NEWS LESSON

The Trip You Need a Holiday to Recover From



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	**demanding**	☐	A	the way two things or people are connected
2	**recover**	☐	B	needing a lot of effort or attention
3	**imaginary**	☐	C	not real, only in the mind
4	**romanticise**	☐	D	the effect that something has
5	**sustainable**	☐	E	not too expensive for most people
6	**affordable**	☐	F	to make something seem better or more exciting than it is
7	**relationship**	☐	G	to get your energy back after being tired
8	**impact**	☐	H	good for the environment over a long time

3 Read

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

Slow travel means fewer places and more unplanned hours. It is not automatically cheaper or greener, and it is hard to manage on limited annual leave.

1 A week in a new country can sometimes feel like an unusually demanding job. There are famous landmarks to visit, restaurants to book and photographs to take before moving on to the next destination. Travellers return home with hundreds of pictures and a strange feeling that they need another holiday to recover.

2 A packed itinerary can be enjoyable, especially on a first visit. But there is little room for surprises when every meal, museum and train journey has been booked months in advance.

3 Against this approach is the appeal of slow travel: spending more time in fewer places, allowing ordinary moments to become part of the experience. Instead of rushing between attractions, someone might spend a morning in a neighbourhood café, wander without a plan or return to the same beach several days in a row.

4 The desire for rest is not imaginary. In a July 2025 Marist Poll, 45% of Americans who planned a summer holiday said rest and relaxation were their main goal. The survey also found travellers who preferred seeing family, exploring new places or experiencing culture. It does not prove that slow travel is becoming more popular everywhere, but it illustrates that relaxation is a major reason for travelling.

5 Slow holidays may also offer a different relationship with a destination. Staying longer can create opportunities to discover local routines rather than concentrating only on the most famous attractions. At the same time, visitors should be careful not to romanticise ordinary communities as entertainment created for tourists. Slow travel also means accepting that you will miss things. Instead of treating that as a failure, travellers can enjoy getting to know a smaller area properly.

6 There are practical disadvantages. Some travellers cannot afford extended time away, while others reasonably want to see as much as possible when visiting a distant country. And for people who enjoy adventure, an empty itinerary might feel like a missed opportunity rather than freedom.

7 Slower travel can also influence spending and the local economy. Staying in one area may mean fewer expensive transfers and more opportunities to use neighbourhood shops and restaurants. But its environmental impact depends on much more than how long a visitor remains. The journey to the destination, the type of accommodation and the activities chosen all matter. Nor is a longer stay automatically affordable or sustainable.

8 A couple with limited annual leave may get more out of a carefully planned weekend than an unstructured two-week holiday they cannot realistically take. The idea of travelling slowly is best understood as a possible approach rather than a new set of rules. It encourages people to leave room for unexpected pleasures.

9 Perhaps the important choice is not between doing everything and doing nothing. It is recognising that a successful holiday does not need to be measured by the number of places visited. Sometimes one memorable afternoon can matter more than a long checklist of sights.

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. The Marist Poll can show only what some Americans think, not what travellers everywhere think. T F NG
2. The writer says staying longer is always better for the environment. T F NG
3. Younger travellers prefer slower holidays. T F NG
4. Slow travel means that some sights will not be seen. T F NG
5. The writer thinks a couple with limited annual leave should take a two-week holiday. T F NG

5 Vocabulary

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

accommodation	appeal	destination	disadvantages	excursions	expenditure
landmarks	transfers				

1. Travellers queue to photograph famous _____ such as towers and old bridges.
2. We are looking for cheap _____ near the beach, preferably with a kitchen.
3. The _____ of an unplanned week by the sea is easy to understand: nobody has to hurry.
4. The hotel arranged two _____ between the airport and the station, and each one cost extra.
5. Before choosing a _____, check how long the journey takes and what the weather is like.
6. One of the _____ of long stays is that they need more days away from work.

6 Verb forms

Write the correct form of the verb in brackets.

1. By the time we reached the beach, the café _____ for the day. (CLOSE)
2. By the time we set off, every train and museum visit _____ for months. (BOOK)
3. If I had more annual leave, I _____ a whole month in Portugal. (SPEND)
4. Since last year, my sister _____ in the same village for every holiday. (STAY)
5. Slow travel encourages people _____ room for unexpected pleasures. (LEAVE)

7 Language focus: phrasal verbs

Complete the sentences with words from the box. Two words are not needed. Many phrasal verbs have more than one meaning. Read the whole sentence and ask which meaning fits.

back	down	in	on	out	over	up

1. It took me two days to get _____ the stress of a packed schedule.
2. The train stopped for an hour, but we carried _____ reading and did not mind.
3. The plan was to see six cities, but it did not work _____ because of the weather.
4. Let's catch _____ with old friends rather than visit another museum.
5. Locals suggested we drop _____ at the market for lunch.

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

4 True, false or not given

1 T · 2 F · 3 NG · 4 T · 5 F

5 Vocabulary

1 landmarks · 2 accommodation · 3 appeal · 4 transfers · 5 destination · 6 disadvantages

6 Verb forms

1 had closed · 2 had been booked or was booked · 3 would spend or 'd spend · 4 has stayed or has been staying · 5 to leave

7 Language focus

1 over · 2 on · 3 out · 4 up · 5 in

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