

# POLAR ADVENTURE (B1)

## Target Vocabulary

frostbite · landscape · cold room · set off · drag · tough · supply · sleigh · seaside · strong winds · arrive

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### Exercise 1: Match the words

Match each word with the correct definition.

1. frostbite
  2. landscape
  3. cold room
  4. set off
  5. drag
  6. tough
  7. supply
  8. sleigh
  9. seaside
  10. strong winds
  11. arrive
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- a. a vehicle that moves over snow
  - b. to reach a place
  - c. very difficult
  - d. to pull something heavy
  - e. land and scenery you can see
  - f. food, equipment, or things you need
  - g. damage to the skin caused by extreme cold
  - h. to start a journey
  - i. an area near the sea
  - j. powerful air movement
  - k. a room with very low temperature
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## Exercise 2: Complete the sentences

Use the words from the box.  
(There are **no extra words**.)

1. The explorers had to wear special clothes to avoid \_\_\_\_\_.
  2. The Antarctic \_\_\_\_\_ was white and completely frozen.
  3. They trained in a \_\_\_\_\_ to prepare for extreme temperatures.
  4. The team \_\_\_\_\_ early in the morning.
  5. Each explorer had to \_\_\_\_\_ a heavy load across the snow.
  6. The journey was extremely \_\_\_\_\_ because of the cold.
  7. They carried enough food and \_\_\_\_\_ for two weeks.
  8. The equipment was transported on a \_\_\_\_\_.
  9. Many families go to the \_\_\_\_\_ during the summer.
  10. The explorers had to ski against \_\_\_\_\_.
  11. They finally \_\_\_\_\_ at the camp after a long day.
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## Exercise 3: Choose the correct word

Circle the correct option.

1. The team **set off** / **arrived** at 6 a.m.
  2. He had to **drag** / **arrive** the sleigh across the ice.
  3. Frostbite happens because of **strong winds** / **seaside** conditions.
  4. The journey was **tough** / **cold room**, but they didn't give up.
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## Exercise 4: Speaking / Writing

Choose **3 words** from the vocabulary list and write a short sentence or mini story.

Example:

*The explorers set off early and dragged their supplies through strong winds.*