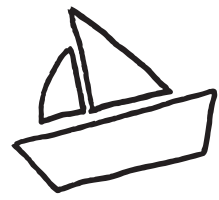
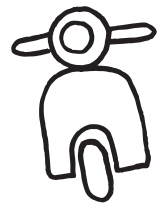
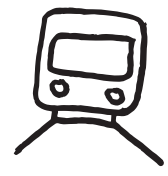


WHERE
ON EARTH
ARE YOU
GOING?

You are about to go on your big adventure and surely there are some questions going through your mind about packing lists, sightseeing stuff, and other basics. This whole first chapter will help you to prepare well –even if you are an experienced traveller– so that you only have to enjoy yourself upon arrival! So sit back, relax, and enjoy the ride.



I
REALLY,
REALLY
WANT
TO X

see 

museums

x

streets

x

landmarks

x

sightseeing

x

Read

a little of the country's

HISTORY

or
ask
locals.

Is there music that is typical for that country?
Which singer or band is really popular?

Is there a typical kind of food?

What is the local traditional costume?

"THE WORLD IS A
BOOK AND THOSE
WHO DO NOT
TRAVEL READ
ONLY ONE PAGE."

St. Augustine

LIVE IN THE NOW

On a trip we can easily get caught up in all there is to see and to do, that we often forget to actually live in the now and enjoy the moment. These exercises will help you to see, hear, feel, and live in the now.



**SPEAK TO
AT LEAST
10 LOCALS**

**ABOUT THE
PLACE WHERE
YOU ARE.**

**FOR A
WHOLE
DAY**

**GO ONLY
ON FOOT
AND DON'T
BRING A MAP.**

JUST ASK FOR DIRECTIONS.



WHAT WAS
YOUR
FIRST
THOUGHT
WHEN YOU ARRIVED?

**WHICH
WORDS BEST
DESCRIBE
YOUR TRIP?**



1

2

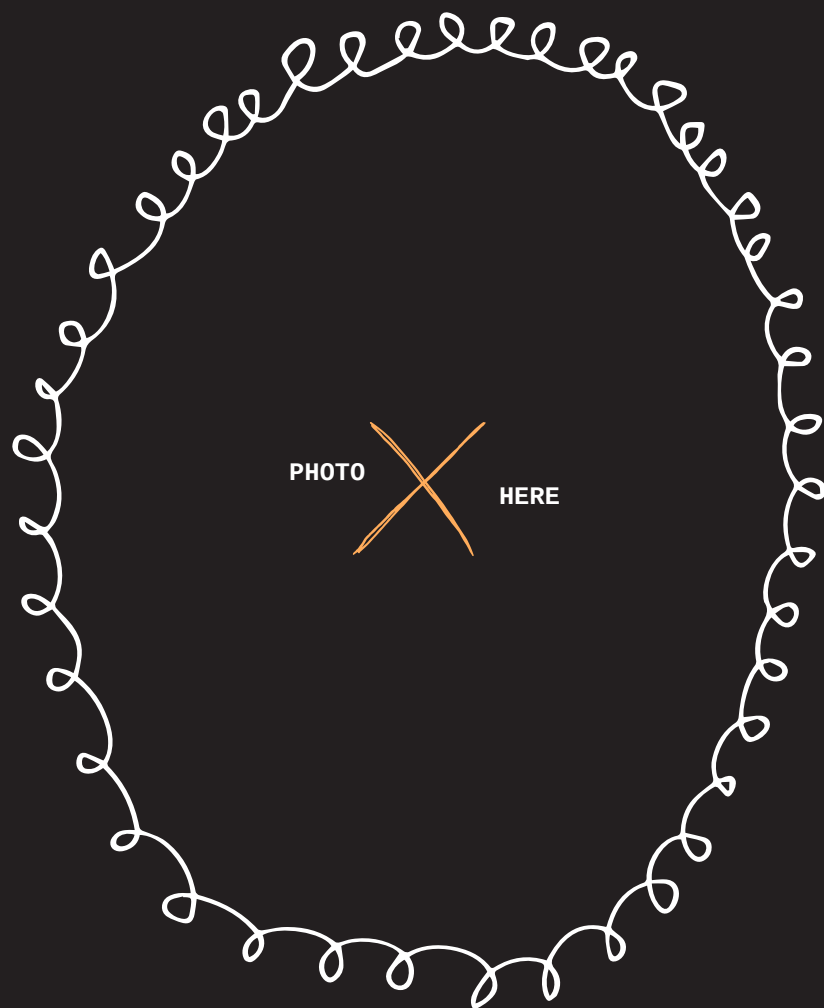
3

4

5

Five horizontal lines for writing, each preceded by a small orange number (1-5).

FAVOURITE PERSON YOU MET



Favourite restaurant

Favourite dinner

Worst dinner

Favourite coffee place

Favourite breakfast

Favourite hotel

Get out of that comfort zone of yours!

Life begins at the end of your comfort zone. So get off that touristic route, take as little luggage as you can and surrender yourself to adventure, flexibility, spontaneity, and new experiences. This doesn't mean that touristic and safe choices in destinations are bad choices, but you can go off the beaten path whenever and wherever you choose.

- * A little side note on this tip is to always put safety first (especially if you travel by yourself). Never do things that make you feel unsafe.

"TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS YOU DIDN'T DO THAN BY THE ONES YOU DID DO. SO THROW OFF THE BOWLINES. SAIL AWAY FROM THE SAFE HARBOUR. CATCH THE TRADE WINDS IN YOUR SAILS. EXPLORE. DREAM. DISCOVER."

Mark Twain



NOTES TO SELF

