

Read the text about the influence of green spaces on people who live in urban areas. Some parts are missing. Choose the correct part (A–K) for each gap (1–8). There are two extra parts that you should not use. Write your answers in the boxes provided on the answer sheet. The first one (0) has been done for you.



Green spaces and well-being

A few years ago, a book came out called *Blinded by Science*, in which the author offered scientific evidence that trees could help alleviate a number of ailments, including Attention Deficit Hyperactivity Disorder (ADHD), depression, mood swings, and headaches. One of the cited studies noted, “Safe, green spaces may be as effective as prescription drugs in treating some forms of mental illnesses.” Hug a tree, save a life ... as it were.

It comes as no surprise, then, that subsequent research has come to a similar conclusion. Focusing in on city dwellers, the new findings published in *Psychological Science* conclude that people who (0) ___ score higher in well-being than residents who have fewer parks and trees nearby. The research – conducted at the European Centre for Environment & Human Health at the University of Exeter Medical School using 18 years of data from a national survey of UK households – looked at more than just the 10,000 participants’ mental and physical health to (1) ___ in employment, income, marital status, and housing associated with more access to green space.

Having a job and getting married (2) ___ for happiness. Now we know that flower power is almost as potent. People who live in greener urban areas enjoy mental health boosts estimated at roughly 12 percent and 35 percent as significant as being employed and married, respectively. When it comes to (3) ___, green space comes in at 21 percent of employment and 28 percent of marriage. (Though the research does not touch on this specifically, some might argue that a healthy love affair with a tree might actually surpass the benefits of an unhealthy marriage.)

It’s worth noting that the study (4) ___ associated with a neighbourhood’s crime or income levels. While none of this is really news to people who love the great outdoors – even if, by “great outdoors” they mean “pocket park” – the real takeaway here (5) ___. Lead researcher Matthew White observed, “These kinds of comparisons are important for policymakers when (6) ___ scarce public resources, e.g. for park development or upkeep, and figuring out what ‘bang’ they’ll get for their buck.”

The report goes on to state:

Urbanisation (7) ___ to mental health and well-being and although effects at the individual level are small, this study demonstrates that the potential benefit at a population level should be an important consideration in policies aiming to (8) ___ for well-being.

In the end, having a good job and a good marriage are still wonderfully beneficial for the people who have them; but having a nice, green space nearby is wonderfully beneficial for everyone in the community.

| | |
|---|--|
| A | trying to decide how to invest |
| B | is cause for concern |
| C | is considered a potential threat |
| D | contributing to “life satisfaction” |
| E | are both notable drivers |
| F | protect and promote urban green spaces |
| G | discover positive changes |
| H | creating space for exercise |
| I | found no increase in well-being |
| J | live in green-tinged urban areas |
| K | is for urban planners |

Green spaces and well-being

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| 8 <input type="text"/> | | | |

Von der Lehrperson auszufüllen

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| | | 5 <input type="text"/> | <input type="text"/> | 6 <input type="text"/> | <input type="text"/> | 7 <input type="text"/> | <input type="text"/> |
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___ P.