A summer accident

Listen to the recording of the text and fill in the missing words.

Last July, I went on a summer holiday to Italy with two of my best friends. We had been planning the trip for months, because we wanted a balance of relaxation, adventure, and culture. Our idea was to spend a few days in Rome, then travel south to the coast and enjoy the sea. The first part of the trip was everything we had hoped for: we visited _____ ruins, walked through narrow streets full of life, and tasted _____Italian dishes in small family-owned restaurants.

After a few days in the city, we took a train to a seaside town. The weather was perfect—bright sun, a warm breeze, and _____ water. On our second day there, we decided to rent bicycles and ride along the coastal road, which is famous for its beautiful views. At first, everything was wonderful, but as we were going downhill, I became distracted by the scenery. I didn't notice a sharp curve, and I lost control of the bike. I fell and _____ my knee and my arm against the pavement.

For a moment, I felt shocked and _____, because _____ people stopped and stared. Then the pain hit me, and I realized the wound was deeper than I first thought. _____, a kind local woman came over immediately. She spoke some English and gave me bandages and water. My friends helped me to sit in the _____, and after a short rest, I felt well enough to continue slowly back to the town.
Although the accident was _____, it taught me to be more careful and to pay attention, even when I'm excited. In the end, the rest of the holiday went smoothly, and the fall became just another story to laugh about. Looking back, it didn't ruin the trip at all—it actually made the _____ experience more memorable.

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