



## Waiting for summer

Longer day, warmer weather, restless people and holiday plans – they are all unmistakable signs that the summer and the holidays are coming.

Look at the idioms and phrases connected with holidays. Select the suitable words from the ones provided below (A-I) to complete the gaps.

1. The past week I haven't been able to concentrate or do anything productive. The weather is wonderful and I don't want to sit at the desk all day! I must be feeling the \_\_\_\_\_ fever!

2. There are many people who just want to lie on the beach all day and \_\_\_\_\_ the sun.

3. You'll love this hotel! It's remote and hidden in the forest. Almost in the middle of \_\_\_\_\_, so it's very quiet!

4. My parents never spend holidays in crowded resorts. They always go for places off \_\_\_\_\_ track that not many tourists know about.

5. Students always manage to find the best occasions when travelling, and even though they may not have too much money. They say that if you want to save money and see the world, you should travel on \_\_\_\_\_.

6. I'm exhausted! I need to go on a trip to relax and \_\_\_\_\_ my batteries.

7. We can't go outside on such a hot day! We'd get a heat stroke. It's best to \_\_\_\_\_ the heat and go to air-conditioned cinema.

8. 'How was your holiday? Did you have fun?'  
'It was great! I did a ton of sightseeing and had a \_\_\_\_\_ of time in Greece!'

9. It's good to be back after a month of travelling. I'm happy to sleep in my own bed tonight. There's \_\_\_\_\_ like home, really!

- A. nowhere
- B. a shoestring
- C. whale
- D. spring
- E. no place
- F. the beaten
- G. recharge
- H. soak up
- I. beat

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# Exercise 1

**Please read the text carefully and focus on vocabulary you are not familiar with.**

More and more people nowadays travel and visit various places in the world for pleasure. Travelling has become easier, faster and more comfortable because of a wide variety of different means of transport. Cars, buses, trains, ships and planes help tourists reach even the remotest destinations easily. The most mobile globetrotters are the Germans, Japanese, Americans, British, French, Dutch and Italians. Among them, however, there are more and more Poles who travel to all kinds of exotic locations all over the world. Their favourite destinations in Europe are Spain, Italy, Croatia and Greece but they also visit Turkey, Egypt, Israel, Mexico, Thailand or China. Poles must have travelling in the blood since one may come across them in the farthest and most unusual places on all the continents: on Madagascar, in the Brazilian jungle, in Papua-New Guinea or new Zealand.

Many surveys show that travelling is popular among all social groups in Poland. Even those who are less well-off, can afford to go on a package tour or organize a holiday on their own. Young people usually hitch-hike from place to place, carrying only a rucksack with a tent, air mattress and a few clothes. The older ones often

look for budget accommodation in a hot and sunny country where they can just lie on the beach and relax. There are also more and more enthusiasts of specialist tourism for whom travel agencies organize Mount Everest climbing, rafting the Orinoco, trekking in the Himalayas, paragliding in South Africa, diving in the Gulf of Mexico or going on safari in Kenya and Tanzania.

It is often said that travel broadens the mind. Indeed, travelling abroad gives tourists an opportunity not only to relax or experience exciting adventures but also practice foreign languages, become familiar with different cultures and traditions, absorb the local atmosphere and get to know the inhabitants of other countries. In that sense travelling is certainly an instructive experience.

Adapted from: *Małgorzata Cieślak, English, Repetytorium tematycznie-leksykalne nr 3 dla młodzieży szkolnej, studentów i nie tylko, Wydawnictwo Wagros, 2015.*

**Find out the meanings to the provided holiday vocabulary – the English definitions are here to help.**

1. Destination
2. Globetrotter
3. To have travelling in the blood
4. Package tour
5. To hitch-hike

6. Budget accommodation
7. To broaden the mind
8. Inhabitants
9. Guided tour
10. Self-catering
11. Self-driving tour
12. Guest house
13. Youth hostel
14. Paragliding
15. Instructive experience

- a. A visit to a place, such as the museum or another country with a guide who explains facts about the place
- b. To travel by getting free rides in someone else's vehicle
- c. The process of getting useful and interesting information, knowledge or skill from doing, seeing, or feeling things
- d. The place where someone is going or where something is being sent or taken
- e. A type of holiday where you drive yourself to the place where you are staying, rather than being taken there by a plane or coach
- f. Someone who often travels to a lot of different countries
- g. A small, cheap hotel
- h. Refers to buildings or rooms

- where people live or stay during holidays, price is always affordable or cheap
- i. A person or animal that lives in a particular place; resident
  - j. The sport of jumping out of an aircraft with a special parachute that allows you to travel a long horizontal distance before you land
  - k. To make someone understand more and know more about different subjects, ideas, places, etc.
  - l. A holiday at a fixed price in which the travel company arranges your travel, hotels, and sometimes meals for you
  - m. A place where people, especially young people, can stay cheaply for short periods when they are travelling
  - n. (Of a holiday) Having cooking facilities available so that you can cook meals for yourself rather than having them provided for
  - o. If an ability or skill is in someone's blood, they have it naturally, usually because it already exists in their family.

## Exercise 2

**Read the text Going on holiday can keep the doctor away:**

**GOING 'ON HOLIDAY' CAN KEEP THE DOCTOR AWAY  
TAKING THAT VACATION IS ACTUALLY GOOD FOR YOUR HEALTH**

Scientific research has discovered what many of us intuitively know – what we really need is some time away from the workplace, wherever in the world we call home. What is it about going “on holiday” that boosts our well-being, relieves stress and helps us live fuller lives?. “We are energy machines. We have to replenish the energy we expend,” says Joe Robinson, the Santa Monica, California-based author of *Work to Live* and a work/life balance and productivity speaker and trainer. “We crave them psychologically because our brain neurons want two things more than anything else for long-term fulfillment: novelty and challenge. Vacations provide both in spades.” And studies show they’re good for what (potentially may) ail us. Consider this: the

long-running Framingham Heart Study from the National Heart, Lung, and Blood Institute and Boston University found that men who didn’t take vacation for several years were 30 percent more likely to have heart attacks than those who did. The University of Pittsburgh’s Mind-Body Center surveyed nearly 1,400 people and discovered that leisure pursuits – which include vacations – “contributed to higher positive emotional levels and less depression,” not to mention lower blood pressure and smaller waistlines. Researchers even have found that the anticipation of a getaway can be more satisfying than remembering it once you get home. Psychology and neuroscience Professor Dr. Leaf Van Boven at the University of Colorado at Boulder, and Marketing Professor Dr. Laurence Ashworth of Queen’s University in Kingston, Ontario, Canada, found that because future events are less certain than those in the past, merely looking forward to vacations “may be more arousing than retrospection about those events.”

WE ASKED DR. BETH MCQUISTON, A BOARD-CERTIFIED NEUROLOGIST AND REGISTERED DIETITIAN WHO’S A

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MEDICAL DIRECTOR IN ABBOTT'S DIAGNOSTICS BUSINESS, WHY REST AND RECHARGING ARE SO VITAL – AND HOW PEOPLE CAN GET THE MOST OUT OF THEIR TIME AWAY FROM WORK.

**Q: Why are we as humans wired to need vacations and holidays? Is there something in our brains that actually needs a break to rest and recover from our usual cognitive activities?**

A: "When you start planning a vacation, even if you don't take one, it can improve your frame of mind. An improved mood or mental 'lift' can start to kick in immediately. The 'restoration process' when you take vacation is also called 'recovery' – reversing the negative effects of working too much. There's recovery through both the release from job demands and through engagement in self-chosen and pleasant activities. When you are constantly going and under pressure, stress hormones can spike, which can affect your health. Depending on the person, this may translate into more colds, headaches and getting sick more often. When you relax, sleep and eat properly, you help get your health back in balance."

**Q: Are there actual health or brain benefits that come from disconnecting and stepping away from work and our usual routines?**

A: "There are many benefits. For example, relaxing may lower your cortisol or stress hormones. It is important to rest, refresh and decrease the chance of mental burnout. You want to power back up mentally and physically. Some research shows that connecting to what you enjoy and getting the proper nutrition, exercise and sleep can help optimize levels of serotonin and dopamine. Serotonin (a neurotransmitter that helps maintain mood balance) helps you feel good, and dopamine is part of your brain's reward center."

**Q: How long do those positive effects of going "on holiday" last? And do we benefit equally whether our vacations are long or short?**

A: "A lot of the research shows the benefits may last up to three to four weeks but then may fade out. The effects of a short vacation of four to five days may be just as po-

werful as a longer vacation. Depending on the person, it may be even more beneficial to schedule several short vacations as opposed to one long vacation. Also, research shows that appropriate physical activity during these vacations may contribute even more to a positive experience."

**Q: From a psychological perspective, how does taking time off and disconnecting help us live more fully in general?**

A: "Ideally, you could remove yourself from thoughts of work. That's where a short vacation may be more beneficial, because on a longer one you're always checking in. Nonetheless, it doesn't appear to be an all-or-nothing effect. If you need to check in, then do so. While the mental boost you may get from completely disengaging may be a bit higher than if you follow up on a few things, it is still better than not going at all."

## **BOOST THE BENEFITS OF BEING AWAY**

Assuming that you'll actually take that vacation time you've planned, how do you make the most of it? A few tips from *Work to Live* author Joe Robinson and Abbott's Dr. Beth McQuiston:

**Savor your sleep.** "It's the No. 1 thing everyone can do," McQuiston says. "It can potentially decrease your cortisol levels, elevate your mood and have physical effects such as improved wound healing. Also, getting enough sleep may actually help you regulate your weight better. Practice 'good sleep hygiene' – cut off caffeine several hours before bed, keep electronic distractions out of your bedroom and put your smartphone down a few hours before bed, as all these things can interrupt your circadian rhythms."

**Move your body.** "Exercise is still important. People benefit from being physically active and deriving pleasure from their vacation activities. Talk with your healthcare provider and choose your favorite exercise. Go swimming or do whatever it is you enjoy." A 2011 study cited in *Psychology & Health* found the "increase in health and wellness during vacation will be larger for employees who spend more time on physical activities" when they're away.

**Make planning part of the fun.** “Give yourself something to look forward to,” says Robinson. “Plan your trip early – the beginning of the year. Figure out where you want to go and book it. Lock it in for you and the company.”

**Restore those social connections.** No need to spend every waking moment while on holiday with others, but we humans are social creatures. Make time for those family members and friends whose presence recharges and refreshes you. “Make time to put your cell phones away and have a real conversation with your loved ones,” says McQuiston. “Participate in something everyone likes, such

as games and sports. Be sure to connect and enjoy the experience. Be in the moment, not browsing the Internet.”

**Don’t turn vacation into work.** It’s not about “results,” insists Robinson. “Vacations are about the experience, not how many things you saw. Experiences make us happier than material things, studies show. Leave the work mind, the guilt mind, the control mind at home.”

*Adapted from: <https://www.lifetothefullest.abbott/en/articles/going-on-holiday.html>. Access: June 29, 2022.*

**NOW THAT YOU’VE READ THE TEXT, SEE WHICH STATEMENTS ARE TRUE, AND WHICH ARE FALSE.**

1.	Our brain neurons want two things more than anything else for long-term fulfillment: novelty and challenge.	True/False
2.	Men who didn’t take vacation for several years were 60 percent more likely to have heart attacks than those who did.	True/False
3.	Researchers even have found that the anticipation of a getaway is not more satisfying than remembering it once you get home.	True/False
4.	The ‘restoration process’ when you take vacation is also called ‘release’ – reversing the negative effects of working too much.	True/False
5.	Serotonin (a neurotransmitter that helps maintain mood balance) helps you feel good, and dopamine is part of your brain’s reward center.	True/False
6.	A lot of the research shows the benefits of going on holiday may last up to three to four weeks but then may fade out.	True/False
7.	Increase in health and wellness during vacation will be larger for people who spend more time on physical activities.	True/False
8.	Be sure to connect with your friends and loved ones on the Internet while on holidays.	True/False
9.	Vacations are about how many things you saw.	True/False
10.	Studies show that material things make us happier than experiences.	True/False

Exercise 1 Key: 1D, 2F, 3D, 4L, 5B, 6H, 7K, 8I, 9A, 10N, 11E, 12C, 13M, 14J, 15C  
Exercise 2 Key: 1T, 2F, 3F, 4F, 5T, 6T, 7T, 8F, 9F, 10F

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# False friends quiz

False friends are words from different languages that sound similarly, yet they have a different meaning. Polish has quite a few false friends that sound very much like the English ones. They often make learning difficult and confuse the learners. Try taking the quiz to see if you can distinguish between the pairs of words.

- 1.** A. My mother caught a flu and had to visit a physician / physicist.  
B. Physicians / physicists study all kinds of physical phenomena.
- 2.** A. I went to work and forgot my report. I must have left it on my desk / board.  
B. I need to buy several desks / boards to build a birdfeeder.
- 3.** A. The vehicle suffered in the accident, but the actual / current damage was greater |  
than initially thought.  
B. I never watch news. I don't even know who the actual / current prime minister is.
- 4.** A. The foreign guests were invited to visit a car fabric / factory.  
B. She always makes her own clothes and manages to buy beautiful fabrics / factories.
- 5.** A. My parents brought me several souvenirs / memories from their trip to Egypt.  
B. My best childhood souvenirs / memories are associated with playing with my friends.

False friends quiz KEY: 1A physician; 1B physicists; 2A desk; 2B board; 3A actual; 3B boards; 4A factory; 4B fabrics; 5A souvenirs; 5B memories.