



رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ
الْحِسَابُ

(سورة إبراهيم 41)

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيْتَنِي صَغِيرًا
(سورة الاسراء 24)

OUR LORD!

FORGIVE

me & my parents
& the believers
the Day the
account is
established.

QUR'AN 14:41



لا تنسوننا من صالح دعائكم بظهر الغيب

اللهم رضاك و الجنة



Teach_me_Plz

And

Mr. Mohamed

Hassan

Present

Module One

Explorations

Unit One

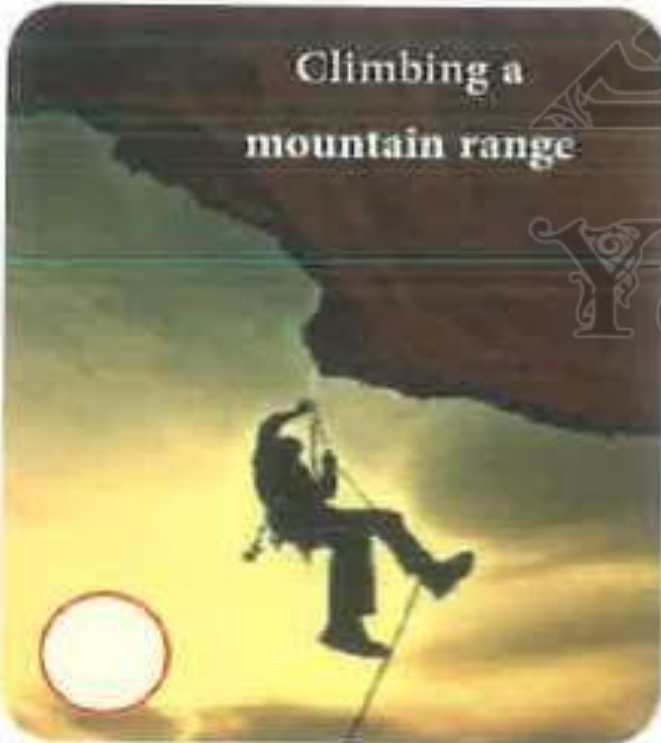
Explorers

Reading: Narrative

Before you read

- 1  In pairs, look at the pictures; tick (✓) the activities you would like to attempt and explain why

Climbing a
mountain range



Parachuting



Going on an Arctic expedition



Skiing



Deep sea diving



Bungee Jumping

2



Read the text about a Kuwaiti explorer

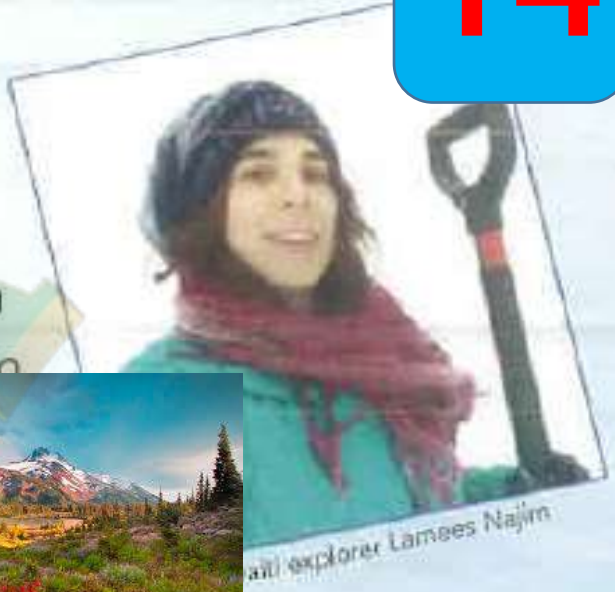
the table that follows

14

In 2018, Lamees Nijem became the first Kuwaiti to reach the North Pole. She was part of a Euro-Arabian **expedition** led by Felicity Aston, who was the first person to ski across Antarctica on her own.



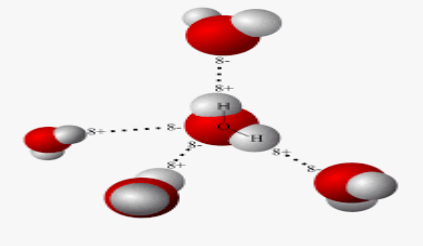
Three of the participants who **accompanied** her on the Arabian Gulf region were Sheikha Asma Al-Thani from Kuwait, Oman and the Saudi Arabian Mariam Haidadin. Unfortunately, Mariam's injuries forced her to cut her trip shorter than planned and she did not reach the North Pole.



On an expedition, the adventurers slept in tents for ten days. They skied 100 km across **cracked** ice above water, in temperatures below minus forty degrees Celsius (-40°C). They also faced attacks by polar bears **prey on human**



In an interview with the *Arabian* magazine, Lamees described her adventure as a desire to explore and to **embark on a** cultural quest. The experience created a deep **bond** between her and her team members.



Kuwait's first North Pole skier, Lamees, is an inspiration for many young people who **seek an** adventurous life.

seek an

Name of the explorer

Lamees Nijem

Nationality

Kuwaiti

Name of team leader

Felicity Aston

Itinerary (Route)

North Pole

Year of the expedition

2018

Distance covered

100 km

1 Tick the following statements either with True (✓) or False (×):

Yal Kuwait . com



Yal Kuwait

1 - Lamees's only aim was to escape the familiar.



2 - Polar bears are not the only danger in Antarctica.



3 - All team members were from the Arabian Gulf region.



4 - Mariam Haidaddin was the only member who could not complete the expedition.



2 Find a word for each definition:

- 1 - **Antarctica** An icy continent that covers Earth's South Pole. (Paragraph 1)
- 2 - **accompany** going somewhere with someone. (Paragraph 2)
- 3 - **tent** A shelter made of cloth supported by poles & ropes. (Paragraph 3)
- 4 - **quest** An act or instance of seeking. (Paragraph 4)



3 Discuss the following questions:

1 - How would you describe the team's journey?

It is a long and risky journey.

2 - What was the message behind the journey?

It is to escape the familiar.

3 - Is it safe to go on such expeditions alone? Why? Why not?

No, because there are a lot of dangers.



4

Read the fourth paragraph and complete the following table:

15

Verbs

Nouns

Adjectives

explained

quest

deep

escape

bond

familiar

created

life

adventurous

Listening



Pre-Listening

6

- 1 Fill in the table with words from the box below. Make sure they fit in the category:

Low temperatures/tents/freezing/injuries/polar bear/slides/lack of food/
snow storms/backpacks

weather

equipment

risks

low
temperatures

tents

injuries

freezing

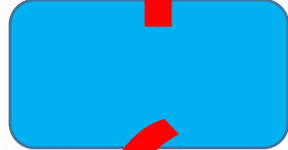
slides

polar bears

snow storms

backpacks

lack of food



6

2 Listen to Lamees speaking about her journey, then tick (x) the wrong sentences.

- 1 - Lamees started her journey in 2018.
- 2 - Living in the wilderness helped Lamees to appreciate life.
- 3 - Felicity Aston was a member of Lamees' team.
- 4 - The expedition to the South Pole included 11 women.
- 5 - The journey pushed her to go beyond the limits of her comfort zone.

Yal Kuwait . com

بالكويتية
Yal Kuwait





Pronunciation of final 's':

3 Add 's', 'ies', or 'es' to the words below, pronounce the word, and put them in the appropriate column according to the final 's' sound:

size put
 glove judge
 cut manage
 enjoy class carry

- | /s/ | /z/ | /iz/ |
|----------|----------|-----------|
| • hats | • bags | • races |
| • books | • deals | • buses |
| • sleeps | • dreams | • boxes |
| • myths | • fans | • watches |
| | • words | • prizes |

/s/	/z/	
puts	enjoys	sizes
cuts	carries	classes
	gloves	judges
		manages

Speaking



Grammar

Present Simple Tense

Yal Kuwait . com

A polar bear

usually preys on

fish.

A polar bear

does not prey on

penguins.



What does a polar bear prey on?

Past Simple Tense



The team

slept

in tents

during the trip.

The team

didn't sleep

in houses

during the trip.



Where did the team sleep during the trip?

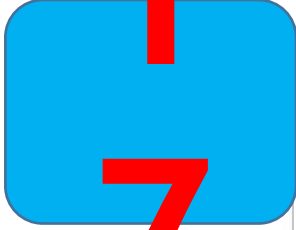


1 Complete the following table about you and your friend (You need to ask him/her):

Activities		You	Your classmate
Every day	prepare bag	I prepare my bag.	He prepares his bag.
	sleep	I sleep early.	He sleeps early.
Last week	go ski	I went skiing.	He went skiing.
	join	I joined a club.	He joined a club.



Group work



Your group went on a weeklong expedition across the desert from Kuwait to Saudi Arabia.

Share your experience of this crossing by discussing the following:

- Purpose of the expedition
- Pre-expedition preparation
- Your expedition team leader
- The challenges you faced
- The equipment
- Itinerary
- Activities



Remember, Use the past tense to talk about your expedition



A biography is a written account of someone's life.

A biography contains many details about a person who is usually famous.

Roald Amundsen was born in Borge, Norway in 1872. In 1911, he became the first person to reach the South Pole. He hoped to follow the footsteps of his hero—the British Arctic explorer: John Franklin. When he turned twenty-one years of age, he set out to turn his dream into a reality by preparing for a polar expedition.

Personal information

**Important information
of a person's life**



Achievements

Person's
Important
work

On 14 January 1911, in preparation for his expedition to the South Pole, that took almost a year, he created a camp in the Bay of Whales, Antarctica. It included planning the journey, selecting his team members, organising supplies and practising with sled dogs and Siberian ponies. Amundsen set off on the expedition on the 20th of October, leading a team of five people and fifty-two dogs with four sleds. They reached their destination on the 14th of December 1911. In 1926, he reached the North Pole by airplane. This made him the first person to stand at both ends of the globe. Admundsen's exact date of death is unknown because he disappeared in June of 1928 when his plane crashed into the Arctic Ocean while he was trying to rescue a friend.

1

0

These are the common features of writing a biography



- 1 Complete these tables with the needed information from biography above:

Personal Information	
Name	Roald Amundsen
Date of birth	1872
Place of birth	Norway

Achievements

- 1 In 1911, he became the first person to reach the South Pole.
- 2 He reached the North Pole by airplane.
- 3 He was the first person to stand at both ends of the globe.

Felicity was appointed MBE in 2015 for services to Polar Exploration.

She was awarded the Queen's Polar Medal

One of only 10 women ever to have been recognized in this way.



ALONE IN ANTARCTICA

Long day's journey into white

Felicity Aston is a British Polar Explorer living in Iceland. In 2012 she became the first person in the world to ski alone across Antarctica using just muscle power (no kites or machines). The journey of 1744 km took her 59 days and gave her a place in the book of Guinness World Records. She went on to complete numerous journeys in Antarctica and other cold regions of the world including Greenland and Siberia.

Felicity regularly speaks to a variety of audiences around the world about her expedition experiences as well as more generally about Polar Science, Antarctica and Meteorology, and has written three books about the polar regions which have been translated into several languages.

Writing Checklist

Did I include...

Topic Sentence

Supporting details

Concluding sentence

Punctuation marks

Extention





- 2 Complete the diagram below about **Felicity Aston** using the information from the pictures, and then write a two-paragraph biography in your notebook.

Topic Sentence: **Felicity Aston is a British Polar Explorer.**

Personal information:

Name: **Felicity Aston**

Date of Birth: **1977**

Place of Birth: **Great Britain**

Facts & Achievements:

She was the first person in the world to ski alone across Antarctica using just muscle power.

Concluding Sentence: **She has written three books about polar regions.**