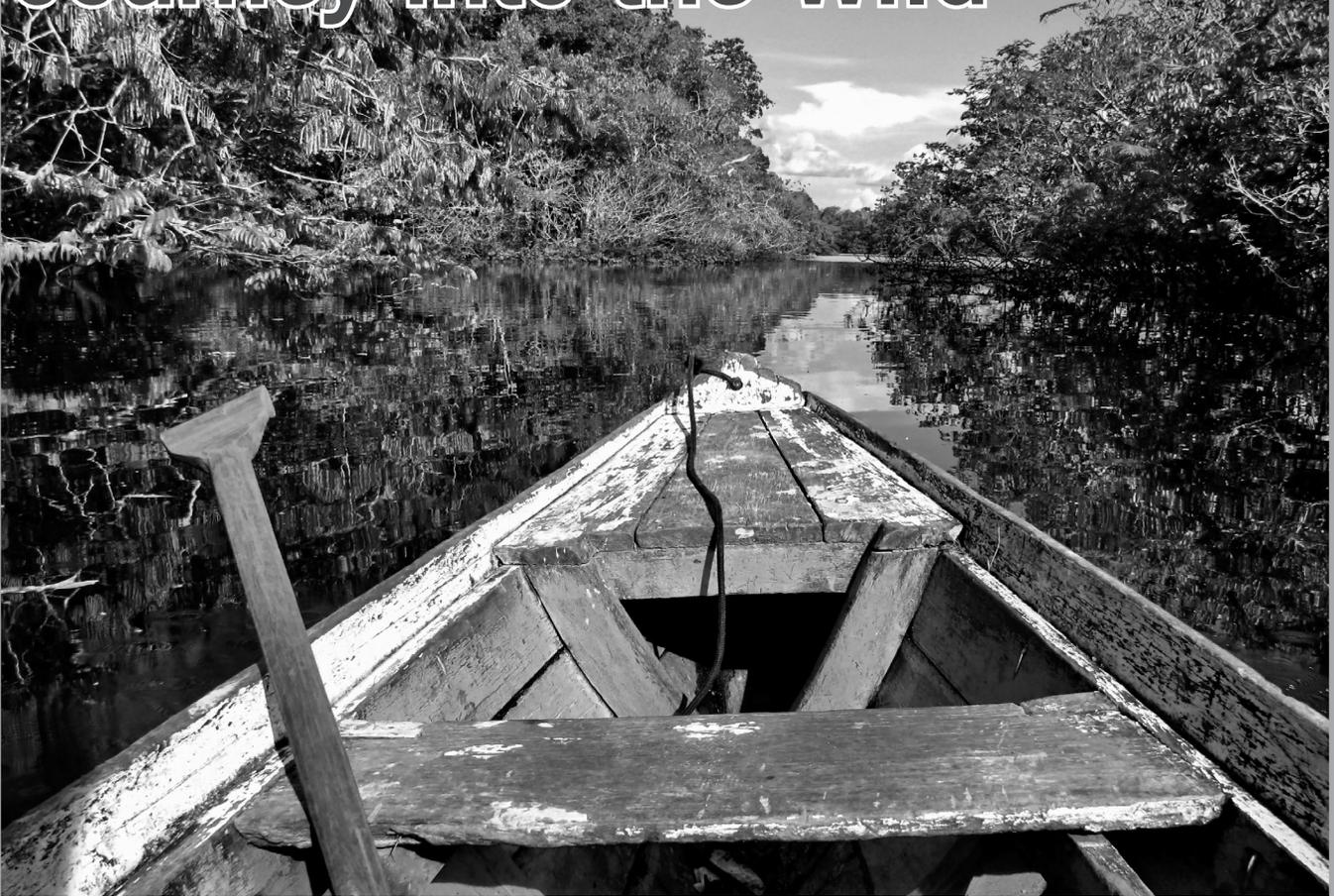


# Journey into the Wild



Helen Skelton is a British television presenter in her twenties, but she is also famous for her adventures as a traveller. In 2010 she rowed in a kayak over 2,010 miles down the river Amazon and in January 2012 she travelled 500 miles to the South Pole using three different forms of transport.

The journey to the South Pole had a target of 20 days and Helen used skis, a bike and a special kite. She faced different challenges on the journey including extreme temperatures as low as -48 degrees, snow storms, her drinking water always being frozen and illness. When she arrived at the South Pole she planted a flag to show she had completed the journey.

Helen kept a blog of her journey and kept followers up to date with how many miles she

covered each day, what transport she used and any key things that happened each day.

During her journey she covered 329 miles by kite ski, 103 by bike and 68 miles by cross country ski. On her journey she had cheese, dried meat, chocolate, nuts and sweets to keep her energy levels up.

Her journeys to the South Pole and down the Amazon raised money for Sport Relief, a UK charity.

Before Helen went on the journey to the South Pole, everyone told her that bikes wouldn't work at such low temperatures and that her journey was impossible. But the bikes did work and Helen completed the journey in 18 days, 2 days less than her target. She said, "There's nothing like achieving the impossible."



**Reading**

**1a Read the text and decide if the statements are true (T) or false (F).**

- 1 Helen is only famous for being a television presenter. **T / F**
- 2 Helen does these journeys because she is rich and likes to have fun. **T / F**
- 3 The transport Helen used to get to the South Pole included bikes, skis, kites and skates. **T / F**
- 4 Helen ate high energy food like chocolate, cheese and nuts on the journey to the South Pole. **T / F**
- 5 When Helen finished her journey she planted a tree. **T / F**
- 6 Helen's followers could read her blog every day during her journey to the South Pole **T / F**
- 7 The journey to the South Pole was quicker than originally planned. **T / F**
- 8 Everyone told Helen she would be successful on the journey. **T / F**

**1b Look at the text again and complete the table.**

Name	Helen Skelton
Age	1
Job	2
Places visited	3
Transport	4
Distance covered (Amazon)	5
Distance covered (South Pole)	6

**Writing: Over to you...**

**2a Complete the sentences for you.**

- 1 Kerri planned her birthday party for months.  
*I planned my birthday party at the last minute.*
- 2 On their recent holiday they travelled to Hungary by train.
- 3 Joe finished his homework last night at 9 o'clock.
- 4 My sister planted flowers and vegetables in the garden.
- 5 He used low fat ingredients in the dinner he made for the family.

**2b Write a paragraph about a journey you went on.**

- When you went
- Why you went
- Who you went with
- Where you went
- How you went
- What happened when you were there

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