# Solutions Intermediate Unit 2: Adventure activities

## 1. Match the words with their definitions

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|---|---|
| Hang-gliding | A fun water sport where you lie on a small board and ride the waves in the ocean. |
| Abseiling | A sport where you drive small cars called go-karts on a track. It's exciting and fast! |
| Hiking | Going down a steep place, like a cliff, using a rope. You hold the rope and lower yourself safely. |
| Bodyboarding | Walking in nature on trails or paths. It's a great way to enjoy the outdoors and get exercise. |
| Karting | Flying in the air with a special, light wing. You run off a hill and glide through the sky. |

## 2. Complete the sentences with the words from the list. There are two extra words

*kayaking* *surfing* *parkour* *bungee jumping*

*hang-gliding* *climbing* *snowboarding* *abseiling*

a) Last summer, I tried _____ for the first time and loved it! I fell off the board a few times though.

b) He enjoys _____ because it gives him an adrenaline rush. The feeling of falling was amazing!

c) We went _____ down the river and saw beautiful scenery.

d) She is really good at _____ and often participates in winter competitions.

e) _____ is a fun and a bit dangerous activity that requires a lot of balance and skill.

f) I love _____ the mountains in the winter; it's my favorite sport!

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## 3. Discuss the questions with a partner

a) What activities or games do you think can be addictive, and why do you think people enjoy them so much?

b) What do you find boring to do, and how do you usually deal with boredom?

c) Can you share a difficult challenge you faced recently? How did you overcome it?

d) What is the most exciting experience you've ever had? What made it so special?

e) What activities do you find exhausting? How do you recharge your energy after a long day?

f) What are some healthy habits you try to follow? Why do you think they are important?

g) What hobbies or activities do you think are time-consuming? Do you think they are worth the time spent on them?

LIVEWORKSHEETS