Introduction

1. Do you own a bike? Why (not)?
2. What are the benefits of traveling by bicycle?
3. Read the quote below. What does it mean? Do you agree?

"Bicycle travel is about getting lost to find yourself."

Video
Watch the video which promotes bicycle travel. Put the extracts from the video (below) in the correct order.

"What is bicycle travel? Bicycle travel isn't about the bike, it's about...

<table>
<thead>
<tr>
<th>Order</th>
<th>Extract</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>doing something you didn't think you could do before.</td>
</tr>
<tr>
<td></td>
<td>getting lost to find yourself.</td>
</tr>
<tr>
<td>1</td>
<td>going slowly, exploring your country and seeing it for the first time.</td>
</tr>
<tr>
<td>1</td>
<td>people; swapping stories with other travelers and laughing with the locals.</td>
</tr>
<tr>
<td>1</td>
<td>traveling with friends and making new ones.</td>
</tr>
<tr>
<td>1</td>
<td>roadside fruit stands or finding the best meal you've ever had then getting seconds.</td>
</tr>
<tr>
<td>1</td>
<td>slowly climbing a mountain, then flying down the other side.</td>
</tr>
<tr>
<td>1</td>
<td>because when you travel on a bike you can't help but smile, and people can't help but smile back.&quot;</td>
</tr>
</tbody>
</table>

What do you think about the video? Choose adjectives from the examples below to describe the video:

- inspirational
- interesting
- dull
- boring
- positive
- exciting
- cheesy

Do you have any stories connected to the quotes from the video above, e.g. have you ever got lost while cycling?

Grammar, Gerunds after prepositions
If a verb follows a preposition it must take the gerund form, nouns can also be used without change:

"Bicycle travel isn't about the bike, it's about roadside fruit stands or finding the best meal you've ever had then getting seconds"

In the example above, "about" is the preposition, "the bike" and "roadside fruit stands" are noun phrases, and "finding" plus "getting" are verbs in the gerund form.
Common prepositions in English include in, on, at, about, around, through, over, before, after, with, without, off etc.

Phrasal verbs are also often followed by gerunds on account of the particle: give up smoking, look forward to going on holiday, carry on coming to class, keep on working etc.

Grammar, Speaking Exercise
Complete the following examples with your own ideas and explain what you have written to a partner. Remember to try and practice the grammar above by using gerunds in your examples.

a) At the moment, I'm absolutely addicted to...

b) I hope to succeed at...

c) I'd like to stop the government from...

d) I'd like to thank my parents for...

e) If I moved abroad, it would be difficult to get used to...

f) I'm concerned about...

g) I'm not very good at...

h) I'm really afraid of...

i) I'm really looking forward to...

j) Next year I might give up...

k) When I was young, I used to get really excited about...

l) I'd like to famous for...

m) I wish I was more interested in...