

10 TIPS FOR TRAVELLING CONSCIOUSLY

(THE BEST IS SAVED FOR LAST)

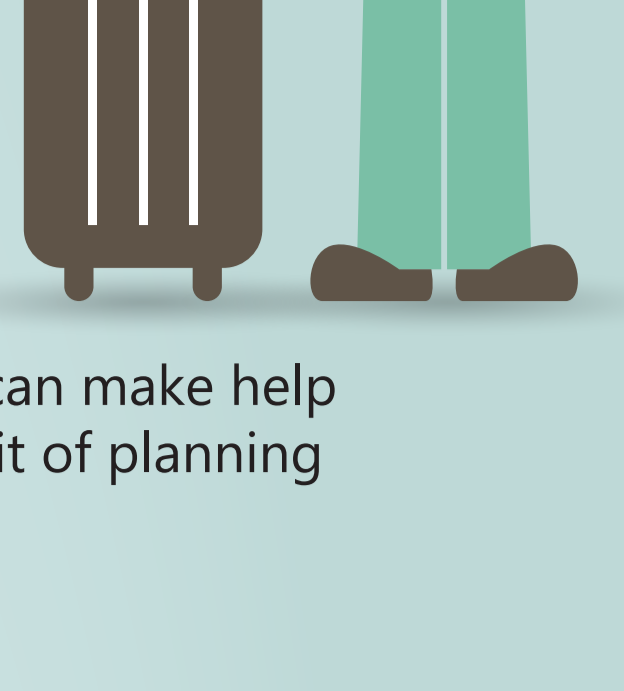
Tips from the Travel Wisdom Podcast

01

What is the goal or purpose of the trip?



How do you want to grow while travelling?
Want a new cultural experience?
Inspiration for your artistic project?
A new business idea?
A new way to see the world?
Want to find yourself and your purpose?



Knowing and planning your trip around this can help you make sure this goal is achieved. A little bit of planning can go a long way.



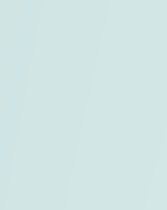
Identifying goals and success markers can be helpful in measuring the growth from your trip

Research as much as possible about the destination

02



There are many resources like Lonely Planet Guidebooks, WikiTravel as well as countless forums online which can help point you in the right direction for whatever you are looking for



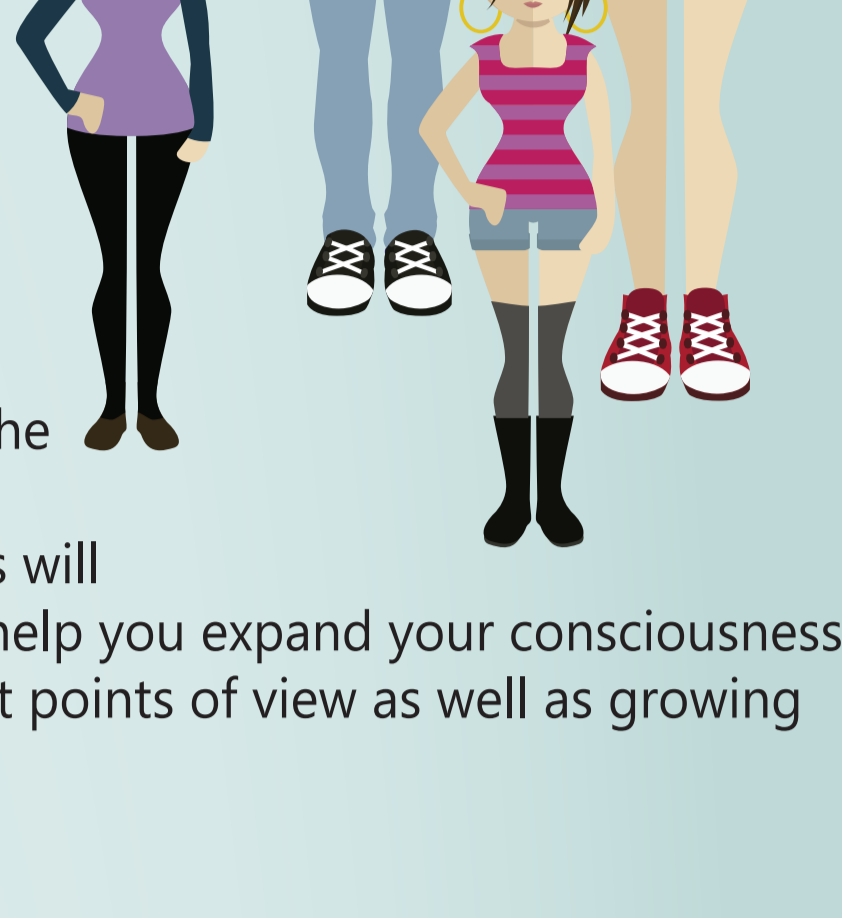
knowing a bit can help fix problems with visas, immunizations required, or other technical stuff that are better off knowing before you arrive

03

Talk to as many people as possible



The more conversations with people you have (5 minutes or more) the more you will grow in your goal



The more different a person is than you the better, so talk to the Somali camel herder, the Thai farmer, Mexican free diver, Turkish bee keeper or the Italian pastry chef. Their views will be very different from your own and it will help you expand your consciousness by seeing more opportunities from different points of view as well as growing empathy for them



Talking to fellow travellers can give you an inside scoop with up to date information on the best things to see

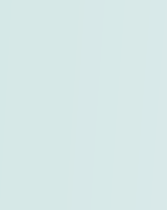


Stay open minded to new possibilities and plan changes

04



Nothing is set in stone, and travel especially to less developed areas is a great way to learn this. If the bus doesn't leave today, how will you react? How would a conscious person react?



Being spontaneous is an amazing feeling and a muscle which can be trained during travel. Like a location? Stay longer! Been hearing good things about something that wasn't on your list? Make a detour!

05

Learn as much of the local language as possible



Again, a little goes a long way. A few words here and there can really make a difference. Please, thank you and other niceties can help you make better friends with local people and make your experiences more pleasant

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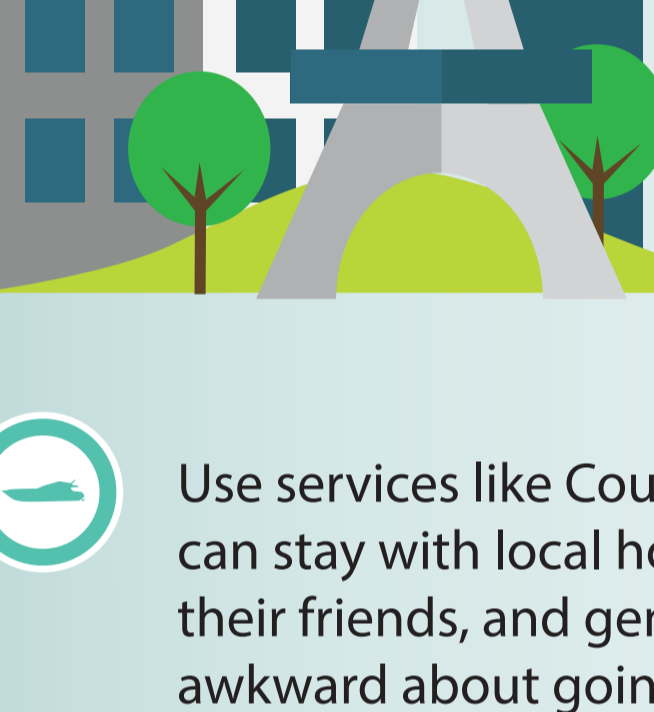
The more you learn, the more you learn about the culture. Languages have an interesting way of putting ideas together which can really make you think about things in a new way and gain empathy for the people in that country



Fail early and fail often. This is the best way to learn anything in life and it is the same for languages. Its amazing how looking stupid and doing the wrong thing at the wrong time eventually helps you become smart!

Stay away from big chain hotels and stay with hosts

06



Big chain hotels are great if you want to forget where you are: same layout and same bland painting above the bed. If you want to take in the location and culture stay away from them



Hostels and guesthouses are good but you end up meeting more travellers who may have good tips on what to see but because they are similar to you will likely not learn as much from them



Use services like CouchSurfing (which is free) or AirBnB (which is paid) where you can stay with local hosts who can show you around the city, introduce you to their friends, and generally take you to events making you feel much less awkward about going alone



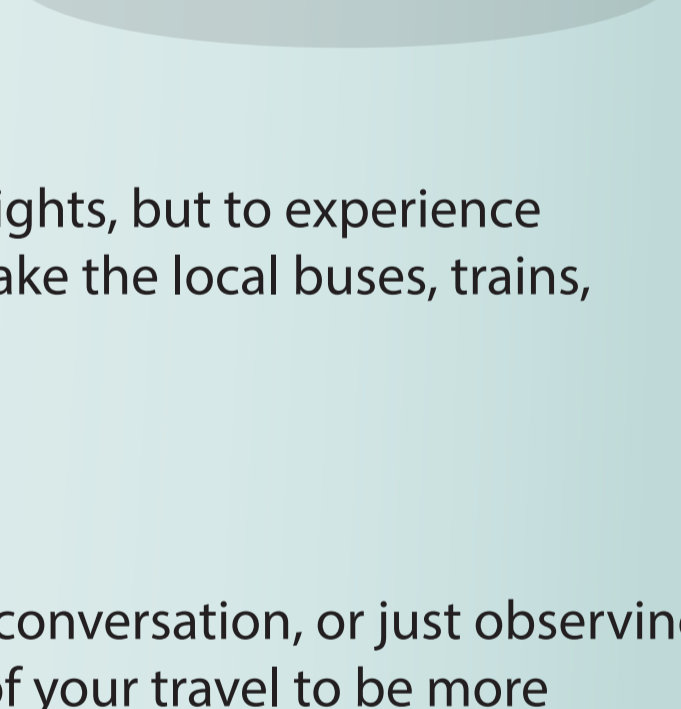
Having a host can make you feel more connected to the location giving you closer ties and more empathy for that place once you leave

07

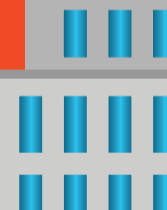
Travel slow and take local transport rather than tourist ones



Slow travel is cheaper and you can take in more of a location than just the main sights. Although you can get a taste of somewhere really quickly, to truly experience it you will need much longer. Even after many months in one place you will learn new things



Tourist buses and tours are great for seeing only the sights, but to experience local life and the local routine of people you should take the local buses, trains, and other local transport



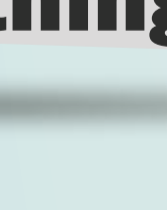
Seeing the activities of the local people, striking up a conversation, or just observing how things are done can help you achieve the goals of your travel to be more conscious

Visit flea markets, local restaurants, or local shops

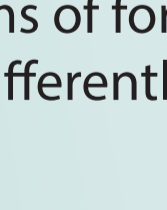
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Seeing the daily life of and choices of people can help you understand their points of view which can help grow your empathy to their way of life



Supporting local small businesses helps those of us that are not multinational corporations grow and thrive as well as keeping money where it is needed most



New ideas for products, art, food, or many other things might be waiting for you to discover them

09

Go to interesting places where they do things differently



This can be museums of former times where they used to do things differently...or is it so different?



Attend cooking classes, language classes, or design classes all where they may have different underlying tenets or ways of doing things

And most importantly!! make friends and attend events where you stay

10



Friends are easy to make, especially nowadays. A quick search of groups and events on MeetUp, Couchsurfing, or Facebook can quickly put you in contact with dozens of people with common interests wherever you go



Meeting people in small groups (less than 15 people) with a common interest (for example sewing) is generally much more comfortable and easier to manage



Meeting people who are different from you and exchanging ideas is the single greatest factor in starting revolutionary things!

A higher level of consciousness and success in all that you do is waiting for you locked inside of the mind of somebody who is different from you and has had very different life experiences. All you need to do is find this person and ask the right questions! This is the wisdom you learn from travel, as told in the Travel Wisdom Podcast.



For more information, tips, tricks or suggestions, please write to travelwisdompodcast@gmail.com