

**Put a tick (✓) next to the topics that are discussed in the video.**

- cycling
- Tilmann's health
- the weather in New Zealand
- Tilmann's wife
- car racing
- Tilmann's job
- Tilmann's plans



**Watch the first part of the video again (to 00:47) and write sentences to explain the following numbers.**

- A. 1977
- B. 520,000
- C. five



**Watch the rest of the video again (00:48-01:52) and check.**

- A. His first big trip from New Zealand to Norway **changed/has changed** him a lot.
- B. Since he started his cycling trips, Tilmann **met/has met** a few celebrities.
- C. They **were/have been** together since they met.



**Imagine yourself in your 80s. Think about your life and what you might do and like at that age. Think about the following areas and make notes if you need to.**

- sport
- family
- work
- travel
- home
- relationships
- hobbies