leaving them undisturb. What

2 \_\_\_\_\_

does this look like? For one, tourists leave a place clean than when they

3 \_\_\_\_\_

arrived. Some of the ways are by picking up their rubbish, using as

4 \_\_\_\_\_

natural and renewable materials and travelling via public buses but trains,

5 \_\_\_\_\_

riding bicycles as well as simply, walking. Place conservation also include

6 \_\_\_\_\_

being aware of and respecting a local cultures and heritage, including their

7 \_\_\_\_\_

spiritual and social practices. As they says, in Rome do as the Romans do.

8 \_\_\_\_\_

Ecotourism also means patronises local businesses and restaurants that

9 \_\_\_\_\_

source their produce local. Ecotourism aims to provide locals with business

10 \_\_\_\_\_

opportunities that help provide sustainable income.



## II. MODIFIED CLOZE [10 marks]

Read the passage below very carefully and fill in each blank with the word that best suits the meaning of the passage as a whole. Use ONE WORD ONLY for each blank.

I used to be an impenitent shopaholic. In fact, the number of bags I would amass from my regular shopping sprees used to attract whispers. Having a copious number of choices for every occasion conceivable thrilled me; the thought of repeating outfits (1) \_\_\_\_\_ even common activities was unbearable. I also had an inclination to fall (2) \_\_\_\_\_ love with every shiny trinket and bauble I saw. More was simply better.

That was until the day my mother discovered the magnitude of my credit card debt. In a blind rage, she threw open all the cupboards and drawers in my room. The shame and guilt of my destructive shopping habit hit me in the gut (3) \_\_\_\_\_ bags of clothes, shoes, electronics, stationery, and knick-knacks of every sort poured out from every nook and cranny. A deafening silence followed as the last object hit the floor.

"I'm sorry, Ma," I blurted out. "I know I have to stop shopping, but I don't know how."

"You are donating everything you don't need," my mother instructed me firmly.

As recycling bags got filled to the brim, a strange lightness crept in. The clarity of my physical space (4) \_\_\_\_\_ manifesting itself in my head.

"Ma, I am not going to shop until I pay (5) \_\_\_\_\_ my credit card bills. I will try to make do with what I have."

"You have more than enough if you look around," my mum responded without missing (6) \_\_\_\_\_ beat.

My face flushed as I knew that this time around, my actions were going to need to speak louder than my words. I shook off my shame and devised a plan to pay off my debts. Resisting the urge to shop was difficult at first, but I managed (7) \_\_\_\_\_ quell the temptations by remembering the look of disappointment my mother had. No bag, shoe or clothing was worth putting any more wrinkles on her face.

After two years, I made my last payment to the bank. As the teller processed my cheque and brought my balance down to zero, I felt liberation coursing (8) \_\_\_\_\_ me. On my way home that day, I noticed that the Great Singapore Sale had just started. I wandered into the nearest shop, and as the sales assistant turned to smile (9) \_\_\_\_\_ me, I caught my reflection in the mirror. I was finally free of financial insecurity. That freedom was too precious to exchange for a moment (10) \_\_\_\_\_ fleeting happiness. I wished the zealous sales assistant well and headed home, empty-handed but filled with joy.



**III. COMPREHENSION [8 marks]**

Refer to the article, 'Should We Try to Stop Ageing?' on pages 11-13.

1. Choose the comment that best summarises the opinion each person has about ageing. Write the correct letter **A-E** next to the name of each person. You will not need to use all of the options provided.

Comments	
A	It is important to accept that ageing is a natural part of life's journey.
B	We should exercise more as we get older.
C	Older people should always make it a point to keep working.
D	As much as I don't reject ageing, I think it is important to groom ourselves well as we age.
E	The thought of losing my youth is making me so anxious.

- (i) Mariko Soo \_\_\_\_\_
- (ii) Russell James \_\_\_\_\_
- (iii) Anna de Silva \_\_\_\_\_

2. Choose the answer which is closest to the meaning of each of the following words as it is used in the text. Put a tick in the appropriate box.

**(i) cocktail**  
(from Mariko Soo's comment)

<input type="checkbox"/>	mixture
<input type="checkbox"/>	drink
<input type="checkbox"/>	poison

**(ii) transforming**  
(from Mariko Soo's comment)

<input type="checkbox"/>	reshaping
<input type="checkbox"/>	changing markedly
<input type="checkbox"/>	modifying

**(iii) upkeep**  
(from Russell James's comment)

<input type="checkbox"/>	care
<input type="checkbox"/>	maintain
<input type="checkbox"/>	shape

**(iv) well-tailored**  
(from Russell James's comment)

<input type="checkbox"/>	expensive
<input type="checkbox"/>	beautiful
<input type="checkbox"/>	perfectly-fitted

**(v) sagging**  
(from Anna de Silva's comment)

<input type="checkbox"/>	loose
<input type="checkbox"/>	weak
<input type="checkbox"/>	old





## I. LISTENING [5 marks]

### Listening Practice

You will now hear a conversation between two friends on doing a digital detox.

For the following questions, tick the best answer (A, B, C, or D).

You will hear the recording **twice**.



1. Why was James surprised with Ann's decision to do a digital detox?
  - A. She was someone who was often seen with her mobile phone.
  - B. She had done a digital detox for a whole week.
  - C. People of her age do not usually do a digital detox.
  - D. She was usually very active on social media. (            )
  
2. What were **two** effects James experienced when he used his phone before bedtime? Pick the option with the correct **two** effects.
  - A. He was distracted in class the next day and sometimes skipped school.
  - B. He had difficulty sleeping and was distracted in class.
  - C. He had difficulty falling asleep and getting up on time for school the next day.
  - D. He felt anxious and depressed the next day. (            )
  
3. How does spending a lot of time on social media sometimes lead to depression?
  - A. We may feel that our lives are boring compared with those on social media.
  - B. We may feel that our lives are more exciting than everyone else's.
  - C. We may not like the comments on our posts on social media.
  - D. We may feel that social media is the thief of joy. (            )
  
4. Who are the **two** celebrities who have taken long breaks from social media?
  - A. Justin Bieber and Ariana Grande
  - B. Justin Bieber and Selena Gomez
  - C. Selena Gomez and Ed Sheeran
  - D. Ed Sheeran and Kendall Jenner (            )
  
5. How often does Ann use her mobile phone now?
  - A. Once a month
  - B. Once a week
  - C. Once a day
  - D. One hour a day (            )



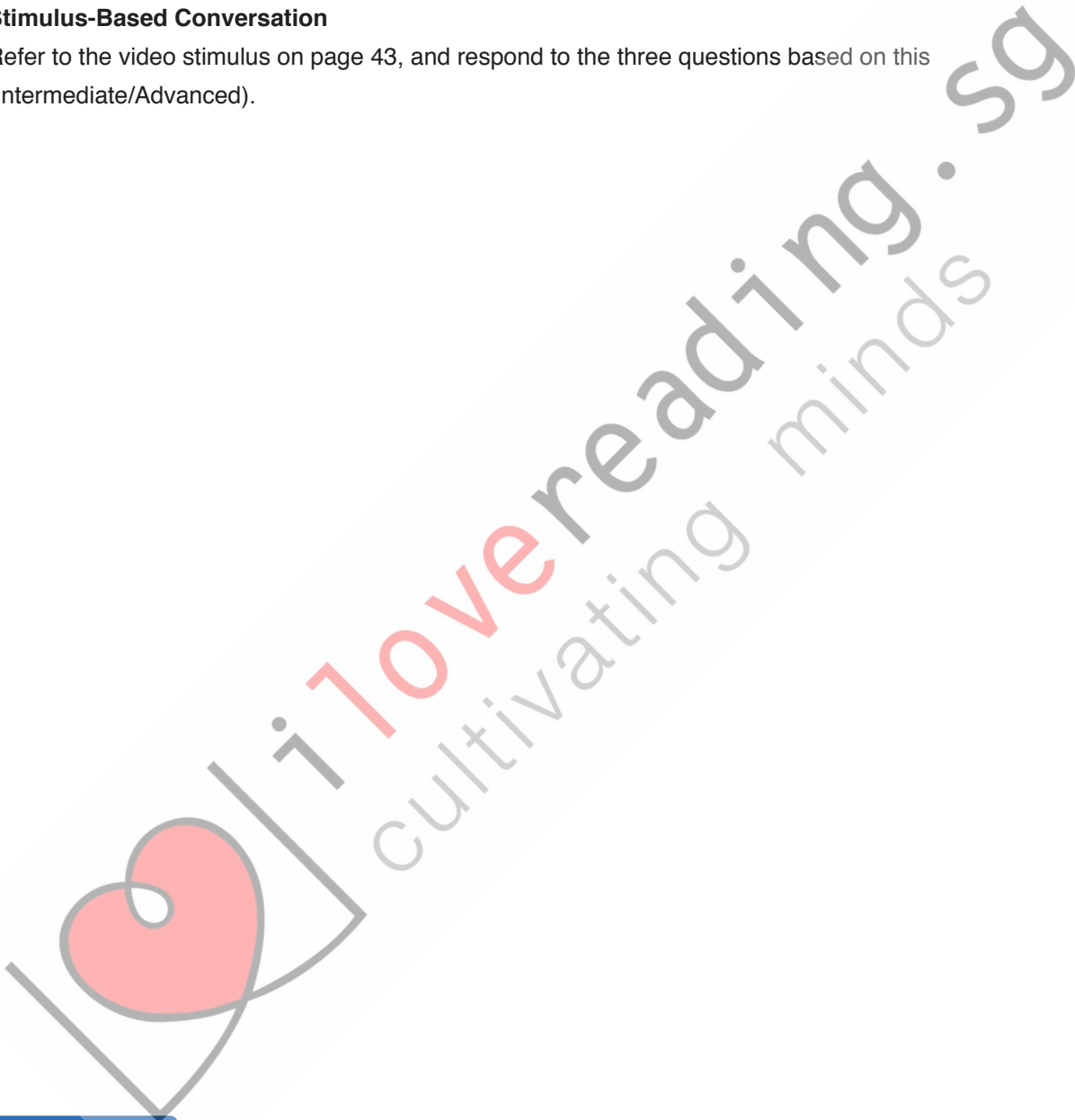
## II. ORAL

### Reading

Listen to the recording of 'My Favourite Hobby' on pages 40-41. Now, try reading the text and listen to your peers read too. Obtain feedback on your reading and provide feedback to your peers.

### Stimulus-Based Conversation

Refer to the video stimulus on page 43, and respond to the three questions based on this (Intermediate/Advanced).



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