

# THE ESSENTIAL GUIDE TO TRIP PLANNING

## YOUR TRAVEL STYLE

Consider your travel style, and imagine how you can go farther, longer..

## PLANNING PARALYSIS?

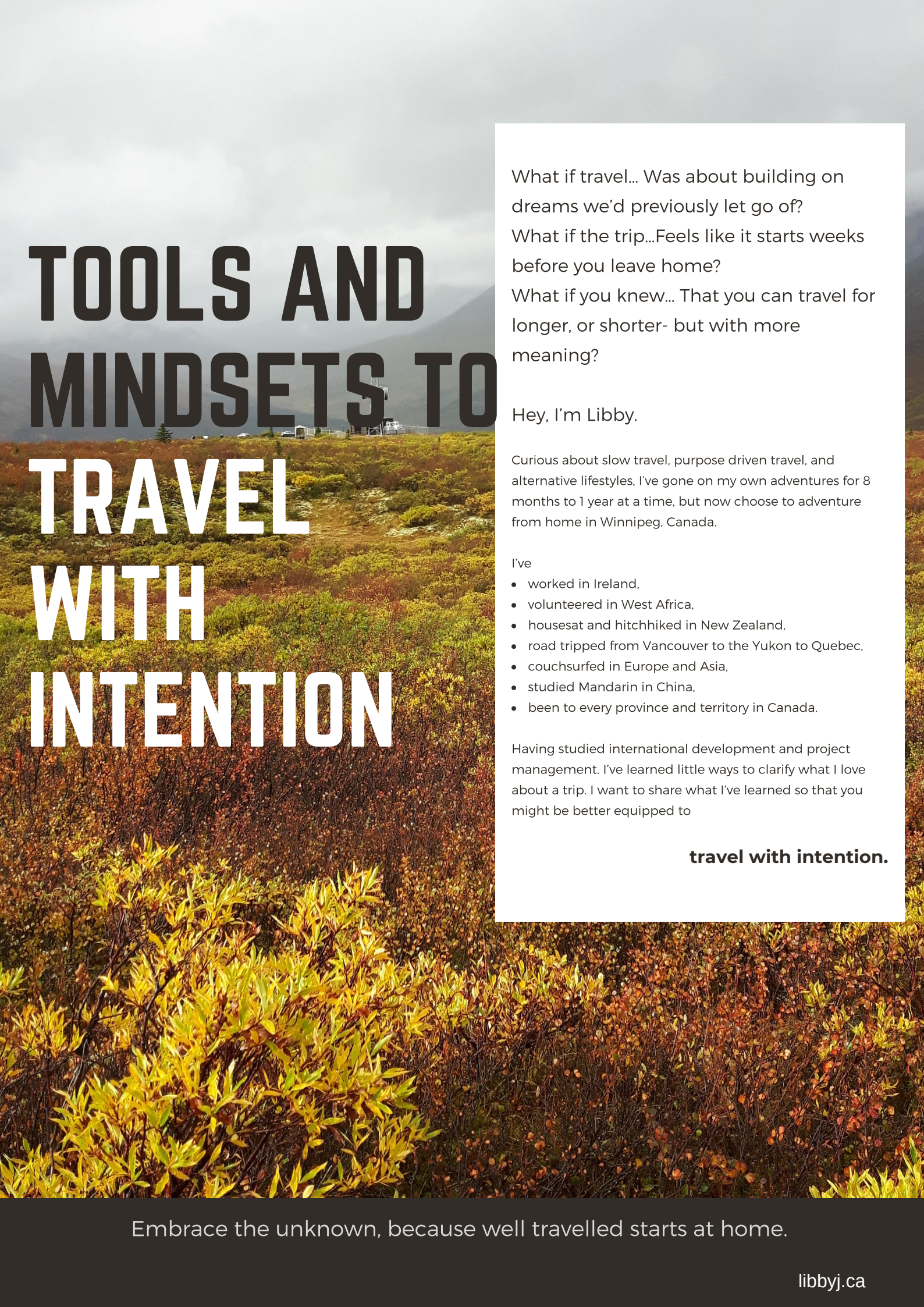
Tricks to move forward with trip plans, at your pace.

## TOOLS & CHEAT SHEET

Favourite apps, sites and questions to focus your trip!







# TOOLS AND MINDSETS TO TRAVEL WITH INTENTION

What if travel... Was about building on dreams we'd previously let go of?

What if the trip...Feels like it starts weeks before you leave home?

What if you knew... That you can travel for longer, or shorter- but with more meaning?

Hey, I'm Libby.

Curious about slow travel, purpose driven travel, and alternative lifestyles, I've gone on my own adventures for 8 months to 1 year at a time, but now choose to adventure from home in Winnipeg, Canada.

I've

- worked in Ireland,
- volunteered in West Africa,
- housesat and hitchhiked in New Zealand,
- road tripped from Vancouver to the Yukon to Quebec,
- couchsurfed in Europe and Asia,
- studied Mandarin in China,
- been to every province and territory in Canada.

Having studied international development and project management. I've learned little ways to clarify what I love about a trip. I want to share what I've learned so that you might be better equipped to

**travel with intention.**

Embrace the unknown, because well travelled starts at home.



# FIND YOUR TRAVEL STYLE

Have you been thinking about going travelling? Do you google places, but get stuck from there, and consumed by worries?



Travelling Mindset: Trip planning isn't only about where you go. It's also about how you want to get there, and why you're going in the first place.



Think about where you are now to see why you're going to leave home. In other words, your "why" and "how" are just as important as any blogger's top ten bucket list.

## Consider your travel style

When my partner and I went travelling for a year, we spent less than we would have spent at home. How is that possible? We had found our travel style, and spent money on what we valued the most, minimizing costs on everything else.

## Examples of Travel Styles

- Community travel: energy exchanges, participating in the sharing economy
- Cultural immersion: Language or culture focussed
- Home base: find work, study abroad, or purpose driven travel and do short trips from the home base
- Nomadic trip: you don't mind re-packing and unpacking, so long as you can see many places
- Other: A combination: start out with a home base for months, get used to it and then finish your time away with a nomadic trip

So, grab a pen and a journal to...

## Find Out Your Travel Style

- What are your 3-5 favourite trips? They will be the first ones that come to mind- don't worry if they aren't exotic, far away or your dream trip.
- Why were they so great? Was it people? Relaxation? Few decisions to make? Seeing a lot?
- In your day to day life at home, what do you spend your time doing?
- When you hear or see someone else's trip, what about it makes you think "I want to do that"?
- Is there something you've always wanted to do, but haven't gotten to it?

"Start from where you can, rather than where you hope to be."  
- Episode 23 with Pelumi: On big plans, solo travel and kintsugi

# PLANNING PARALYSIS?

"You can go back and make another choice, alter the path of your story, and change it's result."

- As quoted from *Choose Your Own Adventure, Search for the Mountain Gorillas* in Episode 33, *Design Your Own Adventurous Life!*



"I think that what we did well was anchor our trip with a few different ideas, a few different flights, or permits or whatever it was that anchored us to our time and place. We could just go with the flow in between, which allowed us to really arrive in a place and decide how we felt."

-Episode 3, Matt and ariel

Think of your life at home. You make plans with friends, family, schedule work, and leisure time.

What if you slept in a different city every third night? How do you get to each city? How much energy would it take you if it were in a different language, or the quality of accommodations were different?

There are no wrong answers, just trade offs to consider. The goal is to:

Go on a trip

In a way that doesn't blow your budget

**So that the trip inspires your life at home.**

## Think about how you'll feel when you start the trip.

How will you feel at the beginning of your trip? Our first stop in a nomadic year off was 18 days in the Cook Islands. Here's what we knew: We would be tired from selling our car, packing our house, setting up rental arrangements, finishing work, saying goodbye. An island with 10,000 people on it and two busses set the perfect amount of limitations for us to start on the right foot: relaxation.

### Travelling Mindset:

I can prioritize one theme for the trip, and make initial choices based on that theme.

Me Time: Am I here to relax?

Spend more on private accommodations since you will want to spend some time enjoying the space!

We Time: Am I here to meet people?

Start by finding an event or venue you would be excited to attend at the beginning of your time there, and see what accommodation is in that neighbourhood.

See Time: Am I here to sightsee?

Prioritize location over comfort and spend less by getting a shared space: this doesn't have to mean a shared dorm room; it could be a shared bathroom but private bed in a hostel, or a private room in an Airbnb, shared facilities.



*Since Jan 2019, Lynn has journeyed in remote parts of the Pacific Islands to better understand the impacts of climate change and community solutions to climate change. Here's a piece of our conversation about how she decided to embark on this ambitious project.*

"For anybody that's looking to make a change, it doesn't have to be this big scary jump. It can just be steps that take several months. Keep going and then you'll wonder how you got there- it'll be inevitable. You're going to take the plunge."

"Do you remember the first step you took?"

"It was to say it out loud to people. That's always a scary moment- to say it to people that will hold you accountable. Someone who is a person you trust, who will hold you accountable to that conversation and that idea."

Episode 26- Vanishing Places in the Pacific  
Islands with Lynn Englum  
[vanishingplaces.org](http://vanishingplaces.org)



**ACTION:  
TELL SOMEONE  
ABOUT YOUR  
TRIP!**



# MONEY: ENOUGH? TOO MUCH?



## Travelling Mindset: Everything BIG starts little. So get started.

One of the best (and first) things you can do is to take a percentage of your money, and disappear it into a side account for the trip. This is seriously the most effective way to make savings happen: ensuring you never see it in the first place.

*The point is to START.*

Keep in mind, there is NO LOSING by saving money: in the last weeks before travelling for a year, friends and coworkers asked: "What if you don't end up going?"

"Well, I'll have a HUGE pile of savings to enjoy!"

As you begin to save and plan, you'll get more excited and more specific on the costs. Your motivation to hustle for the last nickels will skyrocket, I promise.

## Currency isn't the only currency you have access to!

If you're concerned about budget, test out any of these options while away:

- Work Visa (for example, International Experience Canada)
- Energy sharing: work in exchange for room and board
- Housesitting
- Couch-surfing in major cities
- Find free and time consuming entertainment, like long distance hiking

Many of these work both ways: you can housesit from your home city, become a homeowner, you could host couchsurfers, start walking long distances, and more.

## Travel Favours

*are the new party favours.*

Brainstorm favours that bring friends into the trip: instead of renting a car for a cross-country road trip, our friends drove the car out to Western Canada, vacationed with us for a week and then flew home.

"It's not about money, it's not about the things we own, it's really just about getting the most out of every day possible. We really keep that in mind in everything that we do."



# TRAVEL STYLE: TOURISM SEASONS

Travelling Mindset: High, Low, Shoulder... There are pros and cons to EVERY tourism season. The key is to adapt.



## High Season:

Top left- Hackey sack in beautiful weather in Nelson, New Zealand!

Pros:

- Everything is open and you can pre-book to your hearts content
- Oftentimes ideal weather

Cons:

- You have to book most accommodation ahead of time, admission to main attractions, and popular restaurants
- Higher prices, but potentially the best of the best sights to see
- Crowded tourist sites

## Shoulder Season:

Bottom- Have your pick of rentals in British Columbia!

Pros:

- Flexibility. You can book for the first 20% of your time and let the rest develop as time goes
- More opportunities to meet locals and/or be exposed to local events
- Deals and discounts!

Cons:

- The most amazing scenery might not be so amazing, so dress for anything.
- The premiere attractions might not be available.

## Low Season:

Top Right: Go to all of Santa Fe, New Mexico's best restaurants without a reservation

Pros:

- Little pre-booking required
- Deals and discounts!
- The least amount of options, so if you're looking for "me time", you've won the lottery!

Cons:

- Limited hours/websites not updated,
- Popular attractions and restaurants closed,
- In more northern countries, less sunlight

There's usually a reason for low or shoulder season, so make sure you find out what it is: cold weather is one thing, but hurricane season might not be worth it to you.



# TRAVEL TOOLS

- Trail Wallet – I love how this app converts currency with one tap, and allows you to categorize expenses. Used it for an entire year of travelling.
- Numbeo – Numbeo is a great starting point to see the cost of staying somewhere.
- Wiki Travel – get an unfiltered sense of traveller's perspective on a place. Particularly helpful in countries like China that block Google
- For work visa information (18-35 year olds), go to International Experience Canada
- For vaccine information, go to <https://travel.gc.ca/travelling/health-safety/vaccines>
- Get travel health insurance via your credit card, your bank, or an online company like World Nomads. It's worth every penny.