

Dein Sprachmagazin in

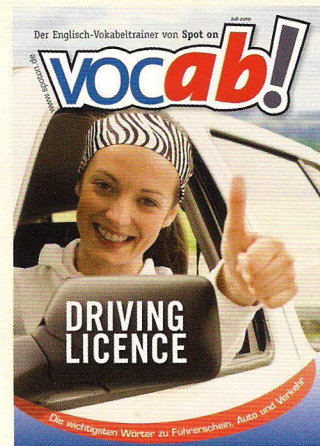
**EASY**

Juli 2010

**ENGLISH**

www.spoton.de

# Spot on



**DER ENGLISCHE  
VOKABELTRAINER  
IN DIESEM HEFT**

Teens im Extrem-Urlaub

## **ON TOP OF THE WORLD**

Ein Rodeo-Reiter erzählt

## **WILD WYOMING**

Alles, was du  
wissen musst

## **GOING TO UNI ABROAD**



Starke Mädchen ganz oben

# **Girl Power**

**x3**

**KATE NASH - Her best friend is you • Eclipse stars  
KRISTEN & DAKOTA - Friends forever, films together**

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EMPFOHLEN  
VON DER

Stiftung Lesen

# BECS IN THE CITY



Rebecca Jenkins berichtet aus London

## THE LETTER

SCHWIERIGER

MORE!

Dear Friends,

Another month, another crazy fitness fad! Those silly fitness shoes I bought a few months ago have gone to the darkest place on earth: the back of my wardrobe. This month, I'm running up skyscrapers!

I'm not joking. I've joined the army of cash-strapped Londoners tired of paying a fortune for gym membership. Instead, I'm exercising the old-fashioned way – by running up an ear-popping 756 steps!

In some of London's tallest buildings, people are running up the stairs to keep fit and raise money for charity. I chose the 165-metre Broadgate Tower, one of our most modern skyscrapers.

It was one of the toughest things I've ever done. By the 10th floor, I thought I was going to pass out. By the 20th floor, I couldn't feel my legs any more. And by the time I reached the 34th floor, I'd promised myself a thousand times never to do anything so stupid again.

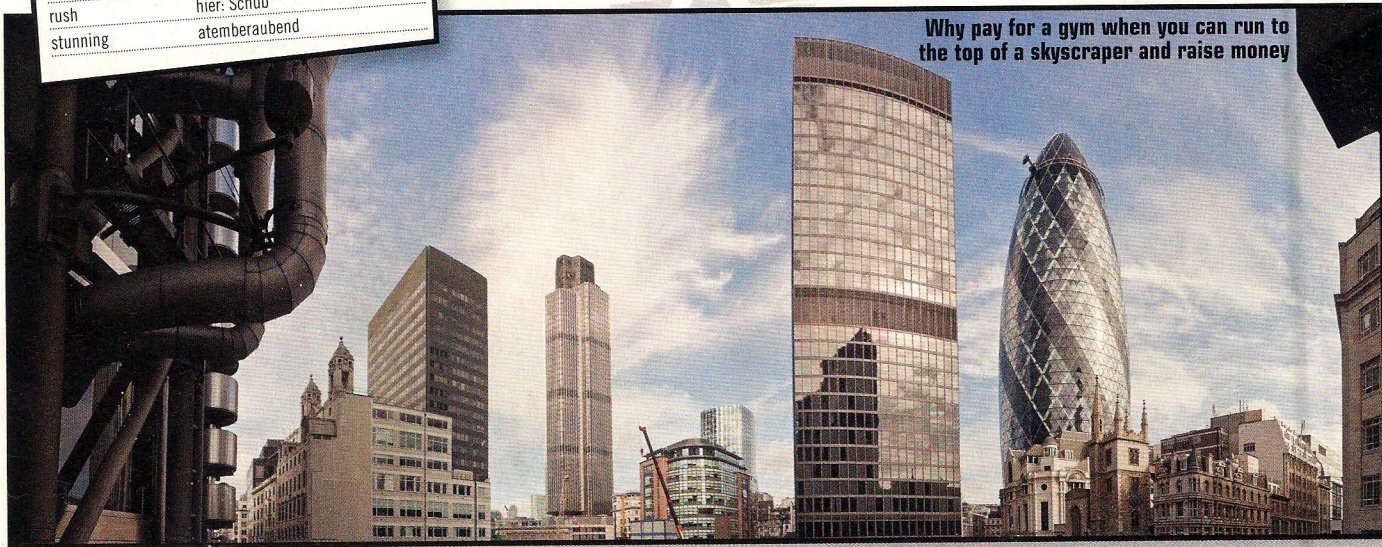
But once I'd got past the pain, I had that lovely happy hormone rush ... and a spectacular view of the city. From the top of Broadgate, you can see for 45 kilometres!

As training, I used the beautiful St Paul's Cathedral – with (only!) 530 steps and a view that's just as stunning. If you'd rather get a panoramic view without nearly killing yourself, go to the Oxo Tower – and take the lift!

Stay healthy!

Rebecca

gym [dʒɪm]	(Kurzform von „gymnasium“) Sporthalle; hier: Fitness-Studio
to raise	hier: sammeln
fad	☹ Mode(-erscheinung)
cash-strapped	☹ klamm, knapp bei Kasse
fortune [ˈfɔːtʃən]	Vermögen
to exercise	hier: trainieren, Sport treiben
ear-popping	☹ etwa: ... bei denen man (durch die schnelle Überwindung des Höhenunterschieds) Druck auf den Ohren bekommt
charity [ˈtʃærəti]	hier: für wohltätige Zwecke
to pass out	umkippen, ohnmächtig werden
rush	hier: Schub
stunning	atemberaubend



Why pay for a gym when you can run to the top of a skyscraper and raise money

Foto: Foto Voyager

## THE DO... THE DON'T...



**DO** Have a swim in the ponds at Hampstead Heath. There's nothing quite like a dip to cool off in the summer heat – and it does get hot here!  
**Hampstead Heath • Rail: Gospel Oak**

pond	Teich; hier: Naturfreibad, Badeweiher
Hampstead Heath	Park im Norden Londons
dip	hier: (kurzes) Bad



**DON'T** Be afraid of queues – if you can't beat them, join them! The Beigel Bakery on Brick Lane has Londoners queuing around the block for its wonderful salt-beef bagels. Good things come to those who wait!  
**159 Brick Lane • Tube: Bethnal Green/Liverpool Street/Whitechapel**

queue [kju:]	(Warte-)Schlange
good things come to those who wait	was lange währt, wird endlich gut
Tube [tju:b]	(Londoner) U-Bahn; auch: U-Bahnstation

Willst du in den Ferien einfach nur abhängen? Oder bist du eher der Action-Typ? **Alison Rivers** hat mit Teens aus Amerika, Schottland und Australien gesprochen, die Action auf die Spitze treiben – und das bis rauf zum Gipfel.

# ON TOP OF THE WORLD



Jordan doing what he does best

It's freezing cold. You can hardly breathe. When you're clinging to the side of the world's highest mountain, one wrong step could be your last. Welcome to the world of teen climber **Jordan Romero**. He's one of six young people who talked to **Spot on** about their cool adventures in nature.

Jordan, from Big Bear in California, was nine when he saw a painting of the world's biggest mountains and decided he wanted to climb them. Now, at 13, he's already reached six of the **Seven Summits**. This summer, Jordan became the youngest person to climb the biggest of them all – Mount Everest, on the border between Nepal and Tibet. The first thing he did on the mountain's summit was call his mother to say, "Mom, this is your son calling from the top of the world!"

A few days before his 8,850-metre climb, Jordan spoke to us from Tibet. "I'm fairly sure this will be the hardest climb yet," he said. "The altitude makes it very hard. But whether it takes two months or two years, I'll keep trying until I get to the top."

More than 200 climbers have died on Mount Everest. The air at the top is so thin that you need extra oxygen. Jordan's small team includes his dad and stepmother. To get used to the altitude, they spent a few weeks at Everest's Intermediate Base Camp. Then, in ice-cold winds, they started climbing over the mountain's giant rocks and across its narrow ridges.

In Jordan's first interview after climbing the mountain, he told reporters he didn't think he'd make it at times. "The altitude and the lack of oxygen made it difficult. Winds were blowing at 100 kilometres per hour and it was cold."

Jordan plans to climb the last of the Seven Summits, Vinson Massif in Antarctica, this December. "Then I want to climb the highest peak in each of the 50 US states," he told us. "After that I hope to become a professional in some action sport – freestyle skiing, BMX or something like that."

freezing cold	eiskalt
to cling to something	(sich) an etwas hängen, festklammern
side	hier: Flanke
<b>Seven Summits</b>	<b>siehe Seite 39</b>
climb [klaɪm]	hier: Aufstieg, Besteigung
altitude [ˈæltɪtjuːd]	Höhe
oxygen [ˈɒksɪdʒən]	Sauerstoff
stepmother	Stiefmutter
intermediate [ɪntəˈmiːdiət]	Zwischen-
giant [ˈdʒaɪənt]	riesig
narrow	eng, schmal
ridge	Grat, (Berg-)Kamm
peak	Gipfel
BMX	„bicycle moto-cross“

Das ist der Gipfel!

## The Everest experience

Climbing Mount Everest takes a lot of preparation and hard work. It takes six to eight weeks to acclimatize to the mountain. The climb itself takes around 21 days.

If you want to climb Everest:

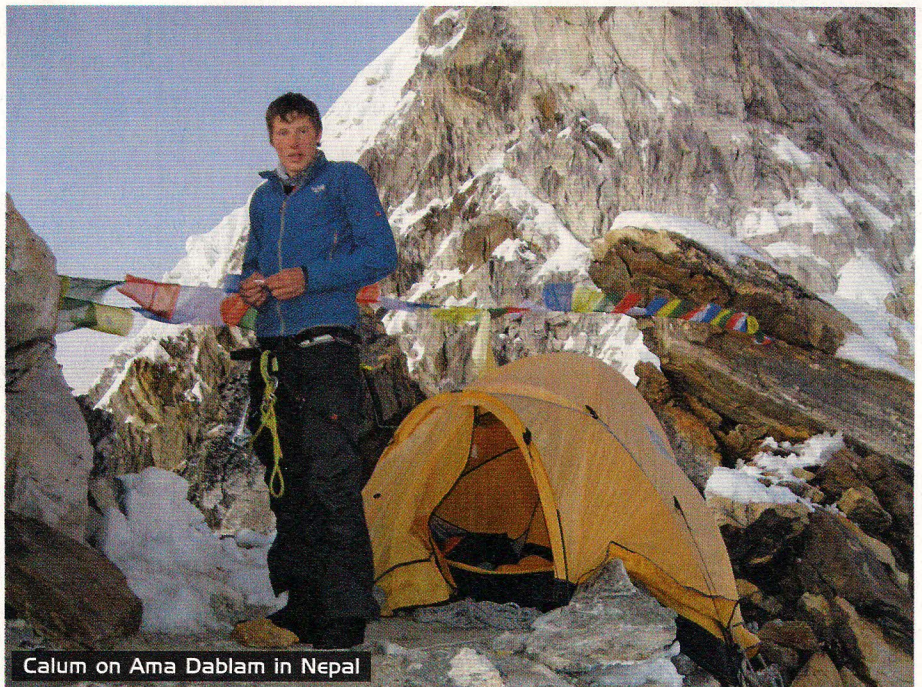
- You have to take lots of equipment with you – including oxygen tanks, a satellite phone, climbing equipment and tents.
- You need to eat about 6,000 calories a day, mostly boil-in-the-bag food, biscuits and chocolate.
- Near the top, you won't be thinking clearly. Above 8,000 metres, mental sharpness decreases by about 70 per cent because there's so little oxygen.
- There's a risk of altitude sickness, frostbite, hypothermia and hallucinations. Serious injury and death are also real possibilities.

to acclimatize [ə'klɪmətaɪz]	sich akklimatisieren
oxygen tank ['ɒksɪdʒən]	Sauerstoffflasche
boil-in-the-bag	im Kochbeutel
biscuit ['bɪskɪt]	Keks
mental sharpness	Geistesschärfe, Denkvermögen
altitude sickness ['æltɪtɪdʒuːd]	Höhenkrankheit
frostbite	Frostbeulen, Erfrierungen
hypothermia [haɪpə'θɜːmiə]	Unterkühlung
injury ['ɪndʒəri]	Verletzung



Mount Everest – 8,850 metres

Fotos: Thinkstock (l. u.); privat (2)



Calum on Ama Dablam in Nepal

KLETTERN GEGEN KREBS

## Climb for a cause

Going on an adventure is lots of fun – but you can also help other people at the same time! Last year, **Calum Macintyre**, 17, from Kinross in Scotland, reached the top of Ama Dablam, a 6,812-metre mountain in Nepal.



On the way to the top

Calum did this to raise money for the Teenage Cancer Trust, an organization that helps young people who have cancer. Calum's sister and father have both had cancer – but that didn't stop his dad from doing the first part of the climb with him.

Although he's been climbing since he was five, Calum still found the heights of Ama Dablam dangerous and scary:

*"The climb was ten times as hard as I thought it would be. The scariest moment was when I looked up and saw a football-sized rock falling towards me. There was nothing I could do except shield my face. The rock hit my leg but didn't do too much damage. If something happens up a mountain, you can't just get rescued. It's not that easy.*

*I climbed with ten other people. To keep warm, we wore about seven layers of clothing. We ate boil-in-the-bag food, like curry and rice, and slept in small tents. You can't really sleep much at that altitude – especially with rocks digging into your back. Generally, the biggest challenge was the high altitude. I was shocked at how tired it made me feel.*

*To get to the top, we had to climb through deep snow. It was so cold that I couldn't feel my fingers. But there are no words to describe how I felt when we reached the summit. It was amazing to look down on the mountains and valleys of Nepal."*



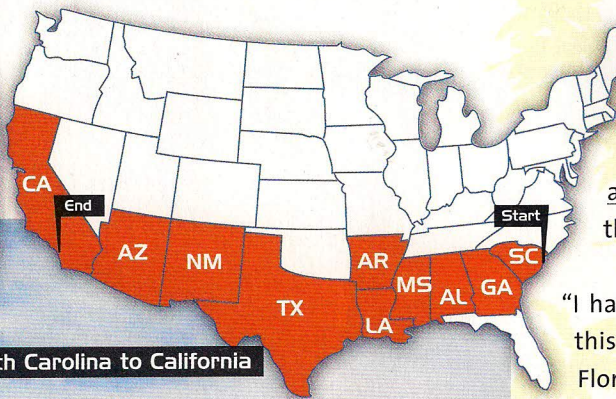
cause	hier: guter Zweck
to raise	hier: sammeln
cancer ['kænsə]	Krebs
trust	hier: Stiftung
to shield one's face	hier: die Hände schützend vor das Gesicht halten
that	hier: so
layer ['leɪə]	Schicht
to dig into something	sich in etwas eingraben, pressen
amazing	hier: toll, fantastisch, überwältigend

4000 KILOMETER AUF ZWEI RÄDERN

# Two-wheel travel



The 14 cyclists travelled from South Carolina to California



The US is a big country that takes five hours to cross by plane or three days by car. Last summer, **Nicole Golden**, 15, and **Jake Arthur**, 18, cycled more than 4,000 kilometres across the US. The six-week trip, called *America Coast to Coast*, was organized by *Apogee Adventures*, a teen outdoor-adventure travel agency in the US state of Maine.

"I had never done anything like this before," said Nicole, from Florida, who was the youngest in the group. "I really wanted to challenge myself, and there's no better way to do that."

In late June, the 14 cyclists met in Charleston, in South Carolina, on the east coast. There, they dipped their tyres into the Atlantic Ocean – a tradition among cyclists travelling coast to coast. After that, they cycled up to 160 kilometres a day through rural towns, rocky mountains and sandy deserts, stopping only to eat and camp for the night.

"We saw spectacular countryside," said Jake, from Massachusetts. "From big open spaces in Arkansas and Texas to the red mountains of New Mexico and the deserts of Arizona. I really liked New Mexico. The sunrise was absolutely gorgeous, but the desert was like the loneliest place in the world."

It was exhausting at times, especially on the hottest days with temperatures over 40 degrees Celsius. But Jake and Nicole loved the trip. Their favourite moment was when they reached San Diego in California and saw the blue waters of the Pacific Ocean. "We'd been dreaming about it for six weeks," said Nicole. "We threw down our bikes and ran into



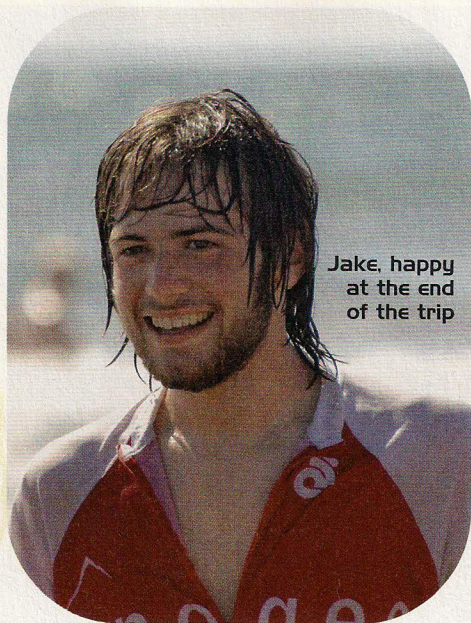
Nicole on the road

the ocean. We ran around screaming. Our adventure was over, but we'd done something amazing."

Jake and Nicole said the trip helped them feel more confident and independent. They both hope to go on another big adventure soon.

apogee ['æpəʊdʒi:]	Gipfel, Höhepunkt
outdoor adventure	hier: Naturerlebnis
travel agency ['trɛvɪdʒənsi]	Reisebüro
to challenge oneself ['tʃælɪndʒ]	sich einer Herausforderung stellen, sich beweisen
to dip	(ein-)tauchen
tyre	Reifen
rural ['rʊərəl]	ländlich, Land-
desert ['dezət]	Wüste
open space	freie Fläche, offenes Land
Arkansas ['ɑ:kənsə:]	
gorgeous ['gɔ:dʒəs]	wunderschön
degree	Grad
confident ['kɒnfɪdənt]	selbstsicher, selbstbewusst

MORE ON NEXT PAGE ►►



Jake, happy at the end of the trip

### 18 Stunden Radelalltag On the road

Jake and Nicole told us what they did most days while cycling across the US:

**4:30 a.m. - 7 a.m.:** Get up. Pack up the tent and all our things. Eat breakfast – usually a banana and a bagel. Pump up the tyres.

**7 a.m.:** Cycle in groups of three because this makes it easier for cars to pass us. Stop about every 25 kilometres to make sure we're all still together.

**1 p.m.:** Stop to get lunch at a supermarket. Then take a nap by the side of the road.

**3 p.m.:** Start cycling again. Snack on energy bars and drink lots of water.

**6:30 p.m. – 8 p.m.:** Arrive at the next town. Buy dinner, breakfast and snacks. Go to a campsite and set up our tents. Cook and eat dinner.

**8 p.m. – 10:30 p.m.:** Wash clothes. Play cards together and have fun.

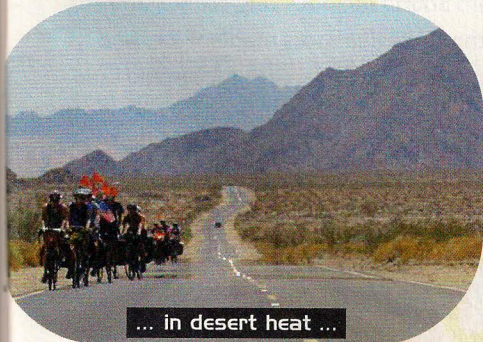
**10:30 p.m.:** Go to sleep.

on the road	unterwegs
a.m. ( <i>ante meridiem</i> )	morgens, vormittags
p.m. ( <i>post meridiem</i> )	nachmittags, abends
to take a nap	ein Schläpfchen halten
to snack on something	etwas als Zwischenmahlzeit essen
bar	hier: Riegel

Fotos: privat (4)



Many miles ...



... in desert heat ...



... but we did it!



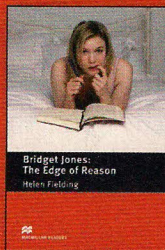
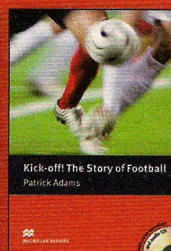
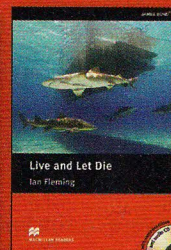
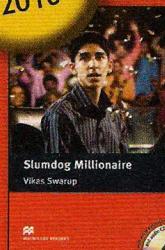
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Sam (second from right) kayaking and camping in Alaska

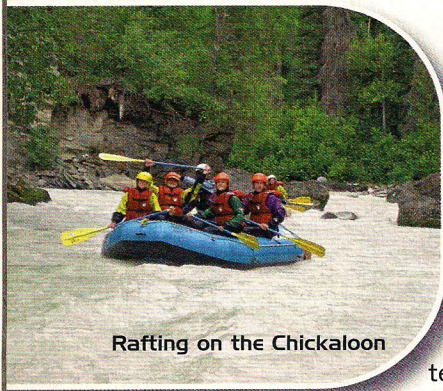
ELCHE, BÄREN UND EISBERGE

SCHWIERIGER

## A white, bright world

**E**normous snow-peaked mountains and dense green forests are all around you. Small icebergs float in the river, and a bald eagle flies overhead. It's the middle of the night, but outside it's as bright as day. Where are you? You're in Alaska, America's northernmost state.

"It's so incredibly beautiful," says 18-year-old **Sam Booke**, from Charlotte, North Carolina. Sam joined ten other teens for three weeks of exploring in Alaska last summer. "We would just set up our tents anywhere," he explains. "We were in the wilderness. One time, three of us took a break from hiking and climbed to the top of a mountain. When we got up there, it started snowing and we just stood there gazing out at the rivers and mountains. Words can't describe what we saw that day."



Rafting on the Chickaloon

The teens were on a three-week adventure called Northern Lights with the organization Moondance Adventures, an adventure travel agency in North Carolina. The trip began and ended in Anchorage, Alaska's largest city. The teens kayaked on the waters of Prince William Sound, hiked through the Talkeetna Mountains and went white-water rafting down the Chickaloon River.

Das raten unsere Experten

### Survival tips

Here are the top survival tips from the teens who've hiked, biked, climbed and paddled in the wild:

- You lose lots of salt when you sweat. Eat food that's high in salt and energy – like salted nuts or energy bars.
- Drink lots of water, even if you don't feel thirsty.
- Wear sunscreen, sunglasses and a hat.
- If you feel tired, stop and take a break.
- Stay positive, especially when things go wrong.
- Listen to the experts and stay safe.
- Do some research so you know where you're going, what to take and what to expect.

to sweat [swet]	schwitzen
sunscreen	Sonnencreme (mit hohem Schutzfaktor)
to stay safe	vorsichtig sein, gut aufpassen
to do some research [ri'sɜ:tʃ]	recherchieren, sich gut informieren

"Anchorage is a city surrounded by nature," says Sam. "You have the mountains in the background, and moose and bears living nearby. Prince William Sound includes tiny islands and fjords with huge glaciers that look like rocks made of ice. And the Talkeetna Mountains are really remote with rocky, wild land and thick, green forests."

Alaska is close to the Arctic Circle, so it's light there almost all the time during summer. "It was dark for maybe an hour a day," says Sam. "That was really strange at first. But we got used to it." It's also the most sparsely populated state in the US, so you can travel through most of it without meeting anyone. Sam welcomed the loneliness. "It was nice to get away from everything and just be in nature," he says. "It makes you realize that you don't need anything else."

snow-peaked	mit verschneiten Gipfeln	moose [mu:s]	Elch(-e)
dense	dicht	glacier ['glæsiə]	Gletscher
bald eagle	Weißkopfseeadler	remote [ri'məʊt]	abgelegen, abgeschieden
to gaze	starren, blicken	Arctic Circle	nördlicher Polarkreis
Northern Lights	Nordlicht, Polarlicht	sparsely populated	dünn besiedelt
sound	hier: Sund, Meerenge		
white-water rafting	Wildwasser-Schlauchbootfahren		



Christania (centre), taking a break from cycling in New Zealand

VOM STUBENHOCKER  
ZUM OUTDOOR-FAN

## A city girl in the wild

What is it like to explore the rainforests, glaciers and mountains of New Zealand? For **Christania Tanuwidjaya**, it was the adventure of a lifetime. The 19-year-old comes from Sydney in Australia, a city of more than four million people. She didn't know much about living in the wild before she went hiking up mountains and along glaciers, kayaking down rivers and sleeping in rock shelters and huts.

"I was going through a tough time," she told **Spot on**. "I wanted to do something new and get away for a while. I'd never been to New Zealand, and this adventure tour sounded exciting and different."

Christania's two 11-day adventures were organized by Hiking New Zealand. "I'm a real city girl and had never done anything like this before, so it was hard in the beginning," she explained. "My body ached all over and I kept asking everyone to slow down or take a break. But by the end of the first adventure, I was really fit. And on the second trip, I was leading the group."

Travelling along the west coast from the city of Nelson to the town of Queensland, Christania hiked through the mountains in Kahurangi National Park, climbed the ice on Fox Glacier and kayaked on Okarito Lagoon. "We also spent days walking through rainforests," she said. "It rained all the time. The smell from the rivers and streams was very fresh, and you could drink the water because it had come from the mountains."

On her second adventure, Christania crossed the country's South Island from Queensland to the city of Christchurch. Her happiest moment was when she climbed the 3,754 metres to the top of New Zealand's highest mountain, Mount Cook. "It was cold, windy and snowing," she explained. "We looked out and saw a country full of colours – green trees, white snow, blue skies and yellow fields. We put up our tent and watched the sunset. It was so beautiful."

Since returning to Sydney, Christania has joined a hiking group and become a lot more active. She's already planning her next adventure! ●

the adventure of a lifetime	das größte Abenteuer im Leben
rock shelter	Felsdach, kleine Höhle
hut	Hütte
to go through a tough time	etwa: eine schwierige Zeit durchmachen
to ache [eɪk]	wehtun, schmerzen
stream	Bach

Diese Organisationen  
machen es möglich

## Go adventuring

Many companies and organizations specialize in adventure trips for young people. Here are some of the top ones:

### Outward Bound

This international non-profit organization offers personal growth through adventure-based programmes.  
outwardbound.org

### Wilderness Ventures

More than 30 years of experience in adventure holidays, with options for the US, South and Central America, Australia, the South Pacific and Europe.  
wildernessventures.com

### AAVE

Summer adventure travel all over the world for teens between 12 and 18 years of age.  
aave.com

### Wilderness Adventure at Eagle Landing

An outdoor adventure programme based in the US state of Virginia.  
wilderness-adventure.com

to go adventuring	etwa: eine Abenteuer-/Erlebnisreise machen
outward bound	(Schiff) auslaufend
non-profit [ˌnɒn 'prɒfɪt]	nicht kommerziell, gemeinnützig
personal growth	hier etwa: Persönlichkeitsentwicklung
venture	Unternehmung, Projekt



In the rainforest



Landeskunde & Sprache unter der Lupe:  
drei wichtige Begriffe aus diesem Heft



An unemployed woman selling fruit in NYC

## The Great Depression page 7

The day of the New York stock market crash – 27 October 1929 – became known as Black Thursday. After six years of growth, the US economy faltered. By 1933, unemployment had risen to 25-30 per cent and 11,000 banks had been forced to close. Industrial production fell by almost half, and deflation pushed prices down by a third. Since the US was a big creditor to European countries, especially Britain and Germany, the crisis spread quickly and led to political upheaval. Franklin D. Roosevelt became US president and restructured the economy with his New Deal. In Germany, the crisis helped the rise of Adolf Hitler. The effects of the Depression finally began to ease with rearmament immediately before the Second World War.

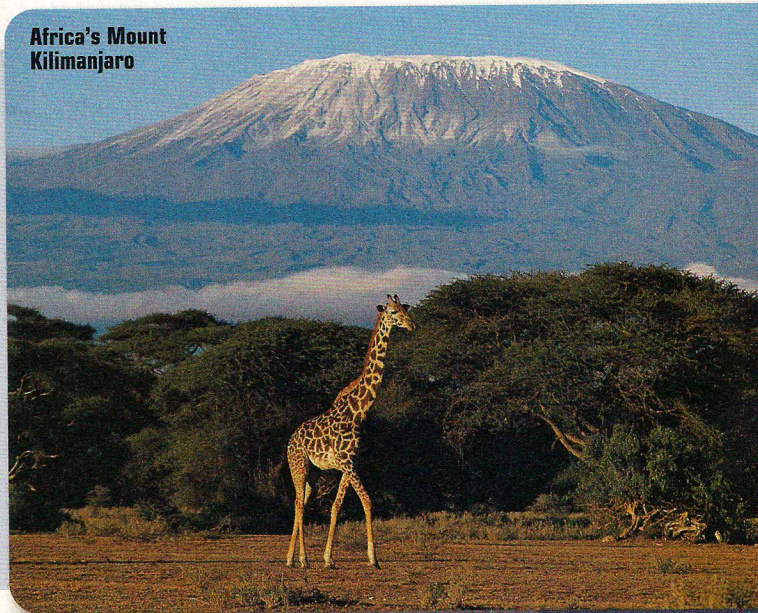
stock market	Aktienmarkt, Börse
to falter	ins Wanken geraten
creditor [ˈkredɪtə]	Gläubiger(-in), Kreditgeber(-in)
upheaval [ʌpˈhi:vəl]	Umbruch, Unruhe(-n)
to ease	hier: abklingen
rearmament [riːˈɑ:mənt]	Wiederaufrüstung

## The Seven Summits page 12

Fewer than 250 mountaineers have succeeded in climbing the highest mountain of each continent. These Seven Summits are Mount Everest (Asia; 8,850 metres), Cerro Aconcagua (South America; 6,960 metres), Mount McKinley (North America; 6,198 metres), Kilimanjaro (Africa; 5,895 metres), Gora El'brus (Europe; 5,633 metres), Puncak Jaya (Oceania; 5,030 metres) and Vinson Massif (Antarctica; 4,897 metres). The Seven Summits challenge was started by American climber Richard Bass in 1985. Richard's original list included Australia's Mount Kosciuszko instead of Indonesia's Puncak Jaya, which he placed in Asia. It was Italian mountaineer Reinhold Messner who argued

summit	Gipfel	that Australia and
mountaineer [maʊntɪˈniə]	Bergsteiger(-in)	Indonesia should
Gora El'brus	Elbrus (Berg im Kaukasusgebirge)	be counted as parts
challenge [ˈtʃælɪndʒ]	Herausforderung; hier etwa: Wettbewerb	of Oceania.
to argue [ˈɑ:gju:]	hier: argumentieren, einwenden	

Africa's Mount Kilimanjaro



## St Paul's Cathedral



page 22

An instantly recognizable part of London's skyline, St Paul's Cathedral is also one of Europe's most famous buildings. A cathedral in Saint Paul's name has been there since the year 604 AD. The current building – the fourth – was designed by Christopher Wren and completed in 1710, after much of London had been destroyed in the Great Fire of 1666. St Paul's has seen some of the most important ceremonies in British history – including the funerals of Lord Nelson (1805) and Winston Churchill (1965), and the wedding of Charles and Diana (1981).

instantly	sofort, auf Anhieb
AD (Anno Domini)	nach Christus.
to design	hier: planen, entwerfen