

**Tick (✓) the benefits of an active holiday that were mentioned in the lecture.
Be careful—some options were not discussed!**

- ☒ Improves physical fitness and endurance
- ☐ Provides opportunities to discover hidden treasures
- ☐ Increases social media followers
- ☐ Offers a balance between adventure and relaxation
- ☐ Allows you to connect with nature and wildlife
- ☐ Guarantees luxury shopping experiences
- ☐ Encourages cultural exploration and appreciation
- ☐ Helps you meet celebrities
- ☐ Promotes personal growth and learning
- ☐ Contributes to environmental conservation efforts
- ☐ Ensures a high level of luxury at all times
- ☐ Leaves you with lasting memories and stories to tell

Fill in the blanks with the correct phrase (2-4 words) from the lecture.

An active holiday allows you to _____ and discover hidden treasures.

After a day of sailing, you can _____ at a coastal retreat.

Whale watching allows you to connect with wildlife in their _____.

Participating in a _____ can inspire a deeper commitment to protecting our environment.

A culinary tour helps you _____ and appreciate different cultures.

Embarking on a _____ can test your endurance and reward you with breathtaking views.

Volunteering at a _____ is a way to contribute positively to the environment.

Staying in an _____ in the Maldives offers a unique and awe-inspiring experience.

Taking a photography workshop allows you to capture _____.

The combination of adventure and relaxation ensures that you return from your holiday _____ and energized.

