

Exploring Cultures: Travel Tips for Beginners



Traveling to new places can be very exciting, especially when you're exploring different cultures. But if you are new to traveling, there are a few tips that can help make your trip better. Before you go, research the place you'll visit to learn about their ways of life. It's good to know a few basic words in the local language, like 'hello', 'please', and 'thank you'. This shows respect for the people and their culture.

When you are in a new country, try to eat their local cuisine. Eating as the locals do will give you a real taste of their culture and maybe you will find a new favorite dish. Remember to be open and try things even if they look strange to you at first. Besides, food can tell you a lot about the history and traditions of a place.

Always be polite and take your time to talk with local people. They can tell you about hidden places that are not in travel guides. These spots can sometimes be the most beautiful and interesting parts of your journey. You could learn about a secret beach, a family-owned restaurant, or a quiet park.

Taking photos is a great way to keep memories, so don't forget your camera. But don't just take pictures; make sure you also enjoy the moments. Sometimes put the camera down and look around with your eyes. The colors, smells, and sounds are all parts of the experience.

A popular thing to do when traveling is to buy souvenirs. These are small things like keychains, postcards, or local crafts that will remind you of your trip. When you look at a souvenir, it can take you back to the place and time where you got it. Be sure to buy souvenirs that are made in



the place you're visiting. This way, you support the local economy and take a piece of the culture home with you.

Lastly, always have a map of where you are going or a travel app available. Getting lost can be scary, and it's important to know how to get back to your hotel. Enjoy your travels, be safe, and be ready to learn a lot about the world out there. Traveling is not just about places, but also about the new people you meet and the experiences you have.

CEFR Level Card

General Level: B1.0

Vocabulary: A1.5

Verb Forms: A1.5

Sentences: A2.9

Vocabulary

craft NOUN B2 x1
<u>Definition (En):</u>
n. a vehicle designed for navigation in or on water or air or through outer space
n. people who perform a particular kind of skilled work
n. skill in an occupation or trade
n. shrewdness as demonstrated by being skilled in deception

cuisine NOUN B2 x1 <u>Definition (En):</u> n. the practice or manner of preparing food or the food so prepared

lastly ADV B2 x1 <u>Definition (En):</u> r the item at the end

traveling NOUN +∞ x1

Definition (En):

n the act of going from one place to another v change location; move, travel, or proceed, also metaphorically v undertake a journey or trip v make a trip for pleasure v travel upon or across v undergo transportation as in a vehicle

v travel from place to place, as for the purpose of finding work, preaching, or acting as a judge



Phrases

PHRASE	COUNT	SENTENCES
a piece of	1	 This way, you support the local economy and take a piece of the culture home with you.
get back to something	1	 Getting lost can be scary, and it's important to know how to get back to your hotel.
remind (one) of (someone or something)	1	 These are small things like keychains, postcards, or local crafts that will remind you of your trip.
show respect	1	This shows respect for the people and their culture.
somebody's way of life	1	 Before you go, research the place you'll visit to learn about their ways of life.
take (someone or something) back to (someone or some place)	1	 When you look at a souvenir, it can take you back to the place and time where you got it.



Reading Comprehension Exercises

True / False / Not Given

1. Is it suggested to study the language of the place you're going to before your trip?

2. Does enjoying local food guarantee that you'll always find a dish you love?

3. Should travelers avoid buying souvenirs from the places they visit?

4. Can talking with locals give you information about secret spots that travel guides might not cover?

5. You should spend your whole trip taking lots of photos without stopping to enjoy the moments.

6. Is trying local dishes part of experiencing the history and traditions of a place?

7. When traveling, you should carry a map or travel app at all times to avoid getting lost.

8. Should you avoid speaking with the local people when you travel?

9. It's recommended to buy souvenirs that are produced overseas rather than locally made.

10. Travelers should respect the local culture and traditions.



Multiple Choice

- Why should you learn basic words in the local language when visiting a new place?
 A) To make new friends
 - B) To show respect for the local culture
 - C) To order food easily
 - D) To get a better hotel
- 2) What can local cuisine tell you about a place?
 - A) The price of food
 - B) The history and traditions
 - C) The weather
 - D) The language
- 3) What's a benefit of talking with local people when traveling?
 - A) Finding new music
 - B) Learning secret spots not in travel guides
 - C) Getting discounts
 - D) Changing money
- 4) Why should you sometimes put the camera down when traveling?
 - A) To save battery
 - B) So it won't get stolen
 - C) To enjoy the place directly
 - D) To not look like a tourist
- 5) How can souvenirs benefit the place you are visiting?
 - A) They create memories
 - B) They attract more tourists
 - C) They promote globalization
 - D) They support the local economy
- 6) Why is it important to research the place you are going to visit?
 - A) To find the best hotels
 - B) To learn about their ways of life
 - C) To know where to shop
 - D) To plan your outfits
- 7) What's a good reason to be open to trying strange-looking local foods?
 - A) It's cheaper than familiar food
 - B) It's always healthier
 - C) You might discover a new favorite
 - D) It's quicker to serve
- 8) How can getting lost affect your travel experience?
 - A) It can be an adventure
 - B) It can make you famous
 - C) It can be scary
 - D) It can improve your sense of direction



- 9) What is the main purpose of bringing a camera when traveling?
 - A) To keep memories
 - B) To sell photos
 - C) To look professional
 - D) To use as a diary

10) What does the text suggest is part of the traveling experience?

- A) Only visiting famous places
- B) Meeting new people
- C) Staying in luxury hotels
- D) Shopping for clothes



Short Answer

- 1. Why should you learn a few basic words in the local language?
- 2. What can local food tell you about?
- 3. What could local people tell you that travel guides may not?
- 4. Why should you sometimes put your camera down when traveling?
- 5. Why is it good to buy souvenirs that are made in the place you're visiting?
- 6. What should you do if you are new to traveling and want to make your trip better?
- 7. Why is having a map or travel app important when you're traveling?
- 8. What are two things you should do when you eat local cuisine?
- 9. What can you learn from traveling besides visiting new places?
- 10. What should you do to truly experience the parts of a place?



Multiple Choice Cloze

Traveling to new places can be very ___1__, especially when you're exploring different cultures. But if you are new to traveling, there are a few tips that can ___2__ make your trip better. Before you go, research the place you'll visit to learn about their ways of life. It's good to know a few basic words in the ___3__ language, like 'hello', 'please', and 'thank you'. This shows ___4__ for the people and their culture.

When you are in a new ____5___, try to eat their local cuisine. Eating as the locals do will give you a real taste of their culture and maybe you will find a new favorite dish. Remember to be open and try things even if they look ____6___ to you at first. Besides, food can tell you a lot about the history and traditions of a place.

Always be polite and take your time to talk with local people. They can tell you about hidden places that are not in travel guides. These spots can sometimes be the most beautiful and interesting parts of your ____7___. You could learn about a secret beach, a family-owned restaurant, or a quiet park.

Taking photos is a great way to keep memories, so don't forget your camera. But don't just take pictures; make sure you also enjoy the moments. Sometimes put the camera down and ____8___ around with your eyes. The colors, smells, and sounds are all parts of the experience.

A popular thing to do when traveling is to buy souvenirs. These are small things like keychains, postcards, or local crafts that will remind you of your trip. When you look at a ___9___, it can take you back to the place and time where you got it. Be sure to buy souvenirs that are made in the place you're visiting. This way, you support the local economy and take a piece of the culture home with you.

Lastly, always have a ____10___ of where you are going or a travel app available. Getting lost can be scary, and it's important to know how to get back to your hotel. Enjoy your travels, be safe, and be ready to learn a lot about the world out there. Traveling is not just about places, but also about the new people you meet and the experiences you have.

1) A. exciting B. boring C. tiring D. usual

2) A. help B. prevent C. stop D. discourage

3) A. foreign B. nearby C. distant D. ancient

4) A. respect B. dislike C. fear D. anger



- 5) A. city B. house C. country D. car
- 6) A. ordinary B. strange C. familiar D. usual
- 7) A. journey B. house C. dinner D. meeting
- 8) A. listen B. look C. walk D. sing
- 9) A. souvenir B. photo C. mirror D. book
- 10) A. map B. book C. photo D. friend



Exercise Answers

True / False / Not Given Answers

1. True

Explanation: The text recommends learning basic words in the local language, indicating that studying the language is suggested.

("Before you go, research the place you'll visit to learn about their ways of life. It's good to know a few basic words in the local language, like 'hello', 'please', and 'thank you'.")

2. False

Explanation: The text says you 'maybe' will find a new favorite dish, not that it's guaranteed. ("Eating as the locals do will give you a real taste of their culture and maybe you will find a new favorite dish.")

3. False

Explanation: The text advises to buy souvenirs to support the local economy and as a memory of the trip.

("Be sure to buy souvenirs that are made in the place you're visiting.")

4. True

Explanation: The text clearly states that local people might provide information about hidden spots not mentioned in guides.

("Always be polite and take your time to talk with local people. They can tell you about hidden places that are not in travel guides.")

5. False

Explanation: The text advises to enjoy the moment and not just focus on taking photos. ("But don't just take pictures; make sure you also enjoy the moments. Sometimes put the camera down and look around with your eyes.")

6. True

Explanation: The text mentions that food can provide information about a place's history and traditions.

("Besides, food can tell you a lot about the history and traditions of a place.")

7. True

Explanation: The text suggests always having a map or travel app to avoid getting lost. ("Lastly, always have a map of where you are going or a travel app available.")

8. False

Explanation: The text encourages conversation with local people, not avoiding it. ("Always be polite and take your time to talk with local people.")

9. False

Explanation: The text specifically advises buying locally made souvenirs. ("Be sure to buy souvenirs that are made in the place you're visiting.")



10. True

Explanation: The text mentions that knowing basic words in the local language shows respect for the culture.

("This shows respect for the people and their culture.")

Multiple Choice Answers

1. B

Explanation: Learning basic words in the local language shows respect for the people and their culture.

("It's good to know a few basic words in the local language, like 'hello', 'please', and 'thank you'. This shows respect for the people and their culture.")

2. B

Explanation: Eating local cuisine can give you insights into the history and traditions of the culture.

("Eating as the locals do will give you a real taste of their culture and maybe you will find a new favorite dish. Besides, food can tell you a lot about the history and traditions of a place.")

3. B

Explanation: Local people can tell you about hidden spots that you might not find in travel guides. ("Always be polite and take your time to talk with local people. They can tell you about hidden places that are not in travel guides.")

4. C

Explanation: Putting down your camera helps you to directly enjoy and experience the place you are visiting.

("But don't just take pictures; make sure you also enjoy the moments. Sometimes put the camera down and look around with your eyes.")

5. D

Explanation: Buying souvenirs made locally supports the economy of the place you are visiting. ("Be sure to buy souvenirs that are made in the place you're visiting. This way, you support the local economy and take a piece of the culture home with you.")

6. B

Explanation: Researching helps to learn about the ways of life of the place you are visiting. ("Before you go, research the place you'll visit to learn about their ways of life.")

7. C

Explanation: Trying new foods can lead to discovering favorites you didn't know about. ("Remember to be open and try things even if they look strange to you at first. Maybe you will find a new favorite dish.")

8. C

Explanation: Getting lost can be a frightening experience, so having a map or app is important. ("Getting lost can be scary, and it's important to know how to get back to your hotel.")

9. A

Explanation: The main purpose of taking photos is to preserve memories of the trip.



("Taking photos is a great way to keep memories.")

10. B

Explanation: The text suggests that meeting new people is part of the experience of traveling. ("Traveling is not just about places, but also about the new people you meet and the experiences you have.")

Short Answer Answers

1. To show respect for the people and their culture.

Explanation: Learning basic words in the local language is a sign of respect according to the text. ("It's good to know a few basic words in the local language, like 'hello', 'please', and 'thank you'. This shows respect for the people and their culture.")

2. The history and traditions of a place.

Explanation: The text mentions that food provides information about a place's history and traditions.

("Besides, food can tell you a lot about the history and traditions of a place.")

3. About hidden places.

Explanation: Local people can inform you about special spots not found in travel guides. ("They can tell you about hidden places that are not in travel guides.")

4. To enjoy the moments.

Explanation: The text suggests putting the camera down to fully experience the place. ("Sometimes put the camera down and look around with your eyes.")

5. To support the local economy.

Explanation: Buying local souvenirs helps the local economy, as stated in the text. ("Be sure to buy souvenirs that are made in the place you're visiting. This way, you support the local economy and take a piece of the culture home with you.")

6. Research the place you'll visit to learn about their ways of life.

Explanation: Researching the destination is recommended for new travelers to improve their trip. ("Before you go, research the place you'll visit to learn about their ways of life.")

7. To know how to get back to your hotel if you get lost.

Explanation: Having a map or app is important for finding your way back if lost. ("Getting lost can be scary, and it's important to know how to get back to your hotel.")

8. Be open and try things, even if they look strange.

Explanation: The text advises to be open-minded and willing to try new foods. ("Remember to be open and try things even if they look strange to you at first.")

9. About new people and experiences.

Explanation: Traveling also involves meeting new people and having new experiences. ("Traveling is not just about places, but also about the new people you meet and the experiences you have.")

10. Look around with your eyes and take in the colors, smells, and sounds.

Explanation: The text mentions using all senses to experience the place fully.



("The colors, smells, and sounds are all parts of the experience.")

Multiple Choice Cloze Answers

1. A

Explanation: The correct answer 'exciting' fits the context of exploring cultures.

2. A

Explanation: The correct answer 'help' suggests providing assistance or making something better.

3. A

Explanation: The correct answer 'foreign' relates to a country that is not one's own.

4. A

Explanation: The correct answer 'respect' is a feeling of deep admiration for someone or something.

5. C

Explanation: The correct answer 'country' refers to a nation with its own government.

6. B

Explanation: The correct answer 'strange' means unusual or surprising.

7. A

Explanation: The correct answer 'journey' refers to the act of traveling from one place to another.

8. B

Explanation: The correct answer 'look' means to direct one's gaze.

9. A

Explanation: The correct answer 'souvenir' is an item that serves as a reminder of a place.

10. A

Explanation: The correct answer 'map' is a representation of an area that shows its features.



How to create your own reading lesson?

It's as simple as providing Cathoven with:

- the reading level
- the length of the reading
- the topic
- the vocabulary to study

And you're done. It will be automatically generated.

/hat kind of reading	g would you like?	
		Generate 🗳 - 2
CEFR level	B2 ~	Clear
Approx. length _{(Rec.} 300-450)	350 words	Ignore keywords when calculating difficulty
Торіс	year of the dragon	Off On
Genre	(optional) e.g. sci-fi	
Keywords & key phrases	zodiac, dragon, lunar calendar, cycle, fortune,	
Specify POS	tradition cumpicious	
Grammatical structures Select from a list	Past simple, Noun clause	