



**Kate:** Hello, I'm Kate Colin and today I'm joined by Jackie Dalton. Hi Jackie.

**Jackie:** Hi Kate

**Kate:** Jackie, I believe you've just got back from holiday haven't you. How was it?

**Jackie:** It was great thank you - I had a very relaxing time. I did lots of reading and some skiing.

**Kate:** Sounds wonderful, but these days more and more of us are considering whether we can actually justify the cost of a holiday abroad and the idea of going absolutely nowhere is actually becoming quite appealing. A 'staycation' is a new phrase which is combination of the expressions 'stay' (at home)' and 'vacation'.

**Jackie:** Well, yes I have heard of staycations, but to be honest I can't say it is something that really appeals to me because I like going on holiday to see other cultures, to listen to new languages and eat different food. Just to get away from my normal day to day life once in a while. I think that's what holidays are about.

**Kate:** Well to some people it is, but before we go any further, I'm going to ask my question for this week. Which country is the top location for British people to go on holiday at the moment?

- a) Spain
- b) France
- c) Turkey

**Jackie:** answers

**Kate:** Good answer; we'll check if you're correct in a few minutes. But first here's a lady who really likes staycations. Why does she prefer to stay at home?

### Clip 1

If you take your 2 weeks off and just stay at home and do what you like, it's so much more liberating than going away somewhere new and not having your own things around and having the pressure to explore all this new stuff. It's just a winner; I don't understand why more people don't do it.

**Jackie:** She said that staying at home is much more liberating than going away. If something is '**liberating**' it makes you feel free and able to do what you like. She goes on to say that going on holiday means that you don't have your own things around you and there's lots of pressure to explore. She says that staying at home is a 'winner' (which means a very good thing) and she can't understand why more people don't do it!

**Kate:** Now we're going to hear from someone with the opposite point of view. She uses the phrase '**contradiction in terms**' which means to say a combination of things which don't make sense as they often have opposite meanings. She also uses the term '**same old, same old**' which you often hear when people talk about always doing the same thing. Listen out for it in the following extract...

### Clip 2

Well to me, holidaying at home is a complete **contradiction in terms**. When you stay at home you know it's the **same old, same old** and it just **underpins** the whole beauty of having that energizing break and doing something entirely different.

**Jackie:** Well, she said that she thinks holidaying at home is a **contradiction in terms** – it doesn't make sense. She thinks that taking a holiday is about getting away from your usual routine of being at home which she describes as '**the same old, same old**'. I suppose she's referring to the everyday jobs of housework and shopping and things like that. She says this **underpins** the whole beauty of going away. **Underpins** means to give strength or support to something, so here the fact that there's always so much to do when you stay at home, supports or underpins her argument that we need to go away on holiday once in a while.

**Kate:** Let's go back to the first lady we heard from. Here she gives some other reasons why she prefers not to go away. She uses the term '**peace of mind**'. What does this mean?

**Jackie:** '**peace of mind**' is when you can relax because you don't have to worry about anything.

### Clip 3

On the rare occasions that I have gone on a proper holiday, the amount of work you have to do to go away and **enjoy peace of mind**, totally **negates** the benefit of the holiday to me.

**Jackie:** She says that all the effort you have to go to make sure you can enjoy **peace of mind**, **negates** the benefit of the holiday. I suppose she means that she spends a lot of time making sure her house is locked properly and things to make sure that she won't have to worry about anything going wrong while she's away. She says this **negates** the benefit of a holiday. To **negate** means to cancel out the effect of something, so all the worry related to going on holiday negates the good things about holidays.

**Kate:** Let's hear what the second lady has to say in reply...she uses the word '**anticipation**'. What does this mean?

**Jackie:** 'anticipation' means to look forward to something. You'll also hear the expression '**Groundhog Day**'. In this context, this is a term which we sometimes use when referring to doing the same thing over and over again. It comes from a film called 'Groundhog Day' starring Bill Murray and Andie MacDowell, and the film features a man who finds himself living the same day over and over again. Now the expression has made its way into the English language to describe something which is the same everyday. So if you had a job where it seems you're doing the same thing day after day, you could say it was like '**Groundhog Day**'.

#### Clip 4

It's like anything in life you either approach it positively or negatively. I think part of the beauty of a holiday is the **anticipation**. I know it's stressful preparing for a holiday but it's quite exciting too and I think we need it because when we do the same things day after day, life becomes like **Groundhog Day** and one of the great beauties **underpinning** that is to go on holiday.

**Kate:** What do you think Jackie? Are you tempted to have a 'staycation' next time you want a holiday?

**Jackie:** Well, having heard both sides of the argument, I can understand the reasons for staying at home but I'm afraid I like to travel too much and I don't think I'll be taking a staycation this year.

**Kate:** So let's have a look the words we came across earlier in the programme:  
We had:  
**staycation**  
**liberating**  
**a contradiction in terms**  
**same old, same old**  
**to underpin**

peace of mind  
negates  
anticipation  
**Groundhog Day**

**Kate:** Finally to the question I asked earlier. I asked you which country is the top European location for British people to go on holiday at the moment.

**Jackie:** ...and I said Spain.

**Kate:** I'm afraid you were wrong. You were nearly right, but it is in fact Turkey.

**Both:** That's all for this week. Goodbye!