

The importance of travelling [A importância de viajar]

Texto e áudio – Nível de dificuldade médio/alto.

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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 surroundings, 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 whose lives do not revolve around McDonald's or Netflix. Your mind will change accordingly and you will start accepting the different cultures and people instead of criticizing them.

Make new friends - You must have often seen that while you are in the train or the plane, you often start a conversation with the person sitting right next to you and at the end of the journey you realize that you have made a very good friend.

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

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. It may be even possible that after coming back, you will be more active as a result of the trip.

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 new places, you will surely pick up the local language. Today we live in a world where becoming bilingual or multilingual can benefit you very much.

Get to know yourself - If you are travelling alone at a peaceful place for example a hill station or a place which has beaches, it might be a good way for you to get to know yourself and reflect upon yourself.

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

Adapted from: <http://listdose.com/10-reasons-why-travelling-is-important/>

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