

READING

a. READ THE ARTICLE AND MATCH THE HEADINGS 1-5 WITH PARAGRAPHS A-E

1. Our bikes

2. The most amazing things on a trip

3. The lessons we have learnt

4. Our reasons for the trip

5. The worst things on the trip

b. READ THE ARTICLE AGAIN AND CHOOSE THE CORRECT ANSWER: A, B, C, OR D

1 Michiel and Joost

A have been to the Antarctic.

B have been to the Arctic.

C have reached Ushuaia.

2 One of the reasons for their trip is

A to cycle from the Arctic to the Antarctic.

B to visit towns and villages in South America.

C to tell the world about the problems of getting clean water.

3 During the trip

A they have stayed in people's homes.

B they have visited many different water projects.

C they appeared on television in Guatemala.

4 Before the trip started,

A Michiel had a problem with his bike.

B they didn't practise at all.

C they practised hard.

5 Their bikes are good

A because they are comfortable to ride.

B but they feel all the bumps in the road.

C because the frame is metal.

6 They say that travelling by bike is

A much slower than going by car.

B not as interesting as going by coach.

C a good way to meet people.

A ☒

There's a world water crisis and we want people to know about it. We also want to raise money for our organisation, Cycle for Water. It provides clean, safe water for towns and villages in Central and South America. We've carried a bottle of water from the Arctic all the way! At the end of the trip, we plan to pour it into the Antarctic.

B ☐

We've met so many wonderful people! People have invited us to stay in their homes, given us food, laughed with us and shared our story. When we were in San Francisco, CNN asked us to go on their news show – that was really cool too. We also went to visit one of our water projects in San Juan La Laguna in Guatemala. It was fantastic to see the difference it makes to people's lives.

C ☐

The beginning of the trip was really tough because we didn't train before we started and it was hard work pulling a heavy trailer behind our bikes. There were also millions of mosquitoes, dogs chased us and Michiel's bike broke. Luckily, after a few weeks things got much better!

D ☐

We've got bamboo bikes. The frame is bamboo, not metal. It's very strong and flexible so you don't feel the bumps in the road. They're really comfortable bikes to ride and they're environmentally friendly.

E ☐

When you travel by bike, you meet people more quickly than you do when you are in a car or a coach. It is the best way to experience a place and you don't harm the environment in any way. It's a great way to learn about how people live and to learn about the world.

CD-330 MP3-127

Dutch friends

Michiel Roodenburg and Joost Notenboom

are on a 30,000-kilometre

cycling trip from the Arctic

to the Antarctic! They started on 4 July in northern Alaska and now, nineteen months later, they are in Chile. They hope to finish their journey

in a month's time when they reach

Ushuaia, in Argentina, the

southernmost city in the world. Their

journey has already taken them through fifteen different countries! Here, they tell us

all about their amazing adventure to raise money for their organisation, Cycle for Water.

USHUAIA

2. LISTENING.

a. Complete the gaps with the correct place

OXFORD MANCHESTER LONDON CAMBRIDGE EXETER

Listening A

The speaker wants to go to _____

Listening B

The speaker wants to go to _____

Listening C

The speaker wants to go to _____

Listening D

The train is going to _____

Listening E

The passengers want to go to _____

b. Listen again and answer the questions

1. Which platform does the 10.15 train to Cambridge leave from? _____
2. How much is a single ticket to Manchester? £ _____
3. Which platform does the 12.30 train to Manchester leave from? _____
4. What time does the train arrive at Exeter? _____
5. What time is the train back to London? _____
6. Which platform does the train back to London leave from? _____

3. GRAMMAR - A. COMPLETE THESE SENTENCES USING **FOR** OR **SINCE**.

1. My grandparents have lived in the same house _____ fifty-five years.
2. Maggie hasn't smoked _____ January.
3. We've been in Australia _____ more than three weeks.
4. George has worked in the same office _____ 2002.
5. I love these jeans – I've had them _____ I was 18.
6. We've been friends _____ we were five years old.

B. USE THE WORDS TO WRITE SENTENCES. USE: **JUST**, **ALREADY** OR **YET** IN THE CORRECT POSITION.

a) I / finish / my homework (already)

b) They / be / to the supermarket (just)

c) I / write / an admissions email for university of Florida (already)

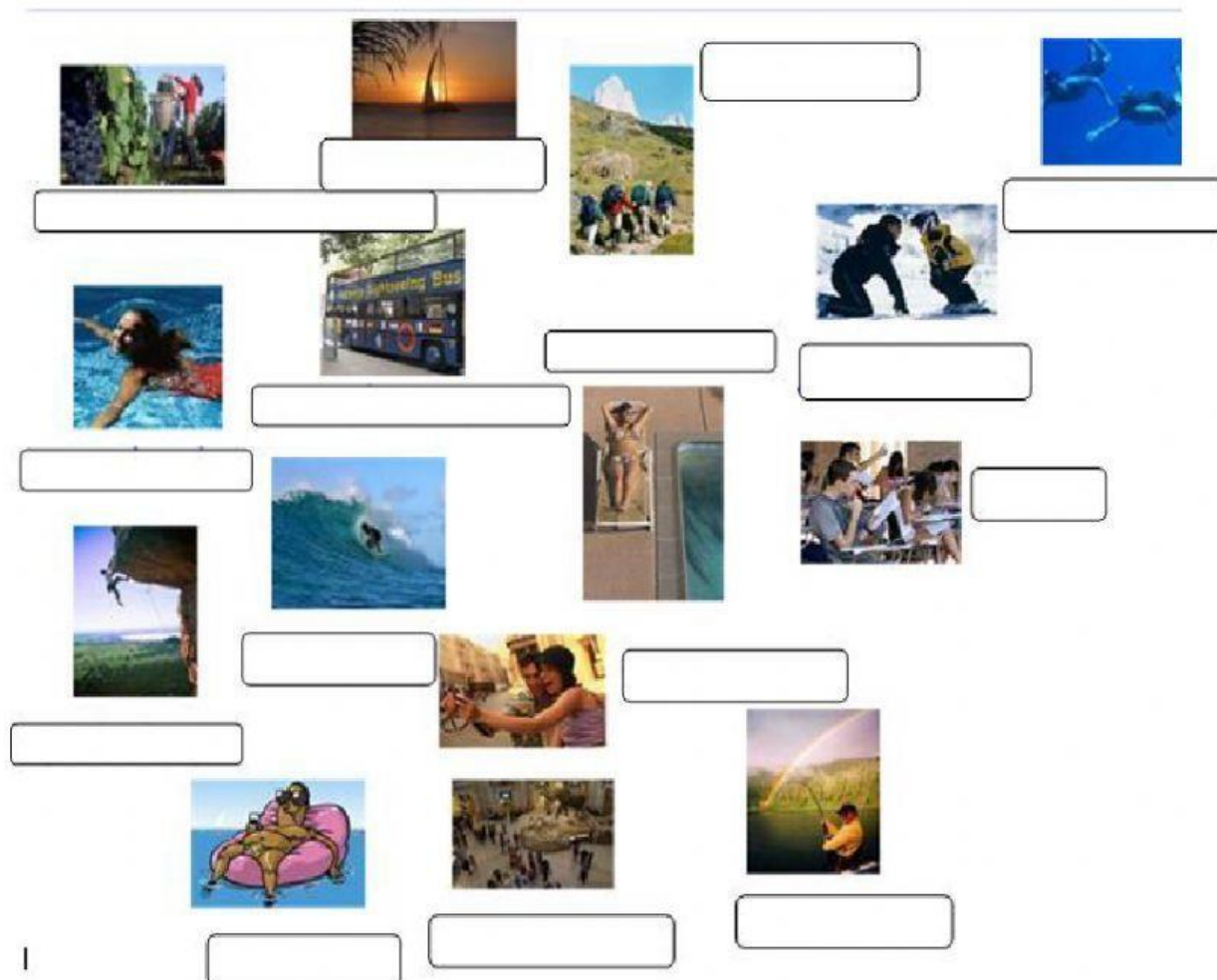
d) She / not phoned / her parents (yet)

e) We / be / to a great football match (just)

f) He / have / a shower? (yet)

4. VOCABULARY. DRAG THE WORDS TO THE CORRECT PICTURE RELATED TO HOLIDAYS

ROCK CLIMBING - FISHING - WORKING HOLIDAY - TAKING PHOTOS - HIKING -
SUNBATHING - DIVING - SWIMMING - SAILING - SKIING - SURFING - RELAXING -
CULTURAL - STUDYING HOLIDAY - SIGHTSEEING



B. COMPLETE THE CHART WITH MEANS OF TRANSPORT AND ACCOMMODATION

TRANSPORT		ACCOMMODATION	
F		G	H
C		B	
P		Y	H
S		T	