

## Activities to do **BEFORE** you listen to the podcast

**A** Check the meaning of the following words or expressions. The expressions will appear in the episode.

- capoeira
- tribal dance
- martial arts
- slaves
- smooth
- perfect fusion
- to defend yourself
- to calm down
- you found your holy grail
- treating sciatic
- to get rid of stress
- I'm intrigued.
- change someone's mind
- to underestimate

## Activities to do **WHILE** you listen to the podcast

**B** Answer these questions

1. What is his favourite Slovak word?
2. Why does he like his name?
3. Why does he prefer Slovaks to Brazilians?
4. Which languages does he speak?
5. How long has he been practicing capoeira?
6. What should you do if someone attacks you in the street:
  - a. Run
  - b. Dance capoeira
  - c. Start crying
7. What are Nicolas' jobs?
8. How many different techniques does he use in his massages?
9. Which cities/towns have been mentioned in the podcast?
10. Is he planning to stay in Slovakia?

**C** Find opposites for the following words in the podcast

1. choreography
2. stress
3. attack
4. enthusiastic
5. rough
6. get rid of
7. intrigued

## Activities to do **AFTER** you listen to the podcast

**D** Check some videos of capoeira on YouTube or any other platform.

### KEY

**B:** 1- ideme spať, 2-it's long enough, it sounds nice, there are a lot of „s“, 3-He fell in love with the Slovak mentality, 4-English, Portuguese, Italian, Slovak, a bit a bit of Spanish, 5-all his life, 6-a, 7-a teacher of capoeira, a massage therapist, 8-11, 9-Salvador, Trieste, Bologna, Colombia, Bratislava, Stupava, Malacky, Jakubov, Liptovský Mikuláš, 10-Absolutely yes

**C:** 1-Improvisation, 2-Relaxation, 3-Defense, 4-Apathetic, 5-Smooth, 6-Keep, 7-Uninterested

The Bridge

Baštová 344/7  
811 03 Bratislava 1  
Slovakia



Andrea Zahumenská  
AUTHOR

