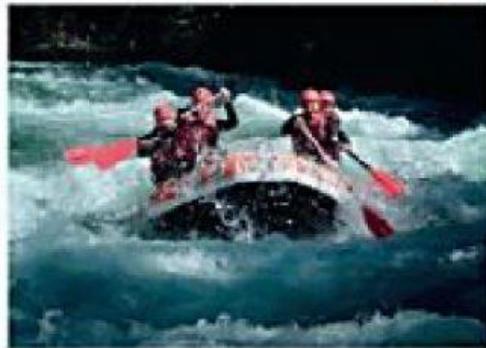


Everything has two sides to it, a positive one and a negative one. Post your opinions on our blog...

Adventure sports – fun or too risky?

Every year, more and more people are tempted by the idea of going on an adventure sports holiday, especially during the summer months.

Spending your holiday being active and enjoying the outdoors has a lot of advantages.



¹*The main advantage* is that adventure sports, like many other physical activities, offer health benefits and help keep your mood positive. ² when you practise extreme sports your brain releases endorphins because of the adrenalin rush and that makes you feel happy. ³ is the self-confidence that you gain from doing these activities. ⁴, the lessons learnt from facing the difficulties and the risks of these extreme sports may be very valuable in everyday life.

⁵, there are also some important disadvantages.

⁶ they make you feel good, risky sports can be extremely dangerous. The possibility of getting seriously injured while performing these activities is quite high, and some adventure sports, ⁷ skydiving or cliff jumping, can even have fatal consequences. ⁸ these risks, you need to be extremely fit to practise these sports during a holiday, which means that they are not for everyone. ⁹, they are likely to be expensive because they require a lot of equipment, safety measures, and well-trained and qualified instructors.

¹⁰, adventure sports holidays have both advantages and disadvantages. Whether they suit you or not depends on your level of fitness, your personality, and how much you can afford.

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although another advantage because of for example (x2) furthermore in addition on the other hand the main advantage to sum up

c Put the linking expressions from **b** in the **Useful language** chart below.



Useful language: linking expressions

To list advantages / disadvantages
the main advantage

To add more points to the same topic

To introduce an example

For instance,...

To make contrasting points

However,...

In spite of (the fact that)...

To give a reason

Because (+ clause)...

(+ noun)...

To introduce the conclusion

In conclusion,...