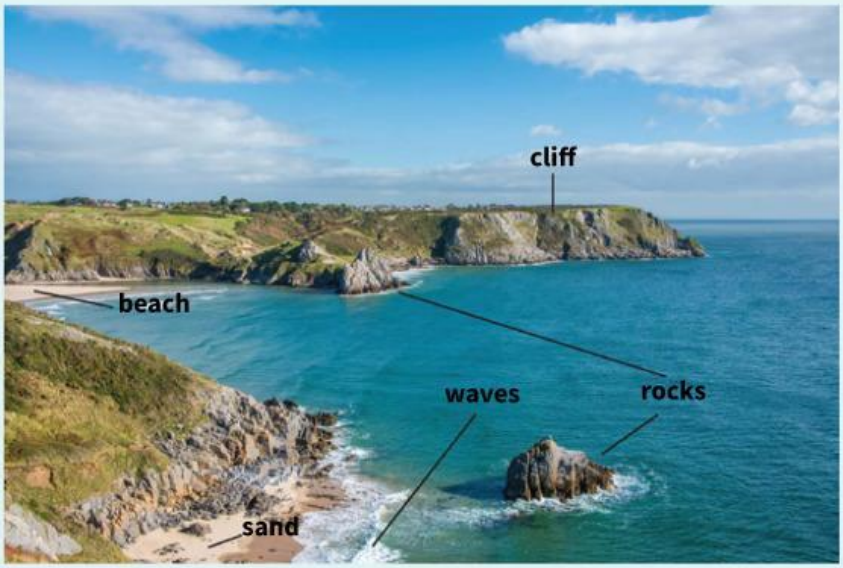
51 Holidays by the sea

A The beach



Many people **spend** their holiday at the **coast** [the land close to the sea], where there are a lot of **seaside resorts** [towns by the sea for tourists] and they can go to the beach every day. Generally people prefer beaches that are **sandy** [with lots of sand], where you can go for a **stroll** [a casual walk] along the **shore** [the place where the sea meets the land] in the **sunshine** [when it is sunny]. On the beach, you also sometimes get a **breeze** [a nice gentle wind] that blows off the sea.

B Beach activities


surfing


windsurfing


diving


playing volleyball


sunbathing

Volleyball is a popular beach game and some people enjoy water sports such as **surfing**, **windsurfing** or **diving**. If the sea is **calm**[1], you can **go for a swim**, but a lot of people just want to lie on the beach and **sunbathe** and get a nice (**sun**)**tan**[2]. However, there are now worries about the dangers of **sunbathing**. People who lie in the sun without any **protection**[3] can get **sunburn**[4], and worse still, they are **at risk of** [5] getting skin cancer. Doctors now **recommend**[6] that people do not sit in the sun without using **sunscreen**[7]. It may be safer just to sit in the **shade**[8].

[1] without waves (does not move very much); *opp* **rough**
[2] when the skin becomes brown
[3] something to keep someone safe
[4] when the skin becomes red and very sore
[5] if you are at risk of something, there is a danger that something bad may happen to you
[6] say what someone should do
[7] cream that gives protection from the sun; *syns* **sunblock, sun cream**
[8] an area where there is no light from the sun, so it is darker and less hot

Language help

We can **go for a walk**, a **drive** (a journey in the car for pleasure), **a swim, a coffee** [drink some coffee], **a drink** (often an alcoholic drink, e.g. wine, beer). We can also **have a swim**, **a coffee**, **a drink**.

*We **went for a drive** along the coast. I **had a coffee** at Caffé Nero. Let's **go for a drink** tonight.*

LIVEWORKSHEETS

Exercises

51.1 **Write down four more words beginning with *sun*.**

sun*shine* sun..... sun..... sun..... sun.....

51.2 **Match the words on the left with the words on the right.**

1 sun	[d]	a shade
2 wind	[ ]	b sea
3 seaside	[ ]	c surfing
4 sit in the	[ ]	d tan
5 sandy	[ ]	e resort
6 rough	[ ]	f beach

51.3 **Cover the opposite page. What are these people doing?**







1 *playing volleyball* 2 ..... 3 ..... 4 ..... 5 .....

51.4 **Cross out the wrong answer.**

1 The beach was	a lovely	b ~~calm~~	c sandy	d dirty
2 We went for a	a drive	b shop	c drink	d stroll
3 The sea was	a sandy	b calm	c rough	d cold
4 I enjoy	a surfing	b diving	c getting sunburn	d windsurfing
5 We walked	a along the beach	b by the shore	c on the waves	d on the sand
6 The beach was	a near the cliffs	b by the breeze	c by the rocks	d very sandy

51.5 **Complete the sentences.**

1 I love sunbathing, so I can get a nice *suntan* .....
2 Doctors ..... that you stay out of the sun completely in the middle of the day.
3 We used to sunbathe for hours, but then we didn't know we were at ..... of getting skin cancer.
4 I always take a beach umbrella to give me ..... from the sun when it is very hot.
5 In the city it feels like there's no air, but you often get a nice ..... by the sea.
6 I love going for a ..... along the beach, especially in the evening when it's quiet.
7 I don't like sitting in the sun; I prefer to sit in the ..... .
8 We decided to ..... a swim before lunch.

51.6 **Over to you**

Answer the questions. If possible, ask someone else the same questions.

1 Do you ever spend time at seaside resorts? Where do you go, and how often?

2 Do you enjoy any of the beach activities on the opposite page? Which ones?

3 Do you like sunbathing? Why? / Why not?

4 Do you get a suntan easily? Have you ever had sunburn? Do you often use sunscreen?

5 What do you like to do in the evening after a day on the beach?

LIVEWORKSHEETS