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Level 6 – 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.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

Could you survive for a few days without your smartphone or without being connected to 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 would react to and cope with being totally disconnected from the modern world. Scientists from the Human Adaption Institute lead the \$1.9-million project. They wanted to understand how people would adapt to drastic changes in living conditions. They put the volunteers in a cave for nearly six weeks. There was no sunlight and the cave dwellers 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 said they enjoyed the experience of total isolation. Two-thirds expressed a desire to remain underground a while longer in order to finish projects they had started. Deep Time's director Christian Clot 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." One striking observation is that participants lost their sense of time. Mr Clot said: "In our heads, we had walked into the cave 30 days ago". One team member estimated the 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>

WARM-UPS

1. ISOLATION: Students walk around the class and talk to other students about isolation. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

survive / smartphone / cave / project / cope / modern world / contact / volunteers / isolation / desire / underground / experience / loss / brain / observation / sense

Have a chat about the topics you liked. Change topics and partners frequently.

3. UNPLUG: Students A **strongly** believe we should all unplug from the modern world for a few days; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. ISOLATED: What are the good and bad things of living in these isolated places? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good Things	Bad Things
A cave		
The desert		
The jungle		
A desert island		
A mountaintop		
Antarctica		

5. INTERNET: Spend one minute writing down all of the different words you associate with the word "Internet". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. THINGS I'D MISS: Rank these with your partner. Put the things you'd most miss if you spent time in isolation at the top. Change partners often and share your rankings.

- Smartphone
- TV
- Fast food
- Tea or coffee
- Music
- Shopping
- Friends
- News

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|--|
| 1. mod cons | a. Deal effectively with something difficult. |
| 2. react | b. A person or animal that lives in or at a specified place. |
| 3. cope | c. The machines and devices of a well-equipped modern house that create an easier way of life. |
| 4. institute | d. Act in response to something; respond in a particular way. |
| 5. drastic | e. An organization having a particular purpose, especially for science, education, or a specific profession. |
| 6. dweller | f. Likely to have a strong or far-reaching effect; radical and extreme. |
| 7. rely on | g. Depend or count on someone or something. |

Paragraph 2

- | | |
|-----------------|--|
| 8. expressed | h. Attracting attention by reason of being unusual, extreme, or prominent. |
| 9. desire | i. Conveyed a thought or feeling in words or by gestures and conduct. |
| 10. adapt | j. Develop gradually, especially from a simple to a more complex form. |
| 11. evolve | k. The action or process of looking at something or someone carefully or in order to gain information. |
| 12. striking | l. A strong feeling of wanting to have something or wishing for something to happen. |
| 13. observation | m. Roughly calculated or judged the value, number, quantity, or extent of. |
| 14. estimated | n. Make something suitable for a new use or purpose; modify. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. The article says we could all survive without a smartphone. **T / F**
- b. Forty people lived in a cave for 40 days. **T / F**
- c. The research project cost \$19 million. **T / F**
- d. Volunteers had to rely on their body clock in the cave. **T / F**
- e. Two-thirds of the volunteers enjoyed the cave experience. **T / F**
- f. The research director said we needed to find solutions to situations. **T / F**
- g. The participants in the research lost their sense of time. **T / F**
- h. One team member left the cave after 23 days. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|----------------------|-----------------|
| 1. survive | a. change |
| 2. took part | b. extreme |
| 3. react | c. depend |
| 4. drastic | d. judged |
| 5. rely | e. make it |
| 6. enjoyed | f. answers |
| 7. adapt | g. participated |
| 8. solutions | h. obvious |
| 9. striking | i. behave |
| 10. estimated | j. loved |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--------------------------------------|--------------------------|
| 1. survive for a few days without | a. dwellers |
| 2. see how they would | b. time |
| 3. how people would adapt | c. on their body clock |
| 4. cave | d. of total isolation |
| 5. They had to rely | e. to drastic changes |
| 6. enjoyed the experience | f. for time and space |
| 7. Two-thirds expressed a desire | g. your smartphone |
| 8. their frame of reference | h. finding new solutions |
| 9. our brains are capable of | i. react to and cope |
| 10. participants lost their sense of | j. to remain underground |

GAP FILL

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

Could you (1) _____ for a few days without your smartphone or without being (2) _____ to the Internet? How about living in a cave with no mod cons for 40 days? Fifteen people did (3) _____ that. They took part in a project called Deep Time to see how they would react to and (4) _____ with being totally disconnected from the modern world. Scientists from the Human Adaption Institute lead the \$1.9-million project. They wanted to understand how people would adapt to (5) _____ changes in living conditions. They put the volunteers in a cave for nearly six weeks. There was no (6) _____ and the cave dwellers had no contact with the (7) _____ world. They had to rely on their body (8) _____ to know when to wake up, go to sleep and eat.

cope
sunlight
connected
clock
just
outside
survive
drastic

Most of the volunteers said they enjoyed the experience of total (9) _____. Two-thirds expressed a (10) _____ to remain underground a while longer in order to finish projects they had started. Deep Time's director Christian Clot said the experience would, "test humans' ability to (11) _____ to the loss of their (12) _____ of reference for time and space". He said: "Our future as humans on this planet will (13) _____. We must learn to better understand how our brains are capable of finding new solutions, whatever the (14) _____." One striking observation is that participants lost their (15) _____ of time. Mr Clot said: "In our heads, we had walked into the cave 30 days ago". One team member (16) _____ the time underground to be 23 days.

adapt
evolve
estimated
isolation
situation
frame
sense
desire

LISTENING – Guess the answers. Listen to check.

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

- 1) survive for a few days without your smartphone or _____
 - a. without being connect it
 - b. without being connected
 - c. without being connect shun
 - d. without being connection
- 2) How about living in a cave with _____
 - a. nomad cons
 - b. no mod cons
 - c. gnome odd cons
 - d. known odd cons
- 3) They took part in a project called Deep Time to see how _____
 - a. they would reactive
 - b. they would reacts
 - c. they would reacted
 - d. they would react
- 4) They wanted to understand how people would adapt _____
 - a. to drastic changes
 - b. to drastically changes
 - c. toad rustic changes
 - d. toed rancid changes
- 5) with the outside world. They had to rely on _____
 - a. their body cloak
 - b. their body clack
 - c. their body click
 - d. their body clock
- 6) Most of the volunteers said they enjoyed the experience _____
 - a. of totality isolation
 - b. of totalled isolation
 - c. of total isolation
 - d. of totals isolation
- 7) Two-thirds expressed a desire to _____
 - a. rim main underground
 - b. rename underground
 - c. ream mane underground
 - d. remain underground
- 8) Christian Clot said the experience would, "test humans' _____
 - a. ability to adept
 - b. ability to adopt
 - c. ability to adapt
 - d. ability to add opt
- 9) Our future as humans on this _____
 - a. planet will involve
 - b. planet will revolve
 - c. planet will solve
 - d. planet will evolve
- 10) One striking observation is that participants lost their _____
 - a. cents of time
 - b. sent of time
 - c. sense of time
 - d. Zen of time

LISTENING – Listen and fill in the gaps

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

Could you survive for (1) _____ without your smartphone or without being connected to the Internet? How about living in a cave with no mod cons for 40 days? Fifteen people (2) _____. They took part in a project called Deep Time to see how they (3) _____ and cope with being totally disconnected from the modern world. Scientists from the Human Adaption Institute lead the \$1.9-million project. They wanted to understand how people would adapt to (4) _____ living conditions. They put the volunteers in a cave for nearly six weeks. There was no sunlight and (5) _____ had no contact 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 said they enjoyed the experience (7) _____. Two-thirds expressed a desire to remain underground (8) _____ in order to finish projects they had started. Deep Time's director Christian Clot said the experience would, "test humans' ability to adapt to the loss of their (9) _____ for time and space". He said: "Our future as humans on this planet will evolve. We must learn to better understand how our brains (10) _____ finding new solutions, whatever the situation." One striking observation is that participants lost their (11) _____. Mr Clot said: "In our heads, we had walked into the cave 30 days ago". One team member (12) _____ underground to be 23 days.

COMPREHENSION QUESTIONS

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

1. What do people in the cave have to live without for 40 days?
2. What is the name of the project in the article?
3. How much did the research project cost?
4. What did the cave dwellers have no contact with?
5. What did the cave dwellers have to rely on to know when to eat?
6. What proportion of the volunteers enjoyed the cave experience?
7. What did many participants want to finish?
8. What did the research director say humans would do?
9. What did the director say we needed to find?
10. What did the participants lose their sense of?

MULTIPLE CHOICE - QUIZ

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

- 1) What do people in the cave have to live without for 40 days?
 - a) fast food
 - b) mod cons
 - c) shopping
 - d) You Tube
- 2) What is the name of the project in the article?
 - a) Deep Cave
 - b) Cave Time
 - c) Time Deep
 - d) Deep Time
- 3) How much did the research project cost?
 - a) \$1.8 million
 - b) \$1.7 million
 - c) \$1.9 million
 - d) \$1.6 million
- 4) What did the cave dwellers have no contact with?
 - a) the outside world
 - b) animals
 - c) researchers
 - d) each other
- 5) What did the cave dwellers have to rely on to know when to eat?
 - a) their stomach
 - b) their body clock
 - c) the sound of the wind
 - d) each other
- 6) What proportion of the volunteers enjoyed the cave experience?
 - a) two-thirds
 - b) three-quarters
 - c) two-fifths
 - d) seven-tenths
- 7) What did many participants want to finish?
 - a) the cave experience
 - b) lunch
 - c) projects
 - d) napping
- 8) What did the research director say humans would do?
 - a) evolve
 - b) live in caves
 - c) die out
 - d) more research
- 9) What did the director say we needed to find?
 - a) more caves
 - b) more time
 - c) each other
 - d) solutions
- 10) What did the participants lose their sense of?
 - a) each other
 - b) taste
 - c) time
 - d) smell

ROLE PLAY

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

Role A – Smartphones

You think smartphones is the thing you'd miss most if you spent time in isolation. Tell the others three reasons why. Tell them why their things are not so miss-able. Also, tell the others which is the least miss-able of these (and why): fast food, music or news.

Role B – Fast Food

You think fast food is the thing you'd miss most if you spent time in isolation. Tell the others three reasons why. Tell them why their things are not so miss-able. Also, tell the others which is the least miss-able of these (and why): smartphones, music or news.

Role C – Music

You think music is the thing you'd miss most if you spent time in isolation. Tell the others three reasons why. Tell them why their things are not so miss-able. Also, tell the others which is the least miss-able of these (and why): fast food, smartphones or news.

Role D – News

You think news is the thing you'd miss most if you spent time in isolation. Tell the others three reasons why. Tell them why their things are not so miss-able. Also, tell the others which is the least miss-able of these (and why): fast food, music or smartphones.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'isolation' and 'cave'.

isolation	cave

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• survive• cave• project• modern world• changes• body clock	<ul style="list-style-type: none">• volunteers• underground• loss• humans• planet• time
--	--

ISOLATION SURVEY

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

ISOLATION DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'isolation'?
3. Would you like to have taken part in this experiment?
4. What do you think of caves?
5. Could you survive for a few days without your smartphone?
6. Could you live in a dark cave for 40 days?
7. How would you cope with being disconnected from the world?
8. What does your body clock tell you?
9. What would you do in a cave for 40 days?
10. What would you miss about having no contact with the outside world?

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ISOLATION DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'cave'?
13. What do you think about what you read?
14. How would you deal with total isolation?
15. How might our future on this planet change?
16. How good are you at finding new solutions?
17. What happens when you lose your sense of time?
18. How sociable are you?
19. To what degree is technology isolating people?
20. What questions would you like to ask the participants?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Could you (1) _____ for a few days without your smartphone or without being connected to the Internet? How about living in a cave with no (2) _____ cons for 40 days? Fifteen people did just that. They took part in a project called Deep Time to see how they would react to and cope (3) _____ being totally disconnected from the modern world. Scientists from the Human Adaption Institute lead the \$1.9-million project. They wanted to understand how people would (4) _____ to drastic changes in living conditions. They put the volunteers in a cave for nearly six weeks. There was no sunlight and the cave (5) _____ had no contact with the outside world. They had to rely on their body (6) _____ to know when to wake up, go to sleep and eat.

Most of the volunteers said they enjoyed the experience of (7) _____ isolation. Two-thirds expressed a desire to remain underground a (8) _____ longer in order to finish projects they had started. Deep Time's director Christian Clot said the experience would, "test humans' ability to adapt to the loss of their frame (9) _____ reference for time and space". He said: "Our future as humans on this planet will (10) _____. We must learn to better understand how our brains are capable of finding new solutions, whatever the situation." One striking observation is that participants lost their (11) _____ of time. Mr Clot said: "In our heads, we had walked into the cave 30 days ago". One team member estimated the time underground to (12) _____ 23 days.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|-----------------|-----------------|----------------|
| 1. | (a) survive | (b) survivor | (c) survives | (d) survival |
| 2. | (a) odd | (b) nod | (c) mod | (d) pod |
| 3. | (a) of | (b) at | (c) on | (d) with |
| 4. | (a) adept | (b) adapt | (c) inept | (d) crept |
| 5. | (a) cavers | (b) stalactites | (c) stalagmites | (d) dwellers |
| 6. | (a) watch | (b) timepiece | (c) clock | (d) clock face |
| 7. | (a) totality | (b) total | (c) totals | (d) totally |
| 8. | (a) while | (b) whilst | (c) whiling | (d) whiled |
| 9. | (a) of | (b) to | (c) at | (d) up |
| 10. | (a) revolve | (b) involve | (c) evolve | (d) solve |
| 11. | (a) era | (b) clock | (c) tardy | (d) sense |
| 12. | (a) give | (b) be | (c) have | (d) do |

SPELLING

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

Paragraph 1

1. vrvseui for a few days
2. nodccntee to the Internet
3. ecart to and cope with
4. the Human pdAontia Institute
5. aisrdct changes in living conditions
6. They put the oursevnelt in a cave

Paragraph 2

7. Two-thirds drssepeex a desire to remain
8. their frame of reerfnec
9. finding new sloounsti
10. One gtikrins observation
11. rtiapnpitasc lost their sense of time
12. One team member eettasidm the time

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () called Deep Time to see how they would react to and cope with being totally disconnected from the modern
- () brains are capable of finding new solutions, whatever the situation." One striking
- () about living in a cave with no mod cons for 40 days? Fifteen people did just that. They took part in a project
- () understand how people would adapt to drastic changes in living conditions. They put the volunteers in a cave
- () for nearly six weeks. There was no sunlight and the cave dwellers had no contact with
- () observation is that participants lost their sense of time. Mr Clot said: "In our heads, we had walked
- () the outside world. They had to rely on their body clock to know when to wake up, go to sleep and eat.
- () desire to remain underground a while longer in order to finish projects they had started. Deep Time's director Christian Clot said the
- () and space". He said: "Our future as humans on this planet will evolve. We must learn to better understand how our
- () experience would, "test humans' ability to adapt to the loss of their frame of reference for time
- () world. Scientists from the Human Adaption Institute lead the \$1.9-million project. They wanted to
- (**1**) Could you survive for a few days without your smartphone or without being connected to the Internet? How
- () into the cave 30 days ago". One team member estimated the time underground to be 23 days.
- () Most of the volunteers said they enjoyed the experience of total isolation. Two-thirds expressed a

PUT THE WORDS IN THE RIGHT ORDER

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

1. a days for Survive without your smartphone . few
2. no mod in cave with a cons . Living
3. with being disconnected from Cope the modern world .
4. changes . to would people adapt Understand drastic how
5. had to on rely their clock . body They
6. of enjoyed total isolation . experience They the
7. desire to expressed remain a underground . Two-thirds
8. humans' to to loss . Test ability the adapt
9. how better our Learn brains . to understand
10. estimated member team time One underground . the

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Could you *survive / survival* for a few days without your smartphone or without being *connected / connecting* to the Internet? How about living in a cave with no mod *cons / coins* for 40 days? Fifteen people did just *what / that*. They took part in a project called Deep Time to see how they would react to and cope with being *total / totally* disconnected from the modern world. Scientists from the Human Adaption Institute lead the \$1.9-million project. They wanted to understand how people would *adept / adapt* to drastic changes in living conditions. They put the volunteers *on / in* a cave for nearly six weeks. There was no sunlight and the cave dwellers had no *contact / contract* with the outside world. They had to *relay / rely* on their body *clock / watch* to know when to wake up, go to sleep and eat.

Most of the volunteers said they *employed / enjoyed* the experience of total isolation. Two-thirds expressed a desire to *remnant / remain* underground a while longer *in / on* order to finish projects they had started. Deep Time's director Christian Clot said the experience would, "test humans' ability *for / to* adapt to the loss of their frame *of / to* reference for time and space". He said: "Our future as humans on this planet will *revolve / evolve*. We must learn to better understand how our brains are capable of *funding / finding* new solutions, whatever the situation." One *striving / striking* observation is that participants lost their sense *on / of* time. Mr Clot said: "In our heads, we had walked into the cave 30 days ago". One team member estimated the time underground to *be / been* 23 days.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

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

C__ld y__ s_rv_v_ f_r _ f_w d_ys w_th__t y__r sm_rtpn_ _r w_th__t b__ng c_nn_ct_d t_ th_ _nt_rn_t? H_w _b__t l_v_ng _n _ c_v_ w_th n_ m_d c_ns f_r 40 d_ys? F_ft__n p__pl_ d_d j_st th_t. Th_y t__k p_rt _n _ pr_j_ct c_ll_d D__p T_m_ t_ s__ h_w th_y w__ld r__ct t_ _nd c_p_ w_th b__ng t_t_lly d_sc_nn_ct_d fr_m th_ m_d_rn w_rld. Sc__nt_sts fr_m th_ H_m_n _d_pt__n _nst_t_t_ l__d th_ \$1.9-m_ll__n pr_j_ct. Th_y w_nt_d t_ _nd_rst_nd h_w p__pl_ w__ld _d_pt t_ dr_st_c ch_ng_s _n l_v_ng c_nd_t__ns. Th_y p_t th_ v_l_nt__rs _n _ c_v_ f_r n__rly s_x w__ks. Th_r_ w_s n_ s_nlght _nd th_ c_v_ dw_ll_rs h_d n_ c_nt_ct w_th th_ __ts_d_ w_rld. Th_y h_d t_ r_ly _n th__r b_dy cl_ck t_ kn_w wh_n t_ w_k_ _p, g_ t_ sl__p _nd __t.

M_st _f th_ v_l_nt__rs s__d th_y _nj_y_d th_ _xp_r__nc_ _f t_t_l _s_l_t__n. Tw_-th_rds _xpr_ss_d _d_s_r_ t_ r_m__n _nd_rgr__nd _ wh_l_ l_ng_r _n _rd_r t_ f_n_sh pr_j_cts th_y h_d st_rt_d. D__p T_m_'s d_r_ct_r Chr_st__n Cl_t s__d th_ _xp_r__nc_ w__ld, "t_st h_m_ns' _b_l_ty t_ _d_pt t_ th_ l_ss _f th__r fr_m_ _f r_f_r_nc_ f_r t_m_ _nd sp_c_". H_ s__d: "__r f_t_r_ _s h_m_ns _n th_s pl_n_t w_ll _v_lv_. W_m_st l__rn t_ b_tt_r _nd_rst_nd h_w __r br__ns _r_c_p_bl_ _f f_nd_ng n_w s_l_t__ns, wh_t_v_r th_ s_t__t__n." _n_ str_k_ng _bs_rv_t__n _s th_t p_rt_c_p_nts l_st th__r s_ns_ _f t_m_. Mr Cl_t s__d: "_n __r h__ds, w_ h_d w_lk_d _nt_ th_ c_v_ 30 d_ys _g_". _n_ t__m m_mb_r _st_m_t_d th_ t_m_ _nd_rgr__nd t_ b_ 23 d_ys.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

could you survive for a few days without your smartphone or without being connected to 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 would react to and cope with being totally disconnected from the modern world scientists from the human adaption institute lead the 19million project they wanted to understand how people would adapt to drastic changes in living conditions they put the volunteers in a cave for nearly six weeks there was no sunlight and the cave dwellers 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 said they enjoyed the experience of total isolation twothirds expressed a desire to remain underground a while longer in order to finish projects they had started deep times director christian clot 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 one striking observation is that participants lost their sense of time mr clot said in our heads we had walked into the cave 30 days ago one team member estimated the time underground to be 23 days.

PUT A SLASH (/) WHERE THE SPACES ARE

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

Could you survive for a few days without your smartphone or without being connected to 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 would react to and cope with being totally disconnected from the modern world. Scientists from the Human Adaptation Institute lead the \$1.9-million project. They wanted to understand how people would adapt to drastic changes in living conditions. They put the volunteers in a cave for nearly six weeks. There was no sunlight and the cave dwellers 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 said they enjoyed the experience of total isolation. Two-thirds expressed a desire to remain underground a while longer in order to finish projects they had started. Deep Time's director Christian Clots 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." One striking observation is that participants lost their sense of time. Mr Clots said: "In our heads, we had walked into the cave 30 days ago". One team member estimated that time underground to be 23 days.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. ISOLATION: Make a poster about isolation. Show your work to your classmates in the next lesson. Did you all have similar things?

4. UNPLUG: Write a magazine article about everyone unplugging from the modern world for a few days a week. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on isolation. Ask him/her three questions about it. Give him/her three of your opinions on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. d 3. a 4. e 5. f 6. b 7. g
8. i 9. l 10. n 11. j 12. h 13. k 14. m

TRUE / FALSE (p.5)

- a F b F c F d T e T f F g T h F

SYNONYM MATCH (p.5)

1. e	2. g	3. i	4. b	5. c
6. j	7. a	8. f	9. h	10. d

COMPREHENSION QUESTIONS (p.9)

1. Mod cons
2. Deep Time
3. \$1.9 million
4. The outside world
5. Their body clock
6. Two-thirds
7. Projects
8. Evolve
9. Solutions
10. Time

WORDS IN THE RIGHT ORDER (p.19)

1. Survive for a few days without your smartphone.
2. Living in a cave with no mod cons.
3. Cope with being disconnected from the modern world.
4. Understand how people would adapt to drastic changes.
5. They had to rely on their body clock.
6. They enjoyed the experience of total isolation.
7. Two-thirds expressed a desire to remain underground.
8. Test humans' ability to adapt to the loss.
9. Learn to better understand how our brains.
10. One team member estimated the time underground.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)