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Level 5 – 17th April 2023

Athlete spends 500 days in underground cave

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2304/230417-isolation-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2304/230417-isolation-5.html>

An athlete has just spent a record-breaking 500 days alone in a cave. Beatriz Flamini, 50, is an extreme mountaineer. She took part in a study to examine the effects of extreme isolation and deprivation on health. She lived in solitude in a cave 70 metres deep. She started her solitary endeavour in November 2021 and emerged from her underground abode last Friday. After resurfacing, she had health check-ups from a doctor and a psychologist. Rather than have a shower, she answered reporters' questions in a press conference.

Ms Flamini was smiling as she explained that time had flown by. She was surprised when scientists told her the 500 days had ended. She was regularly monitored by psychologists, but had no contact with anyone else. She said she lost track of time after day 65 "because it was always four in the morning". She added that her success was due to "being very consistent" and getting on well with herself. She was happy that she "lived up to [her] commitment to live in a cave for 500 days". She admitted having cravings for roast chicken.

Sources: <https://www.theguardian.com/world/2023/apr/14/spanish-woman-emerges-after-spending-500-days-living-alone-in-cave>
<https://www.yahoo.com/lifestyle/woman-emerges-cave-spending-really-140737153.html>
<https://www.aljazeera.com/news/2023/4/14/spanish-climber-leaves-cave-after-500-days-in-isolation>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2304/230417-isolation-5.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|-----------------------|
| 1. an extreme | a. check-ups |
| 2. She took part | b. solitude |
| 3. extreme isolation and | c. a press conference |
| 4. She lived in | d. underground abode |
| 5. She started her solitary | e. mountaineer |
| 6. emerged from her | f. endeavour |
| 7. she had health | g. in a study |
| 8. answered reporters' questions in | h. deprivation |

PARAGRAPH TWO:

- | | |
|---------------------------------|--------------------------|
| 1. she explained that time | a. by psychologists |
| 2. She was regularly monitored | b. to her commitment |
| 3. she lost | c. had flown by |
| 4. it was always four | d. for roast chicken |
| 5. her success was due to | e. in the morning |
| 6. getting on well | f. being very consistent |
| 7. she "lived up | g. with herself |
| 8. She admitted having cravings | h. track of time |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2304/230417-isolation-5.html>

An athlete (1) _____ a record-breaking 500 days alone in a cave. Beatriz Flamini, 50, (2) _____ mountaineer. She took part in a study to (3) _____ of extreme isolation and (4) _____. She lived in solitude in a cave 70 metres deep. She started her solitary endeavour in November 2021 and (5) _____ underground abode last Friday. After resurfacing, she had health check-ups from a doctor and a psychologist. (6) _____ a shower, she answered reporters' questions in a press conference.

Ms Flamini was smiling as she explained that time (7) _____. She was surprised when scientists told her the 500 days had ended. She (8) _____ by psychologists, but had no contact with anyone else. She said she (9) _____ time after day 65 "because it was always four in the morning". She added that her (10) _____ to "being very consistent" and getting on well with herself. She was happy that she "(11) _____ [her] commitment to live in a cave for 500 days". She admitted having (12) _____ chicken.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2304/230417-isolation-5.html>

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ISOLATION SURVEY

From <https://breakingnewsenglish.com/2304/230417-isolation-4.html>

Write five GOOD questions about isolation in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2304/230417-isolation-5.html>

Write about **isolation** for 10 minutes. Read and talk about your partner's paper.
