

IELTS Academic Practice Test

Travel and Tourism

Test Number: 001 **Target Level:** B1-B2 Intensive **Total Time:** Approximately 2 hours 45 minutes

Section 1: Reading

Time: 60 minutes

Reading Passage 1

You should spend about 20 minutes on **Questions 1–10**, which are based on Reading Passage 1 below.

The Rise of the Staycation

In recent years, a significant shift has been observed in holiday trends. Instead of packing their bags for distant, exotic locations, a growing number of people are choosing to explore the attractions available closer to home. This trend, known as a “staycation,” involves taking a holiday in one’s own country rather than travelling abroad. While the concept is not entirely new, its recent surge in popularity can be attributed to a combination of economic, environmental, and social factors.

One of the most compelling reasons for the rise of the staycation is its financial benefit. International travel can be expensive, with costs including airfares, accommodation, and fluctuating currency exchange rates. Staycations eliminate many of these major expenses, allowing individuals and families to enjoy a break without the associated

financial strain. A 2022 report by the National Board of Tourism indicated that a family of four could save an average of 60% on their holiday budget by choosing a domestic destination over a foreign one. This saved money can then be spent on local attractions, dining, and shopping, thereby boosting the local economy.

Beyond the economic advantages, there is a growing awareness of the environmental impact of travel. Long-haul flights are a major contributor to carbon emissions, and the concept of “flygskam,” or “flight shame,” has gained traction, particularly in Europe. By opting for a staycation, travellers can significantly reduce their carbon footprint. Travel within a country often involves using cars or public transport like trains and buses, which, while not entirely carbon-neutral, generally have a lower environmental impact per person compared to air travel. This eco-conscious mindset is encouraging more people to discover the natural beauty and cultural heritage of their own nation.

Furthermore, the recent global health crisis has played a pivotal role in reshaping travel habits. With international borders closing and the uncertainty of travel restrictions, many people have found that exploring their local area is a more reliable and less stressful option. This has led to a rediscovery of local parks, historical sites, and coastal towns that were previously overlooked in favour of more glamorous international destinations. Many have been pleasantly surprised by the richness and diversity of what their own country has to offer, from breathtaking landscapes to vibrant cultural festivals.

However, the staycation trend is not without its critics. Some argue that it can lead to overcrowding in popular domestic tourist spots, putting a strain on local infrastructure and the environment. Additionally, for those living in smaller countries, the options for a domestic holiday may be limited. Despite these concerns, the movement towards local travel continues to grow, suggesting that for many, the benefits of exploring their own backyard outweigh the lure of a foreign adventure.

Questions 1–5

Do the following statements agree with the information given in Reading Passage 1?

In boxes 1–5 on your answer sheet, write

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	if there is no information on this

1. The idea of taking a holiday in one's own country is a very recent phenomenon.
 2. Financial savings are a major motivation for the increase in staycations.
 3. The term "flygskam" originated in North America.
 4. Staycations have led to a complete stop in international travel.
 5. Overcrowding can be a negative consequence of the staycation trend.
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Questions 6–10

Complete the sentences below.

Choose **NO MORE THAN TWO WORDS AND/OR A NUMBER** from the passage for each answer.

Write your answers in boxes 6–10 on your answer sheet.

1. A key reason for the popularity of staycations is the avoidance of high costs like accommodation and changing _____.
 2. According to a 2022 report, a family could reduce their holiday spending by _____ by choosing a staycation.
 3. Choosing a staycation helps to lower a traveller's _____ because it reduces the need for air travel.
 4. The global health crisis made domestic travel a more dependable and less _____ choice.
 5. Some people feel that staycations might put pressure on the _____ of popular local destinations.
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Reading Passage 2

You should spend about 20 minutes on **Questions 11–20**, which are based on Reading Passage 2 below.

The Art of Responsible Souvenir Shopping

For many travellers, bringing home a souvenir is an essential part of the holiday experience. It is a tangible reminder of the places they have visited and the memories they have made. However, not all souvenirs are created equal. The choices we make in a gift shop can have a significant and often hidden impact on the local environment, economy, and culture. This has led to a growing movement promoting responsible souvenir shopping, which encourages tourists to make choices that are both ethical and sustainable.

A. The Economic Footprint

One of the primary arguments for responsible souvenir shopping is its potential to support the local economy directly. When tourists purchase mass-produced trinkets, often imported from other countries, very little of the money spent actually benefits the community they are visiting. In contrast, buying handcrafted goods from local artisans ensures that the profits stay within the community. This provides a vital source of income for skilled craftspeople and helps to preserve traditional skills that might otherwise disappear. Look for markets or cooperatives where you can buy directly from the person who made the item.

B. Cultural Preservation

Souvenirs can also play a role in either preserving or eroding local culture. Items that are authentic and reflect the genuine artistic traditions of a region help to keep those traditions alive. For example, buying a hand-woven rug in Morocco or a piece of painted pottery in Mexico supports cultural heritage. Conversely, the demand for cheap, generic souvenirs can lead to the commercialization of culture, where sacred or significant designs are copied onto low-quality products for a quick sale, stripping them of their original meaning.

C. Environmental Considerations

Many popular souvenirs are unfortunately made from materials that harm the environment. Products made from endangered species, such as coral, ivory, or certain types of wood, contribute directly to biodiversity loss. Even seemingly harmless items, like shells collected from a beach, can disrupt delicate ecosystems. Responsible tourists should avoid these products and instead look for items made from sustainable, locally sourced materials like recycled glass, renewable wood, or natural fibres.

D. How to Be a Responsible Shopper

Becoming a responsible souvenir shopper is not difficult. The first step is to ask questions. Ask the vendor where the product was made and what materials were used. Secondly, prioritise quality over quantity. A single, well-made, authentic item is a far better keepsake than a bag full of cheap, forgettable trinkets. Finally, consider buying consumable souvenirs, such as locally produced coffee, spices, or honey. These are often a delicious and sustainable way to support local farmers and producers, and they won't end up gathering dust on a shelf.

By thinking more carefully about what we buy, we can transform the simple act of souvenir shopping into a positive force that supports communities, protects the environment, and honours cultural traditions.

Questions 11–14

Reading Passage 2 has four sections, **A–D**.

Choose the correct heading for each section from the list of headings below.

Write the correct number, **i–vi**, in boxes 11–14 on your answer sheet.

List of Headings

i.	The best questions to ask a shopkeeper
ii.	Protecting nature through careful purchases
iii.	The problem with mass-produced items
iv.	Practical advice for ethical buying
v.	Keeping local traditions alive
vi.	The financial benefit to local makers

1. Section A ____

2. Section B ____

3. Section C ____

4. Section D ____

Questions 15–20

Complete the summary below.

Choose **ONE WORD ONLY** from the passage for each answer.

Write your answers in boxes 15–20 on your answer sheet.

A Guide to Responsible Souvenir Buying

Responsible souvenir shopping is a growing trend that encourages tourists to make ethical and sustainable choices. When buying souvenirs, it is important to consider the impact on the local 15 _____. *Purchasing items directly from local artisans helps ensure that profits remain within the community. This practice also supports the continuation of 16 _____ skills.*

From a cultural perspective, buying authentic crafts helps to 17 _____ regional traditions. On the other hand, the demand for generic souvenirs can devalue important cultural designs. Environmentally, tourists should avoid products made from materials like coral or 18 _____, as this contributes to the loss of biodiversity. A better choice is to find items made from 19 _____ materials.

A simple way to be a more responsible shopper is to prioritise 20 _____ over quantity when making a purchase.

Reading Passage 3

You should spend about 20 minutes on **Questions 21–30**, which are based on Reading Passage 3 below.

Ecotourism: A Solution for Sustainable Travel?

As the world becomes more interconnected, the tourism industry continues to expand, bringing both economic benefits and environmental challenges. A potential solution to this dilemma is ecotourism, a form of travel that aims to be both sustainable and educational. Defined by The International Ecotourism Society as “responsible travel to natural areas that conserves the environment, sustains the well-being of the local people, and involves interpretation and education,” ecotourism is more than just a trip; it is a philosophy.

The core principles of ecotourism are built around minimizing impact. This involves not only the ‘leave no trace’ mantra, where travellers are expected to leave natural areas exactly as they found them, but also extends to the infrastructure that supports the tourism. Eco-lodges, for example, are often constructed using sustainable, locally sourced materials and are designed to blend in with the surrounding environment. They typically utilize renewable energy sources, such as solar power, and have advanced systems for water conservation and waste management. The goal is to create a travel experience that does not degrade the natural resources that attract visitors in the first place.

Another fundamental aspect of ecotourism is its commitment to the local community. In a conventional tourism model, large international corporations often own the hotels and tour companies, and a significant portion of the profits flows out of the host country. Ecotourism seeks to reverse this trend by empowering local communities. This is achieved by promoting locally owned businesses, hiring local guides, and sourcing food and supplies from local producers. When local people benefit directly from the conservation of their natural environment, they have a powerful incentive to protect it. This creates a symbiotic relationship where both the environment and the community can thrive.

Education is the third pillar of ecotourism. The aim is to provide travellers with a deeper understanding of the area they are visiting. This is not simply about identifying different species of birds or plants; it is about learning about the complex web of life in an ecosystem and the culture of the people who live there. Guided tours are often led by knowledgeable local experts who can share insights into the region's history, ecology, and conservation challenges. This educational component can transform a simple holiday into a meaningful experience, fostering a greater appreciation for the environment and a lasting commitment to its protection.

Despite its noble intentions, ecotourism is not without its challenges. The term has been so overused and misused that it has sometimes become a victim of "greenwashing," where companies falsely market their operations as environmentally friendly to attract well-intentioned travellers. True ecotourism requires a genuine commitment from operators and a discerning eye from travellers. Furthermore, even well-managed ecotourism can lead to the gradual erosion of a pristine environment if the volume of visitors is not carefully controlled. Finding the right balance between access and preservation remains a critical challenge for the industry.

Questions 21–25

Choose the correct letter, **A**, **B**, **C**, or **D**.

Write the correct letter in boxes 21–25 on your answer sheet.

1. What is the main purpose of ecotourism? A. To provide luxury travel at a lower cost. B. To offer holidays that are sustainable and educational. C. To allow travellers to visit remote areas without guides. D. To create large, international resorts in natural areas.

2. According to the passage, what is a key feature of an eco-lodge? A. It is always located in a major city. B. It relies heavily on imported materials. C. It is designed to have a minimal environmental footprint. D. It offers a wide range of entertainment options.

3. How does ecotourism aim to benefit local communities? A. By encouraging the building of large, foreign-owned hotels. B. By ensuring that profits are directed towards local people and businesses. C. By limiting the interaction between tourists and local residents. D. By replacing local jobs with foreign workers.

4. What is the role of education in ecotourism? A. To give travellers a superficial overview of the area. B. To focus only on identifying different types of animals. C. To provide a deeper understanding of the local ecosystem and culture. D. To teach travellers how to build their own eco-lodges.
5. What does the term “greenwashing” mean in the context of this passage? A. Companies cleaning up natural areas to attract tourists. B. Companies using green-coloured branding for their hotels. C. Companies falsely claiming their tours are environmentally friendly. D. Companies providing free educational materials about the environment.
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Questions 26–30

Complete the notes below.

Choose **ONE WORD ONLY** from the passage for each answer.

Write your answers in boxes 26–30 on your answer sheet.

Ecotourism: Principles and Challenges

Core Principles:

- **Minimizing Impact:**
 - Travellers should follow the ‘leave no trace’ philosophy.
 - Infrastructure, like eco-lodges, should use renewable **26** _____ and manage waste.
- **Community Empowerment:**
 - Aims to reverse the trend of profits leaving the host country.
 - Gives local people an **27** _____ to protect their environment.
- **Education:**
 - Provides a deeper **28** _____ of the local culture and ecology.
 - Can create a more meaningful holiday experience.

Challenges:

- **Greenwashing:**

- The term ‘ecotourism’ is sometimes 29 _____ by companies for marketing purposes.

- **Visitor Volume:**

- Controlling the number of visitors is essential for the 30 _____ of natural areas.
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Section 2: Listening

Time: Approximately 30 minutes (plus 10 minutes transfer time)

Listening Task 1

You will hear a woman, Chloe, talking about a memorable travel experience. Listen and answer questions 1–6.

Questions 1–3

Choose the correct letter, A, B, or C.

1. What was the main reason Chloe’s trip to Kyoto was so special? A. She had always been interested in Japanese culture. B. She had never travelled outside her country before. C. She went with a large group of friends.
2. What does Chloe recommend doing at the Fushimi Inari Shrine? A. Visiting in the afternoon to see the sunset. B. Arriving early to miss the busiest time. C. Only walking through the first part of the gates.
3. What was Chloe’s attitude towards food in Kyoto? A. She only ate food that she was familiar with. B. She found the food to be too expensive. C. She was willing to try a variety of new dishes.

Questions 4–6

Complete the sentences below.

Write **ONE WORD ONLY** for each answer.

1. The city was covered in pink and white flowers from the cherry _____.

2. In the Gion district, Chloe was lucky to get a brief _____ of a geiko.

3. The souvenir Chloe brought back from her trip was a hand-painted _____.

Listening Task 2

You will hear two friends, Mark and Sarah, discussing the pros and cons of online dating. Listen and answer questions 7–12.

Questions 7–9

Do the following statements agree with the information given in the conversation?

Write

TRUE	if the statement agrees with the information
FALSE	if the statement contradicts the information
NOT GIVEN	if there is no information on this

1. Mark has used dating apps many times in the past.
2. Sarah believes that online dating is a useful way to meet people when you have a busy lifestyle.
3. Laura, Sarah's friend, prefers long, formal first dates.

Questions 10–12

Complete the summary below.

Write **ONE WORD ONLY** from the conversation for each answer.

Mark is initially skeptical about online dating, feeling that it is 10 _____. He is concerned that people might be 11 _____ on their profiles. Sarah agrees that this can be a problem, but she sees dating apps as a tool to broaden one's social circle. She admits that 'ghosting' is an unpleasant experience but feels that it is important to be 12 _____ and not give up. By the end of the conversation, Mark seems more open to the idea.

Section 3: Writing

Time: 60 minutes

Writing Task 1

You should spend about 20 minutes on this task.

The chart below shows the number of tourists visiting a particular country from three different continents between 1995 and 2010.

Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Write at least 150 words.

Data for the Line Graph:

Year	Tourists from Europe (millions)	Tourists from Asia (millions)	Tourists from North America (millions)
1995	10	2	4
2000	12	4	5
2005	15	8	6
2010	14	12	7

Writing Task 2

You should spend about 40 minutes on this task.

Write about the following topic:

Some people believe that international travel does more harm than good, contributing to environmental problems and the erosion of local culture.

To what extent do you agree or disagree with this view?

Give reasons for your answer and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

Section 4: Speaking

Time: 11–14 minutes

Part 1: Introduction and Interview (4–5 minutes)

Let's talk about where you live.

- What is your hometown like?
- What is the most interesting part of your town or city?
- Has your hometown changed much in recent years?

Now, let's talk about holidays.

- What kind of holidays do you enjoy the most?
 - Do you prefer to travel alone or with other people? Why?
 - What was the best holiday you have ever had?
 - Do you think it is important to go on holiday every year? [Why/Why not?]
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Part 2: Individual Long Turn (3–4 minutes)

You have one minute to prepare. You may make notes if you wish.

Describe a journey that didn't go as planned.

You should say:

- where you were going
 - what went wrong
 - what you did as a result and explain how you felt about the experience.
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Part 3: Two-Way Discussion (4–5 minutes)

Let's consider the topic of planning trips.

- What are the advantages of planning a trip in detail before you go?
- Do you think it is possible to have a good holiday without any planning?
- Some people say that unexpected problems are part of the fun of travel. What do you think?

Now, let's talk about different ways of travelling.

- What are the pros and cons of travelling by plane compared to travelling by train?
 - How has technology changed the way people travel in the last 20 years?
 - As tourism becomes more popular, what are some of the challenges that popular tourist destinations face?
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Section 5: Grammar

Time: 25 minutes

Part 1: Sentence Transformation

Instructions: For questions 1-5, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between two and five words, including the word given.

1. We couldn't go on holiday because we didn't have enough money. **LACK** We couldn't go on holiday due to a _____ funds.
 2. The flight was cheaper than we had expected. **AS** The flight was not _____ we had expected.
 3. I think you should book your tickets well in advance. **WERE** If I _____, I would book your tickets well in advance.
 4. They are building a new hotel on the seafront. **BEING** A new hotel _____ on the seafront.
 5. It's a shame we didn't visit the museum. **WISH** I _____ the museum.
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Part 2: Error Correction

Instructions: For questions 6-10, read the text below. Some lines are correct, and some have a word which should not be there. If a line is correct, put a tick (✓). If a line has a word which should not be there, write the word.

My Last Holiday

Line	Text	Answer
6.	Last year, I have decided to go on a trip to Thailand.	___
7.	It was my first time visiting to Asia, so I was very excited.	___
8.	I spent two weeks for travelling around the country.	___
9.	The food was more delicious than I had ever tasted before.	___
10.	I would definitely recommend to visiting this amazing country.	___

Part 3: Multiple Choice

Instructions: For questions 11-20, choose the correct word or phrase to complete the sentence.

1. If I had known about the festival, I _____ my trip for a different week.
A. wouldn't book B. wouldn't have booked C. didn't book
 2. By the time we arrived at the airport, the plane _____. A. has already left B. had already left C. already left
 3. I am really looking forward _____ on holiday next month. A. to go B. going C. to going
 4. This is the _____ hotel I have ever stayed in. A. most luxurious B. more luxurious C. luxurious
 5. You _____ forget your passport; it's the most important thing. A. mustn't B. don't have to C. needn't
 6. My friend suggested _____ a taxi to the hotel to save time. A. to take B. taking C. take
 7. The tour guide, _____ was very knowledgeable, told us many interesting stories. A. that B. which C. who
 8. I have been learning Spanish _____ two years before my trip to Spain. A. for B. since C. during
 9. Despite _____ tired, we decided to go out and explore the city. A. of being B. we were C. being
 10. It is often said that travel _____ the mind. A. broadens B. is broadening C. has broadened
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END OF TEST