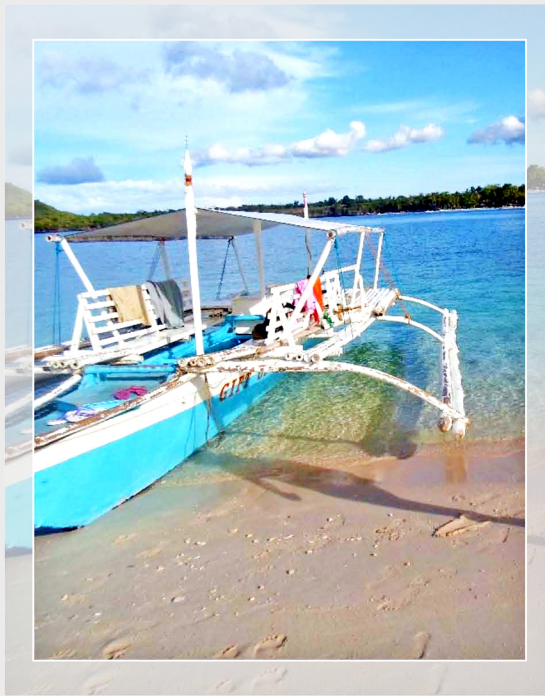


# ISLAND HOPPING

: travel from one island to another, especially as a tourist in an area of small islands



If you want a perfect adventure sightseeing full of diversity and spectacular views, then you will want to go island hopping. These activities include outrigger canoeing which is fun for the whole family. It's a perfect adventure for families, group of friends, or even couples needing to get away from the noise of urban living and the phone calls and stress. In Cebu, there are vast choices of different islands to choose from depending on what you're looking for, each has its own highlights and is sure attract every type of interest. Most of these islands are known to have popular diving spots, spectacular caves and white sandy beaches that are sure to amaze you. It is something that you shouldn't miss when you visit Cebu. Island hopping is a great sightseeing adventure for all ages.

## Vocabulary

sightseeing  
outrigger  
urban  
diversity  
spectacular

## Questions

1. Have you experienced island hopping? Describe your experience.
2. Enumerate the things that people enjoy while island hopping.
3. Why do people go island hopping?
4. Is island hopping dangerous for children? Why or why not?

## Exercises

Choose the correct word from the box and complete the sentences below.

sightseeing    outrigger    urban    diversity    spectacular

1. Crime in the \_\_\_\_\_ areas has increased alarmingly in the past year.
2. We did a bit of \_\_\_\_\_ in Paris.
3. We went swimming and used the \_\_\_\_\_ canoe to visit a famous islet.
4. The view from the top was \_\_\_\_\_.
5. Miami has a lot of cultural \_\_\_\_\_ because of Americans, and the Cubans.

# JET SKIING

: water sport where one has to ride on a jet ski



Riding a jet ski is the ideal way to see the tropical paradise while aboard the jet ski you can have the best view of the sea and of the island. A Jet Ski is a small recreational watercraft, designed to only carry 1 or 2 passengers, it moves forward by pushing out a stream of water which propels it forward. This type of activity is called jet skiing. It gives off a thrill of excitement, speed and splashing water as you ride on the watercraft in the tropical waters of Cebu. Both locals and foreigners engage in this water sport and ride away to nearby islands and enjoying the scenery and the excitement only a jet ski can bring. People always say your trip to Cebu won't be complete without it.

## Vocabulary

aboard  
recreational  
stream  
tropical  
gives off

## Questions

1. What is the fun thing about jet skiing?
2. What do you think are the health benefits of this watersport?
3. What is your favorite water activity? Why?
4. Is jet skiing popular in your country?

## Exercises

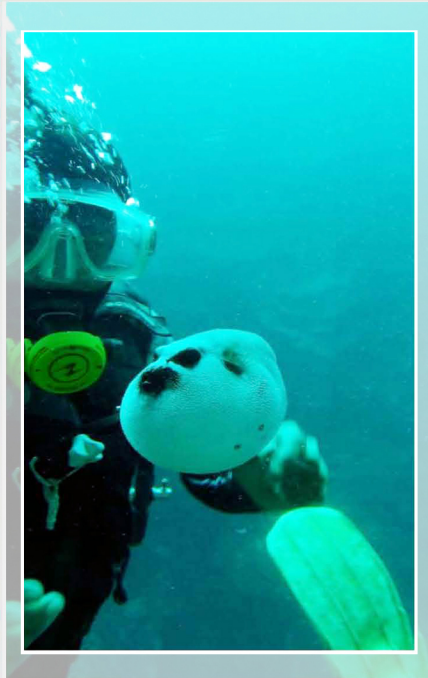
Choose the correct word from the box and complete the sentences below.

aboard    recreational    stream    tropical    gives off

1. Scuba diving is my favorite \_\_\_\_\_ activity.
2. Philippines is a \_\_\_\_\_ country.
3. This cotton t-shirt \_\_\_\_\_ a cool feeling.
4. People of long ago used to drink water from the \_\_\_\_\_.
5. The plane landed safely with all 158 people \_\_\_\_\_.

# SCUBA DIVING

: the sport or pastime of swimming underwater using scuba gear



Cebu is one of the top destinations in the world for scuba diving and for diving enthusiasts Cebu is a must. This popular activity allows you to see an extraordinary world under the vast sea which is normally only visible to fish. The marine life you will see will amaze you with the bright colors and different varieties of fish, along with the guidance of a professional diver, you will be amazed to see some of the strangest and most uncommon sea creatures. For the most part, scuba diving is a relatively safe activity as long as you follow the rules and stay with your fellow divers. You will need to take a beginners diving class where you will learn the skills required; including equipment usage, defense techniques and ocean conservation.

## Vocabulary

extraordinary  
vast  
marine  
creatures  
conservation

## Questions

1. How long do you think it takes to learn scuba diving?
2. Scuba diving a relatively safe activity. Do you agree or disagree? State your reasons.
3. Have you ever heard about free diving? What do you think about it?

## Exercises

Choose the correct word from the box and complete the sentences below.

extraordinary    vast    marine    creatures    conservation

1. Her father left her a \_\_\_\_\_ amount of wealth.
2. This area is rich in \_\_\_\_\_ products.
3. What he did was \_\_\_\_\_!
4. Countries should be united for the \_\_\_\_\_ of peace.
5. She became the first living \_\_\_\_\_ to orbit the moon.

# SNORKELING

: the sport of swimming with a snorkel and a face mask



If the thought of scuba diving scares you or makes you nervous but you still want to see the fish beneath the sea, then snorkeling is probably best for you. Snorkeling is an activity which allows you to breathe through your mouth via a tube when floating underwater but still allows you to be close to the surface. Most travelers consider it to be a very peaceful pastime. Live coral reefs throughout the tropical islands, the sun-drenched surface waters are dominated by beautiful sea life and other amazing creatures from below the sea. Sometimes they tend to swim in open water near the surface and many of them are even close enough to reach out and touch. These sea creatures play out in front of swimmers, seemingly inviting them to see the hidden world beneath the sea. Snorkeling seems to be a magical time and a highlight of most people's trip.

## Vocabulary

plunge  
tropical  
drenched  
dominated  
beneath

## Questions

1. Why do you think snorkeling is considered the most peaceful pastime?
2. What's the difference between snorkeling and scuba diving?
3. How is "hidden world beneath" described in the paragraph?

## Exercises

Choose the correct word from the box and complete the sentences below.

plunge   tropical   drenched   dominated   beneath

1. Philippines is a \_\_\_\_\_ country.
2. Taking a deep breath, she \_\_\_\_\_ in.
3. He did not take an umbrella with him so he came home \_\_\_\_\_ in rainwater.
4. A baby looks out from \_\_\_\_\_ the bed covers.
5. The skyline of Cebu is \_\_\_\_\_ by the view of the mountains.

# SWIMMING



The Philippines is an archipelago which is made up of more than 7,000 islands. It should be no surprise that swimming is one of the favorite pastimes for Filipinos. It can be an individual or team sport and activity and can be done for leisure, exercise or competition. It has its own set of rules and strategies for becoming proficient in it. Learning swimming strokes, swim etiquette and techniques might sound a little intimidating, but, they all seem trivial when you think about the benefits of swimming. Aside from being a lot of fun, it keeps your body in shape and allows you to do many water sports. It also is great for family bonding and building family memories. Plus, it's the best form of cardio exercise.

## Vocabulary

archipelago  
etiquette  
intimidating  
trivial  
cardio

## Questions

1. Why is swimming popular in the Philippines?
2. What do people gain in swimming?
3. Do you know any other forms of cardio exercise? What are they?

## Exercises

Choose the correct word from the box and complete the sentences below.

archipelago    etiquette    intimidating    trivial    cardio

1. Our new boss looks \_\_\_\_\_.
2. I know a better \_\_\_\_\_ workout for burning off fat.
3. It's a complete waste of time and energy to argue over a \_\_\_\_\_ matter.
4. There are four large islands in the Japanese \_\_\_\_\_.
5. Those who wish to join the marathon must observe a cycling \_\_\_\_\_.

This textbook uses pictures/photos from the free photo sites below.

Pixabay : <https://pixabay.com/>  
Public Domain Pictures : <http://www.publicdomainpictures.net/>  
Pexels : <https://www.pexels.com/>  
Flicker : <https://www.flickr.com/>

Unsplash : <https://unsplash.com/>  
GATAG | フリー素材集 : <http://01.gatag.net/>  
写真AC : <https://www.photo-ac.com/>  
イラストAC : <https://www.ac-illust.com/>

シルエットAC : <https://www.silhouette-ac.com/>  
Google 画像検索 : <https://www.google.com/imghp?hl=ja>  
Wikimedia Commons : [https://commons.wikimedia.org/wiki/Main\\_Page](https://commons.wikimedia.org/wiki/Main_Page)