

4 Say yes to new adventures

The advantages and disadvantages of going on a holiday camp

to be a great pastime during the holidays	Playing football is a great pastime during the summer holidays	ein toller Zeitvertreib während der Ferien sein
to not have enough time for oneself	It's easy to get caught up in many different activities and not have enough time for oneself.	nicht genug Zeit für sich selbst haben
to build confidence	Testing your own limits can help you build confidence.	Selbstvertrauen aufbauen
to get independent from one's parents	Eventually, we all need to get independent from our parents.	unabhängig von den Eltern werden
to polish one's skills	Tim attended an archery course to polish his skills with a bow and arrow.	die Fähigkeiten verfeinern
to interact with peers	If I couldn't interact with peers outside of school, I would be very sad.	mit Gleichaltrigen interagieren
to improve one's overall well-being	Socialising improves one's overall well-being.	das allgemeine Wohlbefinden verbessern
to not get along with the other participants	Greg didn't get along with the other participants at the outdoor education course.	mit den anderen Teilnehmern/ Teilnehmerinnen nicht zurechtkommen
to learn how to resolve disagreements	Negotiating with friends is the first step toward learning how to resolve disagreements.	lernen, wie man Meinungsverschiedenheiten löst
to perform various physical activities	During a typical day at camp, we perform various physical activities.	verschiedene körperliche Aktivitäten ausführen
to feel lonely	At night, Lilla felt lonely while trying to fall asleep in her sleeping bag.	sich einsam fühlen
to be homesick	The last time he was away from his family, Jack was very homesick.	Heimweh haben
to stay in a poor camp location	Last year my brothers and I stayed in a poor camp location.	in einem schlechten Lager / Camp untergebracht sein
to constantly be surrounded by others	It's exhausting when you're constantly surrounded by others.	ständig von anderen umgeben sein
participants might experience exhaustion	Many participants who aren't used to doing so many things in one day may experience exhaustion.	die Teilnehmer/innen können Erschöpfung erleben / erfahren
activities might be physically exhausting	Activities like rock climbing or hiking might be physically exhausting.	die Aktivitäten können körperlich anstrengend sein
to lack sleep	After staying up until the early morning hours all weekend, my friends and I are lacking sleep.	Schlafmangel haben / unter Schlafmangel leiden
food options are not to one's taste	Sometimes the food options were not exactly to my little sister's taste.	die Verpflegung ist nicht nach dem eigenen Geschmack
camp leaders set strict camp rules	The camp leaders often set strict camp rules like no talking after lights out.	die Campleiter/innen stellen strenge Lagerregeln auf

Describing an adventure trip

to take part in an expedition	I've always wanted to take part in an expedition to explore a cave!	an einer Expedition teilnehmen
to afford a trip	She saved money all winter and can now afford a trip.	sich eine Reise leisten können
to attend a lecture	I attend a lecture three times a week.	einen Vortrag / eine Vorlesung besuchen

to take care of one another	It's important to take care of one another.	sich umeinander kümmern
to travel the world	She's always dreamed of travelling the world.	um die Welt reisen, die Welt bereisen
to preserve nature	Staying on the hiking trails allows us to preserve nature.	die Natur schützen
to set out on an expedition	Junho set out on an expedition to climb to the top of a mountain.	zu einer Expedition aufbrechen
to make someone aware of our planet	Noticing the different animals in the area can make someone aware of our planet.	jemanden auf unseren Planeten aufmerksam machen
to go on a journey	Muhammed went on a journey to look for koala bears.	auf eine Reise gehen
to experience a new adventure	I'd love to experience a new adventure in the Everglades!	ein neues Abenteuer erleben
to not leave harmful footprints	It's important to not leave harmful footprints when travelling.	keinen schädlichen Fußabdruck / keine schädlichen Spuren hinterlassen
to hike up steep mountains	Amaya likes to hike up steep mountains.	steile Berge besteigen
Bad travel experiences		
to feel helpless / lonely	When you adventure alone, it's easy to feel helpless / lonely.	sich hilflos / einsam fühlen
to not be able to change clothes	It's horrible when you get caught in the rain and aren't able to change clothes.	sich nicht umziehen können
someone's expectations are not fulfilled	My aunt was disappointed after our vacation because her expectations were not fulfilled.	jemandes Erwartungen werden nicht erfüllt
to doubt that the new hotel offers the same standard	She doubts that the new hotel offers the same standard of service.	Zweifel daran haben, dass das neue Hotel den gleichen Standard bietet
to fear that medical treatment is not appropriate	If someone gets sick while travelling, they might fear that medical treatment is not appropriate.	befürchten, dass die ärztliche Betreuung / medizinische Versorgung nicht angemessen ist
to miss having a good time	I missed having a good time with the other members of the group.	es verpassen eine gute Zeit zu haben
to feel bored in the hotel room	She felt bored in the hotel room on a rainy day.	sich im Hotelzimmer langweilen
to not be able to get in touch with friends	There was no connection, so he was not able to get in touch with friends.	nicht in der Lage sein, mit Freunden/Freundinnen in Kontakt zu treten
to not be able to check your social media account(s)	You will not be able to check your social media accounts while on the plane.	nicht in der Lage sein, den/die Social-Media-Account(s) zu überprüfen
to no longer have the chance to take pictures	Now that the trip is over, we no longer have the chance to take pictures.	nicht mehr die Möglichkeit haben, Fotos zu machen
to not be able to speak to someone about problems	Sometimes you are not able to speak to someone about problems on the road.	nicht mit jemandem über Probleme sprechen zu können
to feel like an outsider	I've felt like an outsider many times in my life.	sich wie ein/e Außenseiter/in fühlen
to feel sick	Amir felt sick after riding on the train for hours.	sich krank fühlen, Brechreiz verspüren

Language course experiences

to broaden your vocabulary range	As you get better at a language, you automatically broaden your vocabulary range.	den Wortschatz erweitern
to get better at speaking English fluently	Katja got better at speaking English fluently after she had spent a month in London.	besser werden darin, fließend Englisch zu sprechen
to improve your listening and reading skills	Watching movies helped Leon improve his listening and reading skills.	das Hör- und Leseverständnis verbessern
to interact with native speakers	Going abroad allows one to interact with native speakers.	mit Muttersprachlern/Muttersprachlerinnen interagieren
to speak English only	On vacation in Australia, we spoke English only.	nur Englisch sprechen
to gain confidence in speaking English	I have gained confidence in speaking English this year.	Selbstvertrauen beim Englisch-Sprechen gewinnen
to focus on students' needs	It is very important to focus on students' needs.	sich auf die Bedürfnisse der Schüler/innen konzentrieren
to strengthen presentation skills	It is important to strengthen your presentation skills to have a successful career.	die Präsentationstechniken stärken
to immerse oneself in English for an entire week	It's amazing how much you can improve after immersing oneself in English for an entire week.	sich eine ganze Woche lang in die englische Sprache vertiefen

Adverbs to describe new adventures

amazingly	You did amazingly well!	erstaunlich, unglaublich
definitely	He will definitely get the job.	bestimmt, durchaus
extremely	It is extremely important to take time for yourself.	äußerst, überaus, besonders
truly	It's truly a pleasure to talk to you.	wirklich, wahrhaftig
unbelievably	Sarah is unbelievably talented.	unglaublich
completely	I completely agree with your last point.	völlig, gänzlich, komplett
spontaneously	Seojun spontaneously went to a movie with his friends.	spontan, von sich aus
clearly	Since I got new glasses, I can see so clearly!	deutlich
carefully	She picked up the broken glass carefully.	vorsichtig, achtsam
loudly	The cat meows loudly when it wants to be fed.	laut, lautstark
suddenly	It became suddenly clear that Hasan had called the wrong number.	plötzlich
openly	It was such a relief to talk openly about such matters.	offen, ungeniert
fluently	Pele was able to deliver a presentation fluently in his fifth language.	fließend
accurately	Please describe what happened as accurately as you can.	genau, präzise
beautifully	The wedding plans came together beautifully.	schön
patiently	My dog patiently waits for me to come home from work every day.	geduldig
fast	The turtle at the zoo was not moving very fast.	schnell