UNIT 1 QUIZ B AUDIO SCRIPT

Listening 1 Exercise A

Hello, my name is Mary Johnson. I have traveled all over the world – for different reasons and in different situations. And I think I have learned a few lessons about traveling, and I would like to share some of these with you today.

So, lesson number 1. I think the first lesson I learned is that, to really enjoy a trip, we shouldn't be afraid of the unknown. The whole point of traveling is to find out about new places and to experience different cultures. Traveling is welcoming that new knowledge and accepting that there are a lot of things out there for us to learn.

That doesn't mean, however, that you shouldn't prepare a little for your trip. I always do some research on the place I'm traveling to before I go. I tend to check tourism sites, travel blogs, and even guidebooks. But something I learned – and I guess this is lesson number 2 – is that you should use their information just as inspiration and always adapt their suggestions into your own personalized routes. Every trip should always be a personal journey.

And … lesson number 3. Pack lightly. Take with you half of what you think you need. On my first trips, I would always take these heavy bags, even when traveling for just a few days. Now, my luggage is much lighter because I learned that I can always buy things along the way or wash my clothes at hotels – and that it just drives me crazy to carry heavy bags around.

And I think lesson number 4 is … travel slowly. Don't hurry. Even if you are traveling for work and have a busy schedule, take some time to just look around, enjoy the culture, and do things at a more relaxed pace than at home. If you can survive a change of place, you can certainly survive a change of pace.

And, finally, lesson number 5. Don't be shy, go and talk to the local people. Nowadays, even if you don't know the local language, there are great translation apps that can help you communicate. You will learn a lot more about the place and sometimes even make some new friends and make your trip a much more special experience.