

1 LISTENING

a Look at the things in the list. How risky do you personally think they are? Why? Score them 1–5 (1 = not risky at all, 5 = very risky indeed). Then compare in small groups. How similar are you in your attitude to risk?

- having cosmetic surgery
- cycling in your city
- smoking
- eating street food when you're travelling
- buying a second-hand car
- walking in the hills
- online dating
- telling a lie on your CV

b 4.8 Listen to four people answering the question *Are you a risk-taker?* Write ✓, ✗, or ✓/✗ in the box. Which of the topics in the list does the risk they talk about relate to?

a job a sport a relationship money

- | | | |
|----------|--------------------------|-------|
| 1 Holly | <input type="checkbox"/> | _____ |
| 2 Karen | <input type="checkbox"/> | _____ |
| 3 Tom | <input type="checkbox"/> | _____ |
| 4 Jeanie | <input type="checkbox"/> | _____ |

c Listen again and write **H** (Holly), **K** (Karen), **T** (Tom), or **J** (Jeanie).

Who...?

- 1 thinks his / her attitude to risk hasn't changed at all throughout his / her life
- 2 thinks that the risk varies depending on the price
- 3 had to make a life-changing decision
- 4 is quite surprised about how positive he / she felt after doing a risky activity
- 5 thinks most people take this kind of risk nowadays
- 6 decided not to go straight into working in an office
- 7 wonders whether things might have been different if he / she hadn't taken the risk
- 8 thinks the risk was worth taking because he / she learned some useful things for the future

d Which speaker do you think took the biggest risk? Why?

2 SPEAKING

- a Work with a partner. **A** interview **B** with the questions in the green circles. After each question, write *R* if you think that in that area, **B** is prepared to take risks. Then **B** interview **A** in same way with the blue circles.
- b Now compare your answers in each area. Decide which of you is the bigger risk-taker.

Appearance

Have you ever done something dramatically different to your hair, e.g. had a very different hairstyle or hair colour? How did you feel immediately afterwards?

Would you ever get a tattoo or a piercing?

On the road

Where do you normally cross the road – at a traffic light or zebra crossing, or just anywhere?

Do you walk by yourself late at night, or get late-night taxis?

Do you drive a car or ride a motorbike? Do you ever go really fast and break the speed limit?

Shopping and money

Have you ever bought something expensive on eBay or a similar site? Would you?

Do you use internet or mobile banking? Do you think it's safe? Have you ever lost any money from computer fraud?

Do you have different PINs and passwords, or do you always use the same one?

3 GRAMMAR zero and first conditionals, future time clauses

a Match the sentence halves.

- 1 If my dad **finds out** I've been hitchhiking, ■
- 2 When you're **crossing** the road in the UK, ■
- 3 As soon as I've **passed** my test, ■
- 4 If it's **still snowing** tomorrow, ■
- 5 When we've **booked** the flights, ■
- 6 Unless you **lend her** that money, ■
- 7 If his temperature **hasn't gone down**, ■
- 8 If it **doesn't rain** by the end of the week, ■

- A all the plants in the garden **will have died**.
 B he'll **be** furious.
 C I'm **going to buy** a motorbike.
 D **make sure** you look right and then left.
 E she **won't be able** to buy a flat.
 F we **need to start** looking for hotels.
 G we **won't be driving** anywhere.
 H he **isn't going** to school tomorrow.

b Look at the **highlighted** verbs. In first conditional sentences and future time clauses, what forms or tenses can you use...?

- 1 after *if, when*, etc. (1–8)
- 2 in the main clause (A–H)

c Now look at two more conditional sentences. Do the **bold** clauses refer to a) something which is a possible consequence of the *if*-clause, or b) something which is always a consequence of the *if*-clause?

- 1 If you don't take out travel insurance, **you run the risk of paying expensive medical fees**.
- 2 If you use online banking, **it's essential to never share your password**.

d  p.139 Grammar Bank 4B

e In pairs, complete each sentence in your own words.

- 1 Don't buy a second-hand car unless...
- 2 You shouldn't think of getting a tattoo if...
- 3 Keep a first-aid kit in your house in case...
- 4 Children shouldn't use social media until...
- 5 Always take out travel insurance in case...
- 6 As soon as you've received your new credit card,...
- 7 Don't go walking in the mountains on your own unless...
- 8 If you are taking a new job abroad,...

Food

If you were offered very unusual food that you'd never had before, would you try it? Why (not)?

If food is past its sell-by date, are you still happy to eat it? Have you ever had food poisoning from eating something that wasn't in good condition?

Travel

Have you ever taken selfies on holiday in a dangerous place, e.g. on the edge of a cliff?

Have you ever gone on holiday with someone you didn't know very well?

If you're travelling somewhere, do you normally get to the station or airport with plenty of time, or do you always arrive at the last minute?


Do you normally take out insurance when you travel?

Work and study


Have you ever only revised for an exam at the last minute? Did you pass?

Would you accept a job abroad in a country where you didn't speak the language?

4 PRONUNCIATION linked phrases

a  4.12 Listen and complete the sentence below with three words. Can you explain why a) the first and second words are linked together, b) the second and third words are linked together?

I'll call you _____ my shopping's been delivered.

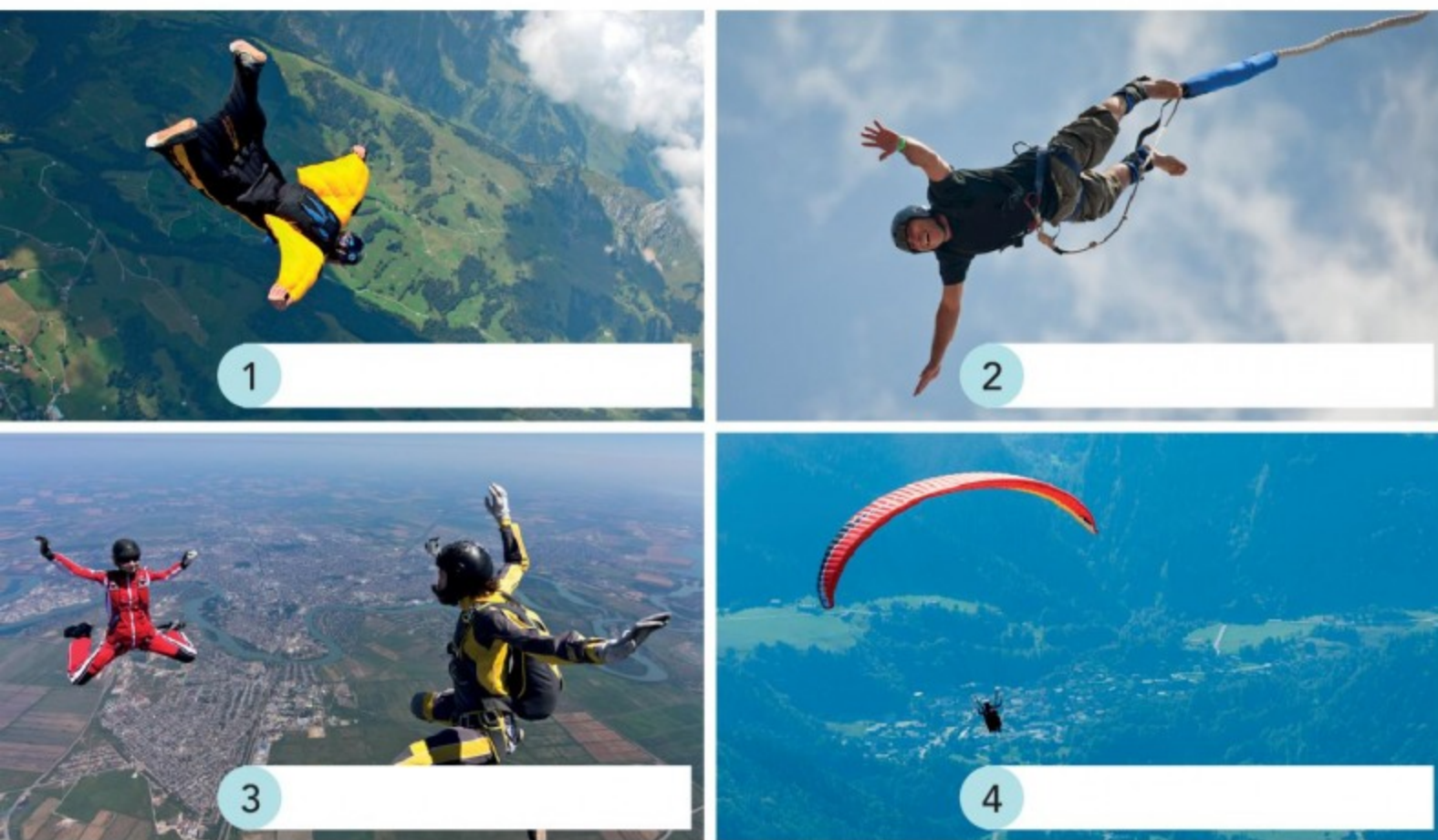
b  4.13 Listen and complete the gaps with more linked phrases.

- 1 Don't call me _____ emergency.
- 2 As _____ concerned, you have to be mad to want to do an extreme sport.
- 3 Be careful with your wallet, _____, don't use your phone in the street.
- 4 It was _____ experience that I've never forgotten it.
- 5 I dyed my hair blue a _____, and I hated it!
- 6 I was quite scared at first, but it was _____ the end.
- 7 _____, let's try to find a cheap hotel.
- 8 _____ world, everyone would earn a salary.

c In pairs, practise saying the **highlighted** phrases quickly, trying to link the words together. Then make personal sentences with as many of the phrases as you can.

I never go to the doctor unless it's an emergency.

5 READING



- a Look at the photos and label them with a sport from the list. What other extreme sports do you know?

bungee jumping paragliding skydiving wingsuit flying

- b Now look at the title of an article about extreme sports, and read the article. Tick (✓) the three reasons it gives.

- 1 More and more celebrities are taking them up.
- 2 Once some people have tried it, they can't stop.
- 3 People find traditional sports, like football, not challenging enough.
- 4 People want to have new experiences.
- 5 They are better known because you can watch other people doing them live online.
- 6 It's cheaper to do extreme sports than ever before.

- c Look at 1–7 below and think about what information is missing: a name or a number. Then read the article again and complete the gaps.

- 1 _____: the typical speed of a wingsuit flyer
- 2 _____: the age that Zanon was when he died
- 3 _____ and _____: the two men killed wingsuit flying in the USA a few years ago
- 4 _____: the number of people who parachuted for the first time last year
- 5 _____: the percentage of female climbers now
- 6 _____: the woman who paraglided off a mountain in Turkey
- 7 _____: one of world's best female wingsuit flyers

- d Read the last paragraph again. What do you think the writer means when he says *Maybe the future of extreme sports is about learning to be less extreme?* Do you agree?

- e Talk to a partner.

Have you ever done an extreme sport?
Did you enjoy it? Why (not)?
Which extreme sport that you have never done would you most / least like to try?

WHY ARE DEADLY EXTREME SPORTS MORE POPULAR THAN EVER?

Two men leap from the top of the mountain and spread their wings to fly down one of the most dangerous routes in one of the world's most dangerous sports. Dario Zanon and Graham Dickinson are experts at wingsuit flying. Using pieces of cloth that join their arms and legs, they fly past cliff edges and between trees at over 110 mph. Then they release their parachutes and drift down to land. This video has been watched over ten million times on social media.

A few months later, Zanon returned to Chamonix and climbed the Aiguille du Midi on the other side of the valley, for a solo flight. On the Sunday, his body was found on the glaciers 5,000 feet below. He was 33. Most likely no one will ever know exactly which small thing went wrong. Small things become big quickly at 110 mph. It does happen to the best. Mark Sutton, the man who parachuted into the London Olympics stadium dressed as James Bond, was killed wingsuit flying in the Swiss Alps, while filming for EpicTV. Dean Potter, a famous US wingsuit flyer, died with his friend Graham Hunt. They had jumped from Taft Point in California.

Today extreme sports are booming. Skydiving is a good example – in 2006, the British Parachute Association recorded 39,100 first jumps, but last year there were 59,679. The number of people climbing Everest has rocketed since the 1990s, and the proportion of women climbers is increasing, up from about 16% in 2002 to 36% now.

'You just get into it and then progressively build up,' says Jess Cox, 27, an instructor at her father's paragliding business. 'Better flights involve going higher, further, doing acrobatic stuff.' She shows me a video on her phone, of when she and a friend jumped off a mountain in Turkey. 'Woo-hoo!' she squeals, watching. 'I'd say that was one of the best days of my life. It's completely addictive. Some people become completely obsessed, quit their jobs, and just travel round the world, leaping off things.' Science teacher Becky, on the other hand, didn't get addicted. 'I did a skydive once and I've also done bungee jumping. The skydive was good, yes. I've no particular need to do it again. But,' she says, 'life would be a bit boring if people didn't try new things.'

Extreme sports constantly push people to test the ultimate limits of their own safety. They are jumping blindfolded, or with their dog, or skydiving without a parachute into a giant net – and you'll find all these online, thanks to action cameras. One hundred hours of GoPro video are uploaded onto YouTube every minute, and sales of these cameras are growing at 50% a year. Watching other people do these things is attracting many more new participants.

A good footballer or tennis player always wants to be tested against better opponents, but their opponents are human. In extreme sports, the opponent is danger. So how can you get better without killing yourself? Steph Davis, one of the world's best-known climbers and wingsuit flyers, wrote,


'Perhaps getting better means becoming more elegant.' Maybe the future of extreme sports is about learning to be less extreme.

Glossary

Taft Point a very high granite rock in Yosemite /ju'semiti/ Park, California

GoPro a compact action camera capable of taking photos and videos in extreme conditions

6 VOCABULARY expressions with *take*

- a  4.14 Listen to Sophie Rees, who works in the ski industry, answering six questions about extreme sports. Match her answers 1–6 to questions A–F.



- A Are you ever afraid that you might get injured or killed?
B Do you think extreme sports are more popular with men than with women?
C What other extreme sports have you done?
D What's the first extreme sport you did? When was it?
E Why do you enjoy extreme sports?
F Why do you think extreme sports are becoming more popular?

- b Listen again. How does she answer each question?

- c Look at three extracts from the interview with Sophie. Can you remember what the missing words are?

- 1 I **take** _____ my dad – we're both sports-mad.
2 I think it's because I love **taking** _____; I love the adrenaline rush.
3 I think more and more people are **taking** _____ in extreme sports...


- d Look at some more expressions and phrasal verbs with *take*. With a partner, try to work out their meaning from the context.

Expressions with *take*

- 1 My neighbour **takes care of** my son while I'm at work.
2 You should **take advantage of** that job offer. It's a great opportunity.
3 The concert will **take place** on 6th March.
4 You don't need to hurry. **Take your time**.
5 As regards evaluation, coursework is **taken into account**, as well as exam results.
6 **Take no notice of** my brother. He's just being annoying.
7 The dog looked so hungry that I **took pity on** it, and gave it some of my food.

Phrasal verbs with *take*

- 8 **Take your jacket off** – it's hot in here.
The flight will **take off** in about 20 minutes.
9 I'd love to **take up** snowboarding – it sounds really exciting.
10 My boyfriend's little sister has really **taken to** me – she always wants to play with me.
11 I don't know why Mum has suddenly **taken against** the neighbours. She always used to like them.
12 Jonas is **taking me out** for dinner tonight. He's booked a great new restaurant.
Please **take the rubbish out**. It's beginning to smell.

- e  **Communication** I'll take a question **A p.108 B p.114**
Ask and answer questions with *take*.

7 WRITING

-  p.117 **Writing** For and against Write a blog post.

8 VIDEO LISTENING



- a Watch a documentary about Grace Doyle. How did surfing help her through a difficult time in her life?

Glossary

surfboard a long narrow piece of hard material that you stand on to surf (also **body~**, a short, light board that you ride lying on your front)

wipe out to fall, especially when doing a sport such as surfing or skiing


- b Watch the documentary again and complete the information with one or two words.

- 1 Grace is from a small town in _____.
2 She originally trained to be a _____.
3 She got interested in surfing when she was young because of her _____.
4 Grace has surfed abroad in places such as Central America, _____, and _____.
5 The global surfing business is worth about a _____ billion _____.
6 Grace thinks that media coverage is one reason why surfing has become _____.
7 According to Grace, people are attracted to surfing because it's _____ and _____.
8 If you fall off a big wave, you need to hold your _____ and _____.
9 Grace enjoys the balance between the danger of injury and the chance she might get the _____ of her life.
10 In highly competitive surfing, there's a real risk that you could get _____ or even _____.

- c Do you think doing something that gives you an 'adrenaline rush' is always more enjoyable? What things do you do that are 'both healthy and fun'?

zero and first conditionals, future time clauses (with all present and future forms)

zero conditional

You **need to** do some exercise every day **if** you **want to** be fit.  4.9

If people **are wearing** headphones in the street, they often **don't notice** other people.

If you **haven't been** to New York, you **haven't lived**.

- We use zero conditionals to talk about something which is always true or always happens as a result of something else. We use *if* + present simple, and the present simple in the other clause.
- You can also use the present continuous or present perfect in either clause.

first conditional

If the photos **are** good, **I'll send** them to you.  4.10

If you're **not going** to Jason's party, **I'm not going to go** either.

If I **haven't come back** by 9.00, **start** dinner without me.

I'll have finished in an hour **if** you **don't** disturb me.

- We use first conditionals to talk about something which will probably happen in the future as a result of something else. We use *if* + a present tense, and a future tense in the other clause.
- You can use any present form in the *if*-clause (present simple, continuous, or perfect) and any future form (*will*, *going to*, future perfect, future continuous) or an imperative in the other clause.

future time clauses

I'll be ready **as soon as** I've **had** a cup of coffee.  4.11

Send me a message **when** your train's **coming into** the station.

I'm not going to buy the new model **until** the price **has gone down** a bit.

I'm not going to work overtime this weekend **unless** I **get** paid for it.

Take your umbrella **in case** it's **raining** when you leave work.

- Future time clauses are similar to the *if*-clause in first conditional sentences, but instead of *if*, we use expressions like: *as soon as*, *when*, *until*, *unless*, *before*, *after*, and *in case* followed by a present (not a future) tense. This can be any present form, e.g. present simple, present continuous, present perfect. We can use any future form or imperative in the other clause.
- We use *in case* when we do something in order to be ready for future situations / problems. Compare the use of *if* and *in case*:
 - *I'll take an umbrella if it's raining.* = I'll only take an umbrella if it's raining.
 - *I'll take an umbrella in case it rains.* = I'll take an umbrella anyway because it might rain.

a Circle the correct form.

If Rob has studied / *had studied* enough, he'll pass the exam easily.

- 1 If you *aren't feeling* / *won't be feeling* better tomorrow, you should go to the doctor's.
- 2 If we're lucky, we *have sold* / *'ll have sold* our house by Christmas.
- 3 I'll pay for dinner – if I *have* / *'ll have* enough money!
- 4 We'll *have scored* / *be scoring* ten goals by half-time if we carry on playing like this.
- 5 Don't call Sophie now. If it's eight o'clock, she *'ll bath* / *'ll be bathing* the baby.
- 6 If you don't hurry up, you *don't get* / *won't get* to school on time.
- 7 You can be fined if you *aren't wearing* / *won't be wearing* a seat belt in your car.
- 8 If you go out with wet hair, you *'ll catch* / *'ll be catching* a cold.
- 9 My suitcase *always gets* / *will always get* lost if I have a connecting flight.
- 10 I *won't go* / *don't go* to work on Monday if my daughter is still ill.

b Complete the sentence with a time expression from the list.

after as soon as (x2) before if in case (x2)
unless (x2) until when

I'll call you as soon as my plane lands.

- 1 I'm going to pack my suitcase _____ I go to bed.
- 2 Take your phone with you _____ you get lost.
- 3 I'll be leaving work early tomorrow _____ there's a last-minute crisis.
- 4 Let's meet _____ I'm in London next week.
- 5 There's a crisis! Please call me _____ you possibly can.
- 6 _____ I'm late tomorrow, start the meeting without me.
- 7 Lily will have packed some sandwiches _____ we get hungry.
- 8 Dan will be playing football in the park _____ it gets dark. Then he'll go home.
- 9 Lunch is ready now. Then, _____ we've eaten, we could go for a walk.
- 10 Don't call the emergency number _____ it's a real emergency.