Speaker 1: Everyone can benefit _____ having a break from our usual work. A _____ vacation is just what you need to _____ yourself. In one of the surveys, 44 percent of respondents named this _____ a reason why people love to travel. A relaxing _____ setting and good weather are common ingredients of such trips. But everyone's idea of the perfect rejuvenating vacation is different. One person might want to trek through a rainforest. Another may want to suntan _____ a Mexican resort. Yet another might opt _____a retreat in the mountains. When you're there, you shouldn't worry _____anything. Relax and be present in the moment. Let _____ recharge your batteries. Travel helps your mind and body reboot _____ a way you can't achieve at home.	REST NEW NATURE SENSE
Speaker 2: Getting _____ from home gives you the opportunity to reflect _____ your life. You have the needed time and space to let your mind wander and think about your life and about your future. Travelling is one of the best ways to learn more _____ yourself. Every day travelling brings a new set of issues and opportunities. The way you handle those also gives you _____ insight _____ who you are. You'll come home knowing yourself better, and with a fresh perspective _____ what you want out of life. The experience will change your life.	VALUE
Speaker 3: Travel can be a great relief _____ stress and _____ that come along with a demanding job, a bad breakup or the loss of a loved one. People look _____ something they don't have back home: better weather, nicer scenery, the _____ of doing what they want, experiences they can't normally have, a slower relaxing pace. Admiring _____ in the Louvre or lying _____ a Hawaiian beach are _____ breaks _____ the regular stress. Travel is particularly helpful for workaholics who have trouble leaving their job behind. Travel has the power to let you not only escape but also heal. A new place with lots of fun can work wonders. You'll return home more _____ peace with yourself and your challenging situations.	HAPPY FREE MASTER WONDER

LIVEWORKSHEETS

Speaker 4: You might feel _____ you're stuck _____ a rut in your daily life. Or you are keen _____ doing something exciting and different. If you're craving new experiences and new challenges, travel is the ideal place to test yourself. It pushes people _____ their limits and gets them _____their comfort zone. You'll discover how _____ you are when you're exposed _____ new places, people and experiences. Maybe it's finding your way around a busy city. Or ordering a meal when you don't speak the language. You'll feel proud when you finish your trip _____. Overcoming obstacles will bring you joy and energy _____ future tests. You'll realise how capable you are and build your _____.	RESOURCE SUCCESS CONFIDENT
Speaker 5: Another reason why people love to travel: it helps open your mind. You realise that there's no one way to live life. Meeting people from other places will show you that your world view is not the same _____ everyone else's. You can't imagine how different life is in another place until you see for yourself. Everything from work to family, from _____ to interests is not what you might expect _____ your own experience. By being exposed _____ new places, people and cultures, you'll develop a wider world view. And that will make you a better-rounded _____ citizen. It's a great reward and big reason why people love to travel.	BELIEVE GLOBE

LIVEWORKSHEETS