

T

TRAVEL ENRICHING & INSPIRING

Travel is one of the most enriching and inspiring acts that any individual can do throughout their lifetime. Young or old, male or female, alone or in a group, wealthy or on a tight budget, your own personal travel experiences will never exactly replicate those of anyone else.

So, in a world of material distractions, what motivates people to travel?

Travel expands your comfort zone and opens your mind

Part of the fun of travel is getting to explore new places, meet new people, try new foods, and immerse yourself in experiences that you wouldn't normally have in your everyday life. For example, imagine braving freezing temperatures to see the

Northern Lights in Svalbard, attending an Australian Rules football match in Melbourne, or eating fried tarantulas in Skuon. Travel will always challenge your perceptions of the world, and open you up to exciting new possibilities.

Travel has the potential to gift you with unique memories

Attending the opera in Vienna might introduce you to someone who might become a life-long friend. Sitting on top of a sand dune in Erg Chebbi might inspire a scene in the novel you've always wanted to write. Diving in the Red Sea might give you the rare chance to view turtles and sharks in their natural surroundings. Every time you leave your hotel room, you are in the process of creating new memories. Savour them.

Travel helps you reconnect with your humanity

When you're away from your usual support networks you often have to rely on strangers to help you navigate new cities, understand local customs, or assist in a crisis. Making the effort to say hello, learning the basics of a foreign language, or even lending assistance to someone in need might help you meet interesting people, give you a deeper appreciation of a city, or offer you an experience that money can't buy.

Travel teaches you patience, resourcefulness, and adaptability

When travelling, it's a good idea to expect the unexpected. A snap transport strike might mean you might need to find an alternative way of getting back to your hotel. Your kids' refusal to try local cuisines might mean having to visit more local fast-food chains than you were expecting. Trying to stick to a rigid itinerary in a world of language barriers, delayed flights, and misplaced favourite toys will create frustration and conflict, and will detract from any unexpected wonders that surround you. Take a deep breath, slow down, and try to see the good in whatever aggravating situation you may find yourself. It's probably not as bad as it seems.

