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Level 1 – 3rd October 2024

Travelling could slow down the ageing process

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<https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-1.html>

Travelling is good for us. It broadens the mind. A new study says it could slow down the ageing process. Researchers from Australia said travelling could make us look and feel younger. Having different experiences could make us more youthful. Researcher Fangli Hu said: "Tourism could contribute to people's physical and mental health". She added: "Ageing, as a process, is irreversible. While it can't be stopped, it can be slowed down."

Going on vacations, backpacking and sightseeing can lower stress. Travelling can strengthen our immune system and repair our body. Ms Hu said we do activities like hiking, climbing, and cycling. These can reduce stress and tiredness in our muscles. Ms Hu added: "Participating in these activities could enhance the body's immune function and self-defence." The researchers said travelling might be better than anti-ageing creams.

Sources: <https://www.cnn.com/travel/travel-news-health-impacts-tourism/index.html>
<https://www.aol.com/could-traveling-keep-young-scientists-142500847.html>
<https://www.ecu.edu.au/newsroom/articles/research/travel-could-be-the-best-defence-against-ageing>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-1.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|------------------|
| 1. Travelling is good | a. irreversible |
| 2. It broadens | b. contribute |
| 3. make us look and | c. for us |
| 4. make us more | d. stopped |
| 5. Tourism could | e. youthful |
| 6. people's physical and | f. the mind |
| 7. Ageing, as a process, is | g. mental health |
| 8. it can't be | h. feel younger |

PARAGRAPH TWO:

- | | |
|--------------------------------------|------------------|
| 1. Going on | a. system |
| 2. backpacking and | b. and cycling |
| 3. strengthen our immune | c. ageing creams |
| 4. repair our | d. function |
| 5. activities like hiking, climbing, | e. sightseeing |
| 6. tiredness in our | f. vacations |
| 7. enhance the body's immune | g. muscles |
| 8. better than anti- | h. body |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-1.html>

Travelling is (1) _____. It broadens the mind. A
(2) _____ it could slow down the ageing process.
Researchers from Australia said travelling could
(3) _____ and feel younger. Having different
experiences could (4) _____ youthful.
Researcher Fangli Hu said: "Tourism could contribute to people's
(5) _____ health". She added: "Ageing, as a
process, is irreversible. While it (6) _____, it can
be slowed down."

(7) _____, backpacking and sightseeing can
lower stress. Travelling can (8) _____ system
and repair our body. Ms Hu said we (9) _____
hiking, climbing, and cycling. These can
(10) _____ tiredness in our muscles. Ms Hu
added: "Participating (11) _____ could enhance
the body's immune function and self-defence." The researchers
said travelling might be better than (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-1.html>

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TRAVELLING SURVEY

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-4.html>

Write five GOOD questions about travelling in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-1.html>

Write about **travelling** for 10 minutes. Read and talk about your partner’s paper.
