



Getting away from it all

Travel, Relaxation & Digital Detox

Reading, B1 level

Warm-up

- What usually makes people feel stressed or tired?
- What do you do when you need to relax?
- Do you prefer relaxing alone or with other people?
- Where do you feel most relaxed — at home, in nature, by the sea, in the mountains, or somewhere else?
- Do you find it easy to stop thinking about work/studying?
- Could you spend a whole day without social media?



How can we relax?

Think of as many ways to relax as you can.



Find pros and cons

Look at the activities below. For each one, find advantages disadvantages.

Activity	Advantages	Disadvantages
hiking		
birdwatching		
stargazing		
fishing		
kayaking		
photography		
walking		





Vocabulary

1. remote
2. crowded
3. peaceful
4. recharge your batteries
5. switch off
6. get away from it all
7. breathtaking
8. untouched
9. accommodation
10. wildlife
11. digital detox

- A. animals living in their natural environment
- B. far away from towns, cities or busy places
- C. a place where you stay during a trip
- D. very beautiful or impressive
- E. with very few people or much noise
- F. to stop thinking about work and everyday responsibilities
- G. a break from phones, social media and other technology
- H. to rest and get your energy back
- I. used to describe a place that has not been changed much by people
- J. full of people
- K. to relax mentally and stop thinking about everyday problems

Vocabulary

remote - crowded - peaceful - recharge your batteries - switch off - get away from it all -
breathtaking - untouched - accommodation - wildlife - breathtaking view - digital detox

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



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 probably the quietest?
2. would require the most physical effort?
3. would be best for birdwatching?
4. would be best if you wanted to avoid cars?
5. would be most exciting?
6. would you personally choose?





STØTT, NORWAY

Imagine waking up on a small island in northern Norway. There are no busy streets and almost no cars. Instead, you can hear the sea, birds and the wind. Støtt was once an important fishing village and trading post. Today, travellers can stay in old buildings and enjoy a slower kind of holiday.

You don't need a long list of activities. You can walk around the island, explore the old fishing village, go kayaking, watch birds or simply sit by the sea. In summer, the midnight sun can make the days seem almost endless. For some visitors, this is exactly the point. There is no need to hurry from one tourist attraction to another. You can eat, walk, talk, look at the sea and simply enjoy having nowhere else to be.

Would you find this relaxing or boring?





CAPANNA MARGHERITA, ITALY

This is not an ordinary relaxing holiday. Capanna Margherita is a mountain refuge high on Monte Rosa, at 4,554 metres above sea level. To reach it, visitors travel through a spectacular high-mountain environment and cross a glacier. The journey normally takes two days and requires preparation and suitable equipment. For inexperienced visitors, an Alpine guide is recommended. So why go there?

The answer may be the complete change from everyday life. There are no busy shopping streets, traffic jams or normal routines. Instead, there are mountains, glaciers and enormous views in every direction. After the difficult journey, you can spend the night in one of Europe's highest mountain refuges. It is certainly not the easiest way to relax — but perhaps some people relax by doing something completely different.



Is a difficult journey a good way to escape everyday life?

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

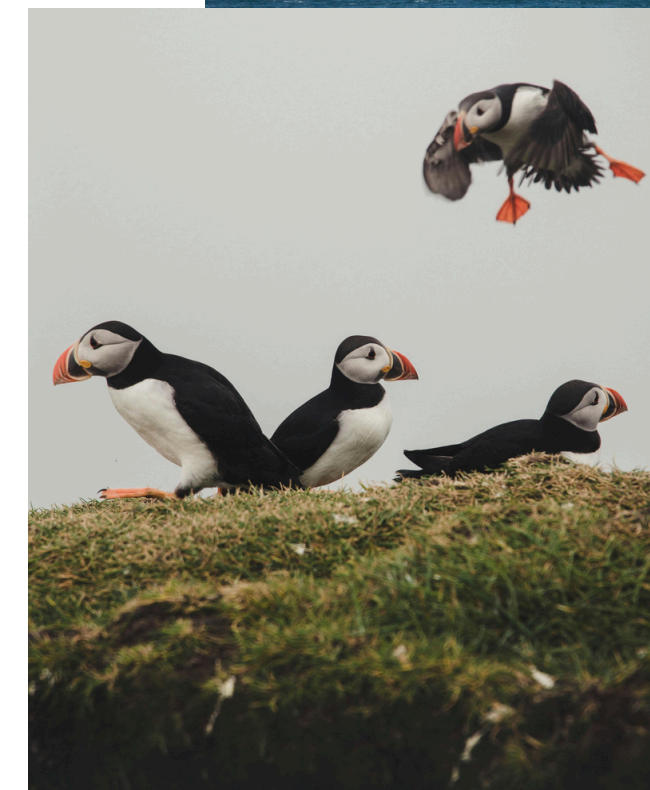
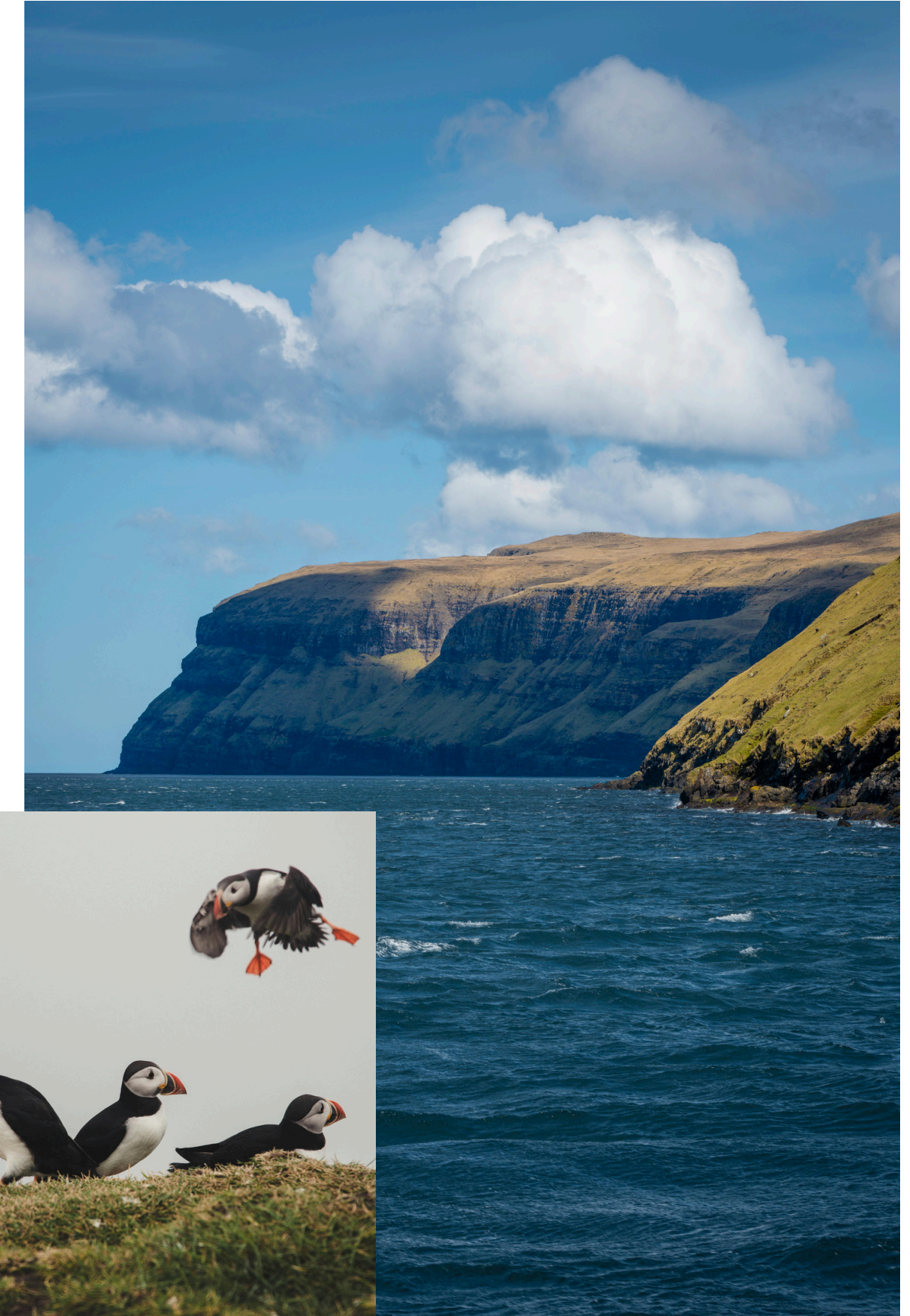


MYKINES, FAROE ISLANDS

If your idea of a perfect holiday is walking, fresh air and wildlife, an island in the Faroe Islands might be a good choice. Mykines is famous for its dramatic landscape and birdlife. Visitors can explore the island on foot and spend time watching seabirds and enjoying the views. There is no need to fill every minute with activities. You can walk slowly, stop to take photographs, sit down and look at the sea, or simply listen to the sounds around you.

For many travellers, this kind of holiday is about being present. Instead of checking messages every few minutes, you notice the weather, the landscape and the animals around you. It may not be a luxury holiday — but it can be a memorable one.

**Would you rather photograph the landscape or
simply sit and enjoy it?**



True or false?

1. Støtt is a busy city in northern Norway.
2. Støtt has a long history connected with fishing.
3. Visitors can kayak and watch birds there.
4. Capanna Margherita is at a very high altitude.
5. You can reach Capanna Margherita by simply taking a bus.
6. The journey to Capanna Margherita requires preparation.
7. Mykines is interesting for people who enjoy wildlife.
8. All three destinations offer the same type of holiday.
9. All three places can be suitable for people who want a break from everyday life.
10. A relaxing holiday doesn't necessarily mean doing nothing.



Where should they go?

Choose one destination for each person.

Person A

You are exhausted by work. You don't want adventure. You want silence, good food, walks and beautiful scenery.

Person B

You spend too much time online. You want to do something completely different and challenge yourself.

Person C

You want to travel somewhere unusual but don't want to spend your holiday in a busy tourist city.

Person D

You love animals, photography and walking. You don't need luxury.



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



Let's talk - this or that



Let's talk - this or that





Let's talk - this or that



Let's talk - this or that



Let's talk - this or that

1. Do you need to travel far away to relax?
2. Would you enjoy a holiday without internet? Could you spend your holidays without social media?
3. Do you know how to do nothing?
4. What is more important on a relaxing holiday: the place, the people or the activities?
5. What is your personal definition of a perfect escape?





Answer key

- 1.remote — B
- 2.crowded — J
- 3.peaceful — E
- 4.recharge your batteries — H
- 5.switch off — K
- 6.get away from it all — F
- 7.breathtaking — D
- 8.untouched — I
- 9.accommodation — C
- 10.wildlife — A
- 11.digital detox — G

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