

**1** Listening

b Read the email Andy and Gina get at work and answer the questions.

- 1 What's the problem with the company blog at the moment?
 - a There's too much information.
 - b It's a bit boring.
- 2 What kind of information can staff put in their article?
 - a information about their free time
 - b information about their day at work

c   Andy talks to Gina about his free-time activity. Listen and answer the questions.

- 1 Which activity in 1a does Andy talk about?
- 2 Does he want to write an article about it?

d   Listen again. Match 1–6 with a-f.

- 1 A year ago, ...
- 2 Two weeks after his first bike ride, ...
- 3 A couple of months ago, ...
- 4 Last weekend, ...
- 5 Almost every day, ...
- 6 You always, ...
 - a he bought a bike.
 - b a car hit him.
 - c he goes cycling.
 - d he rode in the hills for two days.
 - e have to be careful in traffic.
 - f a friend invited him for a bike ride.

Our staff blog

From: The management team

To: All staff

Subject: Our staff blog

We want to try to make the company blog more interesting. We would like to find out more about you, the people who work for this company. We'd love to hear about what you do in your free time. Write a short article and send it to us with a photo so we can put it on the blog.

**2** READING

a Read Dylan's article for the company blog.

Tick (✓) what's the same about Dylan's and Andy's activities.

- 1 they do their free-time activities outdoors
- 2 they do their free-time activities every day
- 3 they get fit doing their free-time activities
- 4 they hurt their foot recently

b Read the text again. Are the sentences true or false?

Correct the false sentences.

- 1 Three years ago, Dylan was lonely.
- 2 He liked the idea of hiking immediately.
- 3 Hiking was a bit difficult at first.
- 4 He met his wife on a hike.
- 5 It's very difficult to learn how to go hiking.

Our staff:
working hard, playing hard.

Walking my way to love by Dylan Jones

Three years ago, I came to work for this company. I didn't know anyone in the area so I decided to do some exercise to meet new people. However, I felt really unfit. I tried doing different kinds of sports, but I did them all badly. I found an answer to all my problems by going for a walk.

A colleague of mine invited me to go on a walk in the mountains. I didn't say yes immediately because it didn't sound very interesting. However, I decided it could be good exercise for me so I went along. This was the beginning of my love of hiking.

At first, I had to walk slowly because I wasn't very fit. However, I improved quickly and now I can walk quite fast for hours. I began to feel so much better. While I was on a hike with a group of people one weekend, I met Marina. She's now my wife. We go hiking once or twice a month and we love it.

You don't have to do anything special to start hiking. You only have to know how to walk and most people can do that. However, you have to buy special boots so you don't hurt your feet. Hiking is a great way to enjoy our beautiful country. And you never know – perhaps you can find true love too!

Me on a walk!