

# Time to travel **SUSTAINABLE TOURISM**

CAE Advanced Practice (CI)  
Self-study/Classroom use



## Self-study: How Sustainable Are Your Holidays?

Instructions: Read the six statements below and reflect on how true they are for you. You don't need to write long answers — just think, or jot down a few notes if you like. Finally, tick (✓) the box if it's true for you. At the end, choose one and write a short explanation in your own words.

<input checked="" type="checkbox"/>	Statement
<input type="checkbox"/>	I try to support local businesses — like restaurants, guides or shops — when I travel.
<input type="checkbox"/>	I've looked into ways to reduce or offset the environmental impact of my flights or trips.
<input type="checkbox"/>	I sometimes choose slower or more scenic forms of travel (like trains or buses) instead of flying.
<input type="checkbox"/>	I've come across new types of travel that aim to give something back to the environment or local people.
<input type="checkbox"/>	I avoid visiting places that are already overcrowded with tourists, especially in high season.
<input type="checkbox"/>	I've thought about how my holidays affect the planet or the places I visit — even if I don't always change my plans.

**Now choose one of your answers and explain it in a sentence:**

*Example: I usually stay in small guesthouses when I travel because I like meeting local people.*

**Your sentence:**

## PART 1: The Cost of Paradise – The Impact of Summer Tourism

Reading – Multiple Choice Cloze (*Cambridge Use of English Part 1*)

Read the text and choose the correct word (A, B, C, or D) for each gap



Every summer, millions of travelers (1.) \_\_\_\_ to coastal resorts, historic cities, and island getaways in search of sunshine, relaxation, and cultural experiences. While tourism undoubtedly plays a significant role in many countries' economies, its rapid growth over the past few decades has come at a (2.) \_\_\_\_.

From overflowing waste bins on Mediterranean beaches to endangered coral reefs in Southeast Asia, the environmental impact of tourism has become increasingly hard to (3.) \_\_\_\_\_. According to environmentalists, many popular summer destinations are reaching a tipping point. Fragile ecosystems are being pushed to their limits, and local communities often suffer the consequences.

Take the case of Dubrovnik, Croatia. Once a quiet historical town, it gained international (4.) \_\_\_\_\_ after appearing in a popular TV series. The influx of cruise ships and package tours has (5.) \_\_\_\_\_ the city's infrastructure and forced authorities to limit the number of visitors allowed within the old city walls each day.

The phenomenon known as "overtourism" not only affects the environment but also (6.) \_\_\_\_\_ the quality of life for residents. In cities like Barcelona or Venice, rising rental prices and the (7.) \_\_\_\_\_ of souvenir shops replacing local businesses have caused frustration among locals, some of whom have even joined anti-tourism protests.

But not all hope is lost. A growing number of travelers are becoming more conscious of their (8.) \_\_\_\_\_ and are choosing eco-friendly alternatives, such as slow travel, off-season visits, or stays in locally owned accommodations. The shift towards sustainable tourism may still be in its early stages—but it's a necessary step if we want to continue enjoying these destinations in years to come.



①	A. drift	B. flock	C. shift	D. sweep
②	A. charge	B. profit	C. price	D. cost
③	A. disregard	B. eliminate	C. address	D. ignore
④	A. publicity	B. recognition	C. appearance	D. visibility
⑤	A. outweighed	B. overwhelmed	C. overcome	D. overthrown
⑥	A. strikes	B. disturbs	C. disrupts	D. damages
⑦	A. increase	B. surge	C. replacement	D. invasion
⑧	A. presence	B. footprint	C. reputation	D. outlook

## Self-Study: Cruise Tourism – What’s the Real Cost?

### 1. Quick Think: Personal Travel Habits

Answer these questions in your notebook or mentally — no wrong answers!

- Have you ever been on a cruise? Would you like to go on one? Why or why not?
- What are some *advantages* of going on a cruise?
- What are some *disadvantages* — for the environment, for local towns, or for travellers themselves?

### Prediction Task

Now look at the **title** of the next exercise: *The Problem with Cruise Ships*.

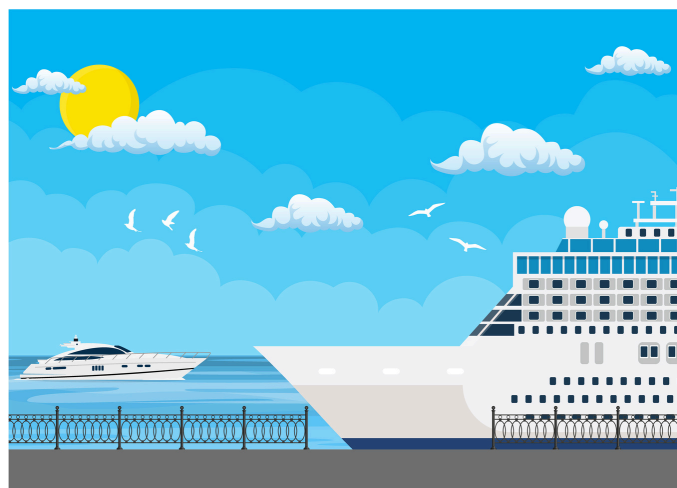
In **one sentence**, predict what kind of problems you think the text will talk about.

- *I think the article will say that cruise ships are a problem because...*

## PART 2: The Problem with Cruise Ships

Reading – Open Cloze (*Cambridge Use of English Part 1*)

Complete the following text using **one word only** in each gap



Cruise tourism is often criticised for the damage it causes, both environmentally and economically. The ships, sometimes described as “floating cities,” arrive in small ports with thousands of passengers — many of (1)\_\_\_\_\_ stay only a few hours. This would (2) \_\_\_\_\_ be a serious concern if local economies benefited more. However, most visitors eat and sleep on board, often leaving (3) \_\_\_\_\_ spending much in the area.

In response, some destinations have imposed limits (4) \_\_\_\_\_ the number of ships allowed to dock each day, which has led to mixed reactions. While some believe this kind of tourism should be restricted, others argue that more sustainable models (5) \_\_\_\_\_ still be possible.

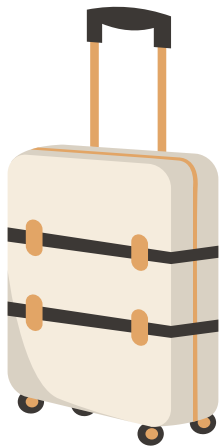
For now, it (6) \_\_\_\_\_ down to a single question: does cruise tourism do more harm than good? The answer, at least (7)\_\_\_\_\_ the short term, remains to (8)\_\_\_\_\_ seen.

## Self-study: Rethinking YOUR Summer Getaway



PART 1: Tick the boxes that you think you'd be willing to try in the **next 1-3 years**.

- ☐ Take a long-distance train instead of flying for a holiday
- ☐ Visit a destination during the off-season to avoid crowds
- ☐ Spend more time in fewer places, instead of moving around quickly
- ☐ Stay in accommodation run by local people rather than big chains
- ☐ Limit your flights to one or two per year
- ☐ Choose destinations based on their efforts to reduce tourism impact
- ☐ Offset your travel emissions through donations or environmental projects
- ☐ Travel in your own country or region instead of going abroad



## PART 2: Personal Travel Challenge

**Imagine** you're planning a trip for next summer. Try to include at least **three** “**responsible**” **choices** in your plan.

Complete the prompts:

I would travel to:

.....

I would get there by

.....

Instead of staying in a resort, I would:

.....

One small change I'd make compared to past holidays:

.....

## PART 7: Rethinking the Summer Getaway in Barcelona

Reading – Gapped Text (*Cambridge Use of English Part 7*)

**Instructions:** You are going to read an article about changing attitudes toward summer tourism. Six paragraphs have been removed from the article. Choose from the paragraphs A–G the one which fits each gap (1–6). There is **one extra paragraph** which you do not need to use



For decades, summer holidays have been associated with air travel, beach resorts, and all-inclusive packages. But as awareness of environmental and social issues grows, the way people think about travel is beginning to shift.

**(1)**

The pandemic years acted as a wake-up call for both tourists and the industry. Destinations once overrun with visitors suddenly found themselves empty, offering a glimpse of what life without mass tourism might look like.

**(2)**

One major concern is the carbon footprint of long-distance air travel. Environmental groups have highlighted that even a single return flight can cancel out a year's worth of individual recycling efforts.

**(3)**

Still, abandoning travel altogether isn't realistic — nor is it desirable. Travel can broaden horizons, build empathy, and support livelihoods. The challenge is finding a balance between enjoyment and responsibility.

**(4)**

As a result, many travelers are now seeking “slower”, more intentional ways of exploring. Taking the train instead of flying, staying longer in one destination, and supporting locally run businesses are all part of a broader shift.

**(5)**

Barcelona, a city that has long struggled with overtourism, is now actively rethinking how it manages the flow of visitors. Officials have proposed measures ranging from limiting the number of cruise ships to promoting visits in the off-season.

**(6)**

Although no single city has all the answers, efforts like these suggest a growing recognition that tourism must evolve. Whether these changes are enough — or come soon enough — remains to be seen.

### **Paragraph Options (A–G):**

A. Some have argued that rebranding alone is insufficient. Unless deeper reforms are made — particularly in housing, transport, and taxation — the same problems are likely to resurface. Critics say that tweaking tourism without addressing systemic urban challenges is merely cosmetic.

B. Even before the pandemic, opposition to large-scale tourism had been mounting. Banners declaring “Tourists go home” were often hung from balconies in the city's Gothic Quarter. These expressions reflected deep frustration over rising rents, noise, and the perceived erosion of community life.

C. This was not a hypothetical scenario: beaches were quiet, the air was noticeably cleaner, and locals could move through the city with ease. Although this came during a crisis, it provided a

striking contrast to the overcrowding of previous summers. For many, it proved that a different model was possible.

D. While most agree that fewer tourists might mean better quality of life, the economic fallout during the pandemic was sobering. Thousands of hospitality and service workers lost jobs, and many small businesses struggled to survive. This highlighted the extent to which the city has become dependent on tourism.

E. Rather than banning tourism outright, the city hopes to reshape demand. By promoting lesser-known neighborhoods, supporting local guides, and improving green infrastructure, officials aim to distribute visitors more evenly across space and time. The goal is not to reduce tourism, but to make it more sustainable.

F. Ironically, the city's own marketing campaigns have helped create the very challenges it now faces. Barcelona was aggressively promoted as a year-round destination, particularly to budget travelers. This has led to a surge in low-cost weekend tourism that puts strain on local resources without contributing much economically.

G. In response, neighboring towns have started offering joint tourism packages in collaboration with Barcelona. These encourage visitors to stay longer and explore the wider Catalonia region, relieving pressure on the capital. However, the success of this strategy depends on transport links and coordinated planning.



## Learning to Learn – Track Your Progress

**Instructions:** Write a short reflection in your learner journal (or digital notebook):

- One thing I learned from this worksheet was...
- One strategy I used was...
- One new word/expression I want to remember is...
- One thing I want to improve in future reading tasks is...

## Answer Keys

### PART 1: The Cost of Paradise – The Impact of Summer Tourism

No.	Answer	Notes
1	<b>B. flock</b>	<b>Explanation:</b> "Flock" is commonly used to describe large numbers of people going somewhere, especially for holidays or events. <i>"Millions of travelers flock to coastal resorts..."</i>
2	<b>D. cost</b>	<b>Explanation:</b> The phrase "comes at a cost" is a fixed expression meaning something has negative consequences. <i>"...its rapid growth... has come at a cost."</i>
3	<b>D. ignore</b>	The sentence implies the impact is becoming too obvious to overlook, so "ignore" fits best. <i>"...the environmental impact... has become increasingly hard to ignore."</i>
4	<b>A. publicity</b>	"Publicity" refers to attention from the media or public, often following TV or media appearances. <i>"It gained international publicity after appearing in a popular TV series."</i>
5	<b>B. overwhelmed</b>	"Overwhelmed" is used to describe systems or places under too much pressure. <i>"The influx... has overwhelmed the city's infrastructure."</i>
6	<b>C. disrupts</b>	"Disrupts" means to interrupt or interfere with something's normal function. <i>"Overtourism... disrupts the quality of life for residents."</i>
7	<b>D. invasion</b>	
8	<b>B. footprint</b>	"Footprint" in this context refers to environmental impact (e.g. "carbon footprint"). <i>"Travelers are becoming more conscious of their footprint..."</i>



## PART 2: The Problem with Cruise Ships

No.	Answer	Notes
1	<b>who</b>	Relative pronoun referring to “passengers.”
2	<b>not</b>	“Would not be” – 2nd conditional.
3	<b>without</b>	Preposition: “leaving without spending.”
4	<b>on</b>	Preposition: “limits on the number of ships.”
5	<b>may</b>	Modal verb of possibility.
6	<b>comes</b>	Fixed phrase: “it comes down to...”
7	<b>in</b>	Preposition: “in the short term.”
8	<b>be</b>	Fixed expression: “remains to be seen.”

## Part 7: Rethinking the Summer Getaway

(1) → B

**Why?** Paragraph B introduces public discontent with overtourism *before* the pandemic — it logically expands on the idea in the first paragraph that attitudes toward travel are changing.

(2) → C

**Why?** Paragraph C describes what life looked like during the pandemic (quiet beaches, improved air) and reflects on how locals responded. It continues the theme from the previous sentence and gives concrete examples.

(3) → A

**Why?** Paragraph A elaborates on systemic responses to environmental concerns, especially around air travel, which connects directly to the topic of carbon footprints and the need for broader change.

(4) → F

**Why?** Paragraph F discusses how different cities are rethinking tourism — it supports the idea that the goal isn't to stop travel altogether but to “travel better,” linking back to the sentence just before the gap.

(5) → D

**Why?** Paragraph D acknowledges the tension between reducing tourism and maintaining

economic stability, which contrasts with the benefits of “slower” travel just mentioned — this makes the transition more nuanced.

**(6) → E**

**Why?** Paragraph E specifically outlines Barcelona’s new tourism strategies — it develops the idea from the main paragraph about the city’s efforts and fits logically just before the final conclusion.