

Travel & Transformation – How Travel Changes Perspective and Identity

Advanced (C1-C2)



WARM-UP DISCUSSION

Part 1. Discuss the following questions.

1. How often do you travel, even short trips or weekend breaks?
2. Do you prefer returning to favourite places or discovering new ones?
3. What type of travel feels most “you”? (slow travel, adventure, city breaks, nature, visiting friends)

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

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.” – Marcel Proust

1. What does “new eyes” mean to you?
2. Has a journey ever made you see your life differently?
3. Does travel reveal who we are, or does it simply give us space to think?



READING TEXT

Part 1. Read the following text.

The Inner Journey

Many people start travelling because they are curious about places, cultures, or simply themselves.

Often, the most powerful moments happen quietly: the conversation that shifts your thinking, the kindness of a stranger, or the uncomfortable moment that forces you to grow.

Travel does not change us because of distance, but because of awareness.

The further we go, the more we notice what we carry with us, such as expectations, habits, or fears.

Travel does not replace who we are. It reveals who we have become.

Part 2. Discuss the questions below.

1. What idea in the text do you connect with most?
2. Have you ever experienced a quiet, surprising moment that changed you?
3. Can travel heal, or can it also distract?



VOCABULARY & SPEAKING

Part 1. Read the dialogues and guess the meaning of the bold words. Then say whether you agree, disagree, or partially agree with the idea in each conversation.

Holly: "When I was hiking alone in Scotland, I suddenly had an **epiphany** about what I want from life."

Dan: "Those quiet moments can tell you more than a year of routine."

Tariq: "Travelling makes you **re-evaluate** what's truly important."

Ella: "Absolutely. You realise how little you actually need to be happy."

Sophie: "I used to get sad when travel friendships ended, but now I accept that most of them are **transient**."

Ben: "Yes, short connections can still be meaningful."

Lina: "After years abroad, I started craving some kind of **rootedness**."

Leo: "I know what you mean. It's nice to feel like you belong somewhere."

Ava: "When I moved back home, I expected to feel comfortable, but I actually felt a bit of **displacement**."

Mateo: "It's strange when 'home' no longer feels like home."

Nina: "These days, I try to travel slower. I'm looking for **authenticity**, not just nice photos."

Tom: "Same here. I'd rather have one real experience than ten Instagram ones."

Rina: "Long journeys give me time for **introspection**. It's like therapy on a train."

Jake: "Exactly. You end up thinking about things you've ignored for months."

Hanna: "Coming home after a year abroad was harder than leaving. **Reintegration** took me ages."

Sam: "That's so true. You change, but the world around you hasn't."

Part 2. Choose two vocabulary items. Tell a short real or imagined story where each one could apply.

Epiphany	Re-evaluate	Transient	Rootedness
Displaced	Authenticity	Introspection	Reintegration

Part 3. Choose two situations and discuss how you would respond.

- You visit a country that challenges your values.
- You realise you idealised a culture and now see it differently.
- You stay somewhere long enough to stop feeling like a visitor.
- You meet someone who makes you rethink your identity.
- You return home and feel out of place.

Part 4. Read the situations below. Choose the idiom that fits each one best. Then explain why.

Come full circle	Worlds apart	Go off the grid	Find your feet
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1. Settling In

You have just moved to a new country. The first few weeks feel confusing, but little by little, daily life becomes easier and you start to feel more confident.

2. Disconnect to Reconnect

After months of stress, you take a week away in nature with no phone, no emails, and no notifications. You return home feeling clearer and calmer.

3. A Different Reality

You visit a place where the culture, lifestyle, and pace of life feel completely different from your own. It almost feels like stepping into another world.

4. Returning to Yourself

You spend years travelling and chasing new experiences. Eventually, you realise that the things you value most are the ones you started with.

Part 5. Discuss the following questions.

1. Which moment do you relate to most?
2. Have you ever experienced any of these in real life?
3. Is there a moment in your own life when you feel you came full circle?

Part 6. Choose one statement below and explain your view.

- We can never fully understand a culture we were not raised in.
- Travel only transforms us if we allow it to.
- Too much travel can weaken your sense of home.
- Travel unites people, but it also highlights differences.

Part 7. Talk about a journey that changed you in some way and discuss the questions below.

1. What did that experience teach you?
2. Would the old you have handled it differently?
3. Did anything surprise you about your own reaction?
4. What did you leave behind, and what stayed with you?

Part 8. Rank the statements below from most true to least true for you.

- Returning home can be harder than leaving.
- You see your own culture differently after time away.
- Some people cannot relate to your experiences.
- Travel makes everyday life feel smaller at first, but richer later.

Discuss:

- What does that say about your experience of returning from a trip?

REFLECTION

Discuss the following questions.

1. Can transformation ever be complete?
2. Do we travel to escape, to grow, or to rediscover ourselves?
3. How can we travel with more awareness and less consumption?