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## Level 3

### Man swims to work every day to beat traffic

14th August, 2017

<http://www.breakingnewsenglish.com/1708/170814-swimming-to-work.html>

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

A German man has started swimming to work after he got fed up with commuting. Benjamin David, 40, got tired of being stuck in traffic every day in the German city of Munich. He now beats the traffic by swimming 2km down the city's Isar River. He puts his laptop computer, mobile phone and his business suit in a waterproof bag that he drags behind him. Mr David got the idea by watching the river flow right past his apartment. He looked on a map and realized the river went past his office. He then decided to swim to work and get some exercise, instead of battling other commuters in buses and trains or breathing fumes from traffic while on a bicycle.

Mr David told reporters that his river commute has changed his life. He is much fitter and less stressed. He spoke about the stress his commute used to cause him. He said: "I'm not a monk. When I was on my bike, I would yell at cars. When I was on foot, I would yell at cyclists, and so on and so forth." He described how the river has changed things. He said: "Just a few metres to the side of [all the traffic] is the river, and if you just swim down that, it's completely relaxing and refreshing." David also spoke about the dangers of river swimming. He always checks the temperature before diving in. Not everyone can swim to work in the city. In Central London, it is illegal to swim in the River Thames.

Sources: <http://metro.co.uk/2017/08/07/man-swims-to-work-every-day-with-his-laptop-suit-and-phone-6832657/>  
<http://www.dailymail.co.uk/news/article-4767864/German-David-Hasselhoff-SWIMS-2km-work-day.html>  
<http://zeenews.india.com/world/how-fitness-conscious-are-you-this-german-swims-a-mile-to-work-every-day-2030950.html>

# WARM-UPS

**1. SWIMMING:** Students walk around the class and talk to other students about swimming. 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?

swimming / commuting / traffic / city / laptop / business suit / waterproof / apartment  
river / stressed / cyclist / relaxing / refreshing / temperature / danger / diving / illegal

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

**3. EXERCISE:** Students A **strongly** believe we should all get to work / school by exercising; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. COMMUTING:** How can we get more exercise while commuting? Complete this table with your partner(s). Change partners often and share what you wrote.

	How to exercise more	Would you do this?
On a bus		
On a train		
In a car		
In the subway		
By ferry		
On foot		

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

**6. TRANSPORT:** Rank these with your partner. Put the best forms of transport at the top. Change partners often and share your rankings.

- car
- motorbike
- ferry
- helicopter
- bus
- subway
- tuk-tuk
- train

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

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

- a. A man swam to work because he was fed up with commuting. **T / F**
- b. The man swims just 200 metres to his office from his apartment. **T / F**
- c. The man takes his computer and mobile phone into the river. **T / F**
- d. The man said swimming was better than breathing in traffic fumes. **T / F**
- e. Swimming hasn't really increased the man's fitness. **T / F**
- f. The man used to be a monk. **T / F**
- g. The man said swimming to work was both refreshing and relaxing. **T / F**
- h. It is OK for people to swim to work in Central London. **T / F**

## 2. SYNONYM MATCH:

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

- |                       |                      |
|-----------------------|----------------------|
| <b>1. fed up with</b> | a. in better shape   |
| <b>2. drags</b>       | b. run               |
| <b>3. flow</b>        | c. pollution         |
| <b>4. battling</b>    | d. hazards           |
| <b>5. fumes</b>       | e. sick and tired of |
| <b>6. fitter</b>      | f. totally           |
| <b>7. yell</b>        | g. unlawful          |
| <b>8. completely</b>  | h. pulls             |
| <b>9. dangers</b>     | i. shout             |
| <b>10. illegal</b>    | j. fighting          |

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

- |                                     |                        |
|-------------------------------------|------------------------|
| 1. A German man has started         | a. and refreshing      |
| 2. he got fed                       | b. flow                |
| 3. in a waterproof                  | c. before diving in    |
| 4. watching the river               | d. up with commuting   |
| 5. breathing fumes                  | e. less stressed       |
| 6. He is much fitter and            | f. at cyclists         |
| 7. I would yell                     | g. swimming to work    |
| 8. it's completely relaxing         | h. to work in the city |
| 9. He always checks the temperature | i. bag                 |
| 10. Not everyone can swim           | j. from traffic        |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

A German man has started swimming to work after he got (1) \_\_\_\_\_ up with commuting. Benjamin David, 40, got tired of (2) \_\_\_\_\_ stuck in traffic every day in the German city of Munich. He now beats the (3) \_\_\_\_\_ by swimming 2km down the city's Isar River. He puts his (4) \_\_\_\_\_ computer, mobile phone and his business suit in a waterproof bag that he drags behind him. Mr David got the idea by watching the river (5) \_\_\_\_\_ right past his apartment. He looked on a map and (6) \_\_\_\_\_ the river went past his office. He then decided to swim to work and get some exercise, (7) \_\_\_\_\_ of battling other commuters in buses and trains or breathing (8) \_\_\_\_\_ from traffic while on a bicycle.

*fed*  
*realized*  
*laptop*  
*fumes*  
*traffic*  
*instead*  
*being*  
*flow*

Mr David told reporters that his river (9) \_\_\_\_\_ has changed his life. He is much fitter and less (10) \_\_\_\_\_. He spoke about the stress his commute used to cause him. He said: "I'm not a monk. When I was on my bike, I would (11) \_\_\_\_\_ at cars. When I was on foot, I would yell at (12) \_\_\_\_\_, and so on and so forth." He described how the river has changed things. He said: "Just a few metres to the (13) \_\_\_\_\_ of [all the traffic] is the river, and if you just swim down that, it's completely relaxing and (14) \_\_\_\_\_." David also spoke about the (15) \_\_\_\_\_ of river swimming. He always checks the temperature before diving in. Not everyone can swim to work in the city. In Central London, it is (16) \_\_\_\_\_ to swim in the River Thames.

*stressed*  
*refreshing*  
*commute*  
*illegal*  
*cyclists*  
*dangers*  
*yell*  
*side*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

- 1) A German man has started swimming to work after he got \_\_\_\_\_ commuting
  - a. fed up by
  - b. fed up on
  - c. fed up with
  - d. fed up at
- 2) Benjamin David, 40, got tired of being stuck \_\_\_\_\_ day
  - a. on traffic every
  - b. at traffic every
  - c. by traffic every
  - d. in traffic every
- 3) ... mobile phone and his business suit in a waterproof bag that \_\_\_\_\_ him
  - a. he drags behind
  - b. he drags behind
  - c. he dregs behind
  - d. he drug behind
- 4) He looked on a map and realized the river went \_\_\_\_\_
  - a. past his office
  - b. parsed his office
  - c. passed his office
  - d. paste his office
- 5) instead of battling other commuters in buses and trains or breathing \_\_\_\_\_
  - a. plumes from traffic
  - b. runes from traffic
  - c. prunes from traffic
  - d. fumes from traffic
- 6) his river commute has changed his life. He is much fitter and \_\_\_\_\_
  - a. lesser stressed
  - b. lessen stressed
  - c. less stressed
  - d. lest stressed
- 7) He spoke about the stress his commute used \_\_\_\_\_
  - a. because him
  - b. to cause him
  - c. too cause him
  - d. to case him
- 8) When I was on foot, I would yell at cyclists, and so on \_\_\_\_\_
  - a. and so fifth
  - b. and so third
  - c. and so forth
  - d. and so sixth
- 9) and if you just swim down that, it's completely \_\_\_\_\_
  - a. relax in and refreshing
  - b. relaxing and refresh in
  - c. relax in and refresh in
  - d. relaxing and refreshing
- 10) the dangers of river swimming. He always checks the temperature \_\_\_\_\_
  - a. before diving in
  - b. afore diving in
  - c. be fore diving in
  - d. be four diving in

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

A German man has started swimming (1) \_\_\_\_\_ got fed up with commuting. Benjamin David, 40, got (2) \_\_\_\_\_ stuck in traffic every day in the German city of Munich. He now beats the traffic by swimming 2km down the city's Isar River. He (3) \_\_\_\_\_ computer, mobile phone and his business suit in a waterproof bag that he drags behind him. Mr David (4) \_\_\_\_\_ watching the river flow right past his apartment. He looked on a map and realized the river went (5) \_\_\_\_\_. He then decided to swim to work and get some exercise, instead of battling other commuters in buses and trains or breathing fumes from traffic (6) \_\_\_\_\_.

Mr David told reporters that his river commute has changed his life. He is much fitter (7) \_\_\_\_\_. He spoke about the stress his commute used to cause him. He said: "I'm (8) \_\_\_\_\_. When I was on my bike, I would (9) \_\_\_\_\_. When I was on foot, I would yell at cyclists, and (10) \_\_\_\_\_." He described how the river has changed things. He said: "Just a few metres to the side of [all the traffic] is the river, and if you just swim down that, it's completely relaxing and refreshing." David also spoke about (11) \_\_\_\_\_ river swimming. He always checks the temperature before diving in. Not everyone can swim to work in the city. In Central London, (12) \_\_\_\_\_ swim in the River Thames.

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

1. How old is the man?
2. How far does the man swim?
3. What kind of bag did the man put his suit in?
4. What did a man look at?
5. What did the man not want to breathe in?
6. What did the man's commute use to cause him?
7. Who would the man yell at?
8. How far from the traffic is the river?
9. What does the man check before he dives in the river?
10. What river did the article say was illegal to swim in?



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

- 1) How old is the man?
  - a) 50
  - b) 30
  - c) 40
  - d) 60
- 2) How far does the man swim?
  - a) 2km
  - b) 3km
  - c) 4km
  - d) 5km
- 3) What kind of bag did the man put his suit in?
  - a) a waterproof bag
  - b) a plastic bag
  - c) a silk bag
  - d) a Louis Vuitton bag
- 4) What did a man look at?
  - a) a window
  - b) a map
  - c) a swimming pool
  - d) fish
- 5) What did the man not want to breathe in?
  - a) fish
  - b) water
  - c) perfume
  - d) fumes
- 6) What did the man's commute use to cause him?
  - a) lost time
  - b) stress
  - c) money problems
  - d) a backache
- 7) Who would the man yell at?
  - a) cyclists
  - b) fishermen
  - c) commuters
  - d) swimmers
- 8) How far from the traffic is the river?
  - a) 5 metres
  - b) 10 metres
  - c) a few metres
  - d) 20 metres
- 9) What does the man check before he dives in the river?
  - a) the tide
  - b) the fish
  - c) the time
  - d) the temperature
- 10) What river did the article say was illegal to swim in?
  - a) the River Thames
  - b) the River Nile
  - c) the Amazon River
  - d) the Yellow River

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

## **Role A – Car**

You think cars are the best form of transport. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the worst of these (and why): the helicopter, the bicycle or trains.

## **Role B – Helicopter**

You think helicopters are the best form of transport. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the worst of these (and why): cars, bicycles or trains.

## **Role C – Bicycle**

You think bicycles are the best form of transport. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the worst of these (and why): helicopters, cars or trains.

## **Role D – Train**

You think trains are the best form of transport. Tell the others three reasons why. Tell them what is wrong with their methods. Also, tell the others which is the worst of these (and why): helicopters, bicycles or cars.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

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

<b>beat</b>	<b>swim</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>• fed</li><li>• day</li><li>• computer</li><li>• past</li><li>• some</li><li>• breathing</li></ul>	<ul style="list-style-type: none"><li>• life</li><li>• cause</li><li>• forth</li><li>• side</li><li>• dangers</li><li>• illegal</li></ul>
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# COMMUTING SURVEY

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

Write five GOOD questions about commuting 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.

## COMMUTING 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 'swim'?
3. What do you think of your commute to work / school?
4. What do you think of swimming to work?
5. Should people swim in rivers more to get from A to B?
6. How is the traffic in your country?
7. What do you take to work?
8. Should we all exercise while we go to work?
9. What do you dislike about trains and buses?
10. Should everyone cycle around cities?

*Man swims to work every day to beat traffic – 14th August, 2017*  
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## COMMUTING 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 'traffic'?
13. What do you think about what you read?
14. What makes you stressed on your way to work / school?
15. Do you ever get angry with car drivers and cyclists?
16. What other interesting ways could you use to get to work?
17. Would people work better if they swam to work?
18. What do you think of swimming?
19. What are the dangers of everyone swimming to work?
20. What questions would you like to ask Benjamin David?

# 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 <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

A German man has (1) \_\_\_\_\_ swimming to work after he got fed up with commuting. Benjamin David, 40, got tired of being (2) \_\_\_\_\_ in traffic every day in the German city of Munich. He now beats the traffic (3) \_\_\_\_\_ swimming 2km down the city's Isar River. He puts his laptop computer, mobile phone and his business suit in a waterproof bag that he (4) \_\_\_\_\_ behind him. Mr David got the idea by watching the river (5) \_\_\_\_\_ right past his apartment. He looked on a map and realized the river went past his office. He then decided to swim to work and get some exercise, instead of battling other commuters in buses and trains or breathing (6) \_\_\_\_\_ from traffic while on a bicycle.

Mr David told reporters that his river commute has changed his life. He is much fitter and (7) \_\_\_\_\_ stressed. He spoke about the stress his commute used to cause him. He said: "I'm not a monk. When I was on my bike, I would yell at cars. When I was (8) \_\_\_\_\_ foot, I would yell at cyclists, and so on and so (9) \_\_\_\_\_." He described how the river has changed things. He said: "Just a few metres to the side of [all the traffic] is the river, and if you just swim down (10) \_\_\_\_\_, it's completely relaxing and refreshing." David also spoke about the dangers (11) \_\_\_\_\_ river swimming. He always checks the temperature (12) \_\_\_\_\_ diving in. Not everyone can swim to work in the city. In Central London, it is illegal to swim in the River Thames.

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

- |     |              |             |             |              |
|-----|--------------|-------------|-------------|--------------|
| 1.  | (a) starts   | (b) started | (c) starter | (d) starting |
| 2.  | (a) stricken | (b) struck  | (c) sticky  | (d) stuck    |
| 3.  | (a) at       | (b) by      | (c) on      | (d) of       |
| 4.  | (a) drugs    | (b) dregs   | (c) drags   | (d) drips    |
| 5.  | (a) flow     | (b) flew    | (c) flower  | (d) flight   |
| 6.  | (a) fumes    | (b) dunes   | (c) runes   | (d) lames    |
| 7.  | (a) least    | (b) lest    | (c) loss    | (d) less     |
| 8.  | (a) on       | (b) by      | (c) at      | (d) two      |
| 9.  | (a) earth    | (b) forth   | (c) birth   | (d) mirth    |
| 10. | (a) then     | (b) these   | (c) that    | (d) though   |
| 11. | (a) at       | (b) by      | (c) of      | (d) on       |
| 12. | (a) behind   | (b) before  | (c) behest  | (d) between  |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

## Paragraph 1

1. he got fed up with nmgctuiom
2. got tired of being ukcst in traffic
3. in a ofprowetar bag
4. right past his nattarmpe
5. asendit of battling other commuters
6. breathing fusme from traffic

## Paragraph 2

7. He is much ttreif and less stressed
8. I would yell at yitclscs
9. He ideredsbc how the river has changed
10. it's yemcolelpt relaxing
11. He always checks the reptaemteru
12. it is lgelial to swim



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

Number these lines in the correct order.

- ( ) refreshing." David also spoke about the dangers of river swimming. He always checks the temperature before
- ( ) of [all the traffic] is the river, and if you just swim down that, it's completely relaxing and
- ( ) suit in a waterproof bag that he drags behind him. Mr David got the idea by watching the river flow right
- ( ) Mr David told reporters that his river commute has changed his life. He is much fitter and less
- ( ) forth." He described how the river has changed things. He said: "Just a few metres to the side
- ( ) buses and trains or breathing fumes from traffic while on a bicycle.
- ( ) my bike, I would yell at cars. When I was on foot, I would yell at cyclists, and so on and so
- ( ) past his apartment. He looked on a map and realized the river went past his office. He then decided
- ( **1** ) A German man has started swimming to work after he got fed up with commuting. Benjamin David, 40, got
- ( ) tired of being stuck in traffic every day in the German city of Munich. He now beats the traffic
- ( ) stressed. He spoke about the stress his commute used to cause him. He said: "I'm not a monk. When I was on
- ( ) diving in. Not everyone can swim to work in the city. In Central London, it is illegal to swim in the River Thames.
- ( ) by swimming 2km down the city's Isar River. He puts his laptop computer, mobile phone and his business
- ( ) to swim to work and get some exercise, instead of battling other commuters in

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

1. fed commuting work got with to he up Swimming after .
2. traffic being got , every stuck tired 40 day in of , David .
3. by traffic the beats now He 2km swimming .
4. Watching apartment his past right flow river the .
5. fumes Breathing on a bicycle from traffic while .
6. He his spoke commute about caused the him stress .
7. I When cars at yell would I , bike my on was .
8. at yell would I forth so and on so and , cyclists .
9. of spoke river about swimming the David dangers also .
10. in diving the checks always He before temperature .

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

A German man has *started / starting* swimming to work after he got fed up with commuting. Benjamin David, 40, got tired of being *struck / stuck* in traffic every day in the German city of Munich. He now *beats / beast* the traffic *by / for* swimming 2km down the city's Isar River. He puts his laptop computer, mobile phone and his business suit in a waterproof bag that he drags *before / behind* him. Mr David got the idea by watching the river *flow / flew* right past his apartment. He looked *on / in* a map and realized the river went past *this / his* office. He then decided to swim to work and get some exercise, instead *for / of* battling other commuters in buses and trains or breathing *fumes / fames* from traffic while on a bicycle.

Mr David told reporters that his river *commutation / commute* has changed his life. He is much fitter and *less / few* stressed. He spoke about the stress his commute used to *because / cause* him. He said: "I'm not a monk. When I was on my bike, I would yell *on / at* cars. When I was on foot, I would yell at cyclists, and so on and so *forth / fourth*." He described how the river has changed things. He said: "Just a few metres to the *aside / side* of [all the traffic] is the river, and if you just swim down *then / that*, it's completely relaxing and refreshing." David also spoke about the *dangers / dangerous* of river swimming. He always checks the temperature before diving *in / on*. Not everyone can swim to work in the city. In Central London, it is *illegally / illegal* to swim in the River Thames.

**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 <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

\_ G \_ r m \_ n m \_ n h \_ s st \_ r t \_ d sw \_ m m \_ n g t \_ w \_ r k \_ f t \_ r h \_  
g \_ t f \_ d \_ p w \_ t h c \_ m m \_ t \_ n g . B \_ n j \_ m \_ n D \_ v \_ d , 40 , g \_ t  
t \_ r \_ d \_ f b \_ n g st \_ c k \_ n tr \_ f f \_ c \_ v \_ r y d \_ y \_ n th \_  
G \_ r m \_ n c \_ t y \_ f M \_ n \_ c h . H \_ n \_ w b \_ \_ t s th \_ tr \_ f f \_ c by  
sw \_ m m \_ n g 2km d \_ w n th \_ c \_ t y ' s \_ s \_ r R \_ v \_ r . H \_ p \_ t s  
h \_ s l \_ p t \_ p c \_ m p \_ t \_ r , m \_ b \_ l \_ p h \_ n \_ \_ n d h \_ s b \_ s \_ n \_ s s  
s \_ \_ t \_ n \_ w \_ t \_ r p r \_ \_ f b \_ g th \_ t h \_ d r \_ g s b \_ h \_ n d h \_ m . Mr  
D \_ v \_ d g \_ t th \_ \_ d \_ \_ by w \_ t c h \_ n g th \_ r \_ v \_ r fl \_ w r \_ g h t  
p \_ s t h \_ s \_ p \_ r t m \_ n t . H \_ l \_ \_ k \_ d \_ n \_ m \_ p \_ n d r \_ \_ l \_ z \_ d  
th \_ r \_ v \_ r w \_ n t p \_ s t h \_ s \_ f f \_ c \_ . H \_ th \_ n d \_ c \_ d \_ d t \_  
sw \_ m t \_ w \_ r k \_ n d g \_ t s \_ m \_ \_ x \_ r c \_ s \_ , \_ n s t \_ d \_ f  
b \_ t t l \_ n g \_ t h \_ r \_ c \_ m m \_ t \_ r s \_ n b \_ s \_ s \_ n d tr \_ n s \_ r  
br \_ \_ t h \_ n g f \_ m \_ s fr \_ m tr \_ f f \_ c wh \_ l \_ \_ n \_ b \_ c y c l \_ .

Mr D \_ v \_ d t \_ l d r \_ p \_ r t \_ r s th \_ t h \_ s r \_ v \_ r c \_ m m \_ t \_ h \_ s  
ch \_ n g \_ d h \_ s l \_ f \_ . H \_ \_ s m \_ c h f \_ t t \_ r \_ n d l \_ s s str \_ s s \_ d .  
H \_ s p \_ k \_ \_ b \_ \_ t th \_ str \_ s s h \_ s c \_ m m \_ t \_ \_ s \_ d t \_ c \_ \_ s \_  
h \_ m . H \_ s \_ d : " \_ ' m n \_ t \_ m \_ n k . Wh \_ n \_ w \_ s \_ n my  
b \_ k \_ , \_ w \_ \_ l d y \_ l l \_ t c \_ r s . Wh \_ n \_ w \_ s \_ n f \_ \_ t , \_  
w \_ \_ l d y \_ l l \_ t c y c l \_ s t s , \_ n d s \_ \_ n \_ n d s \_ f \_ r t h . " H \_  
d \_ s c r \_ b \_ d h \_ w th \_ r \_ v \_ r h \_ s ch \_ n g \_ d th \_ n g s . H \_ s \_ d :  
" J \_ s t \_ f \_ w m \_ t r \_ s t \_ th \_ s \_ d \_ \_ f [ \_ l l th \_ tr \_ f f \_ c ] \_ s  
th \_ r \_ v \_ r , \_ n d \_ f \_ y \_ \_ j \_ s t sw \_ m d \_ w n th \_ t , \_ t ' s  
c \_ m p l \_ t \_ l y r \_ l \_ x \_ n g \_ n d r \_ f r \_ s h \_ n g . " D \_ v \_ d \_ l s \_ s p \_ k \_  
\_ b \_ \_ t th \_ d \_ n g \_ r s \_ f r \_ v \_ r sw \_ m m \_ n g . H \_ \_ l w \_ y s  
ch \_ c k s th \_ t \_ m p \_ r \_ t \_ r \_ b \_ f \_ r \_ d \_ v \_ n g \_ n . N \_ t  
\_ v \_ r y \_ n \_ c \_ n sw \_ m t \_ w \_ r k \_ n th \_ c \_ t y . \_ n C \_ n t r \_ l  
L \_ n d \_ n , \_ t \_ s \_ l l \_ g \_ l t \_ sw \_ m \_ n th \_ R \_ v \_ r Th \_ m \_ s .

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

a german man has started swimming to work after he got fed up with commuting benjamin david 40 got tired of being stuck in traffic every day in the german city of munich he now beats the traffic by swimming 2km down the city's isar river he puts his laptop computer mobile phone and his business suit in a waterproof bag that he drags behind him mr david got the idea by watching the river flow right past his apartment he looked on a map and realized the river went past his office he then decided to swim to work and get some exercise instead of battling other commuters in buses and trains or breathing fumes from traffic while on a bicycle

mr david told reporters that his river commute has changed his life he is much fitter and less stressed he spoke about the stress his commute used to cause him he said "i'm not a monk when i was on my bike i would yell at cars when i was on foot i would yell at cyclists and so on and so forth" he described how the river has changed things he said "just a few metres to the side of [all the traffic] is the river and if you just swim down that it's completely relaxing and refreshing" david also spoke about the dangers of river swimming he always checks the temperature before diving in not everyone can swim to work in the city in central london it is illegal to swim in the river thames

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1708/170814-swimming-to-work.html>

A German man has started swimming to work after he got fed up with commuting. Benjamin David, 40, got tired of being stuck in traffic every day in the German city of Munich. He now beats the traffic by swimming 2 km down the city's Isar River. He put his laptop computer, mobile phone and his business suit in a waterproof bag that he drags behind him. Mr David got the idea by watching the river flow right past his apartment. He looked on a map and realized the river went past his office. He then decided to swim to work and get some exercise, instead of battling other commuters in buses and trains or breathing fumes from traffic while on a bicycle. Mr David told reporters that his river commute has changed his life. He is much fitter and less stressed. He spoke about the stress his commute used to cause him. He said: "I'm not a monk. When I was on my bike, I would yell at cars. When I was on foot, I would yell at cyclists, and soon and so forth." He described how the river has changed things. He said: "Just a few metres to the side of [all the traffic] is the river, and if you just swim down that, it's completely relaxing and refreshing." David also spoke about the dangers of river swimming. He always checks the temperature before diving in. Not everyone can swim to work in the city. In Central London, it is illegal to swim in the River Thames.







# 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. Share what you discover with your partner(s) in the next lesson.

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

**4. FITTER:** Write a magazine article about choosing fitter ways of getting to work. 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 commuting. Ask him/her three questions about it. Give him/her three of your ideas on how to get fit while going to work / school. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

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

## SYNONYM MATCH (p.4)

- |                |                      |
|----------------|----------------------|
| 1. fed up with | a. sick and tired of |
| 2. drags       | b. pulls             |
| 3. flow        | c. run               |
| 4. battling    | d. fighting          |
| 5. fumes       | e. pollution         |
| 6. fitter      | f. in better shape   |
| 7. yell        | g. shout             |
| 8. completely  | h. totally           |
| 9. dangers     | i. hazards           |
| 10. illegal    | j. unlawful          |

## COMPREHENSION QUESTIONS (p.8)

1. 40
2. 2km
3. A waterproof bag
4. A map
5. Fumes
6. Stress
7. Cyclists
8. Metres
9. The temperature
10. The River Thames

## MULTIPLE CHOICE - QUIZ (p.9)

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

## ALL OTHER EXERCISES

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