

## 1&gt; Work in pairs and answer the questions:

- 1 What extreme sports are on top nowadays? What do they involve doing?
- 2 What motivates people to go for extreme sports?

2> Read the essay on the advantages and disadvantages of doing extreme sports and complete the gaps 1–10, using the words in brackets in the correct forms. Do not change the order of the given words. You can add other words if necessary to make the sentences logical and grammatically correct. You can use up to five words, including the words given.

Doing sports is the most common leisure activity. It provides the body with sustained well-being benefits, like <sup>1</sup>\_\_\_\_\_ (**burn / necessary / calorie**), keeping the blood flowing or staying fit. **Currently**, extreme sports are growing in popularity and becoming more accessible. What motivates people to participate in extreme sports? There are numerous advantages but a lot of drawbacks as well.

**Firstly**, doing extreme sports <sup>2</sup>\_\_\_\_\_ (**give / you / opportunity**) new experiences, both physical and psychological. It is a chance to flee from everyday routines and make positive life changes. **Secondly**, participants of extreme sports <sup>3</sup>\_\_\_\_\_ (**provide / body**) an adrenaline rush, and **thus** have to keep their concentration level up for a long time, which <sup>4</sup>\_\_\_\_\_ (**boost / situation / aware**) and the capability <sup>5</sup>\_\_\_\_\_ (**cope / stress**). **Moreover**, extreme situations lead to much deeper connections between people than in a gym. While sharing an extreme workout, people are cooperating and helping each other, and thus <sup>6</sup>\_\_\_\_\_ (**develop / emotion / bond**) and establishing important relationships.

**On the other hand**, extreme sports can be madly dangerous and <sup>7</sup>\_\_\_\_\_ (**pose / consider / risk**) injury or death. Even a minor mistake may cost you a permanent disability or life. **Therefore**, before taking up base jumping, wing suit flying or big wave surfing, you are advised <sup>8</sup>\_\_\_\_\_ (**design / proper / train**) scheme, find some spare time in your hectic life and practise regularly. **Another downside** of extreme sports is that you <sup>9</sup>\_\_\_\_\_ (**force / invest**) costly equipment. Risky as these activities are, advanced technology provides means and gear which will secure your safety – and the higher the safety level, the more expensive the equipment. **Finally**, it is said that once you take up extreme sports, you <sup>10</sup>\_\_\_\_\_ (**become / hook**) them as they are highly addictive. You will need more and more adrenaline rushes and new challenges. The danger is that you may lose humility and not notice your weaknesses, which could make you even more prone to making mistakes.

**In conclusion**, there are almost as many benefits as drawbacks of taking up extreme sports. It is undeniable that unless performed thoughtlessly, they can help you achieve harmony, enhance confidence and stimulate your creativity. **Nevertheless**, if you want to relish the sports fully, you should assess the possible risks and prepare yourself well.

## 3&gt; Read the text again and find the phrases which mean the same as the phrases below.

- 1 are becoming more and more popular
- 2 to remain highly concentrated
- 3 if you make a minor mistake, you may become disabled for ever
- 4 get enjoyment from
- 5 although these activities are risky
- 6 it is true that
- 7 if they are performed thoughtfully

## 4&gt; What is the role of the highlighted words in the text? How can they be replaced?

## 5&gt; EXAM TASK Chirurgia plastyczna rozwija się bardzo dynamicznie i znajduje coraz więcej chętnych do zmiany swojego wyglądu. Napisz rozprawkę, w której przedstawisz pozytywne i negatywne skutki poddania się operacji plastycznej.