

Basic Travel Facts

There are many different types of travel, which can broadly be categorised as: leisure travel, corporate travel, specialist travel, visiting friends and relatives and day trips.

Travel takes us out of our comfort zones and inspires us to see, taste and try new things. It constantly challenges us, not only to adapt to and explore new surroundings, but also to engage with different people, to embrace adventures as they come and to share new and meaningful experiences with friends and loved ones.

The psychology of travel refers to the mental, emotional, and behavioural ways that people experience the act of traveling. It can include motivation, decisions during travel, managing stress when traveling, cultural influences and reactions, and the actions we take in planning and going on travels.

Money spent on experiences like traveling bring you lasting happiness that money spent on material things, because with time passing people get used to material objects. The happiness from the things you have bought will eventually decrease, whereas those one-off events will remain in your memories.

Travel insurance is the MOST IMPORTANT thing you need when travelling. Some health insurance plans do not cover you when you travel. Travel insurance cover any injuries or illnesses but it also covers your belongings that you take with you and any accidents that might happen.

Here is why you never leave your country without travel insurance:

- ✓ It covers you when you get sick and need to see a doctor.
- ✓ It covers you if you need to get helicoptered out of somewhere.
- ✓ It covers you if you need to be sent home.
- ✓ It covers electronics that break or stolen.
- ✓ It covers you if your goods are stolen.
- ✓ It is a no brainer – because if something goes wrong, it saves you time and money.



A good budget traveller is a smart budget traveller. Do not be penny wise and pound foolish.

