

LISTENING

PART 1. Listen a story about a German tourist.

Are the sentences true (T) or false (F).



1. A German man wanted to visit his girlfriend in Sydney, Australia. True / False
2. When he was booking his ticket, he made a mistake. True / False
3. His flight took him to the wrong town in Australia. True / False
4. He was wearing summer clothes because the weather in Montana was hot. True / False
5. His parents and friends set him warm clothes. True / False
6. After a few days, he bought a ticket to Australia. True / False

PART 2. Listen to the whole report. Are the statements true (T) or false (F).

- | | |
|---|--------------|
| 1. The people at the centre play table tennis four times a week. | True / False |
| 2. The first woman says playing table tennis gives her a great feeling. | True / False |
| 3. Scientists studied 20,000 people for fifteen years. | True / False |
| 4. They found that people who don't smoke, exercise regularly and eat lots of fruit and vegetables every day live longer. | True / False |
| 5. Doctors say that only big changes to your lifestyle can help improve your health. | True / False |
| 6. The second woman says she always eats five portions of fruit and vegetables a day. | True / False |



My top travel tips

Sandy Graves is an experienced travel writer who regularly travels all over the world. Here she shares some of her top tips.

1. When you start packing, leave your suitcase open somewhere. As you think you need to take it. Don't leave it until later or you might forget. Make photocopies of all your important documents and put them in your suitcase, too. If you lose your passport, having a copy will make it easier to get a new one. Pack earplugs. They're great for long flights and noisy hostels, when you really need to sleep.
2. While you're travelling, be patient. Everybody wants to leave on time, but it doesn't always happen. Buses can be late, you can have problems with your documents or your card might not work in the ATM. Don't worry, there's always a way to get there. Smile and enjoy it – you won't have another chance to!
3. If you want more than just a holiday, try volunteering, spending some time learning new skills and meeting new people. You can travel anywhere in the world to do all kinds of different jobs, from building in Tanzania to looking after elephants in Thailand. Just think what you could do.
4. Do your best to try everything around you. Try the local food, buy the terrible, cheap souvenirs (they won't feel terrible when you're back home) and take lots of photos. And talk to local people – you can get so much more out of your trip if you do. Keep an open mind, and don't criticize the local culture. You might see or experience things which seem strange to you, but are normal there.

READING

PART 1. Read the article and match topics a - d with paragraphs 1 – 4.

- a) Dealing with problems
- b) Having the best experience
- c) Doing something different
- d) Preparing for your trip

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PART 2. Read the article again. Are the statements True (T) or False (F)

- T / F 1. Try to pack things at the same time as you think of them.
- T / F 2. It's a good idea to take earplugs for when you want to go swimming.
- T / F 3. It's best not to worry when you have problems.
- T / F 4. There aren't many opportunities to do anything different when you travel.
- T / F 5. Don't buy souvenirs if they're not good.
- T / F 6. Try to accept things which seem strange to you.