

4.047

1. Horseback riding. Wear comfortable clothes when you go horseback riding.
2. Water skiing. When you go water skiing, you need to hold on to a tow rope.
3. Whitewater rafting. You need a paddle to do whitewater rafting.
4. Windsurfing. You need a special board with a large sail for windsurfing.
5. Kayaking. Wear a life jacket when you go kayaking.
6. Mountain biking. Wear a helmet when you go mountain biking.
7. Fishing. You need a fishing rod if you want to go fishing.
8. Rock climbing. Wear special climbing shoes when you go rock climbing.

4.048

1. Let's go over the schedule day by day. I'm sure you want to pack in as many activities as possible.
2. On Monday, we start off with sailing. And the beach is open for swimming or just getting a tan.
3. Tuesday is a special day for kayaking in the morning and whitewater rafting in the afternoon.
Everyone should get in a boat with an instructor.
4. We go mountain biking all day Wednesday, but you need a helmet. That reminds me, one rule is wear life jackets when you are in a boat.
5. You can go fishing anytime. Just help yourself to a fishing rod.

4.049

Woman Hello?

Man Good news!

Woman Oh, great! You booked the hotel and flights to Hawaii?

Man No, something better. Surprise! We're going to an adventure camp.

Woman A what camp?

Man It's an adventure camp – in Northern Canada. There are all sorts of sports you can try, and ...

Woman But I really just want to lie on the beach for a week!

Man There is a beach, sort of, on a lake.

Woman I can't believe you would do this without asking me! For months I've been dreaming of doing nothing, and ...

Man But you know I hate the beach, and this is going to be so much better. We can get some exercise and do new things.

Woman But I ...

Man No buts. It's going to be great.

4.050

Instructor

OK, OK. Everyone gather round. We've got a full week planned for all of you so, uh, let's go over the schedule day by day. Of course, you can just hang out at the camp, but I'm sure you'll want to

pack in as many activities as possible.

Er, on Monday we start off with waterskiing in the morning and the beach is open every day for swimming or fishing or just getting a tan. Every afternoon there's horseback riding. Just be back by four thirty in the afternoon. Most of the horses know their way back to camp, but we don't want to come looking for you in the dark if you're lost. Hands up, how many of you have been on a horse before? Uh, good, most of you.

Then on Tuesday, there's mountain biking in the morning. Just help yourself to a bike, but make sure you wear a helmet when you go biking or horse riding. On Tuesday afternoon, there's sailing. No more than four to each sailboat, please. Everyone needs to go with an instructor, so the worst that'll happen is you'll fall in.

On Wednesday, we have kayaking in the morning and rock climbing in the afternoon. If you want to go rock climbing, you have to go with an instructor. It's a safety thing. Which reminds me, one rule is wear a life jacket when you're out on the water. OK? Everybody got that? Great.

Thursday is a special day with whitewater rafting for the whole day. We have to drive an hour to the river, so there's no other activity in the afternoon.

Friday morning, we give you a chance to go windsurfing and, er, again the instructors will be there to help those who need it. Now, the schedule is up on the board over there. Any questions?

4.051

1.

Man How are you feeling?

Woman Uh, really great. I can't wait to get in the water.

Man OK, I'm going to start in a minute. Just make sure you hold on tight to the rope.

Woman What if I fall and lose a ski?

Man Then let go of the rope. Just float on the water and wait for us to pick you up.

4.052

2.

Man 1 Can you hold on?

Man 2 I think so.

Man 1 It's just a bit further to the top. If you're tired, just hang for a while.

Man 2 No, I'm afraid to let go.

Man 1 You're going to be fine. Now, just put your foot there and hold on to that rock.

4.053

3.

Man It's quite peaceful out here.

Woman Yes, morning is the best time to be out on the lake. It's never that windy.

Man Erm, when does it get windy?

Woman Oh, probably in half an hour or so.

Man And, err, how long will it take us to paddle back to land?

Woman Oh, about forty five minutes. But didn't you say you were experienced?

4.054

4.

Woman 1 Try stretching your arms out.

Woman 2 Like this? Whoops!

Woman 1 That was close.

Woman 2 Uh, I'm having trouble keeping my balance.

Woman 1 Uh, yeah. Balance is definitely the hardest thing.

Woman 2 And my arms are getting tired.

Woman 1 Just hang in there. Try to relax and keep your feet in place on the board.

4.055

5.

Man 1 Whoa! Looks like you fell!

Man 2 Couple of times. I hit something coming down that hill.

Man 1 Lost control of your bike?

Man 2 Sort of. When I flew through the air, I just didn't land right.

Man 1 Well, if nothing is broken, let's keep going.

4.056

6.

Woman Can I join you?

Man Sure, there's room for one more on this side. But you've got to put your life jacket on.

Woman I can't just sit on it?

Man No. If the boat tips, you'll lose it.

Woman The boat isn't going to tip, is it?

Man Hope not.

4.057

Example: It's in Northern Canada

1. We can get some exercise.

2. It's going to be great.

3. We're going to an adventure camp.

4. You can just hang out at the camp.

5. There's mountain biking in the morning.

6. We don't want to come looking for you.

4.058

Thailand is a great place to visit if you are interested in outdoor activities, particularly watersports. Most islands and beach resorts have at least one dive center that organizes trips for divers of all levels, from beginners all the way up to experts. Thailand has three coasts, each with their own unique weather and water conditions, so you can dive all year round. Although every diver has their favorite reef, the two dive spots that you shouldn't miss are Red Rock and Purple Rock.

The worldwide standard for dive instruction is maintained by an organization called PADI, which stands for Professional Association of Diving Instructors. So, if you want to learn to dive in Thailand, make sure that you do it with a PADI-certified instructor. The island of Koh Tao is now the largest and most competitive dive training center in Southeast Asia, with around 50 companies and dozens of PADI-certified instructors.

Snorkeling is much easier than diving and can be learned in an afternoon. The most important thing is that you buy a mask that fits properly, along with decent quality fins and a snorkel. While you are snorkeling or diving, you should try to minimize your contact with coral reefs. Coral is a living organism, and touching it may harm the ocean's ecosystem.

Kayaking is mainly done around Thailand's Andaman coast, where you can see beautiful sea caves, lagoons and swamps. You can go whitewater rafting on several rivers in the north, west and south Thailand. Some parts of these rivers can run quite fast, particularly during the rainy season from July to November, but there are also plenty of choices for novices too.

Finally, if watersports aren't your thing, Thailand also offers plenty of activities on land, such as rock climbing and trekking. Rock climbing is mainly done on the southern coast, where limestone mountains make for ideal climb spots. As with diving, before attempting a climb of any kind, you should go to a climbing school for equipment and training. Trekking is done in the north of Thailand, and there are many agencies that organize itineraries that will take you through forests and hill tribes.