

Lesson 11: Vacation

Hi! Welcome to the Article Discussion lesson!

Today's topic is about "**Vacation.**"

Have fun learning English!

Activity 1 | Vocabulary and Expressions

Directions: Listen and repeat.

Vocabulary

- **amusing** – funny and enjoyable
- **decrepit** – worn out or ruined because of age or neglect
- **routine** – a detailed course of action in which everything is always performed the same way
- **replenish** – to make something empty full again
- **repair** – to restore to a good condition
- **reinvigorate** – give new energy or strength to something
- **revitalize** – to make something stronger, more active or more healthy
- **blissful** – extremely happy; showing happiness
- **unmitigated trepidation** – absolute fear of the things that might happen

Activity 2 | Article

Directions: Read the article aloud with your teacher.

Vacation

One of the most nerve-racking ordeals of the modern world is finding a balance between demands of home and work life, alongside the lack of time for oneself. Every now and then, we all need a respite from the monotonous **routines** and chaotic environments that are omnipresent in today's **decrepit** society.

A vacation is a period of time dedicated solely to pleasure and rest, usually spent with friends and family. The presence of family and friends maintains a warm and **blissful** atmosphere, and the time spent away from work offers us a chance to recharge our batteries.

Some people take specific trips or journeys that divert their attention away from everyday tension and pressure. Going on a trip is one of the most **amusing** choices on vacation. Taking time away from hectic schedules allows the body to **replenish** and **repair** itself. Not only does it refresh our body, but it also **reinvigorates** and **revitalizes** our mind and our senses, which have been dulled by **unmitigated trepidation**, caused by modern lifestyle.

There is no universal solution for a successful holiday. People are planning according to their needs and expectations. No matter the choice, one thing remains certain - vacation is a time for relaxation and a time for reducing stress and anxiety levels to a bare minimum.

Activity 3 | Question and Answer

Directions: Answer these questions about the article.

1. According to the essay, what does vacation mean?
2. Why do we need vacation?
3. How does changing the environment affect the human body?
4. How should people plan holidays?
5. What should be the outcome of a holiday?

Activity 4 | Summary

Directions: Make a summary of this article, focusing on the main topic. After that, your teacher will give you an example of the summary.

Activity 5 | Thoughts

Directions: Read the following quote and share your opinion with your teacher:

“After all, the best part of a holiday is perhaps not so much to be resting yourself, as to see all the other fellows busy working.”

1. What do you think about this statement? Do you agree with the writer?
2. Do you think it is in human nature to feel better if you are in more a advantageous situation than others?
3. Shouldn't people focus on themselves while on a holiday rather than thinking about others?

Activity 6 | Free Conversation

Directions: Answer these questions related to the topic of the article. Have a free conversation about it with your teacher.

1. What did you do during your last vacation?
2. What are the popular places to go on vacation in your country?
3. Where do you want to go for a vacation?
4. What is your dream vacation?
5. Would you choose to be with friends or family during your vacation?
6. What is your favorite holiday season? Why?
7. It seems like it is becoming increasingly difficult for people to find time for holidays. What is your opinion about it? Why do you think this is happening?
8. How do you think we can find a perfect balance between living a life and making a living? Should we work more than we live?
9. Are holidays becoming more important in the contemporary world compared to before? How are stress and anxiety levels related to our need for holidays?
10. Since, for most of our schedules are hectic and packed, should we use holidays for making plans, or avoid making them altogether?