

Unit 1 >>> Be extreme

1 a Work in pairs. Listen to the video. Match the collocations you hear.

rush goggles jump volcano knee elbow pads sea America
safety active Central pads adrenaline suit level

b Watch and listen to the video. Complete the facts with answers from Exercise 1a.



- 1 Carry your board to the top of an
- 2 Put your on and an orange jumpsuit.
- 3 Wear knee pads and
- 4 The volcano is 728 metres above
- 5 Cerro Negro is one of the youngest volcanoes in
- 6 Going down the mountain gives you an

2 Read and discuss these questions in pairs. Give clear reasons for your answers. Write notes with some of your ideas.

- 1 Which instructions are easy to follow to go volcano boarding? Why?
- 2 What difficulties do people experience when they do this sport?
- 3 What do you think happens if you don't wear goggles or protective clothing?
- 4 What physical effects do you think people feel after a day of volcano boarding?
- 5 Do you think volcano boarding is the sport with the biggest adrenaline rush? Why?/Why not? Give other examples of adrenaline-rush sports.

3 a Work in small groups. Imagine you went surfing down an active volcano together. Take turns telling a story about your experiences. Answer the questions below and use your notes in Exercise 2. Use verbs in past simple, past continuous and past perfect tenses.

- Where was the volcano?
- What clothes were you wearing?
- How fast did you go?
- What happened while you were surfing?
- How did you feel before, during and after the experience?

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b Retell your story to another group. Compare your stories.