



Podcast Series: English on the Go!

Slogan: Learn anywhere, speak everywhere

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Podcast Episode : How to Pack Your Suitcase

Level: Beginner

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TRANSCRIPT

Introduction to the Episode

Host Alex:

Hello, everyone! Welcome to "English on the Go." This is the podcast where we help you improve your English skills by discussing everyday topics. I'm your host, Alex, and today we'll be talking about something super useful. Let's dive in!

Introduction to the Topic

Host Alex:

Today's topic is all about packing your suitcase. Whether you're going on a short trip or a long vacation, knowing how to pack efficiently can make your life so much easier. Sarah and Ben are getting ready for a trip, and Ben is sharing his tips on how to pack smartly.

Pre-listening Questions

Host Alex:

Before we jump into the conversation, here are a few questions to get you thinking:

1. What do you usually pack first when getting ready for a trip?
 2. Do you find packing easy or difficult?
 3. What's the most important item you never forget when packing?
-

Conversation

Sarah:

Ben, I'm leaving for my trip tomorrow, and I have no idea how to pack my suitcase!

Ben:

Don't worry, Sarah! I've been on so many trips that I've learned some great packing tricks.

Sarah:

Really? I always end up packing too much, and then I can't fit everything in my bag.



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Ben:

That's a common problem. The first thing you should do is make a list of everything you need. That way, you don't forget anything important and you avoid packing unnecessary things.

Sarah:

That sounds like a good idea. What should I pack first?

Ben:

Start with the essentials—things like your clothes, toiletries, and any medicines you might need. Roll your clothes instead of folding them. It saves space and keeps them from getting wrinkled.

Sarah:

Roll my clothes? I've never tried that before. What about shoes?

Ben:

Shoes can take up a lot of space. Put them at the bottom of your suitcase, and try stuffing them with socks or smaller items to save space.

Sarah:

Oh, that's clever! I always lose small items like jewelry or cables. Any tips for that?

Ben:

Use a small bag for your electronics, chargers, and jewelry. That way, everything stays organized, and you can find it quickly.

Sarah:

What about liquids, like shampoo and lotion?

Ben:

Put all liquids in a clear plastic bag, and make sure they're travel-size. This way, they won't spill, and you can easily take them out if needed at the airport.

Sarah:

Got it! What else should I remember?

Ben:

Try not to overpack. If you're unsure about something, ask yourself: "Will I really need this?" If the answer is no, leave it out. And remember to leave some space for souvenirs or anything you might buy on your trip.

Sarah:

That makes sense. I always pack way too many clothes. Do you think I need different outfits for every day?

Ben:

Not necessarily. You can mix and match clothes to create different outfits. A pair of jeans or neutral pants can go with multiple shirts. Pack light, but make sure everything can work together.

Sarah:

You've given me some great tips, Ben. I feel much more confident about packing now!



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Ben:

I'm glad to help! Just remember, packing smart can make your trip more enjoyable because you won't have to worry about your luggage.

Vocabulary Analysis

Host Alex:

Let's go over some useful words from today's conversation.

1. **Essentials** – These are the most important things you need. For example, clothes, toiletries, and medicines are packing essentials.
2. **Roll (verb)** – To turn something into the shape of a tube or ball. In the conversation, Ben tells Sarah to roll her clothes to save space.
3. **Toiletries (noun)** – Personal care items such as soap, toothpaste, and shampoo. When you pack your suitcase, don't forget your toiletries!
4. **Souvenirs (noun)** – Things you buy to remind you of a place you visited. If you're going on a trip, you might want to leave space in your suitcase for souvenirs.
5. **Overpack (verb)** – To pack more items than necessary. Sarah tends to overpack, but Ben suggests packing only what she needs.

Now, let's listen to the conversation again. Try to spot the vocabulary words we discussed earlier as you listen!

Comprehension Questions

Host Alex:

Alright, let's test your memory! Here are some questions to see how well you followed the conversation: What is the first thing Ben suggests Sarah should do before packing?

1. Why does Ben suggest rolling clothes instead of folding them?
 2. Where does Ben say to put shoes in the suitcase?
 3. What does Ben recommend for packing liquids like shampoo and lotion?
 4. Why does Ben suggest leaving some space in the suitcase?
-

Post-listening Questions

Host Alex:

Now that we've gone through the conversation, let's dive deeper. Think about these questions and how they apply to you:

What packing tips would you give to a friend going on a trip?

1. Do you tend to overpack or pack just enough?
 2. What's something you've forgotten to pack before? How did it affect your trip?
-

Conclusion



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Host Alex:

That's all for today's episode! I hope you found it helpful and are ready to apply what you've learned. Don't forget to grab the free PDF we've prepared for you—it's packed with tips and vocabulary to help you practice even more. See you next time on *English on the Go*!

Vocabulary Summary

Word	Type	Meaning	Example Sentence
Essentials	Noun	Most important things you need	Don't forget to pack the essentials like clothes and toiletries.
Roll	Verb	To turn something into a tube shape	You should roll your clothes to save space in your suitcase.
Toiletries	Noun	Personal care items	I packed my toiletries in a small bag for my trip.
Souvenirs	Noun	Items bought to remind you of a place	I always leave room in my suitcase for souvenirs.
Overpack	Verb	To pack too many things	I tend to overpack when I'm not sure what to bring.



EXERCISE

EXERCISE 01: Fill in the Blanks

Instructions: Listen to the conversation and fill in the blanks.

Sarah: Ben, I'm leaving for my trip tomorrow, and I have no idea how to _____ (1) my suitcase!

Ben: Don't worry, Sarah! I've been on so many trips that I've learned some great _____ (2) tricks.

Sarah: Really? I always end up packing too much, and then I can't fit everything in my _____ (3).

Ben: That's a common problem. The first thing you should do is make a _____ (4) of everything you need.

That way, you don't forget anything important and avoid packing _____ (5) things.

Sarah: That sounds like a good idea. What should I pack first?

Ben: Start with the _____ (6)—things like your clothes, toiletries, and any medicines you might need.

_____ (7) your clothes instead of folding them. It saves space and keeps them from getting wrinkled.

Sarah: Roll my clothes? I've never tried that before. What about _____ (8)?

Ben: Shoes can take up a lot of space. Put them at the _____ (9) of your suitcase, and try stuffing them with _____ (10) or smaller items to save space.

Sarah: Oh, that's clever! I always lose small items like _____ (11) or cables. Any tips for that?

Ben: Use a small _____ (12) for your electronics, chargers, and jewelry. That way, everything stays organized, and you can find it quickly.

Sarah: What about _____ (13), like shampoo and lotion?

Ben: Put all liquids in a clear plastic bag, and make sure they're _____ (14). This way, they won't spill, and you can easily take them out if needed at the _____ (15).

Sarah: Got it! What else should I remember?

Ben: Try not to _____ (16). If you're unsure about something, ask yourself: "Will I really need this?" If the answer is no, leave it out. And remember to leave some space for _____ (17) or anything you might buy on your trip.

Sarah: That makes sense. I always pack way too many _____ (18). Do you think I need different outfits for every day?

Ben: Not necessarily. You can mix and _____ (19) clothes to create different outfits. A pair of jeans or neutral pants can go with multiple shirts. Pack _____ (20), but make sure everything can work together.

Sarah: You've given me some great tips, Ben. I feel much more _____ (21) about packing now!

Ben: I'm glad to help! Just remember, packing _____ (22) can make your trip more enjoyable because you won't have to worry about your luggage.

EXERCISE 02: Multiple Choice

Instructions: Choose the correct answer for each question.

1. What is the first thing Ben recommends Sarah should do to avoid packing too much?
 - a) Ask for help



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- b) Make a list of what she needs
 - c) Roll her clothes
 - d) Pack small items first
2. How does Ben suggest Sarah should pack her clothes?
- a) Fold them
 - b) Lay them flat
 - c) Roll them
 - d) Put them in plastic bags
3. What does Ben suggest Sarah should stuff inside her shoes to save space?
- a) Plastic bags
 - b) Socks or smaller items
 - c) Extra clothes
 - d) Toiletries
4. What tip does Ben give for packing small items like jewelry or cables?
- a) Put them inside shoes
 - b) Use a small bag to keep them organized
 - c) Place them in a side pocket
 - d) Roll them inside clothes
5. What does Ben say about liquids like shampoo or lotion?
- a) They should be packed at the bottom of the suitcase
 - b) They should be travel-size and in a clear plastic bag
 - c) They should be kept with electronics
 - d) They should be placed in a jewelry bag

EXERCISE 03: True or False

Instructions: Decide if the following statements are True or False.

- 1. Ben has no experience with packing for trips.
- 2. Sarah often overpacks her suitcase.
- 3. Ben suggests folding clothes to save space in the suitcase.
- 4. Ben advises Sarah to pack liquids in a clear plastic bag.
- 5. Ben tells Sarah to pack different outfits for every day of the trip.

EXERCISE 04: Matching

Instructions: Match the items in Column A with the descriptions in Column B.

Column A	Column B
1. Roll clothes	a) To avoid packing too many items



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2. Shoes	b) Pack these at the bottom of your suitcase
3. Clear plastic bag	c) To organize electronics, jewelry, and chargers
4. Small bag	d) To store toiletries and avoid spills
5. Leave some space	e) Helps save space and prevent wrinkles in clothes

EXERCISE 05: Sentence Reordering

Instructions: Put the following sentences in the correct order to recreate the dialogue.

1. Shoes can take up a lot of space. Put them at the bottom of your suitcase.
2. Put all liquids in a clear plastic bag, and make sure they're travel-size.
3. Start with the essentials—things like your clothes, toiletries, and any medicines you might need.
4. That's a common problem. The first thing you should do is make a list of everything you need.
5. Not necessarily. You can mix and match clothes to create different outfits.



ANSWER KEY

EXERCISE 01: Fill in the Blanks

- | | | | |
|----------------|-------------|-----------------|---------------|
| 1. pack | 7. Roll | 13. liquids | 19. match |
| 2. packing | 8. shoes | 14. travel-size | 20. light |
| 3. bag | 9. bottom | 15. airport | 21. confident |
| 4. list | 10. socks | 16. overpack | 22. smart |
| 5. unnecessary | 11. jewelry | 17. souvenirs | |
| 6. essentials | 12. bag | 18. clothes | |
-

EXERCISE 02: Multiple Choice

1. b) Make a list of what she needs
 2. c) Roll them
 3. b) Socks or smaller items
 4. b) Use a small bag to keep them organized
 5. b) They should be travel-size and in a clear plastic bag
-

EXERCISE 03: True or False

1. False
 2. True
 3. False
 4. True
 5. False
-

EXERCISE 04: Matching

- | Column A | Column B |
|----------------------|---|
| 1. Roll clothes | e) Helps save space and prevent wrinkles in clothes |
| 2. Shoes | b) Pack these at the bottom of your suitcase |
| 3. Clear plastic bag | d) To store toiletries and avoid spills |
| 4. Small bag | c) To organize electronics, jewelry, and chargers |
| 5. Leave some space | a) To avoid packing too many items |
-

EXERCISE 05: Sentence Reordering



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Correct Order:

1. That's a common problem. The first thing you should do is make a list of everything you need.
2. Start with the essentials—things like your clothes, toiletries, and any medicines you might need.
3. Shoes can take up a lot of space. Put them at the bottom of your suitcase.
4. Put all liquids in a clear plastic bag, and make sure they're travel-size.
5. Not necessarily. You can mix and match clothes to create different outfits.

~ The End~