

THE BENEFITS OF TRAVELING



Warm up

Encourage your students to answer these questions.

1. Do you like traveling?
2. Have you ever traveled abroad? Where have you been?
3. What are your top three travel destinations? and why do you want to visit these places?

Listening

Tell your student they are going to watch a video about the benefits of traveling. Ask them to write down the 5 benefits mentioned in the video.

1. Write down the 5 benefits mentioned in [the video](#).



The benefits of traveling

Vocabulary

Ask your student to match the verb with its corresponding meaning.

A. Match the verbs with their meanings.

go through (e)	a. to escape responsibility for something:
deal with (b)	b. to develop a way to manage or relate to someone or something:
get out of (a)	c. start being involved in an activity:
get into (c)	d. to manage
handle (d)	e. to experience something, esp. something unpleasant or difficult:

B. Complete the sentences with the corresponding verb. Some verbs can change their form.

1. Things can go wrong when you travel. Have you ever _____ a terrible travel experience?
2. How do you _____ language barrier when traveling to a foreign country?
3. What are some strategies to _____ a travel booking without incurring heavy cancellation fees?
4. How can you _____ different cultures while traveling and have meaningful interactions with local people?
5. What do you do to _____ the stress of packing and preparing for a trip?

Key answers: 1. gone through 2. deal with 3. get out of 4. get into 5. handle

The benefits of traveling

Discussion

Have the students answer the questions. If you have more time with the student you can ask more questions.

1. Do you agree with the benefits that were mentioned in the video? Why? Why no? What other benefits could you include?
2. How does traveling to different places broaden our horizons and expand our understanding of the world and its diverse cultures?
3. In what ways does travel help us develop cultural awareness and sensitivity towards people from different backgrounds?
4. How can traveling contribute to personal growth, self-discover, and the development of like skills?
5. Is there any lesson that you have learned in a personal travel experience?