

How to Be a Successful Traveller

如何做一个成功的旅行者

Andrew Wright 著

王春丽 注

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“How to”丛书出版说明

学习语言离不开阅读。对缺乏英语语言环境的中国英语学习者而言,广泛的阅读尤其重要。许多传统的英语阅读材料语言艰深,信息性局限,趣味性不高,往往与实际生活相脱节。读者很难从中直接获取生活的灵感从而提高自身素质。

为了使英语学习更富知识性和趣味性,使英语学习者由被动地接收信息到主动提高自身素质,外语教学与研究出版社与剑桥大学出版社合作推出了这套“**How to**”丛书。本丛书用简洁的英语,在轻松愉快的语言环境中就如何欣赏绘画、外出旅游、开发智力、与人交流、游戏娱乐等日常生活话题娓娓道来,并且配有大量活泼有趣的插图和著名绘画作品的图画。读者在通过阅读掌握活泼的当代英语的同时,也能丰富自身的生活常识,提高艺术欣赏水平,从而把所学知识直接付诸生活实际。而且,有生动精美的图片相伴,英语学习就不再只是生硬的记忆,也许您会惊喜地发现读英语变成了一件乐事,一种享受。衷心希望本丛书能助您早日达到这种境界。

Contents

Thanks vii
About this book viii
A few wise words for travellers ix

Travelling – then and now 1

How to prepare for your journey 2

Your papers please . . . and your money 2

Passport 2

Visa 2

Some tips 3

Student identity cards 3

Insurance 4

Illness 4

Luggage 4

Cancellation of your journey 4

Car insurance 4

Medical requirements 6

Are traveller's cheques a good idea? 8

What about credit cards? 8

Should I take some cash? 9

How to decide what to take 10

Your clothes 10

Which clothes for which month? 10

Checklists 12

What does she take? 14

Your luggage 15

What should you choose? 15

Suitcase 15

Shoulder case 15

Carry on bag 15

Wheels 16

Framed backpack or rucksack 16

Holdall 17

How to protect your luggage against thieves 17

How to label your luggage 17

How to enjoy travelling by air and by thumb 18

Fares: cheap, cheaper, cheapest 18

How to read your ticket 20

How to translate aeroplane noises 22

How to be comfortable 24

How to exercise on a plane 24

How to avoid jet lag 26

What is jet lag? 27

Your body clock 27

Jet set success may give you jet lag! 28

Jet lag mistakes. 28

How a US president avoided jet lag 28

The three step jet lag programme 28

Before the flight 29

During the flight 29

After the flight 29

Hitchhiking 30

An interview with an experienced hitchhiker 30

Do 31

Don't 31

The best way 32

Boats, rail, coaches and cars 33

How to look after yourself and other people 34

Going out with people 34

Do you give tips? 34

How to survive problems 35

Thieves 35

Pickpockets 35

Snatchers 35

Mugging	36
How to look after your valuables	36
Lost property	37
Your passport	37
Traveller's cheques	37
Credit card	38
Money	38
Car documents	38
Luggage	38
What to do?	38
Road accident	38
Police!	38
Arrest?	38
Illness	39
Death	39
How to look after a person who has been in an accident	39
Shock	40
She's not breathing	40
Her heart's not beating	41
Broken bones	41
Cuts and bleeding	42
Being lost . . . how to find your way	42
Walking in circles	42
Get to know a city's pattern	43
Learn to recognise tall buildings	44
Can you use a compass?	44
A compass from a watch	44
Your direction by the stars	45
How to use the sun and the stars	46
How to read a map	46
Understanding symbols	46
Hills	47
Scale	47
Grid reference	47
Lake District	48
How to survive less common problems	49
Extreme cold	49
Before you start	49
Take the right equipment	50
If anything goes wrong	50
A checklist for walkers	50
Cold kills	51
How your body loses its heat	52
What must a well-dressed walker wear?	52

What materials are good in cold places?	53
Frostbite	53
You may have to make a shelter	54
How to stay alive in the desert	55
General planning	55
How long can you live?	56
Danger	57
In swamps and quicksand	57
On ice	57
In the tent	57
Avalanches	58
Lightning	58
How to signal for help	60
In a car	60
In the mountains	60
In a boat	60
To pilots	60
Games for boring moments	61
Did you see that car?	61
Find your letters to spell your word	61
I'm hiding	62
How many in one minute?	62
Traffic police: who has the sharpest eyes?	62
Guessing time and distance	62
Tell a story	62
Lip reading	62
How to plan a holiday in Britain	63
What do you really want?	63
Holidays in a city	64
Holidays by the sea	65
The green and pleasant land	66
A country full of history	67
A lazy canal holiday	68
Holiday centres	69
Activity holidays	70
How to have a free holiday!	73
Where are you going to stay?	74
Holiday cottages	74
Farmhouse holidays	75
Bed and breakfast	76
Youth hostels	76
Camping and caravanning	76

Hotels	77
Families	77
Useful addresses	77

How to understand holiday brochures 79

Florida	79
Can you read costs?	81
Golden West Tour	82

Last thoughts	84
Answers	84
Acknowledgements	86

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In a book of this kind one is naturally influenced by a large number of writers, lecturers, friends and acquaintances. However, I should like to acknowledge the following writers and their books in particular: J.M. and M.J. Cohen, *Modern Quotations*, Penguin; *The Oxford Dictionary of Quotations*, Oxford University Press; *The International Thesaurus of Quotations*, Penguin; Brian Moynahan, *Fool's Paradise*, Pan; Peter and Magda Hall, *The Penguin International Travel Handbook*, Penguin; John Hatt, *The Tropical Traveller*, Pan; Ingrid Cranfield (ed.), *The Traveller's Handbook*, Heinemann; Charles F. Ehret and Lynne W. Scanlon, *Overcoming Jet Lag*, Berkley Books, New York; Simon Calder, *Hitch Hiker's Manual*, Vacation Work, Oxford; Eddie McGee, *No Need to Die*, Paul Crompton Ltd.

About this book

How to be a Successful Traveller is one in a series of five books. There are seven chapters, each dealing with a different aspect of travelling. There are several different sections in each chapter, and some will probably be more interesting and relevant to you than others. There is no need to read every section. I hope you will find it all interesting and entertaining, and that your reading of English will improve as well as your travelling.

- ★ Indicates that there is a question you should think about on your own.
- ★★ Indicates that if you are reading the book with another person you should talk about this particular question with him or her.

You may be reading the book while studying English in a class, with a teacher, or you may be reading it at home in the evenings, or on a train, or anywhere else – it doesn't matter!

What I do hope is that you enjoy reading about travel and travelling – in English!

A few wise words for travellers

★ Do you agree with any of them?

No man should travel until he has learned the language of the country he visits. Otherwise, he voluntarily makes himself a great baby, – so helpless and so ridiculous.

(Emerson, *Journals*, 1833)

The heaviest luggage for a traveller is an empty purse.
(English Proverb)

He that travels much knows much.
(Thomas Fuller, *Gnomologia*, 1732)

They change their climate, not their soul, who rush across the sea.
(Horace, *Epistles*, 20–8 BC)

Travelling. This makes men wiser, but less happy.
(Thomas Jefferson, letter to Peter Carr, Aug. 10, 1787)

A traveller without knowledge is a bird without wings.
(Sa'di, *Gulistan*, 1258)

He who would travel happily must travel light.
(Saint Exupery, *Wind, Sand, and Stars*, 1939)

For my part, I travel not to go anywhere, but to go. I travel for travel's sake. The great affair is to move.

(Robert Louis Stevenson, *Travels with a Donkey*, 1879)



* Travelling – then and now

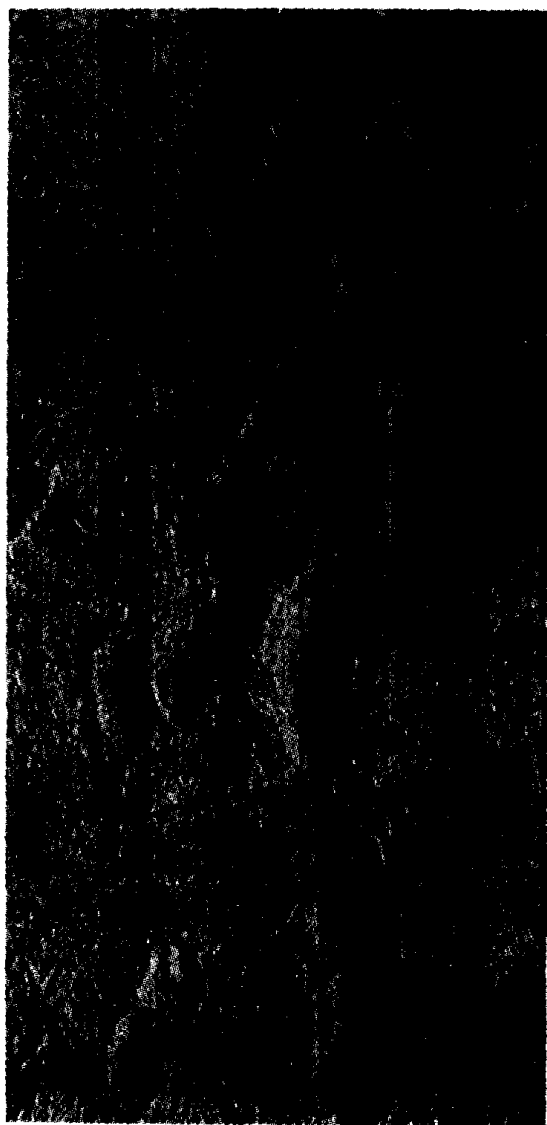
These are the prints of people who
* lived 3.6 million years ago. The prints
have been fossilised into stone and
were discovered in Kenya by Mary
Leakey, the anthropologist.

* People have always travelled. People
* have searched for food, fled from
* danger, and always wondered what is
round the next corner, what is over the
* horizon.

Today we sometimes travel for
* similar reasons. But we also travel for
business, as tourists and to visit friends
and relatives. And there must be many
other reasons!

More people travel than ever before.
For example, in 1982 310 million
people went abroad for their holidays,
* and they spent \$100 billion. Tourism is
the reason why most people travel. And
this includes the British! Almost as
many British people spend their
* holidays in Spain as in the South-West
of England (a well-known holiday
region). Spain, Greece, Morocco and
Ireland earn more from tourism than
from anything else. Britain earned
£4,194 million from tourism in 1984.
* British airlines earn £200 million per
* year from tourism. Even one shop can
earn a fortune: Harrods in London
earns a very large proportion of its
income from overseas visitors.

* According to a recent survey, the
people who travel the most are in this
* order: the Germans, the
Americans, the French, the British . . .



(John Reader)

If you would like lots of practical
advice about travelling, read the rest of
this book! *

* How to prepare for your journey

* Your papers please . . .
and your money



DON'T LET IT HAPPEN TO YOU!

* *Passport*

Everybody knows that they must have a passport when they go to another country. But many people wait until the last minute before applying for a new passport or for the renewal of their old one. In Britain it can take up to one month to have a new date stamped in a passport! Before you travel write down the number of your

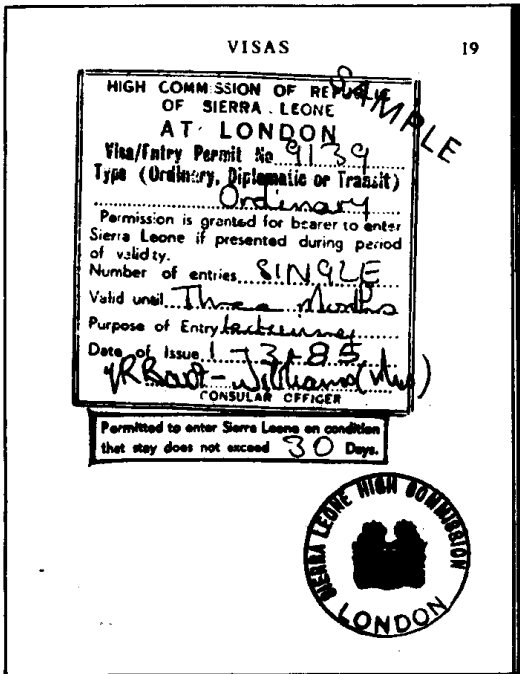
passport, the date of issue and the place of issue, and keep this information safe, perhaps in your diary.

Visa

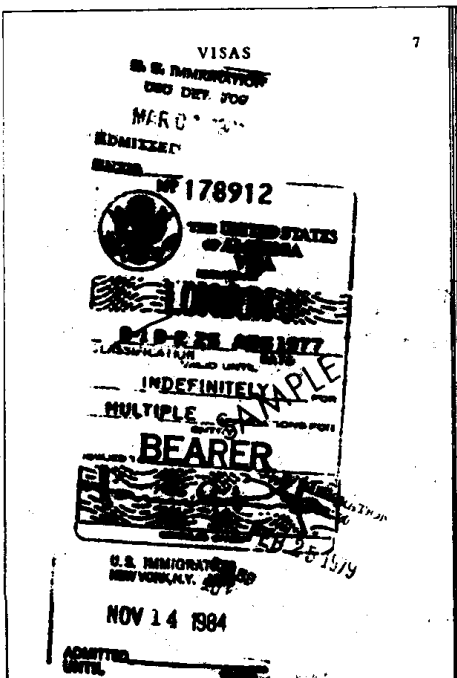
Sometimes you will need special permission to enter a foreign country and you will have to obtain a visa. Usually your travel agent will tell you if you need a visa. However, if you are in *

any doubt, you should contact the embassy of the country you want to go to, and ask them.

* Here is my visa for Sierra Leone.



★ How long was I allowed to stay?
Here is a visa for the USA.



SOME TIPS

- 1 If you go to the embassy to get a visa you may have to wait a long time. Make sure you have all the correct papers and information with you, because if you make a mistake you may have to start to queue again! Don't forget you will have to pay for the visa. In some countries you can pay an agent to get you a visa. In Britain Thomas Cook charges £5.00. This is cheap!
- 2 For many countries in Asia you may have to visit the embassy several times and it may take a week to get a visa. And it may take several weeks to get visas for African countries. Sometimes the embassy sends your application back to their home country. And this, of course, takes a lot of time. So allow a lot of time!
- 3 You will usually be asked to give a number of passport photographs of yourself. If you are travelling it is a good idea to have a lot of photos with you.
- 4 There are other possible requirements: you may have to show vaccination certificates; you may have to prove that you are going on holiday and not looking for work.
- 5 Never stay beyond the date allowed by the visa. You may have to pay a lot of money in fines or you may be put in prison.

Student identity cards

The International Student Identity Card is very useful. Full-time students (of any nationality) may have one and benefit from cheap fares, cheap accommodation, reduced or free entry to museums, etc. To get one, send the following information to your local student travel office:

How to prepare for your journey

- proof that you are a student, for example, a letter from the college or school which you attend or your
- * student union card. You must also send

a passport photograph (signed on the back), with your full name, date of birth and nationality.

* Insurance

ILLNESS

- * Being ill in other countries is expensive. And when you are ill you don't feel you
- * want to think about money. The cost of medical care in the United States is
- * particularly high. An operation and a week or two in hospital might cost
- * \$100,000! However, many countries have an agreement to provide free (or cheaper) medical care for foreign
- * visitors from some countries. Ask in
- * your local 'health office' for
- * information; Europeans must use a special form.

* LUGGAGE

The airlines don't give you much money if they lose your bags. You

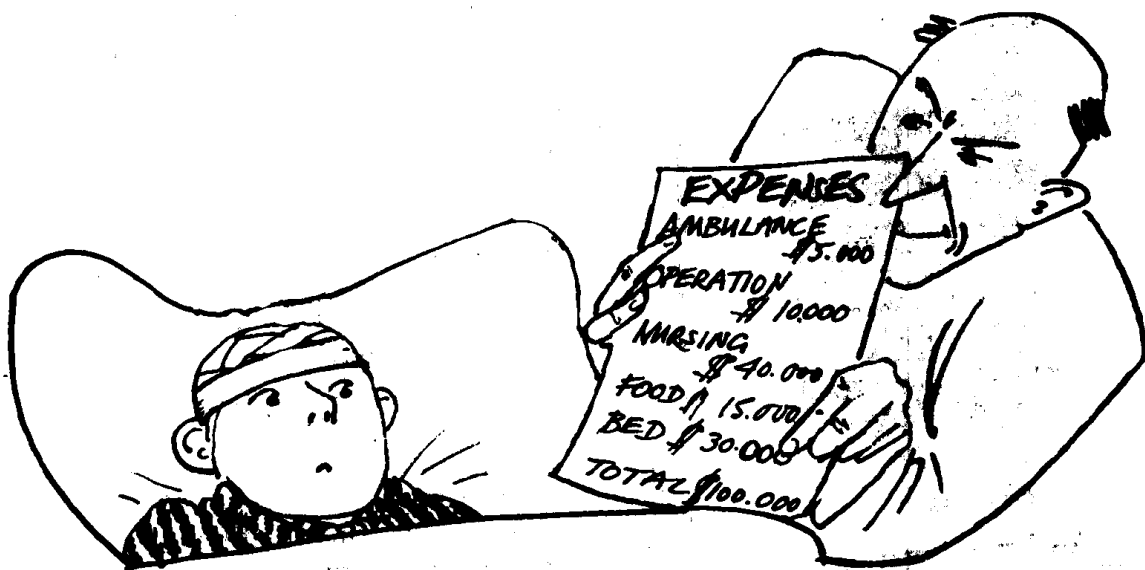
might like to pay for insurance in case * your luggage is lost or damaged. *

CANCELLATION OF YOUR JOURNEY *

It is possible to insure against the loss * of money if you have to cancel your travel tickets.

CAR INSURANCE

Papers and car insurance for car drivers * are essential. You can get the right information from a motoring * organisation in your country. You will certainly need your driving licence and * often an International Motor Insurance * Certificate (Green Card) is necessary. If * you are hiring a car make sure you have enough insurance.



★ Which is the best insurance?

A look at the basics

* * Company	Premium cost	Accident	Cancellation/ curtailment	Illness	Loss or theft of money	Loss or theft of baggage	Comments
AA	£19.60	£100,000	£3,000	£1,000,000	£250	£1,000	Benefits can be doubled for an extra £14.80
Centurion/ American Express	£35.00* £55.00**	£60,000	£50.00	£60,000	***	***	Linked to Europ Assistance
Cornhill	£16.00	£15,000	£3,000	£100,000	£250	£1,000	
Extra Sure	£26.00	£25,000	£1,000	Unlimited	£100	£1,000	Day trip cover for £3.50
General Accident	£16.00	£5,000	£1,500	£100,000	£500	£1,500	Linked to Europ Assistance
Holidaycare	£17.45	£15,000	£1,000	£1,000,000	£300	£1,000	24-hour emergency service
Lloyds Black Horse	£15.60	£5,000	£2,000	£100,000	£200	£1,000	Free insurance extension if necessary
Prutavel	£23.40	£25,000	£5,000	Unlimited	£400	£2,000	Allied to Thomas Cook Travel

* One year's full cover

** One year's full cover for traveller and car

*** Cover varies

Note:

Prices quoted are for 5-8 day cover

* Sir, just before departure to
 * the United States my colleague
 * discovered that my travel
 * insurance had a limit of £50,000
 * to cover sickness and accident.
 * He argued so well that this was
 * not enough that I agreed to
 * increase it with an insurance
 * agent at the airport. Cover for
 * £1,000,000 cost me about £30.
 * I felt that I had made a mistake
 * and we laughed about it most of
 * the way across the Atlantic.
 * Within two days of arriving in
 * the States I had a heart attack
 * which was rather serious. There
 * were complications in which I
 * also caught pneumonia. I was in

a very poor condition for several
 weeks and spent a long time
 recovering. The bill for this was
 more than £300,000. If I had
 not had the insurance cover I
 could not have paid and would
 not have been treated. I would,
 in fact, not be alive today to
 write this letter. It was for this
 reason that I felt it was my duty
 to let other readers of your
 journal know how important
 good insurance was for me. I
 will, fortunately for me, be able
 to laugh my way over the
 Atlantic again.

Yours faithfully,
 Robin Harley

* Medical requirements

- * Many countries in the world insist that
- * visitors are vaccinated against yellow
- * fever and cholera. The chart on page 7 shows you where there are dangers of these diseases and whether vaccinations are required. However, you must get up to date information from the embassy of the country you are going to, from your travel agent or from your local 'health office'.



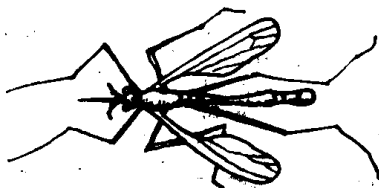
Get advice from your local doctor about two months before you go.

- (Some vaccinations take several days to become effective.) Make sure you get a
- * vaccination certificate: it must be
 - * signed by your doctor and it must be stamped by your local health authority.

- * **Yellow fever** This disease is still common in some countries. The vaccination lasts ten years.

Cholera Although cholera is a particularly dangerous disease some countries don't insist on vaccination because the vaccination isn't very effective! Check with the embassy, etc. of the country you are going to.

- * **Malaria** This disease is growing more powerful all the time. In 1966 there
- * were 40,000 cases of malaria in India and in 1976 there were 6 million cases! You can get malaria if you are bitten by
- * an infected mosquito. However, you
- * can take tablets each day which will protect you.



While you are abroad

Have a small first aid kit with you

A packet of adhesive dressings, some insect-repellent and antiseptic creams and water-sterilisation tablets will take up little space and could be useful. But do not take any kind of medication to avoid getting diarrhoea unless advised to do so by your doctor.

Make sure drinking water is safe

and the water you use for cleaning your teeth and washing your mouth. Unless you know it is safe - bottled water usually is - sterilise your drinking water. You can do this by boiling the water or by using sterilisation tablets. Milk should be boiled before use unless it is pasteurised or sterilised.

Be careful with these foods

Raw vegetables, salads and unpeeled fruit; raw shellfish; cream, ice cream and ice cubes; under-done meat or fish; and uncooked, cold or reheated food generally can all be contaminated. Freshly cooked foods are safer.

Personal hygiene is vital

Always wash your hands before eating or handling food, particularly if you are camping or caravanning.

The sun can burn your skin faster than you think

The paler your skin, the more quickly and painfully you can be burned, and the more protection you need. For the first day or two allow only 15 minutes direct exposure before covering up. As your tan develops you can allow yourself a little more sun each day, but don't overdo it.

Avoid heat exhaustion

If you rush about and exert yourself too much in a hot climate you will sweat a lot, and your body will lose too much fluid and salt. This can cause headaches, dizziness and nausea. You can prevent this by taking extra salt, drinking plenty of fluid and wearing loose, lightweight clothing - preferably made of cotton or other natural fibres.

VD risks

Sexually transmitted diseases are a serious threat to health throughout the world. If you think you may have been infected, get medical advice and treatment immediately.

Insect pests

Insects spread disease in tropical areas so use insect repellents.

Look at the table of diseases and

*precautions.

★★ Imagine you are going on a business trip for 10 days to Ghana. What vaccinations must you have before you go or what pills must you take with you?

★★ Imagine you have won first prize in a competition. You are going to

India, China, Indonesia, Japan, New Zealand and Australia. What precautions will you need to take for each country?

★★ If somebody is coming to your country, which, if any, of these illnesses would you warn them about?

Diseases and precautions

	Risk areas	How caught	Vaccination	Vaccination certificate needed?	Revaccination	Other precautions
Cholera	Africa, Asia, Middle East	Contaminated food or water	Usually 2 injections by your doctor	Some countries may require evidence of vaccination within previous 6 months if there have been any cholera outbreaks in countries through which you have travelled. Check before you go	Every 6 months until you return	Vaccination does not guarantee full protection, so take scrupulous care over food and drink
Infectious Hepatitis	Places where sanitation is primitive	Contaminated food or water or contact with an infected person	Get advice from your doctor	No		Take scrupulous care over food, drink and hygiene
Malaria	Africa, Asia, Central and South America	Bite from infected mosquito	None, but anti-malarial tablets are available			
Polio	Everywhere except Australia, New Zealand, Europe, North America	Direct contact with an infected person; rarely by contaminated water or food	3 doses of drops from your doctor, taken at 4-8 week intervals	No	May be needed after 10 years. Ask your doctor	Take scrupulous care over food and drink
Rabies	Many parts of the world	Bite or scratch from infected animal				
Smallpox	None		Not necessary	No (Smallpox has been eradicated worldwide)		
Tetanus	Places where medical facilities not readily available	Open injury	Get advice from your doctor	No		Wash any wound thoroughly
Typhoid	Everywhere except Australia, New Zealand, Northern Europe, North America	Contaminated food, water or milk	2 injections from your doctor, at an interval of 4-6 weeks. If you have to go abroad urgently, the interval can be reduced to 10 days	No	Usually after 3 years (one injection only)	Take scrupulous care over food and drink
Yellow Fever	Africa, South America	Bite from infected mosquito	1 injection at a Yellow Fever Vaccination Centre, at least 10 days before you go abroad. To make an appointment telephone your nearest centre	Some countries may ask for a certificate if you have passed through a country where yellow fever is present. Check before you go	After 10 years	Avoid mosquito bites, as for malaria

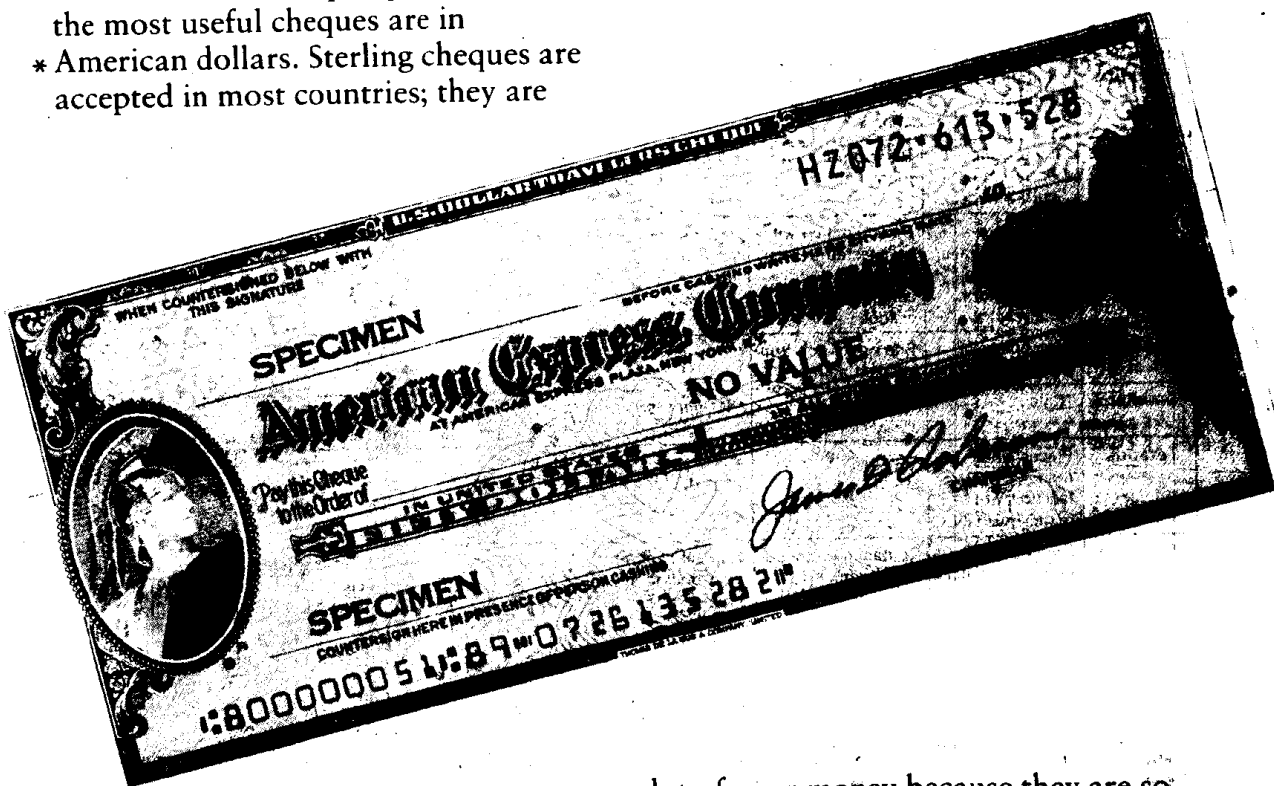
How to prepare for your journey

* *Are traveller's cheques a good idea?*

- * Many travellers carry traveller's cheques instead of cash. In some countries you can actually use the cheques instead of cash . . . you don't need to go to a bank to change the cheques into money but the shopkeeper, etc. will accept them as money.
- * You buy traveller's cheques from a bank in your own country, and then exchange them for cash in any bank in the country you are visiting. When you take your cheques to a bank the clerk will ask to see your passport and will compare your signature on the cheque with the one on the passport. Probably the most useful cheques are in American dollars. Sterling cheques are accepted in most countries; they are

sometimes not accepted in the United States.

If you lose your cheques or if they are stolen the bank will give you your money back. Some banks or agencies give you the money very quickly if the cheques are stolen and some take a very long time. So, before you buy the cheques, ask the bank how they will pay you if the cheques are lost. Some banks don't pay you until you return home! Thomas Cook and American Express have agencies in every country and they are ready to pay you quickly when you need help. American Express try to pay within 24 hours.



* *What about credit cards?*

- These cards are very useful . . .
- * although they do tempt you to spend a

lot of your money because they are so easy to use! Wherever you are, good hotels will let you stay, car hire firms will let you hire their cars, and airlines will let you buy their tickets with a credit card.

For just £10 a year – any member of your family can also enjoy all these benefits.

- The Card welcomed by over 700,000 establishments – hotels, restaurants, ticket offices, shops, garages and service stations – throughout the world... with over 60,000 of them in the United Kingdom and Ireland alone.
- Freedom from dependence on cash or frequent cheque transactions.
- Freedom from bother with currency exchanges when travelling.
- Up to £35,000 Travel Accident Insurance at no extra cost when travel tickets are charged to the Card. (*Insurance offered through American Express and subject to conditions of cover.)
- Car hire usually without deposit... theatre bookings by telephone.
- Privilege assistance from the world's largest travel service, including cheque-cashing facilities at many branches worldwide.
- Special Cardmember benefits, exclusive to American Express, such as Medex Assistance when travelling overseas. (Full details on request.)

● Please allow up to 28 days after receipt of Card for delivery of wallet.



American Express Europe Ltd. P.O. Box 76, Brighton, Sussex BN2 1YW.

Should I take some cash?

It is always useful to have some cash,

- * particularly if it is a world currency.
- * American dollars are the best, as they are readily accepted all around the world.

Try to take some cash of the country you are going to. When you arrive in a

- * foreign country the banks may be closed and you may have to pay a taxi

driver or make a phone call. However, it is usually easy to change money at the airport when you arrive.

Don't forget Write down the numbers and the relevant names and addresses of all your papers . . . your passport, traveller's cheques, camera number, etc., etc. Keep one set of numbers with you and leave one at home with a friend.