

5A The survivors' club

1 READING

- a Read the story quickly. How did Nicholas Joy survive the freezing conditions of Sugarloaf Mountain?
- b Read the story again and choose the right answer.
- Sugarloaf Mountain is popular with skiers because...
 - it is easy to get to.
 - it is free at the weekend.
 - it is in a beautiful area.
 - Nicholas and his father separated because Nicholas wanted to...
 - go a different way.
 - sit down and have a rest.
 - meet some friends at the car park.
 - Nicholas knew how to make a snow cave because...
 - his father had taught him.
 - he had seen someone do it on TV.
 - he had been on a survival course.
 - The first thing Joseph Paul did when he found Nicholas was to...
 - call his parents.
 - give him some food.
 - take him back to the resort.
 - Skiers who go missing at Sugarloaf...
 - have usually left the official trail.
 - usually make their own snow caves.
 - usually have good survival skills.
- c Find the words and phrases in the text to match definitions 1–8.
- people who are very interested in an activity (*paragraph 1*) _____
 - a more direct way to get somewhere (*paragraph 2*) _____
 - told everybody there was an emergency (*paragraph 2*) _____
 - a small river (*paragraph 3*) _____
 - a path through the country (*paragraph 4*) _____
 - in a position where the arms, legs and head are close to the body (*paragraph 4*) _____
 - a phrase meaning you aren't allowed to go there (*paragraph 5*) _____
 - survive (*paragraph 5*) _____

Night on a bare mountain

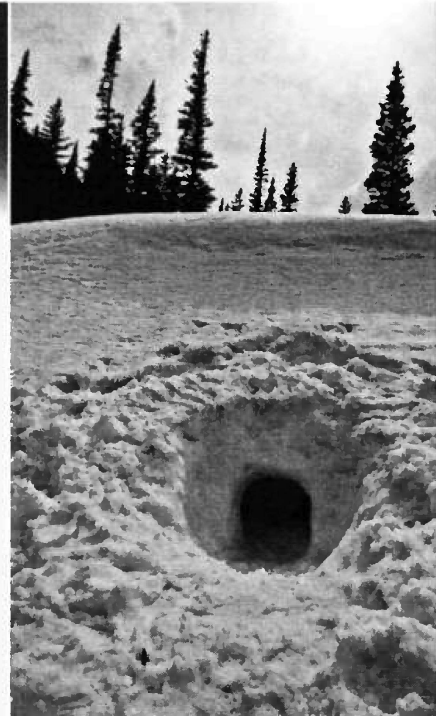
1 Sugarloaf Mountain in Maine, USA, is one of the best ski resorts in the country. Thousands of winter sports enthusiasts head for the area during weekends and holidays to enjoy the breathtaking scenery. Most of them go home exhausted but happy at the end of a great day's skiing. But not in the case of 17-year-old Nicholas Joy from Massachusetts.

2 Nicholas had gone skiing with his father in Sugarloaf. It was a Sunday, and they were on their way back down the mountain when Nicholas saw a shortcut. He decided to take the shortcut while his father continued on the official path. They arranged to meet back at the car park for the drive home. And that was the last his father saw of him that day because Nicholas didn't turn up at the car park. After waiting for what he considered to be a reasonable time, Nicholas's worried father raised the alarm. A massive search party was launched but it soon began to snow heavily. Eventually, the search was called off.

3 Meanwhile, Nicholas was desperate. He had got hopelessly lost, and he realized that he was going to have to spend the night on the mountain. Fortunately, he is a big fan of survival shows and so he knew how to make a snow cave. He found a safe place to build his cave and made a huge pile of snow with his skis. Then, he made a tunnel into the snow and dug out a hole to sit in. He covered the bottom with fallen pine branches and lay down inside. Whenever he was thirsty, he left the cave and drank water from a nearby stream. Then he returned to his cave and waited to be found.

4 Rescue came two days later in the form of snowmobiler Joseph Paul. Mr Paul was riding along a trail about six kilometres from the resort when he spotted Nicholas's snow cave. He got off his snowmobile, inspected the cave and found Nicholas curled up inside. After giving the hungry teenager some cheese crackers and peanuts, he took Nicholas back to the resort to be reunited with his relieved parents.

5 A warden at Sugarloaf confirmed that two or three groups of skiers go missing on the mountain each year. Like Nicholas, they are usually found in areas that are out of bounds. However, few of the rescued skiers are in such good shape because they lack his knowledge of survival skills. Tragically, some of them do not make it through the night.



2 VOCABULARY feelings

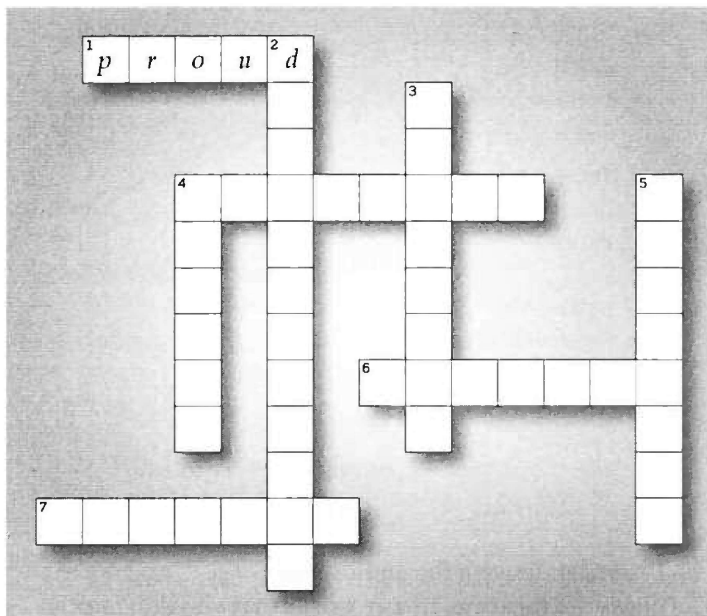
a How would you feel in these situations? Complete the crossword.

Clues across →

- Your daughter has just won a painting competition.
- It's pouring with rain and a friend offers to drive you to your home.
- You have an exam tomorrow.
- You've just told your parents that you didn't do well in an exam.

Clues down ↓

- You weren't offered the job after you went for an interview.
- Someone told you that your new hairstyle makes you look old.
- You forgot your best friend's birthday yesterday.
- You're studying abroad and you're missing your family.



b Replace the underlined words with a suitable adjective from the box.

astonished bewildered delighted
devastated horrified stunned thrilled

- We are very excited to be going on a world cruise.
thrilled
- My mum was very confused by the touch screen on her new phone. _____
- People were extremely shocked and disgusted when they heard about the terrorist attack. _____
- Andy was amazed when his parents gave him a car for his birthday. _____
- She was so surprised she couldn't react when she saw the fire damage. _____
- Olivia was incredibly pleased when she got promoted.

- My brother was extremely upset when his wife left him. _____

c Complete the sentences with the words in the box.

down gobsmacked gutted
scared-stiff shattered sick of



1 Harriet was scared stiff when she saw a mugger coming towards her.



2 I'm _____ always having to tell my husband to tidy up.



3 My sister was a bit _____ after her interview went badly.



4 He was absolutely _____ after running nearly 20 kilometres.



5 He was _____ when he read her message.



6 I was _____ when I didn't get a place at university. I cried for weeks.

3 GRAMMAR unreal conditionals

a Circle the correct form.

- Our boss was would be more popular if he didn't take himself so seriously.
- I would have got cold if I didn't take / hadn't taken a jacket.
- You hadn't have / wouldn't have sprained your ankle if you'd been looking where you were going.
- I'd really miss you if you went / would go away.
- Matt had / would have more friends if he didn't complain all the time.
- I had been / would have been really disappointed if I hadn't got the job.
- You didn't get / wouldn't get blisters if you were wearing walking boots.
- We wouldn't have come to Bangkok if we knew / had known it was the monsoon season.
- Emma wouldn't be so stressed if she didn't have / wouldn't have so much work.
- We wouldn't have got lost if we had stayed / would have stayed on the path.

b Write second and third conditional sentences.

- 1 We don't go walking because we don't have much free time.
If we had more free time, we'd go walking more often.
- 2 There wasn't much snow so we didn't make a snowman.
We _____ a snowman if there _____ more snow
- 3 I didn't know the water was so cold so I jumped in.
I _____ into the water if I _____ it was so cold.
- 4 He doesn't pass his driving test because he gets so nervous.
If he _____ so nervous, he _____ his driving test.
- 5 We got lost because we didn't follow the path.
If we _____ the path, we _____.
- 6 You get sunburnt because you don't use enough suncream.
If you _____ more suncream, you _____ sunburnt.
- 7 They hadn't read the book so they didn't understand the film.
They _____ the film if they _____ the book.
- 8 I don't earn a lot of money, so I can't buy my own flat.
I _____ my own flat if I _____ more money.

4 PRONUNCIATION word stress

- a** Complete the table with the words according to the stressed syllable. Then underline the words where 'ed' adds another syllable to the word.

astonished bewildered delighted devastated
disappointed horrified offended overwhelmed

stress on 1st syllable	stress on 2nd syllable	stress on 3rd syllable
	<u>astonished</u>	

- b** **iChecker** Listen and check. Then listen and repeat. Copy the rhythm.

- c** **iChecker** Listen and circle the word where -ed is pronounced differently.

- 1 thrilled confused excited (-ed = /ɪd/ not /d/)
- 2 depressed exhausted gutted
- 3 shocked gobsmacked surprised
- 4 relieved frustrated terrified
- 5 disgusted irritated shattered

- d** Listen and repeat the words.

5 LISTENING

- a** **iChecker** Listen to a firefighter giving a talk on house fires at a community centre and complete the notes.



House fires

- Fires usually break out when people are ¹_____.

Precautions

- Install a ²_____ and make an escape plan.
- Don't smoke in the ³_____.
- Put ⁴_____ and _____ where children can't get them.
- Don't leave cooking food unattended, especially ⁵_____.

If there is a fire

- If you get trapped in your home, ⁶_____ all the doors.
- Put ⁷_____ or clothing under the doors to keep smoke out.
- Hold a damp cloth over your ⁸_____ and _____ to protect your lungs.
- If you try to escape, it is best to crawl because the nearer you are to the floor the ⁹_____ the air is.
- Get out as soon as possible, don't try to save ¹⁰_____ or _____.

- b** Listen again with the audioscript on p.72 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- challenge /'tʃælɪndʒ/
- keep calm /ki:p kɑ:m/
- life or death situation /laɪf ɔ: deθ sɪtʃu'eɪʃn/
- overcome /əʊvə'kʌm/
- panic /'pæɪnɪk/
- remote /rɪ'məʊt/
- rescue /'reskjʊ:/
- set off (on a journey) /set ɒf/
- survival /sə'vaɪvl/
- task /tɑ:sk/

5B It drives me mad!

1 GRAMMAR *wish + would*

a Use the words to write sentences with *wish + would*.

- 1 I / that man / stop coughing
I wish that man would stop coughing.
- 2 I / you / do the washing up

- 3 I / my sister / not borrow / my clothes

- 4 I / our neighbours / not park / outside our house

- 5 I / my granny / get a hearing aid

- 6 I / the bus / come

b Write sentences with *wish + would*.

- 1 My boss really annoys me. She shouts all the time.
I wish *my boss wouldn't shout all the time*.
- 2 I'm fed up with my brother using my computer.
I wish _____.
- 3 I'm really angry. You never help with the housework.
I wish _____ sometimes.
- 4 I can't stand it when my son stays in bed all day.
I wish _____.
- 5 My ex-boyfriend is driving me mad! He calls me every day.
I wish _____.
- 6 I hate it when you leave the bathroom in a mess.
I wish _____.



2 VOCABULARY

-ed / -ing adjectives and related verbs

Complete the sentences with an adjective or a verb made from the word in **bold**.



- 1 These dark, winter days are very *depressing*.
depress
- 2 Looking after my sister's three small children is _____ for my parents. **exhaust**
- 3 She's a bit _____ at the moment because she's got too much work. **stress**
- 4 It really _____ me when people talk loudly on their mobile phones. **infuriate**
- 5 Ethan was so _____ when he failed his driving test. **disappoint**
- 6 I can't find my passport, which is a bit _____ . **worry**
- 7 My girlfriend is scared of flying. The idea of getting on a plane _____ her. **terrify**
- 8 We were _____ when we received a surprise visit from some old friends. **delight**
- 9 My son is a terrible loser. Not winning something really _____ him. **frustrate**
- 10 I was so _____ when I called your boyfriend by the wrong name. **embarrass**
- 11 It _____ me when my husband asks me where his clothes are. **annoy**
- 12 His first visit to the theatre _____ him to take up acting. **inspire**

3 READING

a Read the article. Complete it with the missing sentences.

- A When American journalist Kathryn Schulz was 29, she decided to get a tattoo
- B Since then, Ms Schulz has found two ways of dealing with her regret
- C Apart from these four components, Ms Schulz also felt pain
- D Despite not having the effect that she had intended, Ms Schulz's tattoo has served to remind her of something else
- E Ms Schulz experienced all four components of regret that night
- F Ms Schulz's tattoo is a compass

b Read the whole text again and mark the sentences T (true) or F (false).

- 1 Kathryn Schulz had had no regrets until she got a tattoo. T
- 2 The first emotion Ms Schulz felt that night was a kind of confusion. ___
- 3 By the time she got home, her wrist had stopped hurting. ___
- 4 Ms Schulz isn't the only American who regrets having a tattoo. ___
- 5 In Ms Schulz's opinion, regret usually disappears over time. ___
- 6 When Ms Schulz shows people her tattoo, they are usually horrified. ___
- 7 Ms Schulz wanted a tattoo that reminded her of the places she travelled to. ___
- 8 She thinks regrets teach us to accept our mistakes. ___

c Look at the highlighted words and phrases in the text and try to work out their meaning. Then match them to definitions 1–10.

- 1 happening many times _____
- 2 a refusal to accept that something unpleasant has happened _____
- 3 with a mistake which means that it is not perfect _____
- 4 happening at exactly the same time as something else _____
- 5 purposes or aims _____
- 6 thinking too much about one particular thing _____
- 7 the importance of something _____
- 8 accept something unpleasant or difficult _____
- 9 confusion and surprise _____
- 10 a basic general idea _____



Don't regret regrets

¹ A. Unfortunately, she regretted getting it as soon as she left the tattoo shop. Until then, she had been proud of leading a life without regrets. She had gone through life working on the principle that you should always look forward and never look back. But that night, she remembers feeling regret for the very first time.

² _____. The first one was denial and she spent the first few hours saying to herself, 'Make it go away!' The second was a feeling of bewilderment in which she kept on asking herself, 'How could I have done that?' The third was a desire to punish herself, something along the lines of 'I could kick myself'. The fourth is something that psychologists call perseveration. This is the habit of focussing obsessively and repeatedly on the exact same thing. A person who is feeling regret has the first three components going around in their head again and again.

³ _____. not only the physical pain of her tattooed wrist, but the emotional pain of knowing that she had done something incredibly stupid.

⁴ _____. The first is to take comfort in the fact that she is not alone. Figures show that around 17% of Americans regret getting tattoos at some point in their lives. The second is to learn to laugh at herself. Humour and black humour play a fundamental role in helping us come to terms with our regret. Apart from that, Ms Schulz recognizes the value of sitting back and waiting for the pain of regret to go away. *Time heals all wounds* as the saying goes, and in the case of regret this is most certainly true.

⁵ _____. Most people who see it are disappointed, because they don't think it is that bad; the problem is that she doesn't like it. She got the tattoo when she was off travelling and she was worried that she would forget some of the lessons that she had learnt during that time. It is a lesson that she wants to share with other people. For her, the compass represented the two ideas in one image.

⁶ _____. It reminds her how important it is to keep on exploring, and simultaneously how important it is to know where you're heading in life. Ms Schulz believes that if we have goals and dreams and if we love people, we should feel pain when things go wrong. In her view, we need to learn to love the flawed things that we create and to be able to forgive ourselves for creating them. Ms Schulz says that her experience has taught her that regret doesn't exist to remind us that we did badly; instead it is there to remind us that we know that we can do better.

4 GRAMMAR

wish + past simple or past perfect

Complete the sentences with the past simple or past perfect form of a verb from the box.



not be can not eat get up have
live offer not spent not work wear

- Public transport is terrible around here. I wish I had a car.
- I miss my parents. I wish they _____ nearer.
- I'm going to be late. I wish I _____ earlier.
- I hardly ever see my boyfriend. I wish he _____ at weekends.
- I'm really disappointed. I wish they _____ me the job.
- I'd love to live in Paris. I wish I _____ speak French.
- I'm broke. I wish I _____ all my money.
- The weekend has flown by. I wish it _____ Monday tomorrow.
- I feel sick. I wish I _____ that seafood last night.
- I'm cold. I wish I _____ a jumper.

5 PRONUNCIATION -ed adjective endings

- a **iChecker** Listen and write the adjectives in the correct column according to the pronunciation of -ed.

amazed astonished confused disappointed
embarrassed frustrated infuriated inspired
offended shocked stressed terrified

 d dog	 t tie	/ɪd/
<u>amazed</u>	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- b Listen and repeat the adjectives paying attention to the pronunciation of the -ed endings.

6 LISTENING

- a **iChecker** Listen to a couple, Max and Ella, discussing the characteristics of different members of their families. Write **M** (Max's mum) or **D** (Max's dad). There are two adjectives which you don't need to use.

Who is...?

unwell
 helpful

stubborn
 selfish

critical
 insincere



- b Listen again. What examples does Ella give of Max's parents' behaviour?

- c Listen again with the audio script on p.72 and try to guess the meaning of any words that you don't know. Then check in your dictionary.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

career /kə'riə/

fall out (with sb) /fɔ:l aʊt/

learn from (a mistake) /lɜ:n frɒm/

make up (after an argument) /meɪk ʌp/

It drives me mad /ɪt draɪvz mi məd/

love life /lʌv laɪf/

on average /ɒn 'ævərɪdʒ/

regret (doing sth) /rɪ'gret/

regrets (n) /rɪ'grets/

take up (an activity e.g. yoga) /teɪk ʌp/