7 Extreme Situations



Vocabulary

A **Match the words with their definitions.**

destination strength conditions companion
expedition limit explorer journey

1 _____: A person or friend you travel or live with.
2 _____: Someone who goes to places not many people have ever been to.
3 _____: A trip to find or see something that is a long way away.
4 _____: A physical power or energy.
5 _____: A trip; travelling from one place to another.
6 _____: The final place you want to get to when you go on a journey or trip.
7 _____: The maximum point or level of something or someone.
8 _____: The way things are around you; your circumstances.

B **Complete the text with the words in A.**

Truly extraordinary: Ed Stafford

Some people call Ed Stafford an amazing (1) _____, but others think he's crazy! How can this be? Well, Ed Stafford has recently completed an incredible (2) _____. He has become the first man to walk the length of the Amazon river. He reached his (3) _____, a beach on the Atlantic coast, after walking for 860 days in dangerous and extreme (4) _____. His journey required both mental and physical (5) _____ as he had to deal with heat, hunger, thirst and some very unfriendly people who wanted to kill him! The walk tested Stafford to his (6) _____ every step of the way.

Ed Stafford's success was partly due to his travelling (7) _____, Cho Sanchez Rivera, who he relied on to help him when things got very bad. It seems that the final part of the (8) _____ was the most difficult and Ed collapsed at the side of the road. Luckily, however, Cho was there to with him to help.

Let's see what adventure this extraordinary man will think of next! For more information see www.edstafford.org

C **Circle the odd ones out.**

1	survive	die	live
2	give up	carry on	continue
3	get better	get well	get on
4	deal with	panic	cope with
5	go along	go away	disappear
6	injure	hurt	help

D **Choose the correct answers.**

1 If I _____ this expedition, I'll never go on another adventure!
a survive b die c live

2 It was so cold we had to _____ and go home.
a get on b give up c deal with

3 Practice, practice and more practice! Then you'll _____.
a go along b get well c get better

4 She had been very badly _____ and doctors didn't expect her to live.
a hurt b injure c survive

5 Helen had been swimming for years, so she _____ well when she fell from the boat.
a lived b helped c coped

6 If you don't want to get lost, don't _____ from the group.
a go away b get on c carry on

7 Many climbers _____ their backs.
a panic b deal with c injure

8 The divers were calm and didn't _____ when they saw the sharks.
a go along b carry on c panic



Ideas Focus

- What's the most exciting thing you've ever done?
- Would you like to go on a journey like Ed Stafford's? Why? / Why not?

LIVEWORKSHEETS