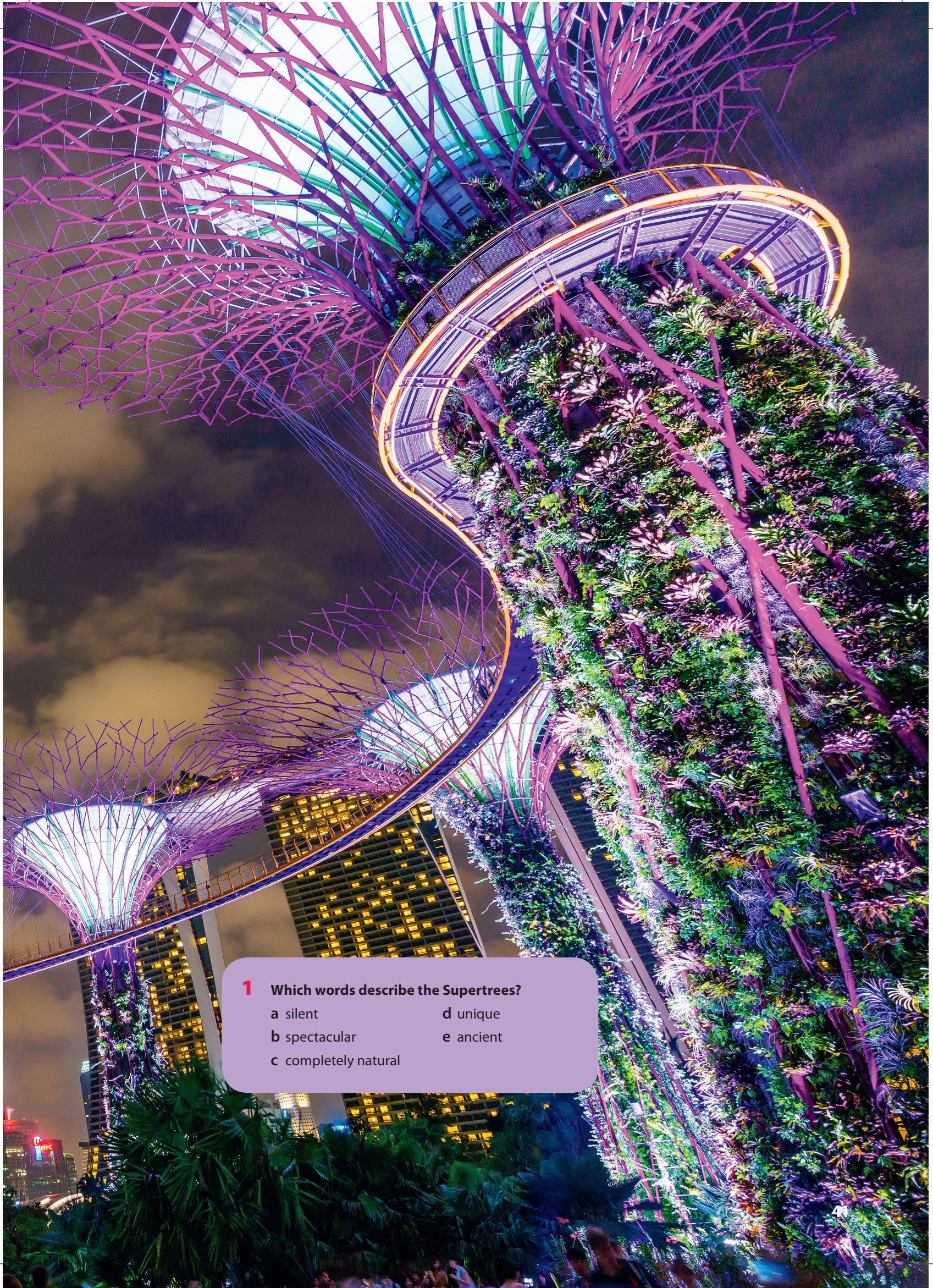


4 Town and Country

This is the Supertree Grove in the Gardens by the Bay, a futuristic botanical gardens and park in Marina Bay, Singapore. The tree-like structures provide shade during the day and come alive with a display of light and sound at night time. The tallest of the Supertrees is 16 storeys high and visitors can take a trip to the top. The Supertrees are made of concrete and steel, but they are planted with over 162,900 real plants, including tropical flowering climbing plants.



1 Which words describe the Supertrees?

- a silent
- b spectacular
- c completely natural
- d unique
- e ancient

Lesson 1

1 Listen. Listen and repeat. 🎧 TR: 4.1

2 Listen and read. 🎧 TR: 4.2

Discussion

'Living in the countryside is really boring.' Discuss.

drawback
privilege

lifestyle
remote

picturesque
self-sufficient

Away from it all in Matavenero

Interviewer: Lotte, you live in a busy city – Amsterdam – but you've just spent three months in a community that is very far from city life. Tell us about it.

Lotte: Yes, I've just spent the spring with my family visiting Matavenero. It's a **picturesque** village high up in the Sierra de Ancares mountains in Spain.

Interviewer: Why did your family decide to go there?

Lotte: My mum and dad had been wanting to experience life away from the hustle and bustle of a city. They had both been working very hard since Mum got her new job. So they wanted complete peace and quiet.

Interviewer: Well, I imagine you got that!

Lotte: We certainly did. It's very **remote**. There are no roads leading to Matavenero, only a dirt track.

Interviewer: How did you get there, then?

Lotte: We got a bus, then we walked. It was a long way, but it was worth it. The views were spectacular.

Interviewer: What did you learn about the village?

Lotte: Because it's so far from other places, it has to be **self-sufficient**. People grow their own food, build their own houses and recycle their waste. You don't need much money in the village, as there isn't much to buy.

Interviewer: Has the village always been like this?

Lotte: No, it hasn't. The village's original inhabitants had been working in mining, but the village was abandoned in the 1960s when life became too difficult. Then, in 1989, the town was re-inhabited by five friends from Germany who had been searching for a place where they could live a self-sufficient **lifestyle**. They were joined by an international mix of others who shared the same vision. The group began to rebuild the existing houses and build new ones. The eco-village that exists today has about 60 inhabitants.

Interviewer: So, you didn't have to go to school for a few weeks while you were there?

Lotte: That's what I had been hoping! But there was a school in the village. It was great, though, and I made such a lot of fantastic friends.

Interviewer: Were you sorry to leave Matavenero and come back to city life?

Lotte: That's a difficult question. There are pros and cons. I loved it there – it was a **privilege** to experience a totally different way of living. But there are **drawbacks**. Life there can be hard. All in all, Amsterdam is my home.



3 Answer the questions.

- 1 How does Lotte describe Matavenero?
- 2 Why is Matavenero difficult to get to?
- 3 Why did Lotte's mum and dad want to spend time in a quiet place?
- 4 What do Matavenero's inhabitants do to be self-sufficient?
- 5 What kind of work did the original inhabitants of the village do?
- 6 Would Lotte like to live in Matavenero all the time?

4 Circle the correct words.

- 1 This city isn't **difficult** / **picturesque**, but it's a nice place to live.
- 2 They moved to the country to experience a different **lifestyle** / **drawback**.
- 3 You can't drive to the village. It's very **hard** / **remote**.
- 4 It's a **privilege** / **challenge** to visit such a wonderful place.
- 5 They live far from any shops, so they have to be **picturesque** / **self-sufficient**.
- 6 Pollution is one of the **drawbacks** / **opportunities** of city life.

GRAMMAR Past perfect continuous

We use the past perfect continuous to talk about:

- a an action that was in progress for some time in the past before another past action interrupted it.
*They **had been walking** for hours when they finally reached the village.*
- b an action that was in progress in the past which affected a later action or state.
*It **had been snowing** all night so the mountains were completely white.*

We make the past perfect continuous with **had been** and the verb + **-ing**.

Affirmative I'd (I had) been walking.

Negative I hadn't (had not) been walking.

Question Had you been walking ... ?

Short answers Yes, I had./No, I hadn't.

Time expressions

all day/night/week since 2 o'clock/yesterday
for years/a long time at the time

5 Choose the correct answers.

- 1 'Had you been living in the city for long?'
'No, ____.'
a hadn't we
b we hadn't been
c we hadn't
- 2 She'd ____ for a long time at the bus station when the bus finally turned up.
a waited
b been waiting
c had been
- 3 Had Filip been ____ all morning?
a shopping
b shopped
c to shop
- 4 They ____ been digging the garden when I arrived.
a 're b 'd c 've
- 5 ____ when they saw the brown bear.
a They have not eaten
b They hadn't been eating
c Had they been eating
- 6 She had been picking strawberries ____ morning.
a for b at c all

6 Write sentences with the past perfect continuous.

- 1 the villagers / talk / about improving the road / for years
- 2 the mayor / give a speech / when the lights went out
- 3 ? / the farmer / work / since 5 am
- 4 they / not play / for long / when we arrived
- 5 the train driver / not pay attention / at the time of the accident
- 6 the dog was wet because / it / swim / in the river

COLLOCATIONS

7 Complete the sentences with these phrases.

doom and gloom	hustle and bustle
ins and outs	peace and quiet
pros and cons	tooth and nail

- 1 The residents have been fighting _____ for better medical facilities.
- 2 I'm going to my house in the countryside for some _____ this weekend.
- 3 Some people love the _____ of busy cities.
- 4 How does this scheme work? I don't understand the _____ of it.
- 5 Don't moan all the time! Living in the country is not all _____!
- 6 What are the _____ of living in a remote village like Matavenero?

8 Ask and answer these questions with your partner.

- 1 What is the area you live in like?
- 2 What kind of facilities do you use regularly?
- 3 Are there any facilities missing from your area?
- 4 Is it better for someone your age to live in a city or in a village? Why?
- 5 Where would you choose to live if you could go anywhere? Why?

9 Write two paragraphs about the place where you live and the place where you would like to live. Answer the questions from Activity 8.

Lesson 2

Discussion

Discuss the advantages and disadvantages of opening a zoo in a city.

1 Listen. Listen and repeat. TR: 4.3

2 Listen and read. TR: 4.4

adaptable attract chaos sensitive
shy suburb urban

Wildlife in the city

Marmosets: miniature monkeys fight for survival on city streets

Rio de Janeiro is a huge seaside city in Brazil, known for its beaches, beautiful natural environment and colourful Carnival celebrations. With a population of approximately 6.7 million people, it is one of the largest **urban** areas in South America. Surprisingly, Rio is also home to a growing population of marmosets. How can these tiny, **shy** monkeys survive in all the noise and **chaos** of the city?

Marmosets are very small – about 20 cm tall. Their natural home is in the rain forest. However, they are very **adaptable** and have learnt to survive in the **suburbs** and in the city itself. In the wild, they eat a varied diet of anything from insects and frogs to seeds, eggs, fruit, flowers and fungi. They have very **sensitive** noses, and can tell if fruit is ripe by smell alone. In the city, they are happy to consume food left behind by people.

Marmosets live in family groups. They work together in teams to search for food and look out for predators, giving a special alarm call to warn each other of danger. With their long tails and claw-like nails, they are excellent climbers, and move quickly up tree trunks and across branches, and leap a long way from one tree to another.

In the wild, marmosets sleep in a different place in the forest each night. **However, scientists had noticed different**

behaviour in marmosets living in a city park. They returned to the same sleeping sites night after night. Why was this? The scientists found the answer. The park had a population of 115 cats, **attracted** by the idea of hunting the tiny monkeys. Cleverly, the marmosets climbed to the top of the highest trees with smooth trunks which the cats cannot climb.

People had been capturing wild marmosets and selling them as pets for many years before this was made illegal. Unfortunately, however, this still sometimes happens. In the city, though, marmosets are popular, and people enjoy taking their photographs and are happy to help protect these clever, attractive creatures.



Guess what!

Marmosets share a unique habit with human beings: in conversation, they wait to take a turn to speak. These polite animals don't interrupt each other!

3 Read. Tick T for True or F for False.

- 1 Rio de Janeiro is a small city in Brazil. T F
- 2 The urban population of marmosets is getting larger. T F
- 3 Marmosets can eat only three types of food. T F
- 4 Marmosets survive by being good at teamwork. T F
- 5 Marmosets are attracted to city parks because of the cats. T F
- 6 It is legal to capture marmosets from the wild. T F

4 Complete the sentences with the words from Activity 1.

- 1 She doesn't live in the city centre; she moved to the _____ last year.
- 2 Some people _____ wild animals to their gardens by providing food for them.
- 3 Bears' noses are very _____. They can smell food 30 km away.
- 4 Marmosets are very _____ animals.
- 5 _____ wildlife can cause _____ in people's gardens.
- 6 People say I'm too _____. I don't like speaking in public.

GRAMMAR Past perfect simple and past perfect continuous

We use the past perfect simple to talk about something that happened before another action in the past; to talk about something that happened before a specific time in the past; and to talk about something that happened in the past and had an effect on a later action.

The visitors **had already left** when the family returned home.

They'd taken the animal back to the forest by ten o'clock.

Renate **had forgotten** her key, so she couldn't get in.

We use the past perfect continuous to talk about an action that was in progress for some time in the past before another past action interrupted it; and to talk about an action that was in progress in the past which affected a later action or state.

Jonas **had been planting** a tree when he fell over. **I'd been gardening** for hours so I was exhausted.

We use both tenses to talk about actions that happened in the past before another past action. We use the past perfect continuous to emphasise how long the first action was in progress or to show that we don't know whether the action was completed or not.

They **had arrived** at the park **by 10 am**.

I'd been wandering round the city all day, so I was tired.

5 Complete the text with the past perfect simple or the past perfect continuous of the verbs in brackets.

Hyderabad in India is one of the world's fastest growing cities. Its population (1) _____ (already reach) more than seven million by 2011. It (2) _____ (always be) an important city and it (3) _____ (attract) migrants from all over India for centuries before it grew to its present size. The Hyderabad Urban Development Authority (4) _____ (look) for opportunities to make the city greener for some time when they came across an old factory. The Lumbini Park was built on the site of the factory and it has brought a breath of fresh air to the city. The residents (5) _____ (not realise) just how essential open space was to the quality of their lives.

6 Look at the phrases highlighted in the text. Say which tense has been used in each case and explain why.

7 Match.



- 1 adventure playground
- 2 botanical garden
- 3 city landscape
- 4 community centre
- 5 open country
- 6 residential area



8 Listen to three teenagers talking about where they live. Tick the facilities found in each person's area. TR: 4.5

	Karim	Daniel	Amany
café			
cinema			
community centre			
library			
park			
sports centre			

PREPOSITIONS

9 Complete the sentences with in or on.

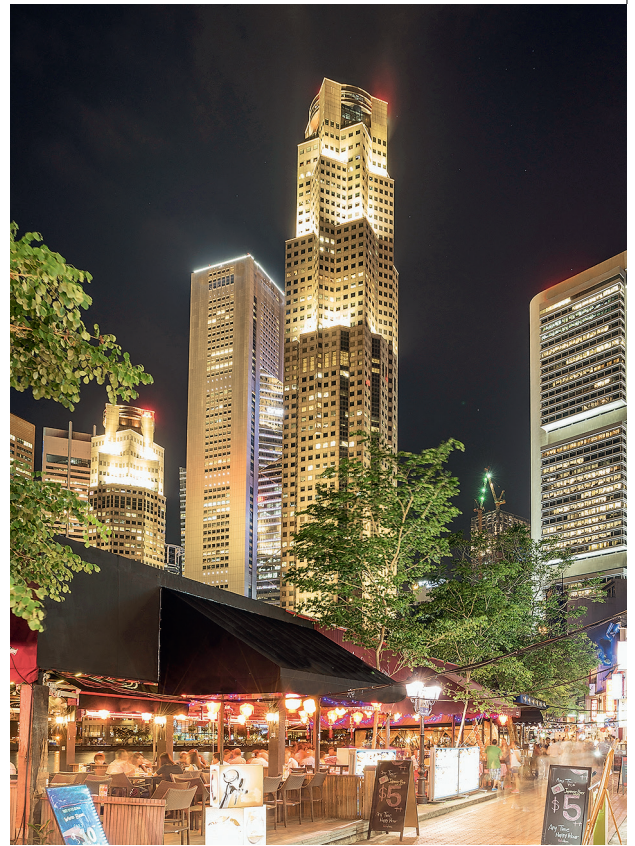
- 1 Animals often live longer _____ captivity.
- 2 There are few examples of this species _____ the wild.
- 3 Reports say there's a moose _____ the loose in our town.
- 4 I've just bought a new house _____ the edge of town.
- 5 Living _____ the suburbs can be boring.
- 6 People shouldn't have to live _____ the streets these days.

Lesson 3

Vocabulary

1 Match.

- | | |
|--|------------------------------|
| 1 I'm surprised by the living | a record levels this decade. |
| 2 More wealthy families are moving back into inner | b practice. |
| 3 The number of homeless people has reached | c lights of big cities. |
| 4 There's the doctor who runs the country | d report about healthcare. |
| 5 I've just read an interesting | e cities. |
| 6 Some people are attracted by the bright | f conditions in this city. |



Listening skills

2 Decide which sentence, a or b, is closest in meaning to the sentences in 1, 2 and 3.

- I don't know why anyone would want to live in an inner city.
 - I don't understand why people live in a city centre.
 - I don't know anyone who lives in an inner city.
- Damian now knows that living in remote locations has its drawbacks.
 - Damian realises rural life has got disadvantages.
 - Damian always knew that living in remote locations isn't easy.
- We couldn't believe it when he said he was moving to the countryside.
 - We didn't think he was telling the truth about moving to the countryside.
 - It was a surprise to us that he decided to move to the countryside.

3 Listen to these speakers. How do they express the meaning of the words and phrases in bold in these sentences? TR: 4.6

- The boy says **there aren't enough things to do** in his village for **people his age**.
- The girl really likes the **lack of noise** in the countryside.
- The woman **was surprised** when she saw a fox **eating** in her garden.
- The man says that in his town **there are more people out of work than ever before**.

Listening task

4 You will hear a preview of tonight's television programmes. For each question, put a tick in the correct box. TR: 4.7

- Tonight's episode of *Grass Roots* is
 - the last in the series.
 - on at seven o'clock.
 - set in a big city.
- Job Swap*
 - is filmed in a small country practice.
 - shows a manager in a busy hospital.
 - shows people who change their workplace.
- The drama series
 - is watched by many viewers.
 - will be replaced by a documentary tonight.
 - shows how exciting the city is.
- Elizabeth Jordan died
 - because a brown bear bit her.
 - due to illness.
 - while making an hour-long documentary.
- The news
 - will be on later than usual.
 - is shown at nine o'clock.
 - follows the weather forecast.
- The news report
 - is all about crime.
 - will be about careers in inner cities.
 - deals with a national problem.

Express Yourself!

Justifying choices

More people would benefit from ...
 ... only appeals to young/old/sporty/etc people.
 ... would be more useful/better for the whole community.
 ... is more necessary/important than ...
 ... is missing in this city/town/village.
 I think it's a good idea to ... because ...
 There's a real need for ...
 I don't see the point in + -ing ... / ... is pointless.
 It's a waste of money to + infinitive ... / ... is a waste of money.

Listen Up!

- 5** Listen to Sebastian and Elena doing the Speaking task below and write **S** (Sebastian), **E** (Elena) or **B** (Both) to show who does these things. **TR: 4.8**

A friend of yours is taking a group of teenagers from the countryside to the city for an evening. Look at the pictures and work with a partner to discuss the kinds of places he could take them to. Decide which two are the most entertaining.

Who

- 1 use(s) appropriate language?
- 2 listen(s) to the other person?
- 3 develop(s) his/her answers?
- 4 make(s) the most appropriate choices for the situation?



- 6** Did they complete the task properly?

Speaking skills

- 7** Read the task in Activity 8 and tick the factors you might have to think about when reaching a decision.

- 1 age of people
- 2 your own interests
- 3 cost of event/facilities
- 4 special needs people might have
- 5 the aim of the people concerned

- 8** Work with a partner and role-play a dialogue between the mayor and his/her 14-year-old son/daughter about what facilities their district needs. Use these words and the phrases in *Express Yourself!* to help you.

adventure playground	public library
bicycle lanes	shopping mall
community centre	sports centre
country park	theatre

Speaking tasks

- 9** Look at the task in Activity 10 below and answer these questions.

- 1 What kind of facilities will you discuss?
- 2 Who are these facilities for?
- 3 How many facilities will you decide on at the end?
- 4 Do you have to reach an agreement with your partner?

- 10** The local community in the village where you live has been given money to improve facilities for residents. Look at the photos and work with a partner to talk about the kind of facilities that could be provided, and decide which two are most important for all villagers.



Lesson 4

Narrative tenses

Narrative tenses are used when telling a story in the past. The most common ones are the past simple, the past continuous, the past perfect simple and the past perfect continuous. We do not use present tenses at all unless the story we are writing includes direct speech with speech marks.

1 Complete the table with the correct tense.

past continuous past perfect simple past perfect continuous past simple

_____	_____
<ul style="list-style-type: none"> • talks about a completed action in the past • takes the action of the story further • talks about a series of actions that happened one after the other in the past 	<ul style="list-style-type: none"> • talks about an action that happened before the time of the narrative or before another past action • talks about a past action that interrupts another action in the past
_____	_____
<ul style="list-style-type: none"> • talks about an action in progress in the past when another action interrupted it • describes background details in the story 	<ul style="list-style-type: none"> • talks about an action that was in progress for some time in the past and had an effect on a later event • talks about an action that was in progress for some time in the past when it was interrupted by another past action

2 Which tenses are used in the following sentences? Why?

- 1 He slammed the door, ran to the wardrobe and hid inside it.
- 2 They had been walking for hours and Jo was losing her patience.
- 3 I was waiting at the bus stop when I first saw Cara.
- 4 Linda stopped. The doll wasn't where she had left it.

Writing task

3 Read the story written by a student who has done the following writing task. Which tenses are the highlighted verbs in? Why have these tenses been used?

Write a story which begins with this sentence:

I knew something was wrong as soon as I went into the garden.

Bear for lunch

After lunch I decided to go out. I knew something was wrong as soon as I went into the garden. My cat, Jody, **was shaking** with fear on the doorstep. I **was bending** down to comfort her when I realised why she was so afraid.

A visitor **had wandered** in from the woods.

Recovering quickly, I **picked up** Jody, **rushed** inside and **locked** the kitchen door.

'Mum, there's a bear in the garden!' I yelled.

'It'll only be the neighbour's dog again,' Mum said, trying to calm me down.

'But look ...'

Just then the rubbish bin **crashed** to the ground so we **ran** to the window. While we **had been talking**, the bear **had eaten** the contents of our bin. Mum was terrified.

Suddenly, I had an idea. I remembered that Dad **had been reading** an article on wild animals in residential areas.

Maybe that would tell us what to do. Luckily, it had the phone number of the local Wild Animal Rescue Service.

The people from the rescue service **acted** immediately, and soon the bear was back in the wild. It was a scary experience, but one I'll never forget.



Analyse it!

4 Answer these questions.

- 1 What serious mistake has the writer of the story made? Correct it.
- 2 Which verbs, adjectives and adverbs does the writer use to create suspense and keep the reader interested?
- 3 What happens at the beginning, the middle and the end of the story?
- 4 Is the story written with informal, semi-formal or formal language?

Writing plan

5 Write a number from 1–5 in the boxes to show the order in which these things are mentioned in the story.

- a Describe an event that creates suspense in the story.
- b Set the scene for the story.
- c Say how you managed to deal with the situation.
- d Say what happened in the end and how the event affected you.
- e Say what you did as soon as you realised something was wrong.

GRAMMAR Articles

We use the indefinite articles **a/an** with singular countable nouns when we mention them for the first time; when speaking generally; and with nouns which refer to professions, nationalities or religions.

*Look! There's **a** bear at the window.
Pablo is **an** explorer.*

We don't use **a/an** with plural countable nouns or uncountable nouns; with adjectives which aren't followed by a noun; and with the names of meals unless they are preceded by an adjective.

*Cities have usually got good facilities.
What's for dinner?*

We use the definite article **the** with singular and plural countable and uncountable nouns; to talk about something specific when we mention it a second time; before names of hotels, cinemas, theatres, musical instruments and unique nouns; before superlatives and nationalities; and with the names of natural features.

*This is **the** village I was telling you about.
Our school is **the** largest in **the** district.*

We don't use **the** with proper nouns, the names of sports and games, languages and subjects of study; or with the names of most countries and cities or the names of non-specific facilities.

*She's learning Chinese at college.
We often play volleyball.*

6 Complete the sentences with **a, an, the** or **-**.

- 1 Let's go for _____ walk round the square.
- 2 Is that _____ new hotel you told me about?
- 3 There's a boy from _____ Muscat in my class.
- 4 Pizza? That's _____ unusual breakfast.
- 5 There's a play on at _____ City Theatre tonight.

USEFUL LANGUAGE

Making narratives exciting

I'd never been in such a + noun ... before.
It was the first time I'd ever been to/inside ...
the strangest/the weirdest/the oddest
be frightened/terrified/scared
scary/ridiculous hilarious/amusing
all of a sudden/suddenly/just then
quickly/immediately/without thinking/as fast as
I could
extremely/utterly/completely/absolutely

Sequencing events

as soon as/once/when/before/until
At first/Then/In the end/At the end of the day
Finally/It turned out that ...

Writing task

Write a story that begins with this sentence:

It was the strangest place I had ever been to in my life.

WRITE RIGHT!

Use these steps to help you write your story.

- Step 1** Underline the key words in the sentence you must use to begin.
- Step 2** Think of a good idea for the story and decide what the narrator saw, heard and felt. Think about how the story will develop. Then think about how the story might end.
- Step 3** Make a plan and decide how you will organise the events. Use the plan on the left to help you.
- Step 4** Use your notes, your plan and the useful language above to write your story. Make sure that you use language and devices which make the story exciting.
- Step 5** Read your story carefully when you have finished. Check that you have used narrative tenses and that the first sentence fits in the rest of the story.

Discussion

Discuss the pros and cons of living in a city and the countryside.

Review

1 Match.

- | | |
|---------------|--------------|
| 1 residential | a bike |
| 2 quad | b sport |
| 3 adventure | c garden |
| 4 southern | d area |
| 5 team | e hemisphere |
| 6 botanical | f playground |

2 Circle the odd one out.

- | | | |
|----------------|-------------|-------------|
| 1 exhilarating | dull | exciting |
| 2 spectator | supporter | participant |
| 3 bold | shy | timid |
| 4 inner | urban | remote |
| 5 risky | picturesque | reckless |
| 6 strenuous | hard work | relaxing |

3 Complete the table with the words in the box.

trainer	researcher	suburb
village	volleyball	community centre
paragliding	skiing	fundraiser

Sports	People	Places
_____	_____	_____
_____	_____	_____
_____	_____	_____

4 Complete the sentences with these words.

accommodation	down	helicopter
loose	peace	let

- Do your best! Don't let the team _____.
- There's a deer on the _____ on our football pitch.
- A researcher _____ me in on a secret about the programme.
- I love staying at this hotel; the _____ is excellent.
- What's that terrible noise? I came here for some _____ and quiet.
- He had been flying the _____ for an hour when the accident happened.

5 Choose the correct answers.

- She has never _____ a model aeroplane before.
 - been flying
 - flown
 - flew
- Martina is _____ player I told you about earlier.
 - the
 - a
 -
- This is the place _____ I did my first bungee jump.
 - which
 - when
 - where
- There aren't _____ people for a football team.
 - enough
 - too
 - the
- They _____ living in the village for a month when the flood happened.
 - have been
 - had been
 - had
- The adventure playground _____ we go to is free.
 - what
 - in which
 - that

6 Rewrite the sentences using the words in bold. Use between two and five words.

- Some activities are too risky for children. **Safe**
Some activities _____ for children.
- There's Jo, the trainer of the team. **is**
Jo, _____ team's trainer, is over there.
- It took us hours to sail to Dubrovnik. **for**
We _____ hours by the time we reached Dubrovnik.
- I've never heard such a strange story before. **strangest**
That's _____ I've ever heard.
- I started writing the blog two years ago. **been**
I _____ for two years.

Quiz time!

- 7** Complete the paragraph with the correct form of the present perfect simple, present perfect continuous, past perfect simple or past perfect continuous of the verbs in brackets.

Yusuf (1) _____ (be) an extreme sports enthusiast for many years now. He (2) _____ (go) on adventure holidays and doing risky activities since he was 14 and is always looking for a challenge. So when some friends asked him to be their guide on a hike in open country, he immediately agreed. Yusuf (3) _____ (never try) to lead a group before, but he was sure he could manage it. Before they left, Yusuf told the others what kind of clothing to wear and what things to take with them. They set off early one Saturday morning and headed for the mountains. They (4) _____ (walk) for over two hours when they arrived at a forest. They (5) _____ (just enter) the forest when they saw the most amazing sight they (6) _____ (ever/see). A bear and her two cubs were drinking from a lake right in front of them. Yusuf guided the group safely away, and when they arrived back home, they all agreed the hike (7) _____ (be) tiring, but that they (8) _____ (have) an exciting time.



- 8** Choose the correct answers.

- 1 What sport is the underwater activity octopush similar to?
a rugby b baseball c hockey
- 2 How many players are there on an ice hockey team?
a 5 b 7 c 6
- 3 Which weird event takes place every year in Lincolnshire, UK?
a The World Egg Throwing Championships
b The World Pea Shooting Championships
c The Animal Olympics
- 4 What do the residents of Buñol, Spain, do every August?
a have a carnival
b throw tomatoes at each other
c chase each other through the streets
- 5 How long did the world's longest aerobics class last?
a 19 hours b 39 hours c 49 hours
- 6 Which sport isn't played on a pitch?
a cricket
b football
c badminton
- 7 In which country did chess originate?
a India b Scotland c Brazil
- 8 What was unusual about the tennis match between Serena Williams and Rafael Nadal in March 2008?
a It was played on water.
b It took place in the middle of the night.
c No spectators turned up.

Scoring: Check your answers and score 2 points for each one that is correct. Then see what your score says about you!

0 – 4 You're not a great fan of sport and leisure. You prefer to take it easy and not do very much in your free time and it doesn't matter to you how other people spend theirs. Or maybe you are just extremely busy and don't have enough time to spend on leisure activities.

5 – 10 You like fun and games, but there are more important things in your life. You like to find out about what's happening in the world of sport, but you don't let this distract you from your schoolwork. You have more important goals in your life.

11 – 16 You are a real leisure enthusiast. You must find out the latest scores in your favourite sports and you always read about what's happening in the world of sport. You also like the strange side of leisure and would probably like to take part in extreme sports.

1c 2c 3a 4b 5b 6c 7a 8a

Video



1 BEFORE YOU WATCH Circle what you would expect to see in a national park.

- animals
- rocks
- traffic
- skyscrapers
- mountains
- plants
- trees
- rivers
- industry

Many countries have created _____ to protect the environment.

Now talk about the places you like.

I like being in the mountains on top of the world.

For me, I prefer being on a beach somewhere.

2 WORDS TO KNOW Match the words to the photos.

cliff tyre waterfall mountain oven





3 WHILE YOU WATCH Finish the sentences.

- 1 We came to Utah to discover the desert _____ by bike.
- 2 Our _____ tore along trails carved into walls of rock.
- 3 The sun above warmed us like an _____.
- 4 The torrential _____ turned the desert into a moving field of water.
- 5 We rode on to the end of our circular _____.

4 AFTER YOU WATCH Answer these questions.

- 1 What did the group of cyclists want to discover in Utah?
- 2 How did they feel about being in such an isolated place?
- 3 What words does the narrator use to describe the age of the trail?
- 4 What colour were the waterfalls after the rain? Why?
- 5 How does the narrator imply the ride has a deeper meaning?

5 WATCH AGAIN Talk about your own experiences of discovery. What do you like about this adventure? What don't you like?

I like how they look as though they're flying sometimes!

Yes, but that environment can be dangerous.