



General Certificate of Secondary Education  
Foundation Tier  
June 2015

## English/English Language

ENG1F

Unit 1 Understanding and producing non-fiction texts

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### Insert

The three sources that follow are:

- **Source 1:** an online article called, “‘Info ladies’ go biking to bring remote Bangladeshi villages online’ by Julien Bouissou
- **Source 2:** ‘Open Road’, an extract from the autobiography of Bradley Wiggins
- **Source 3:** ‘Manchester to Blackpool Night Ride’, a leaflet from the British Heart Foundation.

Please open the insert fully  
to see all three sources

## Source 1

theguardian

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News &gt; Global development

## globaldevelopment

## 'Info ladies' go biking to bring remote Bangladeshi villages online

Info ladies crisscross the countryside offering the chance to see a loved one, get a blood sugar check or even legal advice

Julien Bouissou, social affairs editor



As she approaches the village, Sathi rings her bicycle bell and the children come running to meet her, shouting, "Hello, hello". Women emerge from their homes one by one. Sitting in the middle of a beaten-earth yard, Sathi carefully places her laptop on a plastic chair, plugs in headphones and launches a session on Skype. The faces of village men working thousands of kilometres from here appear on the screen.

"It's like my brother was standing right there, except I can't touch him. What's more he's put on weight and lost colour since he started work in Iraq," says a worried Sumita, one of the villagers.

"It's a bad connection," Sathi explains. "It's a public holiday and everyone wants to call the Gulf States where they have relatives working, so it's busy."

A session costs a fortune, equivalent to about \$3 an hour. Even at this price Skype is a great success. In Bangladesh, population 152 million, only 5 million people are connected to the internet.

So 56 'info ladies' crisscross the countryside on bicycles, dressed in blue and pink uniform and

carrying in their bags a laptop and a camera to make films or take wedding snaps, but also tests for blood sugar and pregnancy, as well as cosmetics and shampoo. Thanks to their PC connected to the "new world" via a USB stick, these women can contact loved ones for the villagers and call up information beyond the reach of local schoolteachers. Through internet access, the women advise farmers and sometimes even offer legal advice.

They make an early start. At 6am one of the team, Jeyasmin, prepares a meal outside her hut, then takes her daughter to school. When she returns men are already waiting anxiously, eager to check their blood sugar. A few hours later several teenage women are waiting for Jeyasmin. She shows them a video, with white-coated experts talking. "Doctors never come to see us, so we watch them on a PC. But it's a pity they don't answer our questions," says one of the young women.

Many of the younger women confide in the info ladies. "They understand our worries and don't make judgments," says one of them.

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## Source 2

This is an extract from the autobiography of top cyclist Bradley Wiggins. Here he describes the final time trial before the last stage of the Tour de France in 2012, one of the world's most famous sporting events, which he went on to win.

## Open Road

It is the last hour before the final time trial of the Tour de France, and I am within reach of my open road. In every race, that's what I'm looking for: that sense of having clear space in front of me. That's when I feel truly in control.

I can remember every minute of every time trial in 2012.

My routine counts back from the warm-up. In my head that's when the race starts. The warm-up starts exactly half an hour before I go down the ramp. If my start time is three minutes past three, I'll start warming up on the turbo trainer\* at two thirty-three on the dot.

Twenty minutes to warm-up: shoes on.

Ten minutes to warm-up: lace them up.

Zero hour: out of the bus and onto the turbo. My warm-up takes exactly twenty minutes. I've done it for fifteen years, the same ramping up in power. I push myself up to the threshold and then I'm totally in my own world. I am in the zone.

Ten minutes to start: off the turbo, into the bus, overshoes on, gloves on, sit down for a couple of minutes. Calm down.

Six minutes: clip on visor.

Three minutes: My teammate Chris Froome comes down the ramp. I go up the steps. I'm looking at him in the distance and as he gets further out of sight, my mind gets really positive, really aggressive. I'm coming after you. Chris is my teammate but there are no teammates in time trialling: it's you against the clock.

In this race on this specific day Chris is like the rest of them and he is my closest competitor. And I am going after him.

One minute: clip into the pedals. Go to the starter. My coach is in the radio earpiece: 'Come on, Brad, let's go and get them.' I don't need reminding; I want to nail it.

Five seconds: throw the body back on the bike; push back on to the guy holding the saddle as if my back wheel is locked into a start gate on the track.

Three: deep breath in. Fill the lungs.

Two: deep breath out.

One: breathe in, deep as I can.

Winning the Tour de France is one good ride away.

\* turbo trainer – a bicycle in a fixed position used for warming up before a race

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Source 1: "Info ladies' go biking to bring remote Bangladeshi villages online' by Julien Bouissou © Guardian News & Media Ltd 2013.

Photograph: 'Bangladeshi Info Ladies pedal their way from one place to another at Saghata' by AM Ahad © PA.

Source 2: 'Open Road'. Adapted from 'My Time' by Sir Bradley Wiggins © Yellow Jersey Press/Wiggins Rights Ltd.

Source 3: 'Manchester to Blackpool Night Ride' © British Heart Foundation.

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## Source 3



# Manchester to Blackpool Night Ride

**Saturday  
28-29 September 2013**

Ride through starlit lanes, leave the city behind you and let the Blackpool illuminations lead you to the sea for sunrise. Use your pedal power to fight for every heartbeat.

Register now  
[bhf.org.uk/m2bnight](http://bhf.org.uk/m2bnight)  
0300 456 8355

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## Join us on a magical moonlit adventure

At the British Heart Foundation (BHF), we're known for putting on a great bike ride. Our Manchester to Blackpool Night Ride is now in its third year and is proving to grow in popularity each year. Over 1000 cyclists joined us last year and raised over £100,000 to help us in the fight against heart disease. This year is guaranteed to be even bigger and better. Places are limited, so make sure you're on the start line.



### When and where?

Our night-time adventure will begin at Manchester's Trafford Centre from 11.00pm on 28 September 2013. Then, winding through starlit lanes, we will make our way towards the coast arriving in Blackpool in time for sunrise. Blackpool Council have kindly agreed to leave the illuminations on for us, giving you a finish to remember.

### Need a ride?

We have a truck and bus transfer service available for you and your bike to take you from Blackpool to Manchester either before the Night Ride or after you have finished. Tickets cost £25 per person and you can purchase a ticket as you register online.

### Find the cure

Heart failure affects over three quarters of a million people in the UK today, and for many it causes frightening and prolonged suffering. But now, the Mending Broken Hearts Appeal is giving those with heart failure and their families hope for a cure by funding groundbreaking research that aims to repair heart muscle damaged by a heart attack. The money you raise will turn that hope into a reality.

### How to register

Registration is £30 per person. You can sign up as an individual or you can start a team and ride with friends and family. **Register online [bhf.org.uk/m2bnight](http://bhf.org.uk/m2bnight)**

You must be 18 or over on Saturday 28 September 2013 to participate.

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**Open out this page to see  
Source 2 and Source 3**