

# Travelling

## 1. Warm-up

"Travel bucket list" - brainstorm a list of places you would like to visit before you "kick the bucket".

Think about your interests, hobbies, and goals when making the lists. Then, discuss your reasons for choosing each destination.

## 2. Match the following words with their definitions:

1. Multifaceted experience	A) to relax or de-stress
2. Enriching	B) to adapt and be flexible in response to changing circumstances or events
3. Breathtaking sights	C) a general plan or outline of a trip
4. Seasoned traveler	D) to pay attention to something or be aware of it
5. Purpose	E) an experience that offers a wide range of benefits: learning about new cultures, practicing language skills, seeing breathtaking sights, etc.
6. To unwind	F) to explore less-traveled or unknown places
7. Rough itinerary	G) problems or difficulties that arise and cause delays or difficulties
8. To go off the beaten path	H) making someone more knowledgeable or culturally aware
9. To be mindful	I) scenes or views that are very beautiful or impressive
10. Setbacks	J) the reason or intention behind something
11. To go with the flow	K) someone who has a lot of experience traveling

## 3. Gap-fill: complete the sentences

1. Travelling is an experience that \_\_\_\_\_ in so many ways.
2. The \_\_\_\_\_ of my trip was to visit my family in Europe.
3. I'm a \_\_\_\_\_, so I've seen a lot of amazing sights around the world.
4. The view of the Grand Canyon was truly \_\_\_\_\_.
5. I made a \_\_\_\_\_ for my trip, but I ended up going off the beaten path and seeing some unexpected sights.
6. I try to be \_\_\_\_\_ of local customs and traditions when I'm traveling.
7. We had a few \_\_\_\_\_ on our trip, but we were able to go with the flow and still have a great time.

8. After a long day of sightseeing, it was nice to just relax and \_\_\_\_\_.
9. I love traveling because it allows me to learn about new cultures and have \_\_\_\_\_ experiences.
10. It's important to be flexible and \_\_\_\_\_ when traveling, as things don't always go as planned.

#### 4. Reading article

Travelling is a **multifaceted** and **enriching** experience that allows us to learn about new cultures, see **breathtaking sights**, and make unforgettable memories. Whether you're a **seasoned traveler** or just starting out, there is always more to discover and explore. Here are some considerations to keep in mind when planning and experiencing your travels:

1. Purpose and planning: Consider **the purpose** of your travels and what you hope to gain from the experience. Are you looking to relax and **unwind**, or do you want to immerse yourself in a new culture and learn as much as possible? Your goals will impact the way you plan and structure your trip. It's also important to research your destination and make a **rough itinerary**, but be open to trying new things and going off the beaten path.
2. Cultural sensitivity and respect: Travelling allows us to learn about different cultures and ways of life, but it's important to approach this learning with sensitivity and respect. Research the customs, traditions, and social norms of your destination before you go, and **be mindful** of your actions and words while you're there. Avoid imposing your own cultural values on others, and be open to learning and adapting to new cultural practices.
3. Language and communication: If you're travelling to a country where they speak a different language, try to learn some basic phrases before you go. This will not only make communication easier, but it will also show respect for the local culture. Even if you don't speak the language fluently, making an effort to communicate can go a long way in building connections with locals. If you're having trouble communicating, consider using a translation app or seeking out someone who speaks your language to help translate.
4. Safety and health: Safety should always be a top priority when travelling, and this is especially important in a foreign country. Research the local laws and customs, and be mindful of your surroundings. It's also important to take care of your health while you're away. This might mean getting necessary vaccinations, carrying a first aid kit, and drinking plenty of water. Consider purchasing travel insurance to protect yourself in case of unexpected health issues or travel disruptions.
5. Flexibility and adaptability: No matter how well you plan, there will likely be unexpected challenges and **setbacks** while travelling. It's important to stay flexible and adaptable, and to be open to trying new things and **going with the flow**. Trust yourself and your ability to handle whatever comes your way, and you're sure to have an amazing and enriching experience.



### 5. True or false?

1. Travelling is an enriching experience that allows us to learn about new cultures, practice language skills, and make unforgettable memories.
2. It's not necessary to be flexible when planning a trip, as long as you have a strict itinerary.
3. It's important to be culturally sensitive and respectful when traveling, and researching the local customs and traditions can help us do so.
4. Travelling is only beneficial for learning about new cultures and practicing language skills, and does not provide any other enriching experiences.
5. It's important to be mindful of our surroundings and local laws and customs when traveling, especially in a foreign country.
6. It's not necessary to research the local customs and traditions before traveling, as long as you have a sense of purpose.
7. It's important to take care of our health while traveling, whether this means getting necessary vaccinations, carrying a first aid kit, or drinking plenty of water.
8. It's not necessary to practice the local language before traveling, as long as you have a rough itinerary.

### 6. Comprehension questions:

1. What are some of the benefits of travelling?
2. How can being culturally sensitive and respectful enhance the travel experience?
3. Why is it important to practice the local language before traveling?
4. How can researching local customs and traditions help us be more mindful and respectful when traveling?
5. What are some ways to ensure safety while traveling, especially in a foreign country?
6. Why is it important to be flexible and adaptable when traveling?
7. How can a rough itinerary be helpful when planning a trip?
8. What are some ways to take care of our health while traveling?
9. How can going off the beaten path enhance the travel experience?
10. In what ways can learning about the local culture and customs enrich the travel experience?

## 7. Discussion questions:

1. What are your favorite destinations to travel to and why?
2. How has traveling been a multifaceted experience for you?
3. What are some of the most enriching experiences you've had while traveling?
4. Have you ever experienced culture shock while traveling? How did you handle it?
5. Can you think of any breathtaking sights you've encountered while traveling?
6. What are some strategies for finding breathtaking sights while traveling?
7. What is the main purpose of your travels, and how do you prioritize it while on the road?
8. What are your favorite ways to unwind and relax while traveling?
9. How do you create a rough itinerary for your travels, and how do you adapt to unexpected challenges?
10. Have you ever gone off the beaten path while traveling and discovered something amazing?
11. Have you ever experienced any setbacks or challenges while traveling, and how did you handle them?
12. What are your favorite ways to unwind and relax after a long day of sightseeing?
13. How do you adapt your rough itinerary when you encounter unexpected challenges while traveling?
14. How do you stay mindful of your surroundings and local customs while traveling?
15. How do you go with the flow and adapt to unexpected challenges while traveling?
16. What are your top tips for staying safe while traveling?
17. How do you plan and budget for a trip?
18. What are your favorite ways to immerse yourself in the local culture when traveling?
19. How do you balance relaxation and adventure while traveling?
20. What are your top considerations when choosing a destination to travel to?
21. Have you ever traveled solo, and if so, what was your experience like?
22. How do you stay in touch with loved ones while traveling?
23. How do you handle jet lag when traveling?
24. Have you ever experienced any food-related challenges while traveling, and how did you handle them?
25. How do you stay healthy while traveling?
26. Have you ever experienced any travel-related health issues, and how did you handle them?
27. What are your favorite ways to meet new people and make connections while traveling?