

## THE EFFECTIVE YOUNG ADULT TRAVELER

Travel can be a life-changing experience, especially for younger people. Experiences can be short-term and relaxing, a chance to relax and unwind. Programs abound, but all have a different focus; some are volunteer positions where participants must pay a fee some are work abroad programs, while others provide the opportunity to learn a foreign language while gaining cultural exposure in a foreign country.

Whatever your reasons for taking a sojourn, below is a list of suggestions to help you prepare for a rewarding journey.



Guidelines to help you make the most of your travel experience

1. Get to know people from other cultures: become a tutor for international students
2. Join an international student or community group
3. Read international/multicultural books and/or watch international movies
4. Attend cultural festivals & events
5. Try different foods
6. Take cultural dance/music classes



## Top 10 Reasons for Travelling

Reasons to travel are as varied as the people who go. Whether you want to join a structured youth program, venture out with no itinerary, get a working holiday visa, or just watch the sunset on a tropical beach (exotic drink in hand) there are unique rewards from travel that must be experienced to be fully appreciated. Some of the more common reasons for exploring foreign lands are:

1. Gain a more open-minded perspective of the world around you.
2. Experience a slice of life in another culture different from your own.
3. Learn a different language.
4. Develop a capacity to fail, or fall short of your objectives – this gives you coping strategies.
5. Become more independent in your thinking & actions.
6. Make new friends with other travelers and the locals
7. Become more reflective and self-aware
8. See a challenge through to its conclusion
9. Gain job skills in an international setting
10. Develop tolerance, patience, perseverance and curiosity about different places and people

