

THE INTERVIEW 

- a You are going to listen to an interview with EZ, a 'free runner' who started the organization Urban Freeflow. Free runners use obstacles in a town or city to create movement by running, jumping, and climbing. Before you listen, read the glossary and look at how the words are pronounced to help you understand what he says.

Glossary

the South Bank /səʊθ bæŋk/
the area of London on the south side of the River Thames

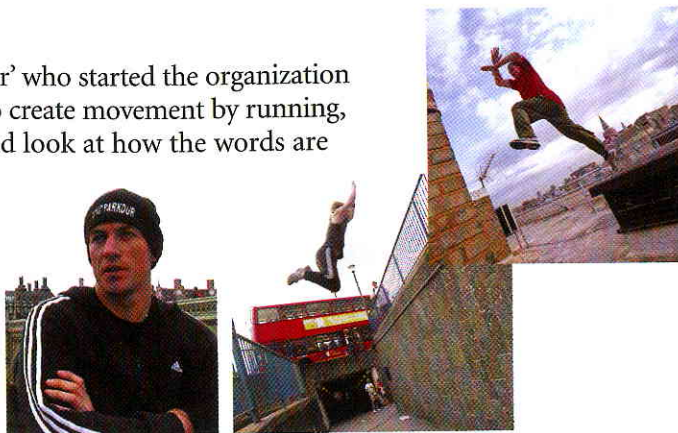
lamp post /læmp pəʊst/ a tall post with a lamp on top used to illuminate the street

PE physical education, especially as a school subject

skateboard /skeɪtbɔ:d/ a short narrow board with small wheels at each end, which you stand on and ride as a sport

BMX a kind of mountain bike

calluses /'kæləsɪz/ areas of thick hard skin on a hand or foot.



- b **3.13** Listen to part 1. Answer the questions with a partner.

- 1 Can you do free running anywhere?
- 2 Does EZ usually do it alone or with other people?
- 3 What sport did he do before free running?
- 4 Why did he take up free running?
- 5 How many athletes are there in the Urban Freeflow team? What kind of work do they do?
- 6 How is free running helping youth offenders and schoolchildren? Why do they like it?

- c **3.14** Listen to part 2. Answer the questions with a partner.

What does he say about...?

- | | |
|--------------------------------|---------------------------|
| 1 being safety conscious | 4 a tree |
| 2 the sense of freedom | 5 gymnastics and football |
| 3 blisters and sprained ankles | |

- d **3.15** Listen and complete the phrases. What do you think they mean?

COMMON PHRASES

- 1 ...but generally the people who practise would go to _____ .
- 2 ...someone leading _____ and the rest following.
- 3 I just had to change my life around and become sensible all of _____ .
- 4 _____ of it what we do seems to be quite dangerous.
- 5 To _____ , the risk element played a part.
- 6 As _____ you start out very small scale...

- e Listen to the interview again with the tapescript on page 125. Do you think free running is a good thing for young people to do? Why (not)?

IN THE STREET 

- a Look at this list of high-risk sports. Do you know what they all are?

bungee jumping	<input type="checkbox"/>	<input type="checkbox"/>	potholing / caving	<input type="checkbox"/>	<input type="checkbox"/>
climbing	<input type="checkbox"/>	<input type="checkbox"/>	skiing	<input type="checkbox"/>	<input type="checkbox"/>
horse-riding	<input type="checkbox"/>	<input type="checkbox"/>	snowboarding	<input type="checkbox"/>	<input type="checkbox"/>
parachuting	<input type="checkbox"/>	<input type="checkbox"/>	white-water rafting	<input type="checkbox"/>	<input type="checkbox"/>

- b **3.16** You're going to listen to four people talking about high-risk sports. Write the number of each speaker next to the risk sport(s) they have done.



Agne

Anne

Mark

Ray

- c Listen again. Who...?

- 1 isn't quite sure what is / isn't a risk sport
- 2 wasn't very good at the activity they tried
- 3 talks about a risk sport they would like to try
- 4 is the most enthusiastic about their experience

- d **3.17** Listen and complete the phrases. What do you think they mean?

COMMON PHRASES

- 1 It was just _____ a fool of myself .
- 2 That was in my _____ days .
- 3 Oh, it was _____ ! (NAmE, informal)
- 4 Do _____ count?

- e Listen to the interviews again with the tapescript on page 125. Then answer the same questions with a partner.

- a Read the title of the composition. Do you agree or disagree? Then quickly read the composition and see if the writer's opinion is the same as yours.
- b Complete the composition with a word or phrase from the list below. Use capital letters where necessary.

finally firstly in addition in conclusion
in most cases nowadays secondly so whereas

- c You're going to write a composition titled *There is nothing that we as individuals can do to prevent climate change*. Look at the Useful language expressions and make sure you know how to use them.

Useful language

Ways of giving your opinion

(Personally) I think / I believe...

In my opinion...

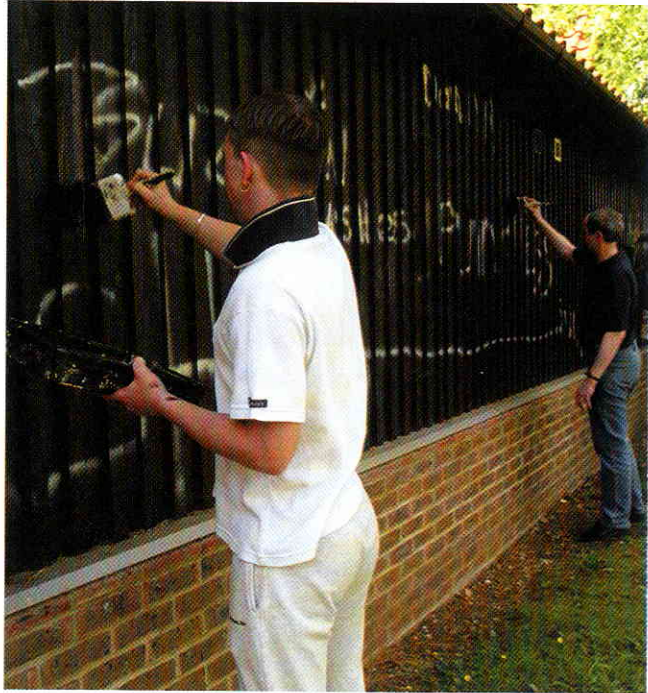
Ways of giving examples

There are several things we can do, for example /
for instance / such as...

Another thing we can do is...

We can also...

Community service is the best punishment for young people who commit a minor offence.



¹ Nowadays in the UK when a young person commits a minor offence he or she is normally sentenced to prison, a fine, or community service. ² _____ I believe that community service is the best option.

³ _____, community service often persuades a young person not to reoffend. Working with sick children or old people makes young offenders realize that there are people who have more difficult lives than they do. So, community service can be an educational experience, ⁴ _____ going to prison or paying a fine is not.

⁵ _____, spending time in prison results in young people meeting other criminals and learning more about the criminal world, which may tempt them into committing more crimes. ⁶ _____, in prisons many of the inmates take drugs and this is a terrible example for young offenders.

⁷ _____, I do not think that a fine is a suitable punishment for young people. They do not usually have much money themselves ⁸ _____ it is often their parents who pay the fine for them.

⁹ _____, I believe that community service has important advantages both for minor offenders and for the community.

PLAN the content.

- 1 Think about the introduction. This should state what the current situation is and why it is important. Decide what the effects of climate change are now in the world and in your country.
- 2 Decide whether you agree or disagree with the title. Try to think of at least two or three good reasons to support your opinion, including examples of why you think the alternative point of view is wrong.
- 3 Think of how to express your conclusion (a summary of your opinion). This should follow logically from the examples you have given.

WRITE 120–180 words, organized in four or five paragraphs (introduction, reasons, and conclusion). Use a formal style (no contractions or colloquial expressions). Use the phrases in **b** and in Useful Language.

CHECK your composition for mistakes (**grammar**, **punctuation**, and **spelling**).