

Living on the edge

11

Vocabulary

risk and adventure

1 Match 1–8 with A–H to make collocations related to risk and adventure.

- | | |
|--------------------|---------------|
| 1 lone | A clothing |
| 2 risk | B yachtswoman |
| 3 roller | C boarding |
| 4 snow | D diving |
| 5 safety | E coaster |
| 6 sky | F helmet |
| 7 protective | G driving |
| 8 reckless | H taker |

Reading

Gapped text (Part 6) ▶ CB page 110

1 You are going to read an article about someone who is a leading figure in an extreme sport. Six sentences have been removed from the article. Read the article and the sentences below and decide if statements 1–3 are true (T) or false (F).

- It is the mental challenge that motivates Johnny.
- Johnny is worried that he might not be strong enough.
- Johnny is only doing this because he wants to become famous.

2 Read the article and the sentences again. Choose from the sentences A–G the one that best fits each gap (1–6). There is one extra sentence which you do not need to use.

- Then last autumn, without telling his friends where he was going or what he was planning, he cancelled all his engagements.
- Naturally, this involves a lot of repetition.
- Johnny isn't worried about that.
- He is, though, somewhat fitter.
- If he makes it back by early afternoon, he turns round and does it all over again.
- It's an odd admission for someone who has spent the past six months running up and down the Welsh mountains every day, and even stranger when you know why.
- They invited him to take their physical fitness tests.



A SHORT HOP TO PARIS

Johnny Budden hates running. 'It's so boring,' he complains. **1** Beginning on 1 April, Budden plans to run from John O'Groats to Paris – a total of 1,000 miles – in a month, averaging more than a marathon every day.

Budden has no background in endurance sports. Going by the name 'Sticky', he is one of the world's foremost practitioners of parkour, the sport in which extremely agile people treat city landscapes as their obstacle course and throw themselves across railings, walls and rooftops.

Having helped found the UK freerunning scene in his teens, Sticky was flown around the world to appear in advertising campaigns and teach movie stars stuntwork. **2** He retreated to North Wales with a secret mission: to become the first person to freerun over 1,000 miles, camping out each night in the countryside and performing parkour when he arrives in the cities.

'Freerunning involves working out the most efficient way of going from point A to point B through a process of trial and error,' says Budden. **3** 'You do some cool stuff over 20 metres and then you go back and do the same thing again. I wanted to push it to the next level. It's about overcoming obstacles in my head.'

One particular incident last year confirmed that he was ready for the challenge. He had been running workshops for the Royal Marines, who want to use freerunning techniques in combat situations. **4** 'It normally takes sixteen weeks to train up for it,' says Budden, 'and I did them first time. That's when I realised I had potential I wasn't yet using.'

There's also something monastic about his life up here in the hills that wouldn't be out of place in a martial arts movie. The cottage he has been lent has no heating, just a fire for which he must chop wood. Every day he rises at 7a.m., chooses a nearby mountain, and runs to the top. **5** Some days he sets himself extra tasks – 1,000 squats, 200 chin-ups, or, if it has snowed overnight, to complete his run barefoot. But there's no hint of ego or vanity in his manner. He's far more interested in talking about the charity he's running for – the Motor Neurone Disease Association – than himself.

His girlfriend is very worried about his plan to attempt his run without a support vehicle and carrying a one-man tent on his back. 'She keeps saying, "You can't do it! You need a shower every night!"' **6** 'I'll just use the rivers,' he says. 'I still believe that to do freerunning you only need a pair of trainers and an open mind.'

3 Complete sentences 1–6 with the underlined words from the article in Activity 2. Sometimes you need to change the form of the word.

- 1 There are several marathon runners who train
- 2 One of the cyclists was actually knocked off his bike by his own
- 3 When passing in football, is just as important as speed.
- 4, the ability to do an activity for a long time, is developed by training.
- 5 She had to her own fears before attempting to swim the English Channel.
- 6 She one of the players from the men's tour to see if he could beat her.

Vocabulary

using prefixes to work out meaning

► CB page 110

1 Match prefixes 1–10 with meanings A–J.

- | | | |
|----------|---|---------------------------------------|
| 1 im- | A | again |
| 2 hyper- | B | three |
| 3 over- | C | between |
| 4 inter- | D | more than usual |
| 5 tri- | E | a negative idea |
| 6 pre- | F | badly, wrongly |
| 7 re- | G | before |
| 8 dis- | H | words beginning with 'm' or 'p' |
| 9 mis- | I | in favour of |
| 10 pro- | J | too much |

2 Complete sentences 1–8 with prefixes from Activity 1.

- 1 I'm trying to diet – I feel as though I'm just a bitweight.
- 2 The team has just set off to play in thenational competition in the USA.
- 3 I've already read the book three times but I love it so much I'm going toread it.
- 4 My new car has a great radio with loads ofset stations already in place.
- 5 Unfortunately I'm veryorganised – my flat is in a real mess!
- 6 My friend is a-athlete – he runs, swims and cycles long distances in the same race.
- 7 My nephew isactive because he just rushes around all the time and I can't cope!
- 8 I'm sorry I went to the wrong place – I must haveunderstood your message.

Grammar

mixed conditionals

► CB page 112

1 Tick all the possible options to complete sentences 1–4.

- He would not be famous
 - if he were a typical sportsman.
 - if he had been a typical sportsman.
 - if he must have been a typical sportsman.
- Please ask the teacher for our homework books
 - if you happened to see her.
 - if you will see her.
 - if you see her.
- If I had seen the review in the newspaper earlier,
 - I would have gone to see the play.
 - I will go to see the play.
 - I would be at the play now.
- If I'd left the party earlier
 - I wouldn't be tired now.
 - I won't be tired now.
 - I wouldn't have been so tired now.

2 Complete sentences 1–8 with the most suitable form of the verbs in brackets. There may be more than one possible answer.

- If she only got on the plane an hour ago, she (*not be*) in Rome yet.
- If I hadn't stayed out in the sun so long I (*not be*) so burnt today.
- I would have moved to Italy if I (*speak*) good Italian.
- I'd feel much happier now if I (*meet*) Sue to discuss the problem yesterday.
- If I'd started playing tennis when I was younger, I (*be*) a much better player now.
- If you (*not come*) over tonight, we (*help*) each other with our homework now.
- If you (*plan*) to withdraw a lot of money from the bank at one time, you (*need*) to notify them in advance.
- If I ever (*want*) someone to talk to, he (*always be*) there for me.

3 Find and correct the mistakes in mixed conditional sentences 1–6 below.

- If I didn't spend so much money last Saturday, I would have more in my bank account now.
- If I had been able to find a job in London, I wouldn't have lived in Paris now.
- If I hadn't studied German for six years at school I'm not so good at it now.
- If I had worked harder I was in a higher position in the company now.
- If I could choose my name when I was born I would be called Chloe now.
- If I would win the lottery, I would give all the money away.

Vocabulary

verbs, nouns and adjectives ► CB page 113

1 Write the verb and adjective forms of nouns 1–8 below.

- | | | | |
|---|------------|---------------------------|-----------------------------|
| 0 | decision | <i>decide</i> | <i>decisive</i> |
| 1 | intention | | |
| 2 | separation | | |
| 3 | threat | | |
| 4 | experience | | |
| 5 | support | | |
| 6 | weight | | |
| 7 | strength | | |
| 8 | terror | | |

2 Complete sentences 1–6 with the correct form of the words in brackets.

- She's a very (*decide*) person because she makes her mind up very quickly.
- The film was (*terror*) and lots of the audience left before the end.
- The man looked quite (*threat*) but in fact he was not really dangerous.
- My parents are always (*support*) – I know I can rely on them.
- Male dancers develop their upper-body (*strong*) so they can lift their partners.
- Before you go to the airport, make sure your hand luggage doesn't (*weight*) too much.

Use of English

Word formation (Part 3)

► CB page 113

- 1** For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

A risk worth taking?

Are people going too far seeking new challenges to test their physical and mental (0) *capabilities*? One extreme sport is described as 'entering an exciting world of (1) beauty by sliding through rapids, jumping off waterfalls and abseiling down cliffs'. But are such sports too dangerous? It's the danger that attracts thrill-seekers and their (2) is that it's human nature to want to push back the boundaries of achievement.

Not everyone agrees. (3) have called for tighter controls on such sports, to avoid situations where (4) have to go to the aid of those who get injured. However, one man who went on an adventure trip has no regrets.

'Our (5) was of the utmost importance for those in charge. Luckily I also know my limitations. If I climbed more aggressively than I should have, it was my own (6) I believe it's far too easy to get housebound with all the home (7) available. An increase in extreme sports is (8) to people turning into handset control freaks!'

CAPABLE

SPOIL

ARGUE

CRITIC

RESCUE

SAFE

CHOOSE

ENTERTAIN

PREFER

Listening

Sentence completion (Part 2) ► CB page 114

- 1** **22** You will hear a young man called Pete Williams talking to a group of people who are about to set off on a cycling expedition. For questions 1–10, complete the sentences.

Meeting the challenge

Pete says that (0) *preparation* is the key to having a successful cycling expedition.

According to Pete, getting all the (1) in place is the first practical thing to sort out.

Pete advises other cyclists to have (2) when trying to speak to people who might support them.

Pete says that the best advice he was given was not to change the (3) of departure.

During his trip, Pete found it interesting that people told him about their ambitions and (4)

Pete uses the word (5) to describe how he thinks about the experience of his trip.

Pete says that people on expeditions should accept any (6) they get from local people.

Pete found that the most difficult thing for him was (7) during his trip.

Pete was very interested by the (8) he saw on the trip.

Pete enjoyed keeping his (9) up-to-date during the trip.

Pete plans to become a (10) once he gives up his expeditions.

Vocabulary

adjectives and verbs with prepositions

► CB page 115

- 1** Complete sentences 1–6 with the correct form of the verbs in the box.

wear cut call tell see put

- The whole expedition was off because of the blizzard.
- The heavy snow on the road meant that the village was completely off.
- The expedition leader was furious when I got lost and me off in front of the others.
- When we left for Everest, all my friends came to me off at the airport.
- I need to be fit for the next trip but I find it difficult to do the training and I keep it off until later!
- Doing challenging things can be terrifying at first but the fear usually off as you get used to it.

2 Complete the text with suitable prepositions.

A great experience

I never thought I'd have the chance to go on an expedition to the North Pole – but I did, and although I was worried (1) the cold before I went it turned out to be a great experience. I was thrilled (2) having the chance to go, and I was determined (3) do well. The expedition was intended (4) people in good physical shape, and keen (5) pushing themselves physically and mentally – great, but it meant I had to be confident (6) my own level of fitness. I did a whole lot of training! We had to rely (7) cross-country skiing to cross the difficult terrain, which was very demanding, and we also needed to be able (8) pull a heavy sled (between 30 and 40 kilos) for several hours at a time. Towards the end of each day when we stopped skiing, it was critical that we had enough energy (9) set up camp, melt snow for hot tea or cocoa, and make dinner. The expedition leaders insisted (10) maintaining a spirit of support and teamwork, as dealing (11) such difficult weather conditions is very challenging. We didn't need to be world-class athletes to participate (12) this expedition but it was certainly challenging and my friends were very impressed (13) my achievement when I got back! This is an experience that will stay with me for the rest of my life and I'd love to be involved (14) another one before too long!

Grammar

hypothetical meaning ► CB page 116

1 Underline the correct alternatives to complete sentences 1–8.


- 1 Tim really wishes he *runs/would have run/could run* in the next London Marathon but the doctor says he is not able to.
- 2 If only I *hadn't bet/wouldn't have bet/didn't bet* all my money on that horse winning the race.
- 3 I wish you *would take up/would have taken up/had taken up* a safer sport than parkour now that you are getting older.
- 4 If only your grandfather *would be/has been/were* alive to see you win the cup.
- 5 Don't you wish that you *had never started/would not start/did not start* this project?
- 6 I really wish I *could improve/improved/have improved* my agility and muscle endurance.
- 7 If only I *didn't live/wouldn't live/haven't lived* so far from the sea.
- 8 Eleanor wished she *has/would have/could have* joined the expedition to the Arctic Circle but her parents wouldn't let her go.

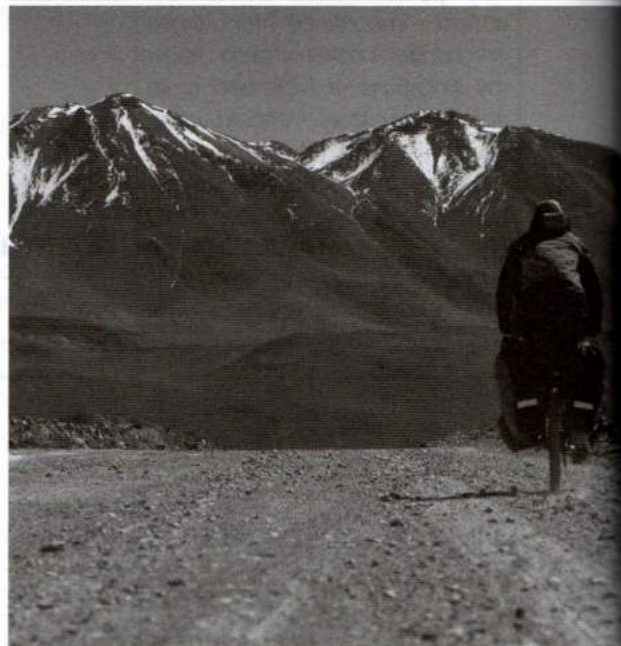
2 Find and correct the mistakes in sentences 1–4.

- 1 The film was so well made I felt as if I have actually climbed Mount Everest myself.
- 2 I'd rather you don't invite Jamie to the party. He doesn't get on very well with Max.
- 3 It's high time we had left for the station. We'll be lucky to catch the 9.30 train.
- 4 It was very silly of you to go out on your bike without a helmet. Suppose you fell off and hit your head?

Speaking

Long turn (Part 2) ► CB page 117

- 1  23 Listen to the examiner's instructions and what one candidate said. Has he followed the instructions?



- 2** Look at the examiner's question to some other candidates. Match responses 1–4 with the examiner's comments A–D.

Examiner: Which of these two trips would you prefer to go on?

1 The second one.

2 I would prefer to be the person on the bicycle. I would love to travel alone like that.

3 No, I haven't but I'd like to.

4 I can see many nice things in these photographs. For example, the plane looks fun to fly in and I think the bicycle looks like a very expensive one and very fast.

- A Misunderstood the question.
 B Answer far too brief.
 C Response too long and irrelevant.
 D Good clear response.

Writing

Review (Part 2) ► CB page 118

- 1** Read the task below.

You see this announcement in an English language magazine.

Reviews of computer games wanted!

Have you played a computer game recently that you really liked?

Write a review, describing the game and explaining what you liked about it. Tell us whether or not you would recommend it to other people of your age.

- 2** In a review you use functions (describe, explain, give an opinion and recommend). Look at the words and phrases below and decide which functions each one is.

- In my view ...
- What I mean is ...
- What happens is ...
- It seems to me that ...
- It's a fast-moving game with lots of action.
- I enjoyed the speed of the game.
- I can only suggest that you try it yourself.
- It's not to be missed!

- 3** Read the review below. Which functions (describe, explain, give an opinion, recommend) does the writer use in each paragraph?

I've been playing 'Demon warriors' for the last few months, and it's pretty awesome. It's a game with different levels, and you have to collect special tokens as you play so that you can progress to the next level. There are some great sets, which are very colourful, thrilling music and, of course, there are lots of things like monsters to stop you getting there!

What I like about it is the variety. Although some people could get irritated if they can't move on, it is designed in such a way as to be challenging. This means that when you do well it makes you feel really good. You can also play it with friends, so there's a competitive element to it.

It's not a cheap game, which might put some people off. But in my view it's worth the money, as it gives you hours of fun. I would certainly suggest that you try it yourself!

- 4** Find words in the review in Activity 3 that mean the same as these words.

- fantastic
- move up
- exciting
- annoyed
- planned
- factor

- 5** Now write your own answer to the task in Activity 1. Try to use a variety of interesting language. Write 140–190 words.