This video tells the inspiring story of a paraplegic mum who finds freedom through surfing thanks to one of her son's friends.

Do the preparation task first. Then, watch the video and do the exercises. Remember you can check the transcript at any time.

1. Preparation: matching
Match the vocabulary with the correct definition and write a – j next to the number 1 – 10.

1. isolated  a. strong sticky tape which is usually silver-coloured
2. ejected  b. the sport of riding a board on water
3. duct tape  c. alone
4. rehab (short for rehabilitation)  d. thrown out
5. ultimate  e. someone who can't move the lower part of the body
6. a hassle  f. treatment to help a sick person be able to live independently again
7. surfing  g. one person behind the other (usually on a bicycle)
8. a paraplegic  h. a difficulty
9. to concentrate  i. greatest
10. tandem  j. to focus on something

2. Check your understanding: true or false
Circle True or False for these sentences.

1. After Pascale was ejected from the car she couldn't move her legs. True False
2. The doctor told her that she would be a paraplegic. True False
3. Pascale spent 16 months in Adelaide, in rehab. True False
4. Pascale can't drive a car. True False
5. Tyron is a friend of Pascale's sons. True False
6. Tyron thought she could be taped to his back, tandem style. True False
7. Pascale weighs more than 40 kilos. True False
8. When Pascale is duct taped to Tyron, she feels like she is surfing. True False

Discussion
What did you think of the video?
What people do you know who have overcome great difficulties in their life?