Do the preparation exercise first. Then read the text and do the exercises to check your understanding.

### Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

1. a continent
2. a challenge
3. freezing
4. a blind person
5. destruction
6. a charity
7. climate change
8. a storm

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<tbody>
<tr>
<td>1</td>
<td>a continent</td>
<td>a. someone who cannot see</td>
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<td>2</td>
<td>a challenge</td>
<td>b. an organisation that helps people in need</td>
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<td>3</td>
<td>freezing</td>
<td>c. something that is difficult but fun to do</td>
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<td>4</td>
<td>a blind person</td>
<td>d. very cold, below 0º Celsius</td>
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<td>5</td>
<td>destruction</td>
<td>e. bad weather with strong winds and rain</td>
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<td>6</td>
<td>a charity</td>
<td>f. destroying something, making something not exist</td>
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<td>7</td>
<td>climate change</td>
<td>g. a big area of land like Africa, Asia or Europe</td>
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<td>8</td>
<td>a storm</td>
<td>h. changes in the world’s weather</td>
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### 1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

1. Ed Stafford walked along the Amazon from Brazil to the mountains of Peru.  
   - True  
   - False
2. Ed’s walk along the Amazon took 28 months.  
   - True  
   - False
3. Ed was bitten by a snake in the rainforest.  
   - True  
   - False
4. Gerlinde Kaltenbrunner climbed for the first time when she was a nurse.  
   - True  
   - False
5. Gerlinde Kaltenbrunner helps a charity for blind people.  
   - True  
   - False
6. Meagan McGrath had bad weather on her skiing trip to the South Pole.  
   - True  
   - False
2. Check your understanding: multiple choice
Circle the best option to complete these sentences.

1. Ed Stafford was often tired because he didn’t have enough sleep / food.
2. Ed Stafford wrote a blog about climate change during / after his walk.
4. Gerlinde Kaltenbrunner is from Austria / The United States.
5. Erik Weihenmayer / Meagan McGrath has ridden a bike across Canada.
6. Erik Weihenmayer has helped blind people to ride bikes / climb mountains.

Discussion
Would you like to do any of these things?

Vocabulary Box
Write any new words you have learnt in this lesson.