

Into the night: why walking in the dark is good for the soul

Level 3 • Advanced

KEY

2 Key words

1. recede
2. looms
3. stroll
4. pupils
5. eerie
6. dew pond
7. blend into
8. insulated
9. rouses
10. escarpment
11. roam
12. profane

3 Comprehension check

1. Nigel Berman is a guide who runs a company called School of the Wild that organizes guided night walks on the South Downs in the south of England. He accompanies the author on her night-time walk and provides her with information and advice.
2. a flock of sleeping sheep that she first thought were some rocks, twinkly lights of the town, the breeze on her face, the rustle of leaves, clouds in the night sky, a shimmering dew pond, a fox cry, an iron-age hill fort, unfamiliar bird sounds, a strong earthy smell

3. She's alarmed at first that she couldn't bring a torch. She's mesmerized by the clouds in the sky, feels free from the tensions of family and work, feels calm and relaxed, and reluctant to go back into the town.
4. Our pupils expand to allow light in and switch to use different light sensors. In the dark, the eyes switch to rod-shaped sensors, which are far more sensitive to light but unable to sense colours.
5. Choose a route you already know, make sure you wear the right clothes for the temperature and weather, take a hot drink, choose to go in good weather.

4 Phrases

- b.
1. disconnect from
 2. avoid
 3. prevent something serious, dangerous or unpleasant from affecting you
 4. be the main influence on people's opinions or behaviour
 5. it is darker for longer each day