

10. TRAVELLING

In the 21st century travelling is very popular. The most common reason is tourism. Travelling is really the only way to visit new places, meet interesting people and see the most beautiful building in the world.

Travelling for tourism is not limited to any age group. Even small children can travel with their parents on a family holiday.

Many people like visiting castles, palaces, churches, ruins, cathedrals, and temples. We can eat unusual food and experience many different ways of life. We can meet new people and make new friends. Some people travel for business, political or cultural reasons. Somebody travels for fun and adventures.

People travel because their jobs require it. Some of them are refugees. Another reason to travel is to meet their family and friends from distant places.

There are many means of transportation. We can divide it into two groups – private and public.

Private transportation includes cars and for shorter distances bicycles. Some people prefer motorbikes to cars.

Public transportation it means travelling by plane, by train, by tram, by bus, by underground. But travelling by plane is too expensive for most people.

The main public transportation in cities are buses. Sometimes there are trains or trolleybuses.

Some bigger cities also have underground. The cheapest means of transportation is hitch-hiking.. you can meet interesting people but sometimes it's quite dangerous because you don't know, who the driver is.

There are many advantages of travelling – fun, adventure, you can see new places and learn about new cultures.

There are also disadvantages - you don't have your comfort from home. Sometimes there are traffic jams in the cities or there is a risk of an accident. There is also danger of some illness or a terrorist attack.

Travel agencies will take care of accommodation, transportation, health insurance, accident, and baggage insurance. It's much more comfortable but you must pay for it.

Vybrané nemoci spojené s pobyty v zahraničí, jejich prevence

1. What is necessary to do before travelling abroad?

Arrange for travel insurance and vaccination.

2. Medicaments and medical aids usually taken for holidays abroad.

painkillers

antibiotics

laxative

antihistamines

sticking plaster

some bandage,

drops in the nose

3. Medical rules that should be followed when visiting a foreign exotic country.

We should avoid drinking water from a tap, we should wash and disinfect our hands.

4. Diseases connected with travelling abroad and their prevention.

Stomachache, diarrhea, constipation, AIDS, vomiting, it is necessary to observe protection against insect bites.

5. What other bad things can happen on holiday abroad?

For example, robbery, physical assault, terrorist attack

6. What would you do if you or your friends were injured abroad?

it is necessary to seek medical help, we should first contact the assistance service of the insurance company with which we have travel insurance, then visit the medical professionals.

7. The documents, that we need when we travel are:

- health and travel insurance
- passport
- ID card
- visa card.
- local currency
- vaccination.