

CONTENTS

Prologue	7
Who am I?	11
The decision	16
The beginning	32
Changing my lifestyle	52
Live in the moment	70
Friends come and go	83
Bad experiences	98
The power of gratitude	119
Energy payment	135
Mistakes made	145
Social Media	159
Into the mountains	172
Things to learn	187
How to connect	193
Why you should try it	201
What is Celiac Disease	204
Epilogue	208
Acknowledgements	210
Applications and websites for travelling	214

PROLOGUE

So, I guess this is where we start, right?

Or did I already start years ago, when I started travelling solo for the first time?

Or maybe when I bought the notebook in Austria, in 2022, when I had just become a nomad?

Maybe this was the goal all along.

With just €1706,12 in my bank account, I quit my job and left with barely any plan. It was difficult, and I definitely made some mistakes, but I learned a lot from them.

How did I get to all of this: no house, no normal income, and living from a backpack, not knowing where I'll end up over the next few days? Even though it is a bit more common these days for a 25-year-old to be travelling, most of them still have a place they can call home or a stable income that secures them for their next month. Not me: I have no clue how much money I will have in one month and when I will need to find a job, and honestly, I don't mind it either. It feels liberating even. But, this life is not made for everyone and I am here writing this book for you, to help you understand what the life of a low budget nomad looks like and what you can expect while travelling for a short or a longer period of time.

So, if I don't make money, why don't I call this a holiday? Because even though I relax often, this is my lifestyle now. And apart from taking some time to relax, I am usually very busy with exploring cities, nature, or learning about the culture from locals. Every single day I experience challenges, I go on adventures, and I learn - a lot. This book is for those who wish to travel, those who like to read

THE BEGINNING

Before I left for my life as a nomad, in one Facebook group for Dutch emigrants that I had found on my trip before, I posted the question if someone could use some help around with something in exchange for food and a place to sleep, and in just a few days I got over thirty responses! As I couldn't promise everyone I would be able to pass by, I chose two places to do these voluntary jobs. One in the south of Spain and one in Hungary, because if I would go to Hungary, I might be able to meet up with my friend in Budapest again. In another Facebook group for travellers and hitchhikers, I found an Italian guy who was going to travel to Spain with his camper, who invited me to join him if I was okay with taking a boat from Genoa to Barcelona. So before even meeting any of these people, I had made some appointments for the upcoming months without knowing much about how I would get there and if I would be financially capable. This made me very excited but also quite nervous, because what if I would be stuck somewhere without any money left? Soothing myself with my knowledge of living on a small budget, I wrote down on what things it would be easy to save money on, and that I had faith that nothing bad would happen without me being able to fix it. And if not, that would just be too bad, after all, this was my all-or-nothing choice and if it would go wrong, I wouldn't lose anything right? However, with my new enthusiasm, I had gotten a little more faith in myself and I also knew I wanted to let this work out the right way. All I could do now was believe that I wouldn't lose all my money in a month and that I would be able to figure out what to do if I had no money left.

With just €1706,12 in my bank account, I quit my job and left with barely any plan, but as I thought I had not much to lose anymore, I knew I would figure out most of it along the way. One of the most important things to think about while travelling is my way of