

A person with long hair, wearing a red and black plaid shirt, is seen from the back, carrying a large, grey, multi-pocketed backpack. They are standing in a mountainous landscape with evergreen trees and a clear sky. The word "ADVENTURE" is written in large, white, bold letters on a green rectangular background at the bottom of the image.

ADVENTURE

"The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience."

Eleanor Roosevelt (1884 – 1962), former first lady of the United States

1. Adventure Discussion

1. How would you define 'adventure'?
2. How adventurous are you? Do you like adventure? Would you like to be more adventurous?
3. What are some of the best adventures you've had?
4. Who's the most adventurous person you know? What makes them so adventurous?
5. How adventurous were you when you were younger? What kind of adventures do children have? Are they different to the adventures that adults have?
6. Do you think animals ever have adventures?
7. What would your perfect adventure involve? What would you do? Who would you go with or meet? What would you discover?
8. Why are humans attracted to adventure?

2. Adventure Vocabulary

- **comfort zone** (noun) – *a situation you feel comfortable in.*
- **adrenaline rush** (noun) – *a feeling of intense excitement caused by the release of adrenaline in response to something.*
- **adventure playground** (noun) – *an area for children to play in with structures such as slides, climbing frames, ladders, etc.*
- **adventure travel** (noun) – *tourism involving exploration or challenging outdoor activities such as hiking, rafting or mountain climbing.*
- **road trip** (noun) – *a long journey by car, often to visit various places.*
- **daredevil** (noun, adjective) – *a person who enjoys danger or risk; describes something that is dangerous or risky, but also might be enjoyable.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun):

1. Jumping from 20m into the sea gave me such an **adrenaline rush!**
2. The **daredevil** thief broke into the police station and stole three laptops.
3. Disaster tourism is a niche type of **adventure travel** where people visit dangerous locations such as live volcanoes and even to the Chernobyl nuclear explosion site.
4. Local residents protested the council's decision to remove the **adventure playground** saying kids don't have anywhere else to play.
5. Daniel decided to get out of his **comfort zone** and quit his high-paying job to become a yoga instructor in India.
6. My dream is to take a **road trip** following Route 66 across the United States.

Adventure vocabulary comprehension questions

1. When did you last leave your comfort zone?
2. What gave you an adrenaline rush?
3. What memories do you have of adventure playgrounds?
4. What kind of adventure travel would you be interested in?
5. Where would you like to take a road trip? Which places would you visit?
6. Can you think of any daredevils?

3. Video: Sir Edmund Hillary

You are going to watch a biography of Sir Edmund Hillary by Ultimate History.

Watch the video here: <https://yourenglishpal.com/blog/esl-conversation-lesson-plan-adventure/>

While you watch the video, answer the following questions:

Multiple choice

1. What is Mount Everest sometimes referred to as?
a) *the North Pole* b) *the South Pole* **c) *the Third Pole***
2. How high is Mount Everest?
a) *8,838m* **b) *8,848m*** c) *8,858m*
3. Who took a photo on the summit of Mount Everest?
a) *Edmund Hillary* **b) *Tenzing Norgay*** c) *nobody*
4. When was Hillary knighted?
a) *16th May* b) *16th June* **c) *16th July***

Sentence completion

5. Hillary was so shy he asked his fiancée's **mother** to ask her daughter to marry him on his behalf.
6. To celebrate 50 years after his father climbed Mount Everest, Peter Hillary climbed Mount Everest with Tenzing Norgay's **son**.
7. Edmund Hillary set up the Himalayas Trust to help build schools, **hospitals** and airstrips in the region.
8. In 1958, Edmund Hillary took part in an expedition to reach the **South Pole**.

Short answer

9. Who did Hillary travel to the North Pole with? **Neil Armstrong**
10. How many peaks in the Himalayas did Hillary climb between 1956 and 1965? **10**
11. What evidence of the Yeti did Hillary claim he had seen on Mount Everest? **Giant footprints**
12. In addition to being an explorer, what will Hillary also be remembered for? **Humanitarian work**

4. Adventure Conversation Questions

1. How adventurous are you when it comes to food?
2. Do you ever take risks? If so, when? Why do people enjoy taking risks?
3. What are your favourite adventure films, TV shows or books?
4. Do you ever play adventure video games? If so, which ones?
5. Which country would you like to have an adventure in? Why?
6. What do you think a professional adventurer does in a typical day? Would you like to be a professional adventurer?
7. Would you like to have an adventure in space? Do you think this will be possible in our lifetime?
8. Is life an adventure? If so, in what way?

5. Adventure Writing Task

Write about your perfect adventure. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, you could include some of the following topics:

- Where you would go.
- What you would do.
- Who you would go with, or who you would meet.

Alternative exam practice question:

Too many people in the modern world are stuck in their comfort zones. What are the benefits of leaving one's comfort zone? What can people do to get out of their comfort zone?