

1 Where would you do these sports? Match the sports (1–5) to the locations (a–e).

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|----------------|--------------|
| 1 hockey | a sand dunes |
| 2 snowboarding | b alley |
| 3 basketball | c mountains |
| 4 sandboarding | d ice rink |
| 5 bowling | e court |

Sandboarding: year-round fun

Sandboarding is a great sport – it makes me feel like a kid again! It gives me the same feeling I used to get whizzing down a slide. Instead of going down a slide, though, you make your way down sand dunes on a special board. (Sand dunes are large, **steep** hills of sand, usually found by beaches or in deserts. The sand provides a soft landing, which is reassuring in case you fall!) You stand on the board if you're an expert, or sit or lie down on it if you're a beginner.

Advanced sandboarders can zigzag, jump, and even flip as they make their way down the slopes. If you think **newbies** have less fun just sitting on the board, think again – imagine weaving from left to right all the way down from the top of a steep hill for the very first time! Some boards come with straps and some without. If you are a beginner like me and want to try standing up, strapping your feet to the board provides more **protection**. In fact, it is **advisable** to always use straps as sandboards can **zoom** down hills at around 60 kilometers per hour. Without them, this extreme sport can be even more dangerous.

Sandboarding is similar to snowboarding in some ways – both use a special board, take place on slopes, and riders travel at **unbelievably** fast speeds. For me, the best thing about sandboarding is that it's a sport I can enjoy all year round. There's no need to worry about the sand melting, or being too hard – I know from experience that falling on hard snow can be quite painful!

In my home town of Perth, Australia, sandboarding is becoming a favorite among locals and, not surprisingly, it is turning into a well-known sport with tourists, too. If you happen to visit Australia – or other countries such as New Zealand, South Africa, or Brazil – book a day tour and give sandboarding a go. Don't forget your sunglasses and sunblock!

2 Read the text and check the sentences True (T), False (F), or the information is Not Given (NG).

- | | |
|---|---|
| a Sandboards are made of wood. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| b The writer started sandboarding when he/she was a kid. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| c Beginners usually sit or lie down while sandboarding. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| d The writer advises using straps while sandboarding. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| e Sandboarding is a summer but not a winter sport. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| f You can go sandboarding in the UK. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |
| g There are at least four countries where you can go sandboarding. | T <input type="checkbox"/> F <input type="checkbox"/> NG <input type="checkbox"/> |

3 Look at the words in bold in the text and match them to the definitions.

- | | |
|---|-------|
| a people who have just started doing something | _____ |
| b the state of being kept safe | _____ |
| c recommended, sensible | _____ |
| d move very quickly | _____ |
| e extremely | _____ |
| f rising or falling very sharply | _____ |

4 Talk to a partner and answer the questions.

- a** Do you do any extreme sports? If so, which and why do you like it/them?
- b** Why do you think people are interested in extreme sports?