

3

VOCABULARY AND LISTENING • Extreme adventures

I can give my opinion on adventure activities and describe activities I have done.

THINK! Have you ever watched any videos of extreme adventures or sports? What sport was it?

YOUR TOP TEN ...

EXTREME ADVENTURES

Take a look at these amazing achievements and choose 'like' on your favourite to vote.



Jump ¹out of / onto a space capsule and parachute ²down / along to Earth. (Felix Baumgartner) ♥
Sail ³around / off the world alone at the age of fourteen. (Laura Dekker) ♥

Climb ⁴through / up Everest at the age of thirteen. (Jordan Romero and Malavath Purna) ♥

Dive ⁵out of / off a 27-metre-high cliff into a lake. (Gary Hunt) ♥

Kayak ⁶over / around 56-metre falls – higher than Niagara. (Tyler Bradt) ♥

Swim ⁷over / under ice for seventy-six metres. (Stig Severinsson) ♥

Surf ⁸— / off a thirty-metre wave. (Garrett McNamara) ♥

Hike ⁹across / under the USA from Mexico to Canada and then hike back again. (Olive McGloin) ♥

Cycle ¹⁰down / out of a mountain at 222 kilometres per hour. (Éric Barone) ♥

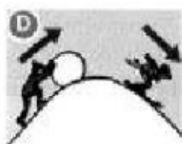
- 1 **1.26** Look at pictures A–F below. Match the prepositions in the box with the actions. Say what each person is doing. Then listen and check.

across along around down off on
out of over through under up

He's walking through the forest.



walk through



- 2 Read *Your Top Ten Extreme Adventures* and check the meaning of the sports verbs in blue. Then choose the correct prepositions.

- 3 **1.27** Listen to a TV programme about the achievements in exercise 2. Which of these sports are mentioned?

cycling hiking kayaking mountain climbing
sailing scuba-diving skydiving surfing

- 4 **1.27** Listen again and answer the questions.

- What record did Éric Barone break?
- What did he cycle over?
- How old was Laura Dekker when she finished sailing around the world?
- Has anyone younger beaten her record?
- Where were the teenage Everest climbers from?
- According to the presenter, which person has the most votes?

STUDY STRATEGY

Learning through English

If you can repeat facts and information in English, it helps you remember both what you've learned and how you say it in English.

- 5 Read the study strategy. Close your book and make a note of five things you learned from the TV programme. Compare your answers with a partner.

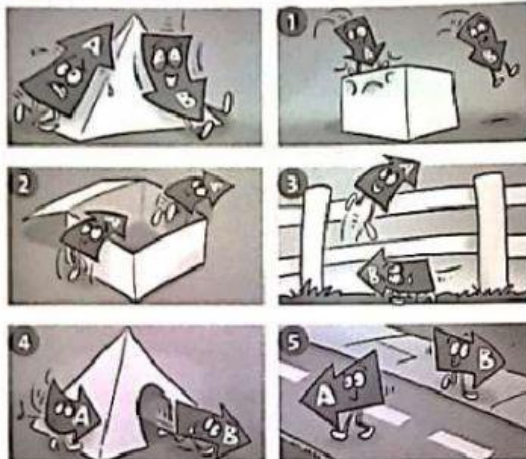
- 6 **USE IT!** Work with a partner. Ask and answer questions about some of the activities in the article on this page. Use the ideas below.

Do you like the look of ...? Have you ever tried ...?
Would you like to try ...? What do you think of ...?

3 VOCABULARY AND LISTENING • Extreme adventures

- 1 ★ Label the pictures with the correct pair of words.

across / along around / through into / out of
onto / off over / under up / down



- | | | | |
|-----|----|---|------|
| A | up | B | down |
| 1 A | | B | |
| 2 A | | B | |
| 3 A | | B | |
| 4 A | | B | |
| 5 A | | B | |

- 2 ★★ Complete Helen's email with the correct form of the verbs.

climb cycle dive hike jump kayak
parachute sail surf swim

From: Helen15@mail.co.uk To: Chris@mail.co.uk

Hi Chris,

Have you had a good summer? I'm on an adventure holiday with my sisters! Today, they've done a water challenge. First, they dived off a rock into a big river. Later, they ¹ over falls in one-person boats. Then they ² around a lake in a big boat. They ended the day by ³ in a river, under three bridges. Tomorrow, they're going to ⁴ on the waves in the sea.

As for me, my adventure had an epic start when we ⁵ out of a small aeroplane, and then ⁶ down to the ground. Yesterday, we walked a lot. First, we ⁷ across a big valley. Then we ⁸ up a mountain and ⁹ down it on mountain bikes. It was cool!

See you next week at school!

Helen

- 3 ★★ Listen to a television presenter talking to an adventure travel expert and choose the correct answers.

- What is the main purpose of the interview?
 - to advertise adventure holidays
 - to hear adventure travel stories
 - to find out more information about adventure travel
- What is the main subject that they talk about?
 - the cost of adventure travel
 - the activities which are the most popular
 - the different types of people going on adventure holidays

- 4 ★★ Listen again and write true or false.

- The interviewer is at a travel agency. _____
- More women than men go on adventure holidays now. _____
- Today, a typical adventure traveller is aged twenty-seven. _____
- These days, more men travel alone. _____
- More older people enjoy skiing holidays. _____
- Adventure holidays today offer more things to do than in the past. _____
- Cruise ships that go to adventure destinations are popular with families. _____

- 5 ★★ Imagine you are chatting to a travel agency online to organize an adventure holiday for you and some friends. Answer the agent's questions with your own ideas.

Live Chat

AGENT: So, have you ever been on an adventure holiday before?

YOU: Yes, I have. I went kayaking last year.

AGENT: And are you travelling alone?

YOU:

AGENT: Where in the world would you like to go?

YOU:

AGENT: And which activities have you always wanted to try?

YOU:

AGENT: That's great. Have you decided how much you want to spend?