

**Topic:**

Taking a Vacation

**Reading Resource:**

Importance of Taking Vacation ([Link](https://www.allinahealth.org/healthysetgo/thrive/importance-of-taking-vacation))

*Article Recommendation:* Read through the article with your friend, correcting pronunciation errors and defining new words along the way. Don’t worry if you can’t get through the entire thing; encourage your friend to continue reading and bring questions next time!

Also feel free to choose sections if it’s a larger article; they can always read more on their own.

**Discussion Guide:**

1. As the article mentions, many Americans have a tendency of being over-worked. In your home country, are most people over-worked? Why do you think this is the case?
2. Many Americans take vacation in the summer when schools are out. What are popular vacation times in your home country? What are common destinations?
3. Why do you think taking vacations can be so helpful? Have you had work stress alleviated by taking time away? If so, how?
4. Why do you think humans have a need from rest from work? Why is taking a rest so beneficial?
5. Vacations are temporary reprieves from work. How do you think people can find more lasting peace and rest from their labors? Why is this difficult for many?