

Vox pops

1 How do you feel about the activities in section 2 of exercise 2 below? Discuss your feelings and experiences with a partner.

2 Watch the video. Do sections 1 and 2.

Would you like to go on an adventure?

1 Are these statements true (T) or false (F)?

Correct the false statements.

1 Barbara wants to go to the North Pole to see the midnight sun. T F

2 Fraser found that Nigeria was completely different to Britain. T F

3 Dominika has specific ideas about where and how she wants to travel. T F

Can you think of a time when you were out of your comfort zone? What happened?

2 Tick the activities the people talk about.

- playing music
- travelling by plane
- getting lost
- going backpacking
- learning a new language
- doing maths

3 All of the activities below might get you out of your comfort zone.

- organizing an overseas trip for a music group or a sports team
- trying to resolve a conflict at work
- travelling somewhere with a challenging climate or landscape
- travelling somewhere culturally very different from your country

Work in small groups and discuss these questions.

1 Which of these would you find the most challenging and why?

2 Do you think it's important for people to get out of their comfort zones?

