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Level 2 – 3rd October 2024

Travelling could slow down the ageing process

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<https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-2.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-2.html>

Travelling is good for us. It broadens the mind. A new study says going on trips could slow down the ageing process. The travel bug could be healthy. Researchers from a university in Australia said travelling could make us look and feel younger. Having different experiences and meeting new people could make us more youthful. Lead researcher Fangli Hu 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 suggested that going on vacations, backpacking and sightseeing can lower stress. Trips can boost our metabolism. This strengthens our immune system. Travel could also repair body tissue. Ms Hu said travelling often involves physical activities like hiking, climbing, and cycling. These can reduce tension and fatigue in our muscles and joints. Ms Hu added: "Participating in these activities could enhance the body's immune function and self-defence capabilities." 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-2.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|-------------------------|
| 1. Travelling | a. bug could be healthy |
| 2. It broadens | b. recreation |
| 3. The travel | c. feel younger |
| 4. make us look and | d. youthful |
| 5. meeting | e. irreversible |
| 6. make us more | f. is good for us |
| 7. leisure and | g. new people |
| 8. Ageing, as a process, is | h. the mind |

PARAGRAPH TWO:

- | | |
|----------------------------------|-------------------|
| 1. going on | a. our metabolism |
| 2. sightseeing can | b. muscles |
| 3. Trips can boost | c. lower stress |
| 4. This strengthens our immune | d. ageing creams |
| 5. Travel could also repair body | e. vacations |
| 6. tension and fatigue in our | f. capabilities |
| 7. self-defence | g. tissue |
| 8. better than anti- | h. system |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-2.html>

Travelling is good for us. It (1) _____. A new study says going on trips could slow down the ageing process. The (2) _____ be healthy. Researchers from a university in Australia said travelling could (3) _____ and feel younger. Having different experiences and (4) _____ could make us more youthful. Lead researcher Fangli Hu said: "Tourism isn't just about leisure and recreation. It could (5) _____ people's physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it (6) _____, it can be slowed down."

The researchers suggested that (7) _____, backpacking and sightseeing can lower stress. Trips (8) _____ metabolism. This strengthens our immune system. Travel could also (9) _____. Ms Hu said travelling often involves physical activities like hiking, climbing, and cycling. These can reduce (10) _____ in our muscles and joints. Ms Hu added: "Participating (11) _____ could enhance the body's immune function and self-defence capabilities." The researchers said travelling might be better than (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

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TRAVELLING SURVEY

From <https://breakingnewsenglish.com/2410/241003-the-travel-bug-and-ageing-2.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-2.html>

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