

**Exercise 3**

Read the article about a company that provides adventure holidays, and then complete the notes.

Great Outdoors Adventure Company

A week's adventure holiday with Great Outdoors will give you more than just great memories. During the week, you'll be hiking and camping in some of the country's most beautiful landscapes, and you'll gain an appreciation for natural beauty. We run various trips for groups throughout the year, and because the degree of difficulty for each is different, it's crucial that you read the website descriptions carefully. Whichever one you go for, by the end of the week you'll certainly notice an increase in your self-confidence. This is something which comes from having completed the challenges we set you along the way. It can be tough at times, but that's all part of the experience, and you'll leave with a greater determination never to give up that will make it all worth it!

Once your place on the adventure holiday is confirmed, your adventure leader will ask you to complete a fitness plan which they will email you. The purpose of this is to help you make the most of your holiday – it's full of useful ideas. When they contact you, there will also be the opportunity to sign up to our group chat facility. While this is of course completely optional, it's an excellent idea, and can help make the first meeting with a new group of people just a little easier!

On the first day, you'll be given a programme of challenges for the week. As well as hiking during the day, you also set up camp every evening. Everyone is expected to help, and it's a great way to make friends with the other adventurers in your group. Your guide is a good chef, but you have to contribute to the cooking. If you can practise some basic cooking skills before you arrive, it will make you a much more helpful campmate – and of course it's something that always comes in useful! And while there's plenty of food provided at mealtimes, if you pack a few energy bars to bring with you, they will most likely be welcome on a long hike!

Completing the challenges can't be done alone. You all need to rely on each other, and the ability to recognise strengths in other people is something that you will quickly learn. Then, when it's your turn to be the group leader, you'll know which person is best suited for each part of the challenge. This can really save you time as well as resulting in a happier team.

By the end of your week away, we guarantee you'll be a changed person! As well as having some very impressive stories to tell, you'll leave having made some great new friends. We look forward to helping you get started on your next Great Outdoors adventure!



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Question 8

How to prepare for your adventure holiday:

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