Extra Training

Vocabulary & Reading
Task 8530

1. Read the text. Five sentences are missing. Match the sentences (1-6) to the gaps (A-E). There is one extra sentence.

Trapped

When 27-year-old Aron Ralston set out to climb in the remote Blue John Canyon in Utah one Sunday in May 2003, he had no idea that he would have to make an incredible sacrifice to stay alive.

Aron had gone climbing alone many times before, only this time, he hadn't told anyone where he was going and he didn't even take his mobile phone. Apart from his climbing gear, Aron carried only a backpack containing a small first aid kit, a knife, a video camera, one litre of water, and a few snacks. **A**_____ Aron had been climbing all day and was about to stop, but as he was crossing a one-metre-wide crack in the canyon, disaster struck; a 365-kilo boulder moved and trapped his arm against the canyon wall. **B**_____ There was no way he could move.

At first Aron hoped that help would arrive, but nobody came. He struggled to get free, and using his penknife, tried to chip away at the boulder without success.

C_____ Aron used his video camera to keep a video diary and then to record a goodbye message to his parents. Fighting exhaustion and dehydration, Aron became more and more delirious.

On the fifth day, Aron reached a decision to do the one thing - the only thing - that could save his life: to cut off his own arm. **D**_____**.** He administered first aid to himself, then he climbed down nearly 21 metres to the canyon floor. After hiking 8 km, he came across a Dutch family who gave him water and helped him to walk on.

Meanwhile, Aron's friends and family had realised he was missing and notified authorities who found out Aron had used his credit card to buy groceries in Moab, Utah. When a rescue helicopter crew finally spotted him, the rescuers were amazed to see Aron walking back to his truck. He hardly needed them to rescue him!

E_____ With his prosthetic arm, he has become a better climber than before his accident. He also works as a motivational speaker, helping disabled athletes and troubled teenagers. In 2010, a blockbuster film came out about his experience called 127 *hours,* the exact amount of time he spent trapped. Aron still revisits Blue John Canyon to remember his desperate struggle to survive and return to his loved ones.

1. Aron hasn't let his accident stop him from living life to the fullest.
2. He felt sure he would be back before nightfall.
3. Four days and freezing cold nights passed with Aron in terrible pain and surviving on just sips of water and pieces of chocolate.
4. It crushed Aron's arm so tightly he could only feel his fingertips.
5. If he didn't do it now, he knew he wouldn't have the strength to do it later.
6. It was a struggle for him to get free.

A	B	C	D	E

LIVEWORKSHEETS

2. Complete the summary using words/phrases from the list in the correct form.

remote, canyon, sacrifice, climbing gear, first aid kit, crack, disaster strike, boulder, trap, canyon wall, struggle, get free, chip away at, dehydration, delirious, administer first aid, be missing, notify authorities, rescue crew, live life to the fullest, prosthetic arm, motivational speaker, disabled athlete, desperate struggle, loved ones

Aron Ralston, an experienced climber, went on a trip into the remote Blue John **1**_____. He hadn't told anyone where he was going and he only had a knife, a small **2**_____, a video camera and a few snacks with him.

Unfortunately, **3** _____ while he was crossing a three-foot-wide crack in the canyon, a **4** _____ slipped and trapped his arm against the canyon wall. He **5**_____ to get free, but he couldn't. He was trapped for five days and he suffered from exhaustion and **6**_____. He decided to cut off his own arm.

Meanwhile, his family had **7**_____ who found him walking to his truck.

Today, he has a **8**_____ that helps him lead a normal life. He gives motivational speeches to **9**_____.

He sometimes comes back to the place where he struggled to survive to be able to see his **10**_____.



LIVEWORKSHEETS