

## COMPRESIÓN DE LECTURA

### EJERCICIO 1

#### Some interesting tips for a good journey

##### Passports/Visas

Obtaining travel documents for your trip has become more complicated due to tightened security post 9/11. Passports cost \$55- \$85 and have a turnaround processing time averaging six weeks (expedited service costs an extra \$60). Plan ahead as some countries require passports to be valid at least six months prior to your arrival. Parents: Keep in mind a new State Department rule: Young travellers (age 14 and under) must apply in person for a passport or renewal. Acquiring a visa can also be a challenge. Don't assume you don't need one: Call your destination's embassy in advance to learn visa requirements, fees, and application processing times as they can vary widely. Australia, for example, has a simple online visa application costing \$14 (20 AUD). Brazil, on the other hand, now requires Americans to obtain a visa prior to departure and charges a \$100 fee. For a country-by-country list of document requirements and American passport guidance, visit the U.S. State Department online.

#### 1. What type of text is this?

- A. A news article
- B. An extract from a guide book
- C. A brochure

#### 2. Passport application processing ...

- A. takes about a fortnight
- B. costs more than \$85 if you need it immediately
- C. must be planned two weeks beforehand

#### 3. Children under 14...

- A. are allowed to travel without a passport
- B. can apply for a passport online
- C. are required to apply for a passport to travel abroad

#### 4. According to the text ...

- A. passports and visas are always necessary everywhere you go
- B. embassies will always inform you in advance
- C. sometimes, it requires a lot of effort to get a visa

### Luggage Logic

"The best packing question a traveller can ask is: Do people where I'm headed live without this item?" says Doug Dymont, whose website, One Bag, offers packing tips. In brief, you'll be better off with less. Additional tips: Never check luggage containing valuables (cash, credit cards, cameras, jewellery); fragile items (eyeglasses, bottles); or critical items (medicine, keys, travel vouchers). This advice is even more important lately, with checked luggage now subject to routine hand searches and increased opportunity for theft. Stick a copy of your travel itinerary in an outside pocket of your luggage so that if it's lost the airline has a better chance of tracking you down while you're travelling. To insure your luggage, ask for "excess valuation." With this you can bump up the liability to as high as \$5,000. The cost: about \$1 per \$100 of coverage. Additionally, this gives the airline more incentive not to lose your luggage.

**5. The main idea of this paragraph is ...**

- A. you do not need to take much luggage to enjoy a good trip
- B. you should not take precious things on the plane
- C. you can get good compensation if you travel by plane

**6. According to the writer...**

- A. airline companies will send you a copy of the travel itinerary so you do not get lost
- B. a good traveller will put a copy of the travel itinerary somewhere visible
- C. the travel itinerary should be given to the traveller and he should keep it in his pocket

**7. According to the text...**

- A. unattended luggage is more likely to be stolen on the plane
- B. customs officers only search hand luggage to avoid thefts
- C. checked luggage is more likely to be stolen lately

**8. The excess valuation insurance...**

- A. might pay you up to \$5,000
- B. will pay you \$100 for any loss
- C. should pay you \$5,000

**Leave Jet Lag Behind**

Jet lag happens when the body's inner clock falls out of sync with daily cycles of light, meals, and rest. Some medical experts estimate that travellers require a day of recovery for every time zone crossed—but who can wait that long? Minimize the effects by getting several good nights of sleep before your trip. Set your watch to your destination time when you board the plane, and adjust sleep and meals accordingly. During the flight, do isometric exercises, eat light meals, and keep hydrated, but avoid sugary, alcoholic, or caffeinated drinks. On arrival, shower and throw yourself into your new schedule—avoid naps. No-Jet-Lag (\$10 for 32 tablets) is a homeopathic supplement that eases transitions to new time zones.

**9. The writer points out that ...**

- A. a good sleep taken a few days prior to the journey will lessen the effect of jet lag
- B. you'd better not change your daily routine so as not to feel jet lag
- C. an accurate watch on board will help with the jet lag

**10. According to the text, to help prevent jet lag from happening ...**

- A. take a No-Jet-Lag tablet
- B. have a shower and a long nap at your destination
- C. have nothing to eat on board