

3 Unfamiliar places

Reading

1 Read the article from a travel magazine. Complete the sentence beginnings (1–4) with the correct ending (a–h). There are four extra endings.

- 1 Alastair Humphreys decided to change his adventure lifestyle ...
 - 2 He realized that his first microadventure felt ...
 - 3 For Humphreys' first microadventure challenges ...
 - 4 The idea behind this type of activity is ...
- a ... very different to his previous experiences.
 - b ... he asked other people to give him ideas.
 - c ... to focus on activities that would appeal to more people.
 - d ... not to move far from home.
 - e ... after failing to complete a personal challenge.
 - f ... to get out of the house and do something.
 - g ... as satisfying as cycling around the world.
 - h ... he tried out different activities himself.

2 Read the article and underline nine ideas for microadventures. Then rank the ideas from 1–9 according to:

- which ones appeal to you most
- which ones are easiest to do
- which ones feel the most like an adventure.

3 Look again at the article and annotate it in some or all of these ways.

- Underline the main ideas and/or information you think is important to the story. For example, different kinds of adventures or Humphreys' opinions.
- Add notes to the article with your personal reactions or questions you want to find answers to.
- Circle words or sections that you don't understand.

4 Look at the notes you made on the article. Answer the questions.

- 1 What was your overall feeling about Humphreys' approach to adventure?
- 2 For the language you circled, can you follow the article even if you don't know the meaning of everything?
- 3 Which words or expressions do you think will be useful for you to learn?

Look at the Learning to learn box. Then do the task.

LEARNING TO LEARN: READING

Personalizing new vocabulary in texts

When new language is relevant to you, you will remember it more easily. A good strategy is to find connections between the new words and your own life. You can then write sentences of your own using the new language. Here are some ideas you can use:

- How does the word relate to people, places or experiences in your life?
- Does the word have a positive or negative association for you?
- Look at how the word is used in a text and then write a similar sentence that is true for you.

Look at the words you circled in the article and write a personal sentence with two or three of them.
