**Travelling and tourism**

Travelling is an important part of modern life. Rest and recreation is necessary to everybody. We can even say that it is as important as work. It stimulates our imagination; it gives us that movement and change which are necessary to our wellbeing (благополучие).

While traveling we look for different things. Some people look for natural wonders/ beauty: waterfalls, mountains; others search for ancient sites/landmarks and great monuments. Some tourists want to see romantic historical cities or exciting modern cities. As for me I like beautiful beaches / snowy mountains (выберите или назовите своё).

Some people travel light (на легке), and some take a lot of luggage on their travels, journeys, voyages or trips. They can travel by air, by sea, by train, by car, by coach, on a bike, on foot or even on horseback. There are different types of tourism: adventure tourism, agritourism, cultural tourism, educational tourism, health or culinary tourism and many others. As for me, I would like to combine educational, cultural, culinary and shopping types of tourism and go to Europe to visit Italy, Britain and France. I would like to go there by plane because it is fast and comfortable. This trip will give me a chance to try real Italian and French food, for example, onion soup, my favourite pizza, pasta and lasagne [lə'zænjə]. I would go to the most laxurious Italian, British and French shops. I would practice my English in Britain and see there the most famous sights: the Tower of London, Buckingham Palace, Trafalgar Square and others. I would visit Pisa in Italy to see its famous tower and Paris to see the Eiffel Tower. I just hope I’ll go there one day.

There are some things that can spoil the impression of your journey: travel sickness, heavy luggage, talkative fellow passengers, missing your transport, bad food, delays (задержка) and cancellations (отмена) of transport and bad weather. You should take everything into account (брать в расчет)/ foresee (предвидеть) and take necessary measures. For example you may take a medicine for your sickness, pack a couple of sandwiches, take suitable clothes, be well-organized and try to be optimistic in any case.

I’m extremely fond of travelling. / I’m a well-travelled person. I have already been to… (название стран/ страны в которой вы бывали) and I liked it/ the countries very much. (Здесь можно описать что-нибудь из того, что вам больше всего понравилось в этой стране). I think travelling is the way to learn the world, get unique experience and meet new interesting people. Travelling is an adventure. While travelling you discover different lifestyles, arts and crafts, taste different food, visit museums and picture galleries, enjoy nature.