



APEX ENGLISH

Your voice. Global.

C1 · GENERAL ENGLISH

UNIT 8 · 8B

A 'must-see' attraction

Theme · Health & Travel



Unit 8 · 8B

A 'must-see' attraction

Theme: Health & Travel

Learning objectives

- Expand C1 vocabulary related to **travel and tourism**.
- Use **expressing future plans and arrangements** accurately and idiomatically.
- Read a discursive text and discuss inferences beyond the literal.
- Speak fluently on the unit's theme with a partner or in a small group.

This booklet accompanies the digital lesson at **alunos.apexenglish.com.br/general-c1/8b**. Interactive audio, video and drag-and-drop tasks live online; use this booklet in class and to review.

Ask the teacher — notes to bring to class



Class Book

Warm-up

In pairs, talk for about a minute on each prompt before feedback:

- 1 What comes to mind when you hear the theme **“Health & Travel”**?
- 2 How comfortable are you using vocabulary about **travel and tourism**? Give one recent example.
- 3 When did you last use — or misuse — **expressing future plans and arrangements**?

Reading

Ninety seconds at the Sagrada Família

Somewhere in the middle of Barcelona, a small research team spent a month in 2023 counting exactly how long tourists spent looking at the Sagrada Família before photographing it. The average, it turned out, was ninety seconds. Roughly half of that time was spent framing the shot. A further quarter was spent, discreetly, editing the shot in the phone before sending it. The remaining twenty-two seconds are, technically, when the visit happened.

None of this is a scandal. Sagrada Família is, on any reasonable measure, an extraordinary building; a ninety-second exposure to it is more than most human beings will ever get to have. The interesting question is not why the visit was so short. It is why so many visitors leave, and yet report having 'seen' it.

The Barcelona study is part of a wider quiet embarrassment now circulating in tourism research. The travel writer Elizabeth Becker, who has spent forty years watching the industry, argues that the modern city break has, structurally, become a peculiar three-part exercise: the arrival, the confirmation, and the departure. What is missing is the visit itself — the two or three unhurried hours in which a place is actually allowed to happen to us.

Becker's practical proposal is disarmingly simple. Book the flight. Book the hotel. Then throw away the list. Spend the first morning walking, at random, in the opposite direction from every guidebook arrow. The city, she has come to think, is quietly waiting for exactly this visitor.

Comprehension — choose the best answer.

Ask the teacher — notes to bring to class



1. The Barcelona study found that of the average 90-second visit, actual looking time was about:
 - (A) 45 seconds
 - (B) 22 seconds
 - (C) 60 seconds
 - (D) 5 seconds
2. What does the writer say the visit is NOT a scandal about?
 - (A) that a 90-second exposure is shameful
 - (B) that photography is banned
 - (C) that the building is overrated
 - (D) that guides lie
3. Elizabeth Becker describes the modern city break as:
 - (A) a religious pilgrimage
 - (B) arrival, confirmation and departure — with no visit in the middle
 - (C) a research project
 - (D) a form of quiet contemplation
4. According to Becker, what is missing from most city breaks?
 - (A) luxury
 - (B) planning
 - (C) the unhurried visit itself
 - (D) photography
5. Becker's practical proposal is to:
 - (A) stay home
 - (B) book everything and throw away the list
 - (C) hire a private guide
 - (D) avoid famous cities
6. The tone of the piece is:
 - (A) openly outraged
 - (B) wryly diagnostic and quietly affectionate
 - (C) sentimental
 - (D) aggressive

Ask the teacher — notes to bring to class



Vocabulary

Focus: **travel and tourism**

Study these C1 items and their meanings.

itinerary — the planned route or programme of a trip

layover — a break in a journey, usually at an airport

off the beaten track — away from the usual tourist route

backpacker — a low-budget traveller carrying a rucksack

overtourism — so many visitors that a place is degraded by them

package holiday — a pre-arranged trip covering flights and accommodation

long-haul (adj.) — involving a long flight, typically over six hours

customs — the government checkpoint for goods entering a country

Ask the teacher — notes to bring to class



Grammar

Focus: ***expressing future plans and arrangements***

Study the online lesson notes, then complete the interactive tasks at **alunos.apexenglish.com.br/general-c1/8b**.

Ask the teacher — notes to bring to class



Speaking

- 1 Tell a partner about a personal experience connected to **health & travel**. Aim for at least two minutes without pausing.
- 2 Compare cultures or generations on this topic. Use at least three items from the *travel and tourism* list.
- 3 Discuss: *Is it possible to be objective about health & travel?* Justify your view.

Writing

Write 220–260 words on: **“Health & Travel — what has changed in the last twenty years?”** Use at least four items from the vocabulary list and one structure from the grammar focus (*expressing future plans and arrangements*).

Ask the teacher — notes to bring to class



Workbook

Home practice

Complete on your own; check answers in class.

1. 'I _____ my clients at seven — it's in the diary.' (arrangement)
(A) 'll meet
(B) 'm meeting
(C) 'm going to meet
(D) meet
2. 'The train _____ at 08:14.' (timetable)
(A) leaves
(B) will leave
(C) is leaving
(D) is going to leave
3. 'Look at those clouds — it _____ !' (evidence-based prediction)
(A) 'll rain
(B) 's going to rain
(C) rains
(D) 's about to rain
4. 'By 8pm we _____ dinner.' (completed before a future point)
(A) 'll finish
(B) 'll have finished
(C) 're finishing
(D) finish
5. 'This time next year I _____ in Tokyo.' (in progress at a future point)
(A) 'll live
(B) 'll be living
(C) live
(D) 'll have lived
6. 'The new metro _____ in March.' (formal official schedule)
(A) is due to open
(B) is going to open
(C) opens
(D) will be opening

Ask the teacher — notes to bring to class

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Workbook · 8B. A 'must-see' attraction

Home practice · future forms · travel vocabulary · answer key included



Class Book

Full lesson · in-class material



Workbook

Home practice · with answer key

GRAMMAR

10 min

1 · Future forms — choose the best option

1. 'I _____ my clients at seven — it's in the diary.' (arrangement)

a. 'll meet

b. 'm meeting ✓

c. 'm going to meet

d. meet

2. 'The train _____ at 08:14.' (timetable)

a. leaves ✓

b. will leave

c. is leaving

d. is going to leave

3. 'Look at those clouds — it _____ !' (evidence-based prediction)

a. 'll rain

b. 's going to rain ✓

c. rains

d. 's about to rain

4. 'By 8pm we _____ dinner.' (completed before a future point)

a. 'll finish

b. 'll have finished ✓

c. 're finishing

d. finish

5. 'This time next year I _____ in Tokyo.' (in progress at a future point)

a. 'll live

b. 'll be living ✓

c. live

d. 'll have lived

6. 'The new metro _____ in March.' (formal official schedule)

a. is due to open ✓

b. is going to open

c. opens

d. will be opening

Score: 6 / 6

↻ Try again

VOCABULARY

10 min

2 · Complete with a travel word from the box

WORD BANK — DRAG OR TAP, THEN TAP A GAP

itinerary

layover

off the beaten track

overtourism

long-haul

customs

1. We had a four-hour **layover** **layover** in Doha.
2. The Airbnbs have priced locals out of the centre — classic **overtourism** **overtourism**.
3. She refuses anything **off the beaten track** **off the beaten track** — she wants everything booked.
4. Nothing to declare, straight through **customs** **customs**.
5. It's a nine-hour flight — definitely **long-haul** **long-haul**.
6. The **itinerary** **itinerary** is packed hour by hour — she doesn't leave much room to breathe.

Score: 6 / 6

Try again

GRAMMAR

10 min

3 · Rewrite using the structure in brackets

1. *'It is very likely to rain.'* (evidence-based prediction)

Hide answer

It's going to rain.

2. *'The plane is going to take off in one minute.'* (imminent)

Hide answer

The plane is about to take off.

3. *'I have a dinner with clients on Friday.'* (arrangement)

Hide answer

I'm having dinner with clients on Friday.

4. *'The new metro will open in March.'* (formal official schedule)

Hide answer

The new metro is due to open in March.

VOCABULARY +

8 min

4 · Match the travel term to its meaning

DRAG THE MEANING ONTO THE WORD

Reset

involving a long flight

away from the usual tourist route

the planned route or programme of a trip

the checkpoint for goods entering a country

so many visitors that a place is degraded by them

itinerary

the planned route or
programme of a trip

Hide answer

the planned route or programme
of a trip

off the beaten track

away from the
usual tourist
route

Hide answer

away from the usual tourist route

overtourism

so many visitors that a
place is degraded by
them

Hide answer

so many visitors that a place is
degraded by them

long-haul (adj.)

involving a long
flight

Hide answer

involving a long flight

customs

the checkpoint for
goods entering a
country

Hide answer

the checkpoint for goods entering
a country

LISTENING

5 · Voice message · Twenty-four hours in a European capital

10 min

Listen to a voice message left by an English friend on her second morning in Lisbon, deliberately without a list.

▶ 0:00 / 0:00 

Audio recording coming soon — transcript-based questions still work with the answer key below.

1. What did she throw away as soon as she landed?

Hide answer

Her list of 'must-sees' — she says she was tired of arriving already knowing what she was supposed to feel.

2. Which future forms does she use about the day ahead?

Hide answer

'I'm meeting my cousin at four' (arrangement); 'By six we'll have walked the whole neighbourhood' (future perfect); 'I'm about to fall asleep in this café' (imminent).

3. Which travel term does she use to describe the neighbourhood?

Hide answer

'Off the beaten track' — she says it's exactly the kind of street the guidebook would never send you to.

4. How does she end the message?

Hide answer

'By tomorrow night I'll have seen exactly one museum, and I'll be perfectly happy with that.'

WRITING

20 min

6 · A short reflection (180–220 words)

Write a short first-person reflection titled: "*The trip I stopped planning*". Use at least four different future forms and three travel terms. End with an honest, unheroic conclusion — nothing that sounds like an airline advert.

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