

1 SPEAKING

a  Work in pairs. Discuss the questions together.

- 1 What are popular charities in your country?
- 2 What different projects do they manage or support?
- 3 What are typical ways that they try to raise money?

2 VOCABULARY

a Match the words in **bold** to definitions 1–3.

I spent last weekend working as a **fundraiser** for a local charity that helps pay for a rescue helicopter. I helped make cakes and biscuits, and then we sold them at a market. There were ten of us and we had a lot of fun – it was a really **rewarding** experience. Supporting the helicopter is a good **cause** because it can really save lives.

- 1 An idea which people think has social value and which they support
- 2 A person who collects money for a charity organisation
- 3 Makes you feel satisfied because you have done something important or useful

b  Discuss the questions together.

- 1 What kinds of charities do you think are good causes?
- 2 In what ways would it be rewarding to support a charity?
- 3 Would you like to work as a charity fundraiser?

3 READING 1

a  In pairs, discuss the questions.

- 1 What's your idea of a perfect holiday? Where would you go? What would you do?
- 2 How do you think holidays might be able to help raise funds for charities?

b Read the information about an organisation that arranges holidays with a difference. Answer the questions.

- 1 Have you ever thought about having a holiday like this?
- 2 What do you think are the advantages and disadvantages of going on a holiday like this?

Face a challenge – lend a hand!

Challenge to Help – What we do

Are you the kind of person who likes ...

- > travelling to exotic places and having adventures?
- > making new friends from all around the world?
- > raising money for charity?

OK, you're ready to go – come and meet the Challenge to Help!

For the past 20 years, we've been helping people to help those in need. We organise adventures and expeditions for fundraisers who want a motivating challenge. Maybe you want to go on a long trek or cycle ride, or perhaps you want to climb a mountain or help a community in the developing world. All you have to do is choose the charity you want to help and then find people to sponsor your challenge. So far, we've helped people raise more than £30 million for over 1,500 different charities.

*Make your next holiday a rewarding experience:
face a challenge – lend the world a helping hand.*



4 READING 2



BETTER READING: PREDICTING INFORMATION IN A TEXT

Before you read a text for the first time, it can help your understanding if you think about the kind of information you might find in the text.

- 1 Read only the questions in the text below.
- 2 Discuss possible answers to the questions together.
- 3 Read the text quickly. Does it include similar ideas to yours?

a Read the text again and match summaries a–e to questions and answers 1–5.

- a When people do a challenge with someone they know, it's usually successful.
- b You'll need to do some training to get ready for your challenge.
- c Very fit people can do a challenge that's tough, while others can choose something easier.
- d There are lots of charity organisations who would like your support.
- e These challenges can be done by anyone.

For more information, see some of our FAQs.

1 How difficult are the challenges?

We have a whole range, and you can choose the level that's right for you. You can go trekking in the Brazilian Rainforest – that's quite manageable. Or take the maxi-challenge of a cycle ride through the Atlas Mountains in Morocco. But remember, it's a challenge and you'll have to push yourself a bit.

2 Can you tell me what kind of people take part in these challenges?

All sorts! We've had all ages from 17 to 70 take part in our challenges. They all have a desire for adventure and the motivation to help people who are less fortunate than themselves.

3 I'm not sure if I'm fit enough. How will I know?

We can give you advice on the kind of preparation and training that you need to do in order to get ready. But remember, you've got to have both physical and emotional strength and stamina. The key thing is that you give yourself time to prepare for your challenge.

4 Can I do a challenge with a friend?

It's often the best way because you can support each other before and during the challenge. We also organise challenges for groups. When a group of people all have the same motivation to succeed and really support a cause, they really put their heart and soul into it.

5 How do I choose a charity?

It should be something that you really care and feel passionate about. On our website, you'll find an extensive list to choose from – they would all be delighted if you wanted to support any one of them.

5 SPEAKING

a Choose one of the challenges to do. Think about why this is a good challenge for you.

Country	Challenge	Time	Difficulty
Brazil	Amazon jungle trek	8 days	Maxi-challenge
Cambodia	Cycling to Angkor Wat	6 days	Manageable
China	Trek along the Great Wall	7 days	Challenging
Ethiopia	Help build a medical centre	10 days	Manageable

b In groups, tell each other about the challenge you have chosen and say why you have chosen it.



Your turn now – meet the Challenge to Help!

It's very easy to have your own once-in-a-lifetime experience. Have an adventure like you've never had before and do something good for other people. Get in touch with us and meet the Challenge to Help.