**Task 01: Essay about a trip.**

“Worry is a good thing when you are an explorer. It is when you are cavalier, when you take risk for granted, that is when you are going to get bit” James Cameron. Sometimes explorers accouter in their exited journey some risks. They should be always on the go and be careful enough to protect themselves from harm. Some of these risks can be summarized in: a race between your life support running off and freezing to death, the possibility of having an insect bit and thus catching a disease from it and not having the ability to access a sophisticated medical support. Finally, insomnia caused from the change of day schedule.

To prevent such dangers, the explorer has to be of good qualities. When embarking on a trip, the best piece of advice we can give is to always remember the ‘Five Ps’: **P**rior **P**reparation **P**revents **P**oor **P**erformance. Therefore, the explorer has to be independent, has a sense of higher purpose i.e. have an exited trip but a safe one, prepared for anything that might occur during the trip, curious enough, and has a great perseverance.