全球银龄学院

Global Academy of Lifelong Learning

Travel Planning Made Simple

旅行规划其实很简单

A self-study course in 8 lessons

自学课程，共 8 课

Travel with confidence, at your own pace

从容出行，按自己的节奏



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This course gives general travel-planning information only. It does not give medical advice, and it does not list prices, deals, or entry rules, which change often. Always check current prices and official sources before you book, and check with your doctor before traveling if you manage a health condition.

本课程仅提供一般性的旅行规划信息，不提供医疗建议，也不列出具体价格、优惠或入境规定，因为这些经常变化。预订前请务必核对最新价格和官方信息；如果您患有需要管理的健康问题，出行前请咨询医生。

Welcome / 欢迎

Welcome to Travel Planning Made Simple! This is a self-study course, so you can work through it at your own pace — one lesson a day, one a week, or all in your own rhythm. Each lesson takes about 60 minutes. Every lesson ends with a short self-graded quiz so you can check your own learning. You do not need to send your answers anywhere.

欢迎来到《旅行规划其实很简单》！这是一门自学课程，您可以按照自己的节奏学习——每天一课、每周一课，或者完全按自己的安排。每课大约需要 60 分钟。每课末尾都有一份简短的自测小测验，方便您自己检查学习效果，无需向任何人提交答案。

What this course is about: Planning a trip can feel

complicated — flights, hotels, packing, money, health, and getting around. This course breaks it into small, calm steps. You will practice each step with examples from trips in the United States and trips in China, whether you travel alone, with family, or in a group. By the last lesson, you will have planned a complete practice trip of your own.

本课程的内容：规划旅行可能让人觉得复杂——机票、酒店、行李、金钱、健康和出行，不一而足。本课程把这些分解成一个个小而从容的步骤。您将通过美国境内旅行和中国境内旅行的例子来练习每一步，无论您是独自出行、和家人同行，还是跟团旅行。到最后一课时，您将完成一份属于自己的完整练习旅行计划。

What you need: A notebook or a folder for your trip plans, a pen, and, if you use one, a smartphone. That is all. You will build a personal travel file lesson by lesson: your dream list, your budget, your bookings, your packing list, and your final itinerary.

您需要准备的：一个笔记本或文件夹，用来存放您的旅行计划；一支笔；如果您使用智能手机，也可以带上。仅此而已。您将一课一课地建立自己的旅行档案：梦想清单、预算、预

订、行李清单和最终行程。

One important habit: Prices, schedules, discounts, and entry rules change often. This course teaches you how to plan and where to check — the airline's own website, the hotel's own website, and official government sources — rather than giving you numbers that may already be out of date. Whenever a lesson says "check the current price," that is a skill, not a gap: checking is part of good planning.

一个重要的习惯：价格、时刻表、优惠和入境规定经常变化。本课程教您如何规划、去哪里核对——航空公司官网、酒店官网和政府官方信息——而不是给您可能已经过时的数字。每当一课中说“核对最新价格”时，那是一种技能，而不是缺漏：核对本身就是良好规划的一部分。

How to use this course: Each lesson has a goal, a plain-language explanation, step-by-step guidance, a "Try this" activity, and a short quiz with an answer key. Take your time. Travel planning is a skill that grows with practice, and the best trip is the one you planned without rushing.

如何使用本课程：每课都有学习目标、通俗易懂的讲解、一

步一步的指导、“试一试”活动，以及附有答案的简短测验。请慢慢来。旅行规划是一项越练越熟的技能，而最好的旅行，就是那次没有匆忙赶工、认真规划出来的旅行。

Lesson 1 / 第 1 课

Dream It, Then Plan It: Choosing Where to Go and When

先梦想，再规划：选择去哪里、何时去

> **Goal / 学习目标：** By the end of this lesson, you can name three places you would like to visit, compare them honestly, and pick one trip to plan, with a season that suits you.
>
> 学完本课，您能说出三个想去的地方，实事求是地比较它们，并选定一次要规划的旅行，挑一个适合自己的季节。

Start with what you love / 从您喜欢的事物开始

Good trips start with honest wishes, not with advertisements. Ask yourself: Do I want to see family, rest by the sea, walk in nature, visit a museum, or taste new food? Do I like busy cities or quiet towns? Do I want to travel far, or stay close to home? There are no wrong

answers — the trip that fits you is the trip you will enjoy.

好的旅行始于真实的愿望，而不是广告。请问问自己：我是想探望家人、去海边休息、去大自然中散步、参观博物馆，还是品尝新美食？我喜欢热闹的城市还是安静的小镇？我想走远一点，还是留在离家近的地方？这些问题没有错误答案——适合您的旅行，就是您会喜欢的旅行。

Three questions that narrow it down / 三个帮您缩小范围的问题

1. Who is traveling? Traveling alone means full freedom. Traveling with a spouse, children, grandchildren, or friends means planning together — and that is a joy, too, if everyone says what matters to them early. **2. How far and how long?** A weekend trip close to home teaches you the same planning skills as a two-week journey. Start with a trip that feels comfortable, not frightening. **3. What season suits you?** Heat, cold, rain, and crowds all change a place. If walking in summer heat tires you, choose spring or autumn. If you dislike crowds, avoid festival weeks and school holidays.

1. 谁一起去？独自旅行意味着完全的自由；和配偶、儿女、孙辈或朋友同行，则需要大家一起规划——只要每个人早早说出自己在意的事，这也是一种乐趣。**2. 走多远、去多久？**离家近的周末旅行，和两周的长途旅行，需要的规划技能是一样的。先从一次让自己感到舒服、而不是害怕的旅行开始。**3. 哪个季节适合您？**炎热、寒冷、雨水和人流都会改变一个地方。如果夏天步行让您疲倦，就选春天或秋天；如果您不喜欢拥挤，就避开节庆周和学校假期。

Step by step / 一步一步来

1. **Write a dream list.** Write down five places you would like to visit, without worrying about cost yet. / **写一份梦想清单。**写下五个想去的地方，暂时不用考虑花费。
2. **Score each place.** For each place, give one point for each of these: I can afford it; the season is comfortable; the journey is not too hard; someone I love would enjoy it with me; I have a real reason to go. / **给每个地方打分。**对每个地方，符合以下每一条就得一分：我负担得起；季节舒适；旅途不太辛苦；有我爱的人愿意同去；我有真正的理由去。
3. **Pick one trip to plan.** Choose the highest-scoring place and write one sentence: "I will plan a trip to ____ in ____ (month), for ____ days, with ____." This sentence is the seed of your whole trip plan. / **选定一次要规划的旅行。**选得分最高的地方，写一句话：“我计划在__

__（月份）去____，共____天，和____同行。”这句话就是您整个旅行计划的种子。

Try this / 试一试： Take your chosen trip and write three things you most want to do there — for example, "see the sea at sunrise, eat noodles at a morning market, and visit my cousin." Keep this list in your travel folder; it will guide your budget and your itinerary later.

针对您选定的旅行，写下三件最想做的事——例如“看海上日出、在早市吃一碗面、探望表姐”。把这张清单放进旅行文件夹，它将在后面帮助您做预算和行程。

Check yourself / 自我检查 — Lesson 1 Quiz

1.What is the first step in planning a trip, before worrying about cost? / 规划旅行时，在考虑花费之前，第一步是什么？

2.Name two of the three questions that help narrow down a destination. / 说出帮助缩小目的地范围的三个问题中的两个。

3.True or false: a weekend trip close to home uses the same planning skills as a long journey. / 判断正误：离家近的周末旅行和长途旅行需要的规划技能是一样的。

4.Why should you avoid festival weeks if you dislike crowds? / 如果您不喜欢拥挤，为什么要避开节庆周？

5.Write one sentence describing a trip you would like to plan, using the pattern from this lesson. / 用本课的句式写一句话，描述一次您想规划的旅行。

Answers / 答案： 1. Write a dream list of places you would like to visit. / 写一份想去的地方的梦想清单。 2. Any two of: Who is traveling? How far and how long? What season suits you? / 以下任意两条：谁一起去？走多远、去多久？哪个季节适合您？ 3. True. / 正确。 4. Because festivals and school holidays bring larger crowds. / 因为节庆和学校假期会带来更大的人流。 5. Your own sentence is correct if it names a place, a month, a number of days, and your companions. / 只要您的句子写明了地点、月份、天数和同行人，就是正确的。

Lesson 2 / 第 2 课

Budgeting Your Trip: Costs, Savings, and Senior Discounts

旅行预算：花费、储蓄与长者优惠

Goal / 学习目标： By the end of this lesson, you can list the six

> main parts of a trip budget, estimate your own trip's cost, and name three places to look for senior discounts.
>
> 学完本课，您能列出旅行预算的六个主要部分，估算自己这次旅行的花费，并说出三个可以寻找长者优惠的地方。

The six parts of a trip budget / 旅行预算的六个部分

Every trip, long or short, has the same six parts: **1. Transport** — flights, trains, buses, or car costs. **2. Stay** — hotels or other lodging, per night. **3. Food** — meals and snacks, per day. **4. Activities** — tickets, tours, and entrance fees. **5. Local travel** — taxis, rides, and city transport. **6. A cushion** — extra money for surprises, like a changed plan or a small emergency. A good rule is to add about ten percent of the total as your cushion. If the total feels too high, change one part — fewer days, a simpler hotel, or a closer destination — rather than dropping the cushion.

无论长途还是短途，每次旅行都有相同的六个部分：**1. 交通**——机票、火车票、汽车票或自驾费用；**2. 住宿**——酒店或其他住处，按每晚计算；**3. 餐饮**——每天的饭菜和小吃；**4. 活动**——门票、游览和入场费；**5. 当地出行**——出租车、网约车和市内交通；**6. 预留金**——应对意外情况的额外开支，

例如计划变更或小小的紧急情况。一个好办法是把总花费的大约百分之十作为预留金。如果总数感觉太高，就调整其中一部分——少住几天、选简单一点的酒店，或者选近一点的目的地——而不是取消预留金。

Senior discounts are real — ask for them / 长者优惠是真实存在的——要主动问

Many transport companies, museums, parks, and attractions offer reduced prices for older travelers, but the discount is not always advertised. Always ask, in person or by phone: "Do you offer a senior discount, and what identification do you need?" In China, many scenic spots and public transport systems offer senior concessions — check the official notice at the entrance or on the official website. In the United States, national parks, museums, and some train and bus services offer senior rates. Bring an ID that shows your age, and never feel shy about asking: asking is how discounts are found.

许多交通公司、博物馆、公园和景点都为年长旅行者提供优惠价格，但优惠并不总会被主动宣传。请务必当面或电话询问：“请问有长者优惠吗？需要出示什么证件？”在中国，许多景区和公共交通系统都有长者优惠——请查看入口处或

官网的官方通知。在美国，国家公园、博物馆以及一些火车和长途汽车服务也有长者票价。请带上能证明年龄的证件，问的时候不用不好意思：优惠就是这样问出来的。

Step by step / 一步一步来

1. **Write your six lines.** In your notebook, write the six budget parts and leave space beside each. / **写下六个预算项目。**在笔记本上写下六个预算部分，每项旁边留出空位。
2. **Fill in rough numbers.** For your trip from Lesson 1, write a rough estimate for each part. Use "check current prices" as a note wherever you are unsure — then actually check one price today, for practice. / **填入大致数字。**针对第 1 课选定的旅行，给每个部分写一个大致估算。凡是不确定的地方，就写上“核对最新价格”——然后今天就实际核对一个价格，练一练。
3. **Add the cushion.** Add up the six parts, then add about ten percent. This is your trip budget. If it is more than you can spend, change one part and recalculate. / **加上预留金。**把六个部分加起来，再加上大约百分之十，这就是您的旅行预算。如果超出您的承受能力，就调整其中一部分，重新计算。

> **Try this / 试一试：** Call or look up one attraction on your dream list and ask whether it offers a senior discount and what ID it

needs. Write the answer in your travel folder. You have just practiced the single most useful money-saving habit in this course.

给梦想清单上的一个景点打电话或上网查询，问它是否有长者优惠、需要什么证件，并把答案写进旅行文件夹。您刚刚练习了本课程中最实用的省钱习惯。

Check yourself / 自我检查 — Lesson 2 Quiz

1.Name the six parts of a trip budget. / 说出旅行预算的六个部分。

2.What is the cushion in a trip budget, and about how much should it be? / 旅行预算中的预留金是什么，大约应该是多少？

3.If your trip total feels too high, what should you change instead of dropping the cushion? / 如果旅行总花费感觉太高，应该调整什么，而不是取消预留金？

4.True or false: senior discounts are always advertised, so you never need to ask. / 判断正误：长者优惠总会被主动宣传，所以您永远不需要询问。

5.What identification should you bring to claim a senior

discount? / 申请长者优惠时应该带什么证件?

Answers / 答案： 1. Transport, stay, food, activities, local travel, and a cushion. / 交通、住宿、餐饮、活动、当地出行和预留金。 2. Extra money for surprises; about ten percent of the total. / 应对意外情况的额外开支，大约占总花费的百分之十。 3. Change one part — fewer days, a simpler hotel, or a closer destination. / 调整其中一部分——少住几天、选简单一点的酒店，或者选近一点的目的地。 4. False — discounts are not always advertised, so always ask. / 错误——优惠并不总会被宣传，所以要主动询问。 5. An ID that shows your age. / 能证明年龄的证件。

Lesson 3 / 第 3 课

Booking Flights, Hotels, and Transport Step by Step

一步一步预订机票、酒店和交通

Goal / 学习目标： By the end of this lesson, you can book a flight and a hotel in the right order, read the cancellation terms before paying, and keep your confirmations in one place.

学完本课，您能按正确的顺序预订机票和酒店，在付款前读懂取消条款，并把所有确认信息集中存放在一处。

The right order / 正确的顺序

Book in this order: **first transport, then stay**. Your flight or train times decide which nights you need a hotel, so booking the hotel first can leave you paying for a night you do not use. When you compare flights, look at the whole journey, not just the price: a very cheap flight with a long overnight wait or two changes of plane may be exhausting. For older travelers, a direct flight or one short, easy change is often worth more than a small saving.

请按这个顺序预订：**先交通，后住宿**。航班或火车的时刻决定了您需要住哪几个晚上，先订酒店可能让您为用不上的夜晚付钱。比较航班时，不要只看价格，要看整个行程：非常便宜但需要漫长过夜等待或两次转机的航班可能让人精疲力竭。对年长旅行者来说，直飞或一次短暂、轻松的转机，往往比省下一点钱更有价值。

Read before you pay / 付款前先读清楚

Before you pay for anything, find and read three things: **the cancellation terms** (can you change or cancel, and what does it cost?), **what is included** (does the price

include luggage, breakfast, or taxes?), and **the exact names and dates** (is your name spelled exactly as on your ID?). A booking in the wrong name can be very hard to fix at the airport. Take a photo or a screenshot of every confirmation page, and write the confirmation number in your notebook too.

在为任何项目付款之前，请找到并读清楚三件事：**取消条款**（可以改签或取消吗？费用是多少？）、**价格包含什么**（是否包含行李、早餐或税费？）、以及**准确的姓名和日期**（姓名拼写是否与证件上完全一致？）。姓名订错了，在机场会非常难处理。请把每一页确认信息拍照或截图，并把确认号也写进笔记本。

Step by step / 一步一步来

1. **Compare on the official site.** Look at the airline's own website or the train company's own website first, then compare with one booking site. The official site usually shows the clearest terms. / **先在官网比较。**先看航空公司官网或火车公司官网，再与一家预订网站比较。官网上的条款通常最清楚。
2. **Choose times that suit your body.** Very early departures and late-night arrivals are hard when you are older. A mid-morning flight and a daytime arrival are often the kindest choice. / **选择适合身体的时刻。**

非常早的出发和深夜的到达对年长者来说很辛苦。上午中段的航班和白天到达，往往是最体贴的选择。

3. **Book, then file.** After each booking, save the confirmation email in one folder and write the confirmation number, date, and time in your notebook. / **订好后归档。**每次预订后，把确认邮件存进同一个文件夹，并把确认号、日期和时间写进笔记本。

> **Try this / 试一试：** Practice with a trip you are not taking: look up a flight and a hotel for your Lesson 1 destination, read the cancellation terms, and write down the total price including taxes. Do not pay — this is rehearsal. When the real booking day comes, you will already know the steps.
> 用一次您并不真正要去的旅行来练习：查询去第 1 课目的地的一张机票和一家酒店，阅读取消条款，并写下含税总价。不要付款——这只是演练。等到真正预订的那一天，您已经熟悉全部步骤了。

Check yourself / 自我检查 — Lesson 3 Quiz

> 1.What should you book first: transport or stay? Why? / 应该先预订什么：交通还是住宿？为什么？

> 2.Name three things to read before you pay for a booking. / 说出付款前要读清楚的三件事。

3.Why should your booking name match your ID exactly? / 为什么预订姓名必须与证件完全一致?

4.True or false: the cheapest flight is always the best choice for an older traveler. / 判断正误：最便宜的航班对年长旅行者来说总是最好的选择。

5.After booking, where should you keep the confirmation number? / 预订后，确认号应该保存在哪里?

Answers / 答案： 1. Transport first, because flight or train times decide which hotel nights you need. / 先订交通，因为航班或火车时刻决定了您需要住哪几个晚上。 2. Cancellation terms, what is included, and exact names and dates. / 取消条款、价格包含内容，以及准确的姓名和日期。 3. A booking in the wrong name can be very hard to fix at the airport. / 姓名订错了，在机场会非常难处理。 4. False — a long wait or many changes may be exhausting, and a direct flight may be worth more. / 错误——漫长的等待或多次转机可能让人精疲力竭，直飞可能更有价值。 5. In a confirmation-email folder and written in your notebook. / 存在确认邮件文件夹里，并写进笔记本。

Lesson 4 / 第 4 课

Packing Light and Smart: Lists, Luggage, and Essentials

轻装巧带：清单、行李与必需品

> **Goal / 学习目标：** By the end of this lesson, you can write a packing list for your trip, choose luggage you can manage yourself, and pack a carry-on that covers one full day.
>
> 学完本课，您能为自己的旅行写一份行李清单，选一件自己能提得动的行李箱，并打包一个能应付一整天的随身包。

The list comes before the suitcase / 先列清单，再装箱

Packing without a list is how things get forgotten and bags get heavy. Write your list by days and by needs: clothes for each day plus one spare set; toiletries; medicines; documents; electronics and chargers; and comfort items like a light shawl or a neck pillow. Then cross out anything you can buy at your destination or do without. Most travelers pack about a third more than they use. A lighter bag is a kinder bag — for your back, your arms, and your patience.

不列清单就打包，东西容易忘，行李也容易重。请按天数和需求写清单：每天的衣服加一套备用；洗漱用品；药品；证件；电子产品和充电器；以及轻披肩、颈枕这类舒适用品。然后划掉那些到了目的地可以买、或者可以不带的东西。大多数旅行者带的东西比实际用的多大约三分之一。轻一点的行李对背部、手臂和耐心都更友好。

Choose luggage you can manage / 选自己能提得动的行李

Before a trip, test your bag at home: lift it onto a bed, roll it through a doorway, and lift it up one step. If any of these is hard, the bag is too heavy or too big. Wheels should roll smoothly and the handle should lock at a height that lets you walk upright. If lifting is difficult, ask the airline or hotel about help in advance — asking early is easier than struggling later. Keep your carry-on ready for one full day: medicines, documents, phone and charger, a change of clothes, and toiletries, in case checked luggage is delayed.

出行前请在家测试行李箱：把它提上床、推着穿过一道门、再提上一级台阶。如果其中任何一项吃力，说明箱子太重或太大了。轮子要转动顺滑，拉杆要能锁定在让您挺直行走的

高度。如果提举困难，请提前向航空公司或酒店询问帮助——提前问比事后勉强要容易。随身包要准备好应付一整天：药品、证件、手机和充电器、一套换洗衣物和洗漱用品，以防托运行李延误。

Step by step / 一步一步来

1. **Write the list.** Use the categories above and write your list for the Lesson 1 trip. / **写清单。**按上面的分类，为第 1 课的旅行写一份清单。
2. **Cross out a third.** Read the list again and cross out everything you can do without or buy there. / **划掉三分之一。**再读一遍清单，划掉所有可以不带、或到了当地可以买的东西。
3. **Pack and test.** Pack the bag, weigh it if you can, and do the lift-and-roll test at home. / **打包并测试。**把箱子装好，如果可以就称一下重，然后在家做提举和推行测试。

> **Try this / 试一试：** Pack your carry-on for one full day, exactly as described above, and live out of it for one evening at home. Anything you missed goes on the list; anything you did not touch comes out of the bag.
>
> 按上面说的，为一整天打包好随身包，并在家用它度过一个晚上。凡是发现缺了的东西就补进清单；凡是完全没碰过的东西就从包里拿出来。

Check yourself / 自我检查 — Lesson 4 Quiz

1.What should you write before you start putting things in a suitcase? / 开始往箱子里装东西之前，应该先写什么?

2.Name three categories that belong on a packing list. / 说出行李清单上应有的三个类别。

3.What three tests should you do with your bag at home? / 在家应该对行李箱做哪三项测试?

4.What five kinds of things belong in a carry-on for one full day? / 随身包里应付一整天的东西包括哪五类?

5.True or false: most travelers pack less than they actually use. / 判断正误：大多数旅行者带的东西比实际用的少。

Answers / 答案： 1. A packing list. / 一份行李清单。 2. Any three of: clothes, toiletries, medicines, documents, electronics and chargers, comfort items. / 衣服、洗漱用品、药品、证件、电子产品和充电器、舒适用品中的任意三类。 3. Lift it onto a bed, roll it through a doorway, and lift it up one step. / 提上床、推着穿过一道门、提上一级台阶。 4. Medicines, documents, phone and charger, a change of

> clothes, and toiletries. / 药品、证件、手机和充电器、一套换洗衣物和洗漱用品。 5. False — most travelers pack about a third more than they use. / 错误——大多数旅行者带的东西比实际用的多大约三分之一。

Lesson 5 / 第 5 课

Staying Healthy and Safe on the Road

旅途健康与安全

> **Goal / 学习目标：** By the end of this lesson, you can prepare a medicine list, explain why travel insurance matters, and name five safety habits for any trip.
>
> 学完本课，您能准备一份药品清单，说清旅行保险为什么重要，并说出适用于任何旅行的五条安全习惯。

Your health file, in your bag / 随身携带的健康档案

Before you travel, make one page that lists: your medicines and their doses, your allergies, your health conditions in plain words, your doctor's phone number, and an emergency contact. Carry a copy in your bag and leave a copy at home with family. Keep medicines in their original labeled containers, and carry them in your

carry-on, never in checked luggage — if a bag is delayed, your medicines are still with you. If you manage a health condition, check with your doctor before traveling; this course gives general information only and does not replace medical advice.

出行前，请准备一页纸，写明：您的药品和剂量、过敏史、用通俗语言描述的健康状况、医生的电话和一位紧急联系人。随身带一份，家里给家人留一份。药品请放在原包装盒里，随身携带，千万不要放进托运行李——万一行李延误，药品仍在您身边。如果您患有需要管理的健康问题，出行前请咨询医生；本课程只提供一般信息，不能代替医疗建议。

Travel insurance, in plain words / 用通俗的话讲旅行保险

Travel insurance is a contract that can pay for some costs when plans go wrong — for example, a canceled trip, a hospital visit away from home, or a delayed bag. It is not magic: every policy has limits and things it does not cover, and the details are in the small print. Before buying, read what is covered, what is not, and how to make a claim. If the small print is confusing, ask the seller to explain it in plain words, or ask a family member

to read it with you. Buying insurance you understand is far better than buying the cheapest policy you do not.

旅行保险是一份合同，当计划出问题时，它可以支付部分费用——例如行程取消、离家在外的就医，或行李延误。它不是万能的：每份保单都有额度和不保事项，细节都在细则里。购买前，请读清楚保什么、不保什么，以及如何理赔。如果细则看不懂，请卖家用通俗的话解释，或者请家人陪您一起读。买一份自己看得懂的保险，远比买一份最便宜却看不懂的保单要好。

Five safety habits / 五条安全习惯

1. Tell someone your plan: where you are going and when you will check in. **2.** Keep copies of your ID, tickets, and insurance — one copy in your bag, one copy at home, and photos on your phone. **3.** Keep valuables close and out of sight; a small bag worn in front is safer than a back pocket. **4.** Drink water, rest when tired, and do not rush across streets or stations. **5.** Learn the local emergency number before you arrive, and save it in your phone.

1. 告诉别人您的计划：去哪里、何时报平安。**2.** 证件、票据

和保险各复印一份——包里一份、家里一份、手机里存照片。**3.** 贵重物品贴身放好、不要外露；斜挎在前面的小包比后裤兜安全。**4.** 多喝水、累了就休息，过马路、赶车站时不要匆忙奔跑。**5.** 到达前先了解当地的紧急电话，并存进手机。

Try this / 试一试： Write your one-page health file today, even if you have no trip planned. Put one copy in your travel folder and give one copy to a family member. This single page is useful at home, too, not only on trips.

今天就写好您的一页健康档案，哪怕暂时没有旅行计划。一份放进旅行文件夹，一份交给家人。这一页纸在家里也同样有用，不只在旅行时才用得上。

Check yourself / 自我检查 — Lesson 5 Quiz

1.What five things belong on your one-page health file? / 一页健康档案上应该写哪五件事?

2.Why should medicines travel in your carry-on, not in checked luggage? / 为什么药品应该放在随身包里，而不是托运行李中?

3.True or false: this course replaces medical advice from your

doctor. / 判断正误：本课程可以代替医生的医疗建议。

4.Name three things travel insurance may help pay for. / 说出旅行保险可能帮助支付的三类费用。

5.Name three of the five safety habits from this lesson. / 说出本课五条安全习惯中的三条。

Answers / 答案： 1. Medicines and doses, allergies, health conditions in plain words, doctor's phone number, and an emergency contact. / 药品和剂量、过敏史、通俗语言描述的健康状况、医生电话和紧急联系人。 2. If checked luggage is delayed, your medicines are still with you. / 万一托运行李延误，药品仍在您身边。 3. False — it gives general information only; check with your doctor before traveling if you manage a health condition. / 错误——本课程只提供一般信息；如果您患有需要管理的健康问题，出行前请咨询医生。 4. Any three of: a canceled trip, a hospital visit away from home, a delayed bag. / 行程取消、离家在外的就医、行李延误中的任意三项。 5. Any three of: tell someone your plan; keep copies of documents; keep valuables close; drink water, rest, do not rush; learn the local emergency number. / 告诉别人计划、备份证件、贵重物品贴身、多喝水休息不奔跑、了解当地紧急电话中的任意三条。

Lesson 6 / 第 6 课

Money, Phones, and Documents Abroad and at Home

在外与在家的钱、手机和证件

> **Goal / 学习目标：** By the end of this lesson, you can plan how to pay, how to keep your phone working, and how to protect your documents on any trip.
>
> 学完本课，您能规划好如何付款、如何让手机保持畅通，以及如何保护旅行证件。

Paying, without worry / 不用担心的付款方式

Carry two ways to pay, not one: for example, a bank card and a small amount of local cash. Tell your bank before you travel, so a sudden charge far from home does not freeze your card. Use cash machines inside banks when you can, and keep daily cash in two places — some in your wallet, some in your bag — so losing one does not leave you with nothing. Keep receipts in one envelope; at the end of each day, a quick look at the envelope tells you what you spent. Never share card numbers or

passwords with strangers who offer "help" at machines.

请带两种付款方式，不要只带一种：例如一张银行卡加少量当地现金。出行前请告诉银行，以免离家很远的突然消费导致银行卡被冻结。尽量使用银行内部的自动取款机，并把每天的现金分两处放——钱包里一些、包里一些——这样丢了一处也不至于身无分文。把收据集中放进一个信封，每天结束时快速看一眼，就知道当天花了多少钱。千万不要把卡号或密码告诉在取款机旁主动提供“帮助”的陌生人。

Your phone, your lifeline / 手机就是您的生命线

Before you leave, ask your phone company what your plan covers where you are going: calls, messages, and data may cost very differently away from home. Save these in your phone before departure: your hotel's address and phone number, your emergency contact, the local emergency number, and your insurance claim number. Download your maps for offline use while you still have home internet — offline maps work without a signal and save you when the network is weak. Charge your phone every night, and carry a small portable charger for long days out.

出发前，请先问手机运营商：您的套餐在目的地覆盖哪些服务——电话、短信和流量在外地的费用可能差别很大。出发前请在手机里存好：酒店地址和电话、紧急联系人、当地紧急电话和保险理赔号。趁家里网络还方便时，先下载好离线地图——离线地图不需要信号，网络不好时能帮上大忙。每天晚上给手机充电，外出时间长时带一个小充电宝。

Documents: originals safe, copies everywhere / 证件：原件保管好，复印件处处有

Keep your original ID and passport (if you travel abroad) in a safe, close place — a zippered inner pocket or a money belt under your clothes. Carry photocopies in your bag, leave copies at home, and keep photos of them on your phone. If an original is lost, copies make replacement much faster. Never hand your original documents to strangers, and be careful with public Wi-Fi: avoid banking or entering passwords on networks you do not trust.

身份证和护照（如出国旅行）原件请放在安全、贴身的地方——带拉链的内兜或贴身腰包。包里放复印件，家里留复印件，手机里存照片。万一原件丢失，复印件能让补办快得多。千万不要把证件原件交给陌生人；使用公共 Wi-Fi 时也要小

心：不要在不信任的网络上办理银行业务或输入密码。

> **Try this / 试一试：** Make your phone ready for a pretend trip: save a hotel address, an emergency contact, and a local emergency number, and download an offline map of a city you would like to visit. Check that you can open the map with your data turned off.
>
> 为一次假想的旅行准备好手机：存一个酒店地址、一位紧急联系人和一个当地紧急电话，并下载一座想去城市的离线地图。然后关掉流量，检查地图是否还能打开。

Check yourself / 自我检查 — Lesson 6 Quiz

1. Why should you carry two ways to pay instead of one? / 为什么要带两种付款方式，而不是只带一种?

2. Why should you tell your bank before you travel? / 为什么出行前要告诉银行?

3. Name four things to save in your phone before departure. / 说出出发前要在手机里存好的四件事。

4. Why download offline maps before you leave home? / 为什

么要在离家前下载离线地图?

5.Where should original documents be kept, and where should copies be kept? / 证件原件应该放在哪里？复印件应该放在哪里?

Answers / 答案： 1. So losing one does not leave you with nothing. / 这样丢了一种也不至于身无分文。 2. So a sudden charge far from home does not freeze your card. / 以免离家很远的突然消费导致银行卡被冻结。 3. Any four of: hotel address and phone number, emergency contact, local emergency number, insurance claim number. / 酒店地址和电话、紧急联系人、当地紧急电话、保险理赔号中的任意四项。 4. Offline maps work without a signal and save you when the network is weak. / 离线地图不需要信号，网络不好时能帮上忙。 5. Originals in a safe, close place (zippered inner pocket or money belt); copies in your bag, at home, and as photos on your phone. / 原件放在安全贴身处（带拉链的内兜或贴身腰包）；复印件放在包里、家里，并以照片形式存在手机里。

Lesson 7 / 第 7 课

Getting Around: Maps, Rides, and Asking for Help

出行问路：地图、乘车与寻求帮助

> **Goal / 学习目标：** By the end of this lesson, you can read a simple map, choose between walking, public transport, and a ride, and ask for directions in a way that gets a useful answer.
>
> 学完本课，您能看懂简单的地图，能在步行、公共交通和乘车之间做出选择，并能用一种能得到有用回答的方式问路。

Maps: one skill, many trips / 地图：一项技能，多次旅行都用得上

Before you go out, look at the map and find three things: where you are, where you want to go, and one landmark in between — a station, a park, or a big shop. Landmarks are easier to remember than street names, especially in a new city. Walk the route in your mind first: "Out of the hotel, turn left at the park, walk two blocks, and the museum is on the right." If you get lost, stop, find a landmark, and start again from there. Getting lost is not

failure; it is how every traveler learns a city.

出门前，请先在地图上找到三样东西：您在哪里、您要去哪里，以及中间的一个地标——车站、公园或大商店。地标比街道名称更容易记住，尤其是在陌生的城市。先在脑子里走一遍路线：“出酒店，左转经过公园，走两个街区，博物馆就在右边。”如果迷路了，请停下来，找到一个地标，再从那里重新开始。迷路不是失败；每个旅行者都是这样熟悉一座城市的。

Choosing how to move / 选择出行方式

Walking is wonderful for short distances and lets you see a place slowly — but wear comfortable shoes, carry water, and rest often. Public transport (buses, subways, trams) is usually the cheapest way across a city; study the route before you board, sit near the driver or the door if you feel unsure, and keep your bag in front of you. Taxis and ride services cost more but are the kindest choice when you are tired, carrying bags, or going somewhere late at night. Agree on the price or check that the meter is running before the ride starts, and show the driver the address written down, not just spoken — written addresses avoid misunderstandings.

短距离步行非常好，能让您慢慢欣赏一个地方——但请穿舒服的鞋、带水、经常休息。公共交通（公交、地铁、有轨电车）通常是穿城最便宜的方式；上车前先研究好路线，如果心里没底就坐在司机或车门附近，包放在身前。出租车和网约车贵一些，但当您疲倦、提着行李，或者深夜要去某个地方时，它们是最体贴的选择。上车前请谈好价格或确认计价器已启动，并把写好的地址给司机看，而不只是口头说——写下来的地址能避免误解。

Asking for help, well / 好好地寻求帮助

People are usually glad to help a traveler who asks clearly. Show your destination written down, point at the map, and ask one question at a time: "Excuse me, is this the way to the station?" Hotel staff, station staff, and shopkeepers are the most reliable people to ask. If someone's directions confuse you, thank them and ask someone else — two answers that agree are usually right. Keep your hotel's card or address in your pocket every day; showing it to a driver or a passerby will always get you home.

人们通常很乐意帮助问路清楚的旅行者。请把写好的目的地拿出来，指着地图，一次只问一个问题：“请问，去车站是

这条路吗？”酒店工作人员、车站工作人员和店主是最值得信赖的求助对象。如果某个人的指引让您困惑，请道谢后再问另一个人——两个一致的回答通常就是正确的。每天出门时都把酒店的名片或地址放在口袋里；把它给司机或路人看，总能把您送回家。

Try this / 试一试： Open a map of a city you would like to visit. Pick a hotel and a sight, find one landmark between them, and write the walking directions in three sentences, the way this lesson shows. Then check the route on the map again — did your sentences match the map?

打开一座想去城市的地图，选一家酒店和一个景点，找到两者之间的一个地标，并按本课示范的方法，用三句话写出步行路线。然后再对照地图检查一遍——您的句子和地图一致吗？

Check yourself / 自我检查 — Lesson 7 Quiz

1.Before going out, what three things should you find on the map? / 出门前，应该在地图上找到哪三样东西？

2.Why are landmarks easier to remember than street names in a new city? / 在陌生的城市，为什么地标比街道名称更容易记住？

3.When is a taxi or ride service the kindest choice? / 在什么情况下，出租车或网约车是最体贴的选择?

4.Before a ride starts, what two things should you do? / 乘车开始前，应该做哪两件事?

5.What should you carry in your pocket every day, and why? / 每天出门口袋里应该带什么？为什么?

Answers / 答案： 1. Where you are, where you want to go, and one landmark in between. / 您在哪里、您要去哪里，以及中间的一个地标。 2. Landmarks are visible and memorable; street names in a new city are unfamiliar. / 地标看得见、记得住；陌生城市的街道名称则不熟悉。 3. When you are tired, carrying bags, or going somewhere late at night. / 当您疲倦、提着行李，或者深夜要去某个地方时。 4. Agree on the price or check the meter is running, and show the driver the written address. / 谈好价格或确认计价器已启动，并把写好的地址给司机看。 5. Your hotel's card or address, because showing it to a driver or passerby will get you home. / 酒店的名片或地址，因为把它给司机或路人看，总能把您送回家。

Lesson 8 / 第 8 课

My Trip Plan: A Complete Practice Itinerary

我的旅行计划：一份完整的练习行程

> **Goal / 学习目标：** By the end of this lesson, you can put together a complete trip plan — destination, budget, bookings, packing list, health file, and day-by-day itinerary — for the trip you chose in Lesson 1.
>
> 学完本课，您能为第 1 课选定的旅行整理出一份完整的旅行计划——目的地、预算、预订、行李清单、健康档案和逐日行程。

Bringing it all together / 把一切汇总起来

You have practiced every skill separately. Now put them together in one folder, in this order: **1.** Your one-sentence trip description from Lesson 1. **2.** Your three favorite things to do there. **3.** Your six-part budget with the cushion. **4.** Your practice bookings with cancellation terms noted. **5.** Your packing list, with a third crossed out. **6.** Your one-page health file. **7.** Your phone-ready list: hotel address, emergency contact, local emergency

number, insurance claim number. **8.** Your day-by-day itinerary: for each day, where you sleep, what you do in the morning and afternoon, and one rest built in. A good itinerary always has rest in it — a trip without rest is a march, not a holiday.

您已经分别练习了每一项技能。现在请按以下顺序，把它们汇总进同一个文件夹：**1.** 第 1 课的一句话旅行描述；**2.** 三件最想做的事；**3.** 六部分预算（含预留金）；**4.** 注明取消条款的练习预订；**5.** 划掉三分之一后的行李清单；**6.** 一页健康档案；**7.** 手机待存清单：酒店地址、紧急联系人、当地紧急电话、保险理赔号；**8.** 逐日行程：每天写明住哪里、上午和下午做什么，并安排一次休息。好的行程里总有休息——没有休息的旅行是行军，不是度假。

A sample three-day plan / 一个三日行程示例

Here is a small example to copy in shape, not in detail. **Day 1 — Arrive and settle:** morning flight, hotel check-in, a gentle afternoon walk near the hotel, dinner nearby, early night. **Day 2 — The main sights:** morning at one museum or park, lunch, afternoon rest, evening stroll and a local meal. **Day 3 — People and going home:** morning visit to family or a market, pack, check

the return journey times, and travel home. Notice the pattern: one main activity per half-day, rest every day, and nothing that requires rushing. Your own plan can be longer, but keep the same rhythm.

这里有一个小示例，供您借鉴形式，而不是照抄细节。**第 1 天——到达并安顿：**上午航班、酒店入住、下午在酒店附近轻松散步、附近吃晚饭、早点休息。**第 2 天——主要景点：**上午参观一个博物馆或公园、午饭、下午休息、傍晚散步并品尝当地美食。**第 3 天——探亲访友与回家：**上午探望家人或逛市场、打包、确认返程时间，然后回家。请注意这个规律：每半天只安排一项主要活动、每天都有休息、没有任何需要赶时间的事。您自己的计划可以更长，但请保持同样的节奏。

Step by step / 一步一步来

1. **Assemble your folder.** Gather every piece from Lessons 1 to 7 into one folder, in the order above. / **整理文件夹。**把第 1 到第 7 课的每一份材料按上面的顺序放进同一个文件夹。
2. **Write the itinerary.** For each day of your trip, write where you sleep, one morning activity, one afternoon activity, and one rest. / **写行程。**为旅行的每一天写明：住哪里、上午一项活动、下午一项活动、一次休息。

3. **Check it with a friend.** Show your plan to a family member or friend and ask: "Does anything here look rushed, missing, or unclear?" Fix what they find. A second pair of eyes is the best final check. / **请朋友帮忙检查。**把计划给家人或朋友看，并问：“这里有没有看起来匆忙、缺漏或不清楚的地方？”把他们发现的问题改好。第二双眼睛是最好的最后一道检查。

> **Try this / 试一试：** Read your finished plan aloud, start to finish, as if telling a friend about your trip. If any sentence makes you frown, change it now — on paper, where changes are free, rather than on the road, where they are not.
> 把完成的计划从头到尾大声读一遍，就像在给朋友讲自己的旅行。凡是让您皱眉的句子，现在就改掉——在纸上改是免费的，在路上改可就不是了。

Check yourself / 自我检查 — Lesson 8 Quiz

1. Name the eight pieces that belong in your finished trip folder, in order. / 按顺序说出完整旅行文件夹里应有的八份材料。

2. For each day of an itinerary, what four things should you write down? / 行程中的每一天应该写明哪四件事？

3.Why should a good itinerary always include rest? / 为什么好的行程里总要有休息？

4.True or false: a good trip plan has two or three main activities every half-day. / 判断正误：好的旅行计划每半天安排两三项主要活动。

5.What is the best final check for a finished trip plan? / 完成旅行计划后，最好的最后一道检查是什么？

Answers / 答案： 1. Trip sentence, three favorite things, six-part budget with cushion, practice bookings with cancellation terms, packing list, health file, phone-ready list, day-by-day itinerary. / 一句话旅行描述、三件最想做的事、六部分预算（含预留金）、注明取消条款的练习预订、行李清单、健康档案、手机待存清单、逐日行程。 2. Where you sleep, one morning activity, one afternoon activity, and one rest. / 住哪里、上午一项活动、下午一项活动、一次休息。 3. Because a trip without rest is a march, not a holiday. / 因为没有休息的旅行是行军，不是度假。 4. False — one main activity per half-day, with rest every day. / 错误——每半天只安排一项主要活动，每天都有休息。 5. Show it to a family member or friend and ask whether anything looks rushed, missing, or unclear. / 给家人或朋友看，问有没有匆忙、缺漏或不清楚

> 的地方。

Course Progress Checklist / 课程进度检查表

☐ Lesson 1: I chose my trip and its season. / 第 1 课：我选定了旅行和季节。

☐ Lesson 2: I wrote my six-part budget with a cushion. / 第 2 课：我写好了六部分预算（含预留金）。

☐ Lesson 3: I practiced booking and reading cancellation terms. / 第 3 课：我练习了预订并阅读了取消条款。

☐ Lesson 4: I wrote my packing list and tested my bag. / 第 4 课：我写好了行李清单并测试了行李箱。

☐ Lesson 5: I wrote my one-page health file. / 第 5 课：我写好了一页健康档案。

☐ Lesson 6: I planned money, phone, and documents. / 第 6 课：我规划好了金钱、手机和证件。

☐ Lesson 7: I practiced maps, rides, and asking for directions. / 第 7 课：我练习了地图、乘车和问路。

☐ Lesson 8: I finished my complete trip plan. / 第 8 课：我完成了完整的旅行计划。

My Trip Plan / 我的旅行计划

Trip: _____ / 旅行：_____

When: _____ / 时间：_____

With whom: _____ / 同行人：_____

Budget total (with cushion): _____ / 预算总额（含预留金）：_____

Three favorite things to do: _____ / 三件最

想做的事：_____
__