

CrossTalk

CROSSROADS Language Studio's Newsletter September, 2023

EXTREME SPORTS

Most of us agree that participating regularly in a sport benefits our health and keeps us fit. Some take the idea a step further by competing at a professional level, but there are others with even more ambitions than Olympic athletes when it comes to stretching the limits. We're talking about those who participate in Extreme Sports.

While there is no clear definition of what an "extreme sport" is, it generally involves intense physical and mental challenges and a lot of danger for the practitioners. Following are some examples that might give you the idea:

Base Jumping is one of the most dangerous sports you can try: It is where you throw yourself off a building, a cliff or any other high place, often reaching speeds of 100k/h while free-falling towards the ground. You survive by opening a parachute just before landing.



Close relatives of Base Jumping are **Sky Diving** and **Wing Suit Flying**. In Sky Diving, you usually jump out of an aeroplane, free-fall and then, just before landing, open your parachute. In Wing Suit Jumping you try to mimic a flying squirrel; that is, you wear a "wing suit" and as you "fly" towards the earth, you open your legs and arms and "glide" your



way down as far as you dare before opening your parachute.

Bungee Jumping is another way to risk your life while free-falling from a great height, in this case attached to an elastic cord that snaps you back up just before you hit the ground. But for some intrepid Australians, a simple jump of 30 meters, or more, off a bridge is not enough of a challenge, so they have introduced the extra thrill of jumping over crocodile infested rivers, this time snapping you back just before a crocodile makes breakfast out of you!



Free-falling through the air is not the only way to get your adrenaline rush. Consider **Big Wave Surfing**.



We're talking about surfing waves of up to 30m tall. There are only a few places in the world where you can find such monster waves and just getting to them is part of the challenge. One of the biggest breaks is off-shore from a small town in Portugal, so if you're up for the challenge, I suggest a trip to Nazare.

Well, I've made my choice: the one sport that suits my temperament.... **Extreme Sleeping!**



Net News

NET LESSONS: Too busy to come to CROSSROADS?

.... Try our *lessons on the net!*

Here's a list to help you decide how extreme you want to be:

<https://traveltriangle.com/blog/extremely-dangerous-adventure-sports/>

Some Thoughts for the Month



Joshua Says: If you have ever trained for a sport or practiced on a musical instrument, you'll know that discipline is essential if you want to progress. The body learns through consistent repetition and, as a result, muscles develop according to what you require them to do. Sport, music and you can add to the list, learning a second language. That fact is, if you keep at it, constantly, you'll succeed in any or all of these skills.

Junko Says: Katarina, the Cat: Some of you have already met her and have expressed admiration for her which is very nice. When we found her behind the signboard in front our building, she was so small and thin. It was obvious she needed help. Since then, she has been growing daily for 3 weeks, and not only has she doubled in size, she has learnt and adapted to her environment, including people, a daily routine, etc, through an acute sense of awareness. Don't you think it's amazing to see this process of growing just naturally occur?



Marek Says: Extreme sports may seem like a recent form of adrenaline-filled entertainment, but there are few examples of such sports that date back centuries. One of them is a Spanish bull-run. It began in 14th century and is practiced till this day. It involves young men running in front of stampeding bulls through the city streets. Meant to show bravado and agility of the partakers racing with the bulls, it frequently results in injuries and occasionally fatalities.

Danielle dit: Je vous conseille de voyager au Québec et à l'île de Camano dans l'État de Washington, au sud de la frontière canadienne. Ces deux endroits sont chacun situés sur des cours d'eau magnifiques : le fleuve Saint-Laurent et le Puget Sound. Des hérons bleus, des phoques, des saumons qui bondissent hors de l'eau, des bélugas ... c'était éblouissant !



ACROSS

- 1 produced in the body as a result of stress
- 4 the curling over and falling of ocean waves
- 6 suddenly returns to its original form
- 8 useful when jumping out of an aeroplane
- 9 your usual mood
- 11 imitate, often satirically
- 13 extending or expanding the scope
- 14 sudden pleasurable excitement
- 15 without variation
- 16 having no fear
- 18 occupying a space in great numbers
- 19 aids or promotes well-being
- 20 the clear meaning

DOWN

- 2 a coastal town in Portugal
- 3 strong drive for success
- 5 a band of rubber
- 7 take part in an activity
- 10 exposed to loss or danger
- 12 extremely strong feeling
- 17 take on a challenge

Play A Game!

Find the answers on P1

(print version [here](#))

A single word can have many different usages. For example, take the word "pass". To test this theory, here are some examples. See if you can connect the usage (in the box) with the correct meaning below:

- Pass off as ____
- Pass up ____
- Pass over ____
- Pass around ____
- Pass out ____
- Pass through ____
- Pass away ____
- Pass by ____
- Pass on ____
- Pass back ____
- Pass for ____
- Pass the buck ____
- Let it pass ____
- In passing ____

1. To share out
2. To move near something/someone without stopping
3. To give someone the responsibility for or to blame them for something
4. Return something
5. Decide not to do or accept something
6. To falsely represent someone/something
7. Ignore or disregard/skip over something
8. To die
9. Make a reference to something without going into details
10. Lose consciousness/faint
11. Offer no argument, to ignore it
12. Transfer to or give to someone
13. Go from one end to another
14. To be mistaken for or accepted as something/someone else

Last Month's puzzle Solution

ACROSS

- 2 displacement, discontinuity, disorder
- 7 atmospheric moisture
- 12 regular and often,
- 13 impossible to calculate
- 14 remaining after being destroyed
- 17 extremely negative
- 18 total, complete
- 19 not often
- 20 covering a large area

DOWN

- 1 best, most favorable
- 1 a forward driving force
- 3 remove or destroy completely
- 4 change to suit a new purpose
- 5 without variation
- 6 many, numerous
- 8 only, without others
- 9 change the nature or appearance of something
- 10 half of the globe
- 11 a remarkable development
- 15 convey and support as fact
- 16 revolving quickly on an axis



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