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## **Level 5 – 28th April, 2021**

### **Volunteers experience 40 days of isolation in a cave**

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

<https://breakingnewsenglish.com/2104/210428-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/2104/210428-isolation-5.html>

Could you survive without your smartphone or the Internet? How about living in a cave with no mod cons for 40 days? Fifteen people did just that. They took part in a project called Deep Time to see how they coped with being totally disconnected from the modern world. In a \$1.9-million project, scientists examined how people adapted to drastic changes in living conditions. They put the 15 volunteers in a cave with no sunlight for nearly six weeks. They had no contact with the outside world. They had to rely on their body clock to know when to wake up, go to sleep and eat.

Most of the volunteers enjoyed the experience of total isolation. They expressed a desire to stay underground longer to finish projects they had started. Deep Time's director said the experience would, "test humans' ability to adapt to the loss of their frame of reference for time and space". He said: "Our future as humans on this planet will evolve. We must learn to better understand how our brains are capable of finding new solutions, whatever the situation." The participants lost their sense of time. One team member estimated his time underground to be 23 days.

Sources: <https://www.abc.net.au/news/2021-04-25/deep-time-experiment-sees-people-spend-40-days-in-cave/100093966>  
<https://www.france24.com/en/live-news/20210424-french-volunteers-leave-cave-after-40-day-endurance-trial>  
<https://www.theguardian.com/world/2021/apr/25/deep-time-team-ends-40-days-underground-in-french-cave>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2104/210428-isolation-5.html>

## PARAGRAPH ONE:

- |                                    |                    |
|------------------------------------|--------------------|
| 1. survive without your smartphone | a. changes         |
| 2. living in a cave with           | b. just that       |
| 3. Fifteen people did              | c. coped           |
| 4. They took part                  | d. no mod cons     |
| 5. see how they                    | e. clock           |
| 6. totally disconnected from the   | f. or the Internet |
| 7. people adapted to drastic       | g. modern world    |
| 8. They had to rely on their body  | h. in a project    |

## PARAGRAPH TWO:

- |                                   |                   |
|-----------------------------------|-------------------|
| 1. Most of the volunteers enjoyed | a. new solutions  |
| 2. total                          | b. desire to stay |
| 3. They expressed a               | c. evolve         |
| 4. test humans' ability           | d. isolation      |
| 5. humans on this planet will     | e. underground    |
| 6. capable of finding             | f. the experience |
| 7. participants lost their sense  | g. to adapt       |
| 8. estimated his time             | h. of time        |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2104/210428-isolation-5.html>

Could (1) \_\_\_\_\_ your smartphone or the Internet?

How about living in a cave with no (2) \_\_\_\_\_ 40 days? Fifteen people did just that. They took part in a project called

Deep Time to see how (3) \_\_\_\_\_ being totally disconnected from the modern world. In a \$1.9-million project, scientists examined how people adapted (4) \_\_\_\_\_

in living conditions. They put the 15 volunteers in a cave with no sunlight for nearly six weeks. They (5) \_\_\_\_\_ with the outside world. They had to (6) \_\_\_\_\_ body clock to know when to wake up, go to sleep and eat.

Most of the volunteers enjoyed the (7) \_\_\_\_\_

isolation. They (8) \_\_\_\_\_ to stay underground longer to finish projects they had started. Deep Time's director said

the experience would, "test humans' (9) \_\_\_\_\_ to the loss of their frame of reference for time and space". He said:

"Our future as humans on this (10) \_\_\_\_\_. We must learn to better understand how our brains are capable of finding new solutions, (11) \_\_\_\_\_." The

participants lost their sense of time. One team member (12) \_\_\_\_\_ underground to be 23 days.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2104/210428-isolation-5.html>

Could you survive without your smartphone or the Internet? How about living in a cave with no modern comforts for 40 days? Fifteen people did just that. They took part in a project called Deep Time to see how they coped with being totally disconnected from the modern world. In a \$1.9-million project, scientists examined how people adapted to drastic changes in living conditions. They put the 15 volunteers in a cave with no sunlight for nearly six weeks. They had no contact with the outside world. They had to rely on their body clock to know when to wake up, go to sleep and eat. Most of the volunteers enjoyed the experience of total isolation. They expressed a desire to stay underground long enough to finish projects they had started. Deep Time's director said the experience would, "test humans' ability to adapt to the loss of their frame of reference for time and space". He said: "Our future as humans on this planet will evolve. We must learn to better understand how our brains are capable of finding new solutions, whatever the situation." The participants lost their sense of time. One team member estimated his time underground to be 23 days.

# ISOLATION SURVEY

From <https://breakingnewsenglish.com/2104/210428-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) \_\_\_\_\_

*Volunteers experience 40 days of isolation in a cave – 28th April, 2021*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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) \_\_\_\_\_

