




This Russian couple went viral back in 2011 when Murad posted on Instagram a photo of his girlfriend Natalia leading him by the hand in Barcelona. The photo gave a start to the series of pictures that were recognised by the hashtag #FollowMeTo. The photos were exhibited at Art Basel, one of the world's largest art fair, and the couple collaborated with National Geographic and NBC Channel and even wrote two books. Today they are married and work on their new project which aims at sharing their travel stories of the world's unique destinations and landmarks and giving a lot of advice to make the best of your travel experience.

- b) Why do you think the photo series got viral?
- c) If you were a travel blogger, what kind of blog would you start? What kind of trips would you go on? Who would you go with? Think of the answers to the questions and share them with your partner.
- d)  Write a blog post about a place you've visited or a kind of tourism you would like to try.

LESSON 5. Extreme tourism

Communicative area: discussing different types of tourism

Active vocabulary: to have a head for smth, to go through a rough patch, to go beyond smth, last resort, to give smb a thrill, to give smb a boost, to pale in comparison

1. a)   Look at the pictures and match them with the types of extreme activities. Listen and check. Can you add some more?





a) snorkelling; b) volcano viewing; c) storm chasing; d) paragliding; e) bungee jumping; f) rafting; g) caving; h) extreme hammocking; i) mountain biking.


b) Which of them have you already tried? Which ones you would like to try?


2. a) Look at the word cloud based on a blog post. Work with a partner. Discuss why you think the words are mentioned in the post.



b) Do you know any interesting blogs about extreme tourist activities? Share your opinion.

3. a) Read the blog to check your ideas.

 If anyone showed this photo to me three years ago and told me I would be one of the people in the photo, I would say they are nuts! I have never had a head for heights and just the thought of lying in a hammock hundreds of meters above the ground would make me pass out. But the truth is that I am



one of the people in this photo! It's been three years since I first tried extreme tourism and not only has it been thrilling but I'm also convinced it made me a better as a person, friend and professional.

I've always been keen on travelling and it's always helped me to relieve the stresses of everyday life. But at some point in my life when I was going through a rough patch, I realised I needed to go beyond the beaches and tourist spots. That's when a friend of mine suggested bungee jumping. It was something that helped her get back on track after a tough period in her life and she swore by it. None of the regular things I did to cheer myself up helped, so trying bungee jumping was my last resort. And I agreed. And that was one of the best decisions I've ever made! The jump gave me such a thrill that all of the things I used to worry about just turned into minor problems I was able to fix in a few days.

Apart from bungee jumping I tried paragliding, rafting, snorkelling, extreme hammocking and mountain biking. And here are the reasons I'm going to add more experiences to the list:

1. Facing stressful situations helps you learn how to deal with daily problems at home or at work in the most efficient way.

2. Extreme activities give you a real confidence boost and make you feel almost invincible. As you struggle to survive, such problems as traffic jams, queues, bad weather just pale in comparison with your adventures.

3. Outdoor activities are extremely beneficial to your health. You get much more fresh air than usual, you get a lot of enjoyment working out surrounded by beautiful scenery and it doesn't feel like hard work at all.

4. Studies have shown that people who are more active outdoors get better-stimulated parts of the brain which are responsible for learning and memory. So when you come back home, the benefits you got trying extreme tourism continue long after your experience.

I'm sure there are more advantages of extreme tourism, so let me know in comments if you have tried it and what you think of such activities.

b) Match the underlined words and phrases from the text with their definitions below.

- a) to be able to be in a high position without being afraid or feeling uncomfortable;
- b) to experience a lot of problems in a short period of time;
- c) to be more than or not limited to something;
- d) something that you only think of doing or using if all other methods fail;
- e) to give someone a sudden feeling of great excitement, pleasure, or fear;
- f) to improve or increase something;
- g) to seem much less serious or important when compared with someone or something else.



c) Read the comments. Decide which of them share the same point of view with the author of the blog.



AyDeeSea: I was so scared to burst out of my comfort zone, but I did and it was AMAZING!!! The excitement you get out of extreme tourism is just more than your wildest imagination!

Zachary the Quackery: Yeah, you have to bite the bullet to try any of these, but it's totally worth it! It makes you much more confident and ready to achieve anything you want.

EssJee: I don't think the best way out if you're having troubles at the moment is to put your life at risk. Sometimes it's better to go to stamping grounds (favourite place) other than stress out somewhere you won't feel safe.

Rinabob: I can't imagine myself bungee jumping or paragliding as I don't feel comfortable high up above the ground, but what you're saying is so appealing ;-) I think I might try canoeing, let's see where it'll take me!

Chef Steph: That's just not my cup of tea. I'd rather have a relaxing beach holiday, even if it doesn't sound as thrilling as any of your experiences.

Yaroslava-nova: I can't wait for the next week when I'll do my first skydiving jump without an instructor. Even the thought of it gives me the feelings of pleasure and fear at the same time.

ErnestC: I have been struggling with depression and my therapist offered me to try volcano viewing. It seemed absolutely crazy, but other methods didn't work for me and it was my last chance to start feeling better. And it worked! What I saw there tugged at my heartstrings and for the first time in a few years, I felt a spark of enjoyment. I think I'll follow in your footsteps and try other kinds of extreme tourism.

- d) Paraphrase the underlined parts in the comments using the vocabulary from ex. 3a.
- e) Do you agree with the author of the blog? Use the phrases from ex. 3c to support your ideas.
4. Play the game *Optimists and pessimists*.

One student is a tourist who would like to try a new type of tourism but he or she is not sure whether it is a good idea. Other students stand in two lines facing each other. On the one side, there are Optimists who should give as many arguments as possible to convince the student to go on that type of holiday. The other side – Pessimists – should give arguments against to make the student change his mind and choose a different type of holiday in the end. As the student walks between the two lines he or she asks for advice and listens to the arguments for and against. In the end, the student must decide if he or she would go on that type of holiday or not and provide the arguments which were the most convincing.

(In small groups it is possible to work in groups of three: student A – a tourist, student B – Optimist, student C – Pessimist. Students B and C compete to provide as many reasons as they can and when they run out of ideas, student A makes the decision.)



5. a) In small groups make a list of the top five types of tourism that everyone should try. Motivate your choice.

b) Present your ideas to the class.

LESSON 6. Travel in my life

Communicative area: talking about the importance of tourism

Receptive grammar: Complex Gerundial Constructions

1. a) Read some opinions about tourism and travel. Choose the one you like the best.

Only the travelling is good which reveals to me the value of home and enables me to enjoy it better.

Travelling makes a man wiser, but less happy.



No man should travel until he has learnt the language of the country he visits.

Worth seeing? Yes; but not worth going to see.

The traveller sees what he sees, the tourist sees what he has come to see.

Visits always give pleasure; if not the arrival, the departure.

b) Work in pairs. Explain your choice to your partner.

2. a)   Listen to the people talking about tourism. Match the speakers to the reasons they enjoy travelling.