

■ CHEAT SHEET: WELLNESS AND SUSTAINABLE TRAVEL (A2 LEVEL)

■■ Topic	Wellness and Sustainable Travel is the most important trend in tourism and hospitality today. It means traveling in a healthy way and taking care of nature and local people.
■ Meaning	Wellness travel helps people feel good in body and mind. Sustainable travel does not hurt the environment and supports local communities.
■ Why It Is Popular	After the COVID-19 pandemic, people think more about their health and safety. They want to relax, be in nature, and protect the planet while supporting local people.
■ Examples of Wellness Travel	• Yoga or meditation retreats in quiet places. • Spa holidays with massages. • Hotels with healthy food and exercise. • Forest walks or mountain breathing trips.
■ Examples of Sustainable Travel	• Staying in eco-lodges made from local materials. • Hotels that save water and energy. • Tours that help village families. • Buying handmade local products. • Avoiding plastic bottles and bags.
■ What Hotels and Businesses Do	• Build with eco-friendly materials. • Use solar power and recycle waste. • Offer yoga, spa, or meditation. • Buy food from local farmers. • Teach guests to travel responsibly.
■ What Tourists Want	• Calm, clean, and safe places. • To feel healthy and relaxed. • Real experiences with local people. • A balance between comfort and care for the planet.
■ Key Words	Wellness, sustainability, eco-tourism, nature, relaxation, local community, environment.
■ Main Goal	To make travel good for people, nature, and local life — a better world for everyone.