Vocational Education

Wellness Tourism: Travel for Health and Relaxation

WARM-UP

1. Brainstorming: What Does Wellness Mean to You? Discuss.






- What activities can you recognise? _____
- Which activities help tourists relax? _____
- Which activities involve physical exercise? _____
- Why do people choose wellness holidays? _____
- Can wellness tourism combine relaxation and adventure? _____

_____

2. Complete the Wellness Mind Map. Write more examples for each category. Briefly explain your choice.

- **Spa Tourism:** massage, sauna _____
- **Active Tourism:** hiking, cycling _____
- **Healthy Lifestyle:** healthy food, fresh air _____

VOCABULARY

3. Match the vocabulary items (1–6) with their definitions (A–F).

1. Thermal spring	A. A path designed for people travelling by bicycle.
2. Wellness retreat	B. A natural source of warm mineral water.
3. Hiking trail	C. A programme or place offering relaxation and well-being activities.
4. Hydrotherapy	D. A treatment that uses water to support relaxation and well-being.
5. Rejuvenation	E. A path through natural areas used for walking.
6. Cycling route	F. The process of feeling fresh, energetic and relaxed again.

4. Complete the sentences using the words from the box.

scenic	accommodation	massage	sustainable	fitness	mineral

1. Tourists can enjoy a relaxing _____ after a long day of hiking. 2. The resort offers comfortable _____ near the thermal springs. 3. The cycling route passes through a beautiful and _____ landscape. 4. Visitors can drink natural _____ water. 5. Tourists should choose a route according to their _____ level. 6. _____ tourism protects nature and supports local communities.

LIVEWORKSHEETS

READING

5. Read the text and identify the main idea. Choose the best title.

Wellness Tourism: A Journey to a Healthier Lifestyle

A. What Is Wellness Tourism?

Modern life can be busy and stressful. Many people spend long hours working, studying or using digital devices. As a result, they look for holidays that help them relax, improve their well-being and enjoy a healthier lifestyle. This type of travel is called wellness tourism.

Wellness tourism combines relaxation, physical activity and healthy experiences. Unlike traditional holidays, which often focus mainly on sightseeing and entertainment, wellness holidays encourage tourists to take care of themselves. They may visit a spa resort, enjoy outdoor activities or participate in programmes focused on healthy habits.

B. Spa Tourism: Relax and Recharge

Spa tourism is one of the most popular forms of wellness tourism. Spa resorts often offer thermal pools, mineral water treatments, saunas, massages and hydrotherapy. Some destinations are famous for their natural thermal springs, which attract visitors throughout the year.

A typical spa holiday may include comfortable accommodation, healthy meals, relaxation areas and different wellness treatments. Tourists can spend time swimming, enjoying a massage or simply resting in a peaceful environment. These experiences can help visitors feel relaxed and refreshed.

C. Hiking and Cycling: Wellness in Nature

Wellness tourism is not only about relaxing in a spa. Many tourists prefer active holidays that combine exercise with beautiful natural landscapes. Hiking and cycling are excellent examples.

Hiking allows visitors to explore forests, mountains, hills and countryside trails. It offers opportunities to enjoy fresh air, discover local attractions and spend time away from busy cities. Cycling holidays are also becoming increasingly popular. Tourists can follow marked cycling routes, visit traditional villages and admire scenic landscapes.

These activities can support physical fitness and provide opportunities to enjoy nature. However, tourists should choose routes according to their experience and fitness level. Suitable clothing, comfortable shoes, water and basic safety preparations are important.

D. Planning a Wellness Holiday

Travel agencies and tourism professionals play an important role in organising wellness holidays. They need to understand tourists' interests, budgets and expectations before recommending a suitable package.

For example, a tourist who wants complete relaxation may prefer a spa resort with thermal pools and massage services. A more active visitor may choose a weekend package with guided hiking or cycling tours. Some tourists may prefer a combination of spa treatments and outdoor activities.

Sustainable tourism should also be considered. Visitors should respect natural areas, follow marked trails, avoid littering and support local businesses. A well-planned wellness holiday offers more than a pleasant experience: it helps tourists return home feeling refreshed, active and inspired to maintain healthy habits.

6. Answer the questions according to the text.

1. What is wellness tourism? _____
2. Name three services commonly offered by spa resorts. _____
3. Why are hiking and cycling popular among wellness tourists? _____
4. What should tourists consider before choosing a hiking or cycling route?

   _____
5. How can travel agencies help tourists organise wellness holidays

   _____
6. Give two examples of sustainable behaviour during a wellness holiday.

   _____

LIVEWORKSHEETS

7. True or False? Correct the false statements orally.

1. Wellness tourism focuses only on spa treatments.
2. Thermal springs are natural sources of warm mineral water.
3. Hiking and cycling allow tourists to explore natural landscapes.
4. Tourists should choose outdoor routes without considering their fitness level.
5. Travel agencies should consider tourists' interests and budgets.
6. Sustainable tourism encourages visitors to respect natural areas.

8. Complete the Wellness Tourism Quiz. Choose the correct answer.

1. Which of the following is an example of spa tourism?
   - A. Shopping in a shopping centre
   - B. Visiting a thermal resort
   - C. Attending a business conference
   - D. Visiting a car museum
2. What is hydrotherapy?
   - A. A cycling activity
   - B. A mountain walking tour
   - C. A treatment using water
   - D. A traditional cooking lesson
3. Which activity is most suitable for tourists who enjoy exploring nature by bicycle?
   - A. Massage therapy
   - B. Cycling tour
   - C. Sauna session
   - D. Swimming lesson
4. What should a travel agent consider when recommending a hiking holiday?
   - A. The tourist's fitness level
   - B. The colour of the tourist's luggage
   - C. The number of shopping centres
   - D. The tourist's favourite television programme
5. Which action supports sustainable tourism?
   - A. Leaving rubbish on hiking trails
   - B. Damaging natural plants
   - C. Following marked cycling routes
   - D. Disturbing local wildlife

9. Match the Tourists with the Best Wellness Package.

Anna works in an office and wants to relax. She enjoys quiet places.	Spa Escape
David wants to combine relaxation and moderate physical activity.	Cycling Weekend
Sarah enjoys exploring villages and countryside.	Active Nature Holiday
Mark loves outdoor activities and mountain landscapes.	Wellness Balance

LISTENING

10. Listen to the podcast "Wellness Holidays for Everyone". Complete the sentences with the missing words.

1. Spa resorts offer warm _____ pools and relaxing massages.
2. Hiking tours allow visitors to discover mountain paths, forests and beautiful _____.
3. Cycling tourists can explore small _____.
4. Beginners should choose easy hiking _____.
5. Tourists should take enough _____ and respect nature.

11. Decide whether each statement is a fact or an opinion according to the podcast.

1. Some resorts offer yoga sessions.
2. Spa holidays are the best type of holiday.
3. Cycling tourists can explore small villages.
4. Wellness tourism encourages healthy habits.



LIVEWORKSHEETS

SPEAKING

12. Role-play: At a Travel Agency.

Student A – Travel Agent

Your responsibilities:

- Welcome the tourist.
- Ask about their interests and preferences.
- Find out their budget and preferred holiday duration.
- Ask whether they prefer spa relaxation, hiking or cycling.
- Recommend a suitable wellness package.
- Explain the services and activities included.

Student B – Tourist

Choose one tourist profile:

- **Tourist 1:** You want a relaxing weekend with massages, thermal pools and healthy food.
- **Tourist 2:** You enjoy hiking and want to explore mountains and forests.
- **Tourist 3:** You prefer cycling and discovering villages and countryside.
- **Tourist 4:** You want a combination of spa treatments and easy outdoor activities.

Agent: _____
Tourist: _____
Agent: _____
Tourist: _____
Agent: _____
Tourist: _____
Agent: _____
Tourist: _____
Agent: _____
Tourist: _____
Agent: _____
Tourist: _____

make notes



WRITING

13. Imagine, you are a tourism specialist working for a travel agency. Your task is to design an attractive wellness holiday package for tourists.

WELLNESS HOLIDAY PACKAGE

Package name: .....
Destination: .....
Duration: .....
Accommodation: .....
Activities and services: .....
.....
Target tourists: .....
Why choose this package? .....
.....

LIVEWORKSHEETS