


Listening

Part 2 Sentence completion

1 Read the paragraph below and explain in your own words what 'Wilderness Therapy' is.



Wilderness Therapy

REDCLIFF ASCENT is located in a remote area of desert and red rock in the state of Utah. It offers 'wilderness therapy' to troubled teenagers, 'helping them and their families find a new beginning'. Life there is not easy – it certainly isn't a holiday. During their stay, the students live a nomadic lifestyle, walking five to 10 kilometres each day from camp to camp. They have to build their own shelters for sleeping in, cook their own food and wash their own clothes: in short, to take full responsibility for their survival. They also learn how to work together in a group to solve problems. In the evenings, they sit round the fire and talk about their experiences. Education is an important part of RedCliff Ascent, and it focuses on seven key values: courage, self-discipline, respect, honesty, work ethic, trust and compassion.

courage
self-discipline
respect
honesty
work ethic
trust
compassion

2 Listen once to the stories of two teenagers Rachael and Ed, to find out who had the more positive experience at RedCliff Ascent.

3 Listen again and complete sentences 1–10.

- 1 Many of the teenagers who go to RedCliff Ascent have broken the
- 2 The parents of many of the teenagers had no idea how to their children.
- 3 At school, Rachael had been keen on long-distance
- 4 After returning from RedCliff, Rachael decided that she wanted to work with
- 5 Rachael continues to have a good relationship with her
- 6 Rachael's mother thinks that now Rachael looks really
- 7 Ed caused so many problems for his family that he had to find another
- 8 Ed's mother, Jane, says that Ed always wants more
- 9 Two weeks after the camp finished, Ed once again started
- 10 Ed's mother is hopeful that his second stay at RedCliff will be

4 Discuss why you think Wilderness Therapy is successful for many out-of-control teenagers.