

GLOBAL TALK

Serving James English School
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since 2005

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北上校講師Seanが海外旅行に役立つ心構えをご紹介します

Traveling **abroad** can be a wonderful and sometimes even a life-changing experience for many. However, it can also be a very stressful experience if you don't prepare yourself for some of the challenges that can occur. This article will introduce some tips to help make going abroad an enjoyable experience.

The first step of any trip abroad is the flight. The **cabin** inside the plane can often be very cold so it's a good idea to dress warm. If you wear layers of clothes, you can take off clothes when it gets warmer. You should also drink plenty of fluids like water or tea because the cabin can become very dry.

If you plan to travel to a country far away, you may get **jet lag**. To prevent this, you can try adjusting to the new time before you leave and change your sleeping and waking times. If you can't do that, wait until night to sleep after you arrive. If you sleep before night, it will be more difficult to adjust to the new time.

Pickpockets can be a big problem in some countries, especially in Europe. You can buy a money belt to wear under your clothes to make it more difficult for pickpockets. In addition, bring only the things that you need on your trip so you don't need to carry a lot. Watch your bags at all times and keep them in a place you can easily see them.

- cont. on the right

-- cont. from the left

In order to really get to know a new place, it's a good idea to learn a few phrases of the local language. Words like "thank you", "please", "help", "how much", and numbers can really help. You should also check on **taboos**. For example, in Thailand, it is taboo to touch someone on the head. You might also want to check on **cultural** points like giving a tip at restaurants.

Above all, try enjoy your trip. In any trip there can be trouble, but if something happens try to forget about it or don't let it worry you. Go to new places **off the beaten path** and try communicating with the local people. If you can't communicate with words, use gestures. The amount of fun you have all depends on your **attitude**.



読み解きのヒント

abroad	外国	taboo	タブー
cabin	客室	cultural	文化的な
jet lag	時差ぼけ	off the beaten path	あまり知られていない
pick pocket	すり	attitude	心構え

Tips for Traveling Abroad

Sean Marsula / James English School Kitakami

Survival Phrases

～旅のお助けフレーズ～

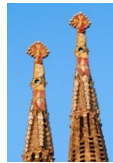
お助けフレーズを覚えて旅を楽しみましょう！

April 20, 2009

How much does it cost? / How much is it?

多少钱?
Duo shao qian

¿Cuánto cuesta?
クワント クエスタ



Thank you

谢谢。
Xie xie

Gracias
グラシアス



I'll take this. / I'll take it

请给我这个。 Me lo llevo
Qing gei wo zhe ge. メ ロ リエボ

I'm lost.

我迷路了。 Estoy perdido
Wo mi lu le. エストイ ペルディード



お薦めホームページ

～ 家にいながら世界に触れる～



Time for Kids
AROUND THE WORLD

<http://www.timeforkids.com/TFK/kids/hh/goplaces>

週刊ニュース誌『タイム』子供版のWEBサイトです。世界の国々の歴史年表・観光地・地理等、旅行に便利な情報がやさしい英語でわかりやすく書かれています。Native Lingo ではその国の公用語を音声で聴くこともできます。

旅のプランに合わせて宿泊施設を選ぶのも旅の醍醐味かもしれませんね。

さまざまな宿泊施設

Accommodations

Motel

自動車旅行者向けの宿泊施設。高速道路近くにあることが多く、部屋の前に駐車スペースがあり、ロビーではContinental breakfastが無料で提供されるところも多い。料金もお手頃なのが魅力。



Bed and Breakfast

朝食付きの宿泊施設。個人の家を部屋として提供している場合がほとんどで、アウトホームな雰囲気の魅力。



Hostel

通常4人～6人の相部屋が多く、シャワーは全体で共同か部屋ごとに共同の場合もある。無料のContinental breakfastが食堂で提供されるところが多い。同部屋の旅行者と親交を深めることができるのが魅力。



◀ For Your Information ▶

Continental breakfast



通常はコーヒーとパンのみの朝食をさしますがMotelやHostelでは飲み物とパンの他にもコーンフレーク・フルーツが無料のセルフサービスで提供されるところが多くみられます。

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写真参照: http://www.manhattaninnhostel.com/wfrm_photos.aspx, <http://www.bedandbreakfast.com/pacific-grove-california.html>, <http://www.lodginginmonterey.com/economy.htm>