

In this session in your training day we're going to look at \_\_\_\_\_ of the more \_\_\_\_\_ holidays we offer at BC Travel. Now, the \_\_\_\_\_ is very \_\_\_\_\_ and it's \_\_\_\_\_ to be aware of how the market's \_\_\_\_\_ and \_\_\_\_\_. In terms of \_\_\_\_\_, the over-65s are an \_\_\_\_\_ market, and one that's \_\_\_\_\_ year on year.

The \_\_\_\_\_ are taken by the 31 to 42-year-olds, and that \_\_\_\_\_ shows no \_\_\_\_\_. The \_\_\_\_\_ at present is still the \_\_\_\_\_, the 16 to 30s, but this group's also seen the \_\_\_\_\_ over the last few years, whereas there's a \_\_\_\_\_ in the number of \_\_\_\_\_ taken by the 55 to 64-year-olds. As far as the 43 to 54-year-olds are \_\_\_\_\_, \_\_\_\_\_ there are steady, but I have to say we haven't seen the \_\_\_\_\_ we \_\_\_\_\_.

One trend we're \_\_\_\_\_ with nearly \_\_\_\_\_ is the \_\_\_\_\_ of holidays in which clients do some kind of \_\_\_\_\_. I'm not \_\_\_\_\_ here about \_\_\_\_\_, where clients \_\_\_\_\_ high-risk activities like \_\_\_\_\_ just for the \_\_\_\_\_ of it. Activity holidays usually \_\_\_\_\_ rather less \_\_\_\_\_ sports, or things like \_\_\_\_\_.

They're not \_\_\_\_\_ cheaper than \_\_\_\_\_ holidays, often the opposite, in fact. But they do often take place outside the main \_\_\_\_\_, which gives an opportunity for \_\_\_\_\_ to find out more about the \_\_\_\_\_ and customs, and many say this is one of the most \_\_\_\_\_ of these \_\_\_\_\_.

Of course, they offer the chance to \_\_\_\_\_ or talent, but clients often say that \_\_\_\_\_, it's the chance to \_\_\_\_\_ with other \_\_\_\_\_ people that's the \_\_\_\_\_.

Let me give you some examples of BC Travel activity holidays. Our \_\_\_\_\_ take place in four different centres in \_\_\_\_\_ and they're very \_\_\_\_\_ with clients of \_\_\_\_\_ from \_\_\_\_\_ onwards. We've got an \_\_\_\_\_ of artists to \_\_\_\_\_ – some of them have been with us from the start, and f \_\_\_\_\_ will be joining us this year so that we can \_\_\_\_\_ of classes in each centre.

As far as \_\_\_\_\_ on holidays are \_\_\_\_\_, I know a lot of \_\_\_\_\_ offer holidays where \_\_\_\_\_ cook recipes related to one \_\_\_\_\_, usually the one they're \_\_\_\_\_, but we focus on dishes from a \_\_\_\_\_. Apart from that, you'll find the \_\_\_\_\_ on good quality, \_\_\_\_\_ – that's more or less a given nowadays – and there are generally some \_\_\_\_\_ recipes included.

Our \_\_\_\_\_ take place in a wide range of countries from Iceland to Vietnam, and clients have the opportunity to see some \_\_\_\_\_. Groups are small, no more than eight, so clients can have one-on-one \_\_\_\_\_ during the holiday, and \_\_\_\_\_ are arranged with fully-trained \_\_\_\_\_. At the end of each holiday an \_\_\_\_\_ is held of the \_\_\_\_\_ taken so that clients can see one another's \_\_\_\_\_ and receive \_\_\_\_\_ from the tutor.

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Finally, let me tell you about our \_\_\_\_\_. In Ireland and Italy we run one-week general \_\_\_\_\_ for all \_\_\_\_\_ and \_\_\_\_\_ of fitness. Clients start the \_\_\_\_\_ with a \_\_\_\_\_ with a trainer, and together they \_\_\_\_\_ an individual \_\_\_\_\_. As well as \_\_\_\_\_ general fitness, clients find that they \_\_\_\_\_ losing much of the \_\_\_\_\_ they've \_\_\_\_\_ in their daily lives.

In Greece, we have a two-week holiday for clients who want to do something about their \_\_\_\_\_. This has all the \_\_\_\_\_ you'd expect, like a \_\_\_\_\_ diet programme, but one of its \_\_\_\_\_ is that the exercise classes are all held on the beach. People say it's far \_\_\_\_\_ to being in a gym.

Finally, we offer \_\_\_\_\_ in Morocco. One very \_\_\_\_\_ one is the \_\_\_\_\_ holiday. Bikes are provided and there are different \_\_\_\_\_ according to people's ability. We offer one which is \_\_\_\_\_ to the \_\_\_\_\_ of families, which is particularly \_\_\_\_\_.

OK, so that's about all the time I have today, so thank you very much ...