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词汇: *travel* 旅行

Do you know anyone who has **gone backpacking**? It's a type of travel that is **low-cost** and independent, often meaning no fixed plans regarding **accommodation** or destination. The word 'backpacking' comes from '**backpack**', a type of bag that you carry on your back. Travellers typically fill a backpack with life **essentials**, like clothing, plus anything extra needed for **adventure**. The stereotypical view of a **backpacker** is someone in their 20s, keen to **tick off** items on their **bucket list**. But, forget this. You're about to find out that anyone can backpack.

Last year, my best friend's parents **retired** at aged 65 and **set off** on a 630-mile **trail** along the southwest coast of England. Each carrying a 15kg backpack, Mike and Lorraine **hiked** along cliffs, explored golden sandy beaches and even cycled. For accommodation, they didn't **pre-book** but stayed in whatever they could find on the day, which varied from **B&Bs** to **camping** in fields full of sheep. They did stop for the occasional well-deserved cup of tea – they were in England after all.

Backpackers are also known for travelling with little money, but few begin with as little as Othmane Zolati from Morocco. In 2015, he **embarked** on an almost four-year **journey**, but he started out with just \$80 (£64). He **zigzagged** across 24 countries on the African **continent** and filmed his experience, aiming to show the world the diversity and beauty of Africa, all on a **shoestring budget**. He told BBC What's New that he often had to work **odd jobs** and rely on the kindness of strangers to be able to afford to keep travelling. But it was worth it. South Africa was Othmane's final **destination** and, on reaching it, he said "It was one of the best moments in my life. It made me know that if you fight for something, you really stick to that goal... then you will reach it".

So, don't give up. If you want to travel, you can, no matter your age or budget!

## 词汇表

<b>go backpacking</b>	背包旅行
<b>low-cost</b>	低成本的
<b>accommodation</b>	住宿
<b>backpack</b>	(徒步旅行或登山时用的) 背包
<b>essentials</b>	必需品
<b>adventure</b>	探险
<b>backpacker</b>	背包客
<b>tick off</b>	(在清单上) 勾掉 (做完的事情)
<b>bucket list</b>	人生愿望清单
<b>retire</b>	退休
<b>set off</b>	出发, 启程
<b>trail</b>	乡间小道
<b>hike</b>	长途步行
<b>pre-book</b>	预订
<b>B&amp;B</b>	提供住宿加早餐的小旅馆 (“ <b>bed and breakfast</b> ” 的缩写)
<b>camping</b>	露营, 野营
<b>embark</b>	开始
<b>journey</b>	旅行, 旅程
<b>zigzag</b>	曲折前进
<b>continent</b>	大陆
<b>shoestring budget</b>	极少的预算
<b>odd job</b>	零工, 杂活
<b>destination</b>	目的地

## 测验与练习

### 1. 阅读课文并回答问题。

1. What is a traveller's backpack typically filled with?
2. What is the stereotypical view of a backpacker?
3. True or False? *Mike and Lorraine always pre-booked accommodation.*
4. Why did Othmane Zolati film his travel experiences?
5. Where was Othmane Zolati's final destination?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. We \_\_\_\_\_ at 6am to catch the 8am train.

went backpacking	ticked off	set off	pre-booked
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2. I tend to avoid the \_\_\_\_\_ brands when I go food shopping.

low-cost	well-deserved	shoestring	fixed
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3. Abdul prefers to stay in private \_\_\_\_\_ because he sleeps lightly.

trail	accommodation	journey	continent
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4. When my boss \_\_\_\_\_, we threw her a huge leaving party.

hiked	zig-zagged	camped	retired
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5. You need to bring clothes, food and toiletries – all the \_\_\_\_\_.

budget	destination	essentials	bucket list
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## 答案

### 1. 阅读课文并回答问题。

1. What is a traveller's backpack typically filled with?

**Life essentials, like clothing, plus anything extra needed for adventure.**

2. What is the stereotypical view of a backpacker?

**Someone in their 20s, keen to tick off items on their bucket list.**

3. True or False? *Mike and Lorraine always pre-booked accommodation.*

**False. They didn't pre-book but stayed in whatever they could find on the day, which varied from B&Bs to camping in fields full of sheep.**

4. Why did Othmane Zolati film his travel experiences?

**He aimed to show the world the diversity and beauty of Africa, all on a shoestring budget.**

5. Where was Othmane Zolati's final destination?

**South Africa.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. We **set off** at 6am to catch the 8am train.

2. I tend to avoid the **low-cost** brands when I go food shopping.

3. Abdul prefers to stay in private **accommodation** because he sleeps lightly.

4. When my boss **retired**, we threw her a huge leaving party.

5. You need to bring clothes, food and toiletries – all the **essentials**.