
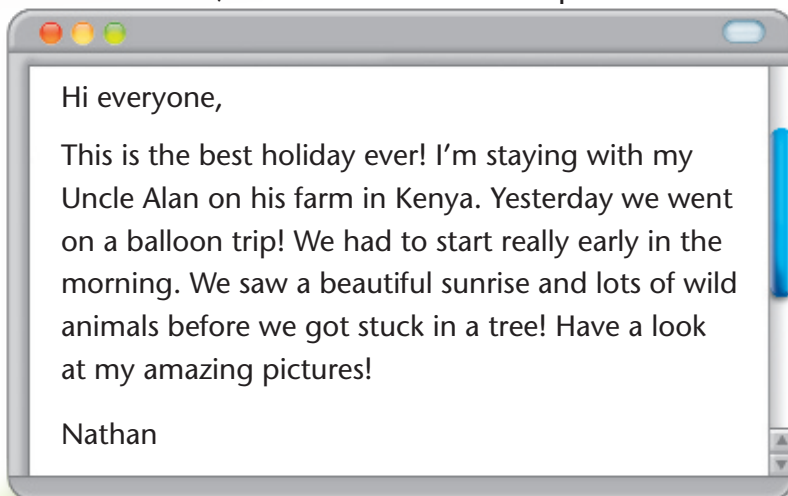


# Unit 1 High adventure

## Lesson 1

1  1.4 Read, listen and number the pictures.



2  1.5 Listen and match.


1. Uncle Alan was blowing up the balloon
2. I was taking pictures of some zebras
3. We were floating over a river
4. We were descending
5. We were climbing down the tree



### Grammar

We **were descending when** the balloon **got** stuck in a tree.

- ☐ when the balloon got stuck in a tree.
- ☐ when a lion attacked one of them.
- ☐ when a giraffe appeared and stared at us.
- ☐ when we saw a herd of elephants.
- ☐ when my mother called.

- 1  1.6 Listen and complete the chart.

## Running on the top of the world

The North Pole Marathon	
Temperature	
Entry fee	

- 2  Read and tick (✓) or cross (✗).

### A true life story

One of this year's runners is Ted Jackson. Ted is a 36-year-old athlete from Great Britain. He has had a very interesting life! He has worked as a house builder and has taught English. And, believe it or not, Ted is also an opera singer! He hasn't recorded a CD yet, but he has sung with the Royal Philharmonic Concert Orchestra in London.

Ted has already run in the London and New York marathons, although he hasn't won a race yet. He has cycled the Tour de France race, and he has also swum across the English Channel, from England to France! To prepare for the North Pole Marathon, Ted ran inside a huge freezer in a meat shop!



- 1 recorded a


☐

- 2 built a


☐

- 3



in France

☐

- 4



across the English Channel

☐

- 5 won a


☐

- 3 Guess the answers.


1. Has Ted parachuted from a plane yet? ☐

2. Has he written his autobiography yet? ☐

3. Has he built his own house yet? ☐

4. Has he ridden an elephant yet? ☐

- 4  1.7 Listen and check. Tick (✓) or cross (✗).

- 5  Role-play an interview with Ted.

Have you won a race yet?

No, I haven't.

### Grammar

Ted **has already run** in London.  
He **hasn't recorded** a CD **yet**.



# Unit 1

## Lesson 3

### 1 1.8 Listen and match the questions and answers.

1. Have you ever run in a marathon?
2. When did you start running?
3. How did you prepare for the cold weather today?
4. How long did today's marathon take you?
5. What was the worst moment?
6. Have you made friends with any of the other runners?
7. Have you decided about next year's marathon?
8. How do you feel now?

- ☐ Oh yes, I \_\_\_\_\_ good friends with three other runners.
- ☐ Well, I \_\_\_\_\_ just \_\_\_\_\_ the world's coldest marathon, so I feel cold and tired.
- ☐ Yes, I \_\_\_\_\_. I'm definitely coming back!
- ☐ About five years ago. I \_\_\_\_\_ in a marathon in New York.
- ☐ Yes, I \_\_\_\_\_. In fact, I \_\_\_\_\_ in a marathon last January.
- ☐ Eighteen and a half hours. I think I \_\_\_\_\_ in last!
- ☐ Well, at one point, I \_\_\_\_\_ I saw a polar bear!
- ☐ I \_\_\_\_\_ on three layers of thick clothes! But I'm still cold!



Ethan Byrd,  
Runner



### Grammar

Have you **ever won** a marathon?

Yes, I **have**. / No, I **haven't**. /

**Not yet**.

When **did you win** it? Last year.

### 2 1.9 Listen and complete the answers.

### 3 Interview a classmate.

#### Have you ever...

- run a marathon?
- eaten insects?
- stayed up all night?
- swum in cold water?
- slept in a tent?
- climbed a tree?
- ridden a horse?
- won a prize?



### 4 Choose a question and get more information from your classmate.

When...?

Where...?

How...?

### 5 Present your findings to the class.

Angie has eaten insects. She ate some crickets last year in Mexico.

### 1 Read and add the questions.

How does Geocaching work? What do you do when you find it?  
How do you make a cache? How do you start? What is GPS?

### Geocaching – Explore your own neighbourhood

You don't have to climb mountains to have adventures. You can discover things in your own back garden with geocaching! The word geocaching comes from 'geo' (the Earth) and 'cache' (a safe place). So a geocache is something that is hidden somewhere on the Earth.

(1) \_\_\_\_\_

Geocaching is like a treasure hunt. You hide the cache outside and use a GPS receiver to record the coordinates. Then you post the coordinates on a website so people know where to **look for** (\_\_\_\_\_) the cache. You can add clues, too. With geocaching you can **find out** about (\_\_\_\_\_) new places and have fun at the same time!

(2) \_\_\_\_\_

GPS **stands for** (\_\_\_\_\_) Global Positioning System. A GPS receiver is like a car satellite navigation system. It uses 24 satellites that are orbiting the Earth. When you enter the coordinates in your GPS, it **works out** (\_\_\_\_\_) the location.

(3) \_\_\_\_\_

It's easy! Many schools **set up** (\_\_\_\_\_) geocaching activities, or you can do it with your family or friends. You can find out where local geocaches are on the Internet.

(4) \_\_\_\_\_

To make a cache you put together a collection of small things such as toys, key rings, coins, messages or photos and place them in a waterproof container. You should include a logbook and a pencil, and maybe a disposable camera.

(5) \_\_\_\_\_

When you find a cache, you must **fill out** (\_\_\_\_\_) the logbook and write your name or code name, the date and the time. If there is a camera, you take a photo of yourself. You can also **take away** (\_\_\_\_\_) something. But if you do that, you must leave a new item behind!



### Grammar

Many schools **set up** geocaching activities.

### 2 Complete the meaning of the phrasal verbs in **bold**.

calculate   complete   discover   mean   organise   remove   search for

### 3 Match and complete the sentences with the correct tense of the verbs.

find out   stand for   take away   look for

1. He wasn't listening, so his teacher \_\_\_\_\_ his mobile phone.
2. I'm \_\_\_\_\_ my glasses. I can't find them anywhere!
3. Guess what? I \_\_\_\_\_ that my great-grandfather was a pirate!
4. What does www \_\_\_\_\_?



# The Visitors

Part 1

My name is Melau. This is the story of what happened to me when I was 13 and my life changed forever.

I live in Tanzania in East Africa. Have you ever heard of Mount Kilimanjaro or Lake Victoria, Africa's largest lake? Well, they're in my country. My grandparents were Masai tribesmen. They used to wander freely with their animals all over the wide plains of Tanzania, but times have changed for my family. Now our home is in a small village, and we don't travel very often. However, when I was 13, my little sister Naipaipai and I still kept up the tradition of travelling! Every day we had to walk twenty kilometres... twice! Why? To go to school! You might find this difficult to believe, but I love school. And I've always loved studying English. In fact, I've written this story in English!

One day our mother woke us up, as usual, before dawn. By the time we got up, breakfast was already on the table. We ate in silence – who wants to talk at four o'clock in the morning? – then put our lunch in our bags. When we left home, the moon was shining and the sky was crowded with stars.

On the long walk to school, I always carried my sister's bag. Sometimes, when she got too hot and tired, I carried her, too! We used to meet friends from other villages along the way and tell jokes or sing. That morning, Naipaipai was sitting on my shoulders when she said, 'Shhh!'

We stopped suddenly. The only sound was our breathing. Then we heard a howl. Hyenas! There were three of them. They looked hungry, and they were coming closer. But we knew what to do. Without a word, we picked up stones and threw them at the hyenas. I made a direct hit! The hyenas ran away.

We got to school at eight o'clock that morning, but immediately I sensed something was different. There were three strangers there, two men and a woman. They were talking to our teachers and looking around. I felt nervous. In fact, they made me more nervous than the hyenas! What did they want? And what were they doing at our school?



**1** 1.10 Read and listen to the story.

**2** Read and make a story map.

## Story map

### Characters

- Who is the main character?
- What is he like?

### Setting

- Where does the story take place?
- When does the story take place?

### Plot

- What happens?

The three visitors were standing in front of the school with our teacher, Mr Nairiamu. They were wearing city clothes, and my first impression was that they were European or American. One of the men was holding some kind of map. They were all looking at it, then pointing here, there, everywhere. Mr Nairiamu was nodding. But what did those nods mean?

Then Mr Nairiamu looked at us and said, 'Come on children, don't just stand around. It's time for your lessons.' He walked into one of the classrooms, and my sister and friends followed him. But I held back. I was sure these strangers had big plans, and I was worried. I walked up to the woman – my heart was in my mouth! – and I said, 'Please don't take our school away.'

She looked at me in surprise. 'Hey, you speak English very well,' she said. I ignored her compliment.

'Our school is important to us. We want to learn. You can't survive in this world without an education!'

She smiled. I didn't trust her smile, but the woman said, 'We don't want to take away your school. In fact, we want to make it better. And make it easier for you to study.'

The visitors were from an international foundation, and even though I doubted them at first, they were true to their word. A month later work started. They worked with us, and together we built three dormitories – one for the boys, another for the girls, and even one for the teachers. And they helped us build a kitchen, too, where we ate our meals. Maybe you don't like the idea of living away from home, but for us, it was like staying in a five-star hotel. We could start the day without feeling tired. It was fantastic! And we still went home at weekends.

Six months later, we got some news from the visitors. A TV crew was coming all the way from the United States! They wanted to film the school. And Mr Nairiamu said they wanted to interview me!

The night before the interview, I was so excited that I couldn't sleep. But early the next morning, before the film crew arrived, Mr Nairiamu came into the dormitory to talk to me. 'Are you awake, Melau?'

'Yes, sir.'

'Then get up now. You have to go home. Your mother is very sick.'



1 1.11 Read and listen to the story.

2 Read and write who or what the words in **bold** refer to.

1. **They** were wearing city clothes.

---

2. They were all looking at **it**...

---

3. Then Mr Nairiamu looked at **us**...

---

4. She looked at **me** in surprise.

---

5. I ignored **her** compliment.

---

6. **They** wanted to film the school.

---



# Unit 1

## Lesson 7

1 Look and tick (✓) your favourite imaginary trip.

1


☐

A jungle adventure in Costa Rica

2


☐

A scientific trip to Antarctica

3


☐

A camping trip to Australia

2 Complete the table with four exciting events which happened during your trip.

	1	2	3	4
Day / Time				
Place				
Event				

3 Draw the four events.

4 Write a description of your trip.

I had a wonderful trip to Costa Rica, but I was ready to go home! I was walking along the road to the airport when suddenly a giant snake bit me! I started to cry and yell...



More practice

1 1.12 Listen and sing.

## Hopping for the girl

I've always dreamed about a girl.  
Her name is Ann Marie.

I've entered the school sack race,  
Because I want her to notice me.

I've decided I have to win the race,  
So I've worked hard for many days.  
I've jumped and stretched and trained.  
I've lifted weights a hundred ways.

Now the day of the race has arrived,  
And I'm ready to begin.

Ann Marie is hopping next to me,  
So I have to let her win!

They've all applauded Ann Marie,  
But oh, what do I see?  
Her happy, shining, pretty face,  
Smiling just at me!



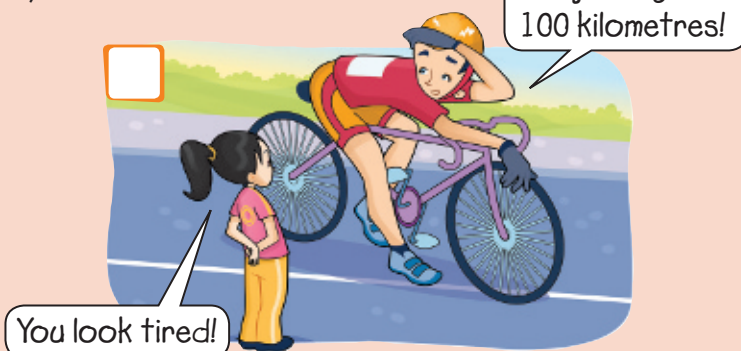
2 Underline the past participles and classify.

*worked* /t/

*dreamed* /d/

*decided* /id/

3 1.13 Listen and classify the past participles - t, d, id.







1 Look at the pictures and discuss with a classmate.

1. How many of these places can you name?
2. Where are they?
3. What else can you say about them?



2 Read and complete the sentences.



## Amazing places

Have you heard of any of the following places: The Grand Canyon, Stonehenge, Machu Picchu, The Great Barrier Reef, the Taj Mahal or the Great Wall of China? These amazing places are unique and they all belong to the peoples of the world. They are UNESCO World Heritage sites. UNESCO protects them for future generations to explore and enjoy. The World Heritage emblem represents its values. The square symbolises the creations of humankind and the circle represents the gifts of nature. The emblem is also round, like the world, and this shows that our global heritage should be protected for everyone. The words around the circle are in English, French and Spanish.

There are 890 World Heritage sites around the world. Italy, with 44 sites, has more than any other country, and there are 29 sites in Mexico, including Mexico City centre and the whale sanctuary in Baja California. One of the first World Heritage sites was the Galapagos Islands. These islands are located 1,000 kilometres off the coast of Ecuador, and they are very isolated. This led to the development of unusual animal life, including the giant tortoise and the land iguana, which were studied by Charles Darwin on his famous trip in 1835. One of the most recent sites is the Tower of Hercules in Spain. This lighthouse, originally built by the Romans, has been a landmark for nearly 2,000 years!

1. The World Heritage sites belong \_\_\_\_\_.
2. The square and circle in the emblem represent \_\_\_\_\_.
3. The words that surround the circle are in \_\_\_\_\_.
4. One of the first World Heritage sites was \_\_\_\_\_.
5. The isolation of the Galapagos Islands led to \_\_\_\_\_.
6. The Tower of Hercules in Spain has been \_\_\_\_\_.

# New Zealand



Unit 1  
Lesson 10

Culture

1 1.14 Listen and answer the questions.

1. In which ocean is New Zealand?
2. What is *Aoraki*?
3. What does the Maori phrase *kia ora* mean?
4. What is the capital of New Zealand?
5. What kind of animal is a giant weta?
6. How many sheep are there in New Zealand?

2 Read and label the adventure sports.

## Extreme New Zealand!

1 **Bungee jumping** is one of New Zealand's most popular activities. Jump off a cliff or a bridge headfirst with an elastic rope tied to your feet!

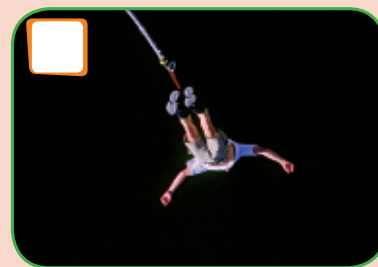
2 **Blackwater rafting** is a sport that started in New Zealand. Climb down into caves and then float along underground rivers on a rubber ring to see the glow worms.

3 **Helihiking** is a great way to discover nature. Take a helicopter ride to the high point of a glacier and then have a guided walking tour down to see the beautiful ice formations.

4 **Whitewater rafting** is an exhilarating ride. Travel along calm rivers in an open rubber boat, then hold on tight as the rivers turn into rapids and you drop over waterfalls!

5 Try **zorbing**, a fun experience where you roll down a hill inside a huge plastic ball at up to 50 mph.

6 Visit a **thermal park** where you can see boiling mud pools, geysers and hot springs.





# Unit 1 Review

1 1.15 Listen and tick (✓) the correct picture.

1


☐

☐

☐

2


☐

☐

☐

3


☐

☐

☐

4


☐

☐

☐


2 Look and say what they have and haven't done. Use *already* and *yet*.

	Climb Mount Everest	Swim in the Amazon River	Walk on the Great Wall of China	Go camping in the Sahara Desert
Jake	✓	✓	✗	✗
Natasha	✗	✓	✓	✗
Emily & Joe	✗	✗	✓	✓




Jake has already climbed Mount Everest but he hasn't walked on the Great Wall yet.

# Unit 1 Review


3  Read and complete with the correct phrasal verb.

1. Visit our website to \_\_\_\_\_ more about mountain climbing.  
take away / find out / fill out
2. LOL \_\_\_\_\_ 'laugh out loud'.  
finds out / stands for / gets up
3. Join our Adventurer's Club – just \_\_\_\_\_ the online registration form.  
fill out / take away / find out
4. Our school has \_\_\_\_\_ a new camping club for weekends.  
set up / stood for / filled up
5. Where do you \_\_\_\_\_ information about cycling races?  
get up / look for / fill out
6. My mum was angry with me and \_\_\_\_\_ my MP3 player.  
set up / stood for / took away

4  Write what Oliver has done in his life.

1. break his leg / 2009 \_\_\_\_\_
2. sleep in a tent / last week \_\_\_\_\_
3. act in a play / June \_\_\_\_\_
4. win a prize / two years ago \_\_\_\_\_



5  Write about what you have done in your life.

What? When? Where?

_____
_____
_____
_____
_____
_____