

***IDENTITY B2***

**WORDLIST 8**

## Risk and danger

be a thrill-seeker

better safe than sorry

play it safe

risk life and limb

stay out of harm's way

take a chance

take my life in my hands

throw caution to the wind

## Expressions with *take*

take advantage of

take care of

take it easy

take place

take responsibility for

take someone up on something

take something seriously

take time

take up

## Adventure sports

coasteering

paragliding

rock climbing

kayaking

mountain biking

zip-lining

snowshoeing

windsurfing

white-water rafting

## EVERYDAY ENGLISH

gut reaction

get out of your comfort zone