



CAMBRIDGE SPRING SEMINAR 2017

C1 Advanced

Reading for Reading Skills

Reading for Writing Skills

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Reading Part 5

Chasing the highs

Interesting words & phrases

conceptualising	inevitable	misfortune
life and limb	allure	envisage
living life on the edge	candid reflection	
a cut-above-the-rest	longevity	
camaraderie	protestations	life-or-death
on the edge of your seat		

PHRASAL VERBS

end up	showing off	brought up
working on	stand in	stood out
back up	refer to	seek out

Trigger terms

I got round to wondering	I can't help feeling	
In other words	I don't envisage	
stood out	The last word went to ..	It's this
I confess	one explanation	one has to wonder
From the evolutionary perspective		

Reading and Use of English Part 5

Chasing the highs

Read the text and try to answer the following questions.

1. After the writer had reflected on the news about his old school friend Dave, what did he think?
2. When discussing dopamine and extreme sports, the writer puts forward the view that ...
3. According to the writer, what was the most impressive aspect of the documentary?
4. Why did Jake become a stuntman?
5. In the fourth paragraph, what is the writer doing?
6. The writer mentions internet video clips to illustrate his suggestion that ...

Crossing Paths

Four short texts, most often reviews, containing the views and opinions of each writer.

In some cases the writers agree with each other and sometimes they do not.

<https://www.caeexamtips.com/readingparts5and6/>

This site has some excellent advice.

Essential you should do the opposite of what you have been told to do.

First – read the instructions, read the heading and the by-line. These will tell you what the texts are about and give you context.

Second – read the 4 questions.

At least 2 should give you a clear text to start with.

If one question asks you to find an opinion that is different from a particular review then start with that one.

In our example text that is not an option. So we will start with Q2

Which reviewer takes a similar view to writer C on the format of Kerry Windham's book?

Start by reading Review C and identify the writer's view on the format of Kerry's book.

Then read Review A and see if you can find a similar view – then B and so on.

Repeat for Q4.

Now, if you have managed to find the matching view, you have 50% of the points for this task.

Reading and Use of English Part 7

The scariest ride on the planet

1. Read the first part of the text and briefly note what each paragraph is about.
2. Read the jumbled paragraphs a note what each is about.

MAIN TEXT	JUMBLED TEXT
i)	A
ii)	B
iii)	C
iv)	D
v)	E
vi)	F
vii)	G

How I felt on conquering Everest

Again, it is important to read the instructions because useful information will be there - *people who have climbed Mount Everest.*

Then read the Heading above the texts and the by-line.

The questions come before the texts, so Cambridge think it is better to read them before the texts. If you can remember the ten questions when reading through the texts then fine. If not, then try reading the texts first. Try both ways and decide which method works for you.

We will try the Cambridge way:

So read the statements and highlight any key words.

Then read the first text and see if it rings any bells. Pencil in a note and then read the next text, make a note of anything significant and carry on reading. When you have read the 4 texts you should be able to place some of the statements. Remember you are not word matching.

Understanding key words

Often key words in the text are needed to determine if a statement matches. So what do you do if you do not understand a key word?

Try to predict it's meaning from the context.

*When I reached the South Summit, I looked back at the **molichors** rising from the valleys and I could feel their damp touch on my face. They prevented me from looking down on the long painful way up.*

Look at the word in bold – **molichors** – what do you think it means?

Remember – the full meaning of the statement must be conveyed in the text.

Using Reading
to improve
Writing

Chasing the highs

Why do people enjoy doing things which are potentially bad for them?

'That which does not kill us makes us stronger,' wrote Friedrich Nietzsche, the German philosopher, conceptualizing the idea that suffering is an inevitable and essential part of life. Is this still true when we bring the misfortune upon ourselves, and end up with metal pins in our joints? A few weeks ago I heard of an old school friend (to be known here as Dave) who ended up with fractures in both ankles and his left wrist after failing to keep his grip while free climbing. My reaction, initially, was to grimace, but then I got around to wondering why a man of his age would be risking life and limb on a sheer rock face. I can't help feeling he was showing off, under the delusion that at 40 he was at his physical peak. His mother refused to pay a hospital visit, reportedly disgusted at his egoistic risk-taking, although surely this is the person she brought him up to be.

So what is the allure of extreme sports and living life on the edge? According to recent research, we can blame it all on dopamine, the chemical which helps control the brain's reward and pleasure centres. It's responsible for providing a sense of contentment after a meal or that ecstatic feeling when our soccer team wins. It's also responsible for the high we feel when we do something brave, like swimming with sharks. Studies show that in the risk-taker's brain, there are fewer dopamine-inhibiting receptors. In other words, the Daves of this world have brains more saturated with the chemical, meaning they'll keep taking risks and chasing the next high. The researchers are now working on a treatment, yet I don't envisage much uptake from the daredevils 'suffering' this condition.

People don't just do this sort of thing in their free time, though. Last night, I happened across a battered Brad Pitt-lookalike flying across my TV screen, explosions still firing off in the background. This was 'Body Double', a cut-above-the-rest documentary about the lives of stuntmen and women that stand in for the stars. Ironically, as a behind-the-scenes look at a career in Hollywood, nothing felt staged; rare for modern television. But it was the quieter moments of candid reflection that stood out, with some of the doubles expressing their anxiety to the presenter over the longevity of their career. This is hardly surprising, given the amount of physical punishment that is continuously self-inflicted: neck injuries, burns, torn ligaments; the list goes on. The last word went to Jake, who'd quite his promising career as an actor, and had been lured into stunt work because, as he put it, there'd be no dull moments. The famed camaraderie that exists amongst those in the profession was also a big drawcard, and perhaps it's this that keeps him signing contracts, despite his wife's protestations.

While hurtling at 100mph towards the ground or leaping across rooftops will never be my thing, I confess to a love of horror movies. I take curious and enormous pleasure from being half-scared to death, to the point where I'm near-paralysed. Looking at the growth of the horror-flick industry, I'm not alone. But why do we do it? One explanation is that when you're on the edge of your cinema seat, you can benefit from what seems a life-or-death situation, with the advantage of realising, a mere moment later and with joyful relief, that it's not. From the evolutionary perspective, it's been suggested that we've developed to find terrifying moments mesmerising so as to ensure that we study would-be threats to survival. There's little research to back this up, though.

Taking pleasure from activities which are potentially harmful or terrifying to ourselves is one thing; deriving it from the misfortune of others is quite another. The Germans refer to this phenomenon as *Schadenfreude*, a concept that other languages may not have an equivalent single word for, but which seems to be nonetheless understood by the inhabitants of today's 'global village'. What with the exponential rise of internet video clips, it is now possible to view the humiliation of thousands of strangers on demand. If you want to see someone diving unwittingly into a frozen lake; it's online. How about a man being attacked by an angry deer? Click on 'Play'. As a form of entertainment, it says little for human evolution. But as life becomes more comfortable, and in a society where most of our basic needs are met, one has to wonder what new thrills we'll seek out next, and what we're prepared to sacrifice for that ephemeral feel-good factor.

that A1 which A1 does A1 not A1 kill A2 us A1 makes A1 us A1 stronger A2 wrote A1 friedrich nietzsche the A1 german philosopher B2 conceptualizing the A1 idea A2 that A1 suffering B2 is A1 an A1 inevitable C1 and A1 essential B1 part A1 of A1 life A1 is A1 this A1 still A2 true A2 when A1 we A1 bring A2 the A1 misfortune C1 upon B1 ourselves A2 and A1 end up B1 with A1 metal B1 pins B1 in A1 our A1 joints C1 a A1 few A2 weeks A1 ago A2 i A1 heard of B2 an A1 old A1 school A1 friend A1 to A1 be A1 know A1 here A1 as A1 dave who A1 ended up B1 with A1 fractures in A1 both A1 ankles B1 and A1 his A1 left A1 wrist B2 after A1 failing to B2 keep A2 his A1 grip B2 while A2 free A2 climbing A2 my A1 reaction B2 initially B2 was A1 to A1 grimace but A1 then A1 i A1 got A1 around A2 to A1 wondering B1 why A1 a A1 man A1 of A1 his A1 age A1 would A1 be A1 risking B2 life A1 and A1 limb on A1 a A1 sheer C1 rock B1 face A1 i A1 can A1 t help A1 feeling A1 he A1 was A1 showing off B2 under A1 the A1 delusion that A1 at A1 he A1 was A1 at A1 his A1 physical B2 peak B1 his A1 mother A1 refused B1 to A1 pay A1 a A1 hospital A1 visit A1 reportedly C2 disgusted C1 at A1 his A1 egoistic risk B2 taking A1 although B1 surely B2 this A1 is A1 the A1 person A1 she A1 brought A2 him A1 up A1 to A1 be A1

so A2 what A1 is A1 the A1 allure of A1 extreme sports B1 and A1 living A1 life A1 on A1 the A1 edge B1 according to B1 recent B1 research B1 we A1 can A1 blame B1 it A1 all A1 on A1 dopamine the A1 chemical B2 which A1 helps A1 control B1 the A1 brain A2 s reward B1 and A1 pleasure B1 centres A2 it A1 s responsible B1 for A1 providing B1 a A1 sense B1 of A1 contentment after A1 a A1 meal A1 or A1 that A1 ecstatic feeling A1 when A1 our A1 soccer team A2 wins A2 it A1 s also A1 responsible B1 for A1 the A1 high A2 we A1 feel A1 when A1 we A1 do A1 something A1 brave B1 like A1 swimming A1 with A1 sharks studies A1 show A1 that A1 in A1 the A1 risk B2 taker s brain A2 there A1 are A1 fewer dopamine inhibiting receptors in A1 other A1 words A1 the A1 daves of A1 this A1 world A1 have A1 brains A2 more A1 saturated with A1 the A1 chemical B2 meaning A2 they A1 ll keep A2 taking A1 risks B2 and A1 chasing B2 the A1 next A1 high A2 the A1 researchers B2 are A1 now A1 working on B2 a A1 treatment B2 yet A2 i A1 don t envisage C1 much A1 uptake from A1 the A1 daredevils suffering B2 this A1 condition B1

people A1 don t just A2 do A1 this A1 sort A2 of A1 thing A1 in A1 their A1 free A2 time A1 though B1 last A1 night A1 i A1 happened A2 across A2 a A1 battered brad pitt lookalike flying A1 across A2 my A1 tv A1 screen A2 explosions B2 still A2 firing B2 off A2 in A1 the A1 background B1 this A1 was A1 body A1 double A2 a A1 cut A2 above A1 the A1 rest A2 documentary B1 about A1 the A1 lives A1 of A1 stuntmen and A1 women A1 that A1 stand in C2 for A1 the A1 stars A2 ironically C2 as A1 a A1 behind A1 the A1 scenes B1 look at B2 a A1 career B1 in A1 hollywood nothing A2 felt A1 staged rare B1 for A1 modern A2 television A1 but A1 it A1 was A1 the A1 quieter A2 moments A2 of A1 candid reflection B2 that A1 stood out B2 with A1 some A1 of A1 the A1 doubles B2 expressing B2 their A1 anxiety B2 to A1 the A1 presenter B2 over A2 the A1 longevity C2 of A1 their A1 career B1 this A1 is A1 hardy B1 surprising B1 given A1 the A1 amount B1 of A1 physical B2 punishment B2 that A1 is A1 continuously B2 self C1 inflicted neck A2 injuries B2 burns B1 torn B1 ligaments the A1 list A2 goes on B1 the A1 last A1 word A1 went A1 to A1 jake who A1 d quite A2 his A1 promising B1 career B1 as A1 an A1 actor A2 and A1 had A1 been A1 lured C2 into A1 stunt work A1 because A1 as A1 he A1 put A1 it A1 there A1 d be A1 no A1 dull B1 moments A2 the A1 famed camaraderie that A1 exists B1 amongst B2 those A1 in A1 the A1 profession B1 was A1 also A1 a A1 big A1 drawcard and A1 perhaps A2 it A1 s this A1 that A1 keeps A2 him A1 signing B1 contracts B1 despite B1 his A1 wife A1 s protestations

while A2 hurtling at A1 100mph towards B1 the A1 ground B1 or A1 leaping C2 across A2 rooftops will A1 never A1 be A1 my A1 thing A1 I A1 confess B2 to A1 a A1 love A1 of A1 horror B1 movies A1 I A1 take A1 curious and A1 enormous B1 pleasure B1 from A1 being A1 half A1 scared B1 to A1 death B1 to A1 the A1 point A2 where A1 I A1 m near A1 paralysed looking at B2 the A1 growth B2 of A1 the A1 horror B1 flick industry B1 I A1 m not A1 alone A2 but A1 why A1 do A1 we A1 do A1 it A1 one A1 explanation B1 is A1 that A1 when A1 you A1 re on A1 the A1 edge B1 of A1 your A1 cinema A1 seat A2 you A1 can A1 benefit B1 from A1 what A1 seems B1 a A1 life A1 or A1 death B1 situation B1 with A1 the A1 advantage B1 of A1 realising a A1 mere B2 moment A2 later A1 and A1 with A1 joyful relief B2 that A1 it A1 s not A1 from A1 the A1 evolutionary perspective C1 it A1 s been A1 suggested B1 that A1 we A1 ve developed B1 to A1 find A1 terrifying B2 moments A2 mesmerising so A2 as A1 to A1 ensure B2 that A1 we A1 study A1 would A1 be A1 threats B2 to A1 survival B2 there A1 s little A1 research B1 to A1 back A1 this A1 up A1 though B1

taking A1 pleasure B1 from A1 activities A2 which A1 are A1 potentially B2 harmful B2 or A1 terrifying B2 to A1 ourselves A2 is A1 one A1 thing A1 deriving C1 it A1 from A1 the A1 misfortune C1 of A1 others. is A1 quite A2 another A2 the A1 germans refer to B2 this A1 phenomenon C1 as A1 schadenfreude a A1 concept B2 that A1 other A1 languages A1 may A1 not A1 have A1 an A1 equivalent C1 single A2 word A1 for A1 but A1 which A1 seems B1 to A1 be A1 nonetheless C1 understood A1 by A2 the A1 inhabitants B2 of A1 today A1 s global B2 village A1 what A1 with A1 the A1 exponential rise B1 of A1 internet A1 video A2 clips it A1 is A1 now A1 possible A1 to A1 view A2 the A1 humiliation of A1 thousands of A1 strangers B1 on A1 demand B1 if A2 you A1 want A1 to A1 see A1 someone A2 diving B1 unwittingly into A1 a A1 frozen B1 lake A2 it A1 s online A2 how A1 about A1 a A1 man A1 being A1 attacked B1 by A2 an A1 angry A2 deer B2 click A2 on A1 play A1 as A1 a A1 form A2 of A1 entertainment B1 it A1 says A1 little A1 for A1 human B1 evolution B2 but A1 as A1 life A1 becomes A2 more A1 comfortable A2 and A1 in A1 a A1 society B1 where A1 most A2 of A1 our A1 basic B1 needs A1 are A1 met A1 one A1 has A1 to A1 wonder B1 what A1 new A1 thrills C1 we A1 ll seek B2 out A2 next A1 and A1 what A1 we A1 re prepared A2 to A1 sacrifice C1 for A1 that A1 ephemeral feel A1 good A1 factor B2

A few weeks ago I heard of an old school friend (to be know here as Dave) who ended up with fractures in both ankles and his left wrist after failing to keep his grip while free climbing.

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The scariest ride on the planet

I glanced down at the red snow by my feet just a few yards from the finishing gate of the Lillehammer bob skeleton track. The bob skeleton is also known as a toboggan and reminded me of a tray a waiter might use to bring plates of food out in a restaurant. But this one was going to have me on it rather than a pile of food so seeing the blood of an earlier rider was a little unnerving. Make no bones about it, this has to be one of the scariest rides on the planet

The man behind these adrenalin-packed weekends at Norway's Olympic park, explained that those who attempt the famous run often accidentally 'kiss' the ice with their nose or chin, leaving a layer or three of skin behind.

I feigned nonchalance at this information, but I was fooling no one. I have made a habit of scaring myself: I've leapt down the face of Switzerland's Verzasca Dam - the world's biggest bungee jump, I have descended the near-vertical Corbets Couloir at Jacksonhole - perhaps the most fearsome ski run in North America - and I have learnt to ski-jump at Calgary.

On these previous occasions, I had had experience or the expertise of others to fall back on, but with this there was nothing from which to draw strength. The bob skeleton confounds conventional logic.

At least I was not alone as several other novices would be joining me. After a fitful sleep, we went out early to walk to the top of the track. The snow, hanging heavy on the branches of Lillehammer's forested slopes, made the track look even more imposing. Snaking down the slope like a giant metallic python, the walls were steeper, the straights were longer but the 16 turns were much sharper than I expected.

We listened to advice on how to get round them safely - use your eyes to steer and tilt your head away from the corners to minimise the pressure. It sounded simple enough, but get it wrong at these speeds and your chin faces the cheese-grater.

Halfway up, we arrived at the infamous Turn 13, a shuddering 180-degree U-turn where the centrifugal pressures equal those experienced by fighter pilots. 'This is where you'll feel the full force,' said Tony, our instructor; his eyes sparkling. 'So, is the track running quickly?' I asked tentatively. He did not need to answer"

As if on cue, snow crystals began to jump in unison on the metallic railings as, high above, a sledge began its inexorable journey down. What started as a distant hum became a rattle, then a roar as the sledge reached top speed. The tarpaulin covering the track stiffened in its wake and the girders groaned.

All we caught was a flash of eyeballs and overalls as the rider sliced around the curved wall of ice at breathtaking speed. We glanced at each other, panic etched across our faces and laughed the nervous laugh of the truly terrified as we realised this would soon be us.

Before we had any more time to contemplate our fate, we found ourselves at the top, climbing aboard a bobcraft. Designed to give you a feel for the track before going down on your own, this giant, padded open-top box looked about as aerodynamic as a bus, but it travelled a whole lot faster. It had a driver who did this all the time which was reassuring.

I therefore took comfort in the knowledge that, with a professional in charge, someone would be keeping his head while the rest of us were losing ours. I drew the short straw and was given position four, where you feel the full brunt of the force with nothing but cool Norwegian air behind you"

It is hard to describe the debilitating effect that such immense speeds and forces have on your body. It was like nothing I have ever experienced. The last thing I remember going through my mind was straining just to keep my head upright.

We barely had time to check that we were all in one piece before we were sent off to get kitted up for the skeleton. On Tony's instructions I lay face down on the sledge, arms clamped by my sides, nose inches from the ice and off I went. After seventy seconds of terror, I could barely speak and my body felt as though it had been in a boxing ring, but I had never felt so alive. What a ride!

i A1 glanced B1 down A1 at A1 the A1 red A1 snow A1 by A2 my A1 feet A1 just A2 a A1 few A2
 yards B1 from A1 the A1 finishing A1 gate A2 of A1 the A1 lillehammer bob skeleton B2 track B1 the A1
 bob skeleton B2 is A1 also A1 known A1 as A1 a A1 toboggan and A1 reminded B1 me A1 of A1 a A1
 tray B2 a A1 waiter A1 might A2 use A1 to A1 bring A2 plates A1 of A1 food A1 out A2 in A1 a A1
 restaurant A1 but A1 this A1 one A1 was A1 going to A2 have A1 me A1 on A1 it A1 rather B1 than A1
 a A1 pile B1 of A1 food A1 so A2 seeing A1 the A1 blood A2 of A1 an A1 earlier A2 rider B1 was A1
 a A1 little A1 unnerving make A1 no A1 bones B1 about A1 it A1 this A1 has A1 to A1 be A1 one A1
 of A1 the A1 scariest B1 rides A1 on A1 the A1 planet B1 the A1 man A1 behind A1 these A1 adrenalin
 packed A2 weekends A1 at A1 norway's olympic park A1 explained A2 that A1 those A1 who A1
 attempt B1 the A1 famous A1 run A1 often A1 accidentally B2 'kiss' the A1 ice A2 with A1 their A1
 nose A1 or A1 chin B1 leaving A1 a A1 layer B2 or A1 three A1 of A1 skin B1 behind A1 i A1 feigned
 nonchalance at A1 this A1 information A2 but A1 was A1 fooling B2 no one A2 i A1 have A1 made A2
 habit B1 of A1 scaring C1 myself A2 i A1 ve leapt C2 down A1 the A1 face A1 of A1 switzerland s
 verzasca dam the A1 world's biggest A1 bungee jump A2 i A1 have A1 descended B2 the A1 near A1
 vertical C1 corbets couloir at A1 jacksonhole perhaps A2 the A1 most A2 fearsome ski B1 run A1
 in A1 north A2 america and A1 i A1 have A1 learnt to A1 ski B1 jump at C2 calgary On these A1
 previous B1 occasions B1 i A1 had A1 had A1 experience B1 or A1 the A1 expertise of A1 others to A1
 fall back on C2 but A1 with A1 this A1 there A1 was A1 nothing A2 from A1 which A1 to A1 draw A1
 strength B2 the A1 bob skeleton B2 confounds conventional B2 logic C1 at A1 least A2 i A1 was A1
 not A1 alone A2 as A1 several A2 other A1 novices would A1 be A1 joining A2 me A1 after A1 a A1
 fitful sleep A1 we A1 went out A1 early A1 to A1 walk A1 to A1 the A1 top A2 of A1 the A1 track B1
 the A1 snow A1 hanging B1 heavy A2 on A1 the A1 branches B1 of A1 lillehammer's forested slopes B2
 made A1 the A1 track B1 look A1 even A2 more A1 imposing C1 snaking down A1 the A1 slope B2
 like A1 a A1 giant B1 metallic python the A1 walls A1 were A2 steeper B1 the A1 straights were A2
 longer A1 but A1 the A1 turns A2 were A2 much A1 sharper B1 than A1 i A1 expected B1 we A1
 listened A1 to A1 advice A2 on A1 how A1 to A1 get A1 round A2 them A1 safely B1 use A1 your A1
 eyes A1 to A1 steer B2 and A1 tilt your A1 head A1 away A2 from A1 the A1 corners A2 to A1
 minimise the A1 pressure B2 It sounded A2 simple A2 enough A2 but A1 get A1 it A1 wrong A1 at A1
 these A1 speeds B1 and A1 your A1 chin B1 faces A1 the A1 cheese A1 grater halfway up A1 we A1
 arrived at C2 the A1 infamous turn A2 a A1 shuddering C2 degree A2 u turn A2 where A1 the A1
 centrifugal pressures B2 equal B1 those A1 experienced B1 by A2 fighter pilots A2 'this is A1 where A1
 you'll feel A1 the A1 full A2 force B2 ' said A1 tony our A1 instructor B1 his A1 eyes A1 sparkling B1
 'so is A1 the A1 track B1 running A1 quickly A2 ' i A1 asked A1 tentatively he A1 did A1 not A1
 need to A1 answer A1

as A1 if A2 on A1 cue snow A1 crystals C1 began A1 to A1 jump A2 in A1 unison on A1 the A1
 metallic railings as A1 high A2 above A1 a A1 sledge began A1 its A1 inexorable journey A2 down A1
 what A1 started A1 as A1 a A1 distant B2 hum C2 became A2 a A1 rattle then A1 a A1 roar C2 as A1
 the A1 sledge reached B1 top A2 speed B1 the A1 tarpaulin covering A2 the A1 track B1 stiffened in A1
 its A1 wake A1 and A1 the A1 girders groaned C2 all A1 we A1 caught A1 was A1 a A1 flash B2 of A1
 eyeballs and A1 overalls as A1 the A1 rider B1 sliced B2 around A2 the A1 curved wall A1 of A1
 ice A2 at A1 breathtaking B2 speed B1 we A1 glanced B1 at A1 each A1 other A1 panic B2 etched
 across A2 our A1 faces A1 and A1 laughed A2 the A1 nervous B1 laugh A2 of A1 the A1 truly B2
 terrified B1 as A1 we A1 realised this A1 would A1 soon A1 be A1 us A1 before A1 we A1 had A1
 any A1 more A1 time A1 to A1 contemplate C2 our A1 fate B2 we A1 found A1 ourselves A2 at A1 the A1
 top A2 climbing A2 aboard C1 a A1 bobraft designed to B2 give A1 you A1 a A1 feel A1 for A1 the A1
 track B1 before A1 going down B1 on A1 your A1 own A2 this A1 giant B1 padded open A1 top A2 box A1
 looked A1 about A1 as A1 aerodynamic as A1 a A1 bus A1 but A1 it A1 travelled A1 a A1 whole A2
 lot A1 faster A1 it had A1 a A1 driver A1 who A1 did A1 this A1 all A1 the A1 time A1 which A1
 was A1 reassuring C1 i A1 therefore B1 took A1 comfort B2 in A1 the A1 knowledge B1 that A1 with A1
 a A1 professional B1 in A1 charge B1 someone A2 would A1 be A1 keeping A2 his A1 head A1 while A2
 the A1 rest A2 of A1 us A1 were A2 losing A2 ours A2 i A1 drew A1 the A1 short A1 straw C1 and A1
 was A1 given A1 position B1 four A1 where A1 you A1 feel A1 the A1 full A2 brunt of A1 the A1 force B2
 with A1 nothing A2 but A1 cool A2 norwegian air A2 behind A1 you A1 it is A1 hard A1 to A1
 describe A2 the A1 debilitating effect B1 that A1 such A2 immense C1 speeds B1 and A1 forces B2
 have A1 on A1 your A1 body A1 it was A1 like A1 nothing A2 i A1 have A1 ever A2 experienced B1
 the A1 last A1 thing A1 i A1 remember A1 going through B2 my A1 mind A2 was A1 straining B2 just A2
 to A1 keep A2 my A1 head A1 upright B2 we A1 barely B2 had A1 time A1 to A1 check A2 that A1
 we A1 were A2 all A1 in A1 one A1 piece A2 before A1 we A1 were A2 sent off B2 to A1 get A1 kitted
 up A1 for A1 the A1 skeleton B2 On tony s instructions A2 i A1 lay A2 face A1 down A1 on A1
 the A1 sledge arms A1 clamped by A2 my A1 sides A2 nose A1 inches B1 from A1 the A1 ice A2
 and A1 off A2 i A1 went A1 after A1 seventy A2 seconds A2 of A1 terror B2 i A1 could A2 barely B2
 speak A1 and A1 my A1 body A1 felt A1 as A1 though B1 it A1 had A1 been A1 in A1 a A1 boxing B1
 ring A2 but A1 i A1 had A1 never A1 felt A1 so A2 alive B1 what A1 a A1 ride A1

Cambridge English Advanced

A Typical review question.

A website has asked users to write reviews of unusual/extreme leisure activities they have tried. Your review should describe what the activity was, commenting on how far it met your expectations. You should also explain what kind of person might find this activity particularly enjoyable.

Write your review. Around 250 words

1. There are three points to cover

Describe the activity
How well did it meet your expectations?
Who would enjoy doing this activity?

2. Try to use some of the vocabulary found in the texts.
3. Follow the organisation of *the scariest ride on the planet*.
4. Try to create more complex sentences as you have seen in the texts.

Useful vocabulary for extreme sports

risking life and limb		living life on the edge	
apprehension	apprehensive	anxious	anxiety
terrifying	scaring myself	panic etched	
relief	I took comfort from	nervous laugh	
adrenalin rush	what stood out	hardly surprising	

Bungee jumping: A leap of faith



Standing on _____(1) seemed to be an impossibly small platform extended out from the Verzasca Dam in Switzerland, adrenalin surging _____(2) my veins, I couldn't feel any less James Bond like, despite the _____(3) that I was about to replicate the famous opening scene from Goldeneye.

Despite my apprehension, for just a few breathtaking moments I was able to take _____(4) the stunning views from the top of the dam. It's probably best not to look too long from the 220 metre high platform, so with a dry mouth, sweating palms and heart pounding, I counted down from 3 and launched myself head _____(5) towards the valley below. Screaming like a banshee I apparently fell for 7 seconds, but time is impossible to measure when you're falling head first towards the rocks beneath.

I had been talked _____(6) doing a bungee jump by my friend whilst we were on holiday in Ticino, southern Switzerland, and the Verzasca Dam is one of the _____(7) famous jumps you can do. This was my first, and to date, only bungee jump, and I would happily do it all over again although I'm not sure the cost justifies a repeat of the experience. I cannot imagine _____(8) would be as exhilarating, nor awesome, the second time around.

The actual jump is over very quickly and even the build-up is brief, so there is no time to lose your _____(9) and back out. Contrary to expectations there was no sudden jerk at the bottom; it was all terribly controlled and bouncing back up feels a bit like being on a roller coaster. A few more quite gentle bounces and it's all over, there is just the matter of being hauled back _____(10) again.

If you have the nerve it's well worth a try and I have to say the sense of safety and professionalism of the team at the Verzasca Dam make the experience fun and not a nightmare.

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<http://cambridge-spring-seminar.weebly.com>