

1 Complete the dialogue with phrases A–E.

James Do you remember going on this school trip? Look, ¹ _____, there's me, you on the right, Janet on ² _____, and all our classmates just behind us. And ³ _____, we were really bored!

Chloe We were! And do you remember, it was really cold that weekend, too. You can see the rain and the fog in ⁴ _____.

James Yes, it was freezing. Actually, when you look at what clothes people were wearing, ⁵ _____ the photo was taken in winter, not in summer!

- A the foreground
- B in the photo
- C the left
- D judging by our faces
- E it looks like

2 Listen to Jamie Richardson talking about adventure trips. Circle the correct answers.

- 1 Who is Jamie Richardson?
 - a a teenager
 - b a school sports teacher
 - c an outdoor sports instructor
- 2 How old are the students who go on Jamie's adventure programme?
 - a twelve
 - b eighteen
 - c between twelve and eighteen
- 3 On the Alaskan expedition, which activity *didn't* they do?
 - a sea kayaking
 - b diving
 - c mountain climbing
- 4 What does Jamie say about the teenagers who go on the trips?
 - a They make new friends and learn new skills.
 - b They become healthier.
 - c They don't always enjoy themselves.
- 5 What does Jamie think about teenagers taking risks?
 - a It's important that teenagers take some risks.
 - b Risks are part of life.
 - c It's better not to take risks.
- 6 Which does Jamie say is a healthy risk?
 - a doing an extreme diet
 - b drinking alcohol
 - c performing in front of an audience

- 7 Why does Jamie think some parents just leave their kids at home?
- a Because there are lots of things for them to do at home.
 - b Because it's more interesting for the kids.
 - c Because it's less worrying for them.
- 8 What does Jamie think about the fact that teenagers get cold, tired and frightened on adventure trips?
- a It's irresponsible.
 - b It makes them stronger.
 - c It's OK because it doesn't happen a lot.
- 9 How do outdoor adventures help teenagers?
- a They learn to help other people.
 - b They learn not to give up in life.
 - c They are more prepared to leave home.
- 10 What does Jamie think about spending hours in front of a computer?
- a It's fun and normal.
 - b There are better things to do.
 - c It's a bad thing.

Hot air ballooning

Most of us have watched a hot air balloon as it has flown quietly across the summer sky. But did you know that people have travelled in hot air balloons for over two hundred years?

In November 1783, after spending months designing and building their balloon, two French brothers called Joseph and Etienne Montgolfier wanted to find out if people could fly in it. Two men climbed into their invention and went up into the sky above Paris. The crowd below was excited, but very frightened. Only two months before, the first hot air balloon in history had flown into the sky, but its passengers were a duck, a chicken and a sheep! However, the men flew for twenty-five minutes and then landed the balloon safely on the ground. Everyone cheered. It was the start of hot air ballooning!

The successful flight of the Montgolfier brothers' balloon was big news, and a lot of other scientists and engineers wanted to design bigger and better balloons. Only two years after the famous first flight, people were able to fly long distances in a hot air balloon. A French balloonist called Blanchard, and his American co-pilot Jeffries, managed to fly across the English Channel between France and England. It took two and a half hours. People thought that a new age of international travel was about to start. However, in the end, hot air balloons as a form of transport never became popular. It was just too expensive and dangerous, and most people preferred to keep their feet on the ground.

In the nineteenth century, scientists invented trains and steamboats, and, then later, cars and planes, and no one was really interested in developing hot air balloons any more. But then, in the 1930s, with more modern materials, and with the introduction of a different type of gas called helium, a new generation of hot air balloonists discovered the enjoyment of ballooning. They flew higher and higher, reaching heights of over twenty-five kilometers above sea level, and found out that human beings could survive so high in the sky.

In the last forty years, balloonists have become excited about breaking long distance records again, and have managed to achieve what the Montgolfier brothers could only dream of. In the late 1970s, three American pilots crossed the Atlantic Ocean in a hot air balloon for the first time. In 1981, four pilots crossed the Pacific Ocean, flying from Japan to California in just 84 hours. Since then, other adventurers have broken even more records. Travelling at speeds of almost 400 km per hour, Richard Branson and Per Lindstrand went across the Pacific in 46 hours, and in 1999, Bertrand Piccard and Brian Jones went all the way around the in just under twenty days in a balloon.

3 Read the text. Are the sentences true (T) or false (F)?



- 1 People have travelled in hot air balloons for almost three hundred years. ____
- 2 The hot air balloon that the Montgolfier brothers invented never carried people. ____
- 3 The first passengers in a hot air balloon were two men. ____
- 4 The first flight with people was five minutes long. ____
- 5 People in the crowd were pleased when the Montgolfier brothers landed on the ground. ____
- 6 The Montgolfier brothers soon started making bigger balloons. ____
- 7 Blanchard didn't fly across the English Channel alone. ____
- 8 Nineteenth century scientists were more interested in trains than hot air balloons. ____
- 9 In the 1980s, balloonists flew from California, across the Pacific and landed in Japan. ____
- 10 Richard Branson was travelling alone when he crossed the Pacific in a balloon. ____

4 Complete the text with the correct words (a–c).

My first bungee jump

I love ¹ ____ risks. It's a lot of fun. That's why I was ² ____ when I had the chance to do a bungee jump. My family and I ³ ____ in New Zealand at the time, on a short holiday, and New Zealand is probably the ⁴ ____ amazing place in the world to do a bungee jump. It has ⁵ ____ steep cliffs ⁶ ____ are perfect for jumping, and, believe it or not, it was the country where the first commercial bungee jump took place in the 1980s. Anyway, I was really frightened on the day of the jump, but I managed ⁷ ____ it. There are a lot of extreme sports that I ⁸ ____, but I don't think I'll ever find anything as exciting as bungee jumping.

- 1 a take b taken c taking
- 2 a excite b excited c exciting
- 3 a have stayed b stayed c were staying
- 4 a more b best c most
- 5 a much b a lot of c most
- 6 a who b which c where
- 7 a do b to do c doing
- 8 a don't try b haven't tried c didn't try

5. Put the words in brackets into the correct adjective form.

Rio Negro Adventure Tour

I love taking risks and doing dangerous things, so when my family and I went on holiday to Costa Rica, I suggested we all go on an adventure tour. My dad thought it was an ¹ ____ (excite) idea, but my mum and sister weren't that happy.

We started the day on horseback, going from the hotel stables through the tropical dry forest. My sister is very ² ____ (frighten) of horses and she actually couldn't get on hers, so the guides had to push her onto it. She was really ³ ____ (embarrass). I enjoyed riding through the forest and I was ⁴ ____ (amaze) by the surroundings. We passed some streams and waterfalls, and also saw a lot of wildlife, including a variety of birds, reptiles and mammals. I was ⁵ ____ (surprise) to see that both my mum and sister were enjoying themselves.

After the 45-minute ride, we got to Victoria Waterfall at the foot of Rio Negro, where our white water rafting adventure started. We were all very ⁶ ____ (frighten) in the beginning, but it turned out to be good fun. After our rafting adventure, we went for a swim in natural volcanic hot springs and that was really ⁷ ____ (excite).

We all thought it was an ⁸ ____ (amaze) experience and would definitely do it again.

6 Complete sentences b and c so that they have a similar meaning to sentence a. Use the correct noun or verb form of the underlined words in sentences a.

- 1 a Many people have problems making decisions about their life.
b Many people find it difficult to make _____ about their life.
c Many people find it difficult to _____ about their life.
- 2 a The last part of the brain to fully develop is the frontal cortex.
b The frontal cortex is the part of the brain that _____ last.
c The _____ of the frontal cortex happens last.
- 3 a Sandy went bungee jumping because she wanted to impress her friends.
b Sandy went bungee jumping because she wanted to make an _____ on her friends.
c Sandy wanted to _____ her friends, so she went bungee jumping.
- 4 a People at Karl's party had no intention of leaving.
b People at Karl's party didn't _____ to leave.
c People didn't have any _____ of leaving Karl's party. Mark: ____ / 4

7 Complete the text with the strong forms of the adjectives in brackets.

I spent all day, every day sitting in my ¹ _____ (small) car outside my son's school. I stayed there for three years. I was always there, even when it was ² _____ (cold) or ³ _____ (hot) in the car. Other parents said that I was making a ⁴ _____ (big) mistake and that I shouldn't be there, but I knew that was the only way my son would stay in school.

Ben developed a phobia called 'school refusal', which meant that he was frightened of being in class. He had ⁵ _____ (bad) symptoms, including: panic attacks, migraines and breathing problems. The only thing that helped him was knowing that I was outside. Many people thought it was ⁶ _____ (funny) and ⁷ _____ (silly) that someone could be afraid of school. I first got ⁸ _____ (angry), but then I realized that they just didn't understand that this was a real phobia.

With the help of a doctor, Ben started making progress. He first stayed at school for a lesson, then for half a day and at the end of his third year, he managed a whole day. I no longer had to sit in my car outside the school.

8 Replace the phrases in brackets with phrasal verbs in the correct form.

Canning Stock Route

A few months ago, we decided to cross Australia's 1,820 km-long Canning Stock Route. It's a very difficult route, but we were well-prepared. We had food for four weeks and spare car parts in case something ¹ _____ (stopped working).

We ² _____ (began the journey) in Wiluna and planned for a 20-day drive. There are five areas along the route where you can ³ _____ (have a break), buy supplies and petrol for the car. Here, you can ⁴ _____ (meet) other travellers, talk about the route, and get tips about places to see and visit. At one point, our car got stuck in a sand dune for two days and we almost ⁵ _____ (go in the opposite direction). Fortunately, we got some help and ⁶ _____ (continued) down the route. It was an amazing experience.

9 Circle the correct answers.

- 1 I've never read that book about explorers.
a I'm reading that book about explorers.
b I don't know that book about explorers.
- 2 Jonathan has lived on the island for two years.
a Jonathan still lives on the island.
b Jonathan doesn't live on the island.

- 3 Our family has been on a journey across the Canning Stock Route.
 - a Our family is back from the journey.
 - b Our family is still on the journey.
- 4 Megan has gone to Canada.
 - a Megan isn't in Canada.
 - b Megan is in Canada.
- 5 I haven't been at school since Tuesday.
 - a I'm at school today.
 - b I'm not at school today.
- 6 Megan hasn't finished planning her expedition yet.
 - a Megan has already planned her expedition.
 - b Megan is planning her expedition.

10 Circle the correct answers.

- 1 'How long / How often have you been travelling around the world?' Only **for** / **since** two months.
- 2 Marcus hasn't posted anything on his blog about his trip around the world **already** / **yet**.
- 3 Katie Walter has **yet** / **already** been to the South Pole.
- 4 Sara is really tired, but very happy. She's **just** / **already** reached the top of Mount Everest.
- 5 We have walked **for** / **since** eight in the morning and we're not even close to the camp **yet** / **already**.
- 6 Nothing dangerous has **ever** / **never** happened to me during my trips.

11 Complete the text with the present perfect or simple past forms of the verbs in brackets.

Parker Liautaud calls himself an 'explorer / campaigner / teenager'. He's mainly known for his polar expeditions, but he's also a climate change campaigner, motivational speaker and published journalist. He

¹ _____ (write) articles for The Huffington Post, The Independent and The New York Times.

In 2009, Parker ² _____ (take part) in his first Antarctic expedition. He

³ _____ (be) only fourteen at the time. A year later, he ⁴ _____ (try) to trek to the North Pole, but ⁵ _____ (stop) fifteen miles from the Pole because of

dangerous weather conditions. But since that expedition, he ⁶ _____ (do) the trek twice and in April 2010, he ⁷ _____ (check in) at the North Pole via Foursquare. All of Parker's

expeditions ⁸ _____ (help) raise awareness of climate change, especially among teenagers.

In August 2012, he ⁹ _____ (give) a speech about the things that he does at the prestigious TEDx conference in Belgium. There is more ahead for this inspiring teenager and the world

¹⁰ _____ (not / heard) the last of Parker Liautaud yet.