



Полезная лексика по теме
«**Видеоразбор: 20
захватывающих
путешествий**»

So to celebrate the end of my 20s, I wanted to **go through** and **put together** a list of **awesome** trips that I've done and which you could do. So this is 20 trips to take in your 20s, and **hopefully** it will **inspire** you for your future travels.

#1 **Adrenaline Rush**

In your 20s your body is still very young and **capable**, and it could take a lot more **abuse** from, say, high adrenaline activities. So it is a perfect time to do those. I'm talking about **bungee jumping, skydiving, jet boat, zorbing, you name it**. There's a lot of fun, crazy activities around the world that you can do, so **take advantage of** the perfect time to do it.

to go through /θru: / — рассмотреть
to put together — составлять, компоновать

awesome /'ɔ:səm/ — прекрасный,
потрясающий

hopefully — надо надеяться, с надеждой

to inspire — вдохновлять

adrenaline rush — острые ощущения,
выброс адреналина

capable — способный на многое

to abuse — подвергать чрезмерным
нагрузкам

bungee jumping /'blndʒi,dʒʌmpɪŋ/ —
банджи-джампинг (прыжки с высоты со
специальным эластичным канатом)

skydiving /'skaɪ,daɪvɪŋ/ — скайдайвинг
(затяжные прыжки с парашютом)

a jet boat — катер с водометным
двигателем

zorbing — зорбинг (находясь внутри
прозрачного шара, человек спускается с
горы или пересекает водоем)

you name it — все что душе угодно

to take advantage of — извлечь выгоду,
воспользоваться преимуществом



#2 Euro Trip

This is like a **rite of passage** any 20-year-old is doing, some sort of a trip around **various** countries in Europe. It doesn't really **matter** which ones you go to, there's a variety of routes, but Europe is just **set up for youth travel**: you've got hostels, you've got **backpacking routes**, you've got **hop on and off buses**, you've got full all-travel tours, you've got trains, you've got planes, you've got everything! It's super easy to travel around, there's a lot of 20-year-olds travelling around Europe.

#3 Multi-Day Hiking Trips

You don't have to go far for this. There's probably a multi-day hiking trip **in** your **backyard** or somewhere near, where you are doing a trip and are **spending overnight**, and you're camping and hiking, and then you're camping and you're hiking. It's so **worth** it! It's **exhausting**, it's **grueling**, you're going to **sweat** a lot and be dirty, but the views and just **getting out** into nature and **being able** to **experience** it **firsthand** is just so worth it!

#4 North American Road Trip

This could be Canada or can the US, or can be a **mixture** of Canada and the US, but doing some sort of a road trip around North America, however which way you want.

a rite of passage /ˌraɪt əv ˈpæs.ɪdʒ/ — обряд
возрастного перехода

various — различный

to matter — иметь значение

to be set up for — быть предназначенным
для

youth /juː θ/ travel — молодежный туризм

a backpacking route — маршрут для
пешего похода

a hop on and off bus — экскурсионный
автобус, в который туристы могут
заходить и выходить неограниченное
количество раз на протяжении срока
действия билета

a hiking trip — пеший тур

in one's own backyard /ˌbækˈjɑːd/ — близко,
недалеко от места жительства

to spend overnight /ˌɒv.əˈnaɪt/ —
переночевать

to be worth doing — стоить того, чтобы
сделать

exhausting /ɪgˈzɔːstɪŋ/ — утомительный,
изнуряющий

grueling /ˈɡruːəˌlɪŋ, ˈɡruːlɪŋ/ —
изматывающий

to sweat /swet/ — потеть

to get out — выбираться куда-либо

to be able — быть способным

to experience smth firsthand — испытать
что-то, испробовать что-то самому

a road trip — дорожное приключение

a mixture /ˈmɪks.tʃər/ — комбинация



You can do it in a car, you can do it in a **campervan**, you can do it on a bus, but going out and experiencing North America **on the road**, because a lot of it is connected through roads and it's really set up for road tripping. There's a lot of camps and **provincial** parks, and national parks to go visit in both Canada and the US.

#5 Thailand

Thailand is your beginner backpack travel center. It's super easy to get around it. It's so cheap, so it's perfect for us, no, I'm not gonna say poor 20-year-olds, but a lot of 20-year-olds are still making money, you don't have a lot of it, so it's great for budgets and there's just a lot of cool things to experience. There's a lot of other travellers all around **no matter** whether you do **mainland** Thailand or if you **hop over to** the Thai islands which are super fun and tropical.

#6 Southeast Asia Backpacking

This **encompasses** all of Southeast Asia: Vietnam, Cambodia, **Lao**, the Philippines, Indonesia, Bali — it's all it. It is one of the easiest regions to **travel about**. Everyone speaks English, it's so cheap, there's tons of information out there and it is **well-worn** on the backpacking **trail**. There's a lot of other **fellow travellers**, so it's great if you're **solo travelling** and looking for meeting people and making friends. It's such an easy beginner first trip to take if you haven't taken it already.

#7 Sailing Trip

A sailing trip or a boating trip, or a **yacht** week, or **island hopping**... However you **kinda** want to form it. I've done it in Australia, New Zealand, and **Croatia**, and Greece.

a campervan — автодом

on the road — в дороге, в пути

provincial — местный, региональный

no matter — независимо от, не взирая на

the mainland — материковая часть

to hop over to (здесь) — высадиться на

southeast /ˌsaʊθˈiːst/ — юго-восточный

to encompass /ɪnˈkʌmpəs/ — охватывать, включать

Lao — Лаос

to travel about — колесить, объезжать

well-worn — проторенный

a trail — тропа

a fellow traveller — попутчик

to travel solo — путешествовать в одиночку

sailing trip — морская прогулка

a yacht /jɒt/ — яхта

island hopping — путешествие по островам

kinda — как бы, типа

Croatia /krəʊˈeɪ.ʃə/ — Хорватия



Any of those places are perfect to go out just taking a boat out, a **sailboat**, a yacht, a **dinghy**, well I wouldn't quite use a dinghy, but just taking something and going out into the ocean. If you can do that overnight, that's awesome.

#8 Learn to **Scuba Dive**

70% of the world's **surface is covered in** water, so how can you call yourself an **explorer** if you're only ever exploring 30% of it? We **gotta** go down, **underneath** the sea. When exploring the ocean, your body gets a **tip-top shape** for it, and it really is **out of this world**. Such a cool experience! You can learn how to scuba dive in many-many places around the world, that have **coral reefs**. And you should definitely do it as soon as possible.

#9 Greek Island Hopping

There's a lot of different islands in Greece and it is a perfect **destination** for anybody in Europe, and anybody, basically, around the world. In their 20s there's a lot of parties, there are lots of beaches, there are lots of cool activities and fun things to do on all the different Greek islands. Each of them has its own **flair**. We've actually just finished the Greek island trip as my last trip I **ended up** taking in my 20s.

#10 **Jungle Adventure**

And I mean jungle adventure! I went into **the Amazon**, but you don't need to go into the Amazon, there are other jungles around the world in Australia, in Southeast Asia, in other parts of South America and Central America. But getting to experience that type of **biome** is just really magical.

a sailboat — парусное судно

a dinghy /'dɪŋɡɪ/ — маленькая шлюпка длиной около 3 метров и вместительностью на 1-2 человека

to scuba dive — погружаться с аквалангом

a surface — поверхность

to be covered in — быть покрытым чем-либо (водой, снегом и т. д.)

an explorer /ɪk'splɔːrər/ — исследователь, путешественник

gotta — должен (что-либо сделать)

underneath /ʌndə'niːθ/ — под поверхностью, внизу

tip-top — превосходный, великолепный

a shape — форма

out of this world — неземной, потрясающий

a coral reef — коралловый риф

a destination — место назначения

flair /fleər/ — своеобразие, колорит, изюминка

to end up — закончить, завершиться

a jungle adventure /'dʒʌŋɡl əd'ventʃər/ — приключение в джунглях

the Amazon — дождевые леса Амазонии

a biome /'blaɪəm/ — биом (совокупность видов животных и растений, населяющих природно-климатическую зону)



<p>And hit it up in the rainy season, because the rainforest in the rainy season is just magical and alive. It is a breathing living organism.</p> <p>#11 Ski Trip or Snowboard Trip</p> <p>Now you can go to Austria, you can go to the Alps, you can go to North America, Canada, the US, just heading into the mountains, somewhere else around the world. It honestly doesn't even need to be somewhere in the world, it can be in your backyard. It can even be a couple of hours away, but going and doing some sort of winter activities, even if you live in the Southern Hemisphere, try and take a trip up to experience winter for a season.</p> <p>#12 Culture Shock</p> <p>To me, this was going to China. It's a country that is so different from what I was used to here in Canada. The language, the food, the people, the way things worked was a huge culture shock for me. It really helps open your eyes and your mind to see how different other people's lives can be and how different the world is. And you start to understand it a lot better.</p> <p>#13 Casino Trip</p> <p>No 20s is complete without the obligatory casino trip. Vegas, Monte Carlo, anywhere you put it, if just going out and having a little bit of fun. In the casinos, I feel like something we all get to do at least once, lose a bit of money. You might win! You might win, but...</p> <p>#14 Cancun (Mexico) or Spring Break</p> <p>I feel like both are the same, but going out and doing that beachy party, drinking party holiday. Cancun is a perfect spot to do that, because it's really easy to get to it from anywhere in North America.</p>	<p>to hit it up — приятно проводить время the rainy season — сезон дождей a rainforest — тропический лес</p> <p>to head — направляться, держать путь honestly — честно a couple — пара the Southern Hemisphere /'hem.ɪ.sfiər/ — Южное полушарие to take a trip up — отправиться в путешествие</p> <p>a culture shock — культурный шок huge /hju:dʒ/ — огромный</p> <p>obligatory — обязательный anywhere you put it (здесь) — куда бы вы ни отправились at least — как минимум, по меньшей мере to lose — терять, проигрывать</p> <p>a spring break — весенние каникулы в школах и университетах a beachy party — пляжная вечеринка a spot — место</p>
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<p>Any kind of trip where you can go to another country and either work or study or live there a long term is such an amazing experience, such a great life experience where you make friends, learn new things. No, of course this isn't an option available to everybody, it is country-specific, depending on where you are, where you're from, and where you wanna go to.</p> <p>#19 Friends Trip</p> <p>Whether you're a group of guys or a group of girls, or a group of couples, or a mixture of whatever, doing a trip with your group of friends is so much fun that it's no matter where you go or what you do, but just heading out. I've done many-many trips with groups of friends and I always loved it, it's my favorite type of travel.</p> <p>#20 Solo Trip</p> <p>No, you don't have to go halfway around the world, you don't have to go for six months, you can literally just be for a weekend out of state, if that is what you want to do, but doing something solo, going somewhere solo, by yourself, and experiencing that place is really-really liberating and you learn so much about you as a person, and how you travel.</p> <p>Well, there we have it. That is 20 trips to take in your 20s. I hope it has inspired you to start planning your own trips.</p> <p>So don't fright if you aren't in your 20s and you haven't done these trips, because you can totally still do them in your 30s and beyond. Age is just a number!</p>	<p>a long term — длительный срок</p> <p>an option — вариант</p> <p>available — доступный</p> <p>country-specific — характерный для конкретной страны</p> <p>to depend on — зависеть от</p> <p>whatever — что угодно</p> <p>halfway around the world — на другой конец мира</p> <p>literally — буквально</p> <p>liberating — освобождающий, раскрепощающий</p> <p>to fright — пугаться, тревожиться</p> <p>beyond — выше, более</p>
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