

8 Reading

(topic areas: *Environment / Sustainability / Globalisation / Society*)

Read the article about the impact of the expanding palm oil industry on tropical biodiversity.

Then complete the sentences (1–6) using a maximum of four words. Write your answers in the spaces provided. The first one (0) has been done for you.

(task type: Short answers ► Testformate, S. 8)



To save the rainforest, we need to work with the palm oil industry

1 Lots of academics worry that focussing too much on the real-world impact of research threatens pure, curiosity-driven science. But really the two go hand in hand, especially when
5 it comes to solving the complex question of how we achieve sustainability despite increasing human pressures on our planet.

As a tropical field ecologist studying rainforest destruction in Borneo, I saw the impact of
10 the expanding palm oil industry on tropical biodiversity first hand, and so it was always a high priority to ensure the research I was doing made a difference. I was driven by scientific curiosity about how nature responds to the
15 most drastic human activity, but also by the motivation to find solutions.



A *Natural Environment Research Council* fellowship allowed me a rare opportunity to devote all my energy to using science to
20 teach palm oil companies how to look after biodiversity. In just under four years, I was able to translate the pure ecological research I had done for my PhD, studying the responses

of ants and butterflies to the destruction of tropical forests, into practical knowledge which
25 will actually save rainforests.

I worked with the industry to develop a practical toolkit for stopping deforestation in tropical commodity industries, by showing how big rainforest reserves need to be to conserve
30 biodiversity in land dominated by plantations. The toolkit, spearheaded by *Greenpeace* and several key palm oil industry players, has so far been used to conserve half a million hectares of forest in multiple countries – not only in
35 the palm oil sector, but also in rubber, pulp and paper, and cocoa. Last month the major certification board for palm oil, the *Roundtable on Sustainable Palm Oil (RSPO)*, voted to use

the toolkit to strengthen its
40 “no deforestation” policy. Hopefully this will lead to larger areas of forest being protected from an industry that has been responsible for
45 worrying levels of habitat destruction.

Work like this doesn’t just have an immediate impact on the environment; it has
50 a multiplier effect on the wider research landscape.

The government’s research excellence framework, the exercise that assigns universities funding, is coming up in 2021, and much discussion has
55 focused on whether it’s fair that it places a lot of emphasis on research projects being able to demonstrate impact through case studies. My experience has confirmed their importance:



60 work on the toolkit has secured nearly £ 2m in new research funding. An understanding of the knowledge needs of the industry has resulted in repeat funding from the *RSPO* for our socially and environmentally sustainable
65 oil palm research programme aimed at testing the impact of certification. The work has also helped me forge new academic collaborations. My links with Indonesian academics resulted in a project with the *Universities of York* and
70 *Leeds* and the *Zoological Society of London* to investigate the impacts of peatland restoration in Sumatra. This would not have come about without those critical local partner contacts.

These varied perspectives have also been a source
75 of new routes of scientific enquiry. For me, questions about how to develop conservation policy changed the debate from “How do species respond to habitat fragmentation?” to “How big is big enough to support biodiversity?”.

80 So why aren't we seeing more of this in UK academia? Positions in universities focused

on building links between pure research and the industries, organisations and individuals that will use it tend to be short-term or administrative. To really make a difference, we need long-term networks led by academic staff 85 who are experts in working with industry.

There is no reason why science with a social or environmental impact should compete with the need for pure research. As with my own example, applied science is usually generated 90 from the building blocks of blue skies research. The presence of permanent knowledge exchange expertise in universities can help identify and translate unforeseen links between pure science and its applications, as well as generate funding 95 from unexpected sources. Equally, a wider pool of ideas will produce more exciting research directions than academia can provide alone. This will bring the vital new thinking required to help balance the need to provide for our 100 growing global population with the importance of protecting our planet for future generations.

0 The author wanted to make sure his / her research was useful working ____.

in Borneo

1 The author believes his / her academic work will ____.

2 The palm oil industry wanted to use the author's invention to improve ____.

3 To be financed, projects may be required in the future to prove ____.

4 Cooperation with other scientists led the author to study the effects of ____.

5 To create more practical research connections, universities need professionals who are experienced in ____.

6 More professional knowledge will generate money from ____.

3 Listening

(topic areas: Social issues / Society / Global issues)

► Tracks 5+6 / duration: 01:19:17 + 04:23:27)

You are going to listen to a news report on the fatal consequences of high insulin costs.

First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the sentence beginnings (1–7) with the sentence endings (A–J). There are two sentence endings that you should not use. Write your answers in the spaces provided. The first one (0) has been done for you.

After the second listening, you will have 45 seconds to check your answers.

(task type: Multiple matching ► Testformate, S. 9f.)

Insulin's high cost leads to lethal rationing

0 A high increase in glucose levels _____.	A acquire health insurance
1 Type 1 diabetes is a condition which _____.	B get insulin at a more reasonable price
2 Alec Smith-Holt went to the pharmacy to _____.	C forgo insurance for some time
3 Initially, he considered a health plan which would have required him to _____.	D prevents natural blood sugar regulation
4 Alec's income was not low enough for him to _____.	E take less insulin than necessary
5 He thought it would be feasible to _____.	F qualify for state aid
6 Many patients resort to 'rationing', which means to _____.	G alters the blood's chemical balance
7 By making his relationship recognised by law, a freelancer was able to _____.	H leads to natural blood sugar regulation
	I inquire in advance about the options available
	J pay a high sum of money without insurance

0	1	2	3	4	5	6	7
G							





Sample task

You came across the following blog entry written by a journalist.

Simple ways to live a healthy lifestyle

by Sarah Nikoletti

January 23, 4:45 pm

1 The phrase “healthy lifestyle” is a definition of how we should live if we want to both look good and feel good. We are aware of the obvious behaviours that describe someone who is healthy
5 and takes care of themselves. A healthy person doesn’t smoke, tries to maintain a healthy weight, eats healthy foods with plenty of fruits, vegetables and fibre and, of course, exercises on a regular basis.

10 Then there are other elements to add to the list. A healthy person also knows how to manage stress, gets good quality sleep each night, doesn’t sit too much – basically, does everything in moderation all the time.

15 The good news is, we don’t have to change everything at the same time. In fact, the trick to healthy living is making small changes – taking more steps each day, adding fruit to our cereal, having an extra glass of water, or saying NO to that fatty cheeseburger.

How about your healthy lifestyle? Looking forward to reading your comments.



You have decided to comment on this blog entry. In your **blog comment** you should

- **comment on** the above-mentioned thoughts on a healthy lifestyle
- **reflect on** your personal life style
- **discuss** whether healthier and fitter people are more successful in life.

Write around **250 words**.

Please note:



comment on ➡ You have to express your opinion on something.

reflect on ➡ You have to think carefully about different possibilities/opinions.

discuss ➡ You have to write about a subject in detail.

Sample blog comment

What a healthy lifestyle means to me

by Sam_McNeil

28 January, 8:15 am

Thanks for a great blog entry on an important topic, Sarah!

I completely agree with what you said about a healthy lifestyle being based on moderation. Also, I really liked your point about making small changes. My family and I have been trying to get more active, so I started getting off the bus two stops before my school and walking the rest of the way. I stopped taking the elevator in our apartment building, too, unless my backpack is too heavy that day ;-). My school is also committed to helping us lead a healthy lifestyle. They now offer more fruits and vegetables for snacks, and fewer packs of crisps or candy bars.

I don't agree with everything you mentioned though. While I try to live a healthy lifestyle most of the time, I don't think saying no to all the things you love is necessary. Personally, I love a good cheeseburger, no matter how fatty. If I want to have one sometimes, I order one as a treat. Moderation is key, but you don't have to give up everything. Furthermore, when it comes to things like managing stress or sleeping well, we all want to do those things, but sometimes it's easier than others. We shouldn't discourage ourselves if we can't do it ALL the time.

Thanks again for raising an awesome topic and getting people to talk about it. I look forward to your next post – keep up the good work!

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(NOT a MUST)

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