

Framing Your Life Adventure



A Guide for New Global Travellers (NGT)

FOREWORD

a welcome from the Founder of World Leap

Dear Traveller,

Thank you for downloading our NGT Guide, and congratulations on your decision to get serious about making your travel dreams come true!

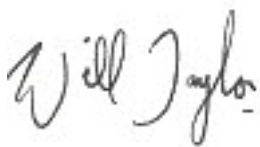
Just like you, I'm passionate about seeing the world and exploring the unknown. But, perhaps also like you, the means by which to do so was not always evident to me. Initially, as a young man facing humble circumstances, I felt I lacked the money and time necessary to travel as extensively as I envisioned, and it never seemed possible that I would be able to see my own country never mind any other parts of the world.

Nonetheless, without knowing exactly how I could do it, I consciously decided to embrace the world and to explore as much of it as I could; and thanks to that decision, I ultimately went on to make multiple 'leaps' around the globe over the course of two decades – visiting countless towns, countrysides, and **more than 750 cities in 53 countries**. In fact I recorded many of these adventures as the years went by, and now display the photos on World Leap's [Facebook page](#).

In deciding to found World Leap, I wished to create a hub for travellers seeking to expand their global horizons and encounter international cultures through direct experience (in balance with, or as opposed to, reading about such encounters). Using our resources and tools, as well as those that we endorse, I hope that travellers everywhere will get more out of their life explorations by pushing the boundaries of their comfort zones and increasing their knowledge of the planet – and in turn, of themselves. More specifically, it is my dream and vision that with World Leap's help global travellers can become more enlightened about humanity and, in some small way, make the world a better place.

I hope you will enjoy reading through this Guide for New Global Travellers, and completing the various exercises. In so doing, your objective will be to come away with some basic understandings about how you can approach world trip preparations, make them less overwhelming and more joyful, better test your comfort zones, choose destinations that are well-suited for your interests, and factor packing and exploring tips into your adventures. The NGT Guide should also bring clarity and focus to your travel priority areas, and help you to affirm an action plan that will manifest your vision for global travels in the future.

Sincerely yours in travel,



Will Taylor
Founder, World Leap

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1. Framing your 'Life Adventure'

Welcome to this, your first World Leap read! It's great to have you here.

Are you all set to get started? Excited? Good! Then grab your beverage of choice, find a comfy chair, and get ready to focus on a wide range of travel topics.

Wow! That was quick. Ok, let's go!

To begin, as you prepare to absorb all the contents of this NGT Guide, I'd like to mention straight away that our *practical* guidelines for advancing your travel plans can be found in the second half of this document. Meanwhile the first half, as you're about to discover, is (with good reason) largely *theoretical*.

For example, I'd like to propose an idea to you the reader: starting today, right now actually, I'd like you to imagine your future global travels in the context of a lifelong 'travel path' – meaning that, I want you to begin considering all of your imminent journeys as a *single* **Life Adventure** that will unfold in presently unconceivable ways.

It's a pretty exciting time – to be at the very beginning or not too far along your travel path – where everything is possible and it truly remains up to you to decide the extent to which global travels will shape who you become. Will they play a minor, or major role in your personal development? This may prove difficult to answer for the moment (especially if you feel you lack the means, money, time, and/or courage to travel as broadly as you believe you would like), however in light of your downloading this NGT Guide you should rest assured that an answer *will* come in time. In fact, as you learn how to consider well-researched resources and demystify the unknown, you will eventually get grounded in your thinking and find the capacity to not only answer the question and travel as far and wide as you want, but to also travel *well* given who you are and not just mindlessly chase a good time that sometimes never arrives.

How exactly can you approach all of this, and where should you start?

On the following page, that's where!

Let me now share with you a brief, related story from my own life.

Braveheart

Back in 1995 I was living in New York City, working a normal job and leading a fairly routine life – which for a lot of people works well, as many are fulfilled when their employment is steady and both surroundings and friends stay familiar. The trouble for me, though, was that I was really *not* happy. I would escape Manhattan as often as I could – heading out to the beaches of Montauk at the very end of Long Island, to the riverside in New Hope Pennsylvania, and to the mountaintop in Woodstock NY – but despite my best efforts I simply could not find balance. It became increasingly difficult for me to justify the way I was living at the time, and my struggle to identify and embrace a life purpose ultimately became overwhelming. I was truly lost.

And then, it happened. *Braveheart* hit the movie theatres.

Have you seen the film?

Many people I speak with often remember the Braveheart movie poster (with Mel Gibson holding his sword and looking very much the warrior), but surprisingly few recall the tagline written in the corner: *Every man dies, not every man really lives*. For me, these words were absolutely profound the first time I read them – they leapt off the poster, grabbed me by the collar, and shook me up vigorously. When I look back at that moment I can easily say they had more of an impact on my life than anything else I can think of; I already knew I was lost, but before that moment I had never considered I wasn't *really living*. With that realization I had no choice but to rethink everything – change was imminent and I needed a new course of action – and so after significant reflection, a very deep breath, and a leap of faith, I *chose* the travel path that went on to become my Life Adventure for the past two decades.

My point in sharing this story with you is that I want to illustrate how **a conscious decision** very much played a major role in how my life has unfolded and continues to unfold. At the time I made it I had no idea the number of cities and countries and continents I would eventually visit; but in so doing I had opened myself to **a larger framework of possibility** that allowed my life to flow in ways that otherwise would not have been possible.



2. Setting the intention

Admittedly my response to a film poster was a bit extreme and I wouldn't necessarily recommend other people react in a similar fashion – especially because, as we all have unique qualities and distinct motivations, it is essentially impossible for any of us to act upon another's motives, or copy behaviors, and expect to have identical transformations in our own lives. Hence, for you the reader, I caution against establishing your drive for travel based on anything other than your own intuitive directives. Conversely, I recommend you listen to your inner voice and reflect upon what role world travels should realistically play in your future. Is a lifetime on the road *really* what you want, or would you rather prioritize a career and go on international journeys only occasionally. Or is there some balance of those two options that would be even better?

It's quite remarkable the number of times people have told me they'd really like to travel to the places I've visited, but then go on to do *absolutely nothing* to orient themselves toward that goal. I've heard lines such as, "Amazing! I sooo want to do that"; or "I see what you're doing and realize I definitely need to travel more"; or "I really wish I could head out on the road, I've got to find a way". For such people, it's ultimately *their procrastination* that prevents them from consciously deciding to open up to a larger framework of travel possibilities (and consequently, they never wind up going to the places they claim they'd like to see!).

Making a conscious choice to travel more is obviously an important and very big decision – and for this reason, there's really no rush to decide one way or another! But if you're already thinking that significant global travels are inevitable in your life, it's crucial that you reflect deeply on your comfort zones and conduct as much personal research as possible. Subsequently, once you are clear and ready to knowingly decide the extent to which travels will shape your future, that degree of focus will **set the intention** and affirm which framework of possibility is going to open up for you moving forward (and many of your life's travel options, big or small, will in truth evolve out of that decision).

Exercise A

Now let me stop here and ask you a few questions.

In signing up for this NGT Guide were you already wondering *seriously* about how much world travel you'd like to take on in the future, or were you more in an exploratory mood and just wanted to read about ideas and think about general travel possibilities?

How are the theoretical ideas on the previous pages sitting with you right now? Are they hard to follow? Does the idea of a conscious decision opening up a larger framework of possibility strike you as being too big to grasp, or can you imagine that such a decision will affect subsequent choices you'll inevitably be faced with in your life?

Your homework assignment for today is to stop your reading here, and sleep on your answers to the questions I've just asked. I would love to hear from you, so feel free to send your answers to info@worldleap.co under the subject line **Exercise A** so our team can help you on your travel planning journey.

We look forward to receiving your email!



3. Establishing comfort zones

Regardless of whether you feel ready to jump into a future full of world travels straight away, or need more time to figure out just how much globe hopping is truly preferable, I highly recommend getting some perspective and balancing your expectations by firstly **testing the waters**.

What exactly does that mean?

Well, if for example you're thinking about large-scale planetary wanderings but haven't yet spent even a weekend away, you'll be able to better gauge your readiness for all your big plans if you consider (and then carry out) a **smaller scale trip** beforehand. This may seem unnecessary, or perhaps even silly, but I assure you the approach will offer an important lesson – one I wound up learning the hard way – about personal limits. For my first world trip I financially committed myself to being a year on the road without ever having travelled for more than a month or two at a time; consequently I discovered that, for the type of person I am, being in perpetual motion for so long without a break caused my enjoyment of the experiences I was having to be seriously diminished. The biggest trip of my life (at that time) was therefore filled with disappointments.

For this reason, I strongly propose you move forward along your travel path by firstly exploring more local, regional, or national options that will push the boundaries of your comfort zones in ways you feel might be comparable to experiences you'd like to have internationally. For instance, test your ability to adapt to unfamiliar places and situations, to sleep in a room full of strangers in a hostel dorm room, to set and stick to a travel budget, and to uncover and explore all the things to do and see in any particular location you find yourself in. In so doing you'll either realize your ambitions are bigger than what you are truly able to take on (which will save you lots of time and money), or you'll gain confidence not only about your capability to plan a trip and travel within your means, but also about your capacity to prepare for wider scale travels that will expand your comfort zones and advance your personal growth.



4. Painting a travel portrait

By testing the waters with smaller scale trips, you'll also discover *the art of travel*.

Picture a canvas, any canvas, on which the creation of a painting can be approached in a multitude of ways; there are a number of colors you can choose from as well as a wide variety of paint brushes, and the space on the canvas itself offers numerous possible starting and finishing points – all of which need to be considered and weighed before you begin. Comparably, the key decisions to be made regarding any particular global journey offer the opportunity to craft many different travel scenarios, and your ability to create a meaningful adventure – *a travel portrait* – out of those infinite possibilities becomes an art unto itself.

As you become a better **travel painter**, let's call it for now, you'll become familiar with important travel questions such as: will you travel for days, weeks, months, or years at a time? Will you choose long or short flights? How will you allocate funds across your entire journey? Will the pre-planning stage of your trip be very involved to ensure everything is in order before you depart, or will you aim to stay flexible and be spontaneous once you are on the road? In order to answer these questions, you'll need to get informed, establish a balanced view, and make your own opinion regarding the scale of trip and specific destinations that are best suited for your interests – which will require that you read lots of different sources about places you are considering visiting and then, as already mentioned, test yourself by finding comparable locations or circumstances closer to home that might be equally fun and challenging at a fraction of the cost (for example, if you're thinking about going on a two month Scandinavian biking trek, why not first try a two-day bike trip to a neighboring town and back – including an overnight camping stay someplace safe – just to see how that goes!).

Having given that piece of advice, let's now shift into the second half of this guide and begin our focus on the more *practical* guidelines promised earlier. While you may have already had enough, I'm guessing, of reading about travel paths, life adventures, frameworks of possibility, setting intentions, conscious decisions, comfort zones, travel portraits and the like, I nonetheless felt it was important to immediately introduce you to these abstract foundational ideas as they really can impact a significant part of your travel adventures in the future – that's why I hope you'll make a sincere effort to at least think about some of them, if not all of them!

There will come a day, I'm sure, when you'll be especially happy that you did.



5. Considering destinations

Pushing on now with practical tips, let's imagine a time in the future when you've tested your limits and are feeling pretty confident and excited about some short-term or part-time international travels. Where should you go, and what considerations should influence your decisions? Based on my personal experience of global travels, I've narrowed down to 8 the number of factors I feel you should consider seriously before you invest in any sort of travel package.

And in no particular order, here they are:

#1. Weather! I can't believe the number of people who buy plane tickets having not done their research on the weather conditions of their selected destination (particularly for the time of year they will be visiting). It's such an easy thing to do, and so important to ensure the overall enjoyment of a trip. For example, would you consciously choose to fly to a beautiful Caribbean island during its hurricane season? Of course you wouldn't; but many people unknowingly do! So get informed before you buy: on the World Leap website simply click on [the Resources tab](#) to find a section on weather with links to annual weather trends all over the globe – here you'll find everything you need to know.

#2. Food. Do you have any food issues that need to be considered? For example are you vegetarian or vegan? Lactose intolerant? Or do you have nut allergies? If you have any specific food requirements, how will your travel destination of choice accommodate them? Just as with weather, it's important to research and address any food concerns in advance of investing in a travel package. Not being able to eat properly, anywhere in the world, will certainly ensure a less than perfect time!

#3. Companions. Given your destination of choice and the timeframe you've selected, who is available to go with you? Or more importantly, who do you *want* to go with you? This is a major decision that is not to be taken lightly, as your travel experiences will likely be completely different based on your choice. You may opt to travel solo and meet new people along the way, or alternatively your travel companions may include one or more friends, a family member, a boyfriend or girlfriend, or even strangers in a tour group. Whatever you do, be sure to take time to reflect seriously about whom you wish to travel with – if anyone – imagining the different ranges of experiences you'll likely have with all the potential candidates.

#4. Environment. Given the fragile state of our planet's biosphere, it's become increasingly important to factor in Mother Earth every time we are faced with key travel decisions. Hence before you invest in any travel package you should always ask yourself, given whatever itinerary you're considering, whether there are any travel options available that are more environmentally friendly. For example, does your selected hotel have any eco certifications? Does your preferred airline have a recycling program? Does your destination of choice have efficient public transport? Etc.

#5. Harassment. This is a major consideration that not enough people factor into their choice of destinations – many don't even realize that it's an issue to be taken seriously. For example, while photos of places such as the Taj Mahal and Petra may look amazing at first glance, talk to anyone who's been there, or check out travel blogs, and you'll quickly realize that to snap your very own version of those images you'll need to put up with a full day's worth of harassment – from never-ending offers of drinks, post cards, and donkey rides, to endless requests for money and personal effects. Is it worth it for you? Maybe yes, or maybe no (it actually *was* worth it for me!). But be sure to find out the extent of what you could be in for *before* committing yourself financially to any particular destination.

#6. Health. In truth, while there is rarely any real danger to your health if you use common sense while travelling, it's still good to be mindful of health issues and to base any health planning decisions largely on the destination you've selected. For example, if you're a high-risk adventure traveller exploring the US, it's probably a good idea to invest in some health coverage before you go (especially considering that having an accident in America can bankrupt you if you're not insured). Health insurance does not need to be a significant investment however, and you should intentionally avoid expensive plans – in fact you can save a lot of money with companies such as [International Medical Group](#) or [Worldwide Insure](#) or, if you are Canadian, [Ingle International](#) (there are a variety of plans for British citizens as well, most of which can be found with a simple online search).

#7. Security. Generally speaking travels of any kind need only be as dangerous as you choose to make them. If you're consciously planning to go anywhere near a war zone or an area recently hit by a natural disaster, you should probably register your travels with your country's foreign affairs department so that officials will be aware of your location in the event of an emergency. However, at the same time you should be weary of fear mongering and not necessarily be put off by alarmist messages in the media or on government websites – which many times can blow bad situations (in any particular place) way out of perspective. As always, gather information, collect opinions, get informed, and let common sense prevail (a relevant example here is the one occasion I found myself in northern Malaysia preparing to cross over into Thailand – which by chance coincided with the exact time a major nation was issuing a red alert to avoid southern Thailand due to terrorist activities. Naturally I investigated and swiftly learned there had been a single, isolated act of violence, *not* terrorism, far away from the region I was about to enter. I concluded I was safe, subsequently entered Thailand, and had the time of my life).

#8. Money! For any short-term and/or part-time international travels you choose to take on, saving money should be pretty straightforward if you avoid debt and budget well (ideally you'll know your travel dates, where you are headed, when you're expected back, and how much money you'll need to stay happy and fulfilled while you are away). For these types of travels I highly recommend that, roughly 6 to 12 months beforehand, you start cutting down on costs wherever possible – on cigarettes, booze, partying, restaurants, movies, clothes, home appliances, etc. – and begin finding creative ways to *save* money. For instance, instead of welcoming material gifts for Christmas, a birthday, or some other celebration, you can rather ask for an online donation for your travels via PayPal. Or, if you can incorporate a theme or mission into your journey, you can try your luck finding sponsors who may be sympathetic to your cause and are therefore willing to make a contribution.

Alternatively, you can place a donation box at any local café that will allow you to do so (be sure to display a note that explains why this trip is so important to you, and that thanks contributors in advance), or simply ask, tactfully, your friends, family members, or even complete strangers for financial help during your travel preparations (and then direct them to an online project you can easily set up at either [Kickstarter](#) or [GoFundMe](#)). Any monies you generate should be regularly invested in a special interest-bearing bank account that you'll reserve exclusively for your travels; and by remaining disciplined about withdrawing these monies *only* for your travels, it's practically guaranteed you'll save more funds than you currently think is possible!

But(!), if after trying all of these ideas you still find yourself having difficulties raising your desired travel budget, then your remaining choices should be fairly obvious: you'll need to cut back even further on unnecessary expenses, work extra hours, or *readjust* your budget and/or travel itinerary to be more in line with your current means – bearing in mind that you should never overexert yourself for the sake of any trip (because then travel becomes a burden and not the joy it should always be, for adventures of any scale) and that, as a part-time traveller, you should be realistic and *only aim to stay happy* while travelling. In other words, travel comfortably and enjoy yourself – don't let the limited time you have go to waste – and make the most out of whatever you can afford to do.

Exercise B

Let's pause and reflect.

As you think about the destinations you'd one day like to visit, you should consider trying (just for fun) a certain method of empowerment for bringing your travel goals to life – especially if you feel your preferred journeys are overly ambitious.

That method of empowerment is **the creation of affirmations**.

The creation of and commitment to non-tangible affirmations – which basically involves written declarations one makes to oneself, proclaiming that a desired trip will come true – may sound unrealistic or even ridiculous (believe me, I never thought I'd see the day when I would be encouraging their use). However, I really can't emphasize enough how much they are worth incorporating into your planning efforts, particularly if you are hoping to fulfill a bold travel agenda you presently don't know how to make real. Simple affirmations such as "I will visit Brazil before the end of the year", or "I will travel for 3 months around Africa in 2018" become very powerful when you write them down and read them to yourself at the start of each day. By declaring to yourself that something is going to happen, and then spreading the word to everyone around you, your psychological fabric and general thinking – as well as that of those who hear about your plans – puts into motion the momentum you'll need to facilitate the manifestation of your intended travels.

As I already mentioned I never thought much about affirmations, until one day I opened my mind and decided to try them (I figured, what's the worst that can happen?). So a few years ago I decided to try them out; in fact I took *a month* to think about, edit, and polish a detailed one-paragraph affirmation about what I wanted in life, including personal and professional travels. I started reading my paragraph to myself every day and, incredibly, within less than 6 months, my ambitions slowly began to come true – even in larger ways than I had originally hoped. Specifically I came to be engaged with work projects in Asia, the Caribbean, and Europe, and had the opportunity to explore for pleasure locations like Iceland, Cyprus, and Jordan. Hence I can personally attest to the power of affirmations because I have witnessed the difference they made in my own life. I encourage you to try them, and to then watch closely to see if anything relevant begins to unfold in your life.

In addition to writing down your trip ideas and reading them everyday, you can also affirm them through actions – for example, you can take steps toward your travel goals by buying a guide book for the place you want to visit, or by breathing life into your plans by speaking openly with supportive family members and friends about the extent of your ambitions. All of this of course leads to your homework assignment for today – Exercise B – which is to start thinking about your very own travel affirmation and gradually start writing down your thoughts in such a way that they can easily be read everyday.



6. Preparations and packing tips

So now let's envision a time when you've affirmed your destinations, your flight tickets are purchased, and you're getting ready to undertake your journey. How can you better prepare for your departure?

For starters, if by this point you haven't already, you should investigate [the Resources tab](#) on the World Leap website (there are plenty of great links in there worth exploring!) for all sorts of transportation, accommodation, and event ideas at your selected destination. Fully enjoying your journey will be largely dependent upon your ability to set up an amazing adventure – because once the path is mapped out, living the dream will be comparatively easy – so all the more reason why you should spend some extra time planning out the possibilities, even if you plan to be spontaneous during certain segments of your trip!

Next, you'll need to start thinking about backing up any important information or data you may need while abroad. For example, you should write down your credit card number, passport number, sim card pin number, etc., in a way that only you can recognize (i.e. don't label these numbers as what they really are!), and then store them online – perhaps across multiple messages in an email inbox – so that if necessary you can access them from an internet café anywhere you happen to be.

Next, when packing be sure to keep the following four suggestions in mind: firstly, use a sturdy bag that won't easily break apart if crushed by other luggage while in transit. Secondly, **pack lightly**, avoiding everything that is avoidable (noting that, at your destination, you can always buy something you need if it's really necessary) and, if possible, bringing only carry-on luggage to your flight as this will free you up, increase your mobility, reduce your chances of paying for extra weight, and eliminate the possibility of an airline losing your bags. Thirdly, bring electrical adaptors for all the countries you'll be visiting (and don't forget them in the walls when you leave your accommodation!) and, fourthly, especially if you'll be camping, consider including [headlamps](#) and a [Leatherman multi-purpose tool](#) as these are usually handy, lightweight additions to have.

Once packed, before you leave for the airport be sure to know what your cash withdrawal and credit card limits are (i.e. beware ATM limits and card blocking due to overdrawn accounts), and also have enough cash in your pockets just in case the ATMs aren't working upon your arrival at your destination. Additionally, you may wish to inform your credit card provider of your upcoming travels, to decrease the chances of your card being flagged for irregular use.

Lastly, once at the airport, be sure to save your bag tags and keep them someplace safe until you actually arrive at your destination and retrieve your luggage! Some airport security checkpoints require that, before proceeding, you show your tags to officials in order to confirm that the bags with you are in fact yours.



7. Exploring tips

Now let's imagine that you've arrived at your destination and are naturally VERY excited to get started on a wide range of activities. How should you approach the multitude of options available to you and, importantly, what should you do first?

If you haven't already, you should immediately uncover everything you can about local customs, activities, shows, events, excursions, expeditions, bars, and restaurants before committing to any plan of action in particular. Once you do, you should obviously gravitate towards those activities that are most of interest, but at the same time absolutely *resist* the temptation to take on a lot all at once (I've known many people who've failed to resist such a temptation and wound up being sick for the bulk of their trip). So even if you happen to be a driven, extreme adventurer seeking a thrill a minute, be well advised to pace yourself, enjoy every moment, take breaks, and savor the overall experience – and of course be sure that, while pursuing whatever adventures you ultimately select, you aim to stay healthy by eating smart and, insofar as possible, getting some exercise.

Beyond that, while exploring new and unknown locations it will also be important to keep contingency funds on hand to deal with any unforeseeable events; ideally such events won't arise very often, but you'll be better able to deal with any if you are prepared in advance. Further, still on the topic of funds, you should try to continuously save money by *always* speaking with loved ones back home using free online tools such as Skype or Google Hangouts; these tools will occasionally experience drop outs or weak signals, but overall they generally allow for reliable communications around the clock and are a fantastic means for keeping your travel budget on track.

Lastly, although hard to believe you should bear in mind that the activities you choose to undertake may *not always* come with a price tag (as you will come to learn, not everyone assigns monetary worth to their offerings). Instead, the value some derive by extending free services or accommodation is friendship, peace building, and cultural exchange. Clearly it's important to beware suspicious offerings and always use common sense, but genuine offers of kindness and friendship – which do not involve monetary gain – do exist when travelling abroad. So don't be surprised if strangers you encounter wind up influencing aspects of your trip for the better!



8. A 'Living List'

Looking ahead now – as you think about all of your travels in the future – you should seriously consider making a 'Living List'.

A what, you ask?

A Living List!

Have you seen the film *The Bucket List*? If not, are you familiar with the concept? If you haven't seen it, you should. It's a great concept and a great movie at the same time (a 'Bucket List' is essentially a wish list of things someone wishes to do before they die – before he or she 'kicks the bucket', so to speak).

Without giving away too much about the specifics of the plot (in the event you haven't seen the film), I can tell you the story follows two terminally ill men who are seeking to fulfill their wish list of to-dos – including travel destinations – before they die. Sadly, it's taken these men their entire lives, and their arrival, more or less, at their deathbeds to realize they have so much more living left to do. The clock is ticking, but they decide to hit the road anyway to go everywhere in the world they feel drawn to.

Now imagine, just for a second, that these men hadn't waited so long to conceive of their Bucket Lists; picture instead that thirty or forty years earlier they had each devised a *Living List*, and subsequently incorporated their travel aspirations into their daily lives. Had this pair acted upon their intuitive callings earlier instead of later, the joy and fulfillment they derived from their adventures could have been ongoing throughout their lifetimes, instead of being a one-off set of thrills they experienced while in poor health and facing mortality.

The point of these remarks is this: if you already have your own Bucket List or are thinking about making one, then think instead about consciously creating a Living List (which can also serve as a basis for your travel affirmations!) – because the day you do, you will open yourself to a very large framework of possibility for your future global travels, and the rest of your life can become an intuitively-inspired adventure.



9. Bon Voyage!

As we prepare to wrap things up here, let me say in closing that I sincerely hope the information contained in this NGT Guide proves helpful and that your upcoming travels around the world will serve to inspire and uplift you; I also hope the resources available on the World Leap website will be of great use to your future trip planning processes!

Let me now share with you these final thoughts:

As you move forward with your global travels, I'm confident you'll increasingly find that trips are very much like book chapters. In a book, with each chapter you finish you know something more about the story, and by the end of the book you know enough to decide whether you feel like reading a sequel (or perhaps a similar book in the same genre) or if you'd rather push yourself to read a different book currently above your reading level and understanding. Comparably, just as with reading subsequent chapters in an ever-increasing number of books, as you set off on more and more trips within any particular travel category (i.e. ocean cruises, forest hikes, mountain treks, road trips, etc.) you'll eventually come to know whether you wish to pursue similar or more challenging trips in the future.

Regardless of what you choose, as you progress you'll likely discover, among other things, that there exists an abundance of fun and silly truths around the world – such as the fact there is no Swiss cheese in Switzerland, no Fettuccini Alfredo in Italy, no burritos in Mexico, no Canadian Bacon in Canada, and no Americano coffee in America! Separately, you'll probably also find that as the number of your international explorations increase, the world will become more familiar, strangers will become friends, foreign concepts will become recognizable, and your knowledge of the planet will push your growth in ways presently unimaginable.

And on that note, let me say thanks again for reading this NGT Guide (please send us feedback on it!) and allow me to wish you many amazing trips in the future. Please keep our team updated about the adventures you ultimately take on in the months and years ahead, and if ever World Leap can be of further help to you feel absolutely free to get back in touch.

Good-bye for now! :-)

p.s. Just for fun, I'm going to leave you with a final exercise on the following page!

Exercise C

In closing, your homework assignment for today – Exercise C – is to watch the films *Braveheart* and *the Bucket List*, and to then complete the following travel planning exercise:

Using the tools available on [the Resources tab](#) of the World Leap website (as well as any others you can find via an online search), find the *most affordable* and *least lengthy* modes of transportation – leaving one month from today – for a 2 week trip going from Rome to Geneva, Geneva to Barcelona, and Barcelona back to Rome (involving a 1 week stay in both Geneva and Barcelona). Explore and compare as many flight, bus, train and car rental options as possible within 30 minutes, noting the differences in price as well as trip durations. Then, do the same exercise again – this time leaving six months from today – and once more note the differences in price and travel times.

Now ask yourself what you’ve learned about the affordability and trip durations of the various modes of transport you’ve investigated. Are there any personal preferences immediately evident to you?

Apply that knowledge to all of your future travel bookings!

Travel becomes us.



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