2 Read the article. What unusual or extreme sports does it mention?

3 Read the article again. Are the sentences true (T) or false (F)? Correct the false sentences.

1 Bungee jumping is better in New Zealand than in Europe, according to Andy.
2 Andy walked up a mountain to go bungee jumping.
3 The whitewater rafting course is 20 kilometres long.
4 Whitewater rafting is a good way to meet people.
5 Andy wanted to parachute in the past.
6 Andy jumped solo from the plane.

Not for the faint-hearted

New Zealand has become a popular destination for people looking to experience extreme emotions. Whether it's enjoying the ***stunning*** *views and breathtaking scenery or trying one of the many extreme sports, this country has become famous for delighting the senses. Our travel writer Andy Burgiss went all the way to New Zealand to try some of the amazing activities on offer there.*

I've been bungee jumping all over Europe but nothing beats New Zealand for the most amazing jump and biggest thrill. But seriously, it's not for **the faint-hearted**! Taking the cable car up to the jump platform is **hair-raising** enough as you look down the side of the mountain, but then you reach the top and can see the town far down below you. But the moment you jump, you'll have the greatest buzz of adrenalin you're ever likely to feel.

Whitewater rafting is a common sport all over the world, but nothing beats the rivers of New Zealand. The course I took in the southern mountains was on one of the fastest rivers in the world. It is over 20 kilometres long and is only for experienced rafters. Even I was a little frightened at times when our **raft** seemed to almost tip over. However, because everyone in the boat is working together, you quickly feel safe. And even better, you'll make some good friends by the end of the ride.

I always said I would never do it, but I did and I felt **exhilarated** afterwards! So what did I do? I jumped from a plane, with a parachute of course! I was **strapped** to an instructor, so I wasn't alone and it wasn't so frightening. It's something I would recommend, especially in the lovely hills around Wellington, the capital of New Zealand.

4 Match the words and phrases in bold in the text with their meanings 1–6.

1 very beautiful
2 connected securely
3 small light boat
4 very excited and happy
5 frightened people
6 frightening

LIVEWORKSHEETS