

Interview with Joanne Hendrickson

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Tention Free: Tell us a little bit about yourself.

I have traveled to 83 countries and 47 states in flip flops. I am the host of the travel podcast "Backpacker Flip Flops" which was launched in February 2020 and Season 2 is launching soon. I am also the host of an Instagram travel series called #MondayMustSees. I live in New York but have previously lived in Wyoming, Denmark and Japan.

Tention Free: Can you please tell our readers more about your travel passion?

After living in Denmark, a year later I decided to backpack around Europe for Christmas and New Years. Sometime around that trip people started to say I had 'traveled to a lot of countries' which I didn't understand because there were so many places I wanted to explore. I set a goal to visit 50 countries before I turned 30, and did that at 28. The next goal became 75 countries before I turned 35, and that happened at 34 years old. The current goal is to visit 100 countries and all 50 states before I turn 40!

Tention Free: Any upcoming travel plan?

COVID and in particular NY's travel restrictions have made traveling difficult, but I have been planning to explore more around New York. I do have a lot of places on my bucket list for when the traveling situation improves though!

Tention Free: What has been one of the most exciting achievements of your career so far?

Reviewing the podcast analytics and seeing all the diverse places I have been able to reach has been fascinating! One of the top ten countries listening to my podcast is Rwanda and I have never been there – seeing that really impressed me!

Tention Free: What's your goal in life you want to achieve next?

I'm so eager to complete visiting all 50 states. I only have 3 more to go!

Tention Free: What motivates you to do your best work as a host of travel podcast Backpacker Flip Flops ?

When sharing about my travel experiences, I understand that I have the responsibility to balance telling the truth about experiences while also being sensitive to the locals. This motivates me to put a lot of effort into the work so that it is helpful for all.



Tention Free: Did you choose this industry, as a career, or as a hobby?

The podcast started as a hobby. For years people said I should write a book because of all of the unique stories I had about traveling, but I felt that something was lost on paper. Back in December, while traveling I was listening to non-travel podcasts and it clicked that I could make a podcast. I have another job which has been my career for over 10 years.

Tention Free: Your favourite place?

It's hard to pick one – probably Berlin, Germany. Though pending my mood, Croatia, Denmark, Australia, and the UAE are also my favorites and sometimes land on top.

Tention Free: Everybody needs time out. What do you do in your free time?

During quarantine I have learned how to master 'staycations.' Some of my other hobbies are running and doing home remodeling.

Tention Free: How can people find you and follow you online?

You can connect with me on Instagram [**@backpackerflipflops**](#) or my website [**backpackerflipflops.com**](#).