

## Travelling could slow down the ageing process

3rd October 2024



Travelling is good for us. There is a saying that travel broadens the mind. A new study says that going on trips could slow down the ageing process. The travel bug could be one hobby that is healthy. Researchers from Edith Cowan University

in Australia said travelling could make us look and feel younger. They said having different experiences and meeting new people could make us more youthful as we get older. Fangli Hu, lead author of the research, said: "Tourism isn't just about leisure and recreation. It could also contribute to people's physical and mental health". Ms Hu added: "Ageing, as a process, is irreversible. While it can't be stopped, it can be slowed down."

The researchers looked at how travelling might affect how we age. They suggested that going on vacations, backpacking and sightseeing can lower stress. Going on trips can also boost our metabolism, which strengthens our immune system. Travel could also help repair body tissue. This helps to slow down the signs of ageing. Ms Hu said travelling often involves physical activities like hiking, climbing, and cycling. She said these "potentially" reduce tension and fatigue in the muscles and joints. She added: "Participating in these activities could enhance the body's immune function and self-defence capabilities." The researchers said travelling could be better than anti-ageing creams.

Sources: [cnn.com](http://cnn.com) / [aol.com](http://aol.com) / [ecu.edu.au](http://ecu.edu.au)

### Writing

Travelling is good for us. Discuss.

### Chat

Talk about these words from the article.

travelling / the mind / trips / the travel bug / feel younger / author / research / ageing backpacking / stress / immune system / fatigue / joints / health / anti-ageing creams

### True / False

- 1) The article says travelling deepens the mind. T / F
- 2) The article said the travel bug might be unhealthy. T / F
- 3) The research says meeting new people might make us more youthful. T / F
- 4) A researcher said the ageing process is reversible. T / F
- 5) The researchers suggested that going backpacking can reduce stress. T / F
- 6) Going on trips could help the body repair body tissue. T / F
- 7) Travelling can make our immune system stronger. T / F
- 8) A researcher recommended the use of anti-ageing cream. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                        |                  |
|------------------------|------------------|
| 1. <b>good</b>         | a. young-looking |
| 2. <b>broadens</b>     | b. permanent     |
| 3. <b>youthful</b>     | c. toughens      |
| 4. <b>leisure</b>      | d. widens        |
| 5. <b>irreversible</b> | e. lotions       |
| 6. <b>affect</b>       | f. reduce        |
| 7. <b>lower</b>        | g. beneficial    |
| 8. <b>strengthens</b>  | h. tiredness     |
| 9. <b>fatigue</b>      | i. free time     |
| 10. <b>creams</b>      | j. change        |

### Discussion – Student A

- a) What do you think of travelling?
- b) Is it better to travel domestically or internationally?
- c) What are the best countries to travel to?
- d) What experiences of travelling do you have?
- e) In what way does travel broaden the mind?
- f) Do you have the travel bug?
- g) Do you think travelling can slow down the ageing process?
- h) Would you like ageing to be a reversible process?

## Phrase Match

- |   |                     |
|---|---------------------|
| 1. There is a saying that travel broadens | a. metabolism       |
| 2. meeting new people could make          | b. and recreation   |
| 3. Tourism isn't just about leisure       | c. ageing creams    |
| 4. Ageing, as a process, is               | d. be slowed down   |
| 5. While it can't be stopped, it can      | e. function         |
| 6. travelling might affect how            | f. the mind         |
| 7. Going on trips can also boost our      | g. in the muscles   |
| 8. reduce tension and fatigue             | h. us more youthful |
| 9. enhance the body's immune              | i. irreversible     |
| 10. travelling could be better than anti- | j. we age           |

## Discussion – Student B

- What do you think about what you read?
- What do you think of backpacking?
- What do you know about overtourism?
- How much do you worry about ageing?
- How can we boost our immune system?
- How good do you think anti-ageing creams are?
- What are the bad things about travelling?
- What questions would you like to ask the researchers?

## Spelling

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- make us more yuhtluof
- lead aothur of the research
- larseiu and recreation
- iottcurneb to people's physical and mental health
- Ageing, as a process, is eiesvirrrlbe
- travelling might efcfat how we age
- sihgnistgee can lower stress
- boost our tmiebmlaos
- strengthens our imumen system
- reduce tension and quatife in the muscles
- self-defence jaicbeisaptl

### Answers – Synonym Match

1. g	2. d	3. a	4. i	5. b
6. j	7. f	8. c	9. h	10. e

## Role Play

### Role A – The USA

You think the USA is the best travel destination. Tell the others three reasons why. Tell them what is wrong with their destinations. Also, tell the others which is the least interesting of these (and why): Japan, India or Kenya.

### Role B – Japan

You think Japan is the best travel destination. Tell the others three reasons why. Tell them what is wrong with their destinations. Also, tell the others which is the least interesting of these (and why): the USA, India or Kenya.

### Role C – India

You think India is the best travel destination. Tell the others three reasons why. Tell them what is wrong with their destinations. Also, tell the others which is the least interesting of these (and why): Japan, the USA or Kenya.

### Role D – Kenya

You think Kenya is the best travel destination. Tell the others three reasons why. Tell them what is wrong with their destinations. Also, tell the others which is the least interesting of these (and why): Japan, India or the USA.

## Speaking – Countries

Rank these with your partner. Put the best countries to travel to at the top. Change partners often and share your rankings.

- |           |               |
|-----------|---------------|
| • The USA | • New Zealand |
| • Japan   | • France      |
| • India   | • The UAE     |
| • Brazil  | • Kenya       |

### Answers – True False

1	F	2	F	3	T	4	F	5	T	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.