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**English A: language and literature – Standard level – Paper 1**  
**Anglais A : langue et littérature – Niveau moyen – Épreuve 1**  
**Inglés A: lengua y literatura – Nivel medio – Prueba 1**

Thursday 7 November 2019 (afternoon)

Jeudi 7 novembre 2019 (après-midi)

Jueves 7 de noviembre de 2019 (tarde)

1 hour 30 minutes / 1 heure 30 minutes / 1 hora 30 minutos

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**Instructions to candidates**

- Do not open this examination paper until instructed to do so.
- Write an analysis on one text only.
- It is not compulsory for you to respond directly to the guiding questions provided. However, you may use them if you wish.
- The maximum mark for this examination paper is **[20 marks]**.

**Instructions destinées aux candidats**

- N'ouvrez pas cette épreuve avant d'y être autorisé(e).
- Rédigez une analyse d'un seul texte.
- Vous n'êtes pas obligé(e) de répondre directement aux questions d'orientation fournies. Vous pouvez toutefois les utiliser si vous le souhaitez.
- Le nombre maximum de points pour cette épreuve d'examen est de **[20 points]**.

**Instrucciones para los alumnos**

- No abra esta prueba hasta que se lo autoricen.
- Escriba un análisis de un solo texto.
- No es obligatorio responder directamente a las preguntas de orientación que se incluyen, pero puede utilizarlas si lo desea.
- La puntuación máxima para esta prueba de examen es **[20 puntos]**.

Write an analysis on **one** of the following texts. Include comments on the significance of context, audience, purpose and formal and stylistic features.

**Text 1**

The Sun-Herald

MAY 25, 2014

**Traveller** ON SUNDAY 13

Wellness

QUEENSLAND

# Push pause and hit refresh

It would be a mistake to focus on what you *can't*

have at Gwinganna<sup>1</sup>.

The rewards far outweigh the sacrifices, writes **Angie Kelly**.

Images removed for copyright reasons

A three-day news blackout ain't easy for a current-affairs junkie. Doing without coffee, tea, alcohol, salt, butter and water with meals is no picnic either. I didn't quite get the ban on perfume, but the most confronting aspect of my stay at this sprawling retreat was going cold turkey<sup>2</sup> on TV.

When bedtime is 8pm, the silence of the long night ahead is somehow deepened when there is no way of breaking it.

The irony of Gwinganna – on a luscious mountain-top behind the Gold Coast – is that it looks like a resort. Seductive swimming pools; impressive gym facilities; fun activities; outdoor dining; grounds with sweeping sea views; plus a luxe spa bulging with wish-list treatments.

And therein lies the contradiction of "lifestyle" retreats. The very people who

can think of nothing worse than having no stimulants, junk food, late nights or digital playthings are the ones who would probably benefit most from the chance to push the pause button and focus on their health.

In truth, what this is really about is nutrition talks with practical, take-home tips, fitness classes laced with research-based advice, getting access to naturopaths, counsellors, spa treatments and delicious, organic food. Far from being hardcore, the overwhelming vibe is supportive and nurturing.

My two-night visit is part of the new Wellness Weekend program, a Friday afternoon until Sunday noon stint where coffee and tea is allowed until 11am, and 100ml of wine is permitted with dinner.

The rationale is that there is no need to scare people on this

two-day road test. The seven-day detoxers meanwhile, sign up for the total bans.

This weekend I find myself among high achievers. Smart, sassy<sup>3</sup> people aged from their 20s to their 60s, each seeking something different. Many were immersed in the seven-day detox, while a handful of five-dayers had elected to stay longer for an extra dose of whatever it was they were being nourished by in the 200-hectare bush<sup>4</sup> setting.

And when it comes to sharing life stories, it was to be a weekend to remember, full of wisdom and cautionary tales in equal measure.

While some guests are seeking strength to endure the big ones, such as separation, health scares and grief, others might be trying to give up

smoking, cut down on drinking or to lose weight.

Others are hard-working, hard-playing corporate types who need stress-handling tips for boardroom battles or the juggle of work and family. I was told exhausted lawyers make up a fair chunk of customers.

Being here presents an opportunity to think in the absence of a to-do list. A break from responsibility and freedom to rest. The first steps towards living a healthier, more energetic life.

After a silent night in one of two large signature villas, a cheery good morning call at 5.45am got me out of bed in

the pre-dawn darkness. What followed was a dream Saturday of self-indulgence.

First, a Qigong session (a variation on tai chi) on the plateau with the sun rising over Burleigh Heads below, wallabies<sup>5</sup> eyeing our slow, flowing movements. Next, a strength-training class. Guided bush walks were an option, as was a run up the steep mountainside.

An energising organic breakfast with eggs from the hen house, gluten-free bread and zingy juice combos set us up. A stretch class, optional boxing or tennis and water polo game takes us to lunch. Broccoli and

zucchini soup followed by grilled barramundi with sweet potato got my tick, as did cucumber soup with prawn salsa, baked fish with parsnip puree, quinoa and basil. Fillet of beef was also on the menu.

Afternoons are set aside for spa treatments, sleeping, swimming or chatting over herbal tea.

Even if you head straight for the barista at the airport, are deeply sceptical or adore your bad habits, it's impossible to leave Gwinganna without feeling hopeful and healthier.

*The writer was a guest of Gwinganna.*

**TRIP NOTES**

**GETTING THERE** Virgin Australia flies from Sydney to the Gold Coast; see [virginaustralia.com.au](http://virginaustralia.com.au).

**STAYING THERE** Accommodation options include modern Orchard Suites or Villas, which come with plunge pool or steam room, laundry and bath.

**CHILLING THERE** Weekend Wellness program from A\$980 (NZ\$1075) a person double share, including two nights, a 50-minute massage, seminar, use of all facilities. Singles from A\$1095.

Text and web header: Angie Kelly / Traveller

<sup>1</sup> Gwinganna: a "lifestyle retreat" on the Gold Coast of Queensland, Australia

<sup>2</sup> going cold turkey: to stop a habit suddenly

<sup>3</sup> sassy: lively

<sup>4</sup> bush: wild, uncultivated country

<sup>5</sup> wallaby: medium-sized animal in the kangaroo family

- What purposes might the writer hope to achieve with this article?
- Comment on the ways in which the writer engages the reader.

**Text 2**

*Journal entry written and illustrated by JD Hooker, and published following his expedition to the Himalayas (1847–1851):*

We reached the boundary between Sikkim<sup>1</sup> and Tibet early in the afternoon... I determined the altitude by barometer 15745 feet above the sea, and by boiling water, 15694 feet, the water boiling at 184.1 degrees (F); the temperature of the air between 2:40 and 4 pm varied from 41.3 degrees to 42.5 degrees, the dew-point 39.8 degrees... We were bitterly cold; as the previous  
5 rain had wetted us through, and a keen wind was blowing up the valley. The continued mist and fog intercepted all view, except of the flanks of the great mountains on either hand, of the rugged snowy ones to the south, and of those bounding the village of Lachen to the north.

Isolated patches of vegetation appeared on the top of the pass, where I gathered forty kinds of plants, most of them being of a tufted habit characteristic of an extreme climate; some (as  
10 species of *Caryophylleae*) forming hemi-spherical balls on the naked soil; others growing in matted tufts level with the ground. The greater portion had no woolly covering; nor did I find any of the cottony species of *Saussurea*, which are so common on the wetter mountains to the southward. Some most delicate-flowered plants even defy the biting winds of these exposed regions; such are a prickly *Meconopsis* with slender flower-stalks and four large blue poppy-like  
15 petals, and a *Cyananthus* with a membranous bell-shaped corolla.

After two hours I was very stiff and cold, and suffering from headache and giddiness, owing to the elevation; and having walked about thirteen miles botanizing, I was glad to ride down. As the moon sank, and we descended the narrowing valley, darkness came on, and with a boy to lead my sure-footed pony, I was at liberty uninterruptedly to reflect on the events of a day,  
20 on which I had attained the object of so many years' ambition. Now that all obstacles were surmounted, and I was returning laden with materials for extending the knowledge of a science which had formed the pursuit of my life, will it be wondered at that I felt proud, not less for my own sake, than for that of the many friends, both in India and at home, who were interested in my success? We arrived at Tungu at 9 pm, my pony not having stumbled once, though the path  
25 was rugged, and crossed by many rapid streams.

On the 26th of July the Phipun<sup>2</sup>, who waited on me every morning with milk and butter, and whose civility and attentions were now unremitting, proposed that I should accompany him to an encampment of Tibetans, at the foot of Kinchinjhow mountain. We mounted ponies, and ascended the Tunguchoo eastwards: it was a rapid river for the first thousand feet, flowing in  
30 a narrow gorge, between sloping, grassy, and rocky hills, on which large herds of yaks were feeding, tended by women and children, whose black tents were scattered about.

On ascending a low hill, we came in sight of the Tibet camp at the distance of a mile.

The people were natives of Gearee and Kambajong, in the adjacent province of Dingcham, which is the loftiest, coldest, most windy and arid in Eastern Tibet; these families repair yearly to Palung, with their flocks, herds, and tents, paying tribute to the Sikkim Rajah for the privilege: they arrive in June and leave in September. Both men and women were indescribably filthy; as they never wash, their faces were perfectly black with smoke and exposure, and the women's with a pigment of grease as a protection from the wind. The men were dressed as usual, in the blanket-cloak, with brass pipes, long knives, flint, steel, and amulets<sup>4</sup>; the women wore similar, but shorter cloaks, with silver and copper girdles<sup>5</sup>, trowsers, and flannel boots. Their head-dresses were very remarkable. A circular band of plaited yak's hair was attached to the back hair, and encircled the head like a saint's glory<sup>6</sup>.



*Lepcha girls<sup>3</sup> (the outer figures), and Tibetan women*

Image from: "HIMALAYAN JOURNALS or NOTES OF A NATURALIST IN BENGAL, THE SIKKIM AND NEPAL HIMALAYAS, THE KHASIA MOUNTAINS, ETC." by JOSEPH DALTON HOOKER, M.D., R.N., F.R.S., published in Kew, Jan. 12th, 1854 (see <https://www.gutenberg.org/files/6478/6478-h/>)

Text: adapted from the *Himalayan Journals*, Vol. 2, by JD Hooker, 19th century British botanist and explorer (1854)

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<sup>1</sup> Sikkim: a state in northeast India, in the eastern Himalayas  
<sup>2</sup> Phipun: chief man of the village  
<sup>3</sup> Lepcha girls: natives of Sikkim  
<sup>4</sup> amulets: small ornaments thought to ward off evil  
<sup>5</sup> girdles: belts  
<sup>6</sup> glory: halo

- In what ways is the language in this text both scientific and personal?
  - Consider why this journal was of interest in Hooker's time and remains so today.
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