

Workbook unit 6



I've wanted to scuba dive since I was little. I saw a documentary about the ocean and I wanted to go underwater and see all those amazing sea creatures myself. ¹..... However, last week my dream came true and I went scuba diving for the first time.

I was on holiday with my parents on my birthday. My gift was a scuba diving lesson. I was amazed! It wasn't a solo lesson. ²..... They were all as excited as me. Thomas, the instructor, started by teaching us how to breathe with the equipment. He taught us what to do and also what not to do. At that point, I started to get nervous. I realised scuba diving could be dangerous.

A lot of beginners start in the swimming pool but we went straight into the sea. The boat took us to a place about fifteen minutes from the coast. There, we got into the water. ³..... My body wasn't. My heart was beating fast and I suddenly felt cold. I was starting to panic. I took some deep breaths and tried to calm down.

We were shown some breathing exercises to start, then we went down into the water. We got down to about ten metres. I could only pay attention to my ears at first. ⁴..... I tried to get the water out of them and after a minute or two, they stopped hurting. I looked around. The sea was a beautiful colour – not the same as it looked from the boat at all. There were fish all around me. They were all different colours. I started to relax.

We spent around forty-five minutes in the sea before the instructor told us to swim slowly up to the surface so we could head back to the coast. ⁵..... I wanted to stay there longer to enjoy the fascinating sea life but sadly the day had come to an end. If you ever get the chance to dive, you should take it. I loved it and I'm definitely planning on going again next year. I just have to save some money now!

Complete the gaps with the correct sentences. There are 3 extra sentences. Write the letters (A-H) in each gap

- A** It was calm and warm.
- B** They were a real surprise.
- C** I didn't want to return to land, though.
- D** I didn't think it would be possible.
- E** Then we went down further.
- F** There were four other beginners with me.
- G** I wasn't quite sure if it was right.
- H** They were really painful.

6 Find words in the article that have these meanings.

- 1 very surprised (para 2)
- 2 immediately, without delay (para 3)
.....
- 3 moving in a regular rhythm (para 3)
.....
- 4 feel so frightened you can't think clearly (para 3)
- 5 relax (para 3)
- 6 the top part of an area of water or land (para 5)

7 Choose the right word from Ex 6 to complete the sentences from reviews of a scuba diving trip.

- 1 You can hear your heart
because it's so quiet down there.
- 2 It's easy to at first, but once
you you'll love it.
- 3 You have to remember not to swim
..... up to the
- 4 I was at everything we saw –
incredible!