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Level 3 – 3rd October 2024

Travelling could slow down the ageing process

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Travelling is good for us. There is a saying that travel broadens the mind. A new study says that going on trips could slow down the ageing process. The travel bug could be one hobby that is healthy. Researchers from Edith Cowan University in Australia said travelling could make us look and feel younger. They said having different experiences and meeting new people could make us more youthful as we get older. Fangli Hu, lead author of the research, said: "Tourism isn't just about leisure and recreation. It could also contribute to people's physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it can't be stopped, it can be slowed down."

The researchers looked at how travelling might affect how we age. They suggested that going on vacations, backpacking and sightseeing can lower stress. Going on trips can also boost our metabolism, which strengthens our immune system. Travel could also help repair body tissue. This helps to slow down the signs of ageing. Ms Hu said travelling often involves physical activities like hiking, climbing, and cycling. She said these "potentially" reduce tension and fatigue in the muscles and joints. She added: "Participating in these activities could enhance the body's immune function and self-defence capabilities." The researchers said travelling could 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>

WARM-UPS

1. TRAVELLING: Students walk around the class and talk to other students about travelling. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

travelling / the mind / trips / the travel bug / feel younger / author / research / ageing
backpacking / stress / immune system / fatigue / joints / health / anti-ageing creams

Have a chat about the topics you liked. Change topics and partners frequently.

3. TRAVEL: Students A **strongly** believe everyone should travel as often as they can; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. AGEING: How might these things slow down the ageing process? Do you do these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	How?	You
Travel		
Study English		
Exercise		
Create art		
Medicine / creams		
Fishing		

5. TRAVEL BUG: Spend one minute writing down all of the different words you associate with the word "travel bug". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. COUNTRIES: Rank these with your partner. Put the best countries to travel to at the top. Change partners often and share your rankings.

- The USA
- Japan
- India
- Brazil
- New Zealand
- France
- The UAE
- Kenya

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|---|
| 1. saying | a. To make something bigger or wider. |
| 2. broaden | b. A strong desire to travel or visit new places. |
| 3. the mind | c. A series of steps or actions to do something or make something happen. |
| 4. process (noun) | d. The part of a person that thinks, feels, and remembers things. |
| 5. travel bug | e. A short (well known) sentence that people use to share an idea or truth. |
| 6. youthful | f. Something that cannot be changed back to how it was before. |
| 7. irreversible | g. Looking or feeling young. |

Paragraph 2

- | | |
|-----------------|---|
| 8. boost (verb) | h. Parts of the body that help you move be strong and help you look good. |
| 9. metabolism | i. To make something stronger or better. |
| 10. immune | j. A feeling of being very tired. |
| 11. physical | k. Places in the body where bones meet and help you move (like knees and elbows). |
| 12. fatigue | l. The body's way of staying safe from sickness. |
| 13. muscles | m. Related to the body. |
| 14. joints | n. How the body changes food into energy. |

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says travelling deepens the mind. **T / F**
2. The article said the travel bug might be unhealthy. **T / F**
3. The research says meeting new people might make us more youthful. **T / F**
4. A researcher said the ageing process is reversible. **T / F**
5. The researchers suggested that going backpacking can reduce stress. **T / F**
6. Going on trips could help the body repair body tissue. **T / F**
7. Travelling can make our immune system stronger. **T / F**
8. A researcher recommended the use of anti-ageing cream. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|------------------------|------------------|
| 1. good | a. young-looking |
| 2. broadens | b. permanent |
| 3. youthful | c. toughens |
| 4. leisure | d. widens |
| 5. irreversible | e. lotions |
| 6. affect | f. reduce |
| 7. lower | g. beneficial |
| 8. strengthens | h. tiredness |
| 9. fatigue | i. free time |
| 10. creams | j. change |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|---------------------|
| 1. There is a saying that travel broadens | a. metabolism |
| 2. meeting new people could make | b. and recreation |
| 3. Tourism isn't just about leisure | c. ageing creams |
| 4. Ageing, as a process, is | d. be slowed down |
| 5. While it can't be stopped, it can | e. function |
| 6. travelling might affect how | f. the mind |
| 7. Going on trips can also boost our | g. in the muscles |
| 8. reduce tension and fatigue | h. us more youthful |
| 9. enhance the body's immune | i. irreversible |
| 10. travelling could be better than anti- | j. we age |

GAP FILL

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

Travelling is good for us. There is a (1) _____ that travel broadens the mind. A new study says that going on (2) _____ could slow down the ageing process. The travel (3) _____ could be one hobby that is healthy. Researchers from Edith Cowan University in Australia said travelling could make us look and (4) _____ younger. They said having different experiences and meeting new people could make us more (5) _____ as we get older. Fangli Hu, lead author of the research, said: "Tourism isn't just about (6) _____ and recreation. It could also contribute to people's (7) _____ and mental health". Ms Hu added: "Ageing, as a process, is (8) _____. While it can't be stopped, it can be slowed down."

leisure
trips
irreversible
feel
physical
saying
youthful
bug

The researchers looked at how travelling might (9) _____ how we age. They suggested that going on vacations, backpacking and sightseeing can (10) _____ stress. Going on trips can also boost our metabolism, which strengthens our (11) _____ system. Travel could also help repair body tissue. This helps to slow down the (12) _____ of ageing. Ms Hu said travelling often involves physical activities like hiking, (13) _____, and cycling. She said these "potentially" reduce tension and (14) _____ in the muscles and (15) _____. She added: "Participating in these activities could enhance the body's immune function and self-defence capabilities." The researchers said travelling could be better than (16) _____-ageing creams.

anti
climbing
lower
immune
joints
affect
signs
fatigue

LISTENING – Guess the answers. Listen to check.

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

- 1) There is a saying that travel _____
 - a. broadens a mind
 - b. broadens never mind
 - c. broadens the mind
 - d. broadens them mind
- 2) The travel bug could be one hobby _____
 - a. that is healthy
 - b. that is healthily
 - c. that is wealthy
 - d. that is wealthier
- 3) travelling could make us look _____
 - a. and feel angry
 - b. and feel anger
 - c. and feel young girl
 - d. and feel younger
- 4) meeting new people could make us more youthful as _____
 - a. we get olden
 - b. we get elder
 - c. we get older
 - d. we get oldie
- 5) While it can't be stopped, it can _____
 - a. be slow down
 - b. be slowed own
 - c. be slower down
 - d. be slowed down
- 6) The researchers looked at how travelling might affect _____
 - a. how we rage
 - b. how we ace
 - c. how we ate
 - d. how we age
- 7) They suggested that going on vacations, backpacking and sightseeing _____
 - a. can lower dress
 - b. can low address
 - c. can low a stress
 - d. can lower stress
- 8) these "potentially" reduce tension and fatigue in the _____
 - a. muscles and joint
 - b. muscles and joints
 - c. muscle and joints
 - d. muscle and joint
- 9) these activities could enhance the body's immune function and _____
 - a. self-defiance capabilities
 - b. self-difference capabilities
 - c. self-defends capabilities
 - d. self-defence capabilities
- 10) The researchers said travelling could be better than _____
 - a. anti-ageing creams
 - b. until-ageing creams
 - c. ant-ageing creams
 - d. auntie-ageing creams

LISTENING – Listen and fill in the gaps

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

Travelling is (1) _____. There is a saying that travel broadens the mind. A new study says that going on trips could slow down the ageing process. (2) _____ could be one hobby that is healthy. Researchers from Edith Cowan University in Australia said travelling could make us (3) _____ younger. They said having different experiences and meeting new people could make us (4) _____ we get older. Fangli Hu, lead author of the research, said: "Tourism isn't just about leisure and recreation. It could also (5) _____ physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it (6) _____, it can be slowed down."

The researchers looked at how travelling (7) _____ we age. They suggested that going on vacations, backpacking and sightseeing can lower stress. Going on trips can (8) _____ metabolism, which strengthens our immune system. Travel could also help (9) _____. This helps to slow down the signs of ageing. Ms Hu said travelling often involves (10) _____ hiking, climbing, and cycling. She said these "potentially" reduce tension and fatigue in the muscles and joints. She added: "Participating in these (11) _____ the body's immune function and self-defence capabilities." The researchers said travelling could be better than (12) _____.

COMPREHENSION QUESTIONS

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

1. What does the article say is good for us?
2. What does the article say travelling broadens?
3. What does the article say could be healthy?
4. Who could we meet to make us younger?
5. What did Fangli Hu say about ageing as a process?
6. What can lower stress besides going on vacations and sightseeing?
7. What does the article say travelling does to the metabolism?
8. What activities did Fangli Hu mention besides hiking and climbing?
9. What can travelling reduce tension and fatigue in?
10. What did the researchers say travelling was better than?

MULTIPLE CHOICE - QUIZ

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

- 1) What does the article say is good for us?
 - a) travelling
 - b) eating
 - c) YouTube travel videos
 - d) flying
- 2) What does the article say travelling broadens?
 - a) waist lines
 - b) horizons
 - c) the mind
 - d) reaches
- 3) What does the article say could be healthy?
 - a) foreign food
 - b) the travel bug
 - c) beaches
 - d) taking photos
- 4) Who could we meet to make us younger?
 - a) children
 - b) foreign people
 - c) athletes
 - d) new people
- 5) What did Fangli Hu say about ageing as a process?
 - a) It's irreversible.
 - b) It's sad.
 - c) It's interesting.
 - d) It's reversible.
- 6) What can lower stress besides going on vacations and sightseeing?
 - a) playing chess
 - b) skiing
 - c) social media
 - d) backpacking
- 7) What does the article say travelling does to the metabolism?
 - a) It damages it.
 - b) It boosts it.
 - c) Nothing
 - d) It keeps it level.
- 8) What activities did Fangli Hu mention besides hiking and climbing?
 - a) writing
 - b) pottery
 - c) karate
 - d) cycling
- 9) What can travelling reduce tension and fatigue in?
 - a) the mind
 - b) our feet and legs
 - c) muscles and joints
 - d) our back
- 10) What did the researchers say travelling was better than?
 - a) sleeping
 - b) anti-ageing creams
 - c) staying at home
 - d) exercising

ROLE PLAY

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

Role A – The USA

You think the USA is the best travel destination. Tell the others three reasons why. Tell them what is wrong with their destinations. Also, tell the others which is the least interesting of these (and why): Japan, India or Kenya.

Role B – Japan

You think Japan is the best travel destination. Tell the others three reasons why. Tell them what is wrong with their destinations. Also, tell the others which is the least interesting of these (and why): the USA, India or Kenya.

Role C – India

You think India is the best travel destination. Tell the others three reasons why. Tell them what is wrong with their destinations. Also, tell the others which is the least interesting of these (and why): Japan, the USA or Kenya.

Role D – Kenya

You think Kenya is the best travel destination. Tell the others three reasons why. Tell them what is wrong with their destinations. Also, tell the others which is the least interesting of these (and why): Japan, India or the USA.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'travelling' and 'ageing'.

travelling	ageing
-------------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• good• mind• feel• author• contribute• irreversible	<ul style="list-style-type: none">• affect• lower• boost• signs• reduce• better
---	--

TRAVELLING SURVEY

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

TRAVELLING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'travelling'?
3. What do you think of travelling?
4. Is it better to travel domestically or internationally?
5. What are the best countries to travel to?
6. What experiences of travelling do you have?
7. In what way does travel broaden the mind?
8. Do you have the travel bug?
9. Do you think travelling can slow down the ageing process?
10. Would you like ageing to be a reversible process?

Travelling could slow down the ageing process – 3rd October 2024
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TRAVELLING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'ageing'?
13. What do you think about what you read?
14. What do you think of backpacking?
15. What do you know about overtourism?
16. How much do you worry about ageing?
17. How can we boost our immune system?
18. How good do you think anti-ageing creams are?
19. What are the bad things about travelling?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

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

Travelling is (1) _____ for us. There is a saying that travel broadens the mind. A new study says that going on trips could slow down the ageing (2) _____. The travel bug could be one hobby that is healthy. Researchers from Edith Cowan University in Australia said travelling could make (3) _____ look and feel younger. They said having different experiences and (4) _____ new people could make us more youthful as we get older. Fangli Hu, lead author of the research, said: "Tourism isn't just about leisure and recreation. It could (5) _____ contribute to people's physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it can't be (6) _____, it can be slowed down."

The researchers looked at how travelling might (7) _____ how we age. They suggested that going on vacations, backpacking and sightseeing can lower stress. Going on trips can also (8) _____ our metabolism, which strengthens our immune system. Travel could also help repair body tissue. This helps (9) _____ slow down the signs of ageing. Ms Hu said travelling often involves physical activities (10) _____ hiking, climbing, and cycling. She said these "potentially" reduce tension and fatigue in the muscles and (11) _____. She added: "Participating in these activities could enhance the body's immune function and self-defence capabilities." The researchers said travelling could be better than (12) _____-ageing creams.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-------------|--------------|--------------|--------------|
| 1. | (a) well | (b) good | (c) goodly | (d) goodie |
| 2. | (a) profess | (b) process | (c) protest | (d) progress |
| 3. | (a) them | (b) we | (c) they | (d) us |
| 4. | (a) met | (b) meeting | (c) meet | (d) meets |
| 5. | (a) and | (b) also | (c) addition | (d) plus |
| 6. | (a) stops | (b) stopping | (c) stopped | (d) stop |
| 7. | (a) infect | (b) reflect | (c) affect | (d) effect |
| 8. | (a) boast | (b) beast | (c) boost | (d) baste |
| 9. | (a) by | (b) for | (c) at | (d) to |
| 10. | (a) do | (b) such | (c) example | (d) like |
| 11. | (a) joints | (b) jaunts | (c) joins | (d) chants |
| 12. | (a) pro | (b) after | (c) anti | (d) pre |

SPELLING

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

Paragraph 1

1. travel dnrsoabe the mind
2. make us more yuhtluof
3. lead aothur of the research
4. lirseiu and recreation
5. iottcurneb to people's physical and mental health
6. Ageing, as a process, is eiesvirrrlbe

Paragraph 2

7. travelling might efcfat how we age
8. sihgnistgee can lower stress
9. boost our tmiebmlaos
10. strengthens our imumen system
11. reduce tension and quatife in the muscles
12. self-defence iaicbeisaptl

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () metabolism, which strengthens our immune system. Travel could also help repair body tissue. This helps
- () vacations, backpacking and sightseeing can lower stress. Going on trips can also boost our
- () down the ageing process. The travel bug could be one hobby that is healthy. Researchers
- () to people's physical and mental health". Ms Hu added: "Ageing, as a process, is
- () irreversible. While it can't be stopped, it can be slowed down."
- (**1**) Travelling is good for us. There is a saying that travel broadens the mind. A new study says that going on trips could slow
- () experiences and meeting new people could make us more youthful as we get older. Fangli Hu, lead
- () from Edith Cowan University in Australia said travelling could make us look and feel younger. They said having different
- () and joints. She added: "Participating in these activities could enhance the body's immune function and self-
- () to slow down the signs of ageing. Ms Hu said travelling often involves physical activities
- () The researchers looked at how travelling might affect how we age. They suggested that going on
- () like hiking, climbing, and cycling. She said these "potentially" reduce tension and fatigue in the muscles
- () defence capabilities." The researchers said travelling could be better than anti-ageing creams.
- () author of the research, said: "'Tourism isn't just about leisure and recreation. It could also contribute

PUT THE WORDS IN THE RIGHT ORDER

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

1. a saying the that travel broadens mind . There's
2. on trips process . Going ageing down slows the
3. us younger . look make could Travelling and feel
4. us as get older . we Make youthful more
5. process, is She as ageing, said irreversible . a
6. travelling how How age . might affect we
7. repair could tissue . Travel body also help
8. tension muscles . fatigue in Reduce the and
9. activities the could enhance immune These body's function .
10. than anti-ageing creams . could better be Travelling

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Travelling is *well / good* for us. There is a saying that travel broadens the *brain / mind*. A new study says that going *on / in* trips could slow down the ageing process. The travel *bag / bug* could be one hobby that is healthy. Researchers from Edith Cowan University in Australia said travelling could make us look and feel *youth / younger*. They said having different experiences and *meet / meeting* new people could make us more youthful as we get *elder / older*. Fangli Hu, lead author of the research, said: "Tourism isn't just about leisure and *recreating / recreation*. It could also contribute *to / at* people's physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it can't be stopped, it can be slowed *down / up*."

The researchers looked at *what / how* travelling might affect how we age. They suggested that going on vacations, backpacking and sightseeing can *lower / low* stress. Going on trips can also *boost / boast* our metabolism, which strengthens our *commune / immune* system. Travel could also help repair body *tissue / issues*. This helps to slow down the *designs / signs* of ageing. Ms Hu said travelling often involves physical activities *such / like* hiking, climbing, and cycling. She said these "potentially" reduce tension and fatigue in the muscles and *joins / joints*. She added: "Participating in these activities could *enhance / destroy* the body's immune function and self-defence capabilities." The researchers said travelling could be better than anti-ageing *creams / wrinkles*.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

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

Tr_v_ll_ng _s g__d f_r _s. Th_r_ _s _ s_y_ng th_t
tr_v_l br__d_ns th_ m_nd. _ n_w st_dy s_ys th_t
g__ng _n tr_ps c__ld sl_w d_wn th_ _g__ng pr_c_ss.
Th_ tr_v_l b_g c__ld b_ _n_ h_bby th_t _s h__lthy.
R_s__rch_rs fr_m _d_th C_w_n _n_v_rs_ty _n __str_l__
s__d tr_v_ll_ng c__ld m_k_ _s l__k _nd f__l y__ng_r.
Th_y s__d h_v_ng d_ff_r_nt _xp_r__nc_s _nd m__t_ng
n_w p__pl_ c__ld m_k_ _s m_r_ y__thf_l _s w_ g_t
_ld_r. F_ngl_ H_, l__d __th_r _f th_ r_s__rch, s__d:
"T__r_sm _sn't j_st _b__t l__s_r_ _nd r_cr__t__n. _t
c__ld _ls_ c_ntr_b_t_ t_ p__pl_'s phys_c_l _nd m_nt_l
h__lth". Ms H_ _dd_d: "_g__ng, _s _ pr_c_ss, _s
_rr_v_rs_bl_. Wh_l_ _t c_n't b_ st_pp_d, _t c_n b_
sl_w_d d_wn."

Th_ r_s__rch_rs l__k_d _t h_w tr_v_ll_ng m_ght _ff_ct
h_w w_ _g_. Th_y s_gg_st_d th_t g__ng _n v_c_t__ns,
b_ckp_ck_ng _nd s_ghts__ng c_n l_w_r str_ss. G__ng
_n tr_ps c_n _ls_ b__st __r m_t_b_l_sm, wh_ch
str_ngth_ns __r _mm_n_ syst_m. Tr_v_l c__ld _ls_ h_lp
r_p__r b_dy t_ss___. Th_s h_lps t_ sl_w d_wn th_
s_gns _f _g__ng. Ms H_ s__d tr_v_ll_ng _ft_n _nv_lv_s
phys_c_l _ct_v_t__s l_k_ h_k_ng, cl_mb_ng, _nd
cycl_ng. Sh_ s__d th_s_ "p_t_nt__lly" r_d_c_ t_ns__n
_nd f_t_g__ _n th_ m_scl_s _nd j__nts. Sh_ _dd_d:
"P_rt_c_p_t_ng _n th_s_ _ct_v_t__s c__ld _nh_nc_ th_
b_dy's _mm_n_ f_nct__n _nd s_lf-d_f_nc_ c_p_b_l_t__s."
Th_ r_s__rch_rs s__d tr_v_ll_ng c__ld b_ b_tt_r th_n
nt _g__ng cr__ms.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

travelling is good for us there is a saying that travel broadens the mind a new study says that going on trips could slow down the ageing process the travel bug could be one hobby that is healthy researchers from edith cowan university in australia said travelling could make us look and feel younger they said having different experiences and meeting new people could make us more youthful as we get older fangli hu lead author of the research said tourism isnt just about leisure and recreation it could also contribute to peoples physical and mental health ms hu added ageing as a process is irreversible while it cant be stopped it can be slowed down

the researchers looked at how travelling might affect how we age they suggested that going on vacations backpacking and sightseeing can lower stress going on trips can also boost our metabolism which strengthens our immune system travel could also help repair body tissue this helps to slow down the signs of ageing ms hu said travelling often involves physical activities like hiking climbing and cycling she said these potentially reduce tension and fatigue in the muscles and joints she added participating in these activities could enhance the bodys immune function and selfdefence capabilities the researchers said travelling could be better than antiageing creams

PUT A SLASH (/) WHERE THE SPACES ARE

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

Travelling is good for us. There is a saying that travel broadens the mind. A new study says that going on trips could slow down the ageing process. The travel bug could be one hobby that is healthy. Researchers from Edith Cowan University in Australia said travelling could make us look and feel younger. They said having different experiences and meeting new people could make us more youthful as we get older. Fangli Hu, lead author of the research, said: "Tourism isn't just about leisure and recreation. It could also contribute to people's physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it can't be stopped, it can be slowed down." The researchers looked at how travelling might affect how we age. They suggested that going on vacations, backpacking and sightseeing could lower stress. Going on trips can also boost our metabolism, which strengthens our immune system. Travel could also help repair body tissue. This helps to slow down the signs of ageing. Ms Hu said travelling often involves physical activities like hiking, climbing, and cycling. She said these "potentially" reduce tension and fatigue in the muscles and joints. She added: "Participating in these activities could enhance the body's immune function and self-defence capabilities." The researchers said travelling could be better than anti-ageing creams.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. TRAVELLING: Make a poster about travelling. Show your work to your classmates in the next lesson. Did you all have similar things?

4. THE TRAVEL BUG: Write a magazine article about all schools giving their students the travel bug. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on travelling. Ask him/her three questions about it. Give him/her three of your opinions on travelling. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. a 3. d 4. c 5. b 6. g 7. f
8. i 9. n 10. l 11. m 12. j 13. h 14. k

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 F 5 T 6 T 7 T 8 F

SYNONYM MATCH (p.5)

1. g	2. d	3. a	4. i	5. b
6. j	7. f	8. c	9. h	10. e

COMPREHENSION QUESTIONS (p.9)

1. Travelling
2. The mind
3. The travel bug
4. New people
5. It's irreversible.
6. Backpacking
7. It boosts it.
8. Cycling
9. Muscles and tensions
10. Anti-ageing creams

WORDS IN THE RIGHT ORDER (p.19)

1. There's a saying that travel broadens the mind.
2. Going on trips slows down the ageing process.
3. Travelling could make us look and feel younger.
4. Make us more youthful as we get older.
5. She said ageing, as a process, is irreversible.
6. How travelling might affect how we age.
7. Travel could also help repair body tissue.
8. Reduce tension and fatigue in the muscles.
9. These activities could enhance the body's immune function.
10. Travelling could be better than anti-ageing creams.

MULTIPLE CHOICE - QUIZ (p.10)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)