

**UNIT 3: Rise to the challenge**

1. Look at the different challenges on page 32. Do you know which type of challenge is it?

It's about viral challenges of internet.

2. Work on activity 2 page 33.

**2** Match the photos with descriptions A-E.

- A 3 **National Novel Writing Month:** Write a novel of 50,000 words in just one month.
- B 5 **The 100-Day Project:** Choose a creative project, do it every day for 100 days and share your experience online with the #The100DayProject.
- C 2 **Movember:** Grow a moustache for the month of November to raise money for men's health issues.
- D 1 **The Ice Bucket Challenge:** Tip a bucket of icy water over your head to promote awareness of ALS (a motor neuron disease).
- E 4 **The Meatless Monday Challenge:** Every Monday, eat only vegetarian or vegan food. No meat!

3. Then, answer the questions:

- a. Have you ever heard of any of the challenges above?

Of course, I have heard about Ice Bucket Challenge.


- b. Have you done any? Which might you like to try?

I haven't done any. I which like try The Meatless Monday Challenge.

- c. Why do people do challenges like these?

They do it to become famous.

4. Watch the video on activity 5 and answer the questions.

**5**  **Video** Watch Nathan and Lara's vlog and answer the questions.

- 1 What challenge has Nathan set himself?  
\_\_\_\_\_
- 2 How long has Nathan given himself to achieve it?



1. The challenge Nathan has set himself is to run 5 km in under 30 minutes.
2. It has been given 30 days.
3. The difficulties were lack of motivation and rainy days.
4. Her coach doesn't like running.
5. Complete the article on **activity 6 page 33** with the expressions extracted from the video.

1. Bad
2. Get in
3. Set
4. Top

<p>bad habit   get in shape   improve   promising start          set yourself a challenge   stick to your goal          struggle with motivation   top tip</p>
<p>Nathan's got into a <sup>1</sup> _____ of spending his weekends on the sofa and he wants to <sup>2</sup> _____ by running. So, he has <sup>3</sup> _____ to run five kilometres in under 30 minutes. Lara is going to give him her <sup>4</sup> _____ on training for his challenge. Nathan makes a <sup>5</sup> _____, but by Day 5, he's <sup>6</sup> _____. Lara suggests listening to music. By halfway through his challenge, Nathan is finding things easier and his time is <sup>7</sup> _____. On Day 30, Nathan completes his challenge. Lara is proud of him because he <sup>8</sup> _____ and was successful.</p>

- habit  
 shape  
 yourself a  
 challenge  
 tip

5. Promising start
6. Struggle with motivation
7. Improve
8. Stick to your goals

**6. Choose one of the following questions to answer and write a short paragraph.**

**a. What's the most challenging thing you've ever done and why?**

The most difficult that i have done in mi life is take the decide about what study? But my parents help me in this decision, advising me and hearing me for mi plans in my professional future. It went difficult but i made it. Today, i am studying what i am passionate about

- b. How important is for you to have challenges in our life?
- c. Do challenges make people stronger or just stressed? Why?