

Read the text and fill in the gaps with the proper grammatical form of the capitalized words.

Surfing

Imagine you're high in the air, the water is spraying your face, the wind is blowing your hair, and you're riding a big wave. Then... crash, you're down! It's the joy of surfing, one of the **1. _____** sports.

THRILL

Nowadays surfing **2. _____** by surfers wherever there are waves, in Bali, Australia, Japan, France, the USA and even Britain.

ENJOY

For me, surfing is a way to fight all stress.

It really takes **3. _____** mind off things.

YOU

Sure it's hard, but once you're on the board, you're on for the ride. I **4. _____**

FALL

in love with surfing the moment I got on that board, which was hard to do. The

5. _____ time I tried to surf, I couldn't even sit on the board like all the other surfers while they waited for a wave. I

ONE

thought once I got on, the rest **6. _____** easy, but was I wrong.

BE

A four-foot wave came my way and before I knew it, I was on the sand on my board. I became frustrated and told **7. _____** I would not leave the beach I

until I was riding a wave! Hours later I rode one in. Unfortunately, my board

8. _____ into another surfer's board!

RUN

I'm still practicing. But you always have

9. _____, if you want to learn how to surf, be patient – and watch where you're going.

REMEMBER

Read the text and fill in the gaps with the proper grammatical form of the capitalized words.

Swimming with Dolphins

Researchers from England's Leicester University tested the effect of swimming sessions with dolphins on depressed people.

All the volunteers who took part in the trial stopped 1. _____ antidepressants **TAKE** or any other treatment at least four weeks beforehand.

They 2. _____ into two groups. Half the **DIVIDE** volunteers swam and snorkelled around dolphins for one hour a day over a two-week period. The 3. _____ half took **TWO** part in the same activities, but without dolphins around.

Two weeks later, both groups showed improved mental health, but 4. _____ who **THAT** swam with the dolphins still had better results. They said they felt much 5. _____ **HAPPY** and less worried. Playing in the water

with the dolphins 6. _____ to falling of **LEAD** depression symptoms in the patients.

And the effect was achieved quicker than in other traditional 7. _____. **THERAPY**

Professor Michael Reveley said: "We are part of the natural world, and interacting with it can have a beneficial effect on 8. _____." **WE**

Today, dolphin-assisted therapy (DAT) already 9. _____ increasingly popular. **BECOME**

The therapy typically occurs in marine parks and dolphinariums as part of programmes that allow people to swim with dolphins.