A. You will hear Sally talking on a radio programme about some hiking trips she runs. For each question, choose the correct answer A, B or C.

1 **How many young people take part in each trip?**
   A 14 to 19
   B not more than 15
   C always about 10
2 **What kind of accommodation do the teens stay in?**
   A tents
   B a youth hostel
   C different kinds of accommodation
3 **Parents like the trips because their children**
   A develop a love of the outdoors.
   B get a lot of exercise.
   C learn a lot.
4 **The teens particularly enjoy**
   A all of the afternoon activities.
   B the water sports that Sally organises.
   C activities they haven't tried before.
5 **Sally advises interested listeners to**
   A call her for a booking form.
   B book their trip as soon as possible.
   C find out more information.

B. Fill in: *heavy*, *freezing*, *research*, *extreme*, *boiling*, *survival*, *extinct*, *cosy*.

1 The university offers the chance to spend 6 months at a ..... station in Antarctica in order to study the penguins that live there.
2 The weather in Jordan was ..... hot – on the last day of our holiday the temperature reached 51°C!
3 The woolly mammoth is a(n) ..... species – the last ones died about 4,000 years ago.
4 The Sahara desert experiences ..... temperatures, from below 0°C at night to over 50°C in the daytime.
5 It was ..... cold in Alaska! I had never seen so much snow before!
6 Students must take a ..... course before they go out alone, which includes advice on dealing with sub-zero temperatures and polar bear attacks.
7 We couldn't see the sun because the ..... clouds hid it from view.
8 Going to Antarctica was an amazing experience, but I can't wait to get home to my ..... house and switch on the central heating!

C. Fill in: *protective*, *smoking*, *elastic*, *world*, *hot*, *icy*, *webbed*, *inflatable*, *ironing*, *metal*.

1 Christina won the wok racing ..... championship because she was faster than all the other competitors.
2 Ian wants me to go volcano surfing with him, but there's no chance I would ever go near a(n) ..... volcano – it's too dangerous!
3 The ground was frozen and Leah slipped and fell on the ..... track.
4 You have to sit in a(n) ..... armchair to go river bugging, but you won't be able to relax!

5 James wears boots with ..... spikes on them when he goes ice climbing, because they help him to climb the walls of ice.
6 If you go volcano surfing, you will need to wear ..... clothing to stop the hot ash from harming you.
7 Let me give you a ..... tip – sitting on your surf board makes you go faster.
8 You should wear ..... gloves on your hands when you're river bugging because they help you to control where you're going.
9 Bungee jumpers tie a(n) ..... rope around their feet, so that they bounce up and down after they jump.
10 Taking a(n) ..... board down to the bottom of the ocean sounds bizarre, but many people enjoy extreme ironing.

D. Fill in: *extinct*, *footprint*, *threat*, *gases*, *change*, *dioxide*, *areas*, *habitats*, *temperature*, *bulbs*.

1 Global warming is a serious ..... to animals that live in cold climates.
2 In London, the average ..... in summer is 24°C, but on some days it can be as high as 30°C.
3 Greenhouse ..... are produced by cars, aeroplanes and industry and they are altering the Earth's climate.
4 When people cut down trees, birds and animals lose their ..... .
5 People who drive to work every day have a larger carbon ..... than those who walk or take the bus.
6 The effects of climate ..... include sea level rise, higher temperatures and extreme weather events.
7 There is too much carbon ..... in our atmosphere because we have burnt so many fossil fuels.
8 Tom fitted energy-saving ..... in all the lights in his house because they use less electricity.
9 Polar bears may become ..... if the Arctic sea ice melts, because they will have nowhere to hunt for food.
10 Many low-lying ..... are in danger of becoming covered by water if sea levels rise.

E. Fill in the correct word derived from the word in brackets.

1 There were over fifty ..... in the wok racing competition. **(COMPETE)**
2 Mount Pinatubo in the Philippines is an ..... volcano. It last erupted in 1991, but it could erupt again. **(ACT)**
3 There are many ..... deer in the park. They aren't dangerous and usually run away when they hear people coming. **(HARM)**
4 ..... cities, such as New York and Shanghai, could be flooded if sea levels rise. **(COAST)**
5 The ..... hurricane caused a lot of damage in the area. **(POWER)**
6 We shouldn't ignore ..... warming because it is going to affect everybody on Earth. **(GLOBE)**
7 The National Park has many ..... paths that lead up into the hills. **(ROCK)**
8 New Zealand is famous for the ..... beauty of its mountains, forests and plains. **(NATURE)**

F. Underline the correct participle.

1 The bomb was set to go **off/up** at 8:00, but the police managed to stop it.
2 Maria helps to look **for/after** her great-grandmother by doing her shopping for her.
3 The flight takes **off/up** at 9:15, so we should be at the airport by 8:00 at the latest.
4 Lewis put **over/on** a thick winter coat because it was snowing outside.
5 Make sure you keep away **from/for** coyotes and bobcats because they can be dangerous.
6 It's freezing! Please can we turn **up/to** the heat?
7 This milk smells awful! I think it has gone **over/off**.
8 I'm looking **for/up** my sunglasses – have you seen them?
9 Susie is really looking **up/forward** to starting her aqua aerobics classes.
10 I've lost the electrician's number. Please pass me the phone book so that I can look it **over/up**.

G. Read the texts and mark the sentences *T* (True), *F* (False) or *DS* (doesn't say).

Tornado on the football field

One Saturday last year, I was playing goalkeeper in our football team's last match of the season. If I hadn't been standing in the goal, I wouldn't have had such a perfect view of the heavy thunderclouds moving towards us! Soon, the first heavy raindrops were falling and by half time the referee had stopped the match as the lightning strikes were getting too close.

As we waited by the side of the field, we suddenly saw a small funnel forming at the bottom of the clouds. Before we knew what was happening, a tornado had touched down on our football field! Everyone started running in different directions in a panic. My dad and I ran into a nearby field and lay flat in a ditch, covering our heads with our hands. Football bags, chairs and wet clothes were flying everywhere. Then, suddenly the tornado melted back into the sky. "Quick, if we go now, we'll make it to the car!" my dad shouted. We were so relieved to find out later that everyone at the match was safe! What an adventure!

Matt, Minnesota, USA

Wild River Ride

One warm, sunny day at the end of last summer, our family hired a little rowing boat and went on a river trip through a canyon. After a lazy morning swimming, having water fights and relaxing on the river, suddenly we heard thunder rumbling in the distance and marble-sized hailstones and heavy rain started to sting our skin! Soon after, muddy water began to pour down the sides of the canyon and rush into the river. It was a flash flood! Before long, we weren't in control of the boat anymore as it raced down the river. Then, my brother's oar dropped into the water! "If I were you, I'd hold on very tight!" my dad told us. Down and down we raced, with the boat rocking dangerously from side to side. Then, just as soon as it had started, the rain stopped, the sun appeared and the river became calm again. With my dad's one oar, we somehow managed to row to the nearby end of our route. "If we ever do this again, we'll check the weather forecast before we leave!" my mum said, laughing.

Katie, British Colombia, Canada

1 Matt didn't notice the storm approaching. .....
2 He had never seen a tornado before. .....
3 The tornado crossed the whole football field. .....
4 No one at the match was seriously injured. .....
5 It was raining when Katie's family set out on their river trip. .....
6 Katie's brother didn't row the boat to safety. .....
7 Katie's mum checked the weather before leaving. .....