



# OVERCOMING FEAR!



We are going to watch a video of a man from Egypt who tells us about a fear he overcame.

- Did you use to have a similar fear?
- Do you consider his fear was silly?

Now, let's read the transcript and pay attention to the mistakes he made. How would you change the highlighted words?

Hello, my name is Hesham, and I live in Egypt. My question is what is a fear you overcame?

It really may be sound silly but I was really, really scared from cats. I can't touch them. I can't even look at them, and that was a big problem because in my country there are cats like everywhere on the streets and were living with people, so I went to a doctor and they took me about one ... from about one year I guess, one year to overcome this fear. Now I can see cats. I can play with cats, but I still don't like them.



Rewrite the sentences that you consider incorrect:

Read the following text and complete the quiz on the next page.

## The Courageous Journey of Former Classmates: Risk-Taking Explorers Face a Big Black Panther

In the heart of the jungle, a group of explorers, mainly women who used to be classmates, embarked on a daring adventure. These brave individuals, known for their risk-taking spirit, got on the van and started driving through the dense, unpredictable terrain.

Obliged to confront numerous dangers along their path, the explorers demonstrated remarkable autonomy and resilience. However, nothing could have prepared them for the spine-chilling encounter with a big black panther. By doing this, they put their courage and decision-making skills to the ultimate test.

At the same time, the deep bond and shared history among these former classmates played a crucial role in their survival. Their mutual trust and support empowered them to face such a risky situation with unwavering determination.

Among the group was a photographer who had always been scared of big animals. Despite her fear, she managed to summon the courage to get close enough to the panther to take a photo. This act of bravery not only highlighted her dedication to her craft but also inspired the entire group, proving that true courage is about facing one's fears head-on.

Despite the looming threat of the panther, the explorers' autonomous spirit and steadfast bravery prevailed. Their journey through the jungle not only highlighted their individual strength but also showcased the true essence of daring exploration.



# MULTIPLE CHOICE!



Based on the article "The Courageous Journey of Former Classmates: Risk-Taking Explorers Face a Big Black Panther", choose the answer that you consider correct:

**What was the main composition of the group of explorers?**

- A) Mainly men who were childhood friends
- B) Mainly women who were former colleagues
- C) Mainly women who used to be classmates
- D) A mix of men and women who were strangers

**What initial action did the explorers take to start their adventure?**

- A) They set up a camp
- B) They got on the van
- C) They began hiking on foot
- D) They boarded a helicopter

**What kind of terrain did the explorers navigate?**

- A) Mountainous regions
- B) Desert landscape
- C) Dense jungle
- D) Coastal areas

**What was a key factor that helped the explorers confront the dangers they faced?**

- A) Their advanced equipment
- B) Their deep bond and shared history
- C) Their extensive training
- D) Their knowledge of local wildlife

**How did the group react to the encounter with the big black panther?**

- A) They ran away in fear
- B) They set a trap for the panther
- C) They put their courage and decision-making skills to the test
- D) They called for backup from other explorers

**What specific challenge did the photographer in the group overcome?**

- A) Fear of heights
- B) Fear of big animals
- C) Lack of experience in photography
- D) Fear of the dark

**What did the photographer's action of getting close to the panther demonstrate?**

- A) Her disregard for safety
- B) Her dedication to her craft
- C) Her need for attention
- D) Her impatience with the group

**What broader theme does the explorers' journey highlight?**

- A) The importance of having the latest technology
- B) The value of individual strength and daring exploration
- C) The necessity of having a large team
- D) The role of luck in successful adventures

## WRITING!

Write a short text about yourself overcoming a fear.  
You can use expressions from the article and from the text "Blame it on your brain" in the study guide.