

Exploring Cultures: Travel Tips for Beginners

Traveling to new places can be very ____1____, especially when you're exploring different cultures. But if you are new to traveling, there are a few tips that can ____2____ make your trip better. Before you go, research the place you'll visit to learn about their ways of life. It's good to know a few basic words in the ____3____ language, like 'hello', 'please', and 'thank you'. This shows ____4____ for the people and their culture.

When you are in a new ____5____, try to eat their local cuisine. Eating as the locals do will give you a real taste of their culture and maybe you will find a new favorite dish. Remember to be open and try things even if they look ____6____ to you at first. Besides, food can tell you a lot about the history and traditions of a place.

Always be polite and take your time to talk with local people. They can tell you about hidden places that are not in travel guides. These spots can sometimes be the most beautiful and interesting parts of your ____7____. You could learn about a secret beach, a family-owned restaurant, or a quiet park.

Taking photos is a great way to keep memories, so don't forget your camera. But don't just take pictures; make sure you also enjoy the moments. Sometimes put the camera down and ____8____ around with your eyes. The colors, smells, and sounds are all parts of the experience.

A popular thing to do when traveling is to buy souvenirs. These are small things like keychains, postcards, or local crafts that will remind you of your trip. When you look at a ____9____, it can take you back to the place and time where you got it. Be sure to buy souvenirs that are made in the place you're visiting. This way, you support the local economy and take a piece of the culture home with you.

Lastly, always have a ____10____ of where you are going or a travel app available. Getting lost can be scary, and it's important to know how to get back to your hotel. Enjoy your travels, be safe, and be ready to learn a lot about the world out there. Traveling is not just about places, but also about the new people you meet and the experiences you have.

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|----------------|------------|-------------|---------------|
| 1) A. exciting | B. boring | C. tiring | D. usual |
| 2) A. help | B. prevent | C. stop | D. discourage |
| 3) A. foreign | B. nearby | C. distant | D. ancient |
| 4) A. respect | B. dislike | C. fear | D. anger |
| 5) A. city | B. house | C. country | D. car |
| 6) A. ordinary | B. strange | C. familiar | D. usual |
| 7) A. journey | B. house | C. dinner | D. meeting |
| 8) A. listen | B. look | C. walk | D. sing |
| 9) A. souvenir | B. photo | C. mirror | D. book |
| 10) A. map | B. book | C. photo | D. friend |

A travel guide to Bangkok

Whether you're travelling to the islands or the mountains of Thailand, you're likely to spend at least one night in its capital city on the way. Bangkok might be noisy and polluted but it's also an exciting city with plenty of things to see and do. Why not make it a longer stay?

Where to stay

The Khao San Road was a famous traveller spot even before Leonardo di Caprio's character in the film *The Beach* stayed there. But it's noisy, not very pretty and not very Thai. For something more authentic, Phra Kanong offers an alternative place to stay, with its fantastic street markets where everyday Bangkok people eat, work and live. It's not as convenient for the main tourist sites, but it has a Skytrain station so you can be at the Grand Palace in 20 minutes.

How to get around

Bangkok's traffic can be a nightmare. Sure, you can easily take a taxi – if you want to spend hours stuck in traffic jams – but there are two much better ways to get around the city. To explore the temples and historical sites, catch an express boat river taxi or a longtail boat along the Chao Phraya river and the canals. For the modern part of the city, the Skytrain is a fast, cheap way to travel from the river to the shopping malls and nightlife of Sukhumvit, and the famous Chatuchak street market.

Where to eat

The simple answer is: everywhere! Thai street food is among the best in the world, and for around \$5 you can eat a filling and delicious meal. Some food stands have little plastic seats where you can sit and eat and they cook the same dish over and over, like fried chicken on rice or Pad Thai noodles. Head for Chinatown – Yaowarat Street – and choose whatever looks most interesting from the many excellent Chinese and Thai restaurants and food stands.

What to do

After you've seen the main sites like the Giant Buddha at the temple of Wat Pho and the spectacular Grand Palace, and shopped at Chatuchak market, check out the snake farm and watch the live snake show. You can even touch a snake yourself if you want to!

A. Look in the text for landmarks and places that match the following descriptions.

1. a place that you might see in the film *The Beach*.
2. a place where local Thai people go.
3. an alternative route through the city.
4. a place to go for shopping and bars.
5. a place to go for food.
6. an important sightseeing spot.

B. Are the sentences true or false?

1. One night is enough time to see Bangkok.
2. Khao San Road is an authentic Thai area of the city.
3. Phra Kanong is further away from the main tourist sites than Khao San Road is.
4. The river boat taxis often get stuck in traffic too.
5. Taking the Skytrain is a faster way to see the city than going by taxi.
6. You need to choose where to eat carefully, as not everywhere is good.