

## 5 READING & LISTENING

### Phone call 1

"Everything went wrong. I only managed half a day on Wednesday, the first day, and on Thursday we started late, so I'm already <sup>1</sup> [redacted]. I've been suffering from the heat. It's absolutely <sup>2</sup> [redacted], and the humidity is 100% at lunchtime. I went the wrong way and I had to paddle against the current. I was <sup>3</sup> [redacted]! They asked me "Do you want to give <sup>4</sup> [redacted]?" but I said, 'No!' Because I've also been having a wonderful time! There are pink dolphins - pink, not grey - that come close to the boat. I think that if I can do 100 kilometres a day, then I can make it."

### Phone call 2

"I've been on the Amazon for a week now, and I've been paddling for six out of the seven days. The river is incredibly <sup>5</sup> [redacted], and it's very hard to paddle in a straight line. The water is so brown that I can't see my paddle once it goes under the surface. It looks like melted <sup>6</sup> [redacted]. I start at 5.30 in the morning, and I <sup>7</sup> [redacted] for at least ten hours, from 5.30 a.m. until dark, with only a short break for lunch. My hands have been giving me problems - I have big blisters. I now have them bandaged in white tape. I'm usually on the water for at least ten hours; it's <sup>8</sup> [redacted] at times, exciting at others. I listen to music on my iPod. I've been listening to Don't Stop Me Now by Queen to inspire me! "

### Phone call 3

"I haven't been <sup>9</sup> [redacted] very well this week. The problem is heat exhaustion. They say it's because I haven't been drinking enough water. I've been travelling 100 kilometres a day, which is my target. But yesterday after 84 kilometres I was feeling <sup>10</sup> [redacted], and my head was aching and I had to stop and rest. "