

Fluentlicious
Materials for language learning

Getting away from it all

Travel, Relaxation & Digital Detox

Reading, B2 level

© 2026 Fluentlicious | fluentlicious.com

Warm-up

- What aspects of modern life do you find most exhausting?
- What do you do when you need to unwind after a stressful day?
- Do you find it easy to disconnect from work, social media and everyday responsibilities?
- What kind of environment helps you recharge your batteries?
- Do you prefer complete peace and solitude or a relaxing holiday with other people?
- When was the last time you genuinely felt that you had switched off?
- How difficult would it be for you to spend a whole day without your phone?



© 2026 Fluentlicious | fluentlicious.com

How can we relax?

Think of as many ways to relax as you can.



© 2026 Fluentlicious | fluentlicious.com

Find pros and cons

Look at the activities below. For each one, discuss the benefits and think of things that could potentially make the activity less relaxing.

Activity	Possible benefits	Possible drawbacks
hiking		
birdwatching		
stargazing		
fishing		
kayaking		
photography		
walking		



© 2026 Fluentlicious | fluentlicious.com

Vocabulary

1. secluded
2. tranquil
3. breathtaking
4. awe-inspiring
5. rugged
6. pristine
7. off the beaten track
8. get away from it all
9. immerse yourself in nature

A. extremely beautiful or impressive, especially in a way that makes you stop and admire it

B. peaceful, quiet and free from stress or disturbance

C. isolated and private, with few people around

D. natural, unspoilt and in excellent condition

E. to escape your usual routine, responsibilities and everyday environment

F. describing a landscape that is wild, rough and dramatic rather than smooth or gentle

G. to spend time completely surrounded by and focused on the natural world

H. a place or experience that is far from the popular tourist routes

I. so beautiful or impressive that it takes your breath away

© 2026 Fluentlicious | fluentlicious.com

Vocabulary

remote - secluded - tranquil - breathtaking - awe-inspiring - rugged - pristine - off the beaten track - recharge your batteries - unwind - switch off - get away from it all - immerse yourself in nature - digital detox - exhilarating

Which three words would you use to describe your perfect holiday?



© 2026 Fluentlicious | fluentlicious.com

Three places to get away from it all

You are going to visit three unusual holiday destinations. Before reading, look only at the names.

STØTT — NORWAY 🇳🇴 A tiny island in the Arctic

CAPANNA MARGHERITA — ITALY 🇮🇹 A refuge above the clouds

MYKINES — FAROE ISLANDS 🇫🇴 An island for walkers and birdwatchers

Which place...

1. is likely to be the most tranquil?
2. would require the greatest physical effort?
3. would be best suited to wildlife enthusiasts?
4. would offer the most dramatic scenery?
5. would be most difficult to reach?
6. would offer the greatest sense of solitude?
7. would you personally choose?



© 2026 Fluentlicious | fluentlicious.com

© 2026 Fluentlicious | fluentlicious.com

STØTT, NORWAY

Imagine waking up on a tiny island in northern Norway. Instead of traffic, crowds and the constant hum of city life, you hear the sea, the wind and the calls of seabirds. Støtt was once an important fishing village and trading post. Today, travellers can stay in historic buildings and experience a much slower pace of life. There is no shortage of things to do, but none of them require you to rush. You can wander around the old settlement, cycle, watch birds or explore the coastline. Alternatively, you can simply find a quiet spot by the sea and watch the landscape change around you. In summer, the midnight sun creates an almost surreal atmosphere, with long hours of daylight and golden light across the water.



Perhaps the greatest attraction is precisely what Støtt doesn't offer. There are no endless queues of tourists or packed sightseeing schedules. Instead, you have time to eat slowly, walk, talk, observe and simply enjoy being somewhere else.
For travellers exhausted by the pace of modern life, this kind of simplicity can be surprisingly restorative.

Would you find this kind of holiday genuinely relaxing, or would you eventually become bored?

Source and photos of Støtt - https://www.bbc.com/travel/article/20260917-the-tiny-arctic-island-where-travellers-have-found-refuge-since-1897

CAPANNA MARGHERITA, ITALY

© 2026 Fluentlicious | fluentlicious.com

This is certainly not your typical relaxing getaway. Perched at 4,554 metres above sea level on Monte Rosa, Capanna Margherita is a mountain refuge surrounded by some of the most spectacular scenery in the Alps. Reaching it is an achievement in itself. The journey involves travelling through a high-altitude environment and crossing a glacier. It normally requires considerable preparation, suitable equipment and appropriate experience. For inexperienced mountaineers, travelling with a qualified Alpine guide is recommended.

So why make such an effort? Perhaps because reaching somewhere so remote creates an extraordinary sense of distance from everyday life. There are no traffic jams, shopping centres or endless notifications. Instead, there are vast glaciers, rugged peaks and awe-inspiring views stretching across the Alps. After the demanding journey, you can spend the night in one of Europe's highest mountain refuges and wake up surrounded by an almost otherworldly landscape. It is certainly not the easiest way to unwind but perhaps that is precisely the point.



Can an exhausting experience still be a form of relaxation?

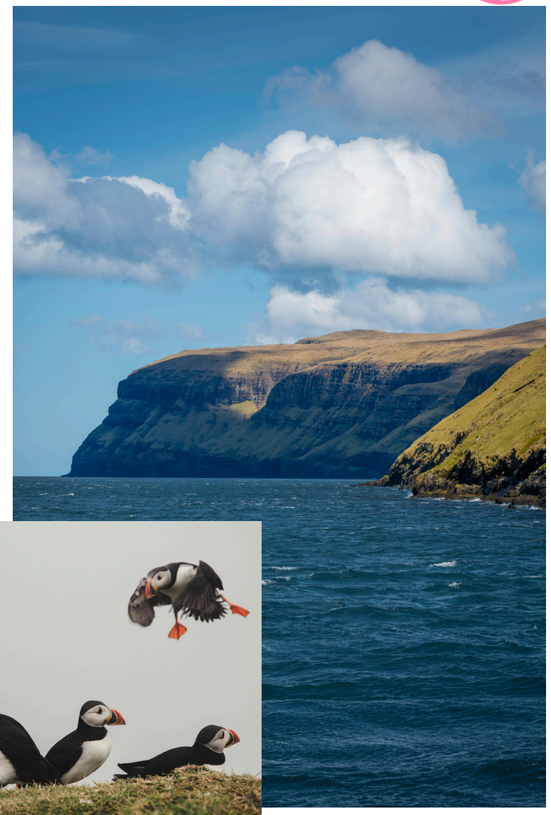
Source and photos of Capanna Magherita - https://www.bbc.com/travel/article/20260902-rifugio-capanna-regina-margherita-the-hike-to-europes-highest-overnight-stay

© 2026 Fluentlicious | fluentlicious.com

MYKINES, FAROE ISLANDS

For travellers who dream of dramatic landscapes, fresh air and wildlife, Mykines offers a very different kind of escape. The remote Faroese island is renowned for its spectacular scenery and abundant birdlife. Visitors can explore the island on foot, admire the rugged coastline and spend time watching seabirds in their natural environment. There is no need to fill every moment with activities. You can walk at your own pace, stop to photograph the landscape, sit down and watch the sea, or simply listen to the sounds around you.

This kind of holiday encourages you to be present. Instead of constantly checking messages or documenting every moment for social media, you begin to notice smaller details: the changing weather, the movement of the sea, the birds overhead and the landscape stretching into the distance. The experience may lack the luxury and convenience of a conventional resort holiday, but for someone looking to disconnect from the digital world and immerse themselves in nature, that may be exactly what makes it memorable.



Would you find it easier to disconnect from your phone in a place like Mykines?

True or false?



1. Støtt is located in northern Norway.
2. Støtt has historically been connected with fishing.
3. Visitors to Støtt have to follow a strict schedule of activities.
4. The midnight sun can create unusual lighting conditions on the island.
5. Capanna Margherita can be reached without any specialist preparation.
6. The journey to Capanna Margherita can be physically demanding.
7. Mykines is particularly attractive to people interested in wildlife.
8. Visitors to Mykines are required to spend most of their time taking photographs.
9. All three destinations offer exactly the same kind of escape.
10. None of the destinations is suitable for someone who wants an adventurous holiday.

© 2026 Fluentlicious | fluentlicious.com

Where should they go?



Choose one destination for each person.

Person A

You are completely exhausted by your job. You don't want adventure or intense physical activity. You want tranquillity, good food, beautiful scenery and plenty of time to yourself.

Person B

You spend far too much time online. You want to challenge yourself physically and experience something that feels completely different from everyday life.

Person C

You are travelling with a friend who loves adventure, while you prefer peaceful activities. You need to find a destination that could work for both of you.

Person D

You want to travel somewhere unusual and relatively remote, but you don't want to spend your entire holiday doing nothing.

© 2026 Fluentlicious | fluentlicious.com

Where should YOU go?

You have € 1500 and 5 days.

Design a trip that helps you completely escape everyday life.

WHERE? A remote island / mountains / forest / countryside / seaside / other

HOW DO YOU GET THERE? plane / train / bus / boat / car / walking

WHERE DO YOU STAY? hotel / cabin / guesthouse / mountain refuge / campsite / other

WHAT DO YOU DO? Choose at least three activities.

WHAT DO YOU LEAVE BEHIND? Choose at least two:

social media - work emails - your phone - television - crowded places - your normal routine - something else



© 2026 Fluentlicious | fluentlicious.com

Let’s talk - this or that





© 2026 Fluentlicious | fluentlicious.com

Let’s talk - this or that





© 2026 Fluentlicious | fluentlicious.com

Let’s talk - this or that





© 2026 Fluentlicious | fluentlicious.com

Let’s talk - this or that





© 2026 Fluentlicious | fluentlicious.com

Let’s talk

1. Do you need to travel far away to escape everyday life?
2. Is nature inherently more relaxing than a city?
3. Would you enjoy a holiday without internet access?
4. Do you think modern technology has made it harder for us to relax? Are people becoming dependent on constant entertainment?
5. What is the difference between resting, relaxing and escaping?
6. Is the perfect holiday about the destination, the people you are with or the way you spend your time?
7. Would you rather have a comfortable holiday or an unforgettable adventure?
8. Can you truly "get away from it all" without changing the way you think?



© 2026 Fluentlicious | fluentlicious.com

Answer key

1. C
2. B
3. I
4. A
5. F
6. D
7. H
8. E
9. G

For more worksheets, visit: fluentlicious.com

© 2026 Fluentlicious | fluentlicious.com