

B Scan the article, and add the phrases (a–d) to the paragraphs (1–4) to create subheadings.

- a. is good for your health
- b. promotes cultural understanding
- c. takes you out of your comfort zone
- d. helps you become a global citizen

1 _____
2 _____
3 _____
4 _____

Four Reasons Why Traveling is Good for You

Taking a trip can be hard. There may be long lines at the airport, crowds at the security check, and uncomfortable seats at the gate, but traveling—meeting new people, visiting different places, and even eating different foods—is good for us in many ways. Here are four.

1. Travel

In our daily lives, we generally know where we're going to go, what we're going to do, and who we're going to see. We know where to go and who to ask if we need something, and we know *how* to ask for that something. We're in our comfort zone; we're comfortable. When we travel to a different country, where people might speak a different language, we leave our comfort zone, and sometimes that can be frightening. Things are different, and some things will be challenging. But it's worth it! Challenges help us grow and become more confident.

2. Travel

Changes in location and breaks from our routine make us feel better. We are **stimulated** by seeing new places, trying new food, and experiencing new cultures. Also, when we travel, we are often more active, so we do more exercise, even if it is only walking around a new city sightseeing. Traveling can be very **motivating** and exciting, so it is good for your mind and your body.

3. Travel

There are a lot of problems in our world that will cause bigger problems in the future if we don't find solutions. With climate change, pollution, and other environmental issues in front of us, we need to work together as **citizens of the world**, not just citizens of our own country. When you travel, you meet new people, make new connections, and understand the world better. This helps you become a global citizen.

4. Travel

When we travel, we can visit museums, art galleries, and festivals, as well as restaurants, cafes, and markets. All these things help us learn about the history and culture of a country and help us understand that people around the world think differently and do things differently. When we travel, we learn about a country, its culture, and its people, and we come home with new understanding. This opportunity to experience other cultures opens your mind and can help you respect others and see your own culture more clearly.

So, whether you go on vacation, take a business trip, or study abroad, travel is good for you. Where will you go next?

stimulate to make someone excited and interested about something
motivating makes you want to do something
citizen a person who lives in a particular place

D Answer the questions.

1. Why are challenging situations sometimes good for us?

2. Why is travel good for your mind and body?

3. What does the term *global citizen* refer to?

4. How do we learn about our own culture when we travel?

5. Why is cultural understanding important?
