

**AS**  
**ENGLISH LANGUAGE**

Paper 1 Language and the individual

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**Insert**

**Texts for use with questions 1, 2 and 3**

**Text A**

**Text A** is an extract from an episode of 'The Daily Calm' found on the mindfulness app *Calm*. It is written and voiced by Tamara Levitt.

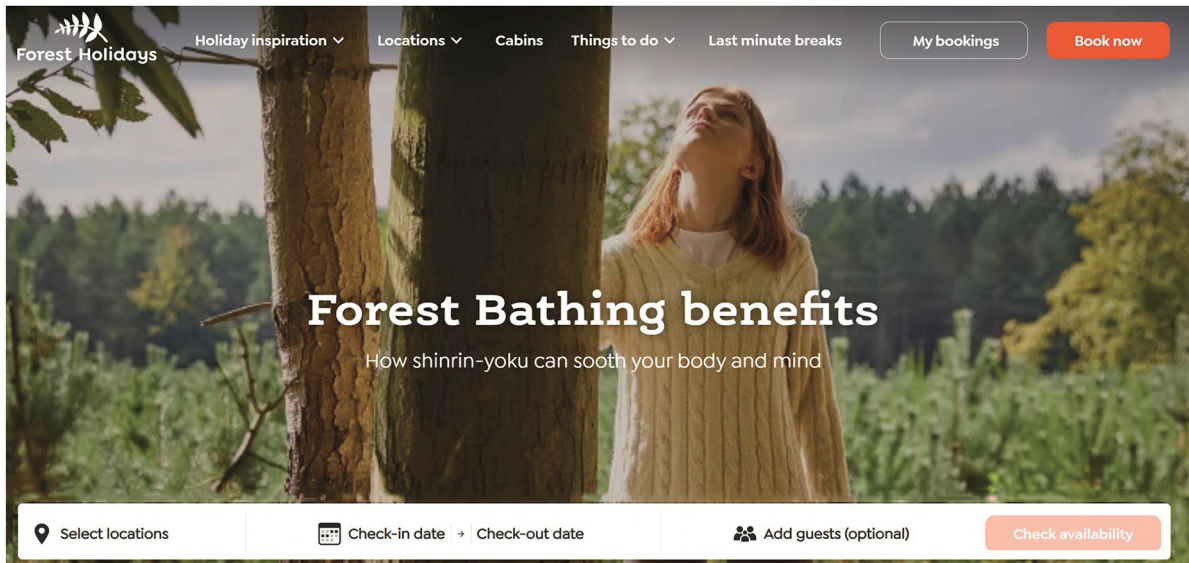
**Transcription key:**

- (.) pause of less than a second
- (2.0) longer pause (number of seconds indicated)
- bold** stressed syllables

[REDACTED]

## Text B

**Text B** is the beginning of an article from the website [forestholidays.co.uk](https://forestholidays.co.uk).



## Get closer to nature

Immerse yourself into the beautiful forest surroundings, and take the opportunity to breathe deeply, de-stress, and enjoy the wonders of a Forest Holiday.

### The benefits of Forest Bathing

[Forest Bathing](#) is a powerful antidote to the pressures of the modern world, proven to deliver lasting benefits to your physical and mental well-being, and creating within you a profound connection to nature. On a Forest Bathing experience, our fully qualified Forest Therapy Guides lead you through a series of activities that use the healing powers of the forest to help you re-balance your mind and body.

Originating in Japan – you may have seen it called *shinrin-yoku* – Forest Bathing is an accepted part of Japanese preventative health care because of the mental, physical and spiritual health benefits it delivers. Also known as forest therapy, it draws on thousands of years of intuitive knowledge – we are part of nature and we have a deep need to feel that connection.

But does it work? Forest Bathing has been around as a concept in Japan since the early 1980's and scientists there continue to conduct a large amount of research into its benefits, concluding that it deserves its place in the Japanese health-care system. More general research into the area of nature connections suggests that the real and long-term benefits include, among other things, reduced stress, improved immunity, lower blood pressure and accelerated recovery from illness or trauma.

Currently you can enjoy Forest Bathing at Blackwood Forest. Our guides have been on an intensive residential training course and are certified in forest therapy by [The Association of Nature and Forest Therapy Guides and Programmes](#). Before we undertook this long-term commitment to Forest Bathing, we wanted to be confident that it worked, so we examined the available research and spoke to academics to ensure that the benefits were real and lasting. We were impressed, and here we summarise what we found out about the benefits of Forest Bathing or *shinrin-yoku*.

**END OF TEXTS**

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**There are no texts printed on this page**

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