

2

Escape

2.1 Out of your comfort zone

GOALS ■ Talk about travel and adventure ■ Talk about past events

Vocabulary & Speaking talking about travel and adventure

- 1 Work with a partner. Tell your partner about a place in the world that you would really like to visit one day.
- 2 2.1))) Listen to three people telling their friends about places they would like to go to and why. Match some of the reasons a–g to conversations 1–3.
- | | |
|----------------------|---------------------|
| a wildlife | e weather |
| b scenery | f physical activity |
| c personal challenge | g architecture |
| d atmosphere | |

- 3a Complete the sentences with words or phrases from the box.

adventurous appeal remote roughing it season
soak up stunning touristy wander zone

- Apparently, the views are absolutely _____.
 - I'm not very good at _____. I like life's little luxuries!
 - You need to be more _____. Step out of your comfort _____.
 - I'd like to experience being in a completely _____ environment with no one else around.
 - It's just the cold weather that doesn't _____ to me that much.
 - It would be great just to _____ around the old streets and _____ the atmosphere.
 - It gets quite _____ in the summer, so it's probably best to go out of _____.
- b 2.1))) Listen again and check.
- 4 Work in groups and discuss the questions.
- Where is the remotest place you've ever been?
 - Is there a monument, a work of art or an animal that you'd like to see with your own eyes?
 - Can you think of a destination that really appeals to you, and one that really doesn't? Why/Why not?

Grammar & Speaking talking about past events

- 5a Look at the photo and the first paragraph of the article and discuss the questions with a partner.
- Who is the woman? Where did she go, and when?
 - In what ways do you think she had to step out of her comfort zone?
- b Read the rest of the article and make notes of a) Mary Kingsley's achievements, and b) the challenges she faced.

A Fearless Traveller

It's hard to imagine anybody who looks less like an explorer than the Victorian traveller, Mary Kingsley (pictured right), but she was one of the world's toughest and most adventurous explorers. At a time when her friends were doing household chores and going to dances, Mary Kingsley was paddling up rivers in a canoe, eating snakes and poking hippopotamuses with her umbrella in West Africa.

Kingsley was the daughter of a travelling doctor from London. She loved hearing her father's travel stories, but there was no question that she would accompany him on his travels as her mother was frequently unwell and needed to be cared for. Suddenly, though, her life changed when both of her parents died within six weeks of one another. With no family responsibilities, she decided to travel to West Africa, a place she had always dreamt of visiting. She had two missions to complete while she was touring the continent: one was to meet the native people of West Africa, learn about their customs and religions and write a book about the subject. The other was to collect tropical fish and reptiles for the British Museum.

Her father's medical friends had warned her about tropical diseases and other dangers of travelling alone, but she ignored them and in 1893 she sailed to modern-day Sierra Leone on the first of her two long journeys to West Africa.

6 Work with a partner. Match the highlighted words in the article to meanings 1–6.

- 1 things you must do
- 2 strongest and bravest
- 3 moving a boat through water with a single oar
- 4 a sudden, unexpected meeting
- 5 something that you are remembered for
- 6 paid no attention to

7 Without looking at the article, complete these sentences with the correct form of the verbs in brackets. Read the article again and check.

- 1 She _____ (have) two missions to complete while she _____ (tour) the continent.
- 2 After she _____ (learn) the necessary skills, she _____ (set) off alone down the river ...
- 3 The crocodile _____ (try) to climb into her canoe, so she _____ (hit) it on the head with a paddle.



She lived for a while with the local people, who taught her how to fish with pineapple leaves. After she had learnt the necessary skills, she set off alone along the river in search of fish and reptiles. During her travels, she became the first woman to climb the active volcano Mount Cameroon, and the first white person to paddle up the Ogowe River and to cross the jungle to the Remboue River.

On her travels, she had to deal with extreme heat, tornadoes and various wild animals. Once, while she was canoeing along the Ogowe River, she had an **encounter** with a crocodile. The crocodile was trying to climb into her canoe, so she hit it on the head with a paddle. Kingsley describes this and other similar encounters in her two books, *Travels in West Africa* and *West African Studies*, which she wrote when she returned from her travels. The books became bestsellers and are still in print today.

She collected eighteen species of reptile and sixty-five species of fish, two of which were previously unknown and have been named after her. However, that was not her only **legacy**: she also became well known for her attitude towards the African people. She was the first explorer to show proper respect to the African people and their culture, and helped to change European attitudes towards them.

8 With a partner, name the tenses in exercise 7. Choose from *past simple*, *past continuous* and *past perfect*. Underline two more examples of these tenses in the article.

9 Choose the correct options to complete the rules in the Grammar focus box.

GRAMMAR FOCUS past events – narrative forms

- We use the ¹ **past simple** / **past perfect** to describe the main events of the story.
In 1893, she sailed to modern-day Sierra Leone.
- We use the ² **past continuous** / **past perfect** to show that a past action or situation took place before another past action.
She decided to travel to West Africa, a place she had always dreamt of visiting.
- We use the ³ **past simple** / **past continuous** to talk about a) an action or situation that was in progress at the time of the main events or b) two actions in progress at the same time.
... while she was canoeing along the river, she had an encounter with a crocodile.

→ Grammar Reference page 138

10 Read some more stories about Kingsley. Complete the sentences with the correct form of the verbs in brackets. There may be more than one possibility.

While she ¹ _____ (travel) she ² _____ (wear) the same clothing that she ³ _____ (wear) at home – a long black dress. She ⁴ _____ (claim) that the dress ⁵ _____ (save) her life once after she ⁶ _____ (fall) into a hole and landed on a spiky branch. She ⁷ _____ (be) one of the first Europeans to see a gorilla, although she later ⁸ _____ (comment) that she ⁹ _____ (never see) anything so ugly before. Once, when she ¹⁰ _____ (walk) through the jungle, she ¹¹ _____ (rescue) a leopard that ¹² _____ (get) caught in a trap. When it ¹³ _____ (start) circling her she ¹⁴ _____ (stare) back at it and ¹⁵ _____ (say) 'Go home, you fool!'.

11 **TASK** Work with a partner. You are going to read about two more famous female travellers. Student A, turn to page 127. Student B, turn to page 132.

▶ VOX POPS VIDEO 2