


## 9.5 Video

### A town in the shadows

- 1 Work with a partner. Use the words in the box to describe the photos.


deep mountain narrow rugged snow-capped  
towering valley wooded

- 2 All the photos show Rjukan, in Norway. With your partner, discuss what it might be like to live here. What would be the best and worst things?

- 3  Watch the video about Rjukan. Choose the best summary of the video.

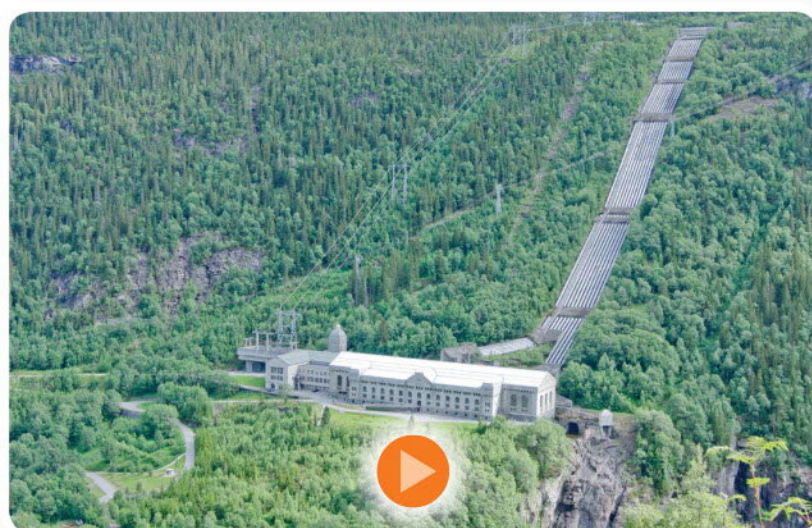
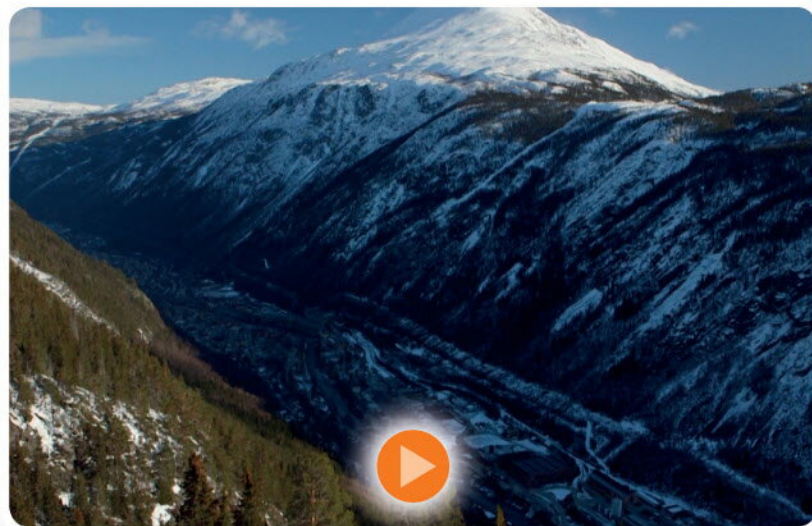
**A** The video begins by looking at the effect of the weather on our physical and mental health. It then explains why Rjukan is so cold, and describes the impact of the world's largest hydroelectric power plant on the town, both historically and nowadays.

**B** The video first discusses how the weather can affect our moods. It then explains the impact of Rjukan's geography on its citizens and tells us a little about the history of the town. Finally, it describes how the geographical problem has now been at least partially solved.

- 4  Watch again. What do the following numbers refer to?

1 -5	4 1913	7 17
2 1908	5 1928	8 20
3 104	6 2001	9 half a million

- 5a **TASK** Work in groups. Decide on the best thing and the worst thing about the town or city that you live in or that you are staying in.
- b Compare your ideas with another group. Choose the best and worst things together. Think of a way to improve the worst thing.
- c Present your ideas to the rest of the class. Explain the reasons for your choices.



# Review

- 1 Choose the correct words to complete the text. In some cases, both forms are possible.

## How to get used to working the night shift



People <sup>1</sup> *usually / used to* find it quite hard to switch from working during the day to working at night. Although you may <sup>2</sup> *be used to / used to* staying up late, it's completely different when you have to do it every night.

When I first started working nights, I <sup>3</sup> *would / used to* just nap during the day, but I soon realized that it's really important to get a proper sleep. Turn off the phone and if your family <sup>4</sup> *usually / are used to* make a lot of noise during the day, ask them to go out!

Make sure you eat really well. I <sup>5</sup> *used to / would* think that it was OK to eat junk food at night. The sugar helped me to stay awake. But I put on a lot of weight, and started to feel more and more tired.

Finally, don't forget your friends. If you <sup>6</sup> *usually / get used to* meet during the evening, you may miss out on social occasions, and it's easy to start to feel isolated.

- 2 Complete the sentences, using the correct form (adjective or adverb) of the words in brackets.

- It is \_\_\_\_\_ (dangerous) to stand under a tree in a thunderstorm.
- It \_\_\_\_\_ (frequent) rains in the winter.
- The music sounded \_\_\_\_\_ (beautiful).
- Luckily, the weather was \_\_\_\_\_ (absolute) perfect.
- I \_\_\_\_\_ (rare) carry an umbrella.
- It was raining a little when we left, but it stopped pretty \_\_\_\_\_ (quick).

- 3a Complete the sentences with suitable words from the box in the correct form, adjective or adverb.

artificial/artificially automatic/automatically  
considerable/considerably depressing/depressingly  
magical/magically original/originally

- I hate \_\_\_\_\_ flowers, they look false.
- I find winter a bit \_\_\_\_\_, I feel down when I don't get any sunshine.
- It is \_\_\_\_\_ hotter in Spain than in the UK.
- I \_\_\_\_\_ check if I have my keys before I leave the house; it's just a habit now.
- It was a/an \_\_\_\_\_ moment when we told the kids about the holiday. They were so excited.
- I think her family were \_\_\_\_\_ from Wales, but they've lived in England for many years now.

- b 9.9 ))) Listen and write the three questions you hear. Then discuss them with a partner.

- 4a 9.10 ))) Listen and mark the dropped syllable in the words.

vegetable every camera restaurant mystery

- b Practise saying the words with a partner.
- 5a Replace the underlined words in each sentence so that it has the same (S) or an opposite (O) meaning.
- I didn't sleep a wink last night. (O)
  - When I checked, the children were wide awake. (O)
  - I know someone who always has a little nap at his desk after lunch. (S)
  - He deliberately stepped on my foot. (O)
  - The company ceased trading after they had lost money. (S)
  - Criticism can encourage people to learn. (O)

- b Choose three of the words or phrases in exercise 5a and write sentences about yourself or your experiences.

- c Discuss your sentences with a partner.

- 6 9.11 ))) Listen to a conversation and complete the following more formal, or polite, ways of interrupting.
- Excuse me \_\_\_\_\_, but ...
  - I'd like to \_\_\_\_\_ that ...
  - If I could just interrupt \_\_\_\_\_, ...