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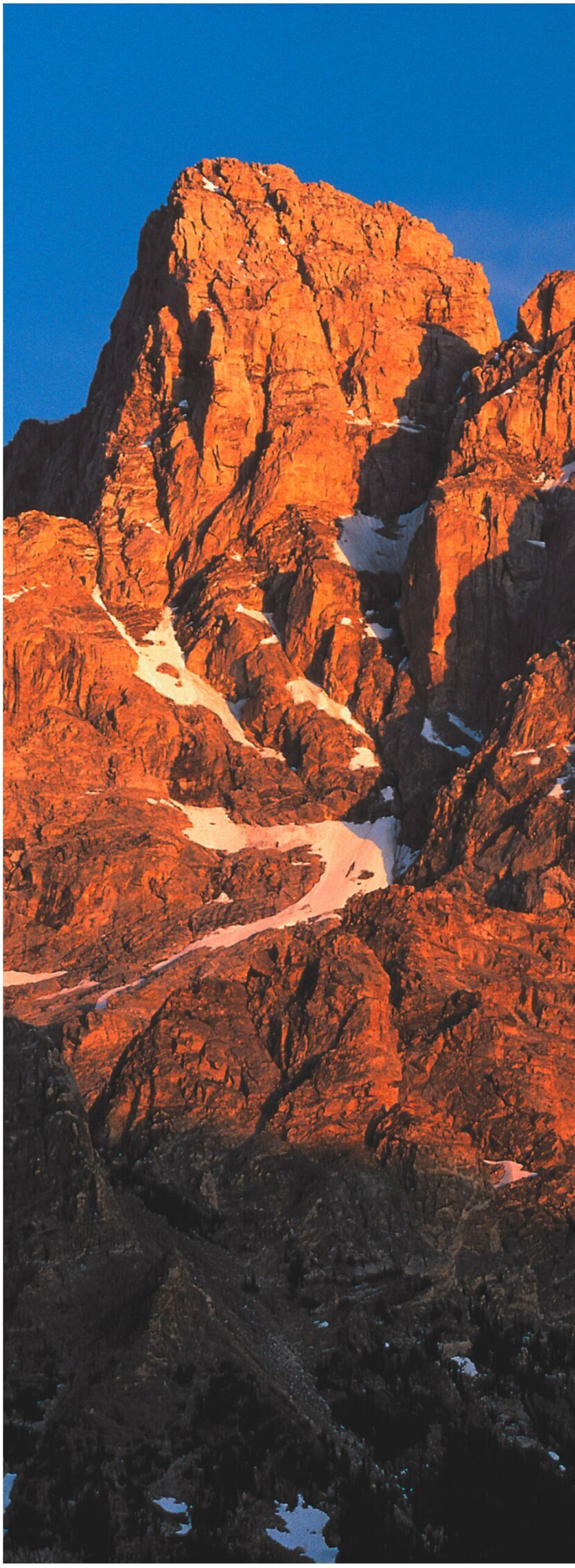

FROM THE EDITOR

Written by Madeleine Alexandersson.

I used to let fear completely dictate my life. I would dream about travelling the world and meeting new people only to find myself spending all of my money on yet another shopping haul.

I was self-sabotaging. I was scared shitless to actually follow my dream, pack a bag and get on a plane to any of those places I had only seen on YouTube.

One day, I came across this quote that said; "Adventure may hurt you but monotony will kill you." (I've even posted it below!)

I felt like it was speaking directly to me. I was stuck in this everyday routine of work, chores, and monotonous activities that didn't make me feel alive.

I needed a way out. So, I started to collect books, sign up for online business courses, and read blog after blog with tips on social media marketing. I vowed to never allow myself to fall back into a life I didn't like.

I packed that bag, got on that plane, and started to live the life I had always dreamt of.

What was holding me back were not only limiting beliefs around my ability to run an online business. It was mainly fear. Fear around travelling alone. Fear of failure. Fear of succeeding.

If you share my experience and you are currently holding yourself back from living the life you REALLY want- I want to help you out.

I've created a FREE masterclass on female travel safety to help you overcome your fear of travelling alone and starting to create the life you want. You deserve it.

Access it here:
https://woandertours.com/free-masterclasses/v/safe-travel-101

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MANIFESTING YOUR DREAM LIFE OF TRAVEL 101

Written by Nadine Arab
Photography: Superette, capturenow.

A lot of globetrotters dream of travelling full-time, but often have no idea how to turn this into a reality. But guess what, manifesting your dream life of travel is doable, and it can be the answer you're looking for. Manifestation isn't some hoax, it's actually worked for a lot of people and might work for you too. If that's the mindset you're starting this with, then this read's not going to work for you. However, if you're willing to keep an open mind, then get ready as we're going to tell you how to manifest travel into your life.

But first, what's meant by "manifesting your dream life"?

Manifestation is the ability to bring a desire from one's inner realm to their physical realm. Or in much simpler words, turning your dreams and aspirations into a tangible reality. It may sound crazy to some of you, but we promise, it works! All you have to do is do it right then let the universe work its magic.

How to Manifest Travel?

Now, less rambling and more actionable steps. Here's what you need to do to start manifesting your dream life of full-time travel, or any dream life of yours in fact.

Be clear about what you want

It's really important to set clear goals, and "wanting to travel all the time" isn't really one. Ask yourself, that dream life of yours, what does it look like? Think about where do you want to live, how often do you want to travel, and what kind of remote work would you ideally be doing? Does that dream of yours include a partner? A potential family someday? Or do you want to fly solo forever? Try to picture and visualise every detail of your ideal life – that's a crucial first step to manifesting your dream.

Get rid of limiting thoughts

Negative thoughts have power over us. The law of attraction works both ways, you know? To put it simply, you get what you think. And if you constantly live in fear of not being able to reach your goals, you won't. Your negative, limiting thoughts and beliefs will attract limitations to your life, even if you don't want that.

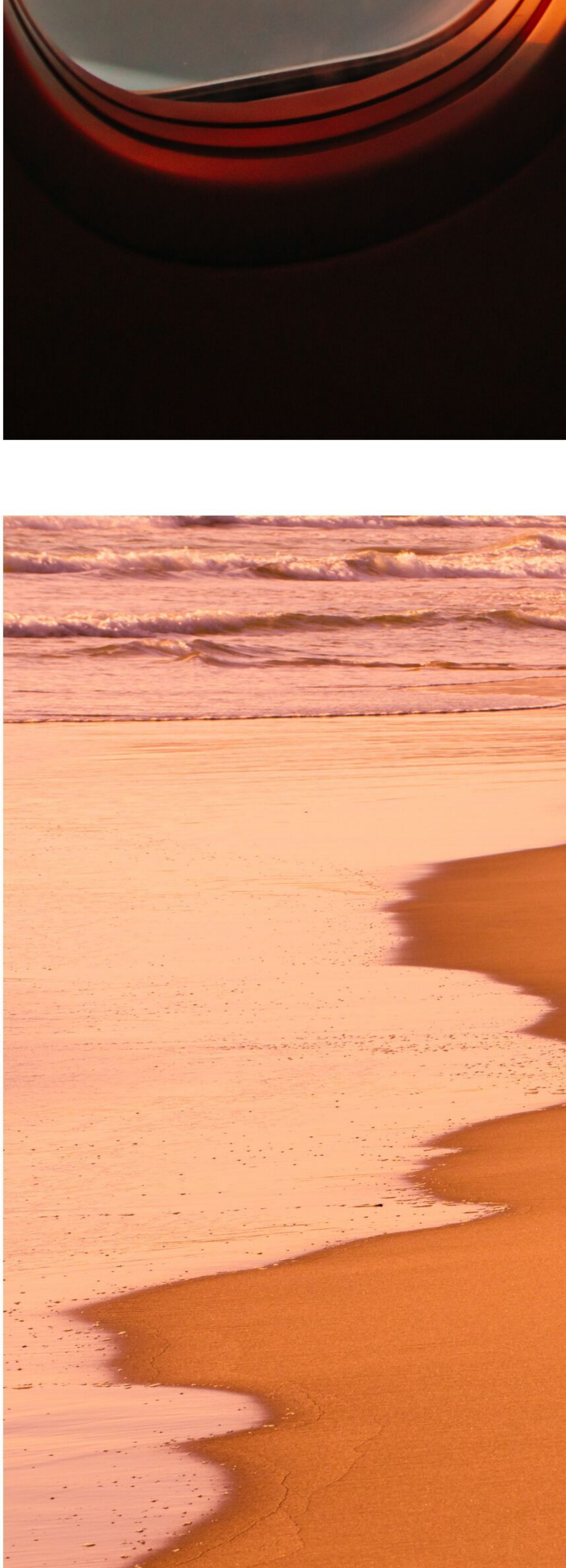
Adopt the right mindset

That being said, it's really important to adopt a more positive mindset instead. So the first thing you've got to do is believe in yourself. As cheesy as it may sound, it's important. Only you are your biggest enemy and you have to learn to trust yourself as well as your capabilities.

Practice positive affirmations

Practicing positive affirmations on a regular basis can help with the mindset thing. Self-talk influences our mindset big time – it's actually a significant part of it.

Here are a few empowering travel affirmations to add to your morning routine:





“I am creating a life of adventure.”

BY ANONYMOUS



“I am grateful for the opportunity to explore the world.”

BY ANONYMOUS



“I possess the freedom to travel wherever I desire.”

BY ANONYMOUS

Surround yourself with reminders

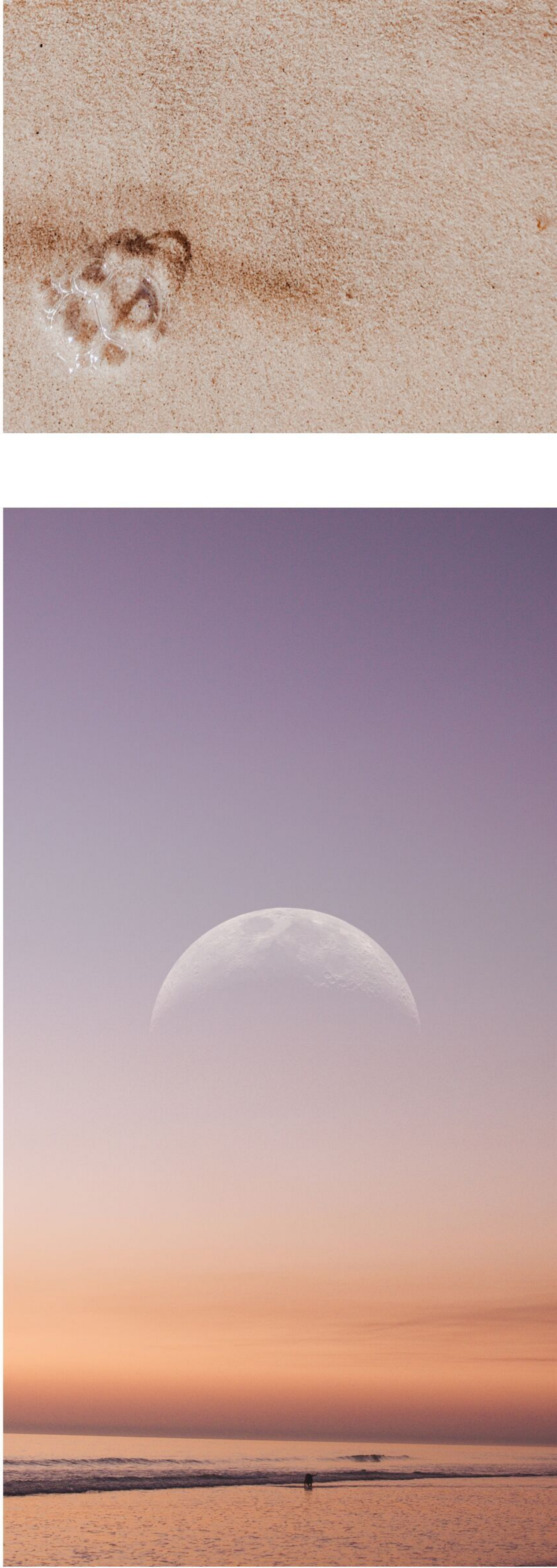
Just like the positive affirmations will help you shift your mindset, it's good to have visual reminders around you as well. Journaling is a great way to do so. You can write down your dream life you picture for yourself on paper – it's a good workout for your brain. You can even write down the affirmations as you say them out loud.

The perfect visual reminder, however, would have to be a vision board! In case you don't know what this is, a vision board, or as some call it a dream board, is a collage of pictures and words that represent your dreams and aspirations. They're great because you see them every day, so it's a constant reminder of what you want in life, even if it's an indirect one.

What's so great about vision boards is that they can be either physical or digital – it works both ways. If you're crafty, then you can unleash your teen self and let her put together a lovely collage and hang it somewhere you look at every day. You can put it on your desk or hang it on a wall you often pass by. On the other hand, if you want something practical and easy to put together, you can create a collage on Photoshop or Canva and set it as your mobile wallpaper or desktop background.

Wondering what you can add to your vision board? How about pictures of the places you want to visit so bad for a start? You can also add graphics and illustrations that represent the kind of adventure you want to have. And you can add some travel-related quotes or affirmations as well. Pinterest can be a great way to start if you're looking for some inspo!

Take action



Manifestation isn't some modern-age voodoo – you've got to actually put in the work to achieve your goals. So, ask yourself what actionable steps do you need to take in order to attain that dream life of travel? Manifesting your dream life won't happen overnight after casting some magic spell – you need to take action.

Let go

Remember to not stress over anything if push comes to shove. When manifesting your dream life, it's important to let go and not overthink it. There's a fine line between overthinking something when it doesn't happen overnight (because face it, it won't) and focusing on doing your part and leaving the rest to the universe. It's quite tricky, we know.

We bet this read has achieved its purpose and motivated you enough to go get started on your manifestation process. So, what are you waiting for? Better put what you just learned into action and start manifesting your dream life of full-time travel.



HOW TO BLAST A TRIP WITH FRIENDS: A SOLO TRAVELLER'S GUIDE

Written by Nadine Arab.
Photography: Pexels.

Solo travellers often find it hard to enjoy, or even survive, a trip with friends for obvious reasons. And we completely understand – once you taste the freedom of solo travel, you can't go back easily. But you know what? There are a few ways for you to enjoy a trip with friends if your gang wants you to join so bad! You're not necessarily a lost cause just because you're a lone wolf.

6 Ways to Enjoy a Trip With Friends

Choose your friends wisely

Just because you're best friends doesn't necessarily mean you can live together, and travelling is just like living together. Travelling can bring out the best in you and can also bring out the worst in you. That's why when we travel with people, we tend to notice their traits that we cannot live with.

One of you may be a neat freak, and the other one may be messy. One of you could be an early bird, while the other is a night owl. Maybe one of you likes to stick to the plan and one likes to wing it, and maybe you have completely different travel interests.

So, before getting too excited about travelling with some of your friends, you'd better make sure first that you're on the same page. You're probably wondering how to know for sure. It's simple; through communication. Just talk to them and see what you both want out of this trip. You can even come up with hypothetical scenarios and discuss what you'd both do. Clear communication is key to guaranteeing a drama-free trip with friends. Also, if you actually sit and plan the trip together, you'll figure out most of your similarities and differences.

Be flexible

Don't be too stubborn, both of you! If you want to enjoy your trip with friends,

you'd better ditch the "it's my way or the highway" mentality. Whether you're a group or just two, you should all be open to the idea of not having to do EVERYTHING together.

For instance, if you feel like staying up late partying and your friend is not in the mood or simply isn't that much of a party animal, they shouldn't hold you back. They should be okay with you going out without them and you shouldn't feel guilty for letting them be. You may be a hiker, and your friend who can't stand the heat may be a shopper. In this case, how about you both do your own thing and meet again over dinner? Trust us, if you're both that flexible, you'll save yourselves so much pain.

Learn to compromise

Yes, there has to be room for flexibility, but there also has to be room for compromise. After all, you'll be travelling for a limited period of time that's not enough to grant everyone all their wishes. You don't want to end up doing everything on your own when you're supposed to be going on a trip with friends. Again, not everything has to be your way.



Choose a destination with a lot of activities

Solo travellers are often people who very much appreciate their alone time. This explains why these people tend to find it hard to be around others for long periods of time. It doesn't mean they're introverts – they're actually social butterflies! But they're also free spirits who don't like constraints, which may sometimes come in the form of other human beings.

That being said, it's important to choose the destination as wisely as you choose your friends. Nature, for instance, tends to be very tricky, as spending time in the great outdoors may either result in strong bonds or huge fights. That's why, if it's your first time travelling together, it's better to choose a destination with a lot of activities. Having so much to do and so many options will keep you and your friend(s) distracted if trouble ever arises. You'll also find various ways to release your energy.

Plan everything together

Planning trips is not for everyone, especially group trip planning as each group member has different demands, needs, and interests. However, having everyone involved in the planning process is the teamwork you need as a warm-up for the trip itself. If you can manage to cooperate while planning, you'll most likely achieve the needed harmony on the trip.



Remember to have fun

Last but not least, don't forget to smile and make memories even if things don't go as planned. Remember to have fun because that's the whole point of the trip!

So, if you're a solo traveller, do you often travel with friends or do you find it extremely difficult? If the latter describes you best, try out these tips and let us know how it goes.





TOP 10 THINGS TO DO IN SOUTH AMERICA

Written by Nadine Arab.
Photography: DAPA images.

#1 Trek through Patagonia

This one's reserved for hardcore adventurers and outdoor lovers. Patagonia is so special because it encompasses a variety of landscapes, national parks, and wildlife. Whether the Chilean part or the Argentinian one, Trekking through Patagonia is a dream come true for any hiker.

#2 Trek to Machu Picchu in Peru

If you're a hiker, then Machu Picchu needs to go on your South America bucket list as well. Not just because of its mesmerising beauty or the trekking adventure, but also because it's a UNESCO World Heritage Site. And have we mentioned that it's one of the 7 Wonders of the World? The 15th-century Incan Citadel, 2.4m+ above sea level, offers breathtaking views and quite an interesting history.

#3 Visit Christ the Redeemer in Rio de Janeiro

Speaking of the 7 Wonders of the World, there's another one in South America, which is the Christ the Redeemer statue in Brazil's Rio de Janeiro. When you visit, you can even climb internal stairs that would take you all the way to the top of the 30-metre-high structure. There, you can take in the best panoramic view of the city. No wonder why it's one of the most popular South America attractions.

#4 Attend the Carnival in Brazil

You've probably heard of the Carnaval, also known as the Carnival of Brazil. Well, the biggest festivity in Brazil is one of the best things to do in South America if you happen to be there prior to the fasting season of Lent. Brazilians get together for one hell of a week of festivities every year before the 40-day period of fasting. It's definitely not something you'd want to miss!

#5 Visit the Amazon Rainforest

Does the world's largest rainforest need a reason for you to add it to your list? The impeccable nature, the incredible biodiversity, the famed Amazon river; need we say more? Visiting would definitely be one of the top things to do in South America, but remember, you must visit ethically!

#6 Admire the colours of Cartagena in Colombia

Its colonial buildings of vibrant colours and cobblestone streets make the city incredibly iconic and worth visiting. Whether you'd appreciate such fun scenery or you're into photography, Cartagena is definitely a place you'd enjoy. Not to mention that it's also an awesome beach destination. What more could you ask for?

#7 Livin' the Pura Vida in Costa Rica

Costa Rica is best known for its jaw-dropping nature, its thrilling activities, and la Pura Vida. You've probably heard this term before, but do you know what it means? La Pura Vida translates to "the pure life" or "the simple life" but it's more than just that – it's a lifestyle and a cornerstone of the Costa Rican culture. The versatile phrase is an expression of happiness, gratitude, optimism, living life to the fullest, but also taking it easy. It's a way of life worth learning from!

#8 Chase waterfalls in Guyana

Chasing waterfalls is an interesting activity to many, and if you happen to be one of these people, then Guyana should be your next destination. The country is an underrated one but it's definitely worth the visit for its impeccable nature. It boasts more than 276 beautiful waterfalls such as the Amalia Falls, Kumu Falls, Orinduik Falls, and the country's biggest, the Kaieteur Falls. Do you need a reference to know how big? Well, the gigantic waterfall is more than twice the size of Niagra Falls in Canada. That should be your cue for your jaws to drop.



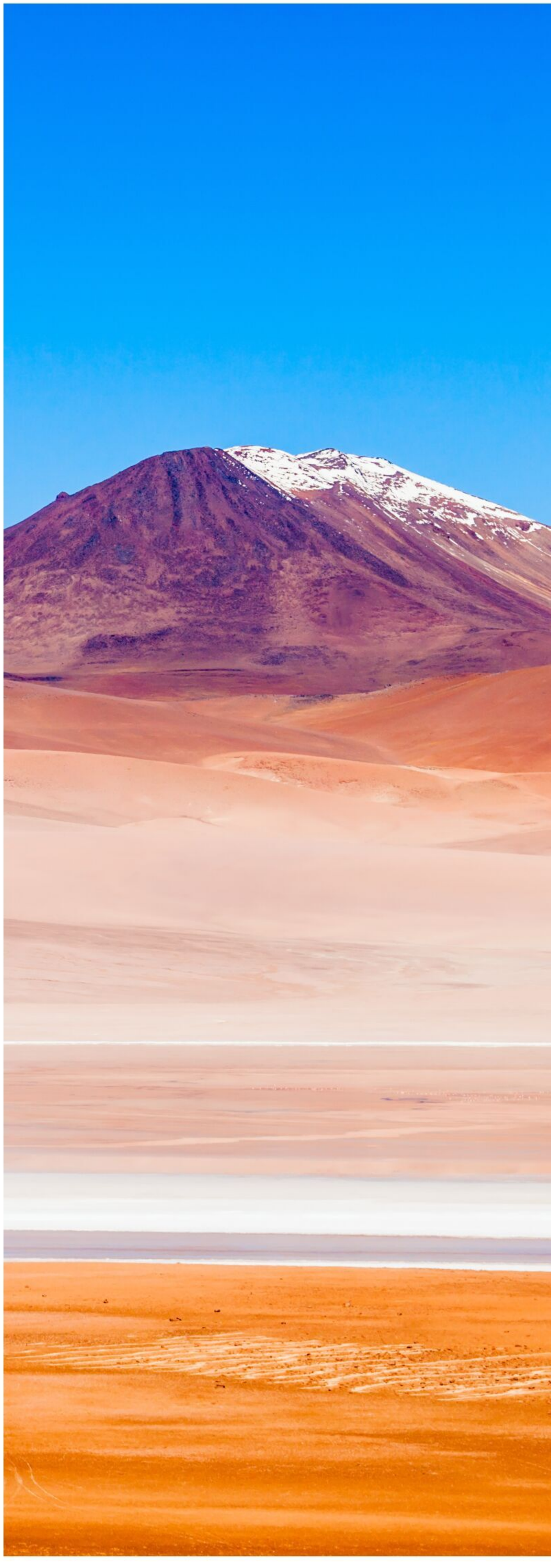
#9 Visit the world's highest waterfall in Venezuela

Speaking of waterfalls and the jaw-dropping ones, if you think you can't be any more impressed, you're wrong. Venezuela is home to Angel Falls, the world's highest waterfall that's more than 970 metres high. Now you can drop your jaws!

#10 Take in the beauty of Salar de Uyuni in Bolivia

Last but not least, the Salar de Uyuni, of the most beautiful landscapes that you'd ever lay your eyes on not just in Bolivia or South America, but the world! It's the largest salt flat in the world, so can you imagine the views? If you do pay the attraction a visit, make sure to take A LOT of photos. It's a great opportunity to unleash your inner photographer.





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