



Castilla-La Mancha

Consejería de Educación,
Cultura y Deportes

PRUEBAS DE CERTIFICACIÓN

INGLÉS / C1

COMPRENSIÓN DE TEXTOS ESCRITOS

SESIÓN ORDINARIA 2022

INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE

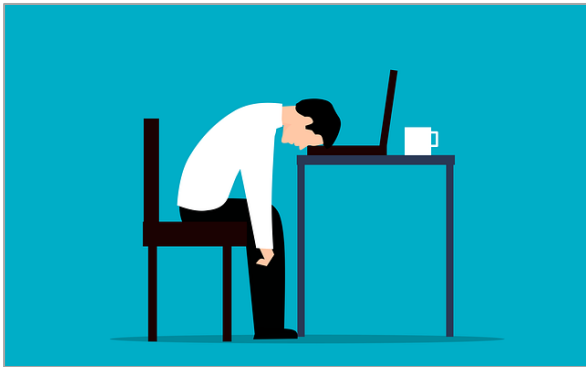
- **DURACIÓN: 55 minutos.**
- **PUNTUACIÓN:** A efectos de **certificación**, será necesario superar todas y cada una de las cinco actividades de lengua con una puntuación mínima del 50% en cada una de ellas y una calificación global final igual o superior al 65%. A efectos de **promoción**, será necesario obtener una puntuación mínima del 50% en todas y cada una de las cinco actividades de lengua.
- Las respuestas erróneas no descontarán puntos.
- Esta parte consta de TRES tareas.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

DATOS DEL CANDIDATO

APELLIDOS:		
NOMBRE:		DNI:
COMISIÓN:	OFICIAL <input type="checkbox"/>	LIBRE <input type="checkbox"/>
CALIFICACIÓN:		

TASK 1

Read the text and choose the best answer (A, B or C) for the questions below. There is only ONE correct answer. Write your answers in the ANSWER BOX. Answer 0 is an example. (1 item = 0.8).



MAKING THE DREAM OF WORKING LESS

There are strong indications that in a modern knowledge economy, even working 40 hours a week is too much. Research suggests that someone who is constantly drawing on their creative abilities can, on average, be productive for no more than six hours a day. It's no coincidence that the world's wealthy countries, those with a large creative class and highly educated populations, have also shaved the most time off their workweeks. And working less could actually solve many of the world's greatest problems. Working less could reduce

unemployment. In times of recession, with spiking unemployment and production exceeding demand, sharing jobs can help to soften the blow. Researchers at the International Labour Organization have concluded that work sharing went a long way toward lessening national recession on workers.

Could working less even slow climate change? Turns out, yes. A worldwide shift to a shorter workweek could cut the CO₂ emitted this century by half. Countries with a shorter workweek have a smaller ecological footprint. Consuming less starts with working less - or, better yet, with consuming our prosperity in the form of leisure.

Since long workdays lead to more errors, shorter workdays could reduce accidents. Overtime is deadly. Tired surgeons have been found to be more prone to slip ups, and soldiers who get too little shuteye are more prone to miss targets. From Chernobyl to the Space Shuttle Challenger, overworked managers often prove to have played a fatal role in disasters. It's no coincidence that the financial sector, which triggered the biggest disaster of the last decade, is absolutely drowning in overtime.

Countries with short workweeks consistently top gender equality rankings. The central issue is achieving a more equitable distribution of work. Not until men do their fair share of cooking, cleaning and other domestic labor will women be free to fully participate in the broader economy. Research in Norway has shown that men who take paternity leave are then 50 percent more likely to share laundry duty with their wives. Canadian research shows that they'll spend more time on domestic chores and childcare. Paternity leave is a Trojan horse with the potential to truly turn the tide in the struggle for gender equality.

Working less could also reduce inequality. The countries with the biggest disparities in wealth are precisely those with the longest workweeks. While the poor are working longer and longer hours just to get by, the rich are finding it ever more "expensive" to take time off as their hourly rates rise. Nearly a hundred years ago, our old friend John Maynard Keynes made an outrageous prediction — he understood that the stock -market crash of 1929 hadn't called curtains on the entire world economy. Producers could still supply just as much as they had the year before; only the demand for many products had dried up. "We are suffering, not from the rheumatics of old age," Keynes wrote, "but from the growing pains of over-rapid changes."

Today, the dream of a shorter workweek has been trampled — there is hardly a politician willing to endorse it, even with stress and unemployment surging. Even in conditions of slow economic growth, we could work fewer than 15 hours a week by 2050, and earn the same amount as in 2000. If we can indeed make that happen, it's high time we start to prepare.

First, we must ask ourselves: Is a shorter workweek what we want? Pollsters have already asked people all over the world this question, and the answer is "Yes, very much, please." When US scientists surveyed employees to find out whether they would rather have two weeks' additional salary or two weeks off, twice as many people pick out the latter one. And when British researchers asked employees if they would rather win the lottery or work less, again, twice as many choose the latter. Plenty of evidence points to the fact that we can't do without a sizable daily dose of unemployment. Working less provides the bandwidth for other things that are also important to us, like family, community involvement and recreation.

And the second question is: How can we manage to work less? We can't all just go ahead and switch to a 20-hour or 30-hour workweek on our own. Reduction of work first has to be reinstated as a political ideal; from there, we can curb the workweek step by step, trading in money for time, investing more money in

education, and developing a more flexible retirement system and good provisions for parental leave and childcare. It all starts with reversing incentives. Currently, it's cheaper for employers to schedule one person to work overtime than to hire two people. That's because many labor costs, such as health care benefits, are paid per employee instead of per hour. And that's also why we as individuals can't just unilaterally decide to start working less.

(Adapted from: ideas.ted.com)

0. **According to the text...**
 - A. creativity depends on the time you devote to it.
 - B. creativity is just a matter of time.
 - C. **creativity is limited to a period of time.**
1. **The impact of job-sharing in times of recession...**
 - A. is bound to alleviate the effect of unemployment.
 - B. needs to be regulated by production and demand.
 - C. would potentially worsen the situation.
2. **Shorter working hours...**
 - A. have an unpredictable impact on global sustainability.
 - B. should be subsidized by environmental policies.
 - C. will trigger a shift towards slowing down climate change.
3. **Working long hours...**
 - A. enhances the risk of momentous blunders.
 - B. is an inevitable first step to move up the job ladder.
 - C. is sure to bring about illnesses and even death.
4. **"Paternity leave is a Trojan horse with the potential to truly turn the tide in the struggle ..."**
means that paternity leave...
 - A. can undoubtedly make a significant difference.
 - B. has already had a hard time gaining support.
 - C. is likely to have an egalitarian impact on society.
5. **In countries with the largest economic gap...**
 - A. affluent workers struggle to find a way to have a break and be away from work.
 - B. the middle classes are better off in terms of leisure time and workload.
 - C. workers with a low income work long hours to be able to afford relaxing holidays.
6. **J.M Keynes predicted that...**
 - A. any novelty would undoubtedly always bring about pain.
 - B. the real impact of recession would surely be linked to the drop in demand.
 - C. the world would be negatively affected by sudden switchovers.
7. **Shortening the length of the workweek...**
 - A. is a crushed dream.
 - B. is about to be achieved.
 - C. is supported by politicians.
8. **An English survey declares that unemployment...**
 - A. is as desired as making quick money.
 - B. is beneficial when limited to some extent.
 - C. is inevitable and undesirable for most people.
9. **To facilitate reducing workweeks, policies should...**
 - A. adjust to the hours worked and not to the people hired.
 - B. encourage companies to apply same-sex regulations to paid leaves.
 - C. foster early retirement programs and pay those who do overtime.

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8	9
ANSWER	C									

TASK 2

Read the text and complete each numbered space with a phrase from the Phrases Box. There are **THREE extra phrases**. Space (0) is an example. Write your answers in the Answer Box.
(1 item = 0.8)

THE HARMED EXPECTATION

You sent off a text, expecting a quick reply, but you're still waiting. With each minute that passes, (0) _____. *How hard is it to take two seconds and say you'll respond later?* you think. Then, the longer you wait, you start to worry. What if your friend is cross with you, and your message wasn't welcome? What if you've somehow misinterpreted your relationship with them? What if they're hurt?

While some people mind much less about how quickly a friend responds, (10) _____ when a message isn't immediately answered, whether a direct text or a social-media direct message. It's driven by the effect of 24/7 'digital availability', a socially ingrained expectation that a recipient is constantly around and (11) _____.



Why do some people get so upset, especially in an age where many people are taking digital detoxes for mental-health breaks, and others are busy juggling life tasks? People still communicate in different ways; some are constantly attached to their phones, while (12) _____. But tensions over reply times may also (13) _____. New developments in digital technology have outpaced the formulation of mutually agreed new communication paradigms, so when a text is sent, we're not all responding according to the same 'rules'.

The rise of rapid-fire communication technology has bred the expectation of people being always on and constantly available. And we very much are: data from one 2021 survey showed that 30% of Americans say they are 'almost constantly' online, especially in the pandemic era. Simply, there are more ways (14) _____, and the pressure to respond has become increasingly normalised, since those platforms of communication are tucked in our pockets, wherever we go. We seemingly always *can* reply, so we 'should'.

Plus, the apps and social media platforms on our phones have ingrained 24/7 communication into our daily lives – which is especially the case with the rise of remote work. Speedy responses have become a paradigm in the workplace, since a delay in writing back to the boss (15) _____. So, whether it's having to respond to work messages on Slack, or posting a photo on Instagram and seeing the likes roll in instantly, "we've been (16) _____", says Michael Stefanone, professor of communication at the University of Buffalo, US, who specialises in social networks.

There are many reasons message-senders can get easily annoyed when their phone doesn't sound with a rapid reply. Our phones give us an illusion of proximity; a friend in another continent feels only a simple text away. Yet senders don't know what's going on with the person at the other end of their message. So, when a text goes unanswered, (17) _____, because they're projecting their own anxieties" onto the situation, says Hancock. "If I text you and expected a response yesterday, and you don't respond, I don't have a lot of information – so I use my imagination. Like, 'maybe he's mad at me'; 'maybe he's dead'. We don't have any context."

(Adapted from: *bbc.com*)

PHRASES BOX

A.	Avoid getting in contact with people than ever
B.	Come down to social norms
C.	Conditioned into immediate returns
D.	Many people ride an emotional roller coaster
E.	Another takes it easy
F.	Others want to disengage from them for chunks of time
G.	Reflects poorly on you
H.	Should immediately expect a reply
I.	Should immediately shoot back a reply
J.	Some people get really upset
K.	Standardize social norms
L.	To get in touch with people than ever
M.	You get increasingly resentful

ANSWER BOX

SPACE	0	10	11	12	13	14	15	16	17
ANSWER	M								

Marks 2: _____/6,4

TASK 3

Read the text and choose the correct heading (A-K) for each paragraph (1-8). There are **TWO extra headings**. (0) is an example. Write your answers in the Answer Box. (1 item = 0.8)



TIPS FOR PLANNING AN AFFORDABLE VACATION

If you travel with kids, then you may have found cheap family vacations more difficult to arrange in recent years. The price hikes for trips during school breaks are well documented, but there's also the steady upward trajectory of the costs of food, accommodation and entry to attractions—all of which add up when you are traveling as a family.

0. SPEND YOUR SAVINGS IN THE BEST WAY

But it's not all doom and gloom: thankfully there are ways to make your hard-earned cash go further while you explore the world together. Here are tips for planning a family holiday on a budget.

18.

Last-minute deals don't tend to exist during the school holidays, and those that do are usually to undesirable places. If your kids are in school, then you'll know their term dates far in advance; use this information to book months or even years ahead, when prices are still relatively low due to the lack of demand. If your kids aren't in school yet or you educate them at home, make the most of traveling outside the peak periods, when costs are low and crowds fewer.

19.

Baby groups may have kept you sane through the newborn haze—but that collective wisdom extends beyond moral support and diaper-changing techniques. Quiz fellow parents about trips they've taken, how much they cost and what they would do differently to save money next time. Likewise in the online world there are plenty of forums and family travel bloggers ready and willing to give you their budget tips on destinations they have visited.

20.

It's basic economics: the higher the demand, the higher the price. One solution? Get off the beaten track. Avoid tourist hotspots and opt instead for somewhere less trendy or famous; think rural Lazio over Tuscany, Adelaide over Sydney and Maine over California. With a bit of research, you'll find fun things to do with the kids and enjoy the luxury of not having to battle through masses of other people to get ice cream or a family selfie. Plus, you'll acquire the kudos that comes with being just that bit more adventurous.

21.

While staying in a hotel certainly removes the strain of cooking and cleaning, self-catering options such as HomeAway, Love Home Swap or Airbnb are often a much more cost-effective option for families. Renting a house or apartment also provides more space for those who need it (teens in particular welcome extra privacy). You can often find places with toys, games, high chairs or whatever else your family may need. Youth hostels with family rooms are also an affordable alternative to hotels and will introduce kids to other travelers.

22.

Save money on a night's accommodation and create memories you will all treasure by traveling to your destination (or between two points on your itinerary) in a different way. Taking an overnight train or ferry (or even bus if you're brave enough) is a huge event for kids and a story they will retell again and again when back home. Alternatively, a family road trip using your own vehicle avoids the cost of hefty air fares and rental cars.

23.

Kids tend to love spending time in the fresh air, which is great news for scrooge parents. Plan day trips that involve nature walks rather than expensive attractions; find the local playground so your little ones can meet other children and take a picnic to avoid restaurant prices. Another great way to save money while exploring the great outdoors is to camp. It allows kids to be truly immersed in nature while also getting involved with some basic chores (e.g., post-BBQ clean-up) so it's a win-win really—and worth trying at least once, even if you think you won't like it.

24.
 Anyone trying to save money knows it's those little extras that really add up and the same applies when you are traveling with kids. Take refillable water bottles, buy ice creams by the pack in a local supermarket and read up on the sites you are visiting before you go to avoid paying extra for audio guides, activity packs or special exhibitions. Having an 'eyes only' policy for gift shops can also help keep extra spending at bay.

25.
 If an all-inclusive luxury resort or long-haul trip is beyond your bank balance, then it's time to rethink what you really need to have an incredible experience when you travel. Could you swap a pricey villa with an infinity pool for cheaper digs and the beach or public pool? Remember—kids are pretty easy to please and most will embrace any adventure you take them on, big or small. While it may take more planning and patience to travel on a shoestring with kids in tow, it is certainly doable and the collective challenge will benefit the whole family.

(Adapted from: allcomcu.org)

HEADINGS

A.	Embrace the great outdoors
B.	Make the most of other people's facilities
C.	Manage your budget, not your expectations
D.	Off-season travel
E.	School holidays for family breaks
F.	Spend your savings in the best way
G.	Stay away from the hustle and bustle
H.	Stick to what is essential
I.	Treat yourself during the holidays
J.	Turn the journey into an adventure
K.	Use your parenting network

ANSWER BOX

PARAGRAPH	0	18	19	20	21	22	23	24	25
ANSWER	F								

Marks 3: _____/6.4

TASK 1	TASK 2	TASK 3	TOTAL MARKS
			_____/20

TASK 1
MAKING THE DREAM OF WORKING LESS

ANSWER BOX

QUESTION	0	1	2	3	4	5	6	7	8	9
ANSWER	C	A	C	A	C	A	C	A	B	A

TEXT

There are strong indications that in a modern knowledge economy, even working 40 hours a week is too much. Research suggests that **someone who is constantly drawing on their creative abilities can, on average, be productive for no more than six hours a day (0)**. It's no coincidence that the world's wealthy countries, those with a large creative class and highly educated populations, have also shaved the most time off their workweeks. And working less could actually solve many of the world's greatest problems.

Working less could reduce unemployment. In times of recession, with spiking unemployment and production exceeding demand, **sharing jobs can help to soften the blow (1)**. Researchers at the International Labour Organization have concluded that work sharing went a long way toward lessening national recession on workers.

Could working less even slow climate change? Turns out, yes. **A worldwide shift to a shorter workweek could cut the CO₂ emitted this century by half (2)**. Countries with a shorter workweek have a smaller ecological footprint. Consuming less starts with working less — or, better yet, with consuming our prosperity in the form of leisure.

Since long workdays lead to more errors, shorter workdays could reduce accidents. **Overtime is deadly. Tired surgeons have been found to be more prone to slipups, and soldiers who get too little shuteye are more prone to miss targets (3)**. From Chernobyl to the Space Shuttle Challenger, overworked managers often prove to have played a fatal role in disasters. It's no coincidence that the financial sector, which triggered the biggest disaster of the last decade, is absolutely drowning in overtime.

Countries with short workweeks consistently top gender equality rankings. The central issue is achieving a more equitable distribution of work. Not until men do their fair share of cooking, cleaning and other domestic labor will women be free to fully participate in the broader economy. Research in Norway has shown that men who take paternity leave are then 50 percent more likely to share laundry duty with their wives. Canadian research shows that they'll spend more time on domestic chores and childcare. **Paternity leave is a Trojan horse with the potential to truly turn the tide in the struggle for gender equality (4)**.

Working less could also reduce inequality. **The countries with the biggest disparities in wealth are precisely those with the longest workweeks. While the poor are working longer and longer hours just to get by, the rich are finding it ever more "expensive" to take time off as their hourly rates rise (5)**. Nearly a hundred years ago, our old friend John Maynard Keynes made an outrageous prediction — he understood that the stock -market crash of 1929 hadn't called curtains on the entire world economy. Producers could still supply just as much as they had the year before; only the demand for many products had dried up **"We are suffering, not from the rheumatics of old age," Keynes wrote, "but from the growing pains of over-rapid changes." (6)**.

Today, **the dream of a shorter workweek has been trampled (7)** — there is hardly a politician willing to endorse it, even with stress and unemployment surging. Even in conditions of slow economic growth, we could work fewer than 15 hours a week by 2050, and earn the same amount as in 2000. If we can indeed make that happen, it's high time we start to prepare.

First, we must ask ourselves: Is a shorter workweek what we want? Pollsters have already asked people all over the world this question, and the answer is "Yes, very much, please."

When US scientists surveyed employees to find out whether they would rather have two weeks' additional salary or two weeks off, twice as many people pick out the latter one.

And when British researchers asked employees if they would rather win the lottery or work less, again, twice as many choose the latter. Plenty of evidence points to the fact that **we can't do without a sizable daily dose of unemployment (8)**. Working less provides the bandwidth for other things that are also important to us, like family, community involvement and recreation.

And the second question is: How can we manage to work less? We can't all just go ahead and switch to a 20-hour or 30-hour workweek on our own. Reduction of work first has to be reinstated as a political ideal; from there, we can curb the workweek step by step, trading in money for time, investing more money in education, and developing a more flexible retirement system and good provisions for parental leave and childcare. It all starts with reversing incentives. Currently, it's cheaper for employers to schedule one person to work overtime than to hire two people. **That's because many labor costs, such as health care benefits, are paid per employee instead of per hour (9)**. And that's also why we as individuals can't just unilaterally decide to start working less.

(ideas.ted.com/how-working-less-could-solve-all-our-problems-really/, adapted, 11/02/2022, 814 words)

TASK 2
THE HARMED EXPECTATION

ANSWER BOX

SPACE	0	10	11	12	13	14	15	16	17
ANSWER	M	D	I	F	B	L	G	C	J

TEXT

You sent off a text, expecting a quick reply, but you're still waiting. With each minute that passes, **You get increasingly resentful (0)**. *How hard is it to take two seconds and say you'll respond later?* you think. Then, the longer you wait, you start to worry. What if your friend is cross with you, and your message wasn't welcome? What if you've somehow misinterpreted your relationship with them? What if they're hurt?

While some people mind much less about how quickly a friend responds, **many people ride an emotional roller coaster (10)** when a message isn't immediately answered, whether a direct text or a social-media direct message. It's driven by the effect of 24/7 'digital availability', a socially ingrained expectation that a recipient is constantly around and **should immediately shoot back a reply (11)**.

Why do some people get so upset, especially in an age where many people are taking digital detoxes for mental-health breaks, and others are busy juggling life tasks?

People still communicate in different ways; some are constantly attached to their phones, while **others want to disengage from them for chunks of time (12)**. But tensions over reply times may also **come down to social norms (13)**. New developments in digital technology have outpaced the formulation of mutually agreed new communication paradigms, so when a text is sent, we're not all responding according to the same 'rules'. The rise of rapid-fire communication technology has bred the expectation of people being always on and constantly available. And we very much are: data from one 2021 survey showed that 30% of Americans say they are 'almost constantly' online, especially in the pandemic era. Simply, there are more ways **to get in touch with people than ever (14)**, and the pressure to respond has become increasingly normalised, since those platforms of communication are tucked in our pockets, wherever we go. We seemingly always can reply, so we 'should'. Plus, the apps and social media platforms on our phones have ingrained 24/7 communication into our daily lives – which is especially the case with the rise of remote work. Speedy responses have

become a paradigm in the workplace since a delay in writing back to the boss **reflects poorly on you (15)**. So, whether it's having to respond to work messages on Slack, or posting a photo on Instagram and seeing the likes roll in instantly, "we've been conditioned into immediate returns **conditioned into immediate returns (16)**", says Michael Stefanone, professor of communication at the University of Buffalo, US, who specialises in social networks. There are many reasons message-senders can get easily

annoyed when their phone doesn't sound with a rapid reply. Our phones give us an illusion of proximity; a friend in another continent feels only a simple text away. Yet senders don't know what's going on with the person at the other end of their message. So, when a text goes unanswered, **some people get really upset (17)**, because they're projecting their own anxieties" onto the situation, says Hancock. "If I text you and expected a response yesterday, and you don't respond, I don't have a lot of information – so I use my imagination. Like, 'maybe he's mad at me'; 'maybe he's dead'. We don't have any context."

(bbc.com/worklife/article/20220207-the-crippling-expectation-of-247-digital-availability, adapted, 09/02/22, 533 words)

TASK 3
TIPS FOR PLANNING AN AFFORDABLE VACATION

ANSWER BOX

PARAGRAPH	0	18	19	20	21	22	23	24	25
ANSWER	F	D	K	G	B	J	A	H	C

TEXT

If you travel with kids, then you may have found cheap family vacations more difficult to arrange in recent years. The price hikes for trips during school breaks are well documented, but there's also the steady upward trajectory of the costs of food, accommodation and entry to attractions—all of which add up when you are traveling as a family.

F. SPEND YOUR SAVINGS IN THE BEST WAY

0. But it's not all doom and gloom: thankfully there are ways to make your hard-earned cash go further while you explore the world together. Here are tips for planning a family holiday on a budget.

D. OFF-SEASON TRAVEL

18. Last-minute deals don't tend to exist during the school holidays, and those that do are usually to undesirable places. If your kids are in school then you'll know their term dates far in advance; use this information to book months or even years ahead, when prices are still relatively low due to the lack of demand. If your kids aren't in school yet or you educate them at home, make the most of traveling outside the peak periods, when costs are low and crowds fewer.

K. USE YOUR PARENTING NETWORK

19. Baby groups may have kept you sane through the newborn haze—but that collective wisdom extends beyond moral support and diaper-changing techniques. Quiz fellow parents about trips they've taken, how much they cost and what they would do differently to save money next time. Likewise in the online world there are plenty of forums and family travel bloggers ready and willing to give you their budget tips on destinations they have visited.

G. STAY AWAY FROM THE HUSTLE AND BUSTLE

20. It's basic economics: the higher the demand, the higher the price. One solution? Get off the beaten track. Avoid tourist hotspots and opt instead for somewhere less trendy or famous; think rural Lazio over Tuscany, Adelaide over Sydney and Maine over California. With a bit of research, you'll find fun things to do with the kids and enjoy the luxury of not having to battle through masses of other people to get ice cream or a family selfie. Plus, you'll acquire the kudos that comes with being just that bit more adventurous.

B. MAKE THE MOST OF OTHER PEOPLE'S FACILITIES

21. While staying in a hotel certainly removes the strain of cooking and cleaning, self-catering options such as HomeAway, Love Home Swap or Airbnb are often a much more cost-effective option for families.

Renting a house or apartment also provides more space for those who need it (teens in particular welcome extra privacy). You can often find places with toys, games, high chairs or whatever else your family may need. Youth hostels with family rooms are also an affordable alternative to hotels and will introduce kids to other travelers.

J. TURN THE JOURNEY INTO AN ADVENTURE

22. Save money on a night's accommodation and create memories you will all treasure by traveling to your destination (or between two points on your itinerary) in a different way. Taking an overnight train or ferry (or even bus if you're brave enough) is a huge event for kids and a story they will retell again and again when back home. Alternatively, a family road trip using your own vehicle avoids the cost of hefty air fares and rental cars.

A. EMBRACE THE GREAT OUTDOORS

23. Kids tend to love spending time in the fresh air, which is great news for scrooge parents. Plan day trips that involve nature walks rather than expensive attractions; find the local playground so your little ones can meet other children and take a picnic to avoid restaurant prices. Another great way to save money while exploring the great outdoors is to camp. It allows kids to be truly immersed in nature while also getting involved with some basic chores (e.g. Post-BBQ clean-up) so it's a win-win really—and worth trying at least once, even if you think you won't like it.

H. STICK TO WHAT IS ESSENTIAL

24. Anyone trying to save money knows it's those little extras that really add up and the same applies when you are traveling with kids. Take refillable water bottles, buy ice creams by the pack in a local supermarket and read up on the sites you are visiting before you go to avoid paying extra for audio guides, activity packs or special exhibitions. Having an 'eyes only' policy for gift shops can also help keep extra spending at bay.

C. MANAGE YOUR BUDGET, NOT YOUR EXPECTATIONS

25. If an all-inclusive luxury resort or long-haul trip is beyond your bank balance, then it's time to rethink what you really need to have an incredible experience when you travel. Could you swap a pricey villa with an infinity pool for cheaper digs and the beach or public pool? Remember—kids are pretty easy to please and most will embrace any adventure you take them on, big or small. While it may take more planning and patience to travel on a shoestring with kids in tow, it is certainly doable, and the collective challenge will benefit the whole family.

(allcomcu.org/how-to-travel-on-a-budget-as-a-family/?utm_source=rss&utm_medium=rss&utm_campaign=how-to-travel-on-a-budget-as-a-family, adapted, 14/01/22, 822 words)