

# 1 Scaling the Heights

## Reading

**A** Read the list of achievements and rank them in order of how impressive they are. (1 = most impressive; 8 = least impressive)

- winning an Olympic gold medal
- finishing a race despite serious injury
- climbing the highest mountain in the world
- a woman beating a man at a sport
- securing an exclusive sponsorship deal
- enjoying an expedition that you couldn't complete
- inspiring young people to pursue their dreams
- breaking a world record

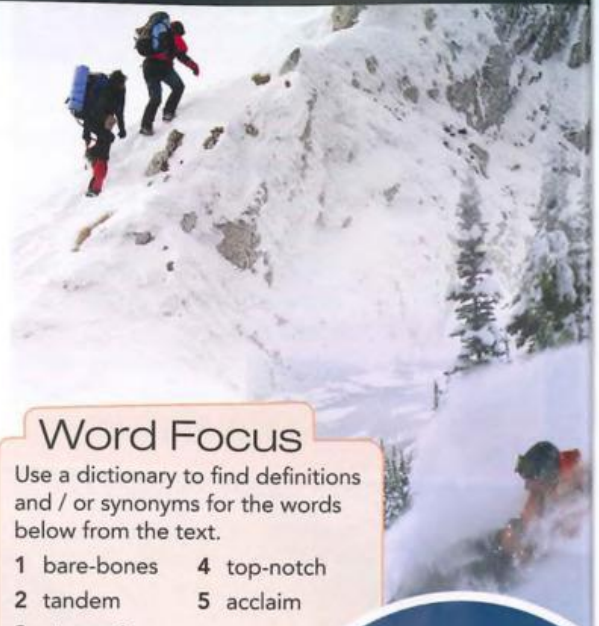
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**B** Read the article below to find out who won the Adventurers of the Year award. Do you think they deserved to win? Why? / Why not?

### Word Focus

Use a dictionary to find definitions and / or synonyms for the words below from the text.

- |              |             |
|--------------|-------------|
| 1 bare-bones | 4 top-notch |
| 2 tandem     | 5 acclaim   |
| 3 staggering |             |



## People's Choice Adventurers

Every year National Geographic asks its readers to vote for the People's Choice Adventurers of the Year. Meet the winners and some of the most impressive runners-up for the award.

**A** Sano Babu Sunuwar and Lakpa Tsheri Sherpa took the title following their Ultimate Descent expedition. The pair proved they have a true spirit of adventure by successfully completing the expedition which involved climbing Everest, paragliding back down and then kayaking all the way to the Indian Ocean. With borrowed gear and a **bare-bones** budget, there were no corporate sponsors nor social media campaigns, just the essentials for adventure – vision, creativity and friendship.

The three-month quest for the Ultimate Descent began in April 2011 and the pair arrived at the summit of Mount Everest (8850m) on May 21. Wasting no time, they then launched a **tandem** paraglider from the summit, being only the third team to do so. For the men, flying above the Khumba Glacier was the highlight of the expedition. Their 4999-metre descent lasted a remarkable 45 minutes.

The final stage of their expedition was completed on June 27 when the men reached Ganga Sagar in the Bay of Bengal by kayak.

**B** Surfer Carissa Moore has not only proved herself to be a top-class surfer, but she's even managed to break the gender barrier in her sport by competing in men's events. At the age of 18, Moore finished high school like most youngsters her age. However, that was also the year she was accepted onto the Association of Surfing Professionals (ASP) Women's World Tour. She showed fellow competitors and surfing fans what she was made of when she picked up first prize in two events. Moore went on to crush the female competition in world surfing's main events. On the ASP's World Tour, she came first in three events and snatched the overall women's title. The young surfer has also competed against the world's best male surfers on male tour events. In two short



Carissa Moore



- C** Read the *Exam Close-up*. Then underline the key words in the *Exam Task* below.

## Exam Task

For questions 1 – 10, choose the paragraphs (A – D). The paragraphs may be chosen more than once.

In which paragraph are the following mentioned?

- 1 winning a competition before the Adventurers of the year award ☐
- 2 a lack of financial support ☐
- 3 using equipment that belonged to someone else ☐
- 4 an everyday activity in unusual settings ☐
- 5 being ready to take a chance ☐
- 6 earning a great deal of money in a short space of time ☐
- 7 an adventurer whose upbringing prepared him/her well for his/her chosen sport? ☐
- 8 a film that became extremely popular on the Internet ☐
- 9 doing something only a few people had done before ☐
- 10 making use of abandoned buildings ☐

years of professional competition, Moore has pocketed a **staggering** \$225,000 and has attracted **top-notch** sponsors. The young surfer is now set to compete against the world's best male surfers on the male tour events which will take place on her home turf in Hawaii.

**C** Ground-breaking adventure has always made us examine the fine line between the possible and the impossible. Street trials rider Danny MacAskill is a shining example of a young adventurer who has forced us to reconsider what is possible. In 2011, a short film called *Industrial Revolutions* featuring the young rider, MacAskill, became an instant sensation on YouTube. In the film, MacAskill performs some mind-blowing stunts as he rides through abandoned Scottish factories, leaping between train cars and riding across 5 centimetre-wide beams suspended 4.6 metres above concrete. MacAskill makes us reimagine our daily environments as he and his bike become one. Thanks to sponsorship, since 2009, he has travelled over 64,374 kilometres in Scotland in search of the ideal location for his next perfect trick. No one is more surprised by his success than the rider himself. 'I never had the goal of becoming a professional rider,' says MacAskill, 'I just wanted to ride my bike.'



- Is it better to set realistic goals or ambitious goals for ourselves?
- Which of your achievements are you particularly proud of? Why?

## Exam Close-up



### Dealing with multiple matchings

- Read the matching questions carefully and underline the key words in each to identify the information you need to focus on.
- Read the article quickly to get a general understanding.
- Read the text again carefully, but remember not to select an answer based on reading only one section.
- Sometimes similar information may be included in more than one section, so pay attention to small details.

- D** Replace the words and phrases in bold with these verbs in the correct form.

crush hail execute leap pocket snatch

- 1 The adventurers **earned** huge sums of money from sponsorship.  
\_\_\_\_\_
- 2 Although he was inexperienced, he managed to **take** the title from the world's best swimmers.  
\_\_\_\_\_
- 3 If you train hard, you're bound to **beat** the competition!  
\_\_\_\_\_
- 4 The gymnast's routine was **carried out** perfectly.  
\_\_\_\_\_
- 5 Can you **jump** from one rooftop to another?  
\_\_\_\_\_
- 6 She is **widely acknowledged** as the swimmer with the best technique.  
\_\_\_\_\_

**D** Snowboarder Travis Rice, whose father was a ski patroller, was raised to take risks in snowy mountains. His unique combination of fearlessness, acrobatics and snow and mountain sense have enabled him to reach the peaks of snowboarding. Now hailed as the best snowboarder in the world, Rice received worldwide **acclaim** following the release of the film *The Art of Flight* in which he executes astonishing aerial tricks high up in the mountains. In the peaks, a fall could mean tumbling down a vertical face or being swept into a gaping crevasse. Although a lot of planning went into the film, many of the tricks were spontaneous. Rice says, 'You have to see opportunity when it knocks on your door.'

## Ideas Focus





# 1 Scaling the Heights

## Vocabulary

### A Circle the correct words.

#### The Millennials are here!

Who are they? Most likely, you're one of them. They are the (1) **class** / **generation** born approximately between 1980 and 2000. What (2) **discriminates** / **distinguishes** them from their parents (known as Baby Boomers, born between 1946 and 1964, and Generation X, born between the 1960s and 1980s) is that they have been brought up surrounded by (3) **data** / **digital** technology and mass media.

Not only are they familiar with apps, iPhones and social networking, but many of them have been responsible for bringing about the communications (4) **evolution** / **revolution**. As successful young entrepreneurs, like Mark Zuckerberg founder of Facebook, they have not been afraid to (5) **aim** / **reach** high in their quest to (6) **realise** / **understand** their ambitions. Along the way these entrepreneurs have accrued (7) **riches** / **richness** beyond their wildest dreams. Well-educated and (8) **industrial** / **industrious**, they see no limits to what they can do and trust in technology to get them there.



### B Complete the sentences with the correct word from each pair. Use the correct form.

accomplish / achieve

- 1 Nick is an excellent worker; he \_\_\_\_\_ the most difficult tasks with ease.
- 2 How difficult is it to \_\_\_\_\_ success without a university education?

insist / persist

- 3 She \_\_\_\_\_ on speaking to the manager about her salary.
- 4 If you \_\_\_\_\_ in interrupting, you will be asked to leave the meeting.

resolve / solve

- 5 We had to \_\_\_\_\_ our differences for the good of the team.
- 6 A troubleshooter could help you to \_\_\_\_\_ the problems in the company.

defeat / failure

- 7 Try as I might, I couldn't change her mind and had to admit \_\_\_\_\_.
- 8 Despite the benefits of a good education, Terry turned out a complete \_\_\_\_\_.

### C Circle the odd ones out.

- |              |            |             |          |
|--------------|------------|-------------|----------|
| 1 bold       | fearless   | gutsy       | mediocre |
| 2 honourable | noble      | vain        | virtuous |
| 3 merciless  | pitiless   | ruthless    | selfless |
| 4 crafty     | cunning    | sly         | touchy   |
| 5 confident  | positive   | sentimental | upbeat   |
| 6 fair       | impartial  | objective   | timid    |
| 7 cautious   | impetuous  | rash        | reckless |
| 8 candid     | headstrong | obstinate   | stubborn |

### D Match the opposites.

- |               |                          |                |
|---------------|--------------------------|----------------|
| 1 adaptable   | <input type="checkbox"/> | a apprehensive |
| 2 considerate | <input type="checkbox"/> | b conceited    |
| 3 fearless    | <input type="checkbox"/> | c ignorant     |
| 4 modest      | <input type="checkbox"/> | d inflexible   |
| 5 triumphant  | <input type="checkbox"/> | e selfish      |
| 6 wise        | <input type="checkbox"/> | f unsuccessful |



## Phrasal verbs

**E** Complete the definitions with these phrasal verbs in the correct form.

blow away break through come up against pull off  
fall through get ahead hang on knuckle down

- 1 If you \_\_\_\_\_, you start working or studying hard.
- 2 If you \_\_\_\_\_ something, you have a problem.
- 3 If you \_\_\_\_\_ something \_\_\_\_\_, you succeed in doing something difficult or unexpected.
- 4 If you \_\_\_\_\_ something, you force yourself through something that is in your way.
- 5 If you \_\_\_\_\_, you make progress in life or in your career.
- 6 If something \_\_\_\_\_, it doesn't happen.
- 7 If you \_\_\_\_\_ someone \_\_\_\_\_, you impress them greatly.
- 8 If you \_\_\_\_\_, you wait.

## Prepositions

**G** Complete the sentences with these prepositions.

around by for on under without

- 1 It sounds like a great idea, Jim; you should go \_\_\_\_\_ it!
- 2 I've got a lot \_\_\_\_\_ my plate these days and I rarely see my friends.
- 3 We had to work \_\_\_\_\_ the clock in order to meet the deadline.

**F** Complete the sentences with the correct form of the phrasal verbs from E.

- 1 After years of hard work Jenny is beginning to \_\_\_\_\_ in her career.
- 2 The team was down 3-0 at half time, but won the game 6-3! How did they \_\_\_\_\_ it \_\_\_\_\_?
- 3 We were absolutely \_\_\_\_\_ when our son was offered a scholarship to Harvard!
- 4 How do you expect to pass your exams if you don't \_\_\_\_\_ and revise?
- 5 Unfortunately, our plans \_\_\_\_\_ and we weren't able to go on holiday.
- 6 The tennis player was very tired but he \_\_\_\_\_ and eventually won the match.
- 7 Joe \_\_\_\_\_ a few problems, but he was able to overcome them.
- 8 It's difficult to \_\_\_\_\_ the gender barrier in some industries.

## Collocations & Expressions

**H** Complete the sentences with the correct form of the verbs *do*, *get* and *go*.

- 1 If you persevere, you'll \_\_\_\_\_ there in the end.
- 2 Try putting the red cable here – that might \_\_\_\_\_ the trick.
- 3 The cyclist \_\_\_\_\_ all out to win the Tour de France, and he succeeded.
- 4 I was very proud of my students because they all \_\_\_\_\_ their best.
- 5 Once we \_\_\_\_\_ the green light, we can start the project.
- 6 Wow! Julie won *Voice Idol* – she's definitely \_\_\_\_\_ places!

**I** Work with a partner. What do you think the following phrases mean?

wise up dumb down box clever  
a no-brainer streetwise a bright spark

