

7 Extreme Situations

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- 7.1 **extreme** (adj) /ɪk'stri:m/ much more dangerous than usual • *I've never experienced an extreme situation like a natural disaster.* > extremely (adv)

Word Focus

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- 7.2 **peak** (n) /pi:k/ the top of a mountain • *We could see the mountain peaks from the plane window.*
- 7.3 **exhausted** (adj) /ɪg'zɔ:stɪd/ very tired • *The explorers walked in the jungle all day and were exhausted by the evening.* > exhausting (adj), exhaust (v), exhaustion (n)
- 7.4 **area** (n) /'eəriə/ a part of a place • *There are violent storms in this area in the winter.*
- 7.5 **low** (adj) /ləʊ/ not high or tall • *The thief jumped over the low wall and ran away.*
- 7.6 **ordeal** (n) /ɔ:'di:l/ a painful or difficult experience • *Being lost at sea for ten days was a terrible ordeal for the sailor.*
- 7.7 **painful** (adj) /'peɪnfl/ causing the feeling that you have been hurt • *She hit her leg and now it's very painful.* > painfully (adv), pain (n) 📖 Opp: painless

Reading

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- 7.8 **survival** (n) /sə'vaɪvl/ continuing to live in spite of danger • *Their chance of survival in this terrible weather are not good.* > survive (v), survivor (n)
- 7.9 **flight** (n) /flaɪt/ a plane that makes a particular journey • *Flight UWR1988 is leaving in a few minutes from the airport.* > fly (v)
- 7.10 **Uruguay** (n) /'juərəgwaɪ/ a country in South America • *They visited Uruguay on their last holiday.* > Uruguayan (n, adj)
- 7.11 **championship** (n) /'tʃæmpɪənʃɪp/ a sports competition • *When was the last time the Greek national team won the European Football Championship?* > champion (n)
- 7.12 **rugby** (n) /'rʌgbɪ/ a ball game played by two teams of 13 or 15 players • *You have to be big and strong to play rugby professionally.*
- 7.13 **take off** (phr v) /teɪk ɒf/ leave the ground (for planes, etc.) • *The plane took off and slowly climbed to thirty thousand feet.* > take-off (n)

- 7.14 **head (to)** (v) /hed (tu:)/ go in the direction of • *The plane heading to London will land in one hour.*
- 7.15 **Chile** (n) /'tʃɪli/ a country in western South America • *One of Chile's neighbours is Argentina.* > Chilean (adj, n)
- 7.16 **crew** (n) /kru:/ people who work on a plane, ship, etc • *The crew served the passengers lunch an hour after the plane took off.*
- 7.17 **take-off** (n) /teɪk ɒf/ the action of leaving the ground • *The take-off was a bit scary because the plane had to go through many storm clouds.* > take off (phr v)
- 7.18 **scan** (v) /skæn/ look quickly at a text • *He scanned the list, looking for his name.* > scan (n)
- 7.19 **on board** (expr) /ɒn bɔ:d/ on a plane, ship or train • *When everybody was on board the plane, the captain made an announcement about the weather.*
- 7.20 **crash (into)** (v) /kræʃ (ɪntu)/ hit • *The car crashed into a tree, but luckily nobody was hurt.* > crash (n)
- 7.21 **manage** (v) /'mænɪdʒ/ succeed in doing sth • *Did you manage to finish all your work on time?* > manager (n), management (n)
- 7.22 **freezing** (adj) /'fri:zɪŋ/ very cold, below zero • *Skiers like conditions below freezing because they can then enjoy their favourite sport.* > freeze (v)
- 7.23 **survivor** (n) /sə'vaɪvə/ sb who doesn't die in an accident or disaster • *There was a terrible plane crash and sadly there were no survivors.* > survive (v), survival (n)
- 7.24 **terrified** (adj) /'terɪfaɪd/ very frightened • *She heard a strange noise in the middle of the night and she was terrified.* > terrifying (adj), terrify (v), terror (n)
- 7.25 **sleeping bag** (n) /'sli:pɪŋ bæɡ/ a warm bag that you sleep in when you go camping • *We packed our sleeping bag and tent and went camping.*
- 7.26 **save** (v) /seɪv/ keep sb/sth safe from harm • *The brave fire fighter saved the dog from the burning building.* > safe (adj), safely (adv), safety (n)
- 7.27 **brave** (adj) /breɪv/ courageous, not scared to do difficult or dangerous things • *The brave crew stayed calm and didn't leave the plane until all the passengers were safe.* > bravery (n) 📖 Opp: cowardly

- 7.28 cope (with)** (v) /kəʊp (wið)/
face, manage to do • *Craig coped with the solo voyage across the Atlantic by listening to music and reading.*
- 7.29 icy** (adj) /'aɪsɪ/
very cold • *I don't understand how people go swimming in the icy water in winter.* > ice (n)
- 7.30 discover** (v) /dɪ'skʌvə/
find sb/sth that was hidden or unknown • *The archaeologist discovered the king's buried treasure.* > discovery (n)
- 7.31 excitedly** (adv) /ɪk'saɪtɪdli/
in a way that shows you are happy and excited • *'Come and look at these wonderful animals!' he shouted excitedly.* > excited (adj), exciting (adj), excite (v), excitement (n)
- 7.32 ground** (n) /graʊnd/
the surface of the earth • *The children sat on the ground around the fire.*
- 7.33 field** (n) /fi:ld/
an area of land that is used for growing crops or for farm animals • *The farmer grows potatoes in this field.*
- 7.34 memory** (n) /'meməri/
a thought of sth that you remember • *My best childhood memory is going fishing with Grandpa.* > memorise (v), memorable (adj)
- 7.35 forever** (adv) /fə'r evə/
for all future time • *I will love you forever. Will you marry me?*
- 7.36 incredible** (adj) /ɪn'kredəbl/
very difficult to believe • *It's incredible that the passengers survived the crash.* > incredibly (adv)
- 7.37 imaginative** (adj) /ɪ'mædʒɪnətɪv/
having new and exciting ideas • *She is an imaginative author and writes brilliant stories.* > imaginatively (adv), imagine (v), imagination (n), imaginarily (adj)
- 7.38 view** (n) /vju:z/
what you can see from somewhere • *The view from the top of the mountain was beautiful.* > view (v)
- 7.39 site** (n) /saɪt/
a place where sth has happened • *The rescue team rushed to the site of the crash to try to save people.*
- 7.40 safety** (n) /'seɪfti/
being safe from danger • *The rescue team is worried about the safety of some climbers after the storm.* > safe (adj)
- 7.41 tragically** (adv) /'trædʒɪkli/
in a way that makes you feel very sad because sb has died • *The plane crashed and tragically, everyone was killed.* > tragic (adj), tragedy (n)
- 7.42 cross** (v) /krɒs/
go from one side to the other • *The explorer crossed the river in a small boat.* > crossing (n)

- 7.43 pass** (v) /pɑ:s/
finish • *The planes were not allowed to take off until the snow storm had passed and the runway was clear.*
- 7.44 solo** (adj) /'səʊləʊ/
done by only one person • *The dancer gave a wonderful solo performance.*
- 7.45 engine** (n) /'endʒɪn/
the part of a vehicle that makes it move • *Start the engine and let it warm up before we go.* > engineer (n)
- 7.46 catch fire** (phr) /kætʃ 'faɪə/
begin to burn • *The forest caught fire and was completely destroyed.*

Aeroplanes

crew	on board
destination	take off
flight	take-off

Vocabulary

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- 7.47 destination** (n) /destɪ'neɪʃn/
the place you are going to • *Good morning, ladies and gentlemen. We are about to take off from Athens and our destination is Frankfurt.*
- 7.48 strength** (n) /streŋθ/
physical power or energy • *You need strength to lift that heavy box.* > strong (adj), strongly (adv)
- 7.49 conditions** (pl n) /kən'dɪʃnz/
the way things are around you • *The walking conditions were difficult because it had snowed a lot the day before.*
- 7.50 companion** (n) /kəm'pænjən/
sb you spend time with • *I got lost in the forest and couldn't find my companions, Julie and Victor.*
- 7.51 limit** (n) /'lɪmɪt/
the maximum point or level of sth/sb • *There are limits to human abilities because we can't fly or swim under water for a long time.* > limit (v, n)
- 7.52 extraordinary** (adj) /ɪk'strɔ:dnəri/
very unusual • *The story of the survival of the plane crash passengers is extraordinary.* > extraordinarily (adv)
- 7.53 crazy** (adj) /'kreɪzi/
not sensible • *I think people who do extreme sports are crazy. They could get killed.* > crazily (adv), craziness (n)
- 7.54 require** (v) /rɪ'kwaɪə/
need sb/sth • *Do you require any help with your work?* > requirement (n)
- 7.55 mental** (adj) /'mentl/
relating to the mind • *An athlete needs mental as well as physical strength.* > mentally (adv), mentality (n)

- 7.56 physical** (adj) /'fɪzɪkl/
connected with the body • *The weightlifter had great physical strength.* > physically (adv)
- 7.57 deal with sb/sth** (phr v) /di:l wið 'sʌmbədi/ 'sʌmθɪŋ/
take action to solve a problem, do a job, etc. • *You can't ignore the problem; you have to deal with it.*
- 7.58 heat** (n) /hi:t/
the quality of being hot • *I sat under a tree to get away from the heat of the sun.* > heat (v), hot (adj)
- 7.59 every step of the way** (phr) /'evri step əv ðə weɪ/
from the beginning of sth that sb does until he/she finishes • *Don't worry. We'll be with you every step of the way.*
- 7.60 due to** (prep) /dju: tu:/
because of sb/sth • *The crash was due to bad weather.*
- 7.61 give up** (phr v) /gɪv ʌp/
stop trying • *After a week of searching, the rescue team gave up and stopped looking for survivors.*
- 7.62 get well** (expr) /get wel/
become healthy again after an illness or injury • *Sorry to hear you have a cold. I hope you get well soon.*
- 7.63 injure** (v) /'ɪndʒə/
hurt • *Mum fell over and injured her arm when she lost her balance on the ferry.*
> injury (n), injured (adj)

Grammar

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- 7.64 contact** (n) /'kɒntækt/
communicating with sb/sth • *We lost contact with the Browns when they moved to Australia.* > contact (v)
- 7.65 bury** (v) /'beri/
hide sth in the ground • *The pirates buried the gold coins in a deep cave.* > burial (n)
- 7.66 treasure** (n) /'treʒə/
valuable things such as gold or jewellery • *In the book, the children had an adventure and found the treasure.*
- 7.67 excursion** (n) /ɪks'kɜ:ʃn/
a short trip • *We went on a school excursion to Delphi for two days.*

Listening

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- 7.68 tough** (adj) /tʌf/
difficult • *The descent down the mountain was tough even for the experienced climbers.*
> toughness (n)
- 7.69 sandstorm** (n) /'sændstɔ:m/
a storm in a desert in which a strong wind blows sand into the air • *The travellers couldn't cross the desert because of the sandstorm.*

- 7.70 seal** (n) /si:l/
a sea animal that eats fish • *The seal dived into the sea to catch fish.*

Vocabulary

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- 7.71 sea level** (n) /si: 'levl/
the height of the sea • *The top of Mount Everest is 8,848 metres above sea level.*
- 7.72 bottom** (n) /'bɒtəm/
the lowest part of sth • *The ship sank to the bottom of the sea.*
- 7.73 rise** (v) /raɪz/
appear very tall and large • *Mount Olympus rises high above all the other mountains in Greece.* > rise (n)
- 7.74 lonely** (adj) /'ləʊnli/
where only a few people ever come • *Their home is in a very lonely part of the island, where few people come.* > loneliness (n)
- 7.75 flesh-eating piranha** (n) /fleʃ-ɪ:tɪŋ pɪ'rɑ:nə/
a small fish with sharp teeth that eats meat • *I wouldn't swim in the River Amazon because of the flesh-eating piranhas!*
- 7.76 keep calm** (expr) /ki:p kɑ:m/
not panic • *'Please don't panic and keep calm,' said the crew member to the passengers.*
- 7.77 get lost** (expr) /get lɒst/
not know where you are • *A GPS can stop you from getting lost anywhere in the world nowadays.*
- 7.78 go missing** (expr) /gəʊ 'mɪsɪŋ/
cannot be found • *The rescue team is looking for the walkers who went missing in the storm last night.*

Grammar

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- 7.79 summit** (n) /sʌmɪt/
the highest point of sth especially of a mountain, top • *Sir Edmund Hillary and Tenzing Norgay were the first people to climb to the summit of Mount Everest.*
- 7.80 flood** (n) /flʌd/
a large amount of water covering an area that is usually dry • *It rained for days and there were terrible floods.* > flood (v)
- 7.81 rental** (n) /'rentl/
money that you pay to use sth • *How much is the monthly rental for this flat?* > rent (n, v), rented (adj)
- 7.82 net** (n) /net/
material made of thread or wire with small spaces in between • *The fishermen caught a large number of fish in their net.*

Writing

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- 7.83 narrative** (n) /'nærətɪv/
a story; an account of sth • *It was an exciting narrative with lots of action.* > narrate (v), narrator (n)
- 7.84 set the scene** (phr) /set ðə siːn/
describe the place and time when a story takes place • *The author set the first scene of his play in sixteenth-century Florence.*
- 7.85 effect** (n) /ɪ'fekt/
a result • *His terrible experience had a long-lasting effect on him.* > effective (adj), effectively (adv)
- 7.86 pocket** (n) /'pɒkɪt/
a small bag sewn into a piece of clothing so you can carry things in it • *I've got my purse in my pocket and my handkerchief.*
- 7.87 blast** (n) /blɑːst/
an explosion • *There was a bomb in the city centre and we heard the blast two kilometres away.* > blast (v)
- 7.88 mile** (n) /maɪl/
a unit for measuring distance (1,609 metres) • *The supermarket is only a mile from my house.*
- 7.89 thief** (n) /θiːf/
sb who steals • *The thief grabbed the gold necklaces and ran out of the jewellery shop.* > theft (n)
- 7.90 palm tree** (n) /pɑːm triː/
a tree that grows in hot countries with long leaves and no branches • *We took shelter from the sun under the palm trees which grew along the coast.*
- 7.91 sway** (v) /sweɪ/
move slowly right and left • *The trees began to sway in the wind, so we knew that there was a storm coming.*
- 7.92 knock** (n) /nɒk/
the sound of sb hitting a door with their hand • *I knocked on the door and waited for somebody to open it.* > knock (v)
- 7.93 throughout** (prep) /θruː'ɔːt/
during the whole period of time • *Throughout her long life, she loved music and art.*
- 7.94 involve** (v) /ɪn'vɒlv/
If a situation or an activity involves sb/sth, they take part in it or are a part of it. • *What does your dad's job involve?* > involvement (n)
- 7.95 frightening** (adj) /'fraɪtɪŋ/
making sb feel afraid • *The earthquake was a frightening experience.* > frightened (adj), frighten (v), fright (n)
- 7.96 suspense** (n) /sə'spens/
excitement about sth that will happen • *He loves films about disasters as there is a lot of suspense surrounding the main characters and what is going to happen to them.*

- 7.97 scared to death** (phr) /skeəd tə deθ/
extremely frightened • *A lot of people are scared to death of snakes.*
- 7.98 scream** (v) /skriːm/
shout because you are scared • *All the passengers screamed when the plane started to fall out of the sky.* > scream (n)
- 7.99 all of a sudden** (expr) /ɔːl əv ə 'sʌdn/
suddenly, without warning • *We were trekking in a forest, when all of a sudden an enormous bear appeared in front of us.*
- 7.100 lightning** (n) /'laɪtnɪŋ/
a flash of light in the sky caused by electricity • *Lightning struck the tree and it caught fire.*
- 7.101 sign** (n) /saɪn/
sth that shows that sth is happening or may happen • *We looked everywhere, but there was no sign of him.*
- 7.102 ambulance** (n) /'æmbjələns/
a vehicle that takes injured or sick people to hospital • *Someone called an ambulance to take the injured person to hospital.*
- 7.103 turn up** (phr v) /tɜːn ʌp/
come, appear • *A large crowd turned up to watch the extreme sportsmen perform amazing tricks.*

Video 7 Coast Guard School

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- 7.104 adrenaline** (n) /ə'drenəlɪn/
a substance produced in your body that makes your heart beat faster • *The excitement made the adrenaline flow through his body and his heart beat faster.*
- 7.105 anticipation** (n) /æntɪ'sɪpə'teɪʃn/
a feeling of excitement before sth happens • *The little children were full of anticipation before Christmas Day and it was difficult to get them to sleep.* > anticipate (v)
- 7.106 limitation** (n) /lɪmɪ'teɪʃn/
sth that prevents you from doing more • *Our main limitation on this trek is that we only have enough food for five days.* > limit (v, n)
- 7.107 pulse rate** (n) /pʌls reɪt/
how fast your heart beats • *The patient's pulse rate had become dangerously high, so he had to go to hospital.*
- 7.108 beat** (v) /biːt/
cause sth to make a regular movement • *Adrenaline makes your heart beat faster in anticipation.* > beat (n)
- 7.109 prevent** (v) /prɪ'vent/
stop sb from doing sth; stop sth from happening • *We need to prevent accidents from happening.* > prevention (n), preventable (adj)

- 7.110 past** (prep) /pɑːst/
further than a particular place or time • *I drove past the bank and turned right.*
- 7.111 produce** (v) /prəˈdjuːs/
make sth • *Plants produce the oxygen we breathe.* > producer (n), product (n), productive (adj), productively (adv)
- 7.112 rough** (adj) /rʌf/
not calm • *There is no ferry service today because of the rough sea.*
- 7.113 empty (into)** (v) /'empti ('ɪntu)/
meet and join (for rivers) • *The Nile empties into the Mediterranean in northern Egypt.*
- 7.114 accelerate** (v) /ək'seləreɪt/
increase speed • *The driver accelerated too much and nearly hit a van heading towards him.* > acceleration (n)
- 7.115 rise** (v) /raɪz/
become greater in amount or number • *The sun came up and the temperature rose.* > rise (n)
- 7.116 control** (v) /kən'trəʊl/
have power over sb/sth • *The cowboy was the only person who could control the horse.* > control (n)
- 7.117 the elements** (pl n) /ðiː 'elɪments/
the weather • *Sailors must always respect the elements as the weather at sea can be deadly.*
- 7.118 effective** (adj) /ɪ'fektɪv/
which works well • *The new drug was a very effective treatment against the disease.* > effect (n)
- 7.119 convinced** (adj) /kən'vɪnst/
made to believe sth is correct • *She's convinced that the trek will be easy and nothing you say will change her mind.* > convince (v)
- 7.120 at the mercy of sb/sth** (phr) /ət ðə 'mɜːsi əv 'sʌmbədi / 'sʌmθɪŋ/
unable to stop sb/sth from harming you because they have power over you • *The motorboat's engine stopped working and we found ourselves at the mercy of the waves.*
- 7.121 mission** (n) /'mɪʃn/
an important job • *The aim of a rescue mission is to bring back everybody alive.*
- 7.122 prove** (v) /pruːv/
use evidence to show that sth is true • *I think he stole the money, but I can't prove it.* > proof (n)
- 7.123 satisfaction** (n) /sætɪs'fækʃn/
a feeling of happiness • *It gave us great satisfaction to complete the trek without any problems.* > satisfy (v), satisfactory (adj)
📖 Opp: dissatisfaction
- 7.124 tragedy** (n) /'trædʒədi/
a very sad event in which sb dies or sth terrible happens • *The child's death was a terrible tragedy.* > tragic (adj), tragically (adv)
- 7.125 training** (n) /'treɪnɪŋ/
learning the skills for a job • *Becoming a guide dog requires a long period of training.* > train (v), trainer (n)
- 7.126 violent** (adj) /'vaɪələnt/
happening with a lot of force • *The violent storm caused a lot of damage.* > violently (adv), violence (n)
- 7.127 Coast Guard** (n) /kəʊst gɑːd/
a US military service that rescues ships in danger and tries to prevent crimes at sea • *The crew of the little boat were rescued by the Coast Guard.*
- 7.128 trainee** (n) /treɪ'niː/
sb who is learning sth • *Kate is a trainee nurse and today she is at the hospital to watch and learn.* > train (v), trainer (n)
- 7.129 face** (v) /feɪs/
deal with sb/sth • *If you try to climb the mountain, you will face many dangers.*
- 7.130 unpredictable** (adj) /ʌnpɪ'dɪktəbl/
which cannot be guessed before it happens • *The currents in the sea are unpredictable here so be very careful when you swim.* > predict (v), prediction (n) 📖 Opp: predictable
- 7.131 graveyard** (n) /'ɡreɪvjaːd/
an area of land, usually near a church, where people are buried • *Grandma died last year, and I put flowers on her grave in the church graveyard every week.*
- 7.132 battle (against)** (v) /'bætl (ə'gənst)/
fight • *The small boat battled against the large waves and luckily managed to get back to port.* > battle (n)
- 7.133 severe** (adj) /sə'veɪə/
very bad, serious • *Severe weather conditions at sea have sunk many ships and taken many lives.* > severity (n)
- 7.134 lifeboat** (n) /'laɪfbəʊt/
a special boat that is sent to rescue people who are in danger at sea • *The lifeboat set off in the storm to rescue the people who had fallen into the sea.*
- 7.135 man-overboard drill** (expr) /mæn-'əʊvəbɔːd drɪl/
teaching sb what to do if sb falls off a boat into the water by making them repeat the same actions many times • *It is crucial to know the man-overboard drill on a ship in case somebody falls in the sea during a voyage.*
- 7.136 keep sth steady** (expr) /kiːp 'sʌmθɪŋ stedi/
make sure sth does not move and shake about • *The enormous waves made it impossible to keep the boat steady and many people got seasick.*
- 7.137 attempt** (n) /ə'tempt/
an effort to do sth • *His first attempt to climb Everest failed because of bad weather conditions.* > attempt (v)