



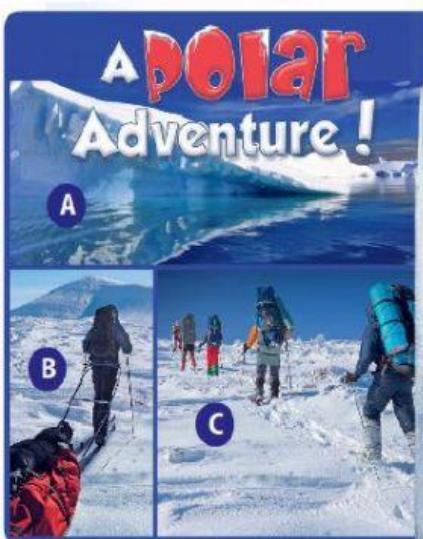
## EXPERIENCES

### READING COMPREHENSION

**3a**

#### Experiences

3 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.



*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. 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!** 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. Amelia became the youngest person ever to ski to the South Pole – an amazing achievement for a 16-year-old schoolgirl!

#### Vocabulary

6 Complete the sentences. Use:

abandoned    comes    protect    set off    faced    dropped

Which verb is a phrasal verb?

1 What to mind when you look at these photos?

2 The temperatures last night to below 0°C.

3 They the expedition because of bad weather conditions and returned home.

4 They for the lake early in the morning.

5 He a lot of problems while hiking through the forest.

6 They stayed in the cabin to themselves from the heavy snowfall.





**8** Match the words in bold in the text to their synonyms.

Click on the bold words in the SHOW TEXT for help.

**ordinary**

**challenge**

**arrived at**

**brave**

**attempt**

**tough**

**dragging**

**anxious**

**achievement**

effort =

worried =

normal =

reached =

pulling =

accomplishment =

courageous =

difficult =

test =

Complete the blog entry  
with the words/phrases  
on the right.

**tired**

**adventure**

**prepared**

**storage**

**drag**

**proud**

**arrived**

**faced**

**set off**

**destination**

Since the age of seven, I have travelled all over the world. This time I was going on a(n) 1 in the frozen landscapes of Antarctica to the South Pole. I 2 for the trip by camping in a supermarket 3 freezer and exercising every day. I flew to Antarctica with my father and eight others, and when we 4 at the 'farthest point South', we 5 on skis. We 6 very tough conditions. There were strong freezing winds and we had to 7 a heavy sledge. At times I was very 8) and scared of the dangers of hypothermia and frostbite. After 14 days in this extreme environment, we reached our 9 , and I became the youngest person ever to ski to the South Pole. I felt so 10) .

