

5 Reasons You MUST Travel



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Why you need to travel

As human beings it is natural for intrigue and curiosity to take hold of that to which we don't live as a reality. There are so much motivation to live your best life and travel gives you so many of these reasons

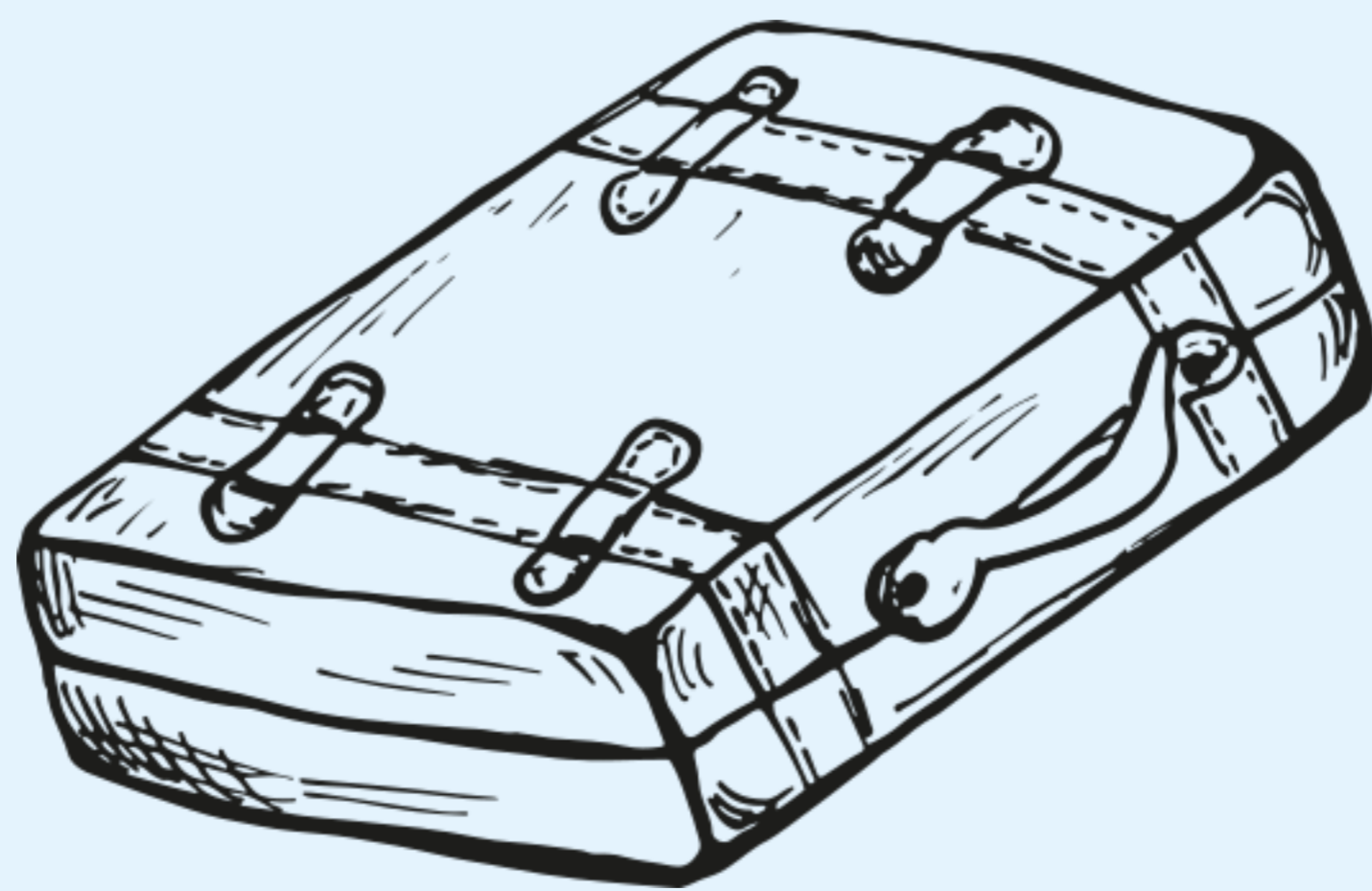
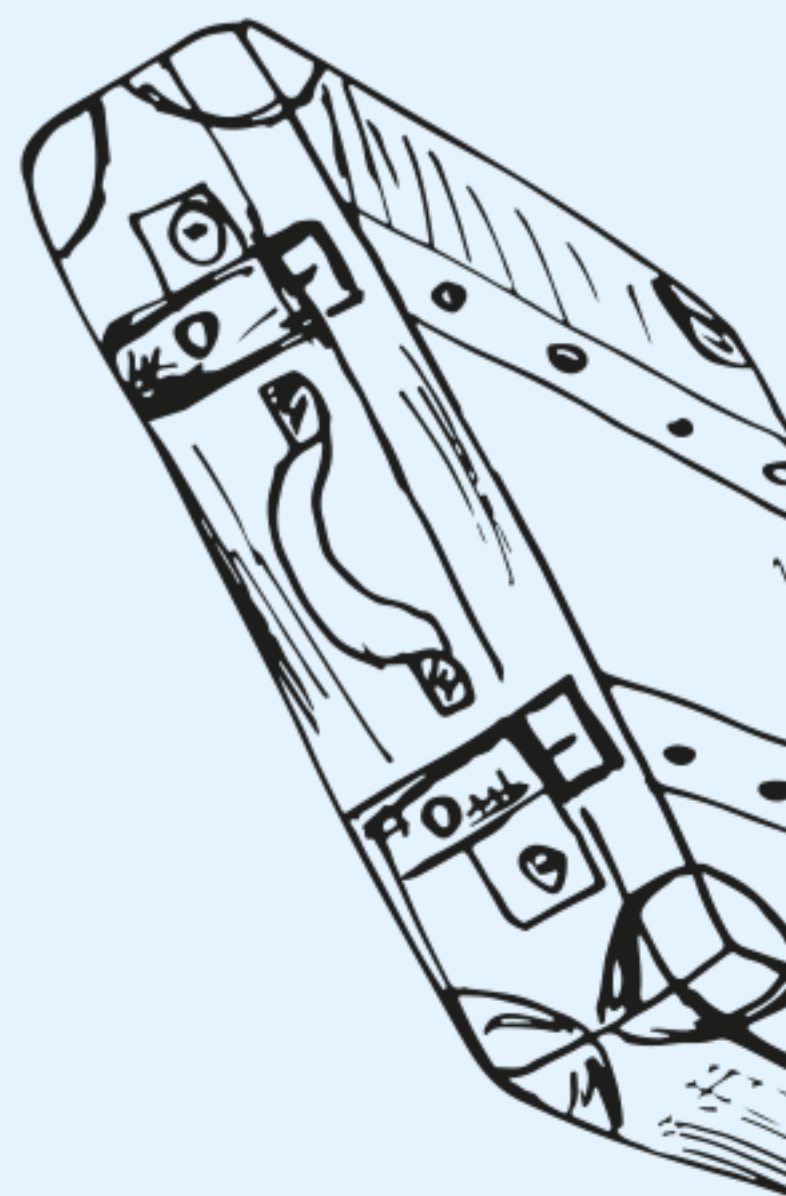
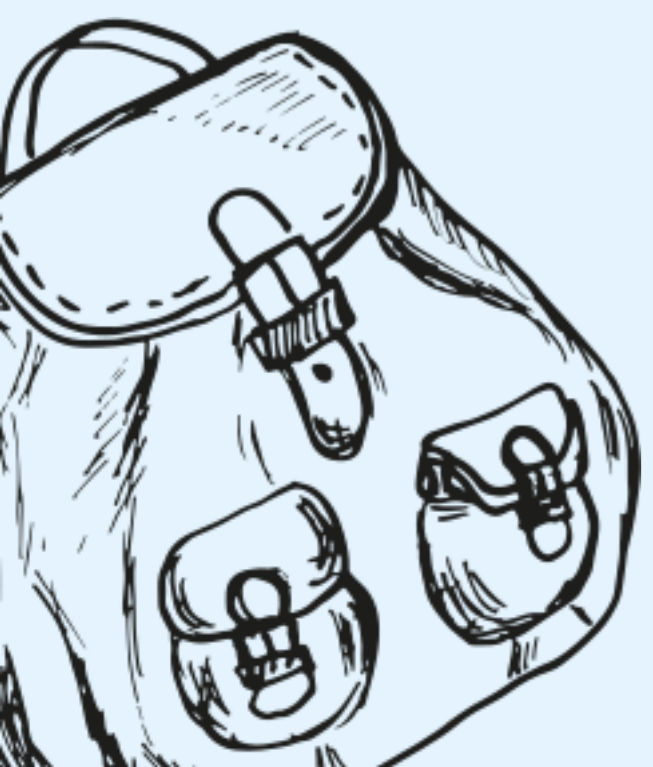
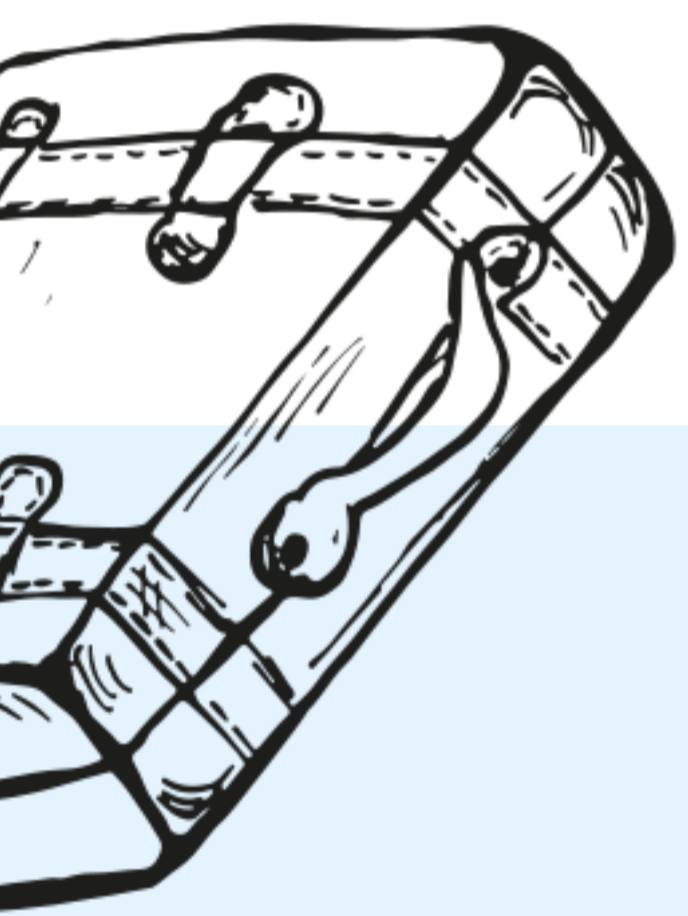


TABLE OF

Contents

Preface	02
Table of Contents	03
The Life Experience	04
How Are Amazing Are People?	07
Yummy Food	06
Gratitude	07
Health	08
About Us	09





Chapter I

The Life Experience

Life should be all about the ability to collect special, loving and awakening memories. Never before has the opportunity to experience this earth been as easy as it is.

With in moments you can have that hot little ticket to paradise or adventure in your hot little hands and in a lot of cases for a bargain price.

The memories that you create can be for so many reasons. A journey of self discovery or the precious time with a loved one. The need to connect with our world and with those we love could be considered a great need of the human race. These memories are also the basis of reflection when you spend that quality time with loved ones.

Just remember that there is no taking those possessions with you at the end but there is those peaceful and joyous memories that will hold you tight.

*"Many a trip continues long after movement in time and space have ceased.."
John Steinbeck*



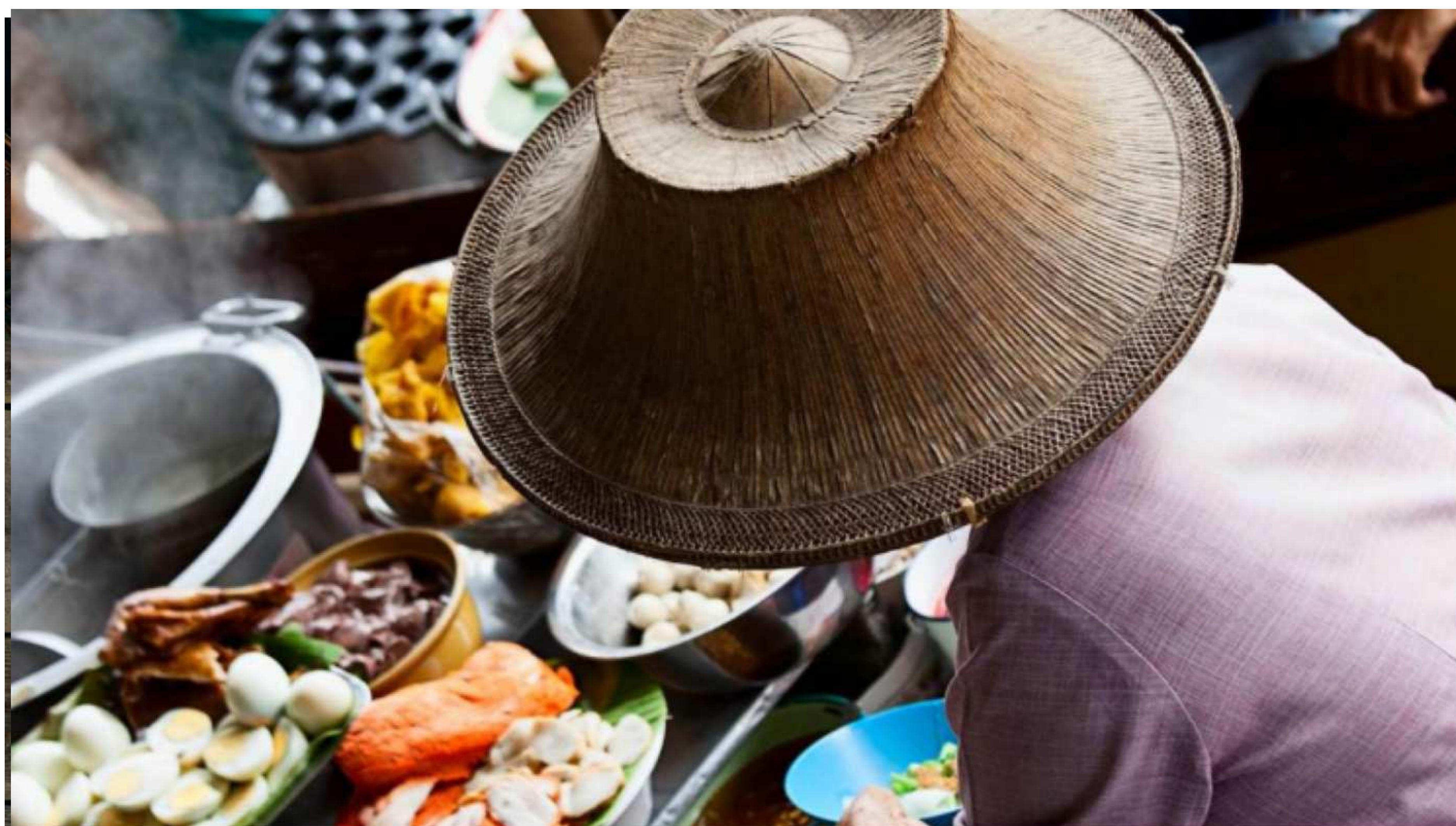
Chapter 2 How Amazing are Humans?

Have you ever been in the vicinity of another person for a micro second and realised that you wanted to know them better? So we are not talking necessarily about love but as previously mentioned we have a certain curiosity in us that drives us to want to know more.

Everyone one of us is different. Our upbringing, external environment and the life experiences we endure make us all very special individual human beings. When we travel we willingly expose ourselves to that we would not have in our everyday reality. This includes the people that we meet. By taking the time to listen in conversation and understand we unknowingly eradicate the chances of intolerance around the world.

So next time you are having that casual conversation with a local on our travels remember how good it is for your soul.

"Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends." Maya Angelou



Chapter 3

Yummy Food?

Want to know the quickest way to familiarise yourself with a culture? As they say the way to man's heart is through his stomach.

Food in any culture is what brings families together since the dawn of time. We, on this planet, are just lucky enough that in today's time we have so many regions around the world that have their own culinary classics.

The best part of tasting and immersing yourself in these delights is that we learn. We hear, feel and see the use of different ingredients and how they come together to dance on your palate. We learn to take these flavours home and try them out ourselves.

Yes, in a lot of cases replicating the local cuisine is a task but it also a reminder of the great time you had.

"I am not a great cook, I am not a great artist, but I love art, and I love food, so I am the perfect traveller." Michael Palin



Chapter 4

Gratitude

Have you been travelling in the past to those countries that do not thrive economically like that of Australia? If you have, then you will most likely understand this chapter.

Travelling gives us this amazing ability to subconsciously show appreciation and gratitude for all that we have in our home countries. Fresh running water, warm comfortable beds and even supermarkets that we go to for our daily meals.

When we return home we should look around and understand that in most cases we have everything that we need. Some of us are even lucky to have all that we want.

Gratitude is a powerful player also in ridding the world of ignorance. Creating gratitude in our travels makes it really difficult to be ignorant of social issues around the world. Keep on travelling!

"No one realizes how beautiful it is to travel until he comes home and rests his head on his old, familiar pillow." Lin Yutang



Chapter 5 Health

Let's be honest life can end up in routine and rut. We tend to become so focussed on paying our bills and meeting the everyday demands of life. This takes a toll on our mental and physical well being.

Travelling is just one joyful cure to the stresses of life. Just by having a holiday or a staycation to look forward creates a sense of purpose or well being in us. Why do you think 80% of us are already planning our next break before we have finished the current holiday? It comes down to the fact that whilst life can be at times a negative experience in essence we strive to have positivity in our lives.

By recharging the batteries we allow ourselves to find a more balanced perspective and also lower the stress hormone cortisol. Of course, if you miss your flight this hormone may very well increase....

Travel is an amazing way to centre the mind, body and soul. Get out there!

"The world is a book, and those who do not travel read only a page."
Saint Augustine



If you want all the benefits to travelling and want it organised for you contact All Inclusive Holidays for a phone or online consultation. No obligation of course.

Keep on travelling!

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