

NEWS LESSON

A Holiday with No Plans at All

BEFORE YOU READ

1 Warm up

Talk about these questions with a partner.

1. Would you enjoy a holiday with nothing booked?
2. What makes doing very little feel different on holiday?
3. Would you rather discover one place slowly or see several quickly?

2 Key words

These words are in the article. Write the letter of the meaning (A to H) in each box.

1	**boring**	☐	A	pieces of paper that let you go into a place
2	**famous**	☐	B	to make something smaller or less
3	**tickets**	☐	C	something you very much want to have or do
4	**cultural**	☐	D	one special thing, not any other
5	**particular**	☐	E	one small piece of information about something
6	**reduce**	☐	F	not interesting, so you feel tired of it
7	**dream**	☐	G	about the art, music, food and history of a place
8	**detail**	☐	H	known by many people

3 Read

Read the article and underline the key words from task 2. The paragraphs are numbered.

A 2025 survey found that 45% of Americans wanted rest and relaxation from a summer holiday. Others wanted adventure, culture or family time.

1 Imagine going on holiday and waking up without any plans. You have no museum tickets, no early train and no list of places you must visit. You could sit in a café for two hours or take a walk and see where you end up. Would that sound relaxing or boring?

2 Many holidays are full of activities. People want to visit famous places, eat at popular restaurants and take beautiful photographs. When they have only a week away, they may feel that every minute needs to count. But a busy holiday can leave people feeling tired.

3 A 2025 survey by the Marist Poll found that 45% of Americans planning a summer holiday said their main aim was rest and relaxation. Other people wanted adventure, cultural experiences or time with family and friends. The results remind us that travellers do not all want the same thing.

4 A slower holiday might mean staying in one place rather than changing hotels every night. You could explore local streets, go swimming, read a book or simply enjoy a long lunch. There may be fewer exciting photographs, but also less pressure to be somewhere at a particular time.

5 Of course, doing nothing is not everybody's dream. Some people have saved money for years to see famous sights. Others love climbing mountains or visiting museums.

6 Travelling slowly can also change how we spend money. Instead of paying for many tickets and long journeys, someone might choose a simple apartment and cook a few meals. Staying in one place may reduce transport costs, but longer holidays still need time away from work. Others enjoy organised trips because they do not have to think about every detail themselves.

7 A family with young children may want an easy beach holiday, while a person who loves history may happily spend each day in museums. What matters is giving yourself enough time to enjoy your choices. Even a short weekend can feel restful if you do not try to fit a week's activities into two days.

8 Perhaps the best holiday is not the busiest or the quietest one. It is the one that gives you what you actually need. Before planning every hour, it may be worth asking: am I going away to see everything, or to enjoy being somewhere different?

Sources: Marist Poll. Picture: AI illustration.

4 True, false or not given

Circle **T** (true), **F** (false) or **NG** (the article does not say).

1. Slow holidays are becoming more popular in Europe. (T) (F) (NG)
2. A 2025 Marist Poll found 45% named rest and relaxation as their aim. (T) (F) (NG)
3. A slower holiday might mean staying in one place. (T) (F) (NG)
4. The article says everyone should take a slow holiday. (T) (F) (NG)
5. The writer thinks a short weekend cannot feel restful. (T) (F) (NG)

5 Vocabulary

Complete the sentences with words from the box. Two words are not needed.

adventure **apartment** **budget** **pressure** **souvenir** **survey** **transport**

1. A short _____ of 1,000 travellers asked what they wanted from a summer break.
2. Some people feel _____ to see everything because they have only a week.
3. Climbing mountains and trying new sports is the kind of _____ some people love.
4. We rented a small _____ with a kitchen instead of staying in a hotel.
5. A holiday in one town means you spend less on _____ because you take fewer trains.

6 Verb forms

Write the correct form of the verb in brackets.

1. A 2025 survey _____ that 45% wanted rest and relaxation. **(FIND)**
2. Some people have _____ money for years to see famous sights. **(SAVE)**
3. Last summer we _____ in the same café every morning. **(SIT)**
4. Last year we _____ tickets for six museums, but we were too tired to visit them. **(BUY)**
5. Before _____ every hour, it may be worth asking what you need. **(PLAN)**

7 Language focus: phrasal verbs

Complete the sentences with words from the box. Two words are not needed. A phrasal verb is a verb plus a small word. The small word changes the meaning, so learn the two words together.

away	down	in	off	out	over	up

1. We woke _____ late and had breakfast in the garden.
2. The plane took _____ at six in the morning, so we were tired all day.
3. They checked _____ of the hotel at ten and caught a train.
4. It is hard to fit too many sights _____ a short weekend.
5. I'd love to get _____ from the city for a few days.

SPEAK

8 Talk about it

Discuss in pairs or small groups. Give reasons for your answers.

1. Can an uneventful holiday still give you a good story?
2. What would you leave out of a trip to enjoy it more?
3. Would you need to travel at all to take the break you wanted?

9 Role-play: planning a week away

Work in pairs. Read your card, then have the conversation. Swap roles and do it again.

Student A · the planner

You want to see as much as possible on a week away. You've found six places and a list of tickets to book. Explain why it matters to you, and try to agree on a plan.

Student B · the slow traveller

You want a quiet holiday in one place, with nothing booked. Explain what you'd enjoy and why a busy week would spoil it for you.

Useful phrases

I'd love to see as much as possible.

I'm worried we'll be too tired to enjoy it.

What if we spend a few days in one place?

That's a fair point, but we've only got a week.

Could we plan two busy days and leave the rest free?

I'm happy to compromise if we both get something we want.

Afterwards, tell the class: what plan did you agree, and who gave way more?

ANSWER KEY

2 Key words

1 F · 2 H · 3 A · 4 G · 5 D · 6 B · 7 C · 8 E

4 True, false or not given

1 NG · 2 T · 3 T · 4 F · 5 F

5 Vocabulary

1 survey · 2 pressure · 3 adventure · 4 apartment · 5 transport

6 Verb forms

1 found · 2 saved · 3 sat · 4 bought · 5 planning

7 Language focus

1 up · 2 off · 3 out · 4 in · 5 away

This lesson is free. If it saved you time, you can support johnplusnews at **ko-fi.com/johnplusenglish**