

- health
- accidents & emergencies
- visiting the doctor



- illnesses & injuries
- The Adventures of Tom Sawyer by Mark Twain
- an amazing rescue
- water pollution



храбрый, смелый

ударять

черный, как смоль

преодолевать

край

переохлаждение

неотразимый,
непреодолимый

утес, отвесная
скала

рассказ, история

неожиданно

критиковать

показывать

покалеченный

мучительный

чудесным образом

воля

вершина (горы)

хватать

несмотря ни на что

скалы

вершина горы

канат, веревка

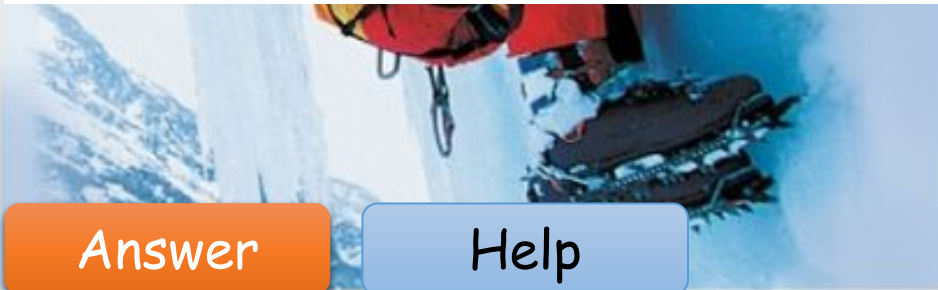
обмороженный

возможно, якобы

Imagine you are the person in the picture. Listen to the music and imagine the scene. What can you see, hear, touch, taste, smell? How do you feel?



All around me I can see ice and mountains. The sky is grey but I can see far into the distance. Everything is grey and white. I hear the sound of my heart beating – otherwise there is silence. My feet touch the side of the mountain and I hang there. I feel the weight of my body and I wonder how much longer I'll be able to hold on. I taste the ice-cold water from the icicles around me. I smell the fresh mountain air as it goes into my lungs. I feel exhausted and extremely frightened.



ice

sky

mountains

silence

heart beating

to feel

to hang

to hold on

ice-cold water

to taste

weight of my body

to smell

icicles around me

fresh mountain air

to feel frightened

to feel exhausted

Answer

Help

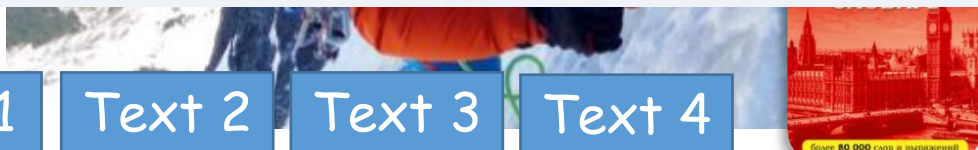
The following phrase
text is about? Read

- life or death decision
- faced with an agonising
- send friend to certain c
- slipped
- incredible tale of survivi
- against all odds
- British mountaineers
- 21,000-foot peak
- reached the summit
- frostbitten fingers
- lowered his friend over
- hold weight
- cut the rope
- determined not to die

Simon knew he could not hold onto the rope forever without being pulled to his death himself. So, shaking with cold, he made the painful decision – later strongly **criticised** by some other mountaineers – to save his own life. He took a knife and cut the rope that tied him to his friend. Then, believing his friend would never have survived – the fall, **E** But **miraculously**, Joe was not killed by his fall! He was badly injured, close to death in fact, and he had no food or water ... but he was alive! And he was determined not to die alone! In an unbelievable **display** of **willpower**, Joe managed **F** It took him four days. Joe's great courage and extraordinary determination saved him.

If you want to learn more about Simon and Joe's extraordinary tale of adventure and survival, you can read Joe Simpson's book 'Touching the Void'. A film of the same name has also been made based on Joe's book!

¹a large, deep crack in thick ice or rock



Text 1

Text 2

Text 3

Text 4

Read again and match one sentence that you

- 1 they simply had to get off the mountain quickly
- 2 because he was too far away from the rocks
- 3 he continued down the mountain alone
- 4 his determination stopped him from giving up
- 5 and the result of his decision was to crawl seven miles down the mountain to safety
- 6 it represented an irresistible challenge

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1 a large, deep crack in thick ice or rock

Text 1

Text 2

Text 3

Text 4

Match the words to their definitions.

bold ✓

tale ✓

crippled ✓

summit ✓

struck ✓

without knowing
it ✓

agonising ✓

grab ✓

pitch black ✓

criticised ✓

miraculously ✓

against all odds ✓

conquered ✓

display ✓

willpower ✓

rocks ✓

edge ✓

hypothermia ✓

irresistible ✓

cliff ✓

Surprisingly

peak ✓

rope ✓

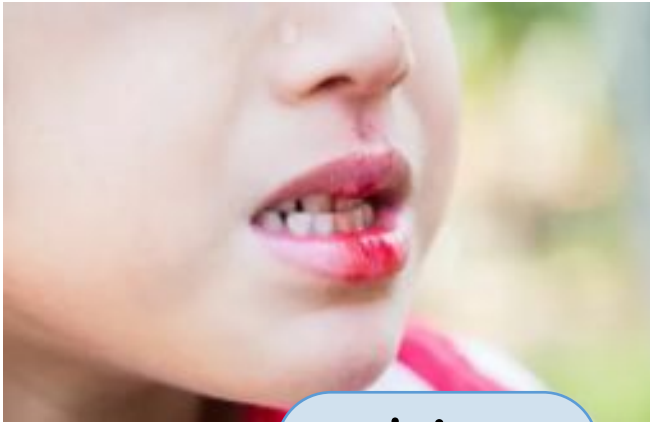
frostbitten ✓

supposedly ✓

In pairs, use a dictionary to help you choose the odd word which does not fit in each of the sentences (1-10). Add one more word to each group.

1. She cut her finger/~~bone~~/big toe/leg and now it's bleeding.

Suggested answer:



Lip



To cut

2. She tripped over the hosepipe yesterday and badly bruised her knee/arm/shin/~~muscle~~.

Suggested answer:



Elbow



To bruise

3. Tom broke his toe/arm/leg/~~hip~~ yesterday.

Suggested answer:



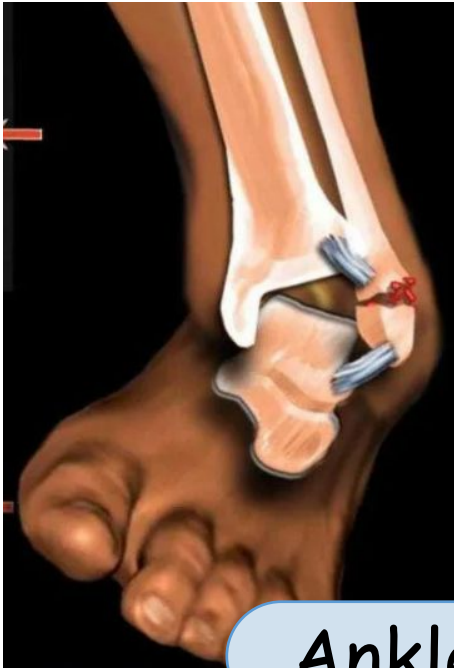
Wrist



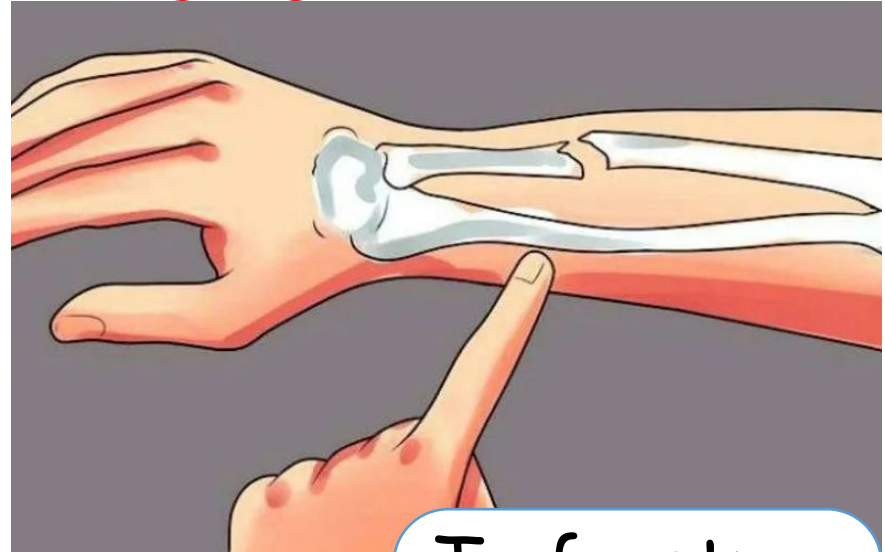
To break

4. My grandma recently fell down the stairs and fractured her collarbone/~~throat~~/skull/hip.

Suggested answer:



Ankle



To fracture

5. Oh no, I think I've sprained my
~~waist~~/ankle/wrist/back.

Suggested answer:



Knee



To sprain

6. I've got a stiff neck/shoulder/leg/~~heel~~.

Suggested answer:



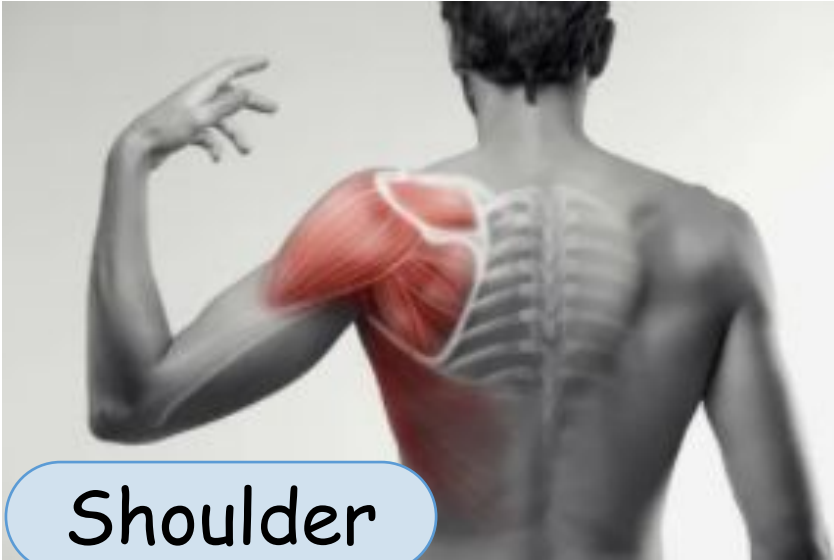
Back



To stiff

7. I think I've done something to my
back/thumb/knee/h~~and~~r.

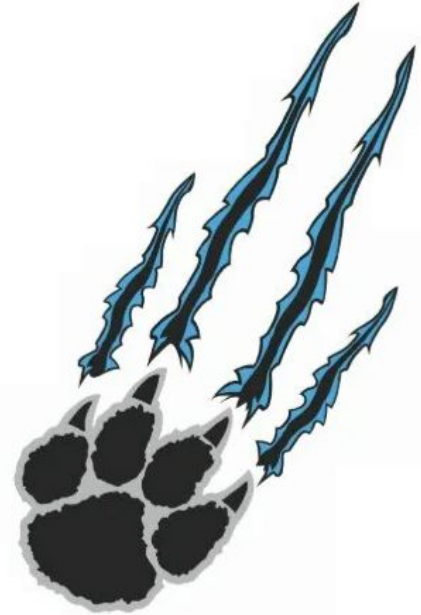
Suggested answer:



Shoulder

8. Amy scratched her arm/face/~~br~~ain/leg really badly while she was cutting the roses.

Suggested answer:



To scratch

9. I've got a swollen lip/~~head~~/ankle/foot.

Suggested answer:



Toe



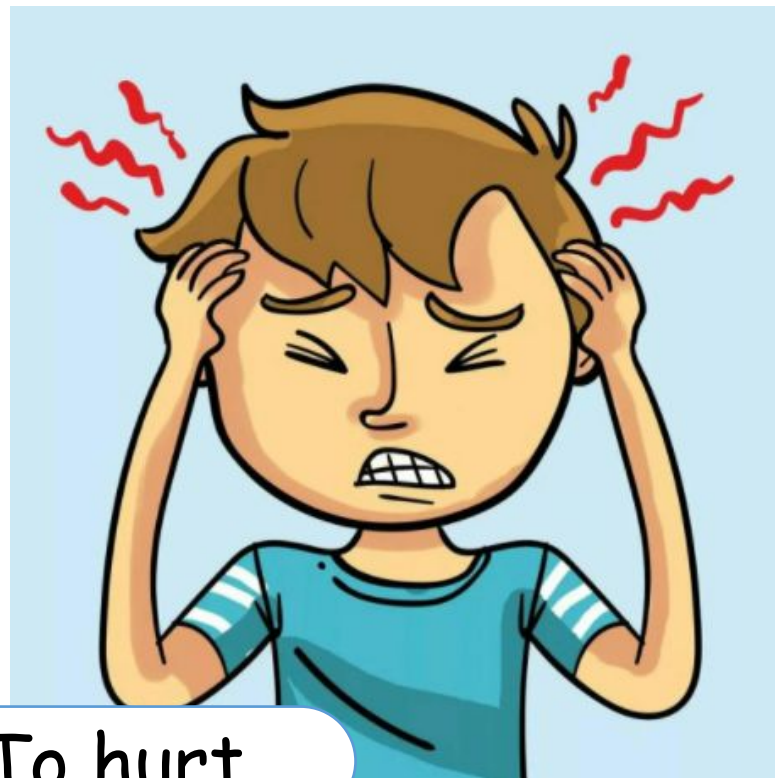
To swollen

10. He hurt his ~~no~~il/head/neck/back in the car accident.

Suggested answer:



Leg



To hurt

Choose the correct words, then check in a dictionary.

- 1 My eye really pains/hurts!
- 2 I've got a(n) nagging/excruciating pain in my shoulder. It's not serious, but it won't go away.
- 3 Andy is still in harsh/severe pain with that awful football injury/wound.
- 4 Ouch! This bruise is really painful/hurtful!
- 5 Brian had to be cured/treated for frostbite after his climbing expedition.
- 6 We had a slim/narrow escape when our car skidded on ice.
- 7 Ann had some internal/inside bleeding after the accident.
- 8 By the time the ambulance arrived, the boy was unconscious/subconscious.

Unconscious - in the state of not being awake and not aware of things around you, especially as the result of a head injury
(бессознательный)

Subconscious - the part of your mind that notices and remembers information when you are not actively trying to do so, and influences your behavior even though you do not realize it
(подсознательный)

Listen and read the pairs.

Text 1

Text 2

Text 3

Text 4

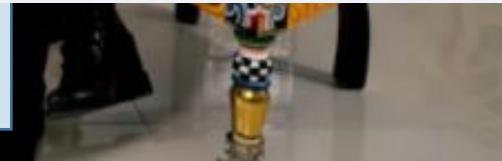


I think Simon made
would have done the
one man to die that
guarantee that Simon would have been able
to save his friend's life, anyway.

Simon knew he could not hold onto the rope forever without being pulled to his death himself. So, shaking with cold, he made the painful decision – later strongly **criticised** by some other mountaineers – to save his own life. He took a knife and cut the rope that tied him to his friend. Then, believing his friend would never have survived – the fall, **E** But **miraculously**, Joe was not killed by his fall! He was badly injured, close to death in fact, and he had no food or water ... but he was alive! And he was determined not to die alone! In an unbelievable **display** of **willpower**, Joe managed **F** It took him four days. Joe's great courage and extraordinary determination saved him.

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1 a large, deep crack in thick ice or rock



Everything was fine on the way up the mountain and we weren't expecting to have any problems at all on the way down. You see, we chose an easier route for our descent.

and Joe



That must have been painful!

Extremely. So, Simon tried to get me down the mountain using a rope. But that didn't work very well as it was already getting dark and before long, I was hanging over the edge of a deep crevasse. I couldn't climb back up the rope as my fingers were so frostbitten. I called out to Simon but he couldn't hear me - I was too far away.

I made the most difficult decision in my life. I cut the rope to save my own life. I just knew I didn't have the strength to hold on to Joe any longer.

nd Joe



What an amazing story! What courage and strength! So, for all of you listeners out there - anything is possible!

Yes, that's right. But miraculously, I wasn't killed by the fall. I was in great pain and had no food or water, yet I was determined to stay alive. It took me four days but I managed to get down to safety.

In reality, I had no choice. Dying on the mountain was not an option when I had so much to live for. The nights were the worst. That's when the cold, the pain, the lack of food and the despair take over. I knew that if I closed my eyes to get just a little rest, then I might never open them again. I can't tell you how I felt when I saw the rescuers running towards me but the sense of relief was so overwhelming that at that point I blacked out.

paragraph describing what happened and they down the mountain to safety (80-100



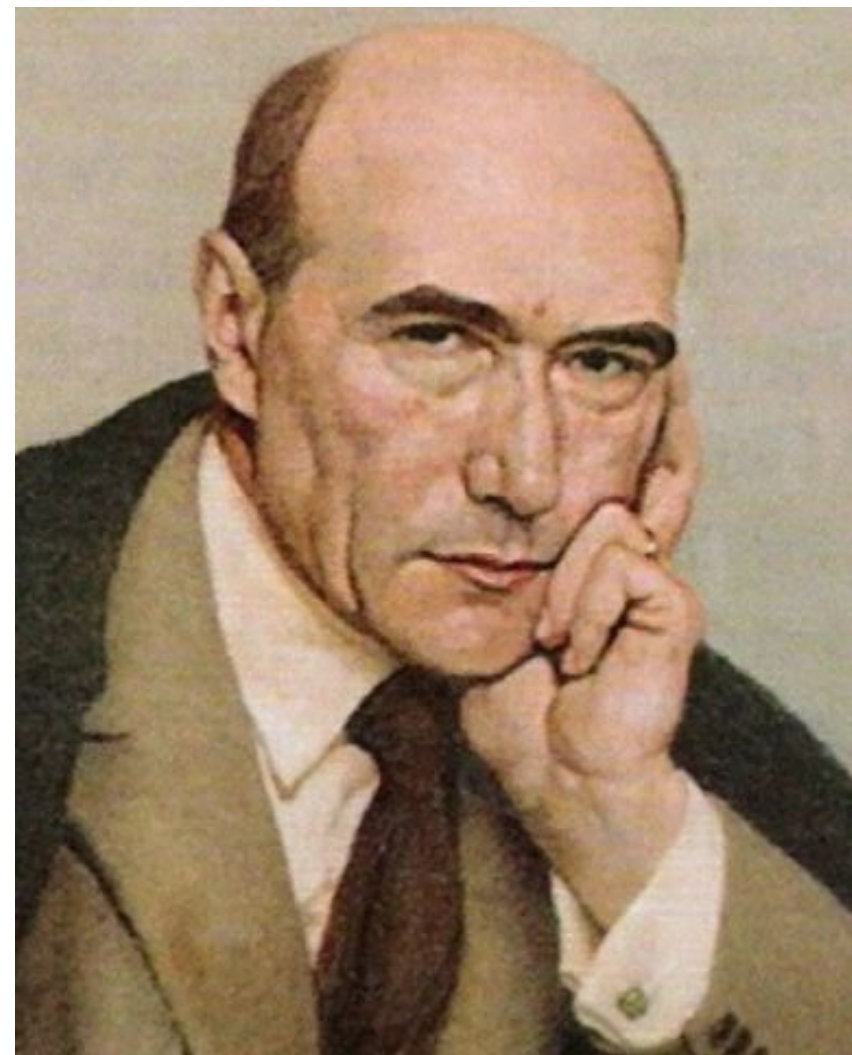
Words of Wisdom

Man cannot discover new oceans unless he has the courage to lose sight of the shore.

(André Gide, French writer)

I agree with the quote that in order to move forward we often have to let go of our previous ways of thinking and be open-minded to new possibilities and ideas.

Yes, It's important to have courage and look to the future. We should not forget the past, but be careful not to become stuck there.



Fill in the gaps with the following words.

Workbook

- 1 The rescue worker quickly wrapped the shivering boy in blankets to prevent him from getting **hypothermia**.
- 2 Against all **odds**, Mary managed to climb out of the deep crevasse with her bare hands.
- 3 The kitten was so **irresistible** .. that Jenny couldn't stop herself from taking it home.
- 4 Terry Fox showed a great display of **willpower** .. when he ran 5,373 km to raise money for cancer research.
- 5 Frank is now facing an **agonising** decision about his future.
- 6 **Miraculously**, no one was killed.
- 7 Cathy is a **bold** and fearless rock climber.
- 8 As he stood near the **edge** of the cliff, Luke could see far across the valley.

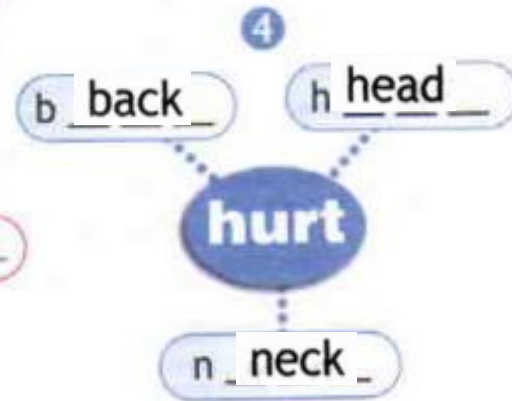
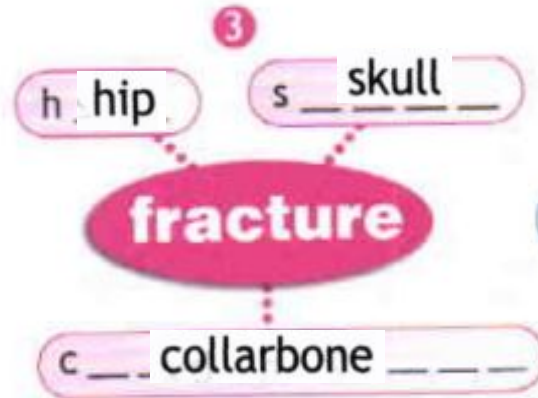
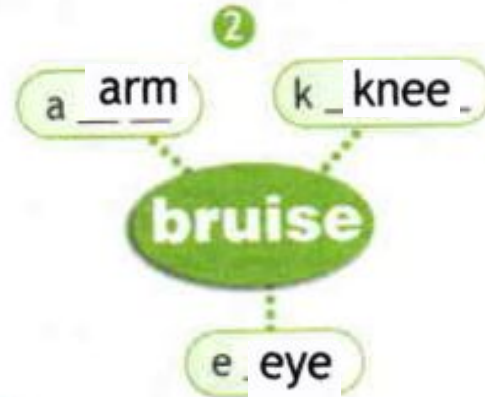
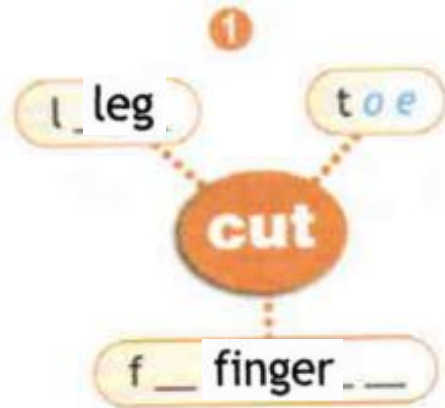
- agonising
- odds
- edge
- miraculously
- hypothermia
- bold
- irresistible
- willpower

Complete the following exchanges with words from the list below.

- injury • unconscious • narrow • hurts
- internal • painful

- 1 A: Ouch! My back **hurts** again.
B: You really do need to see a doctor.
- 2 A: She looks . **unconscious** . What happened?
B: She saw some blood and fainted.
- 3 A: Is there any **internal** bleeding?
B: Fortunately not. Only a few cuts and bruises.
- 4 A: Is your arm still **painful** ?
B: Yes. I've got an appointment with Dr. Moore this afternoon.
- 5 A: What's that scar on your leg from?
B: An old rugby **injury**
- 6 A: Phew, what a **narrow** escape!
B: Yes! I thought our time had come.

Complete the spidegrams.



Match to form phrases. Then, use them in the correct form to complete the sentences.

- | | | |
|---|---|--------|
| 1 | f | grow |
| 2 | a | pitch |
| 3 | a | reach |
| 4 | b | stiff |
| 5 | c | save |
| 6 | e | sprain |
| 7 | d | break |

- | | |
|---|-------------|
| a | black |
| b | neck |
| c | one's life |
| d | a leg |
| e | one's ankle |
| f | weak |
| g | the summit |

- Ben .. **broke** his **leg** in a terrible ski accident.
- Following a long and difficult climb, the adventurers finally .. **reached the summit** ..
- Tim felt his arms **grow weak** after carrying the heavy shopping bags for so long.
- The doctors are hoping the new treatment will **save** John's **life**
- Without any matches or torches, they remained stranded in the **pitch black** of the night.
- Sitting still in front of a computer all day can give you a **stiff neck**
- Lucy .. **sprained** her **ankle** while playing tennis.