

# UNIT 5

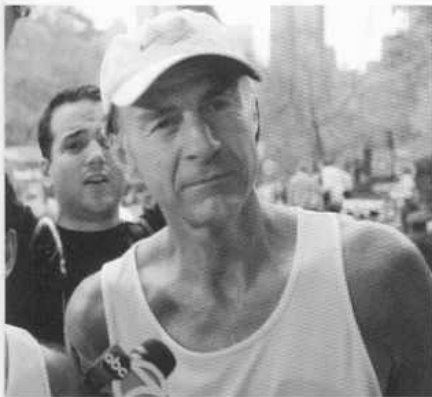
## Challenges

### ▼ AGENDA

- ▶ Narrative tenses
- ▶ Challenge vocabulary
- Prefixes 2
- Heart idioms
- ▶ Being concise
- ▶ Chairing a meeting

### Language focus

- 1 Which of these do you think are the most impressive feats of human endurance? Why do people attempt these kinds of challenges?
  - a Tanya Streeter, world champion freediver, who can hold her breath under water for more than six minutes and dive more than 170 metres without the aid of artificial breathing gear.
  - b Ed Viesturs, one of the world's leading high-altitude mountain climbers, who is attempting to scale the fourteen highest peaks without the use of supplementary oxygen.
  - c Sir Ranulph Fiennes who, at the age of 59, completed seven marathons in seven continents in seven days.
  - d Sonya Thomas, a champion competitive eater, who once ate 167 chicken wings in 32 minutes.
  - e Pen Hadow, polar explorer, who was the first man to walk alone without outside help from Canada to the North Pole, a journey of 478 miles.
- 2 Read about Sir Ranulph Fiennes' 7x7x7 challenge.
  - 1 Identify the places on the map where he ran the marathons.
  - 2 In which place did he nearly give up?
  - 3 What vital piece of equipment did he take – and why?
  - 4 Why did he do the 7x7x7?



## Fiennes relishes marathon feat

British adventurer Sir Ranulph Fiennes has told of his joy at completing seven marathons on seven continents in seven days.

The 59-year-old said the Singapore run in tropical heat had nearly broken him because of the difficulty of continuing in the humidity and pollution. But he and his fellow runner Dr Michael Stroud went on to complete the challenge to run 183 miles in just a week.

Sir Ranulph told reporters in London on Monday it had been 'absolutely wonderful' to finish. He ended his marathons with a race in New York which he finished in five hours and 25 minutes on Sunday at 2030 GMT. The

pair had already completed runs in Santiago, Chile, the Falkland Islands, Sydney, Singapore, London, and Cairo.

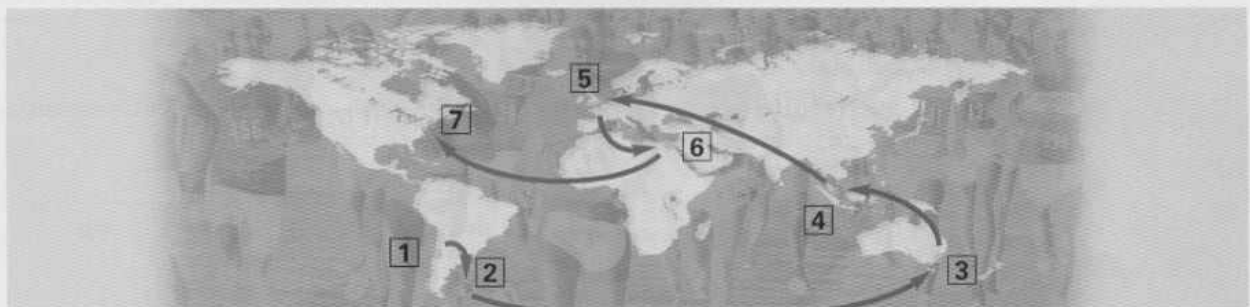
But Sir Ranulph recalled how the Singapore marathon had stretched him almost to breaking point. He said: "I hit the pavement and nearly fainted at the end. I felt completely knackered and not able to do another one." Dr Stroud walked much of the way after suffering a stomach upset.

Sir Ranulph's personal achievement was all the more remarkable given the punishing jet lag he must have suffered after arriving in a city almost a full working day behind the Middle Eastern time zone.

He said he would like to drink hot chocolate and eat chicken masala. "Anything without cholesterol in it," added the veteran adventurer who recently underwent heart surgery – and who was raising money for a heart charity.

Sir Ranulph had fought back from a heart attack and a double heart bypass operation to carry out his latest test of endurance. The pair had also been running with a defibrillator to safeguard Sir Ranulph's health.

All money raised from the Land Rover 7x7x7 Challenge will be given to the British Heart Foundation. They hope to raise a six-figure sum.



- 3 Read the article again and write questions for these answers.

Example 59 – How old was Sir Ranulph when he ran the marathons?

- 1 183 miles.
- 2 Five hours and twenty-five minutes.
- 3 Santiago, the Falkland Islands, Sydney, Singapore, London, and Cairo.
- 4 A heart charity.
- 5 A heart attack and a double heart bypass.
- 6 A six-figure sum.

- 4 5.1 Look at the pictures. What do you think Jimmy Chin's job is? Listen to the TV programme, *Jobs with a difference*. Answer the questions.



- 1 What is Jimmy Chin's job?
- 2 How did he get started?
- 3 When did he get his 'big break'?
- 4 In which magazines has he and his work appeared?
- 5 Why does he do his job?

- 5 5.1 Listen again and put these seven events in Jimmy Chin's career in order.

- a went on a number of short climbs and expeditions
- b climbed El Capitán
- c had to learn how to shoot video
- d appeared in several magazines
- e was called in to replace a photographer who dropped out of an expedition to Tibet
- f took a photo of his partner Brady sleeping
- g climbed in the Karakoram Range in Pakistan (and sold photos)

### Narrative tenses: Past Simple, Past Continuous, Past Perfect Simple, Past Perfect Continuous

Underline the past tense forms in these sentences.

- a The date was 1999: he had already been on a number of short climbs and expeditions and he was training in California's Yosemite Valley for an expedition to Pakistan's Karakoram Range.
- b He took a photo of Brady while he was sleeping in his bag next to all the gear they had left lying around their camp the previous night.
- c Before that point he had only been taking photographs almost as a hobby, although he had made a bit of money out of it.
- d On the plane over while everyone else was reading their novels, Chin was frantically reading the instruction manual to the XL1 camera.

Match the underlined past tense forms with the correct narrative tense.

Which past tense form do we use in the following cases?


- 1 an event in progress at a particular time in the past
- 2 a past action or situation that happened earlier than another past action or situation
- 3 a longer action or situation that began at one point in the past and continued until a more recent point in the past.

Why is the same tense used in both clauses of sentence d? Where are adverbs placed in the sentences?



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## Practice

- 1 Which other professions can you think of that involve extreme challenges? What sort of challenges do they involve?
- 2 What is a 'storm chaser'? Warren Faidley is an award-winning photojournalist and cinematographer. He is a world expert on extreme weather and well-known storm chaser – he has been called 'the Cyclone Cowboy'. He has experienced many severe tornados and hurricanes, such as Hurricane Katrina, which struck the south coast of the USA in 2005.
  - 1 Read the notes below and try to reconstruct the story. Put the verbs in the correct tense.
  - 2  5.2 Listen to the extract from the report on *Jobs with a difference*. Compare it with your story.

When was Warren's first chase?

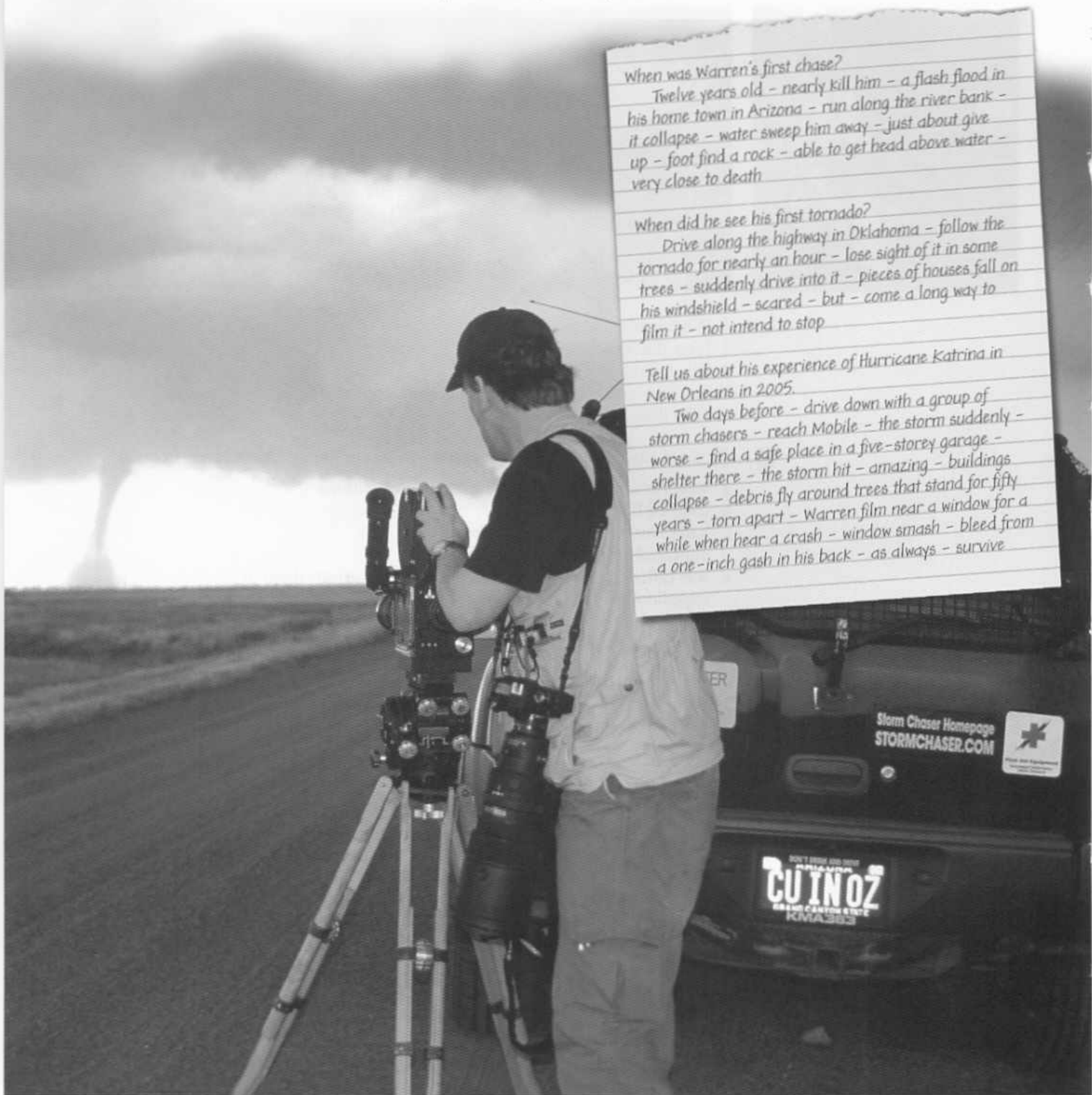
Twelve years old – nearly kill him – a flash flood in his home town in Arizona – run along the river bank – it collapse – water sweep him away – just about give up – foot find a rock – able to get head above water – very close to death

When did he see his first tornado?

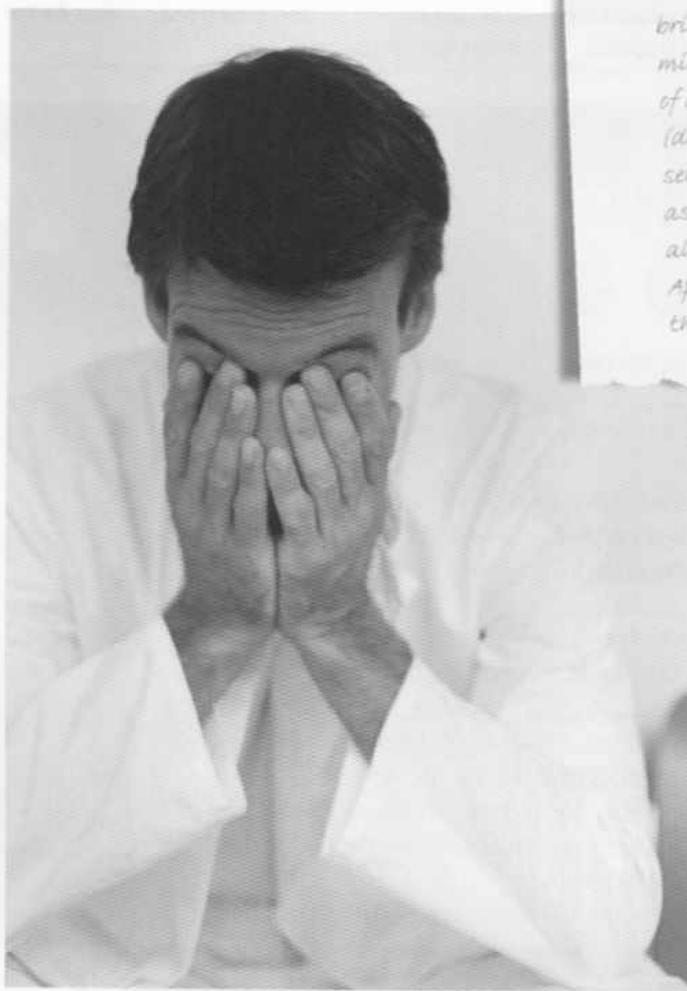
Drive along the highway in Oklahoma – follow the tornado for nearly an hour – lose sight of it in some trees – suddenly drive into it – pieces of houses fall on his windshield – scared – but – come a long way to film it – not intend to stop

Tell us about his experience of Hurricane Katrina in New Orleans in 2005.

Two days before – drive down with a group of storm chasers – reach Mobile – the storm suddenly – worse – find a safe place in a five-storey garage – shelter there – the storm hit – amazing – buildings collapse – debris fly around trees that stand for fifty years – torn apart – Warren film near a window for a while when hear a crash – window smash – bleed from a one-inch gash in his back – as always – survive



- 3 What sort of conditions do junior doctors in hospitals have to work under? Read this extract from the diary of an 'A&E' (Accident and Emergency) doctor. Complete the sentences by putting the verb in brackets into the correct tense.



'Last night \_\_\_\_\_ (be)<sup>1</sup> horrendously busy.<sup>1</sup>  
 \_\_\_\_\_ (do)<sup>2</sup> the long forty-eight-hour 'on-call' shift.<sup>1</sup>  
 \_\_\_\_\_ (work)<sup>3</sup> for twenty-four hours without a break, when my bleeper \_\_\_\_\_ (go off)<sup>4</sup> for a third time.<sup>1</sup>  
 \_\_\_\_\_ (only have)<sup>5</sup> three hours' sleep in the previous 48 hours, so I \_\_\_\_\_ (need)<sup>6</sup> two cups of strong coffee. It \_\_\_\_\_ (work)<sup>7</sup> within fifteen minutes.<sup>1</sup> \_\_\_\_\_ (walk)<sup>8</sup> briskly along the corridor towards A&E, and ten minutes later I \_\_\_\_\_ (clean)<sup>9</sup> the leg wound of a young man. At the same time as I \_\_\_\_\_ (do)<sup>10</sup> this, rumours \_\_\_\_\_ (come in)<sup>11</sup> of a serious accident on the motorway. Sure enough, just as I \_\_\_\_\_ (finish)<sup>12</sup> with the leg wound, the alarm bells \_\_\_\_\_ (start)<sup>13</sup> ringing. Apparently, there \_\_\_\_\_ (be)<sup>14</sup> a pile-up in the bad weather. At least ten serious injuries.'

- 4 1 Work in groups. Which of these working situations do you think is the most extreme?
- working as a junior doctor on a forty-eight-hour shift ('on call')
  - staying up all night to prepare a presentation for important clients
  - fixing a broken gas pipeline (or burning oil rig) sixty metres under the sea
  - a seven-day world tour to meet clients and promote a forthcoming product launch
  - filming a major disaster for a TV company
- 2 Have you done anything similar in your line of work?
- What's the longest you've worked without a break of more than an hour?
  - What's the furthest you've had to travel in a week?
  - What are the most extreme weather conditions you've had to work in?
  - What's the most daring or dangerous activity you've done?
- 5 Work in pairs or groups. Think of a story for *Jobs with a difference* which involves working in extreme conditions. Think about extreme weather (e.g. snow storms), extreme physical conditions (e.g. in the jungle), and extreme tasks (e.g. working on top of a skyscraper). You can use your own experience or invent a story using one of the examples above. Take turns to narrate your story.

- 1 Work in pairs. What do you know about the 'extreme sports' in the photos below? Have you, or anyone you know, ever done any of them? Would you consider doing them?
  - 2 Do you know of any similar adventure or extreme sports?
- 1 Read the article about bungee jumping. Complete the sentences with one of the following words or phrases.

adventure	dangerous	faint-hearted	fear factor	fearless
frighten	heart-stopping	risks		

## New Zealand pushes tourism to extremes

Queenstown is the extreme sports capital of the world, where the \_\_\_\_\_<sup>1</sup> go to \_\_\_\_\_<sup>2</sup> themselves. The \_\_\_\_\_<sup>3</sup> business is the town's lifeblood. When you talk about adventure tourism in New Zealand, this is where it all began.

Tourism was put on the map with the first commercial bungee jump in 1988. Since then 450,000 people have taken the plunge, and the town has undergone a metamorphosis, with tourists outnumbering locals 100-1.

Bungee jumping is not for the \_\_\_\_\_<sup>4</sup>, but you don't have to be super-confident either. The secret to bungee's success is that even though it looks very \_\_\_\_\_<sup>5</sup>, it is in fact pretty safe. Despite all the hype about danger, people aren't really taking any big \_\_\_\_\_<sup>6</sup>. What people pay US\$85 for is the \_\_\_\_\_<sup>7</sup>, according to bungee co-founder Henry Van Ash. 'What is actually extreme is what people go through in their minds,' he said.

In today's extreme sports game, innovation is the key. Making things taller and scarier than before brings visitors back for more, and makes for headlines. The evolution of bungee jumping is a good example.

It was born as a fertility rite in the South Pacific, developed by the Oxford Dangerous Sports Club, and commercialized by the New Zealanders. From the original bridge jump of 1988, there's now a \_\_\_\_\_<sup>8</sup> parasail version. It's 180 metres up and straight down, in a two-man seat beneath a giant parasail.

There's a joke in the bungee trade: business, they say, is up and down. Whatever the truth in that, it's certainly brought in the mega-bucks.



5.3 Listen and check your answers.

- 2 Correct these sentences about bungee jumping.
  - a More than half a million bungee jumps have taken place since the first one in 1988.
  - b Bungee jumping is more dangerous than it looks.
  - c In the business of extreme sports it is important to be traditional.
  - d Bungee jumping started as a sports activity.
  - e The business of bungee jumping has made very little money.



'Despite all the hype about danger ...'

**hype** *noun* (informal, disapproving) advertisements and discussion on television, radio, etc telling the public about a product and about how good or important it is.

**hype** *verb* (informal, disapproving) to advertise sth a lot and exaggerate its good qualities in order to get a lot of public attention for it.

- 3 *Hype* (noun) is derived from *hyper-* (prefix). What do the prefixes *hyper-*, *super-*, and *mega-* have in common? Complete the table.

active	human	power	tension	phone	market
byte	sensitive	ventilate	hero	sonic	bucks

	Collocate	Word type	Definition
Hyper-	active	adjective	more active than normal
Super-			
Mega-			

- 4 Match the 'heart' idioms and phrases in A with the definitions in B.

A

- 1 faint-hearted
- 2 heart-stopping
- 3 heart attack
- 4 heart surgery
- 5 by heart
- 6 heartbroken
- 7 to set your heart on something
- 8 to miss a heart beat

B

- a exciting/frightening
- b to use only your memory
- c to have a sudden feeling of fear or excitement
- d to want something very much
- e unwilling to try anything new or adventurous
- f a feeling of extreme sadness
- g a medical operation to improve the function of heart
- h sudden serious medical condition in which the heart stops working normally

- 5 Complete these sentences with a suitable heart expression.

- 1 He was rushed to hospital after having a \_\_\_\_\_.
- 2 He ran the marathon despite having just recovered from \_\_\_\_\_.
- 3 When you stand at the top of the platform waiting to jump, your heart \_\_\_\_\_.
- 4 Bungee jumping is not for the \_\_\_\_\_.
- 5 He was \_\_\_\_\_ after someone stole his iPod.
- 6 She had \_\_\_\_\_ on doing a bungee jump on her birthday.
- 7 She knew all her friends' phone numbers \_\_\_\_\_.
- 8 There was a \_\_\_\_\_ moment when the skydivers' parachutes to open.

## Being concise

- 1 How long is the longest possible sentence? This is a part of a 516-word sentence in a legal contract. What do you think it is about?

'In the event that the Purchaser defaults in the payment of any instalment of purchase price, taxes, insurance, interest, or the annual charge described elsewhere herein, or shall default in the performance of any other obligations set forth in this Contract, the Seller may: at his option: (a) Declare immediately due and payable the entire unpaid balance ...'

- 2 1 Here are some rules for writing concise English. Match the rules to the examples. How many words are saved in each case?
- 1 Cut out unnecessary clauses.
  - 2 Cut out what the reader already knows.
  - 3 Use bullet points.
  - 4 Cut out words which do not add to the meaning.
  - 5 Use the noun as a modifier.
  - 6 Use the active form.
  - 7 Use a more precise word.
  - 8 Avoid fillers that we usually use in speech.
- a The sport that people find most challenging is BASE jumping.  
BASE jumping is the most challenging sport.
  - b Material which is lightweight is best.  
Lightweight material is best.
  - c Thank you for your letter in which you ask several questions about our activities.  
Thank you for your letter of (date).
  - d We have got courses for young people, other courses for adults, and special courses for people over 60.  
We have courses for:
    - young people
    - adults
    - people over 60
  - e It was a terrible tragedy.  
It was a tragedy.
  - f Bungee ropes are made of elastic material.  
Bungee ropes are elastic.
  - g The shop sold items that did not come under any particular category.  
The shop sold miscellaneous items.
  - h So basically it was like not very good.  
It was bad.
  - i The calculation of the risk ...  
Risk calculation ...
  - j All the equipment was checked by the staff before a jump.  
The staff checked all the equipment before a jump.

In the last example, when might you want to keep the passive?

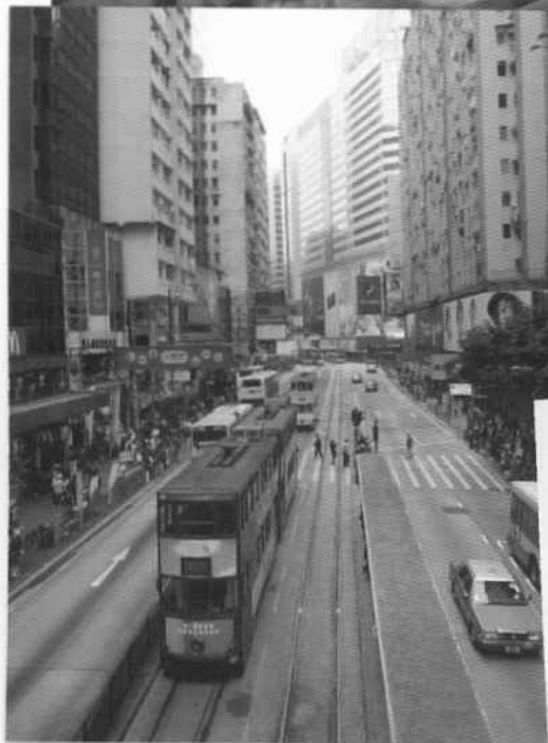
- 2 You can also use charts and diagrams, especially if you dealing with a lot of information. What sort of chart would you use to illustrate:
- changes over a period of time, for example, six months' sales figures?
  - percentages out of 100, for example, what proportion of tax the government receives from income, fuel, VAT, etc.?
- 3 There are ways to make the writing process more efficient. Can you add to this list?
- First, plan what you are going to write.
  - Ask yourself: what does the reader know? what does the reader want or need to know?
  - Write your first draft.

**Practice** 1 Rewrite these sentences to make them more concise.

- 1 It is necessary that you take every precaution when preparing to bungee jump.
- 2 In figure 3 you can see that there are three lines which show ...
- 3 What are your future plans?
- 4 The beating of the heart can be measured ...
- 5 An examination of the accident area was made by the police.
- 6 He never thought about where to jump but jumped anywhere at random.
- 7 It's not impossible that he could have done it.
- 8 The Oxford Stunt Factory is based in Oxford. The Oxford Stunt Factory started in the 1980s. It organizes a variety of adrenaline sports.
- 9 Helping the reader to understand what has been written is basically pretty important.
- 10 Achieving a high level of precision when writing is a skill that takes time to acquire.







### Agenda

- 1 Welcome. Introduce Frits Hunsel.
- 2 Venues for concerts.
- 3 Costs – draft budget, ways of reducing expenditure.
- 4 Cultural arrangements – entertainment and events.

- 1 5.4 Pei Lin and Frits (the Tour Manager) have flown out to Asia and are meeting Bob and Aleks in a Hong Kong hotel to discuss the latest developments in the *Latin Goes East* project. Listen to the three extracts. Are the statements true or false?

- 1 Frits thought that Vietnam was very interesting.
- 2 There is still a problem with finding suitable venues in Vietnam and Hong Kong.
- 3 Bob is worried about the rising costs of the project.
- 4 Frits thinks the proposed accommodation for the band is of an unnecessarily high standard.
- 5 Aleks is negotiating with another transport company for a better deal.
- 6 The itinerary still needs to be finalized.

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- 2 1 Match the sentences from the meeting with the descriptions a–f.  
Then fill in the gaps.

- 1 OK, let's leave it there.
  - 2 So that deals with the question of \_\_\_\_\_.
  - 3 To sum up, we've \_\_\_\_\_ the problem of the remaining venues, we've ...
  - 4 You'll see that I've highlighted some of the items which \_\_\_\_\_.
  - 5 Thank you all for your contributions.
  - 6 OK, if we could start by looking at the first item on the agenda: \_\_\_\_\_ venues.
  - 7 Now, you've got a detailed \_\_\_\_\_ in front of you, which I hope you've all had a chance to look at.
  - 8 Pei Lin, perhaps you could give a brief report on this?
  - 9 Unless anyone has any other business ... I think we can bring things to a close.
  - 10 I'm very conscious of time, so I wanted to move on to the next item on the agenda ...
  - 11 I'd like to start by \_\_\_\_\_ Frits.
  - 12 Right, so, moving on. The next item is \_\_\_\_\_.
  - 13 I have to say I think it's been a very useful meeting.
  - 14 If you could just look at \_\_\_\_\_ and \_\_\_\_\_ in particular.
  - 15 Has anyone got any thoughts?
- a introducing and starting a meeting      d introducing the next point  
b closing a meeting      e asking for someone to comment  
c closing a point      f referring to a document



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- 2 Which order do you think they will come in?

- 3 5.4 Listen again to the three extracts from the meeting. Check your answers to 2.

- 4 Work in groups of three. Discuss points 5 and 6 on the agenda below.

Student A: You are chairing the meeting. Look at Information File 4.

Student B: You are one of the project organizers. You have information about the itinerary. Look at Information File 8.

Student C: You are the regional organizer for Japan. Look at Information File 7.

- 5 Final dates for itinerary
- 6 Publicity leaflet – design, slogans
- 7 AOB

