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جلسه ی چهارم:

Safe Travel

Many travelers feel nervous about going to a new and unfamiliar place. If you plan your trip carefully and learn to take **precautions**, you can relax and enjoy yourself.



Check Your Paperwork¹

5 While you prepare for your **departure**, make sure your paperwork is organized. You'll want to check the dates on your visas and passport. Having an important document **expire** before or during your trip is the last thing you want to happen. Be sure to get an international driver's license if you plan to drive while you are abroad. Also, do some research on the local currency. Some countries—
10 like Jamaica and —use more than one currency. It's best to know how and when to use each.

Mind Your Health

15 If you need to take medication along, keep it in its original container. If you are carrying prescription² drugs, bring a letter from your doctor in case customs officials question you at your destination. Also, make sure that you travel with proper medical insurance so that if you are sick or injured while traveling, you will be able to get treatment.



Pay Attention

20 As a tourist, you'll probably stand out on the street. Unlike local people, you'll carry guide books, refer to maps, take photos, and look up at buildings. Because of this, you may appear **vulnerable**. Stay safe by keeping one eye on the amazing sights and the other on your personal items.

25 When you get into a taxi, make sure there is a meter³ and that it is turned on. If there is no meter, agree on a price before starting out. Tour guides recommend protecting your luggage in busy transportation areas by always keeping it in front of you or between your legs. Also, if you are going anywhere that requires **purchasing** tickets, be sure to buy them at an **authorized** location. Never purchase tickets on the street, as these are often overpriced, fake, or expired.

Learn About the Locals

30 It's always a good idea to buy a guidebook and a map, and read about the local culture of the country you will be visiting. For example, it's important to know that in India you should use the right hand to eat, or to give and accept things. In Thailand, it's rude to point with your feet at someone or something. Also, try to learn a few basic words and phrases of the local language.

35 Don't **assume** that everyone will speak your language or that they will understand English.

If you have trouble communicating, look for students and young people who might speak a foreign language. And remember to smile. It's the friendliest and most **sincere** form of communication, and is understood everywhere in the world!

¹ Official documents like forms and reports are all **paperwork**.
² A **prescription** is a medicine that a doctor has told you to take.
³ A **meter** is a machine that measures and records the amount of something.

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A: look at the article on page 27. Read the title, the subheadings, and look at the pictures. check the advice you think the article will give.

1. Learn basic phrases of the local language
2. Go to local market for cheap shopping
3. Check the dates on your passport
4. Keep your luggage close to you
5. Walk instead of taking taxis to see more
6. Book accommodation online for better prices
7. Make sure you have the correct currency

B: Skim the article to check your answers. Were your predictions correct?

C: Study the list of new words. Then read the entire passage carefully.

nervous	worried or frightened about something, and unable to relax	دلواپس، نگران، ناآرام
precaution	Something that you do in advance to prevent something dangerous or unpleasant from happening	احتیاط، اقدامات لازم قبل از انجام کاری جهت پیشگیری از پیشامد های نامطلوب
paperwork	Official documents like forms and reports that you need for a journey, a business deal, etc.	مدارک شناسایی، فرم، و اسناد مورد نیاز برای انجام کاری



expire	If an official document expires, it can no longer be legally used = run out	منقضی شدن، به پایان رسیدن تاریخ اعتبار یک مدرک
abroad	in or to a foreign country	خارج از کشور
currency	the system or type of money that a country uses	پول رایج، وجه رایج
mind(v)	to be careful of, or give attention to something	مواظب بودن، توجه کردن و اهمیت دادن به ..
prescription	A medicine that a doctor has told you to take	نسخه
customs official	a person whose job is to check your bags and make sure you are not taking illegal goods when enter a country	مامور بازرسی گمرک
destination	the place you are going to	مقصد
vulnerable	Someone who is vulnerable can be easily harmed or hurt	آسیب پذیر
purchase	to buy something	خریدن
authorized	having official permission for doing something	مجاز، معتبر
assume	to think that something is true without question of proof =presume	پنداشتن، فرض کردن



sincere	(of a person, feelings, or behavior) not pretending or lying; honest	صادقانه،
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D: Check true or false based on the passage.

A Read the following sentences. Check (✓) true (T) or false (F).

	T	F
1 It is important to be prepared, as well as careful, when you travel abroad.		
2 You usually can't use your country's money when you travel abroad.		
3 You should get insurance so that you can drive when you are overseas.		
4 You should bring a letter from your travel agent if you carry prescription drugs.		
5 It's rude to point at things with your feet in India.		

E: Write advice given by the article for each situation.

- 1 You have a problem communicating in the local language.

- 2 You get sick or have an accident.

- 3 You want to take a taxi during your trip.

- 4 You want to buy tickets to a theater show while on your trip.
