

1 READING

- a Read the leaflet and underline the best heading for each section.
- b Read the leaflet again. Are the sentences true or false?
- 1 It's easy to find an orienteering club.
 - 2 Everyone should do the same training.
 - 3 You should buy some good shoes.
 - 4 You won't need to buy a map.
 - 5 A fast start is important.
 - 6 You should respect the environment you run through.
 - 7 You only need a compass if you get lost.
 - 8 The main thing is to have fun.

2 WRITING SKILLS**Organising guidelines in a leaflet**

- a Tick (✓) the best introduction to a leaflet with guidelines about collecting mushrooms.
- ☐ For centuries, people have collected mushrooms all over the world. The purpose of this leaflet is to discuss the reasons why mushroom picking is popular and to provide some experiences of people who decided to follow this tradition.
 - ☐ Collecting mushrooms might seem like a strange pastime, but it's very popular in many countries, especially in Eastern Europe. You need to be careful about which mushrooms you pick, but this is a fun way of spending time.
 - ☐ Why pick mushrooms? Many people think it is better to buy them from a supermarket, but there are advantages to getting them yourself, provided that you don't pick the wrong ones!
 - ☐ One day I was at home when my friend phoned and suggested going out to the forest and picking some mushrooms. At first, I thought it was a crazy idea, but I went anyway and actually enjoyed it. Here is my advice for people who want to do the same.

3 WRITING

- a Read the plan for the rest of the leaflet. Then complete the leaflet using these headings and notes.

Preparation

- 1 When? (autumn, mornings)
- 2 Where? (forests, near trees)
- 3 Need warm clothes, good shoes/boots
- 4 Check weather

In the forest

- 5 Be careful in forest – animals, accidents
- 6 Only pick mushrooms you know (go with expert, use the Internet)
- 7 Don't get lost!
- 8 Protect environment (litter)

At home

- 9 Eat or freeze mushrooms
- 10 Many recipes for mushrooms – soup, pies, etc.

Orienteering is a sport where you follow a route with a map and compass and try to get between the points as quickly as possible.

1 Preparation / Getting Into the Sport / Advantages of Orienteering

- Orienteering is usually organised in forests. Just search online to find a club near you.

2 Training / Dangers of Forests / Running Fast

- You need to be fit to run around forests. If you're lucky, you might live near a forest, but most people will need to do some running in parks or on roads.
- Unless you are very fit already, start with fast walking and then build up to running.

3 What You Need / Expenses / Shopping for Orienteering

- You don't need to spend a lot of money on equipment, but a good pair of shoes is essential.
- You'll get a map at the course and you can borrow a compass as well.

4 Win! / Be Careful! / On the Day

- Start slowly and save your energy.
- Don't damage any plants or trees. You are only there for the day, but the forest is there forever.
- You won't get lost provided you use your compass and go in a straight line.
- Enjoy yourself!

