

Do the preparation exercise first. Then read the text and do the exercises to check your understanding.

### Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- |                       |   |
|-----------------------|---|
| 1..... a continent    | a. someone who cannot see                           |
| 2..... a challenge    | b. an organisation that helps people in need        |
| 3..... freezing       | c. something that is difficult but fun to do        |
| 4..... a blind person | d. very cold, below 0° Celsius                      |
| 5..... destruction    | e. bad weather with strong winds and rain           |
| 6..... a charity      | f. destroying something, making something not exist |
| 7..... climate change | g. a big area of land like Africa, Asia or Europe   |
| 8..... a storm        | h. changes in the world's weather                   |

### 1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- |    |   |             |              |
|----|---|-------------|--------------|
| 1. | Ed Stafford walked along the Amazon from Brazil to the mountains of Peru. | <i>True</i> | <i>False</i> |
| 2. | Ed's walk along the Amazon took 28 months.                                | <i>True</i> | <i>False</i> |
| 3. | Ed was bitten by a snake in the rainforest.                               | <i>True</i> | <i>False</i> |
| 4. | Gerlinde Kaltenbrunner climbed for the first time when she was a nurse.   | <i>True</i> | <i>False</i> |
| 5. | Gerlinde Kaltenbrunner helps a charity for blind people.                  | <i>True</i> | <i>False</i> |
| 6. | Meagan McGrath had bad weather on her skiing trip to the South Pole.      | <i>True</i> | <i>False</i> |

## 2. Check your understanding: multiple choice

Circle the best option to complete these sentences.

1. Ed Stafford was often tired because he didn't have enough **sleep / food** .
2. Ed Stafford wrote a blog about climate change **during / after** his walk.
3. **Meagan McGrath / Ed Stafford** hasn't travelled in cold weather.
4. Gerlinde Kaltenbrunner is from **Austria / The United States** .
5. **Erik Weihenmayer / Meagan McGrath** has ridden a bike across Canada.
6. Erik Weihenmayer has helped blind people to **ride bikes / climb mountains** .

### Discussion

Would you like to do any of these things?

### Vocabulary Box

Write any new words you have learnt in this lesson.