

Solutions Intermediate Unit 2: Adventure activities

1. Match the words with their definitions

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!

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?