

3D How I swam the North Pole

TEDTALKS

AUTHENTIC LISTENING SKILLS

- 1 Complete the text with the signposts. Then listen to the TED Talk extracts and check your answers. 30

And he came up to me and he said,
And I thought,
And on day four,
And then, after a year of training,

- (1) _____ I felt ready. I felt confident that I could actually do this swim. So, myself and the five members of the team, we hitched a ride on an icebreaker which was going to the North Pole.
- (2) _____ we decided to just do a quick five-minute test swim. I had never swum in water of minus 1.7 degrees before, because it's just impossible to train in those type of conditions. So, we stopped the ship, as you do. We all got down onto the ice and I then got into my swimming costume and I dived into the sea. I have never in my life felt anything like that moment. I could barely breathe. I was gasping for air ...
- (3) _____ in two days' time, I was going to do this swim across the North Pole. I was going to try and do a twenty-minute swim, for one kilometre across the North Pole.
- There is no possibility that this was going to happen ... And my close friend David, he saw the way I was thinking.
- (4) _____ 'Lewis, I've known you since you were eighteen years old. I've known you, and I know, Lewis, deep down, right deep down here, that you are going to make this swim. I so believe in you Lewis.'

WATCH

- 2 Watch the TED Talk and complete the table. Write no more than two words and/or a number for each answer.

(1) ____ before	Two years before	(4) ____ before	(6) ____ later
Pugh went to the Arctic for (2) ____ time	(3) ____ percent of the Arctic Sea ice cover melted away.	Pugh did a (5) ____ minute test swim.	Pugh could feel his hands again.

- 3 Watch Part 3 of the TED Talk and choose the correct options.

- 1 Pugh says it took years of training, planning and _____ to do the North Pole swim.
- bravery
 - money
 - preparation
- 2 A couple of hours before his swim, he was feeling _____.
- frightened and emotional
 - proud and excited
 - happy and relaxed
- 3 Pugh says the swim was _____.
- painful
 - worth it
 - fun
- 4 He thinks that _____ must play its part regarding climate change.
- every country
 - Britain, America and Japan
 - the same ship
- 5 He also thinks that even _____ understand climate change.
- swimmers like himself
 - rich politicians
 - children in poor countries
- 6 Pugh believes that people need to _____.
- believe in themselves
 - spend money to make a difference
 - walk more often
- 7 Finally, he says we should ask ourselves, _____.
- 'What is a sustainable world?'
 - 'What type of world do we want to live in?'
 - 'Where in the world do we want to live?'

VOCABULARY IN CONTEXT

- 4 Choose the correct option to complete the sentences.

- The water was so cold that I couldn't go in and I *barely / easily / really* got wet.
- She twisted her ankle and within a few minutes it had *grown / expanded / swollen*.
- Sharks don't live in *fresh water / sea water / salt water*, so I prefer swimming in rivers.
- His face was painted white and he was wearing this brightly-coloured clown *equipment / costume / uniform*.
- I went up to my sister just before the race, smiled and said '*I believe in you, Sis.*' / '*Don't get me wrong, Sis.*'
- What decisions are we going to make today to *ensure / deny / say* that something is done about climate change?