

**Speaker 1:** Everyone can benefit \_\_\_\_\_ having a break from our usual work. A \_\_\_\_\_ vacation is just what you need to \_\_\_\_\_ yourself. In one of the surveys, 44 percent of respondents named this \_\_\_\_\_ a reason why people love to travel.

REST  
NEW

A relaxing \_\_\_\_\_ setting and good weather are common ingredients of such trips. But everyone's idea of the perfect rejuvenating vacation is different. One person might want to trek through a rainforest. Another may want to suntan \_\_\_\_\_ a Mexican resort. Yet another might opt \_\_\_\_\_ a retreat in the mountains. When you're there, you shouldn't worry \_\_\_\_\_ anything. Relax and be present in the moment. Let \_\_\_\_\_ recharge your batteries. Travel helps your mind and body reboot \_\_\_\_\_ a way you can't achieve at home.

NATURE

**Speaker 2:** Getting \_\_\_\_\_ from home gives you the opportunity to reflect \_\_\_\_\_ your life. You have the needed time and space to let your mind wander and think about your life and about your future. Travelling is one of the best ways to learn more \_\_\_\_\_ yourself. Every day travelling brings a new set of issues and opportunities. The way you handle those also gives you \_\_\_\_\_ insight \_\_\_\_\_ who you are. You'll come home knowing yourself better, and with a fresh perspective \_\_\_\_\_ what you want out of life. The experience will change your life.

SENSE

VALUE

**Speaker 3:** Travel can be a great relief \_\_\_\_\_ stress and \_\_\_\_\_ that come along with a demanding job, a bad breakup or the loss of a loved one.

HAPPY

People look \_\_\_\_\_ something they don't have back home: better weather, nicer scenery, the \_\_\_\_\_ of doing what they want, experiences they can't normally have, a slower relaxing pace. Admiring \_\_\_\_\_ in the Louvre or lying \_\_\_\_\_ a Hawaiian beach are \_\_\_\_\_ breaks \_\_\_\_\_ the regular stress.

FREE

Travel is particularly helpful for workaholics who have trouble leaving their job behind. Travel has the power to let you not only escape but also heal. A new place with lots of fun can work wonders. You'll return home more \_\_\_\_\_ peace with yourself and your challenging situations.

MASTER

WONDER



**Speaker 4:** You might feel \_\_\_\_\_ you're stuck \_\_\_\_\_ a rut in your daily life. Or you are keen \_\_\_\_\_ doing something exciting and different. If you're craving new experiences and new challenges, travel is the ideal place to test yourself. It pushes people \_\_\_\_\_ their limits and gets them \_\_\_\_\_ their comfort zone. You'll discover how \_\_\_\_\_ you are when you're exposed \_\_\_\_\_ new places, people and experiences. Maybe it's finding your way around a busy city. Or ordering a meal when you don't speak the language. You'll feel proud when you finish your trip \_\_\_\_\_. Overcoming obstacles will bring you joy and energy \_\_\_\_\_ future tests. You'll realise how capable you are and build your \_\_\_\_\_.

RESOURCE

**Speaker 5:** Another reason why people love to travel: it helps open your mind.

You realise that there's no one way to live life. Meeting people from other places will show you that your world view is not the same \_\_\_\_\_ everyone else's.

You can't imagine how different life is in another place until you see for yourself. Everything from work to family, from \_\_\_\_\_ to interests is not what you might expect \_\_\_\_\_ your own experience. By being exposed \_\_\_\_\_ new places, people and cultures, you'll develop a wider world view. And that will make you a better-rounded \_\_\_\_\_ citizen. It's a great reward and big reason why people love to travel.

SUCCESS

CONFIDENT

BELIEVE

GLOBE

