

TRAVELLING

Fill in prepositions and use the words given in CAPITAL letters to form a word that fits the gap.

There are many reasons why people travel. For some, it's a way of getting _____ from their daily routine and experiencing something new. For others, it's an opportunity to gain _____ **VALUE** insights _____ different cultures or _____ **SIMPLE** relax and unwind. Some people even travel to find themselves.

A change of scene can do wonders _____ our mental health. It can be a relief _____ pain and suffering, whether physical or _____ **EMOTION**. For example, someone who has just come out of a long-term relationship might decide to take a _____ **JUVENILE** vacation in a sunny, tropical location, while another person who is _____ **GRIEF** the loss of a loved one might find solace in nature's beauty by taking a walk _____ a natural setting such as a forest or a beach.

Travel can also give us a fresh perspective on life. When we're _____ **EXPOSURE** to different ways of doing things, we learn to appreciate what we have and become more _____ **ADAPT** and _____ **RESOURCE**. _____ instance, if a problem arises during our trip, we may need to think on our feet and come _____ with a creative _____ **SOLVE**. This kind of experience can help us build _____ **RESILIENT** and develop important life skills that will serve us well when we face a _____ **CHALLENGE** situation in the future.

Sometimes, we just feel the need to escape our current circumstances. We might feel stuck _____ a rut and crave a change of scenery. _____ these cases, travel can be a great way to break free _____ our routine and explore new _____ **POSSIBLE**. As the saying goes, 'Not all those who wander are lost.' Sometimes, wandering can lead us to _____ **EXPECT** discoveries and open up doors we never knew existed.

Ultimately, the reasons _____ travelling are as _____ **DIVERSITY** as the people who embark on these journeys. Whether you're an adventure _____ **SEEK** looking _____ your next adrenaline rush, a history buff eager to explore ancient ruins, or simply someone who wants to take a break and _____ **CHARGE** your batteries, travel offers _____ **END** opportunities for _____ **GROW**, self-discovery, and _____ **ENJOY**.

