

# Transformative Travel – How Journeys Change Perspectives

Upper-intermediate (B2–C1)



## WARM-UP DISCUSSION

**Part 1. Discuss the following questions.**

1. What's the main reason you like to travel? Relaxation, learning, escape, or something else?
2. What's one trip or journey that really stayed with you?
3. Do you think travel can change people? How?

**Part 2. Read the quote below and then discuss the questions.**

***"Travel makes one modest. You see what a tiny place you occupy in the world."***

— Gustave Flaubert

1. What do you think Flaubert meant?
2. Can you remember a travel moment that made you feel small or humble?
3. Do you travel to understand the world, or to understand yourself?



## VOCABULARY & SPEAKING

**Part 1. Read the short dialogues and guess the meaning of the bold expressions.**

**Lina:** "I used to complain about my job until I volunteered abroad."

**Ben:** "Yeah, travel really helps you **gain perspective**."

**Holly:** "I thought people there would be unfriendly, but everyone was so kind."

**Tariq:** "Travel does that; it **challenges your assumptions**."

**Rina:** "Climbing that mountain completely changed how I see myself."

**Leo:** "That sounds like a **transformative experience**."

**Ava:** "I never liked spicy food until I travelled to Thailand."

**Mateo:** "You're becoming more **open-minded**."

**Sophie:** "I got lost in Tokyo once. No Wi-Fi, no map!"

**Tom:** "That's how you **build resilience**."

**Ella:** "After my trip to Morocco, I started learning Arabic."

**Jake:** "That really **broadened your horizons**."

**Nina:** "I stayed with a local family and joined their cooking class."

**Sam:** "That's proper **cultural immersion**."

**Hanna:** "I travelled solo for the first time last year."

**Dan:** "That's definitely **stepping outside your comfort zone**."



## Part 2. Discuss the following questions.

1. When has travel helped you **gain perspective**?
2. Have you ever **challenged your assumptions** while travelling?
3. What's been your most **transformative experience** so far?
4. How does travel **build resilience**?
5. Have you ever tried full **cultural immersion** when travelling?
6. When did you last **step outside your comfort zone**?
7. How can travel **broaden someone's horizons**?
8. When did travel make you more **open-minded**? What changed for you?

## READING TEXT

### Read the following text and discuss the questions.

Travel isn't only about visiting new places; it's about noticing how those experiences change us.

When we meet people who see the world differently, it often opens our minds and reminds us that there's no single way to live.

Travelling teaches patience, empathy, and problem-solving, especially when things don't go quite to plan.

And you don't always need a plane ticket to grow. Sometimes, a simple weekend trip, a conversation with a stranger, or exploring a new part of your own city can shift how you see the world.

### Discuss:

- Which idea do you relate to most?
- Can local experiences change us as much as travelling abroad?

## SPEAKING

### Part 1. Match each kind of traveller to its correct description.

The Adventurer	The Observer	The Connector	The Planner
----------------	--------------	---------------	-------------

1. \_\_\_\_\_ Loves organisation and details.
2. \_\_\_\_\_ Loves new experiences, risk, and challenge.
3. \_\_\_\_\_ Travels to meet people and share stories.
4. \_\_\_\_\_ Enjoys learning and watching quietly.

#### Discuss:

- Which type are you most like?
- Which one would challenge you the most?

### Part 2. Discuss what you would do in each of the situations.

- You miss a train or flight abroad — how do you handle it?
- You join a local dinner and they serve something unexpected.
- You meet someone who completely changes your view of their country.
- You travel alone and face a small problem — what do you learn from it?

### Part 3. Discuss the following questions.

1. Why do people say travel changes you?
2. What can we learn from challenges on the road?
3. How can we bring a travel mindset into everyday life?



## REFLECTION

**Discuss the following questions.**

1. How has travel changed you, even in small ways?
2. What's one lesson or memory from a journey that stayed with you?
3. Can travel make us more understanding people? How?

## WRAP-UP TASK (OPTIONAL HOMEWORK)

**Write 8–10 sentences about a transformative experience you had while travelling. Use at least 5 of today's target vocabulary items.**

