

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 charity | a. getting ready for something |
| 2..... to rescue someone | b. an organisation that helps people in need |
| 3..... essential | c. a small river |
| 4..... preparation | d. necessary or needed |
| 5..... a stream | e. something that is difficult but stimulating to do |
| 6..... a challenge | f. to save someone from danger |
| 7..... the peak | g. unable to see |
| 8..... blind | h. the very top of a mountain |

1. Check your understanding: multiple choice

Circle the best option to complete these sentences.

- Modern explorers use **compasses and maps / satellite phones and GPS / local guides** .
- Ed often didn't have enough **sleep / food / oxygen** .
- Erik takes groups of blind people **up mountains / along rivers / through deserts** .
- Gerlinde / Erik / Ed** used technology to contact local people.
- Gerlinde supports a charity that helps **blind people / the environment / children** .
- Gerlinde / Erik / Meagan** hasn't done a long-distance bike ride.
- Gerlinde / Ed / Meagan** had to look out for wild animals.
- Gerlinde / Ed / Meagan** had to go slowly because there wasn't much oxygen.

2. Check your understanding: gap fill

Complete the sentences with a word from the box.

eighty	eight thousand	thirteen	forty
twenty-eight		four thousand	

1. The oldest person to climb Everest is _____ years old.
2. Ed Stafford's journey took _____ months.
3. Erik Weihenmayer has been blind since he was _____.
4. Meagan McGrath took _____ days to ski to the South Pole.
5. There are fourteen mountains with a height over _____ metres.
6. More than _____ climbers have climbed Everest.

Discussion

Which of these adventures would you most like to go on?

Vocabulary Box

Write any new words you have learnt in this lesson.