

In the evening you can enjoy traditional Egyptian food in restaurants all over the city, or you can go on a boat trip and have dinner on the River Nile. Come to Cairo

My memorable day
happened six years ago.
I was in Fréjus, a small
town in the south of
France. It was a beautiful,
sunny day, and I went to a
rock concert to see my
favourite band. I only had
one ticket, so I went
alone.

"The weather was beautiful when we left New Zealand," said Nancy. "But when we were about a hundred and fifty miles from Sydney there was a terrible storm. There was a lot of damage to the boat. Things were really bad and we couldn't use the radio because that was damaged too."

I'm not usually very lucky,
but last year I won a weekend for two
in Cardiff. I went with my boyfriend,
Craig. I was really excited because I
love Wales, but the hotel was really
awful. It was in a poor part of town

Dear travellers,

International Travel Magazine is fifteen years old!

And to celebrate our fifteenth birthday, we've written a list of fifteen great places to visit.

Then, in June 1974, my life changed for ever. I came home from school and there it was – our family's first colour TV. I was really excited because I could watch all my favourite programmes in colour!

In the 1970s, an American engineer called Herb Kern noticed that in spring and summer he was happy and had a lot of energy, but every winter he became depressed and lazy.

Most people
come to Cairo to see the Pyramids at Giza and the famous Egyptian
Museum. You can also go on a guided tour of Old Cairo to see the
beautiful mosques and old buildings, or go shopping in the famous
Khan al-Khalili market.

How will
she find the time? 'No problem. I never
sleep at night! I'm always too busy
thinking of new ideas and plans,' explains
Jasmine.

He dances flamenco
all over the world - every week
he performs in a different city.

He sleeps for five or six hours
a night and wakes up full of
energy.

I've been to about forty countries and
I've stayed in some of the world's best hotels.
I've written travel articles about lots of
amazing places. Two weeks ago I went to
Mexico |

The journey took 113 days.
Debra arrived in Barbados seventy days after
the winning team, but for most people she
was the hero of the race. The editor of
The Times wrote, 'The winner of the race is the
girl who came last.'

_____ He
cooks food that is
delicious and fun.
There's steak, chicken
and fish on the menu, but also more unusual things
like bacon and egg ice cream!

They love living in the city, but my wife and I think the country is safer for them. Of course, teenagers like going out on their own, but it can be quite dangerous around here, especially at night.

Two or three weeks later, a local fisherman caught the shark and put it in the main square. Everybody came to see the monster and took pictures of it.

Pauline and Pat are sisters. Peter and Pauline have one daughter and one son. Jennifer is nine and Joe is six. John and Pat have two sons and one daughter. Tom is nine. Jack is six. Kitty is four.

The human body digests different food in different ways. Fruit only takes half an hour to digest, but carbohydrates take three to four hours, and proteins take up to eight hours. This is why it is important to eat the same kinds of food together. {

Bill and Nancy Potter, the 80-year-old British couple who were missing at sea, are now safe. A helicopter found them a hundred miles from the Australian coast and took them to a hospital in Sydney.

I enjoy living in the city because there are more things to do in your free time – life in the country can be quite boring. Also public transport is a lot better in the city, so I don't need to have a car. But houses are more expensive.

Thank you very much for the invitation to cousin Ian and Amy's wedding in Los Angeles. Of course I'd love to come. I booked my flight yesterday and I'm going to arrive in L.A. three days before the wedding.

Oh, I really love clothes! I read all the fashion magazines and I watch programmes about clothes on TV. And I love buying shoes – I've got about fifty pairs at home! And I love shopping with my friends.

You
can drive around the Safari Park and see hundreds
of animals in the wild. There are monkeys, wolves,
lions and tigers in the park, so don't forget to close
your car windows!

She doesn't
like watching sport on TV but she
goes swimming a lot. And she has
seven cats!

Of course, now you can choose from hundreds of TV channels and watch anything you want at any time of day. You can watch TV programmes online and download them onto your mobile. So I think children today are very lucky/

I like Kim very much
and we like a lot of the same
things. We both go to the
cinema a lot and we both
really like animals. But she
doesn't like the same music
as me and she hasn't got a
TV – I don't believe that!

Dear Jasmine

Do you remeber me? I was in your class at Willsby
Secondary School. I heard the radio programme about you and
Blind Hope.

The story always has a hero,
a princess and a villain. The villain
wants to marry the princess, so
he takes her to a place where the
hero can't find her. But the hero
always finds the place and saves the
princess from the villain.

Page and Brin met in 1995 when they started studying computer science at Stanford University in California. They didn't like each other at first, but they became friends when they shared a room together at university.

The Oktoberfest takes place in Munich, Germany. It starts on the third Saturday in September and goes on for two weeks. There are parades and people wear traditional clothes. Seven million visitors drink nine million litres of beer!

Sorry, I don't like Mark very much. He talks about football and TV programmes all the time and I don't like watching TV. Also, we don't like the same music – and music's very important to me.

On Saturday
we didn't leave the
hotel because it
was too cold. Craig
watched sport on
TV all day and I was
really bored! We had
dinner in the hotel,
but the restaurant was
quite dirty and the
food was awful.

Family life

Married with two children, a boy and a girl. Met his wife, Yasuko, when she was a manager at Nintendo in Japan.

Greta Garbo was a Hollywood star in the 1920s and 1930s. She was born in Sweden in 1906. Her real name was Greta Gustafsson. Her father died when she was fourteen, so she left school and got a job. She worked as a model for newspaper advertisements. When she was seventeen, she went to theatre school.

The concert was
gréat, and the other fans
were really nice. Later that
evening, I went to a club,
and the band were there! I
spoke to them, and they
gave me two free tickets
for their next concert. I
was so happy!

He weighs 140 kilogrammes and is a grand champion of sumo wrestling. He lives at the Takasago 'stable' in Tokyo with thirty other wrestlers.

On Saturday we went for a walk in the Old Town. It was quite crowded, but all the shops and buildings were really interesting. We wanted to visit Wawel Castle.

People get SAD in autumn and winter, when the days are shorter and there is less daylight. It is more common in women than in men.

I moved to the city two years ago because I needed to get a job.
I stopped looking for work in the country because there weren't
any jobs, but when I moved here I found one in the first week.

The last time I went clothes shopping was about two months ago. I bought a nice blue jumper and five pairs of socks! I usually wear the same thing every day - jeans, a T-shirt and trainers. And I really hate buying shoes

People come to Sharm El Sheikh from all over the world to go diving and snorkelling in the Red Sea – the beautiful coral reefs and colourful fish are amazing!

I don't like shopping for clothes and I don't think what people wear is very important. When I go shopping, I only buy the clothes I need and that's all.

We've met
some really interesting people – last year the
Prime Minister had dinner here! But it's hard
work and Guy and I have never had a holiday
together. We might go to Peru next year

with you when I arrive? If not, don't worry. I can book a
hotel room. Also, I'm going to stay in the USA for three
weeks and I'd like to travel around after the wedding.
Do you know where I can rent a motorbike?

Can I stay

There aren't any cars
on the island, and there aren't many people
at the hotel.

Yesterday we went to a market in a village
and ate at a fantastic restaurant on the
beach.

my new bicycle is
important to me because we haven't got a car.
What else? Well, we've got a beautiful cat, Lily.
She's very important!

She's a nurse, and she works at night,
so she doesn't have a lot of time to meet new
people. She likes eating out (her favourite food is
Chinese), cooking, reading, listening to jazz and
travelling./

My best friend Robert
wasn't here because he was ill. And my two
brothers weren't here because they're in the
USA. But it was a fantastic party!

A month ago I got a job as a National Park manager, so we decided to sell our house in the city and move to the country. We want to have an easier life and I'd like to spend more time with my family.

Sometimes I hate living in the city – it's dirty, crowded and noisy at night – and I'd like to go back to the country one day. When I'm old, I'd love to have a little place in the mountains where it's really quiet.

As he drives through the National
Park, he often sees koalas and kangaroos.
'From the top of my lighthouse, I have the
best view in the world,' says Jack.

last month I spent five days
in the Caribbean. But I haven't been to
Australia. That's one country I'd love to
go to – but for a holiday, not for work!

She loves football – it's her favourite sport. She watches football every weekend. She doesn't like shopping and loud music. She doesn't smoke.

We both do a lot of sport. I like swimming and he likes football. And we both watch a lot of TV and DVDs, so that's a good thing. Do I want to see him again? Yes, why not? Maybe we can go clubbing next time.

Susie's very nice. We both like the same things – watching TV and doing sport. Also, she has lots of cats and I really like cats. She doesn't like rock music very much, but that's OK. Yes, I'd like a second date with her.

One day, they went fishing in a small motor boat on an enormous lagoon called San Martina.

After an hour, the motor stopped, and they couldn't start it again. They shouted, but nobody heard them.

The theatre is open from May to September. One of the plays this season is Shakespeare's *A Midsummer Night's Dream*. You can book tickets at www.openairtheatre.org.

I'm a baker! I start my own business making bread and cakes.
Yes, I know I was a terrible cook at school, but I can to cook
really good now!

Siriwan lives in the Thai capital, Bangkok, with her husband and two children.

Her office is seven kilometres from her house, but it takes her two hours to get there by car in the morning.

After dinner

my father turned on the TV for the first time and my grandfather took a photo. Then the whole family watched TV together until midnight with biscuits and cups of hot chocolate. It was one of the best evenings of my life –

There are six excellent cafés and restaurants in Regent's Park. The Boathouse Café is a popular place for lunch, and the Garden Café is a great place for a meal before going to the open air theatre.

She doesn't like sport and she hates football. Her favourite music is rock and she also likes jazz. She likes animals but hasn't got any pets.

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She was a
good student and she went to college.
After college she became a teacher at a
school for blind children.

The couple bought the boat two years ago. "We wanted to be the first 80-year-old couple to sail round the world," said Bill. "Nancy wants to try again next year, but I'm not so sure."

He speaks Spanish **fluently** and is an **excellent** driver.
Ray also wrote a **wonderful** blog for the teenagers' course and
all the children's parents really enjoyed reading it.

If you would like any further information, please contact me by
phone or email.

She can play the piano and guitar. She's travelled around the world and visited forty-five countries on her own. What's so special about that? Well, nothing, except she can't see.

Jo is 29 and she's a lawyer. In her free time she watches TV, goes shopping and reads a lot. On Saturday evenings she usually goes to the cinema or eats out – she loves Chinese food.

I haven't got a laptop, but I've got
an old computer. That's important to me for
school. And I've got a big TV in my room.
That's very important because I love football!

He loved surfing, but the Californian ocean was cold.
Jack wanted to find a way to stay warm in the water and he started to make
protective clothing for cold water, or 'wetsuits'.

For lunch I have meat, fish and vegetables. In the afternoon I sometimes have a nap or I sometimes go for a walk. At three o'clock in the afternoon we do the housework. In the evening I usually go out for a Chinese meal or sushi.

She hardly ever goes
to the gym, but she really likes sports, especially polo and golf.
She also goes riding every day. She doesn't smoke and she doesn't
usually drink alcohol. But she loves roast dinners and chocolate.

The objects that people are most likely to lose are money, keys and the TV remote control. People hardly ever lose their passport.

Half the people interviewed said they would like to lose boring friends!

Susie's 23 and she's a waitress. She really loves dance music but she doesn't like rock music. She doesn't go to restaurants very often but she loves fast food.

Imagine a diet where you can eat three meals a day and lose weight! With 'food-combining', you can eat what you like, but there are some things you can't eat together.

I live in Bristol with my parents and my sister.
It was my thirteenth birthday yesterday and
there was a big party at our house. About thirty
people were here, and we were lucky because
it was a very hot day.

Before she goes to the office, she takes her children to school. She leaves home at 5.00 a.m. The children sleep until they arrive at school. Then Siriwan wakes them up, and gives them breakfast in the car. The children go into school, and Siriwan begins her journey through the city centre, to her office.

LONDON ZOO

This world-famous zoo first opened in 1828 and is now home to 12,000 animals. You can see tigers, camels, snakes, colourful birds and lots more – and don't forget to visit the exciting rainforest area.

Some people think
the chef at this
restaurant, Ferran
Adrià, is the best
cook in the world.
El Bulli is on the
coast, about two
hours from
Barcelona, and it has
wonderful views of the sea.

It's very difficult to get a reservation because it's only open for six months of the year, and there are only fifty seats. But the food is amazing! The menu has a lot of traditional vegetable and seafood dishes/

In the evening we went back to the hotel and had dinner in the restaurant. It was very busy, but the food was fantastic! Then on Sunday I asked Olivia to marry me – and she said yes! We were very happy when we got home. It was a wonderful weekend!

I won a weekend for two in Kraków, in Poland. I went with my girlfriend, Olivia, and we stayed in a very nice hotel by the river. The rooms were really comfortable and the people were very friendly.

Thank you for booking one of our holiday homes.
Here are your directions.

When you drive into Seaton you're on Abbott Street.
Go along this street, past the bus station, then go over
the bridge and turn right.

I'm sitting here, feeling very relaxed and looking at the beautiful, blue sea.

We're staying at the Palm Beach Hotel. It's amazing! There are two white sofas in our room and a big plasma TV in our bathroom!

Rio Carnival takes place in February or March in Rio de Janeiro, Brazil. It starts on a Saturday and ends on Tuesday (Mardi Gras). It goes on for four days. There's loud music, drumming and dancing. People wear colourful costumes and 70,000 people watch parades.

I never buy clothes online
because you can't try them on before you buy them. Next
weekend I want to buy a dress for a party - and some new
shoes, of course!

in the afternoon you can
go on an exciting safari boat trip - look out for the
gorilla that lives on an island in the middle of the lake!
Longleat is open every day from February to
November. You can buy tickets online

Sue Glass had a car accident when she was eight so she didn't like driving. When she grew up this was a problem, because she got a job with a car company. Then six years ago she met Julian Swayland, a racing driver, and she told him she was afraid of cars.

Jack Spencer works at the Cape Otway lighthouse. It's near the Great Ocean Road, about two hundred kilometres from Melbourne in southern Australia.

Jack lives about fifty kilometres from Cape Otway. He believes that his drive to work is the most spectacular drive in the world.'

Page and Brin wanted to start a business together, but they didn't have any money. At first their families and friends helped them. Then in August 1998 a businessman wrote a cheque to Google Inc for \$100,000.

Jo and I like some of the same things. We both like going to the cinema and eating Chinese food. But she talks about books and shopping *all* the time. We both like rock music, but she hates sport and I love it!

Thousands of tourists visit the Great Ocean Road every year. I'm lucky – I drive along it every day on my way to work,' he says.

Every morning, he drives to work along the coast. It takes him about forty minutes.

This is Rona. She's my best friend, and she's also my sister! She's fantastic, and she's single. OK, what can I tell you about Rona? Well, she's thirty-one years old and she lives in Glasgow, in Scotland./

I really enjoy spending time with my two children,
but I only see them on Sundays at the moment. I work six days a
week because you need to have a lot of money to live in the city.
Everything's more expensive here, especially if you have children.