

Task. B2-C1 level. Article.

Write an article using 220-250 words.

Why do people take risks when they go on holidays? What should we do to avoid risks? Give your opinion.

And this could be an idea...

Are you ready for adventure?

Constantly we ask ourselves this question when we decide to go away to the mountains with our family or friends, but what is the answer?

Mountains, unlike cities, attract us by their calm and solitude, far away from the deafening noise of the traffic that disturbs our calm. However, this distance causes that sometimes a small accident becomes very complicated and dangerous if we are not moderately prepared.

It is best to choose a basic protocol of behaviour in case of accident and to put it into practice with your family or friends because there can arise some doubts. These doubts can be caused by lots of questions such as what do we do if this happens? or the other? are we prepared for this? do we have the best information?

Undoubtedly the best protocol of action is prevention, in this way we will feel safe wherever we are. Here is some advice:

- Choose activities according to our knowledge, level and circumstances of the moment.
- Before carrying out the activity, collect as much information as possible: maps, climatology, etc.
- Take clothes according to the time of the year in which we are, considering that in the mountain the weather is changeable, and the temperature drops during the night.
- It is necessary to look over the material that we can need to realize the activity and the possible contingencies.
- Training is very important as well as experiences of others, they learned from the mistakes of the past (great mountaineers lost their lives due to lack of information).

In addition to these premises to follow is highly recommended to do a first aid course, this may be necessary in any place or circumstance, since we never know what can happen.

Another further risk at this time is the Coronavirus. Then, what kind of trips are the most recommended?

I think that all those options that involve open air, open spaces and little overcrowding. Modalities such as ecotourism, active nature tourism, traveling by bicycle, car or motorhome are in vogue. In fact, the demand for rural houses, motorhomes or campervans has grown a lot these days.

Don't forget to choose a safe mean of transport (plane, train, car, cruise, etc.). Besides, you should be informed about if you are subjected to any sanitary control before travelling or if you need an extra time at the airport. Other important things are the travel and medical insurance. And do you know which countries have closed their borders or if they are planning to do it? Be that as it may, nowadays it is more complicated and hazardous to go on holidays so, don't forget to take into account all these variants.

From my point of view, these are some small tips that can change our life when we have a problem on holidays. We have to leave everything 'tied up and well tied up', it could be a life-or-death situation.