

Do the preparation exercise first. Then read the text and do the exercises to check your understanding.

### Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |        |                |   |
|--------|----------------|---|
| 1..... | a continent    | a. someone who cannot see                           |
| 2..... | a challenge    | b. an organisation that helps people in need        |
| 3..... | freezing       | c. something that is difficult but fun to do        |
| 4..... | a blind person | d. very cold, below 0° Celsius                      |
| 5..... | destruction    | e. bad weather with strong winds and rain           |
| 6..... | a charity      | f. destroying something, making something not exist |
| 7..... | climate change | g. a big area of land like Africa, Asia or Europe   |
| 8..... | a storm        | h. changes in the world's weather                   |

### 1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- |    |   |      |       |
|----|---|------|-------|
| 1. | Ed Stafford walked along the Amazon from Brazil to the mountains of Peru. | True | False |
| 2. | Ed's walk along the Amazon took 28 months.                                | True | False |
| 3. | Ed was bitten by a snake in the rainforest.                               | True | False |
| 4. | Gerlinde Kaltenbrunner climbed for the first time when she was a nurse.   | True | False |
| 5. | Gerlinde Kaltenbrunner helps a charity for blind people.                  | True | False |
| 6. | Meagan McGrath had bad weather on her skiing trip to the South Pole.      | True | False |

### 2. Check your understanding: multiple choice

Circle the best option to complete these sentences.

- |    |  |
|----|--|
| 1. | Ed Stafford was often tired because he didn't have enough <input type="radio"/> sleep / <input type="radio"/> food .                         |
| 2. | Ed Stafford wrote a blog about climate change <input type="radio"/> during / <input type="radio"/> after his walk.                           |
| 3. | Meagan McGrath / Ed Stafford <input type="radio"/> hasn't travelled in cold weather.   |
| 4. | Gerlinde Kaltenbrunner <input type="radio"/> is from Austria / <input type="radio"/> The United States .                                     |
| 5. | Erik Weihenmayer / Meagan McGrath <input type="radio"/> has ridden a bike across Canada.   |
| 6. | Erik Weihenmayer <input type="radio"/> has helped blind people to <input type="radio"/> ride bikes / <input type="radio"/> climb mountains . |

### Discussion

Would you like to do any of these things?

### Vocabulary Box

Write any new words you have learnt in this lesson.