

# Travel Blogger

## Discussion

I drank mushroom tea.

Does your country have this mushroom?

I don't eat or consume mushrooms so much, because they can be poisonous, so there is a risk.

I am not trying to use food, I am trying to adapt my behaviour. I take cold showers, exercise regularly,

I woke up, I didn't do breathing exercises, and took a cold shower.

Wim Hof Method breathing exercise.

WHM application for a phone.

This exercise consists of 30 deep breaths, you need to breathe very deeply, filling your stomach, lungs, and even head with air.

After 30 breaths you stop breathing. You try to slow down your hard, relaxed, stay without breathing new air as long as you can. You need to use up all the oxygen in your body.

After you can't persist anymore, you should take one very deep breath, and hold it for 15 seconds. After 15 seconds exhale.

Repeat everything 4 times.

Cold showers reduce inflammations in your body, help burn fat, create clarity of mind, relax muscles, improve immunity, exercise blood vessels. It's a great way to deal with stress. Exposing to cold water is a kind of stress, but using breathing you start to control it.

Joe Rogan - the most famous and one of the first podcasters on YouTube.

In my country babies don't drink neither hot, or cold. The milk is usually of mild temperature.

Children drink mild milk in China. - a general truth. (Present simple)

What is a blogger?

It's someone who makes a blog. Someone who accumulates the information on his or her blog.

Blog consists of text and pictures.

For video we use the word, vlogger and vlog.

Vlog consists of videos.

Vlog has replaced blog.

I don't pay much attention on travel blogs or vlogs.

I think you can get useful ideas for your future travels?

Aren't these videos vlogs?

Yesterday I previewed this lesson and watched a vlog.

They said something earing money.

It was an advice on how to be a travel vlogger.

Would you like to be travel vlogger?

You need to edit the video later. There is a lot of work to do.

It's an interesting job, because you get to travel while working.

Warrent Buffet?

## **Vocabulary**

### **Useful Words**

1. extravagantly(adv.):spending too much money, more than it is really necessary.
2. inhale(verb):take air in you lungs.
3. exhale(verb):to push air out of your lungs.
4. observe(verb):to monitor, to watch something.
5. podcast(noun):a show in which a host and guest or guests discuss, different interesting topics, etc.
6. podcaster(noun):a person who hosts a podcast.
7. information(noun - uncountable)

### **New Words**

1. delicacy(noun)
2. jovial(adj.)
3. irrespective(adj.)
4. pinnacle(noun)
5. to an extent(expression)
6. monetize(verb)
7. splash the cash(expression)
8. nurse the idea(expression)
9. take a toll(expression)

## **Grammar**

### **Present Simple for general truth**

Bees make honey.

Water boils at 100 degrees Celsius under normal temperature.

Sun raises from East.

### **Negative sentence in present simple**

We use “don’t” or “doesn’t”

### **Pronunciation**

#### **Words**

1. situation /si-tchu-ej-shn/
2. extravagantly /ex-TRE-v-gen-tli/