



Read the title of the text and the first sentence in each paragraph. What do you think the text is about?
Read through to find out.

A Polar Adventure

What comes to mind when you think of a family holiday? A seaside trip? A cruise? Not for Amelia Hempleman-Adams!

As the daughter of a famous British explorer, Amelia's family holidays have never been ordinary. Since the age of seven, she has been travelling all over the world. [1] But even these extreme family trips couldn't prepare her for an adventure that would take her to the frozen landscapes of Antarctica. Her destination? The South Pole!

Amelia prepared for Antarctic temperatures as low as -50°C by camping in a supermarket storage freezer! [2] She also exercised every day to get her body ready for the challenge.

[3] **Along with eight other expedition members, they flew to Antarctica and arrived at the 'farthest point South' where in 1909 the famous explorer Ernest Shackleton had to abandon his own mission to the Pole.** It was from there that Amelia's brave team set off on skis, hoping that their 21st-century attempt would succeed.

During the journey, Amelia faced very tough conditions. She had to ski against strong freezing winds while dragging a heavy sledge with supplies. David, meanwhile, was anxious to protect his daughter from the dangers of hypothermia and frostbite. [4] Amelia became the youngest person ever to ski to the South Pole – an amazing achievement for a 16-year-old schoolgirl!

Amelia Hempleman-Adams and her Antarctic adventure:

1. What do most people usually think of when they imagine a family holiday?
2. Why were Amelia's family holidays not ordinary?
3. Who is Amelia Hempleman-Adams, and why is her family famous?
4. Where did Amelia travel with her family from a very young age?
5. What was Amelia's final destination in this adventure?
6. How cold can temperatures be in Antarctica according to the text?
7. How did Amelia prepare herself for the extreme cold?
8. Why did Amelia exercise every day before the expedition?
9. How many people were part of the expedition team?
10. What difficulties did Amelia face during the journey?

11. Why was Amelia's father worried during the expedition?

12. Why is Amelia's achievement considered amazing for her age?