

Read the article quickly. Match paragraphs 1–5 with holidays A–E.

A Camping

B Language learning trips

C Independent travelling

D Volunteer holidays

E Package holidays

1.

Tina Frey, who runs teenage-holidays.com, says the best holidays can be those arranged through friends and family overseas. She recommends looking up long-lost relatives and friends abroad and getting in touch. Mark Price, 17, spent last summer with the family of a business friend of his mother's in Argentina. He said the plan had been for him to practise his Spanish before starting his degree in languages. 'And it worked. I'm loads more confident at speaking now. What's more, I got to experience everyday life in an Argentine family. That was the best part.'

2.

Many sites have a policy of over 18s only and are particularly cautious about all-male groups, Tina points out. So always check beforehand. Otherwise, no holiday offers greater freedom at this price. The initial costs of buying necessary equipment can be shared among you and your mates, or you may be able to borrow stuff. If you're not sure open-air living is for you, try a weekend music festival – you can even rent tents at most of them and you'll have no trouble feeding yourself.

3.

If you want the simplest of holidays abroad, with a guide in your hotel who speaks your language, then look no further. Flights and accommodation are organised for you and often some meals are included which will save you money. There are downsides, though. Resorts are often some distance from local towns and cultural attractions – the expectation is that you'll be spending much of your time in the pool or throwing yourself into the hotel entertainment programme. Of course, this may be exactly what you are planning!

4.

Although there are no official figures, Ed Snow of inspiredholidays.org estimates that over 150,000 British teenagers will be travelling abroad this summer aiming to 'make a difference'. It's the chance to work in a totally different environment to your home and meet people from all over the world while doing something beneficial. Even the strictest parents are bound to give their permission! Research is key. What are you passionate about? Can you find something relevant to that? Although you're offering your time, you'll be expected to cover major travel expenses and almost certainly need to contribute towards the training you will receive. Prices can get quite high. As Ed points out, 'Few people arrive with any experience of the job they are about to start. This holiday is as much about learning as it is about helping.'

5.

OK, so persuading your parents to let you go 'flights only' might prove difficult. But if the idea of planning your own travel schedule appeals to you, then have a go! It's by far the most adventurous of holidays, with numerous opportunities to meet interesting people, practise another language and get a genuine taste of a different culture. Internet facilities are now so good that you need never break that promise of staying in regular contact with your parents.