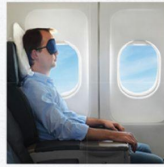


READ

Read this article about getting the most out of a trip.

Get the Most Out of It

So you're **visiting** some new countries this year? You already have your tickets, and you **leave** in exactly four weeks. A month from now, you'll **be relaxing** in the sunshine or **touring** famous landmarks. But are you prepared to maximize the enjoyment of your experience? In my capacity as *Times* travel editor, I've **been journeying abroad** since 2007, so I've **learned a few** things. In this week's column, I'm **going to give** you suggestions in five areas that **will help** you get the most out of your trip.



FIRST TIP: Jetlag. If you've ever flown a significant distance away from your home time zone, you know lack of sleep is a problem. By the time you **arrive**, you'll **have been flying** for eight to ten hours and **won't be able to keep** your eyes open. Then your entire body **will be** out of whack for days. Some effects of jetlag are inevitable, but here's my suggestion for minimizing them: Take a late afternoon or evening flight, and make every effort to sleep on the plane, even if it's only for an hour or so. When you **land**, it **will probably be** late morning or early afternoon. Stay up until evening! Don't take a nap, no matter how **excruciatingly** tired and sleepy you feel. That way, you'll fall into a new rhythm as naturally as possible. Your body **will adjust** much more quickly.



SECOND TIP: Tours. If you've been abroad before, I'd say go ahead and chart your own course. If you haven't, join a tour group. You can get excellent package deals that include accommodations and tours that hit the high points. Good tour leaders **will show** you the things you want to see. You'll **make** new friends and **learn** a lot. Yes, it's true that tours can be hectic and intense. They're worth it, though.



THIRD TIP: Accommodations. Consider using Airbnb, a website that started in 2008. It's an online marketplace that links people who have property to rent with visitors who are looking for a place to stay. If you want to use Airbnb, you'll **need to go to** their website and create an account. Then you'll **be able to find** all kinds of lodging situations—everything from an air mattress in the corner of someone's living room to an entire home or apartment. You can stay in boats, castles, and even igloos and tree houses. You'll **certainly meet** interesting people, too.



FOURTH TIP: Money and valuables. Resist the temptation to carry your money, passport, or other valuables in a purse or wallet. Keep them in a money belt instead. Potential thieves **will be** out in force everywhere you go. They'll **have** a lot more difficulty stealing from a money belt worn around your waist under your clothes.



FIFTH TIP: Language and culture. Few things **will please** the inhabitants of the countries where you're **going** more than if you make an effort to learn something about them. Buy a phrasebook and start acquiring some of the basics of the language. Begin now, and you'll **have learned** enough to accomplish some basic communication by the time you **arrive**. Discover a bit of the history. Try to step out of your own mindset and put yourself into the shoes of the people who live there.

So there you have it. Take my advice. By the time you **get** home, you'll **have acquired** some wonderful memories for your mental scrapbook. Make it the trip of a lifetime.

AFTER YOU READ

A VOCABULARY Choose the word or phrase that is closest in meaning to the word in **bold**.

- Are you prepared to **maximize** the enjoyment of your experience?
a. make easy b. decrease c. complicate d. increase
- Your entire body will be **out of whack** for days.
a. not working well b. ill c. wounded d. in good shape
- You'll have **acquired** some wonderful memories.
a. lost b. gained c. understood d. treasured
- Some effects of jetlag are **inevitable**.
a. discouraging b. amazing c. unavoidable d. stressful
- Here's my suggestion for **minimizing** them.
a. understanding b. increasing c. avoiding d. decreasing
- Don't take a nap, no matter how **excruciatingly** tired and sleepy you feel.
a. pleasantly b. terribly c. interestingly d. boringly
- Go ahead and **chart your own course**.
a. take a cruise b. hire a tour guide c. make your own plans d. ask for help
- Tours can be **hectic** and intense.
a. stressful b. pleasurable c. dangerous d. expensive

B COMPREHENSION Complete the statements from the reading.

- Jetlag is strongly related to _____ of sleep.
- To avoid jetlag, you should stay up until the _____ of the day you arrive.
- The author recommends taking _____ if you haven't been abroad before.
- Airbnb is an online _____ that links owners and renters.
- You may be victimized by _____ if you carry valuables in a wallet or purse.
- The author suggests keeping valuables in a _____.
- To please the residents of countries you visit, you should buy and study a _____.
- You'll understand the local people better if you put _____ in their shoes.