

# 3b Extreme outdoors

## Vocabulary

### Extreme activities

- 1 Match each activity (A-H) with the equipment (1-8).  
 Listen and check, then say.

- |   |   |
|---|---|
| 1 | an inflatable armchair and flippers       |
| 2 | a Chinese frying pan, a helmet and ladles |
| 3 | an ironing board and an iron              |
| 4 | an ice axe and boots with metal spikes    |
| 5 | a four-wheeled motorbike and a helmet     |
| 6 | a board and protective clothing           |
| 7 | a surfboard connected to a kite           |
| 8 | an elastic rope                           |

You need an inflatable armchair and flippers to go river bugging.

## Reading

- 2 a) Look at the text. What do you know about these three activities? How can you go faster when doing each one? Read to find out.

A wok racing

B river bugging

C volcano surfing

D quad racing

E bungee jumping

### Check these words

weird, craze, erupt, ash, protective, slope, speed, world championship, competitor, tip, bottom, compete, melt, rest, rapids, control, webbed gloves, backwards

## EXTREMELY WEIRD!

### Volcano Surfing

If you want to try this new craze, you'll have 1) ..... to Nicaragua's Cerro Negro volcano. When this active volcano erupts, it throws out ash that's perfect 2) ..... surfing on. Hike for 45 minutes to the top of the mountain, walk around inside the smoking volcano, then put on some protective clothing and fly down the slope at 50 kmph! If you sit down on your board, you'll go even faster.

### Wok Racing

Imagine speeding down an icy track at 60 kmph in a Chinese frying pan. Wok racing started as a joke on German TV, but it soon became very popular and now 3) ..... is a world championship every year. For protection, competitors wear a special suit and helmet and they also put ladles on their feet! So how do you 4) .....? Well, here's a hot tip – if you warm the bottom of your wok before competing, it melts the ice and you go faster.

### River Bugging

You can sit in it, but you won't get any rest in this inflatable armchair. A river bug speeds you along a river and down rapids. If you 5) ..... to control it well, you'll need webbed gloves and short flippers. Go backwards to go faster. The only problem is that you can't see 6) ..... is coming if you go backwards. Watch out for that rock!

- b) Read the text and for each gap (1-6) choose the word that best fits.

- |                   |              |
|-------------------|--------------|
| 1 A to travelling | C travel     |
| B to travel       | D travelling |
| 2 A in            | B with       |
| C at              | D for        |
| 3 A it            | B that       |
| C their           | D there      |
| 4 A win           | B beat       |
| C come            | D earn       |
| 5 A see           | B think      |
| C feel            | D want       |
| 6 A what          | B that       |
| C there           | D it         |