



1437 Feeling Homesick

Gilda and Aimee both work in Japan as English teachers. They talk about what they miss from their home countries.

Aimee: So Gilda, we're both teachers, and we both live and work **ab** _____, right, from our home **co** _____.

Gilda: Yes.

Aimee: I'm from Scotland and you're from Venezuela. So, I'm sure we both have to deal with **homesickness** because we're so far from our home. How do you deal with home sickness?



Gilda: It's very **di** _____ because as you said I'm so far from my country.

Aimee: Yeah.

Gilda: And like **sp** _____ seasons like Christmas or during the Holy Week – it is something that we **ce** _____ a lot, I feel really homesick **es** _____ because of the food we have.

Aimee: Yeah.

Gilda: Yeah, a particular food and also meeting with your friends, **ha** _____ out with them, going to the beach. So all those things that I don't have here is, – yeah, it really makes feel **ho** _____. But one thing I do is I always try to go for things in the country where I'm living. So what do the locals do? Is there any interesting – and it's a sort of like an **ad** _____ because you're doing something new so you're kind of **re** _____ something that you used to do by something new. So in a way, it's nice **de** _____ with homesickness.



Aimee: Yeah.

Gilda: What about you?

Aimee: Well, that's kind of what I was going to say. You said replacing, I was going to say just **distract yourself** with other activities. **Ob** _____, we've met new people living here and, you know, I've made some new and **wo** _____ friends. And it's not the same as your life back home but it's a good **di** _____, I think. You **me** _____ activities, so yeah, just exploring the new culture that we're in.

And if feeling homesickness in regards to food, you know, there's a lot of delicious foods here in Japan. Delicious foods, so we can distract our needs, I guess.

Gilda: Yeah. That's one of the good things of being in Japan is

Quiz

- 1) Gilda thinks dealing with homesickness is _____.
 - a) fun
 - b) interesting
 - c) difficult

- 2) They feel more homesick _____.
 - a) on special seasons
 - b) everyday
 - c) when they go to the market

- 3) The good thing about living Japan is _____.
 - a) the food
 - b) the scenery
 - c) the people

- 4) Aimee likes to buy _____ from home.
 - a) toiletries
 - b) biscuits
 - c) newspapers

- 5) They get _____ visits from their families
 - a) regular
 - b) a lot of
 - c) rare

Vocabulary

homesickness

We must deal with **homesickness** because we're so far from our home.



Homesickness is the feeling of being homesick, or missing things from your home area. Notice the following:

1. In college, homesickness was a problem for me.
2. I usually get homesick when I hear music from my country.

distract

Just **distract yourself** with other activities.



When you are distracted, you keep yourself from concentrating on something else. Notice the following:

1. The students were distracted by the laughter outside.
2. At work it is easy to get distracted. ,

toiletries

Some cosmetics or **toiletries** I cannot buy here.



Toiletries are items used to wash one's body like soap, shampoo and toothpaste. Notice the following:

the fact that you get to know people from all over the world and try so many different things. So yeah, it's a distraction. It's a good distraction. Yeah.

Aimee: One, I guess, one strategy I have as well for homesickness is whenever someone comes to visit, which is very rare but it does happen, I send them a list of things that they can fill their suitcase with to bring over for me. Foods from home and just tea bags from the local supermarket and, you know, some cosmetics or **toiletries** that I cannot buy here, particular brands that I like. And it's little things like that that help me, I think, deal with not having them. Basically, having them helps me deal with not having them.

Gilda: I also do that sometimes like my family try to visit me once a year so their suitcase packed of stuff Venezuela, which is very important to me. And also I try to find those supermarkets from South America like Brazilian supermarkets...

Aimee: Right. Yeah.

Gilda: Or sometimes the Filipino supermarkets, they have stuff that we have in Venezuela, so yeah, it's very nice.

Aimee: I actually used to live out in a different part of Japan where there was quite a large Brazilian population, and there were many like Brazilian convenient store. Wonderful breads, the meat was good, too. Yeah, lots of really good products. So I guess a shop like that would help you in particular.

Gilda: Yes, I guess Brazilians, they don't have the same issue that we have with homesickness because they can get a lot of stuff from Brazil here in Japan.

Aimee: That's true. Yeah. Well, of course, you know, there are international stores around. I'm lucky enough to – even in a small city like this, I have an international store that's reasonably close. So there are a few products that you can – I feel happy about, I guess. Maybe I wouldn't even buy them at home but when I see them in the shop here, I feel like, oh I can't get other things so I'm going to buy these biscuits.

Gilda: **Likewise**, something that you can read.

Aimee: Yeah. Well, yeah, that too. Just **peel** the language stick off the top and read the English below.

Gilda: Yes.

Aimee: Yeah. There are different ways to **cope** with it, I think.

Gilda: Yes.

[End of Transcript]

Speaking Challenge

Answer these questions related to the lesson.

Q1 Do you ever get homesick?

A1

Q2 How do you cope with homesickness?

A2

Q3 Where do you get your toiletries?

A3

Q4 What often distracts you?

A4

Q5 When you travel, what do you miss about your home?

A5

1. We bought toiletries at the drugstore.
2. Nice hotels usually provide toiletries.

likewise

Likewise, something that you can read.

Here, likewise is close in meaning to also or similarly. Notice the following:

- You need to drive carefully in the rain.
- Likewise, you need to do the same in the snow.



peel

Just **peel** the language stick off the top

When you peel something, you remove the outer layer of something by pulling on it. Notice the following:

1. Can you peel this orange for me?
2. He peeled off his wet clothes.



cope

There are different ways to **cope** with it.

When you cope with something, you deal with a difficult situation. Notice the following:

1. We are having to cope with really bad weather.
2. I can't cope anymore. I need a break.



Vocabulary Quiz

distract • homesickness • toiletries
cope • peel • likewise

1. It is hard to with homesickness.
2. I miss home. I suffer from .
3. My dogs can always me.
4. Please this banana for me.
5. The are on the bathroom sink.
6. You can pay by check. you cannot use a credit card either. Cash only!

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Aimee: So Gilda, we're both teachers, and we both live and work **abroad**, right, from our home **countries**.

Gilda: Yes.

Aimee: I'm from Scotland and you're from Venezuela. So, I'm sure we both have to deal with **homesickness** because we're so far from our home. How do you deal with home sickness?



Gilda: It's very **difficult** because as you said I'm so far from my country.

Aimee: Yeah.

Gilda: And like **special** seasons like Christmas or during the Holy Week – it is something that we **celebrate** a lot, I feel really homesick **especially** because of the food we have.

Aimee: Yeah.

Gilda: Yeah, a particular food and also meeting with your friends, **hanging** out with them, going to the beach. So all those things that I don't have here is, – yeah, it really makes feel **homesick**. But one thing I do is I always try to go for things in the country where I'm living. So what do the locals do? Is there any interesting – and it's a sort of like an **adventure** because you're doing something new so you're kind of **replacing** something that you used to do by something new. So in a way, it's nice **dealing** with homesickness.

Aimee: Yeah.

Gilda: What about you?

Aimee: Well, that's kind of what I was going to say. You said replacing, I was going to say just **distract yourself** with other activities. **Obviously**, we've met new people living here and, you know, I've made some new and **wonderful** friends. And it's not the same as your life back home but it's a good **distraction**, I think. You **mentioned** activities, so yeah, just exploring the new culture that we're in.

And if feeling homesickness in regards to food, you know, there's a lot of delicious foods here in Japan. Delicious foods, so we can distract our needs, I guess.

Gilda: Yeah. That's one of the good things of being in Japan is

Word Hints!
Complete the words with the correct spelling.

Example
I have not **ea**_____ lunch.

Write
I have not **eaten** lunch.



Quiz

1) Gilda thinks dealing with homesickness is _____. ✓

- a) fun
- b) interesting
- c) difficult

2) They feel more homesick _____. ✓

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3) The good thing about living Japan is _____. ✓

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