Listening

1 2 Listen to five people talking about extreme sports. Match the speakers (1–5) with the statements (A–E). There is one extra statement.

A Speaker ___ probably won't do the activity again.

B Speaker ___ couldn't always do their sport well.

C Speaker ___ says their sport isn't very dangerous.

D Speaker ___ says they only do the activity with friends.

E Speaker ___ would like to do their extreme sport more often.

F Speaker ___ does the activity to forget about things.

Reading

2 Read the text. Choose the correct answers.

Climb every mountain

Stephen Venables' love of mountains began at nine years old on a skiing trip to the Alps. 'I was thrilled,' he remembers. 'It was actually far more impressive and exciting than seeing the Himalayas for the first time, because when you're nine it's all new and you don't know what to expect.'

From that moment, Stephen knew that he wanted to climb mountains, but he didn't realise then that one day he would be the first British man to climb Everest without oxygen. However, his record-breaking expedition in 1988 was not an easy one. [1]___ After years of climbing, he was prepared for this and he knew that the best thing he could do was wait for the weather to change.

'At first I tried sitting on a rock because rock is warmer than snow, but it wasn't completely flat. I really wanted to lie down so I decided to cut a ledge in the snow. I did sleep a bit,' he says. 'They always say you should stay awake but I was totally exhausted.' Fortunately, the storm passed, and Stephen managed to climb back down to his camp and enter the record books.

The Everest expedition wasn't Stephen's only difficult climb. [2]___ 'It was very unlucky that it happened, but I was lucky that there were five of us.' The group included Chris Bonnington and Stephen's good friend Harish Kapadia. It took them twelve hours to make camp in a safe place. Then two of the team went for help.

'I think that was one of the most wonderful moments of my life – finally being in the tent and realising that I could just lie back in my sleeping bag.' [3]___ By that time, there was almost no food left. 'On the last day we had a boiled sweet and we used the last tea bag so many times that it wasn't actually changing the colour of the water.' But luckily, the team managed to keep going until help arrived.

1 **What happened to Stephen Venables when he was nine years old?**

a He was able to compare two different mountain ranges.

b He realised where he would like to live in the future.

c He decided what he wanted to do in his life.

2 **What is the writer's purpose in this article?**

a To describe the best way to climb a mountain.

b To tell the story of a mountain climber.

c To explain why mountain climbing is dangerous.

3 Read the text again. Match sentences A–E with gaps 1–3. There are two extra sentences.

A But Stephen didn't know then that the rescue would take four days.

B While he was climbing Everest, he met the climber Chris Bonnington for the first time.

C In 1992, while climbing another Himalayan mountain, he fell 100 m, breaking both his legs.

D It was the second time that he needed medical attention because of his injuries.

E He was coming down from the top of the mountain when he was caught in a snowstorm.

LIVEWORKSHEETS