

freiwillige Zusatzaufgaben

Task 1

something that people are interested in for only a short period of time

F	A	D
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a very tall building in a city

S	K	Y	S	C	R	A	P	E	R
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a large amount of money

F	O	R	T	U	N	E
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to do sports or other physical activities in order to stay healthy

E	X	E	R	C	I	S	E
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the aim of giving money, food, help, etc. to people who are in need

C	H	A	R	I	T	Y
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all the rooms that are on the same level of a building

F	L	O	O	R
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a sudden strong emotion/ feeling of extreme pleasure or excitement

R	U	S	H
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very impressive, breathtaking

S	P	E	C	T	A	C	U	L	A	R
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process of preparing to take part in a sports competition

T	R	A	I	N	I	N	G
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Topic:

C	H	A	L	L	E	N	G	E
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Task 2

a) “On Top of the World” (p. 12)

Name:	Jordan Romero
Age:	13
Where he is from:	Big Bear, California
What he does :	climbing
Aim/goal:	wants to climb the world’s biggest mountains
Reached so far:	six of the Seven Summits
Last mountain he climbed + height:	Mount Everest: 8,850 metres
What he told his mother on phone:	“Mom, this is your son calling from the top of the world!”
His team:	dad and stepmother
Future plans:	climb Vinson Massif in Antarctica, climb highest peak in each of the 50 US states, become professional in some action sport

- 1) How many climbers have died on Mount Everest?
 - 200

- 2) Why is it so hard and dangerous to climb Mount Everest?
 - need extra oxygen because air is so thin
 - is very high
 - ice-cold winds at 100 kilometres per hour
 - giant rocks and narrow ridges
 - cold temperature

“The Everest experience” (p. 13) – possible rules:

- Stay in the region for six to eight weeks to acclimatize before you climb the mountain.
- Take lots of equipment like oxygen tanks, a satellite phone, climbing equipment and tents with you.
- Eat about 6,000 calories a day, mostly boil-in-the-bag food, biscuits and chocolate.
- Take into consideration that your mental sharpness will decrease by about 70 per cent.
- Be aware of the risk of altitude sickness, frostbite, hypothermia, hallucinations, serious injury and death.

Task 2

b) "Climb For a Cause" (p. 13)

Name:	Calum Macintyre
Age:	17
Where he is from:	Kinross, Scotland
What he does :	climbing
What he reached + height:	top of Ama Dablam, Nepal, 6,812 metre
Why he did it:	to raise money for the Teenage Cancer Trust à sister and father have both had cancer
Who climbed first part with him:	dad
How he felt:	scared, frightened, tired, overwhelmed
How many others in team:	ten

- 1) What was his scariest moment?
 - Football-sized rock falling towards him à shielded his face
 - Rock hit his leg but didn't do too much damage

- 2) What did the team wear and eat? How did they sleep?
 - Wore about seven layers of clothing
 - Ate boil-in-the-bag food (e.g. curry and rice)
 - Slept in small tents à not very comfortable because of rocks

"The Seven Summits" (p. 39):

- The highest mountains on each continent: Mount Everest, Cerro Aconcagua, Mount McKinley, Kilimanjaro, Gora El'brus, Puncak Jaya, Vinson Massif
- Challenge started by American climber Richard Bass in 1985

Task 2

c) “Two-wheel travel” (p. 14/15)

Names + Ages:	Nicole Golden (15), Jake Arthur (18)
What they did + distance :	cycled more than 4,000 kilometres across the US
About the trip :	
- How long:	took six weeks
- Started when and where:	late June, in Charleston, South Carolina (east coast)
- Km/day:	160
- Highest temperature:	40 degrees Celsius
Number of cyclists:	14
Favourite moment:	when they reached San Diego in California and saw the blue waters of the Pacific Ocean
How they felt afterwards:	more confident and independent

1) How long does it take to cross the US by plane or car?
 - Five hours by plane or three days by car

2) What do they tell about the countryside they saw?
 - Rocky mountains, sandy deserts
 - Spectacular countryside
 - Open spaces, red mountains
 - Gorgeous sunrise

“On the Road” (p. 15) – possible tips:

- You should have a small breakfast, e.g. a banana and a bagel.
- You should pump up your tyres before starting.
- You should cycle in groups of three to make it easier for cars to pass you.
- You should stop about every 25 kilometres to make sure you’re all still together.
- You should stop to get lunch at a supermarket.
- You should take a nap after lunch.
- You should have a afternoon snack, e.g. energy bars.
- You should drink lots of water.
- You should buy dinner, breakfast and snacks in the towns.
- You should sleep on a campsite and cook dinner there.

Task 2

d) “A white, bright world” (p. 16)

Name:	Sam Booke
Age:	18
Where he is from:	Charlotte, North Carolina
Where adventure took place:	Alaska, America’s northernmost state
How many others:	10
About the trip :	
- How long:	three weeks
- Name of adventure:	Northern Lights
- Beginning and end point:	Anchorage, Alaska’s largest city
- What they did:	kayaking on Prince William Sound, hiking through Talkeetna Mountains, going white-water rafting down Chickaloon River
What he realized:	That you don’t need anything else than being in nature.

1) How is Alaska described at the beginning?

- Enormous snow-peaked mountains
- Dense green forests
- Small icebergs
- Bald eagles
- As bright as day in the middle of the night

2) What is special about Alaska concerning the daylight and the population?

- It’s light almost all the time during summer because it’s close to the Arctic Circle.
- It’s the most sparsely populated state in the US.

“Survival Tips” (p. 16) – possible rules:

- Eat food that’s high in salt and energy, e.g. salted nuts or energy bars.
- Drink lots of water.
- Wear sunscreen, sunglasses and a hat.
- Stop and take a break whenever you feel tired.
- Stay positive.
- Listen to experts and stay safe.
- Do research before you start your trip.

Task 2

e) "A city girl in the wild" (p. 17)

Name:	Christiana Tanuwidjaya
Age:	19
Where she is from:	Sydney, Australia
Where adventure took place:	New Zealand
What she did:	hiking up mountains and along glaciers, kayaking down rivers and sleeping in rock shelters and huts
Time trip took:	two times 11 days
How she felt	
- at beginning:	a tough time, hard, body ached all over, wanted to slow down or take a break
- later:	really fit, leading the group
Route trip 1:	from Nelson to Queensland along west coast
Route trip 2:	from Queensland to Christchurch crossing South Island
Happiest moment:	climbing the 3,754-metre-high Mount Cook

1) What did she experience in the rain-forests?

- It rained all the time.
- The smell from the rivers and streams was very fresh.
- You could drink the water because it had come from the mountains.

2) How does she describe climbing Mount Cook?

- Cold, windy and snowing
- Country full of colours – green trees, white snow, blue skies and yellow fields

"Go Adventuring" (p. 17):

Amy: AAVE

Jim: Outward Bound

Susan: Wilderness Adventure at Eagle Landing

Alan: Wilderness Ventures