



CYCLING IN NETHERLANDS

I. Watch the video and complete with the missing words from the box.

contaminated	citizen (ciudadano)	benefits	transportation
cycling	reduce	bicycle	improve (mejorar)

Do you have a _____? What do you use it for? In most countries, bicycles are used mostly as a hobby, or as a fun alternative to other ways of _____. Some people use it to go to work because it's more economic, but they are a small minority.

That's not the case for the **Netherlands**. People in the Netherlands love _____. They love cycling so much that it has become their main method of transportation.

In Amsterdam, more than 70% of all trips are done in a bicycle, and results show that the average _____ from the Netherlands owns at least two bikes. In fact, there are more bikes than people!

But what are the _____ of cycling? By using a bicycle, you are contributing to a less _____ city, but there are also many other benefits to your own health. Using a bicycle every day is an excellent form of exercise, it will help you to _____ the risk of heart problems, cancer and diabetes. You will also work out many muscles in your body, and you will also lose weight. Finally, cycling will also help you to relax and _____ your mental health.

II. Read the text and answer TRUE OR FALSE.

- _____ In most countries people love cycling and it has become their main method of transportation.
- _____ In Netherlands bicycles are used mostly as a hobby.
- _____ More than seventy percent of all trips are done in a bicycle in Amsterdam.
- _____ In Amsterdam there are more bikes than people.
- _____ You are contributing to a less contaminated city when using a bicycle.



III. Read the text and NAME 4 BENEFITS OF CYCLING.

1. _____
2. _____
3. _____
4. _____