

## **The importance of travelling [A importância de viajar]**

**Texto e áudio – Nível de dificuldade baixo/médio.**

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*Abaixo do texto há um link do site Acapelabox para você praticar seu listening.*

### **The importance of travelling**

**Reduces your stress** - Travelling can take away all the stress from your life. You feel completely relaxed when you see new places, new people, new lifestyles etc. Even if you are on a business trip, the fact that you are in a completely different city can take all the stress out.

**Experience new cultures** - When you go outside and travel to a completely different city or country, you meet people who lives different cultures.

**Make new friends** – You can start new friendships with interesting people.

**New cuisine** - When you visit a new country or city, you have chances to eat some food that you have never eaten before. The more you travel the more variety of food you will find.

**Reconnect with your partner** - If you are travelling with your girlfriend, wife, boyfriend or husband this might be the best way to reconnect with them.

**You will become more active** - When you go out for a vacation you are more likely to engage in activities like rafting, rock climbing, playing on the beach etc.

**Confront your fears** - If you are going on an adventure sport holiday and you are afraid of certain things for example fear of height or fear of water, this might be an excellent time to face those fears.

**Learn new languages** - While travelling to other countries you have the chance to practice their language.

**Get to know yourself** - If you are travelling alone at a peaceful place for example a hill station of a place which has beaches, it is a good way for you to reflect and to know yourself better.

**Take a break!** - Taking a break and travelling will be a motivation to keep on with your life.

**ÁUDIO:** Copie o texto acima, cole na janela do Acapelabox que abrirá ao [clique aqui](#) e dê play para ouvir.