

16 . Travel and adventure

1 . A thirst for adventure

Longing for adventure

- I'd always had a thirst for adventure . That eventually brought me to Afghanistan

2 . Itchy feet

Wander lust

- My friend Dana has itchy feet . She can't stay at one place for long .

3 . To contain excitement

Not to get overly excited

- I could hardly contain my excitement when my friend's family invited me to visit their home city in Laos .

4 . Arduous journey

difficult , tiring , needing a lot of effort

- It was an arduous journey for the first colonists making advances further and further into unexplored wilderness.

5 . To break a journey

To stop and rest for a couple of days

- I should have broken the journey somewhere but I could wait to get to the place I've been dreaming about .So I did it at one go which was quite reckless .

6 . To put someone on standby (at the airport)

make somebody wait until some seats become available

- I tried to get a flight to Peru but they were all full , so they put me on standby .

7 . To go trekking

To make an arduous journey (esp. in the mountains)

- When I got to Peru I went trekking in the Andes .

8 . Off the beaten track

Off a way that most people take

- Our guide took us off the beaten track which we never regretted.

9 . An intrepid explorer

brave , with no fear of dangerous situations

- I felt like an intrepid explorer from another century in some wilderness

10 . To send out a search party

To send a group of local folks to look for lost tourists

- Eventually we got hopelessly lost. We were afraid they'd have to send a search party to look for us .

11 . To boost the spirits

to make feel more cheerful

- This sunny weather boosted the spirits so we decided to set off before the afternoon .

12 . A budget doesn't stretch (to)

you can't afford

- You can take a train across the country and if your budget doesn't quite stretch to a sleeping compartment , you can always curl up in your seat for the night .

13 . To lull to sleep

Make sleepy as if singing a lullaby

- The rhythmic motion and rumbles of the train will lull you to sleep .

14 . A leg of the journey

a particular part of the journey

- The first leg of the journey indicates very little of what lies ahead