

Sustainable Travel: Eco-friendly Adventures



Travel Series | Episode 9

PRE-LISTENING | Warm-up

Prepare before you listen to the conversation.

Brainstorm

1. Look at the topic of this episode. Do you have any personal experiences related to this topic? If not, do you have any thoughts or opinions about it?
2. Below, write notes about what comes to your mind.

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Vocabulary

1. What vocabulary do you think will come up in this conversation? If you can't think of the English word, check it in a dictionary.
2. Write the vocabulary that you came up with in the table below.

LISTENING | Exercise

Listen to the conversation – feel free to pause any time or go back if you miss something.

The conversation explores the concept of sustainable travel, emphasizing eco-friendly practices, transportation choices, and the impact of tourism on local cultures. Su and Colin discuss aspects like staycations, food mileage, and the importance of supporting genuinely sustainable businesses. They highlight concerns about the loss of cultural diversity due to globalization and the need to preserve local heritage. The conversation encourages individuals to make informed choices, supporting sustainability and respecting diverse cultures during their travels.

Note-taking

Identify the key points of the conversation and add notes on some details. Try to keep it short.

Key Points	Details

Quiz

Choose the correct answer – you can check your answers at the end of this PDF.

1. What is the main topic of today's travel series episode?
 - a. Food
 - b. Sustainable travel
 - c. Hotels
 - d. Globalization

2. According to Su, what is an example of sustainable travel?
 - a. Taking long flights
 - b. Staying in eco-friendly hotels
 - c. Using a lot of energy in hotels
 - d. Eating food with high food mileage

3. What term describes a vacation where you stay at home or close to home?
 - a. Vacation
 - b. Abroadcation
 - c. Staycation
 - d. Homcation

4. According to Colin, why did the concept of staycation become popular during COVID?
 - a. People wanted to protect the environment
 - b. People were unable to travel abroad
 - c. It was a new trend in travel
 - d. People preferred domestic holidays

5. What does "food mileage" refer to?
 - a. The distance food travels
 - b. The speed of cooking food
 - c. The weight of food items
 - d. The taste of different foods

6. According to Su, why do some businesses claim to be sustainable?
 - a. To attract more customers
 - b. To increase energy bills
 - c. To support local cultures
 - d. To reduce pollution

7. What is one concern about tourism discussed in the conversation?
 - a. Cultural preservation
 - b. Globalization benefits
 - c. Cultural assimilation
 - d. Economic growth

8. According to Su, what is one way travelers can contribute to sustainable travel?
 - a. Choosing hotels with high energy bills
 - b. Supporting local businesses and restaurants
 - c. Taking long-haul flights
 - d. Ignoring the impact of food mileage

POST-LISTENING | Resources

Review the language used in the podcast

Word/Phrase	Class	Example Sentence
sustainable travel	<i>noun</i>	Participating in cultural exchange programs enhances understanding between people from different backgrounds.
Environmentally friendly and responsible travel		
eco-friendly	<i>noun</i>	"Many tourists are now choosing sustainable travel options."
Not harmful to the environment		
staycation	<i>adjective</i>	"This hotel promotes eco-friendly practices."
A vacation spent at home or nearby		
food mileage	<i>noun</i>	"We had a relaxing staycation last summer."
The distance food travels from its source		
multinational	<i>noun</i>	"We should consider the food mileage when choosing what to eat."
Involving or operating in several countries		
cultural preservation	<i>adjective</i>	"The multinational company has a presence on every continent."
Protecting and maintaining cultural heritage		

POST-LISTENING | Activities

Shadowing

Choose one part of the conversation and listen to it again. Try to repeat what you hear out loud. Make sure you copy pronunciation, pauses*, and stress*.

Use the transcript to mark the **pauses with a slash / and the **stress** with an underline __.*

Speaking Practice

Below are two questions you can use for speaking practice.

- 1. Read each question and write some notes. Keep them short and only use bullet points or a mind map – these notes are just to help you organize your ideas.*
- 2. Record yourself answering the questions. Try to speak for at least 2 minutes for each question.*

Staycations: Have you ever had a staycation, and if so, how was the experience? Do you think staycations can contribute to sustainable travel, and why or why not?

Unforgettable Local Experiences: Share a memorable travel experience where you enjoyed the local culture of the place you were visiting. What did you learn from experiencing the unfamiliar customs and traditions?

Transcript

Colin: This is episode nine of our travel series, and today's topic is sustainable travel: eco-friendly adventures. Hello Su.

Su: Hey.

Colin: How are you?

Su: Good, how are you?

Colin: I'm very well. So this is a big topic. I think year by year this is becoming more and more important. Sustainable travel. What kind of things come to your mind when you think of sustainable travel?

Su: Eco friendly. There are some hotels that really advertise themselves as being eco friendly. I also think sustainable could be transportation, trying to choose perhaps trains. instead of flights.

Colin: Right, okay. So the type of transport that you use, you can go for something that is a bit more eco friendly. Planes are the worst in terms of the amount of pollution that they put out per person.

Su: They are, yes.

Colin: I think buses, trains are far more efficient in terms of the number of people and the amount of energy being used. So yeah, that's an important kind of first choice. So if we think about sustainable travel, perhaps we're talking about avoiding flying?

Su: It is difficult, isn't it? Trying to avoid going into flight. Because that's what we do. More and more we can go to places far and far away. So when we talk about taking a train or a bus, we're always talking about going on vacations nearby. So that reduces your choices.

Colin: There was a word that was introduced a few years ago it was called the staycation. Have you heard this one before?

Su: I think so, yeah.

Colin: So a staycation as a vacation where you stay at home or close to home. It could just be a domestic holiday rather than a trip abroad. And this I think came about when people were more, they were more concerned about saving money, rather than protecting the environment. But yeah, the, the staycation, I think it's become more popular during COVID. People were unable to travel abroad. Many countries had rules limiting access. So people would travel domestically. So the staycation kind of made a, a comeback.

Hotels, I think going back to hotels, it's an interesting point. Things like the energy that the hotel uses. You know, they might have solar panels providing energy to the hotel. They might encourage guests to reuse towels, reuse bed sheets. So rather than have towels and bed sheets changed daily, it might be every couple of days. So those kinds of things reduce the energy bills or energy use for hotels and things like that.

Su: I think also when hotels in their restaurants, they use local produce that can also be sustainable.

Colin: So that's related to something called food mileage. Is that what it's called?

Su: Probably.

Colin: This is how far the food that you're eating has traveled. So yeah, if you are in a hotel in London, but you're eating food that has traveled from Africa or Southeast Asia or South America, then there's a lot of food miles in that food, but if you're eating lamb that comes from, you know, a farm within 30, 40 miles then that's obviously a bit more sustainable.

Colin: So yeah, the types of activities you do and the places that you choose to spend your money. So the hotels, restaurants, those kinds of things and how you get between places, all of these are choices that you can make to try to have a more sustainable trip.

Su: Yeah, I think many times we think that to be sustainable is not necessarily within our choices, individual choices, but we definitely can choose to support businesses that are more sustainable. That's what we encourage as individuals. And if enough individuals support these businesses, then they become the norm.

Colin: I think it's difficult though, sometimes because hotels, businesses, understand that people want to be sustainable in their travel, but these businesses might not be telling the truth about how sustainable they are. So they know that if they say that we are a sustainable business, sustainable hotel, that might encourage people to come and stay there but we don't necessarily know whether they are as sustainable. So it's kind of become a way to maybe get a bit more business.

Su: Advertisement.

Colin: Yeah, so that's something to be careful of. If we think about sustainability in terms of our interactions with people and different cultures. So, kind of respecting different cultures and preserving different cultures. One thing that I've noticed traveling over the last few decades is places are starting to look very, very similar. So you can go to a city in Asia, you can go to a city in Europe, you can go to a city in South America, and the main streets will look very, very similar. They'll have similar shops, same kind of restaurants. It used to be the case that cities were very, very different across the world. You know, Tokyo would be very different to London, which would be very different to Buenos Aires, but it's not the case anymore. So I feel that sometimes the culture is being lost a little.

Su: Well, yeah, I think definitely travel and tourism, it brings a lot of money. And sometimes perhaps culture has been forgotten just to increase the economy through tourism.

Colin: It's globalisation.

Su: It is. There's an example and it's, it's in Japan and it's a market. I think it was in, in Kyoto. A normal market, but because there's more tourism, these stalls are catering, they are offering little prepared foods for tourists. So it's less of a market now, and it affects the people that actually were using the market.

Colin: Was this the Nishiki Market?

Su: Probably, yeah.

Colin: I think so, yeah. So, no, I was talking to my students about that. Like, are these places more for tourists now rather than for local restaurants or local residents? So, yeah, that seems to be similar to what I was thinking. So, things are changing. I think we need to think about the heritage that is being affected by tourism and perhaps support local businesses, support local restaurants to ensure that these places maintain their character rather than becoming these very similar cities throughout the world where everything looks the same.

Su: As a tourist, it is convenient to know and know what to expect. So when things are the same, that's why certain fast food chains are all over the world because people know what they can expect. But traveling is about knowing new things.

Colin: Learning new things.

Su: Learning new things. And you should expect to be uncomfortable at times, but that usually takes you to discovering and enjoying things that you never thought you would.

Colin: Yeah, I mean, the whole point of travel is to experience something new. So if you go halfway around the world and they don't have your favorite thing or your favorite chain restaurant, you shouldn't be surprised, really, but a lot of people are. They want things to be exactly the way they are at home. So respecting the, the local culture and enjoying what is available locally, rather than putting more money into these big multinational companies. Perhaps that is also an element of sustainable travel.

ANSWERS – Multiple-Choice Questions

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| 1. b | 2. b | 3. c | 4. b |
| 5. a | 6. a | 7. a | 8. b |