

Unit 2.2: How I swam the North Pole

WATCH

E  **1.6 WATCH FOR MAIN IDEAS** Watch the edited TED Talk by Lewis Pugh. Check [✓] the most important idea that Pugh wants his audience to take away.

1. ☐ Swimming can be a symbolic act.
2. ☐ The Arctic is a very beautiful place.
3. ☐ The North Pole is changing because of melting sea ice.
4. ☐ Climate change needs to be addressed by everyone immediately.

F  **1.6 WATCH FOR DETAILS** Watch the edited TED Talk again. Choose the best answer to complete each statement.

1. Pugh visited the Arctic for the first time _____.
a. when he was a child b. seven years before his swim c. just before his swim
2. Pugh says that about _____ of the Arctic sea ice has melted away.
a. ten percent b. a quarter c. half
3. The temperature of the water at the North Pole is _____.
a. below freezing b. above freezing c. at the freezing point
4. When Pugh did his test swim, _____.
a. his fingers froze b. his goggles froze c. he stopped breathing
5. Pugh's swim across the North Pole lasted about _____.
a. ten minutes b. twenty minutes c. forty-five minutes

G  **1.7** Watch Segments 1 and 2 of the edited TED Talk. As you watch, complete the sentences with words you hear.

Segment 1

1. Ever since I think I was just six years old, I dreamed of going to the polar regions. I really, really wanted to go to the _____.
2. But I have seen that place _____ beyond all description, just in that short period of time.
3. I have seen polar bears walking across very, very _____ ice in search of food.

4. And I have also, every year, seen _____ sea ice. And I wanted the world to know what was happening up there.
5. In the two years before my swim, 23 percent of the arctic sea ice cover just _____ away.
6. _____ change is for real, and we need to do something about it.

Segment 2

7. And on day four, we decided to just do a quick _____ test swim.
8. I have never in my life felt anything like that moment. I could barely _____. I was gasping for air. I was hyperventilating so much, and within seconds my hands were _____.
9. And I remember taking the goggles off my face and looking down at my hands in sheer shock, because my _____ had swollen so much that they were like sausages.