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Intermediate Student’s Book

Life

Crossing Antarctica

**00.01–00.30** They were two women with one goal. Liv Arnesen and Ann Bancroft dreamed of becoming the first women in history to ski across Antarctica.

And on 11 February 2001 they achieved their goal. The crossing had been completed only once before, by a team of two male explorers. The story of Liv and Ann’s unparalleled adventure became the basis for a book, *No Horizon is So Far*, in which they shared their reasons for exploring the planet.

**00.31–00.43 Ann** Well, people ask us, you know what is there left to explore? There’s certainly you to explore, you know, internally. And these trips draw out new things in you as an individual, you never know how you’re going to be in your moment of truth.

**00.44–01.23** Prior to leaving for Antarctica, the two women undertook a demanding training schedule. They practised skiing down roads, pulling tyres behind them.

The hardships got worse when they arrived in Antarctica.

There were very strong, sometimes unpredictable, winds of up to 160 kilometres an hour … and, of course, it was extremely cold.

Sometimes they had to use their food to warm their fingers, to get the blood moving again. During their adventure, Liv and Ann shared their story with people from a hundred and fifty countries through an online journal.

**01.24–01.41 Ann** I think the thing that’s fabulous about opening the story up to others, is it comes back. And it’s not just remarking on what we’re doing. What we ended up getting were other people’s dreams.

**01.43–01.54** The Internet site enabled the two women not only to share their own adventures, but also to relate to other people’s experiences in different parts of the world.

**01.55–02.00 Liv** What do you think of this, eh, Ann? A little bit scary?

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**02.02–02.11 Ann** We all understand, you know, overcoming struggles for instance, finding support – you know, you never do anything alone, those kinds of themes.

**02.12–02.34** Despite their remote location, the women still felt connected with people around the planet. Liv and Ann are now planning their next adventures.

Their next goal is to travel to the other end of the world and to become the first women in history to cross the Arctic Ocean.