



ROUND 22

The Point of Travel

Source: The School of Life

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※ 문의 070 8246 0570

1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - [On a shoe string](#)

- Definition
- Example

QR코드를 통해 On a shoe string의 설명 영상을 보실 수 있습니다.



1. **Mystical** (adjective) - Relating to a spiritual or supernatural experience that is beyond ordinary understanding.

Ex) The ancient ruins had a **mystical** aura, as if they held secrets of the past.

"Without anything **mystical** being meant by this, all of us are, in one way or another, on what could be termed 'an inner journey.'"

2. **In a nutshell** (idiom) - To summarize something concisely or briefly.

Ex) **In a nutshell**, the point of travel is to go to places that can help us in our inner evolution.

"**In a nutshell**, the point of travel is to go to places that can help us in our inner evolution."

3. **Imbue** (verb) - To fill or inspire with a particular quality or feeling.

Ex) The tranquil surroundings of the retreat **imbued** a sense of peace and serenity in her.

"Somewhere **imbued** with calm and resilience."

4. **Therapeutic** (adjective) - Having a healing or beneficial effect on the mind, body, or soul.

Ex) Taking long walks in nature can be **therapeutic** and help reduce stress.

"For them, it was a **therapeutic** activity."

5. **Pilgrimage** (noun) - A journey, often to a religious or sacred place, undertaken for spiritual or moral reasons.

Ex) Every year, thousands of people embark on a **pilgrimage** to Mecca during the Hajj.

]"In the Middle Ages, when there was something wrong with you, you were meant to head out for a **pilgrimage**."

6. **Marital** (adjective) - Relating to marriage or the relationship between spouses.

Ex) The couple sought counseling to resolve their **marital** issues and improve their communication.

"You might go to Umbria to touch the shrine of Saint Rita of Cascia, patron saint of **marital** problems."

7. **Man** (verb) - To staff or operate (a particular place or organization).

Ex) The travel agencies would be **manned** by experienced therapists who understand the psychological aspects of travel.

"In an ideal world, travel agencies would be **manned** by a new kind of psychotherapist."

2. Listening Drill

What's the point of travel? It's to help make us into better people. It's a sort of therapy. Without anything mystical being meant by this, all of us are, ***in one way or another***, on what could be termed "an inner journey."

That is, we're trying to develop in particular ways. In a nutshell, the point of travel is to go to places that can help us in our inner evolution. The outer journey should assist us with the inner one.

Every location in the world contains qualities that can support some kind of beneficial change inside a person. Take these 200 million year old stones in America's Utah Desert. It's a place, but looked at psychologically. It's also an ***inner destination***, a place with perspective, free of preoccupation with the petty and the small-minded.

Somewhere imbued with calm and resilience. Religions used to take travel much more seriously than we do now. For them, it was a therapeutic activity. In the Middle Ages, when there was something wrong with you, you were meant to head out for a pilgrimage to commune with ***relics*** of a saint or a member of the holy family.

If you had toothache, you'd go to Rome, to the Basilica of San Lorenzo and touch the arm bones of Saint Appolonia, the patron saint of teeth. If you were unhappily married, you might go to Umbria to touch the shrine of Saint Rita of Cascia, patron saint of ***marital problems***.

Or, if you were worried about lightning, you were sent to Bad Münstereifel in Germany to touch the skull of Saint Donatus, believed to offer help against fires and explosions. We no longer believe in the divine power of journeys but certain parts of the world still have a power to change and ***mend the wounded*** parts of us.

In an ideal world, travel agencies would be ***manned by*** a new kind of psychotherapist. They'd take care not just of the flights and the hotels, they'd start by finding out what was wrong with us and how we might want to change.

The anxious might be sent to see the majestic, immemorial waves crashing into the cliffs on the west coast of Ireland. People a bit too concerned with being admired and famous might be sent to ***contemplate*** the ruins of Detroit. Someone out of touch with their body might be recommended a trip to Porto Seguro in Bahia in Brazil.

Nowadays, too often, we head off without fully knowing what's wrong with us or precisely understanding how our chosen destinations meant to help us. We should become more conscious travellers on a well articulated search for qualities that places possess, like calm or perspective, sensuality or rigor.

We should follow old-fashioned pilgrims ***in striving to*** evolve our characters according to the suggestions offered up by the places we've been to. We need to relearn how to be ambitious about travel, seeing it as a way of helping us to grow into better versions of ourselves.

3. Summary

Summarize what you have seen/heard in two or three sentences

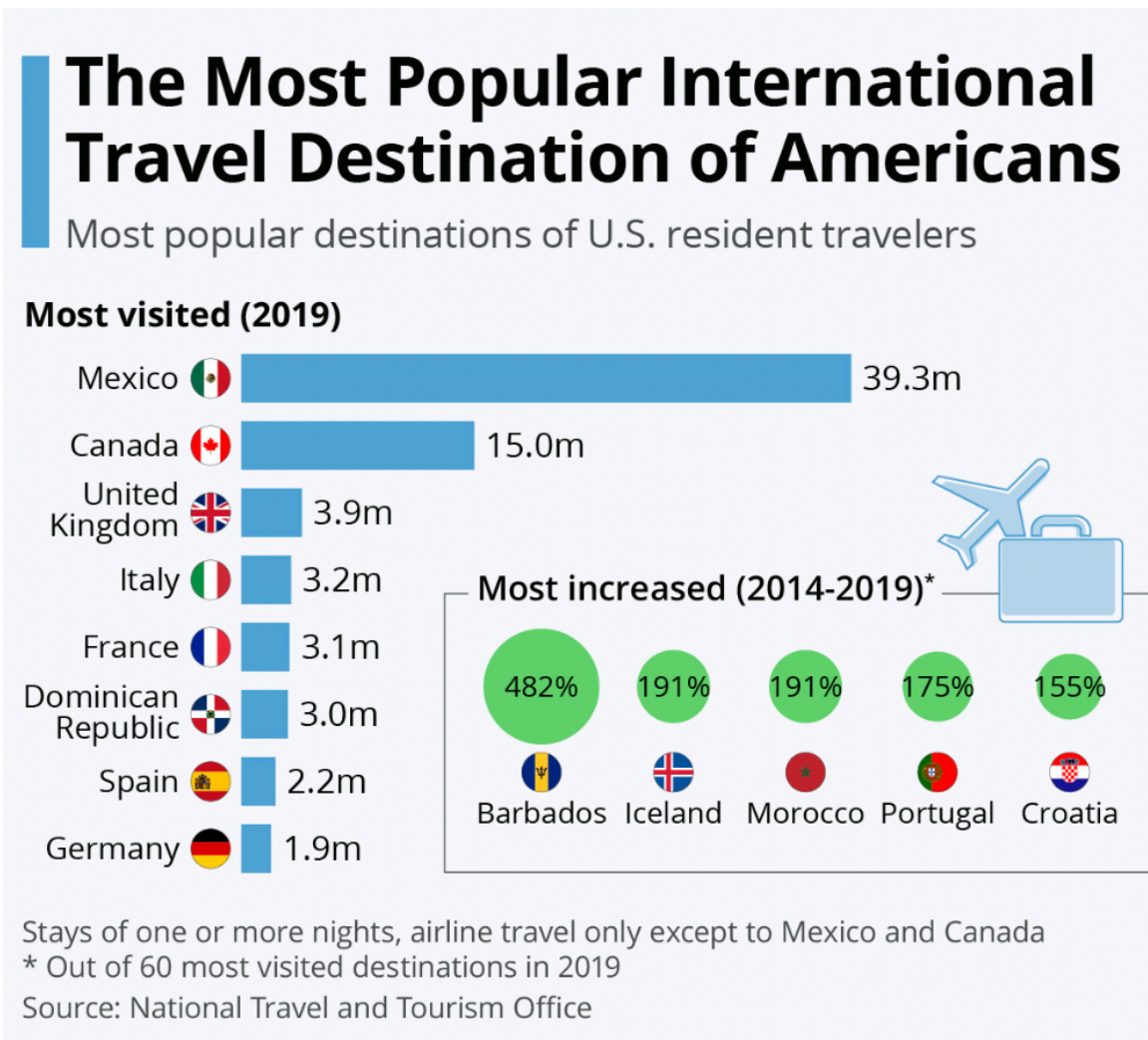
Tip.

Answer the questions using vocabularies that you learned in the vocabulary section.

4. Describing The Chart

Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.

The Most Popular Destinations for U.S. Travelers Abroad



The Most Popular Destinations for U.S. Travelers Abroad

by Katharina Buchholz, Dec 10, 2020

According to the National Travel and Tourism Office at the U.S. Department of Commerce, Mexico and Canada were by far the most popular destinations for U.S. resident travelers in 2019. While 39.3 million U.S. residents visited Mexico in one year, 15 million made a trip to Canada.

Third on the list is the UK with 3.9 million visitors in 2019, followed by the Italy with 3.2 million and France with 3.1 million travelers. The top 8 list is dominated by European countries with the exception of the Dominican Republic in sixth place.

Another Caribbean nation scored the top spot for most increased traveler volume between 2014 and 2019. Barbados saw six times the amount of U.S. visitors in than it did five years before, while visitors to Iceland and Morocco increased threefold. In line with the trend of more travel to Europe, Portugal and Croatia also increased traveler volumes.

Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.

Easy

1. What was your best trip. Or What was your worst trip.
 - In your opinion, what do most individuals hope to gain from their travels?

Average

1. Should travel be seen as a form of escapism, providing temporary relief from life's challenges, or as a genuine catalyst for lasting inner change?

5. Discussion Questions

Let's begin at the easy category. You are expected to have prepared your answers already before the class begins

Average

2. Have you ever encountered any challenges or setbacks while traveling, and how did you overcome them? What lessons did you learn from those experiences?

Difficult

1. In line with the ambition mentioned in the video, do you believe that travel businesses, including startups and travel products, have the potential to help people achieve personal growth and self-improvement?

These expressions and idioms can **be used when describing various trends, changes, or patterns** in charts, graphs, or data presentations.

1. **Shoot up** (phrasal verb) - to increase rapidly and sharply
ex) The sales figures for the new product **shot up** after the marketing campaign.
2. **Plummet** (verb) - to fall or decline steeply
ex) The stock prices **plummeted** after the negative news was released.
3. **Level off** (phrasal verb) - to stabilize or reach a steady state
ex) After a period of growth, the demand for the product **leveled off**.
4. **Skyrocket** (verb) - to increase dramatically and quickly.
ex) The company's profits **skyrocketed** after the successful launch of their new product.
5. **Plateau** (noun) - a period of stability or little change
ex) The revenue growth **reached a plateau** and remained steady for several months.
6. **Fluctuate** (verb) - to rise and fall irregularly or unpredictably
ex) The stock prices **fluctuated** throughout the day, responding to market conditions.
7. **Bottom out** (phrasal verb) - to reach the lowest point and then stabilize
ex) The housing prices finally **bottomed out** and showed signs of recovery.
8. **Surge** (verb) - to experience a sudden and significant increase
ex) The website experienced a **surge** in traffic after being featured in a popular blog.
9. **Slump** (noun) - a sudden and significant decline or decrease
ex) The company's profits **suffered a slump** due to the economic downturn.
10. **Rebound** (verb) - to recover or bounce back after a decline
ex) After a period of recession, the economy **rebounded with** strong growth.
11. **Peak** (noun) - the highest point or level
ex) The chart shows that sales **reached their peak** during the holiday season.
12. **Downturn** (noun) - a period of decline or decrease in economic activity
ex) The industry **experienced a downturn** due to changes in consumer preferences.
13. **Accelerate** (verb) - to increase in speed or rate
ex) The company's expansion plans **accelerated** after securing additional funding.
14. **Slow down** (phrasal verb) - to decrease in speed or rate
ex) The production rate **slowed down** due to a shortage of raw materials.
15. **Flattening curve** (idiom) - a gradual reduction or stabilization of a trend
ex) The chart indicates a **flattening curve** in COVID-19 cases, suggesting a decrease in infection rates.
16. **Break-even point** (noun) - the point at which total costs equal total revenue
The business needs to **reach the break-even point** to start making a profit.
17. **Double-digit growth** (idiom) - a growth rate of more than 10%
ex) The company **achieved double-digit growth** in sales for the third consecutive quarter.
18. **Taper off** (phrasal verb) - to gradually decrease or diminish
ex) The demand for the product **tapered off** after the initial launch hype.
19. **Upswing** (noun) - an upward or positive trend
ex) The market **experienced an upswing** as consumer confidence improved.
20. **Hit a plateau** (idiom) - to reach a point of stability or little change
The number of subscribers **hit a plateau** and remained steady for several months.