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## **Level 4**

# **Volunteering helps you live longer**

**26th August, 2013**

<http://www.breakingnewsenglish.com/1308/130826-volunteering-4.html>

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**Please try the harder Level 5 and the 26-page Level 6 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1308/130826-volunteering-4.html>

A new study says volunteering is good for us. A research paper in the journal BMC Public Health says helping others improves our mental health and lengthens our life. Researchers reviewed the effects of volunteerism on our health. They said volunteers were less depressed, felt good about themselves, and had a smaller chance of dying early. Australians volunteer most, with an estimated 36 per cent of the population lending a hand.

Dr Suzanne Richards said her review showed that volunteering improves mental health. More research will find out if volunteering really does this. She said she wasn't sure what biological, cultural and social factors make people want to volunteer. A different study gave three reasons why volunteering helps us. First, it means we get physical activity; second, the social connections help to reduce our stress; and third, it makes us happier.

Sources: <http://www.telegraph.co.uk/health/healthnews/10259949/Volunteering-could-lengthen-life.html>  
[http://www.huffingtonpost.com/2013/08/23/volunteering-happiness-depression-live-longer\\_n\\_3804274.html](http://www.huffingtonpost.com/2013/08/23/volunteering-happiness-depression-live-longer_n_3804274.html)  
<http://www.everydayhealth.com/depression/how-volunteering-can-lessen-depression-and-extend-your-life.aspx>

# MATCHING

From <http://www.breakingnewsenglish.com/1308/130826-volunteering-4.html>

## PARAGRAPH ONE:

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1. improves our mental health and | a. of dying early        |
| 2. the effects of volunteerism    | b. lengthens our life    |
| 3. volunteers were less           | c. a hand                |
| 4. a smaller chance               | d. 36% of the population |
| 5. an estimated                   | e. on our health         |
| 6. lending                        | f. depressed             |

## PARAGRAPH TWO:

- |   |                          |
|---|--------------------------|
| 1. volunteering improves                  | a. and social factors    |
| 2. research will find out if volunteering | b. connections           |
| 3. biological, cultural                   | c. really does this      |
| 4. three reasons why                      | d. us happier            |
| 5. social                                 | e. mental health         |
| 6. it makes                               | f. volunteering helps us |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1308/130826-volunteering-4.html>

A new study says volunteering (1) \_\_\_\_\_. A research paper in the journal BMC Public Health (2) \_\_\_\_\_ improves our mental health (3) \_\_\_\_\_ life. Researchers reviewed the effects of volunteerism on our health. They said volunteers were less depressed, (4) \_\_\_\_\_ themselves, and had a smaller chance of dying early. Australians volunteer most, (5) \_\_\_\_\_ 36 per cent of the population (6) \_\_\_\_\_.

Dr Suzanne Richards said (7) \_\_\_\_\_ that volunteering improves mental health. More (8) \_\_\_\_\_ if volunteering really does this. She (9) \_\_\_\_\_ what biological, cultural and social factors make people (10) \_\_\_\_\_. A different study gave three reasons why volunteering helps us. First, (11) \_\_\_\_\_ physical activity; second, the social connections (12) \_\_\_\_\_ stress; and third, it makes us happier.

# VOLUNTEERING SURVEY

From <http://www.breakingnewsenglish.com/1308/130826-volunteering-4.html>

Write five GOOD questions about volunteering in the table. Do this in pairs. Each student must write the questions on his / her own paper.  
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

