

EMMA IS A PROFESSIONAL SCUBA DIVER.

Read the following interview, use the adjectives in the box to make adverbs and fill in the blanks.

Responsible	Slow	Careful	Good	Mental	Complete	
Relative	Constant	Fast	Effective	Physical	Proper	Recent

Interviewer: Is scuba diving difficult?

Emma: Not at all. It isn't hard but it requires preparation and attention to specific details.

Interviewer: I see. What are some tips you would give to those who _____ started doing this sport?

Emma: First, never do scuba diving alone. Having people around you will give more chances of surviving in case of an accident. As in any sport, there are risks you have to bear in mind. There is a saying we _____ repeat: "when you dive alone, you die alone"

Interviewer: That's a helpful tip. What else do you think they need to know?

Emma: Well, before a dive people should _____ check that their equipment is in good conditions. They also should learn to use their gear _____, there are plenty of courses and manuals which can be really helpful.

Interviewer: Can anyone scuba dive?

Emma: Scuba diving is _____ easy. It only requires a short period of training to get started. It's a safe sport for people of all sizes, ages, and abilities. However, it's necessary to have a certain level of fitness. It's relaxing but

at the same time is _____ and _____
demanding.

Interviewer: You're also a scuba diving certified instructor. What are some common mistakes that beginners make?

Emma: I guess it is the fact that they can't _____ communicate. The problem is that some people usually succumb to peer pressure, they do it even if they feel that they are not _____ ready. You shouldn't be afraid of cancelling a dive if you don't feel _____.

Interviewer: Thank you Emma, I'm sure all these tips will be extremely helpful for those exploring this extreme sport. Any final thoughts?

Emma: Scuba diving should be fun. Never do it _____. Instead, do it _____ and _____ each time.

