

gateway

to the world

A1+

Workbook
with Digital Workbook



Vocabulary in context

Rooms

Furniture

1 ☆ Complete the rooms and furniture words.

Rooms

- 1 ...e...room
- 2 b...t...room
- 3 ...a...l
- 4 d...n...ng room
- 5 li...i...g room
- 6 ...it...hen

Furniture

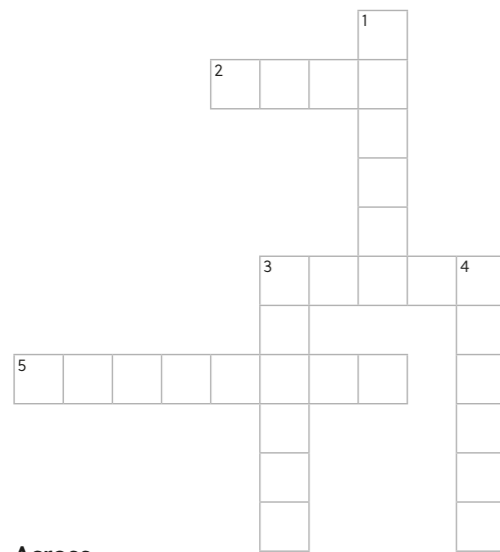
- 7 t...b...e
- 8 ...ook...r
- 9 ...in...
- 10 cu...bo...d
- 11 ar...c...a...r
- 12 r...d...a...r

Great students' tip

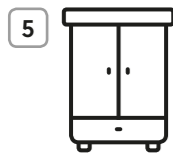
Remembering new vocabulary

To learn new words, practise them! One way to remember vocabulary is to name things at home. For example, when you are in your bedroom, look at your bed, your wardrobe or your shelves. Think: *What's this in English?* Say the word aloud.

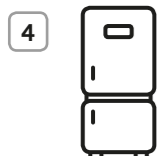
2 ☆☆☆ Complete the puzzle with the correct words.



Across



Down



3 ☆☆☆ Choose the correct alternative to complete the text.

Check your classroom

According to a study from the University of Salford (UK), the design of classrooms is very important because the right design helps us to learn.

Colour

What colour is your school (a) hall/living room? Colours like green, blue or orange are great. Are there exciting posters in the (b) rooms/garages? They help us, too.

Temperature

Have the rooms got big (c) windows/showers so sunlight and fresh air come in? This helps our brain to work well. In the cold months of the year, are the (d) fridges/radiators on? Freezing classrooms aren't good!

Furniture

Are the (e) tables/sofas round or square? Round ones are great. Is there a large (f) cupboard/wardrobe or a long (g) shelf/toilet? A tidy classroom helps us to focus on our work. Has your classroom got a quiet area with (h) sinks/armchairs to sit on? These help us to relax.

Vocabulary extension ☆☆☆

4 Look at the photos and the American English words. Write the British English words.



1 closet



2 yard



3 restroom



4 stove

Reading

1 Match the sentences to the photos.

- 1 This house is big and it has got lots of bricks.
- 2 This house is modern and it has got lots of windows.



LATEST NEWS FEATURED MORE

The amazing House NA

Has your house got windows? Yes, of course! How many windows has House NA got? A lot! This house in Tokyo, Japan, has got huge windows – and they are everywhere! All the walls are made of glass and, because of that, House NA is also called the 'transparent house'.

(1) It's a very unusual house and people are curious. Inside the house, there are 21 different floors. The floors are different sizes. (2) All the floors join together by stairs. People in the house use the different floors in different ways. For example, they go up some steps to a small floor and read a book, or they go down some steps to a big floor and chat with their friends.

The house has got similar rooms to other houses. (3) It's got a sink and cupboards. The kitchen is near the dining room. This has got a big table and some chairs. There are four living rooms in the house. (4) The bedrooms and the bathrooms have curtains, so people outside the house cannot always see into the rooms!

House NA has got a garage for one car. It's got a small garden, too, but it's on the top of the house. There are also some small trees inside the house. (5) House NA is like other houses, but it's also very different. Would you like to live there?

2 Read the article quickly and match the topics to the paragraphs.

different floors • glass walls • outside the house • rooms in the house

Paragraph 1:

Paragraph 2:

Paragraph 3:

Paragraph 4:

3 Read the article again. Put the sentences in the correct places in the text (1–5). There is one extra sentence that you do not need.

- a There's a large kitchen.
- b The trees are next to the windows.
- c They eat their meals in the garden.
- d There's a big shelf for books in one living room.
- e They are from 21 square feet (6 m²) to 81 square feet (24.5 m²).
- f Visitors take photos or make videos of House NA.

4 Match the underlined words in the article to the meanings.

- 1 a piece or two pieces of material over windows
- 2 the sides of a room or building
- 3 to bring two things together
- 4 a hard, clear material you can see through
- 5 very big
- 6 a set of steps from one place to another place

Critical thinkers

5 Read the article again and tick (✓) the sentences that are facts.

- 1 House NA looks different from other houses.
- 2 It is difficult to move around the floors of House NA.
- 3 The people who live at House NA love it.

There is/There are

1 ☆ Are the nouns in the sentences singular (S) or plural (P)?

- 1 There's a dining room. S / P
- 2 There isn't a mug. S / P
- 3 There are five cupboards. S / P
- 4 There isn't a bath. S / P
- 5 There are two armchairs. S / P
- 6 There aren't two cookers. S / P

2 ☆☆ Choose the correct alternative to complete the dialogues.

1 *Is/Are there a bath in your bathroom?*
 No, there *isn't/aren't*.

2 *Is/Are there wardrobes in the bedroom?*
 Yes, there *is/are*.

3 *Is/Are there a garage in Paula's house?*
 Yes, there *is/are*.

4 *Is/Are there sofas in the kitchen?*
 No, there *isn't/aren't*.

5 *Is/Are there a sofa in the living room?*
 Yes, there *is/are*.

3 ☆☆ Put the words in order to make questions and sentences.

- 1 there / Is / Sydney Opera House / in the / a kitchen / ?
- 2 a large park / is / New York City / There / in / .
- 3 aren't / No, / in the Simpsons' house / there / radiators / .
- 4 Buckingham Palace / are / There / in / 78 bathrooms / .
- 5 in the / there / Flintstones' house / windows / Are / ?
- 6 is / a garden / there / at The White House / Yes, / .

Prepositions of place

4 ☆☆ Look at the pictures. Complete the descriptions with the prepositions in the box.

above • behind • in • in front of • near • next to • on • under



In this bedroom, there's a wardrobe (a) the door. There's a bed and a desk. There are trainers (b) the bed and there are four books (c) the desk. There's a new laptop and it's (d) the bag.



This house looks nice. There's a kitchen and a living room. There are two bedrooms (e) the living room. There's a garage (f) the house and a big tree (g) the house. There are three people (h) the house.

Grammar challenge ☆☆☆

5 Find and correct the mistakes in the sentences.

- 1 There is ten chairs in the dining room.
- 2 There's a TV front of the cupboard.
- 3 There is a shower not in the bathroom.
- 4 There is a garage for my car?
- 5 There isn't garden behind the house.
- 6 There not windows in this bedroom.

Food and drink

1 ☆ Find ten food and drink words in the word search.

S	E	F	B	A	N	A	N	A	D
Q	M	L	C	H	I	C	K	E	N
Y	R	O	Q	B	D	Y	C	H	F
B	H	U	O	Q	O	N	I	O	N
U	W	R	B	T	X	P	G	G	P
T	F	M	U	R	H	P	I	T	I
T	N	N	E	B	E	I	G	N	Z
E	S	L	P	A	J	A	E	I	Z
R	X	Z	X	N	T	H	D	O	A
A	J	K	R	P	Q	M	I	L	K

2 30 ☆☆☆ What's in a banana cake? Choose the food you think is in it. Then listen to the dialogue and check your answers.

apple • bananas • biscuits • bread • butter • eggs • fish • flour • lemonade • milk • orange juice • pizza • salt • strawberries • sugar • tomatoes • water • yoghurt

3 30 ☆☆☆ Listen to the dialogue again. Choose the correct sentence.

- a Bella likes cooking.
- b Bella likes going to school.
- c Bella likes cleaning the kitchen.

4 30 ☆☆☆ Listen again and choose the best answers.

- 1 There aren't any ...
 - a biscuits.
 - b bananas.
 - c eggs.
- 2 The flour is on the ...
 - a table.
 - b shelf.
 - c chair.
- 3 What is in the fridge?
 - a salt
 - b ice cream
 - c pizza
- 4 There is a cookery course ...
 - a at Bella's new school.
 - b near Bella's house.
 - c in a famous place.

Critical thinkers

5 Read the statements. Tick (✓) the ones that are opinions.

- 1 Making banana cake is very easy.
- 2 There is a cookery school near Bella's house.
- 3 Banana cake is very good.

Vocabulary extension ☆☆☆

6 Label the photos with these words.

bowl • fork • knife • mug • plate • spoon



Countable and uncountable nouns

1 ☆ Write the nouns in the correct category.

banana • biscuit • butter • cheese • egg • honey • meat • onion • strawberry • sugar • tomato • veggie burger • water

Countable nouns

banana

Uncountable nouns

butter

2 ☆ Choose the correct alternative to complete the sentences.

- 1 There's an egg/eggs on the table.
- 2 I've got four apple/apples in my bag.
- 3 There isn't an orange/oranges on the shelf.
- 4 We've got some flour/flours in the cupboard.
- 5 He hasn't got a fridge/fridges in his kitchen.
- 6 There are ten tomato/tomatoes in the garden.

some, any, a/an

3 ☆☆☆ Look at the picture and complete the dialogues with *any* or *some*.



- 1 **A:** Are there strawberries?
B: No, there aren't strawberries. There are bananas.
- 2 **A:** Is there chocolate or ice cream?
B: There's chocolate, but there isn't ice cream.
- 3 **A:** Is there milk?
B: Yes, there's milk and there's orange juice.

4 ☆☆☆ Complete the text with *some, any, a* or *an*.

IAN'S FAVOURITE FOODS



Ian eats (a) apple and (b) banana every day. For lunch, he likes (c) fish. He eats it with (d) salad or (e) chips. He doesn't put (f) salt on his chips. He drinks (g) glass of orange juice with his lunch or (h) milk. This week, he hasn't got (i) chocolate, so he eats (j) cake instead.



Grammar challenge ☆☆☆

5 Read and complete the text with *some, any, a* or *an*.

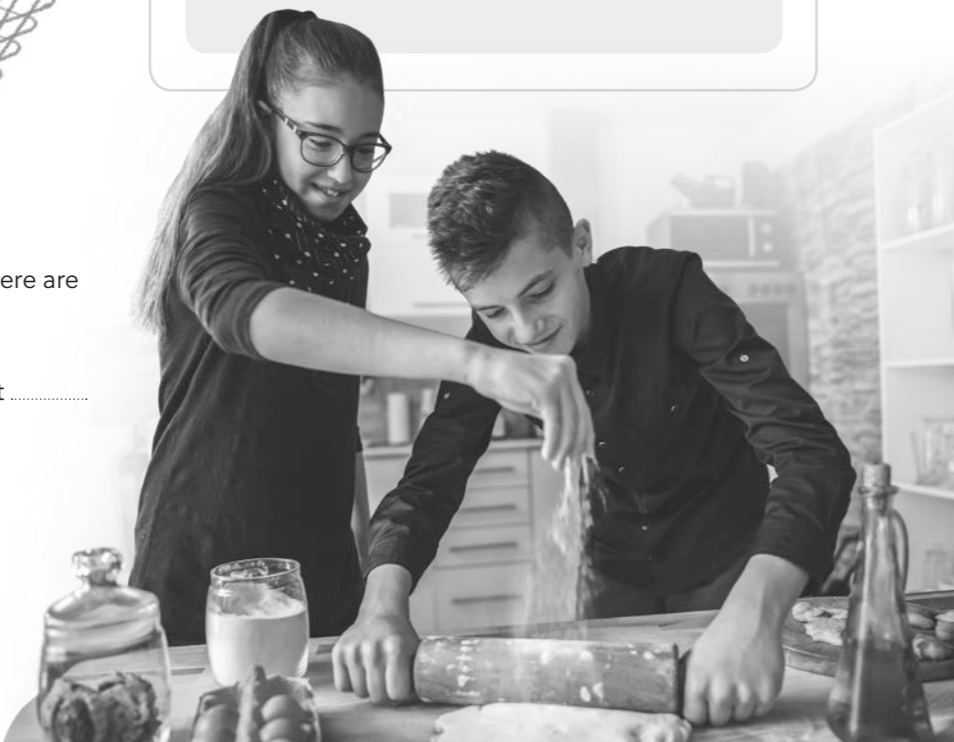


Healthy teenager = healthy adult!

There are many important life skills - and learning to cook is one of them.

Chefs across the world say that (a) healthy diet is good for teens because healthy teens become healthy adults. In fact, statistics show that children who cook have *double* the chance of (b) healthy life when they become (c) adult.

Start by following (d) recipe and preparing different kinds of food. Do you know (e) recipes? Ask your parents or friends for (f) ideas or look on the Internet. When you cook, you also learn to use (g) cooker and other equipment in the kitchen. So why not make (h) snack today?



Making and replying to offers



1 31 ☆ Choose the correct alternative. Then listen to the conversation and check your answers.

- 1 Who/How are you?
I'm fine, thanks. And you?
- 2 Shall I/Do you take your coat?
Oh, yes, thank you.
- 3 Do you like/Can I get you a drink?
No, I'm fine, thanks.
- 4 Where/How about a snack?
Yes, sure.
- 5 Would you like/Do you like a sandwich?
Yes, that'd be great.

- Pat: Hi Emma.
Emma: (1)
Pat: Fine, thanks. Shall I take your coat?
Emma: (2)
Pat: Can I put your bags here on the sofa?
Emma: (3)
Pat: Would you like anything to drink?
Emma: (4)
Pat: How about orange juice?
Emma: (5)
Pat: Here you are.

2 31 ☆☆☆ Listen again and complete the summary with the words in the box. There are two extra words that you do not need.

bread • cheese • coat • fruit • homework • house • kitchen • lemonade • pizza • sandwich • water

Jon arrives at Mr Kay's (a) Mr Kay offers to take Jon's (b) Andy is in the (c) He is doing his maths (d) He offers Jon some (e) to drink and some (f) some (g) or some (h) to eat. Jon wants to eat a (i)

3 ☆☆ Complete the dialogue with a-e.

- a Yes, sure. I'm really thirsty!
- b Yes, please. It's really hot now.
- c That'd be great. Thanks.
- d Hello! How are you?
- e Yes, thanks. They're a bit heavy.

4 ☆☆☆ Complete the expressions to make and reply to offers.

Making offers

- 1 How a some pizza?
- 2 S I take your bag?
- 3 W you like some strawberries?
- 4 Can I g you a drink of lemonade?

Replying to offers

- 5 C
- 6 That'd be g
- 7 Yes, s
- 8 No, I'm f , thanks.

Pronunciation

5 32 ☆☆☆ Listen to the questions from 4 and decide if the speaker's voice goes up or down. Then listen and repeat.

6 32 ☆☆☆ Listen again and practise replying to the offers. If possible, record yourself.

Developing writing

A description of a place

Posts Contact About


MY FAVOURITE ROOM – THE

I love making different houses and rooms on my video game. It's so much fun! My favourite room is the living room.

This living room is **huge**. There are **two armchairs**, a big sofa and lots of shelves. The armchairs are next to the shelves.

There are two windows. There's a very big window above the sofa and there's a long table **in front of** the armchairs. There's a radiator near the table. **It's** under the other window. We use it in the cold months.

I think I like making living rooms because my family and I always spend a lot of time in our living room at home.



1 ☆ Read the first two lines of the description and complete the title of the text.

2 ☆ Read the description and tick (✓) the furniture in the text.

- | | | | |
|----------|--------------------------|----------|--------------------------|
| armchair | <input type="checkbox"/> | radiator | <input type="checkbox"/> |
| chair | <input type="checkbox"/> | shelf | <input type="checkbox"/> |
| cupboard | <input type="checkbox"/> | sofa | <input type="checkbox"/> |
| fridge | <input type="checkbox"/> | table | <input type="checkbox"/> |

3 ☆☆ Read the description again and match 1–5 to a–e.

- a Use adjectives to describe the furniture or room.
- b Include the name of the room and the furniture in it.
- c Use contractions to join two words.
- d Use prepositions of place to describe where things are.
- e Use *there is/there are* with nouns.

4 ☆☆ Match the halves to make sentences.

- | | |
|----------------------|----------------------------------|
| 1 The living room is | a four chairs in the kitchen. |
| 2 It's a | b big cupboard near the door. |
| 3 There are | c because it's very comfortable. |
| 4 Our bathroom | d small. |
| 5 There's a | e is always tidy. |
| 6 I love this house | f nice room. |

5 ☆☆ Put the words in order to make sentences.

- 1 new / are / There / two / lamps / .
.....
- 2 in / are / this / happy / We / room / always / .
.....
- 3 a / got / window / We / big / have / .
.....
- 4 don't / my / watch / I / TV / bedroom / usually / in / .
.....
- 5 got / haven't / view / a / We / beautiful / .
.....
- 6 comfortable / is / a / chair / the / in / There / corner / .
.....

Task

Write a description of a room. Write about 100 words.

DESCRIBE A ROOM ...

Write a description of your favourite room. Is it a room at home or in a friend's house? Or maybe it's a room in your grandmother's house. You choose!

Describe what's in the room and what you do there. Why do you love this place? Tell us!

The winner gets an amazing new tablet – and we post your description on our website!



Prepare

5 You see a competition on an English website to describe a room. Read the post and tick (✓) the information you need to include.

- 1 the address of your house
- 2 the furniture in the room
- 3 the reason you love the room
- 4 the reason you want a tablet

6 Use this paragraph plan in your description of a place.

- Paragraph 1: My favourite room
- Paragraph 2: The furniture in it
- Paragraph 3: The reason I love it

Write

7 Write your description. Use your notes, the plan, the writing model on the opposite page and the Writing bank to help you.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Check

8 Read your description and complete this checklist.

- 1 I include the name of the room and the furniture in it.
- 2 I use adjectives to describe the furniture/room.
- 3 I use *there is/there are*.
- 4 I use prepositions of place to describe where things are.
- 5 I say why I love this room.

Writing bank

Basic word order

- Adjectives usually come before the noun they describe.
- Adjectives usually come after the verb *to be*.
- Adverbs of frequency come before the main verb.
- Adverbs of frequency come after the verb *to be*.

Great students' tip

Getting good marks

To get good marks, remember that you can use your imagination, but make sure you include all the necessary information from the instructions.

Grammar

1 Choose the correct alternative to complete the sentences.

- 1 She don't live/lives in a big city near the beach. Where/When do you live?
- 2 My brother drive/drives me to school. How/Why do you get to school?
- 3 Jan work/doesn't work at the moment. Has/Have you got a job?
- 4 We don't have/doesn't have lunch at home. When/What do you eat for lunch?
- 5 Hanna and Maja studies/study music. Does/Do you like music?

2 Complete the dialogues with the correct word.

- 1 you do a lot of sport?
No, I
- 2 your teacher give homework every day?
Yes, she
- 3 your school library open early?
Yes, does.
- 4 you and your friends go to the club?
....., we don't.
- 5 your best friend live near you?
No, he

3 Put the words in order to make questions.

- 1 do / get up / What time / you / at the weekend / ?
.....
- 2 his / When / is / birthday / best friend's / ?
.....
- 3 does / to school / How / get / your teacher / ?
.....
- 4 has / aunts / got / and uncles / she / How many / ?
.....
- 5 want / they / do / English / Why / to learn / ?
.....

4 Find and correct the mistakes in the sentences.

- 1 My parents go to sometimes the cinema.
.....
- 2 My dad doesn't make often dinner.
.....
- 3 I never am tired in the mornings.
.....
- 4 My brother always is happy.
.....
- 5 I don't watch often TV before school.
.....

Vocabulary

1 Complete the text with the correct verbs.

I always (a) up at 7.30 am.
I (b) a shower and then
I (c) breakfast. I (d)
to school at 8.30 am. School (e)
at 9 am. I (f) lunch at school.
I (g) school and (h)
home at 3.15 pm. At home, I (i) my
homework, then I (j) dinner with
my family. I usually (k) my teeth
and (l) to bed at 9.30 pm.

2 Match the halves to make sentences.

- | | |
|-------------------------------|--|
| 1 I usually meet | a to music when I do my homework. |
| 2 My friends and I chat | b books or articles in English. |
| 3 I don't listen | c keyboard and the drums. |
| 4 We often make | d online in the evenings. |
| 5 My family and I watch | e up with friends at the weekend. |
| 6 Tom plays the | f a film together on Friday evenings. |
| 7 My favourite subject is art | g videos and upload them. |
| 8 I sometimes read | h because I love drawing and painting. |

3 Complete the sentences with the correct place in a town.

- 1 They buy all their food at that big on Saturday morning.
- 2 The has got lots of sports and activities for everyone.
- 3 Our class sometimes watches English films at this
- 4 I'm at the big in town because I want some books.
- 5 My parents have dinner at the Italian in Castle Street.
- 6 I love the trees and open space in the There's a lake, too!
- 7 Her favourite sells excellent coffee, cakes and snacks.
- 8 Dr Green works at the new She's a great doctor.

4 Choose the correct alternative.

My best friend's name is Alba. She's the (a) nephew/daughter of (b) Spain/Spanish parents and they speak (c) Spanish/the Spanish at home. She's very (d) long/tall and she's got (e) curly/small hair and big brown (f) ears/eyes. Her favourite subject is maths. At school she uses her (g) trainers/calculator to help her with the numbers. Every weekend I (h) meet up with/meet up to Alba and we walk to the (i) medical centre/sports centre to (j) do/go sport.

Grammar

1 Complete the dialogue with the correct form of *there is/there are*.

- Amber: Hey, Simon. (a) a shop at your school?
- Simon: Yes, (b) What about at your school?
- Amber: We've got a shop, but it isn't very good.
- Simon: (c) any snacks?
- Amber: Yes, (d), but they aren't healthy.
- Simon: (e) a café?
- Amber: (f) No, (g) a good restaurant for lunch though!

2 Match the halves to make sentences.

- | | |
|---------------------------|-------------------------------|
| 1 There's a garage next | a front of the window. |
| 2 Is there any sugar | b the table? |
| 3 I've got some folders | c yoghurt is behind the milk. |
| 4 They've got a TV in | d in my tea? |
| 5 Are there any cakes on | e to the house. |
| 6 Open the fridge and the | f under my bed. |

3 Rewrite the sentences using the words given.

- 1 I always have cheese on my pizza. (some)
.....
- 2 I have cereal for breakfast. (usually)
.....
- 3 Have you got marker pens in your bag? (any)
.....
- 4 Does your brother know isn't any milk? (there)
.....
- 5 Why there some lemonade in the fridge? (is)
.....
- 6 Chips aren't very healthy, I don't often eat them. (so)
.....

4 Choose the correct alternative.

- 1 I don't/am not like chicken, and/but I like fish and other meat.
- 2 Do we/he want any/some milk from the supermarket?
- 3 I need three or four onion/onions and a/an egg for this pizza.
- 4 Has/Have she got any/an apple in her bag?
- 5 How many cheese/tomatoes is/are there in the fridge?
- 6 Are/Is there any/a cookery classes near your house?

Vocabulary

1 Write the furniture or room.

- 1 The cooker is usually in this room.
- 2 You put food here, so it's cold.
- 3 You wash your body in this room.
- 4 The cars are in here, next to the house.
- 5 You wake up in this room.
- 6 You keep food, plates, mugs or other things in here.

2 Complete the sentences with rooms and furniture.

- 1 Welcome to my home! When it's cold, we turn on these r.....
- 2 My family and I sit on this grey s..... to watch films on the TV.
- 3 There are some comfortable a..... in our l..... r.....
- 4 When we have dinner, we sit on the c..... at the t.....
- 5 Look! My coat is in my w..... and my shoes are under my b.....
- 6 We've got some books on this long s..... in the s.....
- 7 There's a s....., but we haven't got a b..... in our bathroom.

3 Look at the words in each group. Which is the odd one out?

- | | | | |
|-------------|-----------|--------------|------------|
| 1 apple | banana | fish | strawberry |
| 2 sushi | cake | chicken | meat |
| 3 breakfast | dinner | lunch | salad |
| 4 butter | honey | jam | water |
| 5 bath | fridge | shower | toilet |
| 6 coffee | ice cream | orange juice | tea |

4 Write the words in the correct category.

armchair • butter • cousin • DT • flour • grandparents • history • maths • shelf • sink • sister • strawberries

- 1 family:
- 2 food:
- 3 furniture:
- 4 school subjects:



Reading and writing

Exam summary

Paper 1: Reading and Writing

The Key for Schools Reading and Writing exam has seven parts with a total of 32 questions. You get one mark for each reading question, and 15 marks for each writing question. You have 60 minutes to complete all parts of the exam.

Reading

In **Part 1**, there are six short texts based on things you can read every day, including emails, notices, signs or text messages. You must understand the main meaning of the text and choose the correct option (A, B or C) which matches the text.

In **Part 2**, there are seven questions followed by three short texts (A, B and C) on the same topic (e.g. My school trip to the city of Bruges). You must match each question to one of the three texts.

In **Part 3**, there is a longer text (e.g. a newspaper article) and five multiple-choice questions on it. Each question has three options (A, B or C). Usually there is one question on each paragraph, but a question can also test comprehension of the whole text.

In **Part 4**, there is a short text (e.g. about a famous person or a place) with six gaps. For each gap there are three options (A, B or C). You must choose the correct word to complete each gap.

In **Part 5**, there is a short text with six gaps. You must read the text and write the correct word to complete each gap.

Writing

In **Part 6**, you write a note or an email. You must write 25 words or more, respond to each of the three points in the question and include any additional information required, e.g. names.

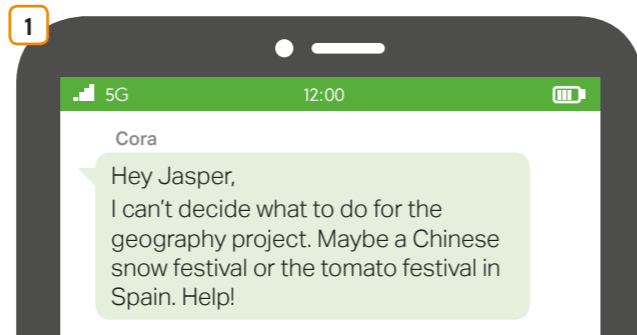
In **Part 7**, there are three pictures which tell a story. You must write the story about the pictures using 35 words or more.

Part 1

This section tests how well you understand different kinds of short texts (emails, signs, text messages, etc.). Read each short text carefully and decide which of the three sentences has the same meaning. For this part of the exam you should:

- read each short text carefully, and decide what it is about
- read the text and think about where you might find the information (e.g. is it an email from school, a notice pinned on a notice board, a text from a friend, etc.?)
- read the three options carefully. Pay attention to the questions: sometimes there is a question with three options and sometimes there are just three options for you to choose from
- find the option that exactly matches the main meaning in the text.

1 For each question, choose the correct answer.



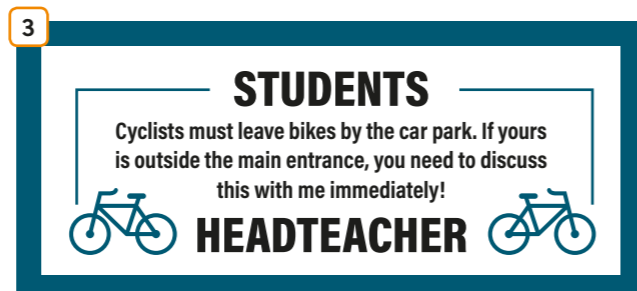
Why has Cora sent this message?

- A to ask Jasper for some advice
B to check if Jasper has finished his project
C to find out which topic Jasper is writing about



Members are ...

- A practising in the theatre for their next show.
B inviting people to watch them sing in the hall.
C having their meetings in a different place for a month.



- A The headteacher is thanking cyclists for putting their bikes in the car park.
B The headteacher is letting some students know that they have done something wrong.
C The headteacher is telling students to put their bikes in a safer place.



- A Comic books are the most popular books.
B There are books for teenagers on every floor.
C Some interesting comic books have just arrived.

Part 2

This section tests how well you can find specific information by reading quickly, and how well you understand details by reading carefully. Read the questions and the three short texts on the same topic, and decide if the answer to each question is in text A, B or C. For this part of the exam you should:

- read the question carefully to know what information to look for in the texts
- read the three texts quickly to find the information you need
- when you find information about a question, read the text carefully again to make sure it answers that question
- check that the other two texts do not have information about the same question. When more than one text has information about a question, decide which one matches it best.

2 For each question, choose the correct answer.

	Arctic Ultra	Jungle Marathon	La Ultra
1 Which competition has got a course that you must do before you can enter the race?	A	B	C
2 Which race is in very cold weather?	A	B	C
3 Which race gives people important equipment to take with them?	A	B	C
4 Which race takes the shortest time to complete?	A	B	C
5 Which race goes over very high mountains?	A	B	C
6 In which competition can you choose how to race?	A	B	C

THREE OF THE HARDEST RACES IN THE WORLD

A ARCTIC ULTRA

This race is along 482 km of the Yukon Quest trail in northern Canada by bike, skis or foot – it's up to you. The race starts at Whitehorse and ends at Pelly Farm. Last year's fastest runner took 162 hours to finish it. To enter this competition, you must be able to race in freezing temperatures because sometimes it's -50°C. You have to sign a form before you can take part because it is very dangerous.

B JUNGLE MARATHON

This eight-day race is in Belize. The race goes across 254 km of the Central American jungle. Anyone who wants to enter the race must have classes with a coach for six days first and pass a test. You must also spend a night alone in the jungle before you can do the competition. Runners receive a map and a tent that they have to carry as they run.

C LA ULTRA

This 333 km race takes 72 hours to complete. La Ultra starts in the Nubra Valley and finishes at Morey Plains and goes across the Indian Himalayas. The runners often feel sick as they race over three mountains that are over 5,330 metres high. In the past eight years, only 72 of 123 runners that have started the race have finished it!

