

1 SPEAKING

- a Read survival questions 1–6. How do you think you would you feel in each situation: calm, nervous, scared, or terrified?

1 What would you do if you woke up in the middle of the night and thought that you could hear an intruder?

- a I'd confront the intruder.
- b I'd keep still and quiet and hope that the intruder would go away.
- c I'd lock myself in a room and call the police.

2 What would you do if you were driving and your brakes stopped working?

- a I'd put the car in neutral gear.
- b I'd put the car in a lower gear.
- c I'd put the handbrake on.

3 What would you do if you were caught out in the countryside in a thunderstorm?

- a I'd go down on my knees and make myself into a ball.
- b I'd lie flat on the ground.
- c I'd shelter under a tree.

4 What would you do if you fell through ice into a lake?

- a I'd take off my clothes and shoes and try to keep afloat.
- b I'd try to climb onto the ice from the place where I'd fallen in.
- c I'd keep as still as possible and shout for help.

5 What would you do if you were hiking alone in the hills and you got completely lost (and there was no phone signal)?

- a I'd stay where I was and wait to be rescued.
- b I'd keep walking and try to find my way to my destination.
- c I'd try to find my way back to where I'd started from.

6 What would you do if you were skiing off-piste and were buried in an avalanche?

- a I'd push my ski poles up through the snow to attract attention.
- b I'd curl into a ball and cover my head and wait to be rescued.
- c I'd use swimming movements to try to get to the surface.

- b Now answer the questions, choosing a, b, or c. Compare answers in groups of three and give reasons.

- c **C Communication** It's an emergency! **A p.108**
B p.112 C p.114 Work in the same groups of three. Read the answers to the situations, then explain what you should and shouldn't do.

- d Did you choose the correct answers to the questions in **b**?

2 READING & LISTENING

- a Read the description of a UK TV show. Do you have any similar programmes in your country?

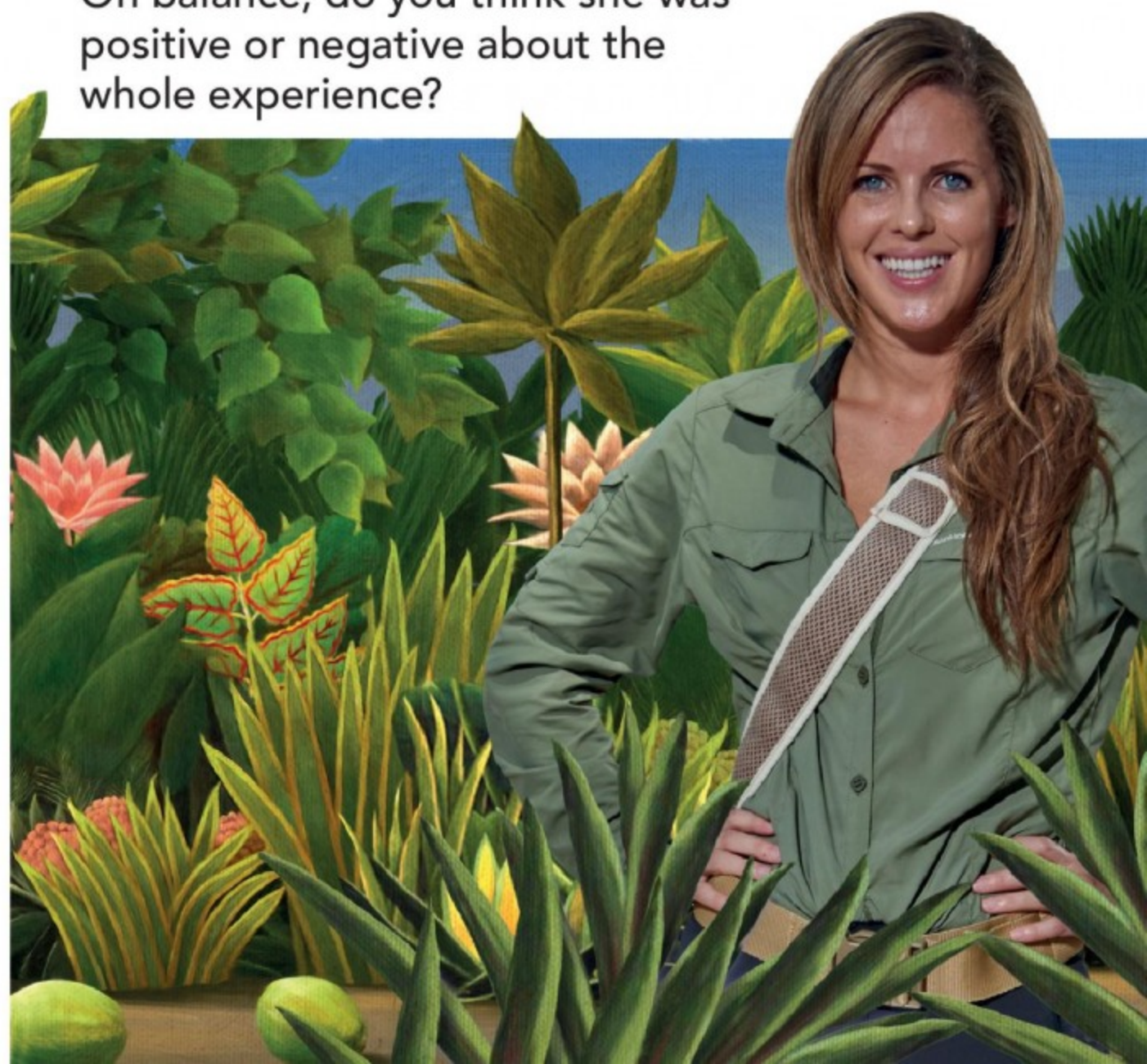
The Island with Bear Grylls is a British reality TV programme. Narrated by Bear Grylls, a well-known British adventurer, it features two groups of participants who are placed on a remote, uninhabited Pacific island for five weeks, to test their survival skills. They are left alone, with only the clothes they are wearing and some basic tools and training. In series five, the groups were divided according to whether they were high or low earners.

- b Read the first part of an interview with Ali Brookes on p.47. Would you like to learn any of these survival techniques? What do you think you would miss if you were on the island?

- c Read the interview again. Choose the best words to complete the gaps.

- 1 challenge programme aim
- 2 because since so
- 3 actually anyway apparently
- 4 complicated difficult easy
- 5 across over through
- 6 hurt injured sick
- 7 if unless until
- 8 Although As However
- 9 as well even though
- 10 definitely ideally obviously

- d **5.1** Listen and check your answers. On balance, do you think she was positive or negative about the whole experience?



ALI BROOKES,

A 29-YEAR-OLD DOCTOR, WAS A PARTICIPANT IN SERIES FIVE, IN THE 'HIGH EARNERS' GROUP.

Why did you decide to apply?

I'd always really enjoyed watching *The Island with Bear Grylls*. And I think it's really the ultimate ¹ _____, being stranded on a desert island, having to survive there with no help at all. I love being outdoors and going on adventures, ² _____ that side of it really appealed to me as well. So I sent off my application form, and the next thing I knew, I had a couple of interviews, and then I got a phone call saying they wanted me to go on *The Island*! Never in a million years, when I applied, did I think I'd ³ _____ get to go. So I was absolutely stunned when they told me they wanted me to go on the programme, but at the same time, I was thrilled! And two weeks later, we were off on a plane to the island.

What survival techniques did you learn?

So we learnt a whole range of survival techniques. We learnt how to make fire, which was actually quite complicated. You had to get the right wood from a particular type of tree on the beach, and then use pieces of that wood, and a shoelace to make fire. In our training, they made it look very ⁴ _____, they had the fire lit within a few minutes. But in reality, it took us a couple of days before we made fire, but we did get it, which was amazing. Once we had fire, we could then boil water for drinking. The water we found was brown and green and had bits floating in it, so we would filter it ⁵ _____ a pair of trousers or a shirt to get rid of the big clumps of dirt, and then we would boil it to kill off any bacteria or parasites. Amazingly, nobody got ⁶ _____ from drinking the water during our whole five weeks on the island. They also taught us how to build shelters to protect ourselves from the bad weather. In practice, the shelters were not that waterproof and we had a lot of very wet, cold nights. They taught us how to navigate by the sun and how to build up a map of the island as we explored it. It didn't stop us getting lost though.

Who or what did you miss most?

Before I went on the show, I said I'd miss my husband the most. But in fact, the thing I missed the most was most definitely food. It was all I could think about, and ⁷ _____ I couldn't sleep, I would go through a list of different pizza toppings in my head to try and get to sleep. I really missed having a good night's sleep. ⁸ _____ we did build shelters off the ground to stop us getting bitten by the insects and other creepy crawlies, it was really uncomfortable. Having clean clothes, I missed that ⁹ _____. Putting on dirty, wet socks every morning is one of the worst feelings. Of course, I missed my friends and family too, but actually what I realised was that I didn't miss many things. I ¹⁰ _____ didn't miss having a phone, or a computer, or the internet. Though as I said, I did miss clean, dry socks.

- e You're going to listen to Ali talk about her best and worst experiences on the island. First, read some things she mentions. Do you think they were things she enjoyed (✓), or things she found difficult (X)?
- most of what we ate was yucca, which is a bit like a potato
 - the water we had to wash in was the sea
 - when it rained
 - we were meeting all these new people we'd never met before
 - (He) threw us out of the boat and told us to swim to the island
 - we had a sports day and we had a talent show
 - leaving the island
- f **5.2** Now listen to the second part of the interview with Ali and check your ideas in e.
- g Listen again. What does she say about...?
- | | |
|-------------------------|----------------------|
| 1 a few coconuts | 4 a communal shelter |
| 2 a wild boar | 5 35 days |
| 3 tension and arguments | |
- h How many of the 16 people survived the whole five weeks? What general lesson did the participants learn as a result of their time on the island? Do you think you could survive on the island?

3 VOCABULARY & PRONUNCIATION

feelings; word stress

- a **5.3** Listen to two extracts from the interview. How did Ali feel? Complete the gaps with adjectives.

So, I was absolutely ¹ _____ when they told me they wanted me to go on the programme, but at the same time, I was ² _____.

...seeing Bear pull up on his boat to come and collect us was just an amazing feeling. I felt both really ³ _____ and super ⁴ _____.

- b **v p.157 Vocabulary Bank Feelings**
- c **5.7** Listen to some conversations and look at the extracts. Underline the stressed syllable in the **bold** adjectives.

- 1 Please come quickly. I'm **des|pe|rate**.
- 2 You weren't **o|ffen|ded** by what I said, were you?
- 3 To be honest, I was a bit **di|sa|ppoin|ted**.
- 4 I'm completely **be|wil|dered** by so much information.
- 5 I was **a|sto|nished** – I really wasn't expecting it.
- 6 Yes, we'd be **de|ligh|ted** to. Thank you so much.
- 7 They were **de|va|sta|ted**. It was such a shock.
- 8 I was absolutely **ho|rri|fied**. It was an awful accident.
- 9 I'm **o|ver|whelmed** – it's stunning!

- d Practise saying the extracts, copying the intonation and stressing the correct syllable in the adjectives.
- e Choose three adjectives from c and tell your partner about a time or a situation when you felt like that.

4 READING & LISTENING

- a How much do you know about the Amazon rainforest? In small groups, complete the missing words.

- 1 The Amazon rainforest is in the continent of South America. It is roughly the size of **A**_____.
- 2 It covers a total of nine countries, including **Br**_____, Bolivia, **P**_____, Ecuador, **C**_____, Venezuela, Guyana, Suriname, and French Guiana.
- 3 The River Amazon, which flows through the north of the forest, is the **s**_____ - **l**_____ river in the world.
- 4 The tree canopy is so thick that the forest floor is always **d**_____. Some trees grow up to 60 metres high.
- 5 There are about 50 indigenous **tr**_____ living in the forest that have never had any **c**_____ with the outside world.
- 6 Some of the most dangerous animals in the world live in the forest; these include poisonous **sn**_____, **fr**_____, and **sp**_____, as well as jaguars and piranhas.

- b Read the beginning of a true survival story and then answer the questions below.

- 1 What was the three friends' original plan? How did this change?
- 2 What caused tensions between...?
 - a the three men and the guide
 - b Kevin and Marcus
- 3 Why did they finally separate into two pairs? How did they decide to travel?

Which pair would you have chosen to go with? Why? How would you have felt if you had been in Marcus's situation?

- c You are going to listen to part of a documentary and find out what happened to the four men. After each part, answer the questions with a partner.

5.8

- 1 What happened to Kevin and Yossi on the raft?
- 2 What piece of luck did Yossi have?

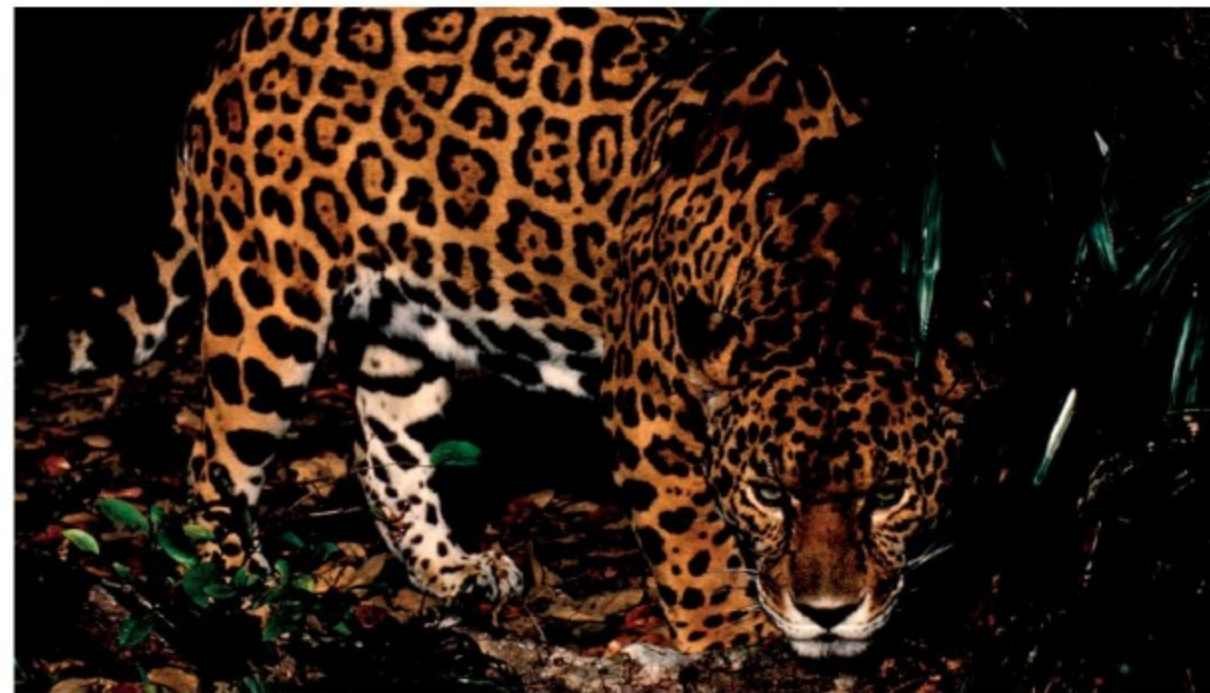
Whose situation would you rather have been in, Kevin's or Yossi's? Why?



5.9

- 3 How were Kevin and Yossi feeling?
- 4 What happened to Yossi on his first night alone in the jungle?

What would you have done if you had been in Yossi's situation?



LOST IN THE JUNGLE

FOUR YOUNG MEN WENT INTO THE AMAZON JUNGLE ON THE ADVENTURE OF A LIFETIME. ONLY TWO OF THEM WOULD COME OUT ALIVE...



In 1981, three friends went backpacking in the Amazon rainforest in a remote area of Bolivia: Yossi Ghinsberg, 22, and his two friends Kevin Gale, 29, and Marcus Stamm, 29. They hired an experienced guide, an Austrian called Karl Rupprechter, who promised that he could take them deep into the rainforest to an undiscovered Indian village. Then they

would raft nearly 200 kilometres back downriver. Karl said that the journey to the village would take them about seven days. Before they entered the jungle, the three friends made a promise that they would 'go in together and come out together'.

The four men set off from the town of Apolo and soon they had left civilization far behind. But after walking for more than a week, there was no sign of the village, and tensions began to appear in the group. The three friends started to suspect that Karl, the guide, didn't really know where the Indian village was. Yossi and Kevin began to get fed up with their friend Marcus because he was complaining about everything, especially his feet, which had become infected and were hurting.

Eventually, they decided to abandon the search for the village and just hike (instead of rafting) back to Apolo, the way they had come. But Kevin was furious because he thought that it was Marcus's fault that they had had to cut short their adventure. So, he decided that he would raft down the river, and he persuaded Yossi to join him, but he didn't want Marcus to come with them. Marcus and Karl decided to go back to Apolo on foot. The three friends agreed to meet in a hotel in the capital La Paz in a week's time.

Early next morning, the two pairs of travellers said goodbye and set off on their different journeys...

5.10

5 Why did Yossi's spirits change from desperate to optimistic, and then to desperate again?

How would you have felt at this point? What do you think had happened to Kevin?



5.11



6 What had Kevin been doing all this time?
7 What did Kevin decide to do?
8 Why was he incredibly lucky?
If you had been Kevin, what would you have done now?

5.12

9 How did Kevin first try to get help?
10 Why was it unsuccessful?
11 What was his last attempt to find his friend?



5.13



12 How long had Yossi been on his own in the jungle? How was he?
13 What did he think the buzzing noise was? What was it?
What do you think might have happened to Marcus and Karl?

d Do you think you would have survived if you had been in Yossi's situation? Would you have done anything differently? Who do you sympathize with most?

5 GRAMMAR unreal conditionals

a Complete the gaps with the verbs in the correct tense.

- 1 What would you do if you _____ (hike) alone in the hills and you _____ (get lost)?
- 2 If I thought that I could hear an intruder in my house, I _____ (call) the police and I _____ (not confront) the intruder.
- 3 What would you have done if you _____ (be) in Yossi's situation?
- 4 If Kevin hadn't looked for his friend, Yossi _____ (die).

b Look at sentences 1–4 again. Which two refer to a hypothetical situation in the past? Which two refer to a hypothetical situation in the present or future?

c p.140 Grammar Bank 5A

d With a partner, write two conditional story chains, one with second conditionals, and one with third conditionals.

- 1 If I had one year off work, I'd _____

If _____
If _____
If _____
If _____
*If I had one year off work, I'd go to South Africa.
If I went to South Africa, I'd probably go on a safari...*

- 2 If I hadn't been feeling so terrible, _____

If _____
If _____
If _____
If _____


e Read your stories to another pair. Whose did you like best?

6 WRITING

W p.118 Writing A blog post Write a post about how to keep safe in different situations.


unreal conditionals

second conditional sentences: *if* + past simple, *would* / *wouldn't* + infinitive

- 1 If there **was** a fire in this hotel, it **would be** very difficult to escape.  5.14
I **wouldn't have** a car if I **didn't live** in the country.
- 2 If it **wasn't raining** so hard, we **could get** to the top of the mountain.
- 3 If I **were** you, I'd **make** Jimmy wear a helmet when he's cycling.


- 1 We use second conditional sentences to talk about a hypothetical or imaginary situation in the present or future and its consequences.
- 2 In the *if*-clause you can also use the past continuous. In the other clause you can use *could* or *might* instead of *would*.
- 3 With the verb *be* you can use *was* or *were* for *I*, *he*, and *she* in the *if*-clause, e.g. *If Dan was / were here, he would know what to do.* However, in conditionals beginning *If I were you...* to give advice, we always use *were*.

third conditional sentences: *if* + past perfect, *would* / *wouldn't have* + past participle

- 1 If they **had found** the river sooner, they **would all have survived**.  5.15
I **wouldn't have got lost** if I **hadn't taken** the wrong path.
- 2 He **would have died** if he **hadn't been wearing** a helmet. If the weather **had been** better, I **might have arrived** earlier.

- 1 We use third conditional sentences to talk about a hypothetical past situation and its consequences.
- 2 You can also use the past perfect continuous in the *if*-clause. You can also use *could have* or *might have* instead of *would have* in the other clause.
 - In the past perfect simple and continuous, *had* can be contracted to *'d*, e.g. *If they'd found the river sooner...*

second or third conditional?

- 1 If you **came** to class more often, you **would** probably **pass** the exam.  5.16
 - 2 If you **had come** to class more often, you **would** probably **have passed** the exam.
- Compare the two conditionals:
 - 1 = You don't come to class enough. You need to come more often if you want to pass the exam.
 - 2 = You didn't come to class enough, so you failed.

 Mixed conditionals

We sometimes mix second and third conditionals if a hypothetical situation in the past has a present / future consequence, e.g. *You wouldn't be so tired if you had gone to bed earlier last night.*
If he really loved you, he would have asked you to marry him.

a Complete the sentence with the correct form of the verb in brackets, using a second or third conditional.

If Tim *hadn't got injured*, he would have played in the final. (not get injured)

- 1 I _____ so much food if you'd told me you weren't hungry. (not make)
- 2 If I were you, I _____ money to members of your family. (not lend)
- 3 If Jack were here, I _____ him to help me. (ask)
- 4 Joe _____ an accident if he hadn't been driving so fast. (not have)
- 5 I'd run a half-marathon if I _____ a bit fitter. (be)
- 6 If you _____ where you were going, you wouldn't have fallen over. (look)
- 7 I'm sure you _____ dancing if you came to the classes with me. (enjoy)
- 8 We'd go to the local restaurant more often if they _____ the menu from time to time. (change)
- 9 Nina wouldn't have gone abroad if she _____ to find a job here. (be able)
- 10 If you _____ for a discount in the shop, they might have given you one. (ask)

b Complete the sentence using a second or third conditional.

You didn't wait ten minutes. You didn't see Jim.

If *you'd waited ten minutes*, *you would have seen Jim*.

- 1 Luke missed the train. He was late for the interview. If Luke _____ the train, he _____ late for the interview.
- 2 Millie didn't buy the top. She didn't have enough money. Millie _____ the top if she _____ enough money.
- 3 It started snowing. We didn't reach the top. If it _____ snowing, we _____ the top.
- 4 Rebecca drinks too much coffee. She sleeps badly. If Rebecca _____ so much coffee, she _____ badly.
- 5 I don't drive to work. There's so much traffic. I _____ to work if _____ so much traffic.
- 6 Matt doesn't work very hard. He won't get promoted. If Matt _____ harder, he _____ promoted.
- 7 We ran for the bus. We caught it. If we _____ for the bus, we _____ it.

1 ADJECTIVES

a Match the feelings and the situations.



- 1 B 'I feel really **miserable**.' /'mɪzrəbl/
- 2 F 'I feel a bit **homesick**.' /'həʊmsɪk/
- 3 'I'm quite **disappointed**.' /dɪsə'pɔɪntɪd/
- 4 'I'm very **lonely**.' /'ləʊnli/



- 5 'I'm incredibly **proud**.' /praʊd/
 - 6 'I'm really **fed up**.' /fed 'ʌp/
 - 7 'I'm very **grateful**.' /'ɡreɪtfl/
 - 8 'I'm very **upset**.' /ʌp'set/
 - 9 'I'm so **relieved**.' /rɪ'li:vɪd/
 - 10 'I'm very **offended**.' /ə'fendɪd/
- A You discover that your beloved dog has disappeared.
- B You've been stuck at home all weekend and it's been raining.
- C A stranger gives you a lot of help with a problem.
- D You are abroad and you think someone has stolen your passport, but then you find it.
- E You don't get a job you were hoping to get.
- F You go to study abroad and you're missing your family and friends.
- G You move to a new town and don't have any friends.
- H You've been doing the same job for ages and it's really boring.
- I Someone in your family wins an important prize.
- J A friend doesn't invite you to his wedding.

b 5.4 Listen and check.

2 STRONG ADJECTIVES

a Match the strong adjectives describing feelings with their definitions.

astounded /ə'stɒnɪʃt/ bewildered /bɪ'wɪldəd/ delighted /dɪ'lɪaɪtɪd/
 desperate /'despərət/ devastated /'devəsteɪtɪd/ horrified /'hɒrɪfaɪd/
 overwhelmed /əʊvə'welmd/ stunned /stʌnd/ thrilled /θrɪld/

- 1 stunned very surprised and unable to move or react
- 2 _____ extremely upset
- 3 _____ very happy and excited
- 4 _____ incredibly pleased
- 5 _____ (SYN *amazed*) very surprised
- 6 _____ with little hope, and ready to do anything to improve the situation
- 7 _____ feeling such strong emotions that you don't know how to react
- 8 _____ extremely confused
- 9 _____ extremely shocked or disgusted

b 5.5 Listen and check.

ACTIVATION Make true sentences for five of the adjectives in 1a and 2a.

3 INFORMAL WORDS AND EXPRESSIONS

a Look at the **highlighted** words and phrases and try to work out their meaning.

- 1 B I was **scared stiff** when I heard the bedroom door opening. /,skeəd 'stɪf/
- 2 You look a bit **down**. What's the problem? /daʊn/
- 3 I'm absolutely **shattered**. I want to relax and put my feet up. /'ʃætəd/
- 4 I was completely **gobsmacked** when I heard that Tina was getting married! /'ɡɒbsmækt/
- 5 I'm **sick of** hearing you complain about your job. /'sɪk əv/
- 6 When England missed the penalty in the last minute, we were absolutely **gutted**. /'gʌtɪd/

b Match the words and phrases in a to the feelings.

- | | |
|--------------------------|----------------------------|
| A sad or depressed | D exhausted |
| B terrified | E fed up or irritated with |
| C extremely disappointed | F astonished |

c 5.6 Listen and check.

ACTIVATION Cover the sentences in a. Look at the feelings in b. Remember the informal words and expressions.

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