

TRAVEL – The travel bug

TRANSCRIPT

I love travelling so I love to **get away from it all**. I love the feeling of going to a new place, experiencing something new. I love that feeling of **waking up** really early in the morning and **setting off** on a big journey. It's exciting. I even like all the organising. Buying the tickets and **looking for** hotels, booking them online. Although having said that I tend not to book the hotel before I go, I might book the first night but when I get somewhere, when I get to my destination I like to **look for** the hotel when I get there. It feels a bit more exciting rather than just booking before I travel. I don't feel too nervous about that, unless it's a really busy holiday time, if it's **peak season** it's not a good idea to go without booking the holiday first. But normally, I just buy a flight, go, **look for** a hotel when I get there and then stay in a hotel that...**the first place that takes my fancy**.

I even like the things that most people don't like about travelling. This might be a bit strange but I like going to see the nurse to **get my jabs** if I go somewhere very exotic I might need to have injections to protect me against certain diseases. I know a lot of people don't really like needles but I don't really mind needles so much. **Having the jabs** is **all part of the experience**. It's part of preparing for the holiday so I quite enjoy that as well.

One downside of **long-haul flights** is you tend to **get jet lag**. I tend to get jet lag quite badly after a **long-haul flight** but that's what happens if you **travel across time zones** and I guess you just have to **put up with** that. But when I get to my destination I'm so excited I don't really feel the tiredness so the way I **deal with** it is...the first thing I do...I find my hotel, I **dump my bags** and I **go straight out** because I want to **go out** and **soak up the atmosphere**. I want to **find out** what's happening, what's **going on**. So **the tiredness only really hits me** maybe three days later. Then I need to put the 'Do not disturb' sign on the door and sleep for a day and a half just to try to **catch up on** my sleep.

I'm not really a **last-minute traveller**. I tend to plan my trips well in advance now. I used to like **dropping everything** and **running off at the drop of a hat**. I don't do that so much anymore. I'm not really a **last-minute traveller** anymore. So I tend to plan big trips well in advance. But still with some of the arrangements, the packing and buying travel insurance, even **getting my jabs**...sometimes I am guilty of **leaving it to the last minute**, so I **end up** doing all these things **in a mad rush**.

VOCABULARY

get away from it all – go on holiday to leave your normal life behind, do something completely different

set off – start a long journey

peak season – the busiest, most popular and most expensive holiday period

takes my fancy – appeals to me

get my jabs – have injections to protect me against diseases

long-haul flights – long distance flights

get jet lag – a feeling of tiredness after travelling across different time zones

put up with – try to accept a difficult or unpleasant situation

deal with – manage, cope with a difficult situation

dump – put something down, leave something heavy

go straight out – leave without stopping or waiting

soak up the atmosphere – experience the sights and sounds of an interesting place

find out – discover

going on – happening

the tiredness hits me – I feel very tired very suddenly and I need to sleep very soon

catch up on my sleep – try to sleep a lot now because I didn't sleep much before

last-minute traveller – someone who decides to travel with very little planning

drop everything – leave all your responsibilities behind very quickly

run off – escape, leave very quickly

at the drop of a hat – do something without planning first, without thinking

end up – finally be in a certain place or situation

in a mad rush – in a state of panic, not calm, relaxed or organised

GRAMMAR

Phrasal verbs

Type 1 (there is no object after the adverb)

Verb + adverb (no object)

e.g. *I don't know what's **going on***

Type 2 (if the object is a pronoun it must come before the adverb)

Verb + adverb + object/ verb + object + adverb

e.g. *I need to **pick up** my bags* OR *I need to **pick** my bags **up***

Type 3 (the object must come after the preposition)

Verb + preposition + object

Verb + adverb + preposition + object

e.g. *I need to **deal with** this problem*

e.g. *I need to **catch up on** my sleep*

Type 4 (there are two objects)

Verb + object + preposition + object

Verb + object + adverb + preposition + object

e.g. *I will **keep** you **to** your promise*

e.g. *I couldn't **get** my message **across to** the locals*