

## <<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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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  
Acknowledgements

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