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**Level 6 – 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.html>

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

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# THE ARTICLE

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

An elite athlete has just emerged from spending a record-breaking 500 days alone in a cave in Spain. Beatriz Flamini, 50, is an extreme mountaineer. She participated in a scientific study to examine the effects of extreme isolation and deprivation on physical and mental health. She had to live in solitude in a cave 70 metres deep. She embarked on the solitary endeavour on the 20th of November 2021 and emerged from her subterranean abode last Friday. After resurfacing, she was given health check-ups by a doctor and psychologist. Rather than have a shower, she faced inquisitive reporters in a press conference, in which she briefly explained the past 16 months.

Ms Flamini was beaming as she told journalists that time had flown by. She said she was surprised when scientists came to tell her the 500 days had ended. She had been constantly monitored by psychologists and cave experts, but had no contact with anyone else. She lost track of time and all perception of time after day 65 "because it was always four in the morning". She explained her attitude, saying: "The most important thing is being very consistent....I lived up to my commitment to living in a cave for 500 days." She put her success down to being able to "get on very well with myself". She did admit to having occasional 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>

# 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?

elite / athlete / cave / mountaineer / isolation / deprivation / solitary / check-up / time / psychologists / perception / commitment / success / cravings / roast chicken

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

**3. BEING ALONE:** Students A **strongly** believe we all need to spend time being completely alone; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. 500 DAYS:** What would you do if you spent 500 days in these places? Would you enjoy it? Why (not)? Complete this table with your partner(s). Change partners often and share what you wrote.

	What?	Enjoy?	Why (not)?
In a cave			
On a deserted island			
In a jungle			
In your room			
On Antarctica			
In the desert			

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

**6. SOLITUDE:** Rank these with your partner. Put the best things to come from solitude at the top. Change partners often and share your rankings.

- Clear thinking
- Book reading
- No stress
- Lots of sleep
- Knowing yourself
- No social media
- Problem solving
- Creativity

# VOCABULARY MATCHING

## Paragraph 1

- |                |   |
|----------------|---|
| 1. elite       | a. The state or situation of being alone.                                       |
| 2. emerged     | b. Having or showing an interest in learning things; curious.                   |
| 3. isolation   | c. Superior in terms of ability or qualities to the rest of a group or society. |
| 4. deprivation | d. Moved out of or away from something and became visible.                      |
| 5. solitude    | e. The lack or denial of something considered to be a necessity.                |
| 6. endeavour   | f. An attempt to achieve a goal.  |
| 7. inquisitive | g. Being far away from other places, buildings, or people; remote.              |

## Paragraph 2

- |                |   |
|----------------|---|
| 8. beaming     | h. The state or quality of being dedicated to a cause, activity, etc.                 |
| 9. constantly  | i. Acting or done in the same way over time, especially so as to be fair or accurate. |
| 10. expert     | j. The ability to see, hear, or become aware of something through the senses.         |
| 11. perception | k. Smiling broadly; grinning.   |
| 12. consistent | l. A powerful desire for something.   |
| 13. commitment | m. Continuously over a period of time; always.  |
| 14. craving    | n. A person who is very knowledgeable about or skilful in a particular area.          |

# BEFORE READING / LISTENING

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

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

1. An athlete trained for 500 days in a cave for a race. **T / F**
2. The athlete was a 50-year-old mountaineer. **T / F**
3. The cave the athlete spent 500 days in was 70 metres underground. **T / F**
4. The first thing the athlete did upon resurfacing was have a shower. **T / F**
5. The athlete had counted down the end to the 500 days. **T / F**
6. The athlete always got up at 4am when she was in the cave. **T / F**
7. She said she got on well with herself. **T / F**
8. The athlete lived on roast chicken while she was in the cave. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                        |                   |
|------------------------|-------------------|
| <b>1. participated</b> | a. grinning       |
| <b>2. isolation</b>    | b. awareness      |
| <b>3. abode</b>        | c. momentarily    |
| <b>4. inquisitive</b>  | d. longing        |
| <b>5. briefly</b>      | e. responsibility |
| <b>6. beaming</b>      | f. home           |
| <b>7. experts</b>      | g. took part      |
| <b>8. perception</b>   | h. solitariness   |
| <b>9. commitment</b>   | i. specialists    |
| <b>10. craving</b>     | j. curious        |

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

- |                                      |                      |
|--------------------------------------|----------------------|
| 1. An elite                          | a. had flown by      |
| 2. extreme isolation and             | b. endeavour         |
| 3. She had to live                   | c. for roast chicken |
| 4. She embarked on the solitary      | d. of time           |
| 5. she faced inquisitive             | e. deprivation       |
| 6. she told journalists that time    | f. to my commitment  |
| 7. She had been constantly monitored | g. athlete           |
| 8. She lost track                    | h. reporters         |
| 9. I lived up                        | i. by psychologists  |
| 10. having occasional cravings       | j. in solitude       |

# GAP FILL

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

An elite athlete has just (1) \_\_\_\_\_ from spending a record-breaking 500 days alone in a cave in Spain. Beatriz Flamini, 50, is an (2) \_\_\_\_\_ mountaineer. She participated in a scientific study to examine the effects of extreme isolation and (3) \_\_\_\_\_ on physical and mental health. She had to live in (4) \_\_\_\_\_ in a cave 70 metres deep. She (5) \_\_\_\_\_ on the solitary endeavour on the 20th of November 2021 and emerged from her subterranean (6) \_\_\_\_\_ last Friday. After resurfacing, she was given health check-ups by a doctor and psychologist. Rather than have a shower, she faced (7) \_\_\_\_\_ reporters in a press conference, in which she (8) \_\_\_\_\_ explained the past 16 months.

*embarked*  
*emerged*  
*briefly*  
*deprivation*  
*inquisitive*  
*solitude*  
*abode*  
*extreme*

Ms Flamini was (9) \_\_\_\_\_ as she told journalists that time had flown by. She said she was surprised when scientists came to tell her the 500 days had ended. She had been (10) \_\_\_\_\_ monitored by psychologists and cave (11) \_\_\_\_\_, but had no contact with anyone else. She lost track of time and all (12) \_\_\_\_\_ of time after day 65 "because it was always four in the morning". She explained her (13) \_\_\_\_\_, saying: "The most important thing is being very (14) \_\_\_\_\_ ....I lived up to my commitment to living in a cave for 500 days." She put her success (15) \_\_\_\_\_ to being able to "get on very well with myself". She did admit to having occasional (16) \_\_\_\_\_ for roast chicken.

*perception*  
*constantly*  
*down*  
*beaming*  
*cravings*  
*attitude*  
*experts*  
*consistent*

# LISTENING – Guess the answers. Listen to check.

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

- 1) An elite athlete has just emerged from spending a record-breaking \_\_\_\_\_
  - a. 500 days lonely
  - b. 500 days loner
  - c. 500 days all-in
  - d. 500 days alone
- 2) She participated in a scientific study to examine the effects \_\_\_\_\_
  - a. of extremes isolation
  - b. of extreme isolation
  - c. of extremity isolation
  - d. of egg stream isolation
- 3) emerged from her subterranean \_\_\_\_\_
  - a. a bod last Friday
  - b. a body last Friday
  - c. abode last Friday
  - d. ab ode last Friday
- 4) Rather than have a shower, she \_\_\_\_\_
  - a. faced inquisitive reporters
  - b. faced inquisitively reporters
  - c. faced inquisition reporters
  - d. faced inquisitiveness reporters
- 5) in a press conference, in which she briefly explained the \_\_\_\_\_
  - a. paste 16 months
  - b. parsed 16 months
  - c. passed 16 months
  - d. past 16 months
- 6) Ms Flamini was beaming as she told journalists that time \_\_\_\_\_
  - a. had flew by
  - b. had grown by
  - c. had frown by
  - d. had flown by
- 7) She had been constantly monitored by psychologists \_\_\_\_\_
  - a. and cave expert
  - b. and cave expertise
  - c. and cave experts
  - d. and cave expats
- 8) The most important thing is \_\_\_\_\_
  - a. being verily consistent
  - b. being veery consistent
  - c. being vary consistent
  - d. being very consistent
- 9) She put her success down to being able to "get on very \_\_\_\_\_"
  - a. well within myself
  - b. well with mine self
  - c. well with myself
  - d. well with my safe
- 10) She did admit to \_\_\_\_\_
  - a. having occasional cravings
  - b. having occasional carvings
  - c. having occasional cave-ins
  - d. having occasional crave vines

# LISTENING – Listen and fill in the gaps

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

An elite athlete has just (1) \_\_\_\_\_ a record-breaking 500 days alone in a cave in Spain. Beatriz Flamini, 50, is an extreme mountaineer. She participated in a scientific study to (2) \_\_\_\_\_ of extreme isolation and deprivation on physical and mental health. She had to (3) \_\_\_\_\_ in a cave 70 metres deep. She embarked on the solitary endeavour on the 20th of November 2021 and (4) \_\_\_\_\_ subterranean abode last Friday. After resurfacing, she was given health check-ups by a doctor and psychologist. Rather than have a shower, (5) \_\_\_\_\_ reporters in a press conference, in (6) \_\_\_\_\_ explained the past 16 months.

Ms Flamini (1) \_\_\_\_\_ she told journalists that time (2) \_\_\_\_\_. She said she was surprised when scientists came to tell her the 500 days had ended. She (3) \_\_\_\_\_ monitored by psychologists and cave experts, but had no contact with anyone else. She lost track of time and (4) \_\_\_\_\_ time after day 65 "because it was always four in the morning". She explained her attitude, saying: "The most important thing is (5) \_\_\_\_\_ ...I lived up to my commitment to living in a cave for 500 days." She put her success down to being able to "get on very well with myself". She did admit to having occasional (6) \_\_\_\_\_ chicken.



# COMPREHENSION QUESTIONS

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

1. In which country was the cave?
2. What sport does the woman do?
3. How far down was the cave?
4. What was she given when she resurfaced?
5. What did she do instead of having a shower?
6. What did the athlete say had flown by?
7. Who told the woman the 500 days had ended?
8. When did the woman lose track of time?
9. What time did the woman say it always was in the cave?
10. What did the woman have a craving for?

# MULTIPLE CHOICE - QUIZ

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

- 1) In which country was the cave?
  - a) France
  - b) Argentina
  - c) Spain
  - d) Thailand
- 2) What sport does the woman do?
  - a) extreme mountaineering
  - b) caving
  - c) long-distance skiing
  - d) long-distance swimming
- 3) How far down was the cave?
  - a) 90 metres
  - b) 70 metres
  - c) 60 metres
  - d) 80 metres
- 4) What was she given when she resurfaced?
  - a) a certificate
  - b) a bath towel
  - c) her favourite food
  - d) health check-ups
- 5) What did she do instead of having a shower?
  - a) have a bath
  - b) jump in a river
  - c) face reporters' questions
  - d) check her email
- 6) What did the athlete say had flown by?
  - a) flies
  - b) time
  - c) life
  - d) birds
- 7) Who told the woman the 500 days had ended?
  - a) journalists
  - b) her husband
  - c) her children
  - d) scientists
- 8) When did the woman lose track of time?
  - a) after 56 days
  - b) after 65 days
  - c) after 60 days
  - d) after 70 days
- 9) What time did the woman say it always was in the cave?
  - a) 6am
  - b) 4am
  - c) 9pm
  - d) 4pm
- 10) What did the woman have a craving for?
  - a) roast chicken
  - b) music
  - c) hot baths
  - d) the Internet

# ROLE PLAY

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

## **Role A – Clear Thinking**

You think clear thinking is the best thing about solitude. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least attractive of these (and why): lots of sleep, no social media or knowing yourself.

## **Role B – Lots of Sleep**

You think lots of sleep is the best thing about solitude. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least attractive of these (and why): clear thinking, no social media or knowing yourself.

## **Role C – No Social Media**

You think no social media is the best thing about solitude. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least attractive of these (and why): lots of sleep, clear thinking or knowing yourself.

## **Role D – Knowing Yourself**

You think knowing yourself is the best thing about solitude. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least attractive of these (and why): lots of sleep, no social media or clear thinking.

# AFTER READING / LISTENING

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

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

<b>athlete</b>	<b>cave</b>
----------------	-------------

- 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"><li>• elite</li><li>• study</li><li>• solitude</li><li>• emerged</li><li>• rather</li><li>• past</li></ul>	<ul style="list-style-type: none"><li>• flown</li><li>• ended</li><li>• track</li><li>• 65</li><li>• important</li><li>• cravings</li></ul>
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# ISOLATION SURVEY

From <https://breakingnewsenglish.com//2304/230417-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 'cave'?
3. What do you think of caves?
4. What's the longest time you've spent alone?
5. What happens to people who are isolated from everything?
6. How would isolation affect your mental health?
7. How long could you spend in a cave?
8. What would you do if you spent 500 days alone?
9. What would you miss if you spent 500 days in a cave?
10. What's the first thing you would do after being isolated?

*Athlete spends 500 days in underground cave – 17th April 2023*  
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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 'isolation'?
13. What do you think about what you read?
14. How do you feel when you go into a cave?
15. What's the longest time you could spend alone?
16. Are there any good things to being isolated?
17. Do you get on well with yourself?
18. What do you have occasional cravings for?
19. What do you think of roast chicken?
20. What questions would you like to ask the elite athlete?

## **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/2304/230417-isolation.html>

An elite athlete has just (1) \_\_\_\_\_ from spending a record-breaking 500 days alone in a cave in Spain. Beatriz Flamini, 50, is an (2) \_\_\_\_\_ mountaineer. She participated in a scientific study to examine the effects of extreme isolation and deprivation (3) \_\_\_\_\_ physical and mental health. She had to live in solitude in a cave 70 metres deep. She embarked on the (4) \_\_\_\_\_ endeavour on the 20th of November 2021 and emerged from her subterranean (5) \_\_\_\_\_ last Friday. After resurfacing, she was given health check-ups by a doctor and psychologist. Rather than have a shower, she faced inquisitive reporters in a press conference, (6) \_\_\_\_\_ which she briefly explained the past 16 months.

Ms Flamini was (7) \_\_\_\_\_ as she told journalists that time had flown (8) \_\_\_\_\_. She said she was surprised when scientists came to tell her the 500 days had ended. She had been constantly monitored by psychologists and cave experts, but had no contact with (9) \_\_\_\_\_ else. She lost track of time and all perception of time after day 65 "because it was always four in the morning". She explained her attitude, saying: "The most important thing is being very consistent...I lived (10) \_\_\_\_\_ to my commitment to living in a cave for 500 days." She put her success (11) \_\_\_\_\_ to being able to "get on very well with myself". She did admit to having occasional (12) \_\_\_\_\_ for roast chicken.

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

- |     |               |               |               |                |
|-----|---------------|---------------|---------------|----------------|
| 1.  | (a) emerged   | (b) emerging  | (c) emergence | (d) emergent   |
| 2.  | (a) extremity | (b) extremely | (c) extreme   | (d) extremes   |
| 3.  | (a) at        | (b) by        | (c) of        | (d) on         |
| 4.  | (a) solitaire | (b) solitary  | (c) solitude  | (d) solitarily |
| 5.  | (a) goad      | (b) bode      | (c) mode      | (d) abode      |
| 6.  | (a) by        | (b) at        | (c) in        | (d) so         |
| 7.  | (a) gleaming  | (b) beaming   | (c) seaming   | (d) teaming    |
| 8.  | (a) by        | (b) up        | (c) over      | (d) across     |
| 9.  | (a) anyone    | (b) no one    | (c) someone   | (d) everyone   |
| 10. | (a) on        | (b) off       | (c) up        | (d) down       |
| 11. | (a) on        | (b) off       | (c) up        | (d) down       |
| 12. | (a) caving    | (b) cravings  | (c) carvings  | (d) cave-ins   |



# SPELLING

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

## Paragraph 1

1. the effects of extreme isolation and opadertivin
2. She embarked on the tsriyaol endeavour
3. emerged from her aeurebstnarn abode
4. a doctor and gtyhisclospo
5. she faced niivqiiesut reporters
6. in a press corefcneen

## Paragraph 2

7. constantly mrnitedoo
8. lost track of time and all coipepretn
9. She explained her atidtuert
10. being very incssotnte
11. I lived up to my ctnomimmte
12. occasional inarcgvs for roast chicken

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) well with myself". She did admit to having occasional cravings for roast chicken.
- ( ) endeavour on the 20th of November 2021 and emerged from her subterranean abode last Friday. After resurfacing,
- ( ) health. She had to live in solitude in a cave 70 metres deep. She embarked on the solitary
- ( ) shower, she faced inquisitive reporters in a press conference, in which she briefly explained the past 16 months.
- ( ) scientists came to tell her the 500 days had ended. She had been constantly monitored by psychologists and cave
- ( ) she was given health check-ups by a doctor and psychologist. Rather than have a
- ( ) Ms Flamini was beaming as she told journalists that time had flown by. She said she was surprised when
- ( ) study to examine the effects of extreme isolation and deprivation on physical and mental
- ( ) important thing is being very consistent....I lived up to my commitment
- ( ) experts, but had no contact with anyone else. She lost track of time and all perception
- ( ) of time after day 65 "because it was always four in the morning". She explained her attitude, saying: "The most
- ( ) alone in a cave in Spain. Beatriz Flamini, 50, is an extreme mountaineer. She participated in a scientific
- ( ) to living in a cave for 500 days." She put her success down to being able to "get on very
- ( **1** ) An elite athlete has just emerged from spending a record-breaking 500 days

# PUT THE WORDS IN THE RIGHT ORDER

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

1. in Spending days 500 record-breaking a a cave .
2. to effects of Studies the extreme isolation . examine
3. in embarked endeavour solitary on She the 2021 .
4. given health check-ups by was She a doctor .
5. faced She press inquisitive reporters conference . in a
6. that by . journalists flown She time had told
7. had She monitored by been constantly psychologists .
8. of track lost 65 . She after time day
9. thing The very consistent . important most is being
10. cravings for roast occasional to chicken . Admit having

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

An *elite / elitism* athlete has just emerged from spending a record-breaking 500 days alone in a cave in Spain. Beatriz Flamini, 50, is an *extreme / extremity* mountaineer. She participated in a scientific study to examine the *affects / effects* of extreme isolation and *deprivation / deprived* on physical and mental health. She had to live *in / on* solitude in a cave 70 metres deep. She *disembarked / embarked* on the solitary endeavour on the 20th of November 2021 and emerged from her subterranean *implode / abode* last Friday. After resurfacing, she was given *health / healthy* check-ups by a doctor and psychologist. Rather than have a shower, she *faced / headed* inquisitive reporters in a press conference, in which she *briefed / briefly* explained the past 16 months.

Ms Flamini was *beaming / gleaming* as she told journalists that time had *flown / driven* by. She said she was surprised when scientists came to tell her the 500 days had ended. She had been constantly *monitoring / monitored* by psychologists and cave *expats / experts*, but had no *contact / contract* with anyone else. She lost *track / tack* of time and all perception of time after day 65 "because it was always four *on / in* the morning". She explained her attitude, saying: "The most important thing is being very consistent....I lived *down / up* to my commitment to living in a cave for 500 days." She put her success *up / down* to being able to "get on very well with myself". She did admit to having occasional *carvings / cravings* for roast chicken.

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

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

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

\_n \_l\_t\_ \_thl\_t\_ h\_s j\_st \_m\_rg\_d fr\_m sp\_nd\_ng \_  
r\_c\_rd-br\_\_k\_ng 500 d\_ys \_l\_n\_ \_n \_ c\_v\_ \_n Sp\_\_n.  
B\_\_tr\_z Fl\_m\_n\_, 50, \_s \_n \_xtr\_m\_ m\_\_nt\_\_n\_\_r. Sh\_  
p\_rt\_c\_p\_t\_d \_n \_ sc\_\_nt\_f\_c st\_dy t\_ \_x\_m\_n\_ th\_  
\_ff\_cts \_f \_xtr\_m\_ \_s\_l\_t\_\_n \_nd d\_pr\_v\_t\_\_n \_n  
phys\_c\_l \_nd m\_nt\_l h\_\_lth. Sh\_ h\_d t\_ l\_v\_ \_n  
s\_l\_t\_d\_ \_n \_ c\_v\_ 70 m\_tr\_s d\_\_p. Sh\_ \_mb\_rk\_d \_n  
th\_ s\_l\_t\_ry \_nd\_\_v\_\_r \_n th\_ 20th \_f N\_v\_mb\_r 2021  
\_nd \_m\_rg\_d fr\_m h\_r s\_bt\_rr\_n\_\_n \_b\_d\_ l\_st Fr\_d\_y.  
\_ft\_r r\_s\_rf\_c\_ng, sh\_ w\_s g\_v\_n h\_\_lth ch\_ck-\_ps by  
\_d\_ct\_r \_nd psych\_l\_g\_st. R\_th\_r th\_n h\_v\_ \_ sh\_w\_r,  
sh\_ f\_c\_d \_nq\_\_s\_t\_v\_ r\_p\_r\_t\_rs \_n \_ pr\_ss c\_nf\_r\_nc\_,  
\_n wh\_ch sh\_ br\_\_fly \_xpl\_\_n\_d th\_ p\_st 16 m\_nths.

Ms Fl\_m\_n\_ w\_s b\_\_m\_ng \_s sh\_ t\_ld j\_\_rn\_l\_sts th\_t  
t\_m\_ h\_d fl\_wn by. Sh\_ s\_\_d sh\_ w\_s s\_rpr\_s\_d wh\_n  
sc\_\_nt\_sts c\_m\_ t\_ t\_ll h\_r th\_ 500 d\_ys h\_d \_nd\_d.  
Sh\_ h\_d b\_\_n c\_nst\_ntly m\_n\_t\_r\_d by psych\_l\_g\_sts  
\_nd c\_v\_ \_xp\_rts, b\_t h\_d n\_ c\_nt\_ct w\_th \_ny\_n\_  
\_ls\_. Sh\_ l\_st tr\_ck \_f t\_m\_ \_nd \_ll p\_rc\_pt\_\_n \_f  
t\_m\_ \_ft\_r d\_y 65 "b\_c\_\_s\_ \_t w\_s \_lw\_ys f\_\_r \_n  
th\_ m\_rn\_ng". Sh\_ \_xpl\_\_n\_d h\_r \_tt\_t\_d\_, s\_y\_ng:  
"Th\_ m\_st \_mp\_rt\_nt th\_ng \_s b\_\_ng v\_ry  
c\_n\_s\_st\_nt... \_ l\_v\_d \_p t\_ my c\_mm\_tm\_nt t\_ l\_v\_ng  
\_n \_ c\_v\_ f\_r 500 d\_ys." Sh\_ p\_t h\_r s\_cc\_ss d\_wn  
t\_ b\_\_ng \_bl\_ t\_ "g\_t \_n v\_ry w\_ll w\_th mys\_lf". Sh\_  
d\_d \_dm\_t t\_ h\_v\_ng \_cc\_s\_\_n\_l cr\_v\_ngs f\_r r\_\_st  
ch\_ck\_n.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

an elite athlete has just emerged from spending a recordbreaking 500 days alone in a cave in spain beatriz flamini 50 is an extreme mountaineer she participated in a scientific study to examine the effects of extreme isolation and deprivation on physical and mental health she had to live in solitude in a cave 70 metres deep she embarked on the solitary endeavour on the 20th of november 2021 and emerged from her subterranean abode last friday after resurfacing she was given health checkups by a doctor and psychologist rather than have a shower she faced inquisitive reporters in a press conference in which she briefly explained the past 16 months

ms flamini was beaming as she told journalists that time had flown by she said she was surprised when scientists came to tell her the 500 days had ended she had been constantly monitored by psychologists and cave experts but had no contact with anyone else she lost track of time and all perception of time after day 65 because it was always four in the morning she explained her attitude saying the most important thing is being very consistent i lived up to my commitment to living in a cave for 500 days she put her success down to being able to get on very well with myself she did admit to having occasional cravings for roast chicken

## PUT A SLASH ( / ) WHERE THE SPACES ARE

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

An elite athlete has just emerged from spending a record-breaking 500 days alone in a cave in Spain. Beatriz Flamini, 50, is an extreme mountaineer. She participated in a scientific study to examine the effects of extreme isolation and deprivation on physical and mental health. She had to live in solitude in a cave 70 metres deep. She embarked on the solitary endeavour on the 20th of November 2021 and emerged from her subterranean abode last Friday. After resurfacing, she was given health check-ups by a doctor and psychologist. Rather than have a shower, she faced inquisitive reporters in a press conference, in which she briefly explained the past 16 months. Ms Flamini was beaming as she told journalists that time had flown by. She said she was surprised when scientists came to tell her the 500 days had ended. She had been constantly monitored by psychologists and cave experts, but had no contact with anyone else. She lost track of time and all perception of time after day 65 "because it was always four in the morning". She explained her attitude, saying: "The most important thing is being very consistent.... I lived up to my commitment to living in a cave for 500 days." She put her success down to being able to "get on very well with myself". She did admit to having occasional cravings for roast chicken.







# 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. TIME ALONE:** Write a magazine article about all of us having to spend time alone with no contact with others. 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 being alone. 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. g    4. e    5. a    6. f    7. b  
8. k    9. m    10. n    11. j    12. i    13. h    14. l

## TRUE / FALSE (p.5)

- 1 F    2 T    3 T    4 F    5 F    6 F    7 T    8 F

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

- Spain
- Extreme mountaineering
- 70 metres
- Health check-ups
- Face reporters' questions
- Time
- Scientists
- After 65 days
- Four in the morning
- Roast chicken

## WORDS IN THE RIGHT ORDER (p.19)

- Spending a record-breaking 500 days in a cave.
- Studies to examine the effects of extreme isolation.
- She embarked on the solitary endeavour in 2021.
- She was given health check-ups by a doctor.
- She faced inquisitive reporters in a press conference.
- She told journalists that time had flown by.
- She had been constantly monitored by psychologists.
- She lost track of time after day 65.
- The most important thing is being very consistent.
- Admit to having occasional cravings for roast chicken.

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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