

<<如何做一个成功的旅行者>>

图书基本信息

书名：<<如何做一个成功的旅行者>>

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内容概要

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!

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How to translate aeroplane noises
How to be comfortable
How to exercise on a plane
How to avoid jet lag
What is jet lag?
Your body clock
Jet set success may give you jet lag!

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Jet lag mistakes

How a US president avoided jet lag

The three step jet lag programme

Before the flight

During the flight

After the flight

Hitchhiking

An interview with an experienced hitchhiker

Do

Don't

The best way

Boats, rail, coaches and cars

How to look after yourself and other people

Going out with people

Do you give tips?

How to survive problems

Thieves

Pickpockets

Snatchers

Mugging

How to look after your valuables

Lost property

Your passport

Traveller's cheques

Credit card

Money

Car documents

Luggage

What to do?

Road accident

Police!

Arrest?

Illness

Death

How to look after a person who has been in an accident

Shock

She's not breathing

Her heart's not beating

Broken bones

Cuts and bleeding

Being lost... how to find your way

Walking in circles

Get to know a city's pattern

Learn to recognise tall buildings

Can you use a compass?

A compass from a watch

Your direction by the stars

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How to use the sun and the stars
How to read a map
Understanding symbols
Hills
Scale
Grid reference
Lake District
How to survive less common problems
Extreme cold
Before you start
Take the right equipment
If anything goes wrong
A checklist for walkers
Cold kills
How your body loses its heat
What must a well-dressed walker wear?
What materials are good in cold places?
Frostbite
You may have to make a shelter
How to stay alive in the desert
General planning
How long can you live?
Danger
In swamps and quicksand
On ice
In the tent
Avalanches
Lightning
How to signal for help
In a car
In the mountains
In a boat
To pilots
Games for boring moments
Did you see that car?
Find your letters to spell your word
I'm hiding
How many in one minute?
Traffic police: who has the sharpest eyes?
Guessing time and distance
Tell a story
Lip reading
How to plan a holiday in Britain
What do you really want?
Holidays in a city
Holidays by the sea
The green and pleasant land

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A country full of history
A lazy canal holiday
Holiday centres
Activity holidays
How to have a free holiday!
Where are you going to stay!
Holiday cottages
Farmhouse holidays
Bed and breakfast
Youth hostels
Camping and caravanning
Hotels
Families
Useful addresses
How to understand holiday brochures
Florida
Can you read costs?
Golden West Tour
Last thoughts
Answers
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