

# 30 Day English Speaking Challenge: Family

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## Week 3: Travel – Day 19: Active

**Question:** Do you prefer relaxing or active vacations? Why?

### Vocabulary:

1. Take it easy: *relax without doing much else*

The doctor told me I had to **take it easy** after my operation so I could completely recover.

2. Find a good balance: find an even distribution of two or more activities or areas of life

I had to **find a good balance** between eating healthy and indulging from time to time so I could stay fit and still enjoy special events.

3. Take/go on an excursion: go on a short trip or visit to an interesting place

After a long week of meetings, I decided to **go on a short excursion** with some friends to unwind.

### Vanessa's answer:

This is a tough question for me because I like both. I enjoy relaxing and **taking it easy** on vacation, but if I **take it easy** for too long, I tend to get bored. For example, when my family went to Costa Rica, we tried to **find a good balance** between relaxing and being active. We spent a lot of time relaxing at the beach, and then we **went on some little excursions** into the rainforest to look for cool animals. So I think in the end, we **found a good balance**.