

# More people choose holidays without phones

## Vocabulary Match

- trend ●      detox ●      retreats ●      connected ●      calmer ●      nature ●
- getaways      ● peaceful      ● fashion      ● linked      ● outdoors      ● cleanse

## Article

More and more people are choosing holidays without phones, wi-fi, or social media. When Ophelia Wu stayed at Eremito, a quiet hotel in Italy, she loved the peace. There was no internet, no TV – only nature and candlelight. She didn't want to turn her phone back on after leaving.

This trend is growing. A Hilton report says 27% of adults want to use social media less on holiday. Hotels and retreats are offering "digital detox" stays around the world. In the UK and Ireland, new cabins without internet are becoming popular.

Many people find the first day hard, but after a few days, they feel calmer, happier, and more connected to nature and each other.

## Quiz

1. Where did Ophelia Wu stay during her holiday?
2. What did Ophelia Wu love about her stay at Eremito?
3. What percentage of adults want to use social media less on holiday, according to the Hilton report?
4. What do many people feel after a few days without internet?

## Conversation

- A: I just got back from a digital detox holiday in Italy.  
B: Really? What was it like without your phone?  
A: At first, it was tough, but then I felt so relaxed.  
B: Sounds amazing! Did you miss social media?  
A: Not at all. I felt more connected to nature.  
B: Maybe I should try it too. I need a break from my phone!

## Discussion

1. Would you enjoy a holiday without your phone?
2. What activities would you do on a digital detox holiday?
3. What do you use the internet for? Do you really need it?
4. Do you think you would feel calmer without the internet?