



# Extreme Sports

1 Listen and say. Which of these sports are extreme sports?

- skiing • golf • mountain biking
- sailing • climbing • horse riding
- bungee jumping • ice skating
- rafting • parachuting

Can you think of any other extreme sports? Have you tried any extreme sports? If so, what was it like? (*scary, exciting, fun etc.*)

## Reading

2 a) Read the title of the text and look at the pictures. What are some extreme sports that Ukrainians enjoy? Where can people do these activities? Read to find out.

### CHECK THESE WORDS!

bored, natural, man-made, wall, smooth stones, professional, route, beginner, rope, bridge, upside down, rubber, spring, building, rock, association, brave, orienteering, in good company, training session

# Extreme Sports in Ukraine

Are you bored?  
Do you want to try something new?  
Many people in Ukraine like unusual sports. They don't have to travel far because Ukraine is a great place for such activities!

The first thing they can do is go climbing. There are many man-made climbing walls all around Ukraine. For example, in Deneshi, 20km from Zhytomyr, there are rocks with smooth stones for professional climbers as well as easy climbing routes for beginners. Rope jumping or bungee jumping is another popular sport, especially among teenagers and young adults. Bungee jumping is when you jump from a bridge and fall upside down with your feet tied to the bridge by a rubber rope. Then you bounce up and down in the air for several minutes. The most exciting bungee jump is in Kamianets-Podilskyi. The bridge is 54 metres high and the falling time is 4 seconds. Other popular bungee jumping places are Hidropark in Kyiv and the bridge over the Dnipro in Zaporizhzhia. To do any kind of bungee jumping safely it's important to join a club or bungee jumping association.

Another sport for brave people is rafting. It combines water sports and orienteering. The best rivers for this activity are the Dnister, Desna, Teteriv and Sluch but the most exciting rafting is in the Carpathians, on the rivers Cheremosh and Prut. In the evening after the rafting you can enjoy sitting around the fire, playing the guitar and singing in good company.

If you're over 15, you can try parachuting. You can do this in Kyiv, Kharkiv, Odessa, Chernihiv, Lviv, Donetsk and other big cities in Ukraine. Before your jump you will have a three-hour training session. Then you get on a plane and fly up to 1km above the ground to enjoy a 5-minute jump which you will remember forever.







**b) Read again and answer the questions. Compare your answers with a partner.**

- 1 Why is Deneshi a good place to go climbing?
- 2 What type of people particularly enjoy bungee jumping?
- 3 Why is bungee jumping in Kamianets-Podilskyi exciting?
- 4 How can people stay safe while bungee jumping?
- 5 What are some good activities to do after rafting in the Carpathians?
- 6 Who can go parachuting?

### Vocabulary

**3** Fill in the sentences with words from the *Check these words box*.

- 1 Jack is a(n) ..... climber who climbs difficult mountains all over the world.
- 2 Max doesn't want to try bungee jumping because he's scared of falling .....
- 3 James had to do a three-hour ..... before he did his parachute jump.
- 4 Frank is a really good skier, but Jane is just a(n) .....
- 5 You have to be a(n) ..... person to jump out of a plane 1km above the ground!

### Speaking & Writing

**4** a) Work in pairs. Imagine you tried one of the extreme sports in the text in Ukraine. Your partner is a magazine journalist interviewing you for an international magazine. Use information from the text to prepare questions and answers, then perform your interview in front of the class.

*A: So you went bungee jumping. Was it your first bungee jump?*

*B: Yes, it was. It was very exciting!*

*A: Is bungee jumping popular with teenagers in Ukraine?*

b) Use your questions and answers in Ex. 4a to help you write a short paragraph about your experience. Read your paragraph to your partner.

*I went bungee jumping last week. It was my first jump. It was very exciting! Bungee jumping is very popular in Ukraine etc.*

**5** ICT Find information about another extreme sport you can do in Ukraine. You could find out: *what the activity involves, where you can go to do this activity, who can do it, how to stay safe.* Report your information back to the class.