Read the text below. For questions (1-5) choose the correct answer (A, B, C or D).

How to avoid tantrums on holiday!

Sarah Tucker has been interviewing lots of teenagers for her new book. Here, with the school holidays upon us, she tells you what it takes to have a family holiday that doesn't end in tears.

Given the choice, teenagers prefer not to go on holiday with their parents. Given no option, teenagers take a holiday with their parents because their parents pay. According to more than 1,500 parents and teenagers I've interviewed over the past twelve months for my next book, the concept of the happy family holiday appears to go wrong when the child reaches adolescence.

Desmond Morris, an expert on human behaviour, says, 'At this age, teenagers are starting to assert their independence. They may begin to resent help from their parents, seeing it as interference. Dear parent`s, do not offer your children help as long as they ask you or you see they can handle it on their own, they would appreciate it.

'There are additional tensions on holiday when families are brought together for a long period of time and, just like at Christmas, there is an expectation of everyone enjoying themselves without having to work at it. Only it doesn't always happen that way' says the expert.

So what does work with teenagers on holiday? Specific countries as well as holiday options proved more popular than others. Italy is becoming the most popular destination for teenagers, closely followed by Australia and Canada. The popularity of these countries appears to be as much to do with the personality and culture of the people as the location and facilities on site. 'The people are lively and laid-back,' commented one fifteen-year-old, who had just returned from a two-week break with his family. 'I met a group of Italian teenagers from Bologna and we would go down to the beach every evening and play guitars till dusk. The campsite was on the beach, so parents knew where we were and what we were doing.'

An option many of those families I interviewed had tried included going with another family who also had teenage children. One mother explained that this only works if the teenagers as well as the adults are compatible. Personality clashes may make tense situations worse.

Some 90% of those teenagers I spoke to preferred the guarantee of sunshine and heat. Teenagers enjoy the beach, as long as they are surrounded by their peers. Their new companions do not have to be of the same sex or even the same nationality - the main criterion appears to be that they are of the same age. Get the teenagers to take a friend with them, so that they can go out by themselves. More than 80% of teenagers interviewed preferred an outdoor adventure of some sort on holiday. There are many activity holidays which cater for teenagers, but choose a location which is exotic, if you have the budget. Some resorts offer discounts for teenagers.

Well, wherever or whoever you decide to go on holiday this year, I hope you all enjoy it - as a family!

LIVEWORKSHEETS

1 Teenagers generally go on holiday with their parents because they A don't have any choice.

B don't want to cause problems.

C are being punished for something.

D like to make their family happy.

2 What does Desmond Morris say is most important to teenagers?

A being on holiday

B being with other teenagers

C getting away from their parents

D helping their parents

3 Why can Christmas be a difficult time?

A People think no effort is needed.

B Teenagers refuse to help.

C Many people lose their jobs.

D It's not easy for families to meet.

4 Teenagers prefer to go on holiday to countries

A that are more popular with tourists.

B where they can go to the beach.

C which their parents have chosen.

D which have a relaxed culture.

5 Families going on holiday with other families should make sure

A everybody is included in all activities.

B the adults understand the situation.

C the teenagers do some work.

D the teenagers and adults get on well with each other.

LIVEWORKSHEETS