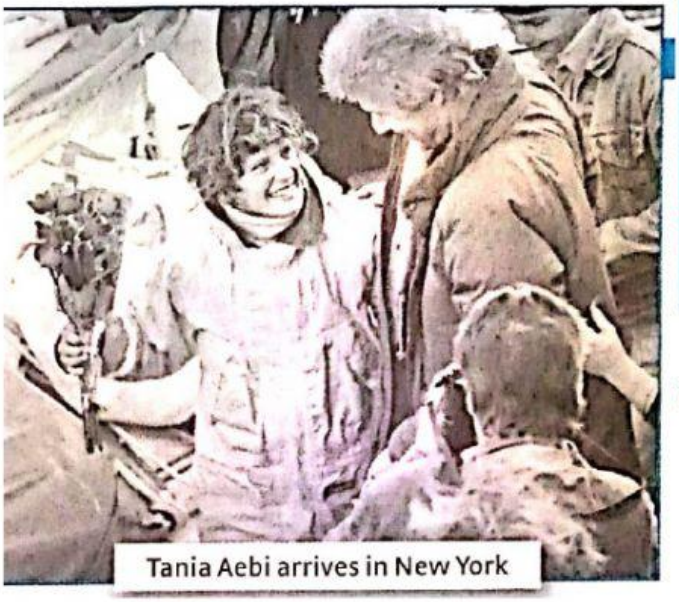
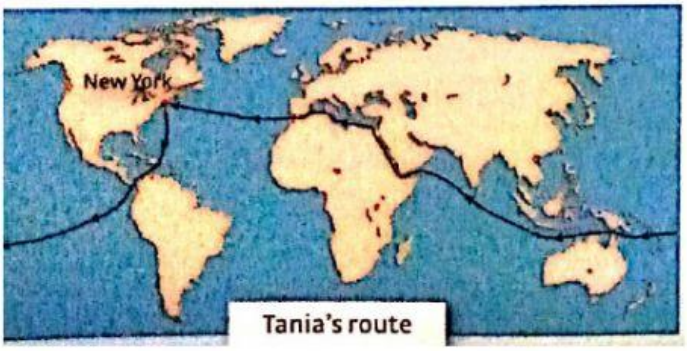
WHAT A CHOICE!

1 In pairs, look at the photo. Describe what you can see and speculate about what might be happening.



Tania Aebi arrives in New York



Tania's route

2 Guess the answers to the questions, then read the article quickly to see if you are right.

1 What was the choice Tania had to make?
2 What were some of the problems she encountered?
3 What were some of the good things about the trip?
4 What did the trip help her to become aware of?

In May 1985, when American Tania Aebi was only 18 years old, she set out from New York in a 10-metre sail boat, *Varuna*, to sail around the world alone. Tania had dropped out of college and her father had offered her a challenge: he would either pay for her to go back to college, or he would give her a boat that she had to sail around the world on her own. Tania had to choose. Even though she only had two years of limited sailing experience, she chose the boat.

'Live for the day, Tania, and always try to do great things,' her mother advised her.

It was raining when Tania left New York, bound for Bermuda. She was actually crying as she waved goodbye to her friends and family. She was petrified. She had never sailed a boat alone in her life until then. Two stormy weeks later, after she'd got lost and had finally taught herself how to navigate, she eventually arrived in Bermuda.

Then, for the next two and a half years, Tania crossed the Caribbean, the South Pacific and Indian Oceans, the Red Sea, the Mediterranean and the North Atlantic, stopping in 23 countries along the way. It wasn't easy, to say the least. Among the problems she encountered were heavy seas and appalling weather, and having to cope with equipment that didn't function properly. While she was sailing through the Mediterranean, she narrowly avoided a collision with a tanker. Being alone for long periods of time was much harder than she'd imagined, too.

But she did meet some wonderful people along the way and formed some very close friendships. During a stop-off in Vanuatu, she met Olivier, the man who was to become her husband. It was also in Vanuatu that she acquired a kitten, Tarzoon, who ended up travelling with her for the rest of the trip.

In November 1987, Tania got back to New York. She was 21 years old and she had sailed solo around the world; the youngest person ever to do so at the time.

Tania Aebi has written that the journey changed her life. She discovered a lot about herself; she had set out as a teenager but she came back an adult. She learned about the importance of having a clear goal and committing to it, despite all the setbacks and in spite of being afraid. 'I came back from my trip knowing what's really important to me: family and friends,' she said, 'And it made me a person who doesn't need "things".'

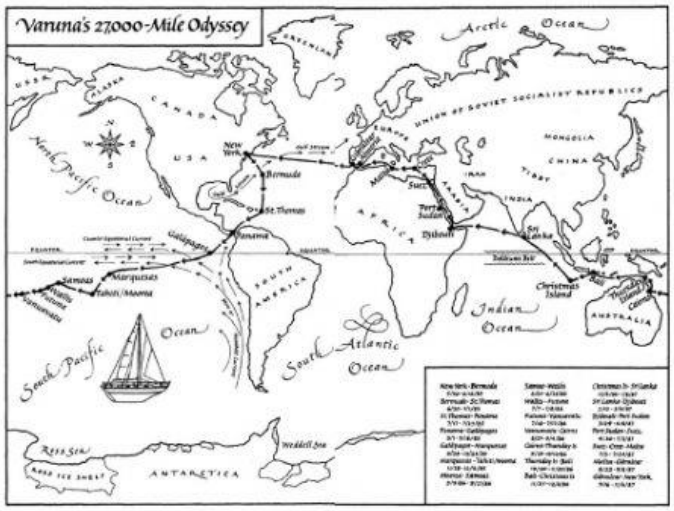
3 Choose the best answer, according to the article.

1 Before she set off, Tania had ...
- A a lot of sailing experience.
- B little sailing experience.
- C taught herself to navigate.

2 Tania's mother ...
- A disagreed with her decision to go.
- B advised her to go to college.
- C encouraged her to face challenges.

3 Tania had problems with ...
- A bad storms at sea.
- B malfunctioning instruments.
- C both A and B.

4 When Tania got back, she ...
- A had got married.
- B had grown up significantly.
- C valued her possessions more.



WORD ZONE

Expressions that mean 'alone'

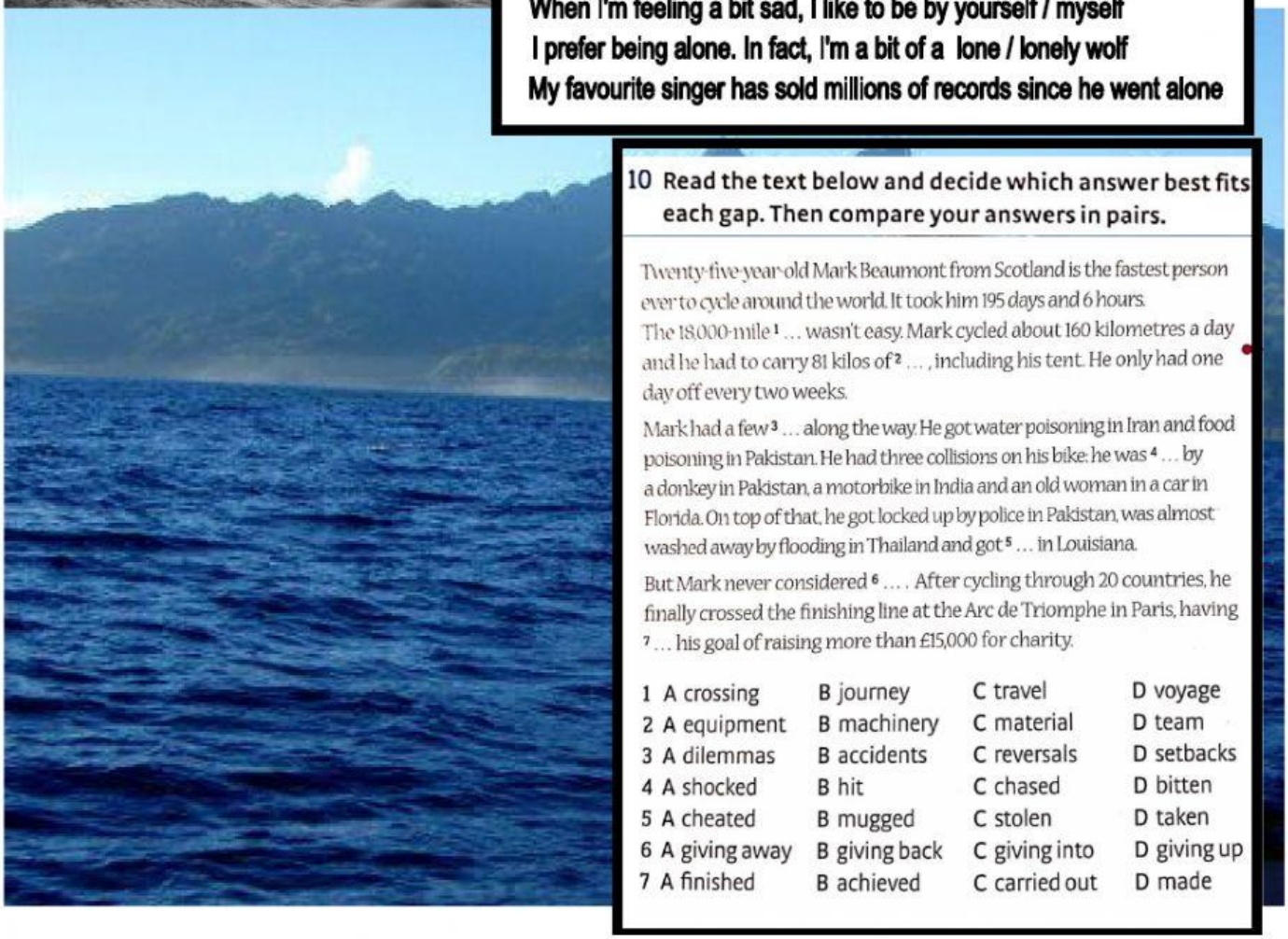
on my / your own *by myself / yourself*
lone *solo*

These expressions all mean 'alone'. *Lone* is an adjective. *Solo* can be an adjective, a noun or an adverb.



CORRECT THE SENTENCES

I like taking long walks in the country by / on my own
When I was seventeen, I solo drive solo across the USA
When I'm feeling a bit sad, I like to be by yourself / myself
I prefer being alone. In fact, I'm a bit of a lone / lonely wolf
My favourite singer has sold millions of records since he went alone



10 Read the text below and decide which answer best fits each gap. Then compare your answers in pairs.

Twenty-five-year-old Mark Beaumont from Scotland is the fastest person ever to cycle around the world. It took him 195 days and 6 hours. The 18,000-mile [1] ... wasn't easy. Mark cycled about 160 kilometres a day and he had to carry 81 kilos of [2] ..., including his tent. He only had one day off every two weeks.

Mark had a few [3] ... along the way. He got water poisoning in Iran and food poisoning in Pakistan. He had three collisions on his bike: he was [4] ... by a donkey in Pakistan, a motorbike in India and an old woman in a car in Florida. On top of that, he got locked up by police in Pakistan, was almost washed away by flooding in Thailand and got [5] ... in Louisiana.

But Mark never considered [6] .... After cycling through 20 countries, he finally crossed the finishing line at the Arc de Triomphe in Paris, having [7] ... his goal of raising more than £15,000 for charity.

1	A crossing	B journey	C travel	D voyage
2	A equipment	B machinery	C material	D team
3	A dilemmas	B accidents	C reversals	D setbacks
4	A shocked	B hit	C chased	D bitten
5	A cheated	B mugged	C stolen	D taken
6	A giving away	B giving back	C giving into	D giving up
7	A finished	B achieved	C carried out	D made