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**Level 4** – 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-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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# THE READING

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

An athlete just spent a record-breaking 500 days alone in a 70-metre-deep cave. Beatriz Flamini, 50, is a mountaineer. She took part in a study to examine the effects of isolation and deprivation on health. She started her solitary endeavour in November 2021 and came out of the cave last Friday. After resurfacing, she had health check-ups. Rather than have a shower, she went into a press conference.

Ms Flamini smiled as she explained that time had flown by. She was surprised the 500 days had ended. She said she lost track of time after day 65 because "it was always 4am". She was monitored by psychologists, but had no contact with anyone else. She said her success was due to getting on well with herself. She was happy that she kept her promise to stay in the cave for 500 days. She missed 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-4.html>

## PARAGRAPH ONE:

- |                             |                       |
|-----------------------------|-----------------------|
| 1. a record-                | a. of isolation       |
| 2. She took                 | b. endeavour          |
| 3. examine the effects      | c. press conference   |
| 4. She started her solitary | d. cave last Friday   |
| 5. came out of the          | e. than have a shower |
| 6. she had health           | f. breaking 500 days  |
| 7. Rather                   | g. check-ups          |
| 8. she went into a          | h. part in a study    |

## PARAGRAPH TWO:

- |                          |                       |
|--------------------------|-----------------------|
| 1. time had              | a. anyone else        |
| 2. She was surprised the | b. chicken            |
| 3. she lost track        | c. 500 days had ended |
| 4. She was monitored     | d. flown by           |
| 5. had no contact with   | e. promise            |
| 6. getting on well       | f. by psychologists   |
| 7. she kept her          | g. of time            |
| 8. She missed roast      | h. with herself       |

# LISTEN AND FILL IN THE GAPS

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

An (1) \_\_\_\_\_ a record-breaking 500 days alone in a 70-metre-deep cave. Beatriz Flamini, 50, is a mountaineer. She (2) \_\_\_\_\_ a study to examine the effects of (3) \_\_\_\_\_ on health. She started (4) \_\_\_\_\_ in November 2021 and came out of the cave last Friday. After resurfacing, she had health check-ups. (5) \_\_\_\_\_ a shower, she went into (6) \_\_\_\_\_.

Ms Flamini smiled as she explained that (7) \_\_\_\_\_ by. She was surprised the 500 days had ended. She said she (8) \_\_\_\_\_ time after day 65 because "it was always 4am". She (9) \_\_\_\_\_ psychologists, but had no contact with anyone else. She said her (10) \_\_\_\_\_ to getting on well with herself. She was happy that she (11) \_\_\_\_\_ to stay in the cave for 500 days. She (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

An athlete just spent a record-breaking 500 days alone in a 70-metre-deep cave. Beatriz Flamini, 50, is a mountaineer. She took part in a study to examine the effects of isolation and deprivation on health. She started her solitary endeavour in November 2021 and came out of the cave last Friday. After resurfacing, she had health check-ups. Rather than have a show, she went into a press conference. Ms Flamini smiled as she explained that time had flown by. She was surprised the 500 days had ended. She said she lost track of time after day 65 because "it was always 4am". She was monitored by psychologists, but had no contact with anyone else. She said her success was due to getting on well with herself. She was happy that she kept her promise to stay in the cave for 500 days. She missed roast chicken.

# 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) \_\_\_\_\_

