Travelling

Introduction

Travel is the movement of people between relatively distant geographical locations, and can involve travel by foot, bicycle, automobile, train, boat, airplane, or other means, with or without luggage, and can be one way or round trip.

A statue dedicated to the traveler in Oviedo, Spain.

10 Reasons why Travelling is Important

Reduces your stress

Travelling can take away all the stress from your life. When you travel, you are away from the boring daily routine of your life and you see new things which give your mind peace.

Make new friends

You must have often seen that while you are in the train or the plane, you often start a conversation with the person sitting right next to you and at the end of the journey you realize that you have made a very good friend.

New cuisine

When you visit a new country or city, you are bound to come across some food that you have never eaten before. Sometimes the new food that you try is so amazing that you end up asking the recipe for it.

Reconnect with your Partner

If you are travelling with your girlfriend, wife, boyfriend or husband this might be the best way to reconnect with them.

You will become more active

When you go out for a vacation you are more likely to indulge in activities like rafting, rock climbing, playing on the beach etc.

Confront your fears

If you are going on an adventure sport holiday and you are afraid of certain things for example fear of height or fear of water, this might be an excellent time to face those fears.

Learn new languages

While travelling to new places, you will surely pick up the local language. Today we live in a world where becoming bilingual or multilingual can benefit you very much.

Get to know yourself

If you are travelling alone at a peaceful place it might be a good way you to get to know yourself and reflect upon yourself.

Take a break!

Aren't we all bored by our day to day lives? Don't we at some time feel that we cannot take it anymore and we need a break? Yes, the answer lies in actually taking a break.

1. Первая причина – уменьшение стресса.
2. Знакомство с новыми интересными людьми.
3. Попробовать кухни разных стран во время путешествия.
4. Обновить отношения с близким человеком.
5. Активность во время путешествий. Прогулки, езда на велосипедах, лыжи, сноуборд и т.д.
6. Путешествие – отличный способ преодолеть свои страхи.
7. Освоить новые языки. Знание нескольких языков никогда не будет лишним.
8. Лучше узнать себя.
9. И просто отдохнуть от повседневной суеты.