

Simplified Speech #154 – Kassy's trip home

Episode description

In this episode Kassy and Andrew talk about Kassy's trip home to the United States of America. On this trip, she finally got a chance to spend some time with her family and friends that she had not been able to see in person for years. Kassy talks about how she and her husband got to travel to different states, visiting attractions, eating local delicacies, and most importantly, partying at their long-planned second wedding reception.

Simplified Speech is a Culips series that features clear, natural, and easy to understand conversations about interesting topics. Listen in to improve your listening and speaking skills, as well as to expand your vocabulary with many useful expressions that will help you to become more fluent in English.

Fun fact

Did you know that travelling makes you smarter? Not only do you get to tour new destinations—making memories of the unique sights, smells, and tastes—but travelling also stimulates your brain to think more creatively as you navigate new locations.

Expressions included in the study guide

- To keep up with [something]
- To digress
- If I had to pick one, it would be...
- To digest [information]
- You can thank us later
- To be antsy





Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Hello there, everyone. My name's Andrew.

Kassy: And I'm Kassy.

Andrew: And this is the Culips English Podcast.

Hello, Culips community. Welcome back. Today, we have a Simplified Speech episode prepared for you. And if you're new to Culips, or you're unfamiliar with Simplified Speech, let me explain what it is. Simply, it is our series which features clear, natural and easy to understand English conversations about interesting topics. Now joining me to cohost this episode is Kassy. Hello, Kassy.

Kassy: Hey there, everyone. And hey, Andrew.

Andrew: Kassy, welcome back. You just got back from a trip to the USA, right?

Kassy: Yeah, that's right.

Andrew: Now you're not feeling too jet lagged or anything, are you?

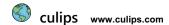
Kassy: I'm feeling good, but the sleep schedule is definitely pretty crazy. I woke up at 4 am today.

Andrew: 4 am today. And Kassy, you told me that you've been running around like a headless chicken or sometimes we also say like a chicken with its head cut off. You've been running around like a headless chicken to try and do lots of little tasks that you have to do before your big move to Thailand, which is happening in just a few days.

Kassy: Yeah, that's right. I just got back from the US and then off to Thailand in less than a week.

Andrew: Oh, my gosh. So, yeah, Kassy, I have to say, on behalf of the whole Culips community here, thank you for joining us at such a busy time in your life. But since we have you here and you are with us, I thought it could be fun to talk about the trip that you just took back home, back to the States. So why don't we do that in this episode?

Kassy: Sure. I'd love to tell you guys all about it. And I'll do that in just a moment but before I do, I want to let you know that there is a transcript and study guide available for



this episode. Studying with the transcript in the guide is a great way to learn with us. In the study guide, you'll find detailed descriptions and real-world examples of all the key vocabulary that you'll hear Andrew and I use here today. There are also activities designed to help you build your speaking and writing skills. There's a quiz and much more. To get the study guide and transcript you need to be a Culips Member. So, to learn all the details and to sign up, just visit our website Culips.com.

Andrew: We also want to give a shout out to one of our listeners from Myanmar who is currently living in Sri Lanka. And that listener's username is Panyindriya, and Panyindriya wrote, "This is one of the best English podcasts I've ever listened to. It's effortless to understand and has an amazing presentation for the listeners. I feel this is the right way for learning English and their culture at the same time. I listened every single day when I was walking to the bus stop, then on the bus, through the library and when cooking too. I'm a Buddhist monk who is studying in Sri Lanka from Myanmar. I'm very happy with Culips. Thank you very much." So, amazing story there from Panyindriya, Kassy, and thank you so much for that amazing review and five-star rating on Apple Podcasts as well. We really, really do appreciate it.

Kassy: Yeah, thank you so much. Also, you have a very cool life.

Andrew: Yeah, sounds cool, right? I'm interested more in his life story. So, maybe you could follow up with an email and tell us a little bit more about your story, Panyindriya because it sounds really, really cool. But anyways, Kassy, maybe we'll save that conversation for a different day because today we are going to focus on your recent trip to the USA. Summer vacation, back home. You went with your husband, right? And where did you go? USA is a big country, many different cool cities and regions. I'm assuming that you went back to your hometown to see your family but I don't actually know. Is that what you did?

Kassy: I don't remember if I talked about this last year, but every year my family goes to the beach—the Outer Banks—which is in North Carolina, so we flew not to my hometown first but down south to North Carolina and we went to the beach for two weeks with my family.

Andrew: So, now that you mentioned it, I do remember you telling us about this last year, Kassy. It's kind of funny when you say, "We flew down south to North Carolina." So, there are two states called Carolina and they are both in the southern part of the USA, right? There's North Carolina and South Carolina. And since both of those states are in the south, even though it's got north in its name, it's still located geographically in the south.

Kassy: It's pretty confusing, huh?

Andrew: It's kind of confusing, but yeah, how was the beach? Did you guys have good weather? No hurricanes or anything?



Kassy: Yeah, the weather was gorgeous and we had more family members this trip than any I can remember. There were over 40 of us total over those two weeks.

Andrew: Wow. Kassy, I've never been to North Carolina, myself. I would love to visit one day. I hear that it's a cool place. What is the English like there? I imagine that there is maybe a regional accent, kind of a southern accent. What do speakers from North Carolina sound like?

Kassy: So, you might find this surprising, but the Outer Banks is not really southern. It's a tourist destination. So, most of the workers are seasonal workers, they come from other parts of the US or other countries even. And a lot of the tourists come from Pennsylvania, my home state, which is hilarious, but other parts of the country as well. So, at the beach, you don't hear a lot of accent, like a strong accent. But if you go an hour up the road, it sounds pretty southern kinda like this. They got this drawl. They speak slower. I like it.

Andrew: Yeah, we often use that, *the southern drawl*, right? That expression and just means like a little bit slower style of speech and I think in a lot of places this tends to be true that people in the countryside speak slower than people in the city. And not just in English speaking countries, but in other cultures around the world, as well.

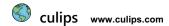
Kassy: Yeah, listeners might find this funny, when my sister was in high school, a boy from the south moved up to Pennsylvania. His family moved there, and he joined our high school. And she said that even though he's American, he was born and raised in America, he had major culture shock, because us northerners talk so fast, he could not **keep up** with our conversations at first. Isn't that funny?

Andrew: Well, yeah, it just goes to show that North America is really mixed culturally, right? It's mixed in terms of being multicultural, like there are people from all over the world that live there. But especially in the States, I would say even more than in Canada, although we do have this in Canada as well, to an extent is that there are strong regional identities and regional cultures. And there is a significant cultural divide between the south in the USA and maybe the other parts of the USA. So yeah, it's very interesting. But anyways, Kassy, we're not here to talk about cultural differences in the States, we're talking about your trip. Why don't you tell us about like a funny story or something interesting that happened to you while you were away on vacation?

Kassy: There were so many! Let's see, I guess, one of the highlights of my trip, which, listeners already know, I've talked about it a lot—I love board games. It's one of my favourite hobbies—board games and reading. And I got to do both of those things many times on this trip.

Andrew: Yeah, a long plane ride, right? It's a very good environment for reading.

Kassy: Exactly. As a side note, listeners, my plane ride from the US to Korea a few days ago was 15 hours.



Andrew: Wow, 15 hours. Was that with transfers or just one way?

Kassy: No, no, there were multiple airplane rides. I think it was like almost 30 hours total. But one plane ride from departure to landing was 15 hours in the air. I was dying.

Andrew: That's a long, long trip. I'm actually going back to Canada in a few weeks Kassy, but thankfully I live on the very western part of Canada close to Vancouver. I'll be flying into Vancouver. So, from Seoul to Vancouver, I think it's only around nine and a half hours. So, still bad, but nowhere near like 15 hours. I feel bad for you guys that have to go all the way to the east coast of the continent. Yeah.

Kassy: But anyway, anyway, **I digress**. So, the reason I love board games so much is because my family is made up of women on my mother's side. She's the oldest and she has three sisters. And every time her sisters, my aunt's, married, you know, they brought their husband into the family. And all of them were always so shocked by how serious we take our game playing. It is next level.

Andrew: So, you're very competitive?

Kassy: Super competitive! And now that I'm the oldest cousin, because my mom is the oldest and all of my aunts, their children are growing up, I think the next oldest besides me and my sisters is 16 and the youngest is five. So, you know, we're, we're teaching the next generation of our family how to play games and compete. It was wild.

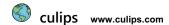
Andrew: And are all your cousins, your younger cousins, are they competitive as well?

Kassy: They are. However, I have found that most of them aren't nearly as—what's the word—intuitive? Most of them are boys and not to diss boys but they don't pick up things as quickly at that age. I don't know what's going on in their head: sports, cars, snakes, I don't know. They can't **digest** the rules unless you say it five or six times. So, this whole trip, I'm like, "Pay attention!"

Andrew: Kassy, one of my students asked me a question this week. And I imagine that maybe some of our listeners are curious about this as well. And it's a perfect kind of situation to ask you this question because you are from a family, and also it sounds like your mom is from a family, where you have a total of three siblings, right? So, like you, you are the eldest in your family, Kassy, and then you have two younger sisters, correct?

Kassy: Yup.

Andrew: So, when you want to talk about your younger sisters, what do you refer to them as? Do you say like my first youngest sister and my second youngest sister? Or do you say my younger sister and my youngest sister? What kind of words can we use to talk



about siblings when we have more than one that are younger than us? Or more than one that are older than us?

Kassy: Yeah, that's a good question. There really isn't a great way to express that in English. We often describe our siblings by where they live, because we all live so far apart. So, I have my Oregon sister and my North Carolina sister. I have my Sweden aunt and my Portland aunt and my Philadelphia aunt. And so, we all talk about each other using locations, but I don't think everybody does that.

Andrew: Yeah, I don't really do that. I call all my aunts and uncles by their first names. I usually use for example, you know, my aunt Anne and my aunt Sue, something like that. And in terms of my family, my younger brother and younger sister are really easy to refer to because they're different genders. So, I think if I were in this situation where I had two older brothers, for example, I would yeah, maybe you could use oldest brother and older brother. But probably I just refer to them by name, right? I'd say "Oh, my brother, Paul, my brother, Jeff. And oh, he's my oldest brother. He's the first in our family." We don't really have specific vocabulary to talk about that. Whereas I know in other languages, especially in Korean, Kassy, I'm sure you've come across that there are so many specific family terms for each member of the family on each side.

Kassy: Yeah, I hate it.

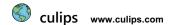
Andrew: Thankfully, in English, guys, you don't have to worry about that. We don't have specific words like that in English. And **you can thank us later** because Kassy and I know it's very difficult to learn all these specific family words in Korean. Kassy, we're getting off track, though. Again, let's get back on track to your vacation and I'm sure you have more that you want to tell us.

Kassy: Yeah, I think there's only one more major thing that I wanted to talk about. After our two weeks at the beach. We drove many cars up to Pennsylvania. It's about an eighthour drive. And we got back to my hometown, we hung out there for a couple of days and then the Friday before we left, my husband and I had our US wedding reception.

Andrew: Oh, very nice. So, you had not like a wedding ceremony, but just the party part, the reception?

Kassy: Yeah, exactly. So, I didn't wear a super-fancy dress, it was like a blue polka dot dress. But we invited all of our friends and family, and we rented out a space. And we had a buffet, and we had a small music group. And we had a video playing, and music and a little bit of dancing. It was very fun.

Andrew: Nice. That sounds really fun. Where did you have the reception, was it outdoors?



Kassy: It was indoors. But luckily for the people that got a little bit **antsy**, you know, they wanted to get some air, there was a basketball court outside. So, some people, you know, went outside shot a few hoops, came back in. It was fun.

Andrew: Wow, that's awesome. I'm glad that you had an opportunity to celebrate with some of your friends and family as well because as I know, getting married during the height of the pandemic, it was really difficult for a lot of people to go to weddings and to celebrate with you at the time. So, that's great that you were able to make up for that with kind of personal party back home.

Kassy: Yeah, exactly. Again, like I mentioned a few minutes ago, our family lives all over the US and the world. So, this was probably the first and maybe last time that we're gonna all be together like that, at least for a while.

Andrew: So, Kassy, I have one final question here for you before we wrap up, and that is about food because I'm hungry right now I'm maybe thinking about food. So, I would like to know, what was the best meal that you had on your trip?

Kassy: The best meal? You know, my Korean friends laughed at me when I said this and you're probably gonna laugh at me too. I really didn't miss American food this trip. I kind of missed Korean food by the end of it. But I guess **if I had to pick one, it would be** pizza.

Andrew: Pizza can't go wrong with a classic. And nobody does it better than the Americans, except for maybe the Italians, probably they do pizza best. And then after I would say America is number two. That sounds good. Kassy, what style? I know there's like, you know the Chicago deep dish pizza. There's New York thin slice pizza. There's Detroit style pizza. What style did you have?

Kassy: The New York style, the thin slice.

Andrew: That's my favourite, also.

Kassy: It was pretty good. Oh, and beer in a bottle. It's just not as good in a can, which is usually what you get here. That was pretty refreshing. Yeah, Andrew, I'm sure we're going to talk about your trip when you get back. But just as a preview here, what food are you most looking forward to trying this summer?

Andrew: Yeah, so it's really kind of interesting, because this will be my first-time visiting Canada with my wife. She's only been to Canada very briefly, she spent one day in Toronto during a stopover on a trip that she was making to Cuba actually. And so, she's never really explored Canada very much. And we've never visited together. So, I feel a lot of pressure, like I want to show her Canada and introduce her to like the best of the best, right? I don't want to waste our time because we only have about 10 days for this trip too, not very much time. So, I only want to eat the most delicious Canadian foods and really try



and show her the best parts of the country. So, I've been thinking about this, and I have a list of foods that I want to introduce her to. But me personally, the food that I miss that I want to eat is actually—I think it's like Polish or Ukrainian food. But since my hometown has a lot of immigrants from this part of Eastern Europe, it's easy to get this in my hometown and it is a food called perogi with just like a dumpling that has potato and cheese inside and sometimes you eat it with a sausage or with sauerkraut and sour cream and chives.

Kassy: That sounds good.

Andrew: Yeah, I'm looking forward to eating perogies in my hometown, there's a restaurant I'll give them a shout out, it's called Cecil's Perogies they do a good job and I'm excited to visit Cecil's this summer.

Kassy: Well, Andrew, you'll have to tell us how those perogies turned out after your trip.

Andrew: I will do, so stay tuned for that everyone. I'm sure our listeners will be dying to know about the perogies.

Well, everyone that will bring us to the end of today's episode. So, thank you so much for listening and great job on completing an English study session with us. And now it's your turn to add to the conversation. So, we'd love to hear any stories that you have about how you've been spending the last few months here in July and August, which of course is summer in our neck of the woods. But I know in the southern part of the world, it is the winter. So anyways, guys, how have you been spending your July and August? Please leave a comment on Culips.com or on our discussion forum and let us know, share those stories with us.

Kassy: And if you liked this episode, please support us. Your support allows us to keep making English lessons for learners all over the world and we can't do Culips without you. The best way to support us is by signing up and becoming a Culips Member. For all the details just visit our website, Culips.com.

Andrew: You can also support us by following us on social media, telling your friends who are learning English check us out or by leaving us a review and rating on Apple Podcasts or really wherever you listen to Culips. That's it for now but we'll be back soon with another brand new episode and we'll talk to you then. Goodbye.

Kassy: See ya.



Detailed Explanations

To keep up with [something]

Phrasal verb

The expression **to keep up with [something]** means several different things. The version used in this episode means to do whatever is necessary to continue to understand what someone is saying.

In this episode, Kassy used this expression to describe her sister's classmate, a boy that moved to Pennsylvania from a southern state. He was born and raised in the USA, however, northerners, like people from Pennsylvania, tend to speak faster than the people in his hometown, so he had a hard time **keeping up with** in conversations with the people around him. He was unable to understand them clearly because he wasn't used to people speaking so quickly.

If you are unable **to keep up with** a conversation, it means that you don't understand it, and as a result, can't participate in the conversation. On the other hand, if you can **keep up with** a conversation, you understand what's being said and can actively participate in it, if necessary.

Here are a couple of examples with to keep up with:

Arthur: Hey, Freya. How did your date go last night? Did you have a good time hanging out with Mike?

Freya: Honestly, last night was so fun! I was a bit worried at first, cause, you know, he's a New Yorker and they speak so quickly, with a different accent. I was a bit afraid I wouldn't be able **to keep up with** the conversation, but it went alright.

Arthur: Yeah, it took me a while to get used to his accent but he's such a nice guy. I'm glad you two got along.

Student: What should I do when I don't understand what people are saying?

Teacher: You may have to ask people to repeat themselves if necessary. You can also ask them to slow down if you find it difficult **to keep up with** what they are saying. English is not your native language and it's absolutely fine if you can't understand what someone is saying sometimes. You need to be honest about it—don't fake understanding.

Student: That's a brilliant piece of advice. Thank you and see you next class!



To digress

Verb

Have you ever had a conversation where the topic changes and you end up talking about something completely different than what you intended at first? When we have conversations, it is natural to move away from the main topic and start talking about something unrelated.

To **digress** means to lose track of the main topic of conversation and begin to talk about something else. When you realize that the conversation has shifted away from the main topic and you want to bring the conversation back to the main topic, you can say **I digress**. In this episode, Kassy says "But anyway, anyway, **I digress**," after she realizes that she wanted to talk about board games but then ended up talking about air travel.

When you say **I digress** you are saying that you want to get back to the main conversation topic. This expression can be used in both writing and speaking and is a good term to use when explaining that you would like to return to the original topic.

Here are a couple more examples with **to digress**:

Ivy: It's a simple yes or no question, isn't it? Did you or did you not go there? Why do you keep talking about your car? Get to the point already!

Elsie: I thought it would be important to tell you about my day first but okay, I **digress.** I hate it when you call me out like that. I just wanted to share with you.

Ivy: Why can't you just tell me what happened, Elsie? You're unbelievable!

Maya: And then, for dessert, the server brought out this fabulous chocolate cream pie. It was so sweet and delicious!

Albie: Sounds like you and your husband had a wonderful anniversary dinner.

Maya: Yes, we really did. Anyway, **I digress**. What were we talking about again?

Albie: You were talking about the agenda for next week's staff meeting.

Maya: Oh yes, that's right. So, if you don't mind, could you please print copies of the report for everyone who will be attending the meeting?

Albie: Sure, no problem.



If I had to pick one, it would be...

A conditional sentence

Sometimes, when you don't feel like making a decision or it is too difficult to choose between option A and option B, you can say something like, "I don't know, but **if I had to pick one, it would be...."** We use this kind of sentence when we must make a decision or a choice, even though we don't really want to or don't see the purpose of it.

That's exactly what happens in this episode when Andrew asks Kassy about the best meal that she had on her trip back home. In response, she says that she didn't miss American food that much and that there was nothing that she loved but **if she had to pick one, it would be** pizza. There wasn't a meal that she would call the best, but since Andrew is asking her to make a choice, she picks the meal that she felt the most strongly about, which was pizza.

Here are a couple more examples with **if I had to pick one**, **it would be**:

Evie: I know that you're a big fan of all the Marvel movies, but which one is your favourite?

Millie: That's tough. I really do love them all. But, **if I had to pick just one, it'd be** *Guardians of the Galaxy*. Not only is it hilarious, but it also features a lot of good music that I ended up adding to my playlist.

Evie: That's a great choice. I love that movie too.

Laura: It is amazing when you're known as an expert in something. People start looking up to you and they want to know more about your life and things that you do on a daily basis.

Frankie: So, what do you think is the secret to success? Is there anything in particular that all successful people do?

Laura: Personally, I don't believe there is anything in particular. But **if I had to pick one thing, it would be** consistency. Work hard and don't slack off.



To digest (information)Verb

To digest means to think about something fully so that you can completely understand it. For example, when you're dealing with a lot of information at one time and feel overwhelmed by it, you would need to take time **to digest** it. This also applies to if you're trying to learn something new which is hard to understand.

Another example includes being told some unpleasant news, like being told that you've lost your job or that a close friend has passed away. Often after hearing terrible news like that, we need some time to process and **digest** the information because it is too hard to accept right away.

In this episode, Kassy talks about how difficult it is for her younger cousins **to digest** the rules to boardgames. This means that her cousins didn't understand the rules immediately. Instead, they needed time to learn the rules before they understood how to play.

Here are a couple more examples with **to digest**:

Professor: And before we wrap up today's lesson, I'd like you to take a closer look at this graph. As you can see, this curve goes up and down, depending on...

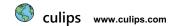
Student 1: (in a whisper): Don't you think it's a bit too much for a single lesson? My head is spinning!

Student 2: (in a whisper): I was thinking the same thing. I mean, I am a physics major, but todays lesson was way too much **to digest, even for me**.

Sophie: I have some bad news for you, Tommy. You'd better sit down. Your uncle Frank passed away this morning. I'm so sorry for your loss.

Tommy: What do you mean he passed away? This must be a mistake! I just saw him last week. He was doing so well!

Sophie: He had a severe allergic reaction that caused cardiac arrest. There was nothing we could do. I'm sorry, Tommy. This must be a lot for you **to digest** right now, but you need to stay strong.



You can thank us later

A common expression

When someone says, "You can thank me later," what they mean can vary depending on the situation.

When someone helps you with something you didn't know you needed help with, they might say "You can thank me later." By saying that, they mean that they would like you to return the favor by helping them in the future.

Another way English speakers use this expression is when giving unwanted advice, to which they then then say, "You can thank me later." This is what Andrew did in this episode when he told listeners how learning English is easier than Korean because the terms for family members are easier in English than in other languages. Here he was being sarcastic and joking that Culips listeners should be thankful that English is easy in this regard, compared to a language like Korean.

Notice that the pronoun in this expression can be replaced with any other pronoun if necessary ('you can thank *us* later', 'you can thank *them* later', 'you can thank *your friend* later', etc.)

Here are a couple more of examples with **you can thank us later**:

Oscar: Did you start studying for the final exam yet?

Mark: Yeah, I did. I made a bunch of study notes and summarized the lectures from the midterm exam up until now. I even made a copy for you. **You can thank me later**.

Oscar: Oh man! You're the best. Dude, if I pass this exam, I'm taking you out for dinner.

Mark: Steak?

Oscar: Yeah, whatever you like!

Mom: Toby, sweetheart, what did I tell you about that? No dessert until you clean off the plate and eat all your vegetables first.

Son: But why do you always make me eat veggies, mom? You know how much I hate them!

Mom: No means no, Toby. **You can thank me later** when you grow up to be healthy and strong.



To be antsy

Adjective

To be antsy, is to be a combination of impatient and excited or nervous. When someone is **antsy**, it can be a good thing or a bad thing. If it is good, they are so excited they feel restless in anticipation for that good thing. If it is bad, they look or feel nervous and anxious about the bad thing, and don't want it to happen. An antsy person will look fidgety and easily agitated.

For example, if you have been waiting in line for a long time to see a movie, you might start to feel a bit impatient or **antsy**. Just imagine having to be in line with a lot of people in front of you: there's no place to sit, your feet are starting to hurt, and, on top of that, you haven't had anything to eat for a long time. In that kind of situation, you would feel **antsy** and impatient, hoping that the line would end soon so you can get into the movie theatre.

Another example is when you can't wait for the next episode of your favourite TV show to be released. As you are impatiently waiting for the episode to air, you could describe your emotion as being **antsy**.

In this episode, Kassy mentions that some guests at her wedding party could go outside if they started to feel **antsy**. She means that it was possible for guests to get some fresh air if they started to feel nervous or impatient about being inside for too long (maybe they wanted to go outside for a smoke break or because they were worried about catching COVID-19).

Here are a couple more examples with to be antsy:

James: I always get kind of **antsy** about meeting a new boss. Isn't that weird?

Leo: It is kind of weird, especially with this one, given that you're almost twice his age.

James: I guess I just really want to make a good first impression.

Leo: Don't worry. Just be yourself and you'll be fine!

Samuel: How was your weekend last week? Did you take the kids to the amusement park?

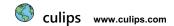
Logan: As a matter of fact, I did. It was a long drive and so they started to get **antsy** but that feeling wore off the moment we got inside. Long story short, we had a great time!

Quiz

- 1. Your friend has a habit of speaking too quickly. It isn't unusual for you to ask him to repeat himself. In other words, sometimes you can't really...
- a) help thinking why you two are still friends
- b) keep up with the conversation
- c) stop laughing
- d) contain yourself
- 2. You're in line for a brand-new iPhone. You're a bit worried that you won't get a phone in your favourite color. You're starting to get a little bit...
- a) nauseous
- b) antsy
- c) jealous
- d) happy
- 3. You tell your coach that you hate doing the extra set of squats he makes you do every exercise session. He said it was good for you and that:
- a) You'll thank him later
- b) You'll become very weak
- c) You'll be very upset
- d) You'll never forgive him
- 4. You just received a tragic piece of news. You'll need some time to...
- a) forget about it
- b) digest it
- c) eat it
- d) post about it
- 5. Which one of these phrases suggest that you are making a difficult decision you would rather not make
- a) If I don't want to pick one...
- b) I don't want to pick one, but...
- c) If I had to pick one, it would be...
- d) I will pick one this one, it will be...

Writing and Discussion Questions

- 1. Have you ever travelled abroad? If so, what countries have you visited? What countries would you like to visit next?
- 2. Do you prefer travelling alone or in company of friends? Why? What are the advantages and disadvantages of travelling alone?
- 3. Are there any places in the world that you'd never go to? Why?
- 4. Is it true that there's no place like home? Why do you think so?
- 5. Have you ever experienced homesickness? What 5 tips would you give to your friend to help them deal with it?



Quiz Answers

1.b 2.b 3.a 4.b 5.c

Episode credits

Hosts: Andrew Bates and Kassy White

Music: Something Elated by Broke For Free

Episode preparation/research: Andrew Bates

Audio editor: Andrew Bates

Transcriptionist: Heather Bates

Study guide writer: Aleksandr Zhavruk

English editor: Edden Yohanes

Business manager: Tsuyoshi Kaneshima

Image: Timothy Klingler (Unsplash.com)