

THE
AVANT - GARDE
LIFE



EVERYTHING THAT YOUR
PARENTS TOLD YOU NOT TO DO:

DISREGARDING SOCIETY IN A QUEST
FOR SUSTAINABLE ADVENTURE.

WWW.GREATBIGSCARYWORLD.COM/AG

Avant-Garde (adj.) Favouring or introducing new or experimental ideas and methods.

Avant-Gardian (n.) An individual who engages in a new or experimental lifestyle and remains indifferent to conventional rules dictated by society.

The Avant-Garde Life refers to a new or experimental lifestyle in which one chooses not to conform to conventional rules of society and instead, remains indifferent to them. In particular, this manifesto addresses the concept of adventure by travelling the world on a long-term basis. It has been written for individuals who are already contemplating making this jump, but are lacking sufficient courage to embark upon their journey. If you desire to find the inspiration or the reassurance that this dream is possible, these pages have been made for you.

In support of freedom of information, this document is available under an Attribution-NonCommercial-NoDerivs Creative Commons License 3.0. In short, this means you are welcome to distribute this document whenever, wherever, and to whoever you like, under the conditions that it is distributed on a non-commercial basis and you attribute myself as the original content author.

If you wish to edit this document or distribute it in an altered form, please contact me via jamierbw@gmail.com .

The views and opinions expressed in these pages are solely my own. The individuals featured in these pages, consented to answering questions and being featured in the content without endorsing any of the material. If you don't agree with it, your qualms are with me, not them.

The Avant-Garde Life
© 2013 Jamie Bowlby-Whiting
www.GreatBigScaryWorld.com

Table of Contents

Introduction

- What is This Manifesto?
- Who is This For?
- Ingredients
- What Do I Want From You?
- What You Should Know
- Who Am I?
- Isn't 'Avant-Garde' Pretentious?

Disregarding Society

- Problems
- "I Have a Great Job"
- "My Life is Too Comfortable"
- A Search for Adventure
- "I Am Scared"
- "I Will Do It Later"
- "I Would be Lonely"

- "I Don't Want to Travel"
- "I Have a Family"
- A Travelling Family of Five
- A Travelling Family of Two
- "I'll Miss my Friends and Family"
- "I Have So Many Things"
- "I Don't Have Enough Money"
- "I Don't Want to Abandon Society"
- The Life You Should / Want to Live

A Quest for Sustainable Adventure

- How to Sustain Long-Term Travel
- Typical Work on the Road
- The Life of a Seasonal Worker
- Working Remotely
- Starting Your Own Business
- An Internet Entrepreneur
- Travelling Without Money

- A Giant Adventure on a Tiny Budget
- A Moneyless Adventure
- Be an Avant-Gardian
- When Should You Jump?

Closing

- Remember
- Support
- What is This Worth to You?
- Resources
- Disclaimer
- The End

Introduction

- Welcome -

“May your journey be long, winding, and unknown. The explorer who walks no marked path, knows not the limit of how far he can go.”

What is This Manifesto?

In these pages, you will find no pretty colours and no fancy fonts. All of the ideas are written in simple English with no special formatting that would make it attractive for you to read. It is what it is and pretends to be nothing more.

This Manifesto relates to the practical application of engaging upon an avant-garde life of adventure in which an individual elects to adopt travel as a way of life for an extended period of time. It addresses the problems one may encounter when choosing to escape from society and how the lifestyle may be sustained for an indefinite period of time, if that is the desire of the individual.

This is not about taking extended holidays, regularly flying abroad on business, or multiple RTW (round the world) trips. The ideas encapsulated in these pages relate to a continuous quest for adventure as a sustainable way of life. By escaping obligations to return to a fixed location at regular intervals, individuals no longer adhere to conventional society. By choosing this way of life, one becomes free of location in a unique way of living that is neither permanent nor temporary. It simply is.

An avant-garde life is not limited to a life of travelling the world. Instead, the phrase embodies the idea of engaging upon a life that favours new and experimental ways of living, thus sustainable travel is a vehicle to facilitate this. By remaining indifferent to conventional rules dictated by society, an avant-gardian is no more or less than a person who engages in this new and experimental lifestyle. Instead of living the life that they are 'supposed to live,' they live an existence on their own terms. Instead of following the crowd, doing as others do, and observing the rules, they will be walking an untrodden path that may or may not overlap with conventional society. The 'rules' are undefined, unwritten, and incapable of existence by their very definition.

The raison d'être of these pages is to inspire and reassure you that this untrodden path in life is attainable. If you stop reading now, there are only two ideas that you should take with you.

1. Anything is possible: If you can dream it, it can be done.
2. Walk the untrodden path: There are no rules to life and every choice that you make should be your own.

While the term travel is used extensively throughout this manifesto, it is interchangeable with the concept of adventure. Adventure relates to unusual and exciting experiences that are indiscriminate to location. The purpose of this life, is not to travel for the sake of travelling. Rather, it concerns the search for new experiences and the simple joy that they bring. The resulting heightened levels of pleasure and happiness form the drive that make this life so appealing.

As these words took form, I asked myself what the primary purpose of this manifesto was. The purpose is to define what it is that GreatBigScaryWorld.com is about and in doing so, help others to discover if this life is for them. This is not a life for everyone, but it is a life that is available to everyone if they want it. This is the idea that I want to share above all others. By breaking everything down into manageable pieces, you can overcome the mental barriers that may currently be stopping you from engaging in such a life.

These pages are not a work of art. Nor are they beautifully written. They are an honest account of an individual's hopes, dreams, and beliefs. An individual who, despite everything in this great big world, is hoping, chasing, and trying to live a life that asks for something much, much more. I have taken inspiration from many people around the world and some of them have been kind enough to contribute a few words of inspiration to this manifesto. If you can connect with any of the following thoughts on some infinitely tiny level, we will share this inspiration and walk the journey together. We will never walk alone.

Who is This For?

Be sure of this. What you are about to read, is not for everybody. In fact, it is not for most people. If you are happy to live life in one place while adhering to conventional society, this is not for you. Although there is nothing wrong with being content to live a comfortable life, you will simply find that these pages are too far displaced from your own reality to gain anything useful from them. These words are for the people who find themselves asking what more there must be to life. The individuals who want their life to change, but don't yet have the courage to make that change. 'The dreamers,' if you will.

If you are a dreamer, but lack the courage to make the jump, these words are intended for you and you alone. This life is not a holiday and it does not fall into your lap. It takes a fair amount of work and a whole lot more desire. However, if you want it enough, it is very much possible.

Because the outcome is so favourable, many people around the world are now choosing to engage in similarly experimental ways of life. Instead of following a routine in which one knows what will happen each day, life itself becomes a great adventure. If you feel that there is

something more to life and a great big world for you to explore, you might, just maybe, be the right sort of person to make it happen.

To begin with, we'll complete a self-assessment of your suitability for this reading material by answering four simple questions. Take a piece of paper and a pen. Or ask to borrow a pen and use a napkin if you're in a coffee shop. It doesn't matter if you have to write on the back of your hand or scribble your answers with a crayon. What matters is writing down honest answers to the following questions.

Question 1

Yes or no. In ten years time, if you have made no changes to your current life, do you think that it will have taken you in a direction that will be making you happy and fulfilled?

Question 2

If you had \$50 billion, how would you live your life on a day-to-day basis?

Question 3

When you wake up each morning, do you look forward to the day that awaits you?

Question 4

If you could wake up in 5 different places for the next 5 days, where would you choose to wake up?

You should now have a little scrawl of answers that could help to shape your life. If you read the questions without writing down answers, STOP! Write down your answers so that you know what they are. Sometimes we don't know ourselves as well as we think we do. When this is done, you may proceed.

We'll think now about what these answers mean to us.

Question one, in essence, asks you if you are currently living the life that you want to live. If you answered yes, great. I am truly happy for you and you should continue on this path. Maybe even send me a message to let me know what it is that you're doing because I love to hear from people who are happy in life. However, if you answered no, it means that you are on a path that will never make you happy. Whether or not you desire to search for adventure, if you are on a path that cannot make you happy, it means that you need to make a change in your life. Religious arguments aside, you only have one life to live, so why waste it doing something that is anything less than wonderful?

Question two addresses the financial constraints of money. I am not an anarchist and I do not promote the downfall of society or abandoning the use of money. However, the pursuit of wealth over the pursuit of happiness is a dangerous path similar to accidentally accepting a mint ice cream. Sure it looks delicious and pistachio-ey at first, but by the time you have a taste, you realise that it tastes like mouth-wash and that you have made a terrible mistake. You can't give back an ice cream you've already licked because you've already committed to it. The saving grace about mistakenly accepting a mint ice cream, is that when the ice cream is gone, the issue is over. When you are on a continual pursuit of wealth however, there is no end date. It is only when people remove the issue of money from their lives that they start to think about what it is that they really want to do with their lives. These aims do not need to be world changing. They need only provide happiness and fulfilment to the individual with whom they are associated.

By removing the need for a job, the answer to question two tells you what you want to do in life. Bill Gates does not choose to give his fortune away because he doesn't want the money. He gives it away because he has enough and he realises that there are greater desires in life than accumulating possessions. By bypassing the excessive money accumulation process and taking no more than you need, you too can work on realising your dreams. You do not need to first accumulate billions of dollars in order to do this. Please note: I have the utmost respect for Bill Gates and believe that he has made, and continues to make, truly wonderful contributions to the world that benefit both him and others around him. I am not talking about Microsoft.

Question three asks if you are happy. If you are happy, you will wake up with a zest for life in anticipation of the day to come. Happiness is an incalculable sum of people, places, and experiences in your life. It encompasses everything. By this definition, other than health, what more is there to life than happiness? If you are not happy, you do not love your life. If you do not love your life, you must change it for the love of yourself and the people that care about you.

Question four relates to travel. If you have answers for this question that take you outside of your current home, then you desire some form of travel. If you found it difficult to answer such a question because of the infinite number of choices, your desire to travel the world may be insatiable. Alternatively, you may have no answers for question four because you live in the best place in the world. If this is the case, I recommend that you stay there and keep it a secret because this is not a common feeling. If you tell everybody about this wonderful place that cures you of a desire to travel the world, everybody else will come running and ruin it for you.

These four questions hope to offer you a little insight into your life. If you said no to questions one and three, it's time to make a change, whatever that may be. Do not be afraid of being alone. Or of living the wrong life in the past. There are many others who feel just the same as you do. Realising that you need to make a change, puts you one step ahead of the others. The next step is accepting that you need to make this change. Only then can you take action to cure yourself.

When you make this change, you must make it in such a way that helps you start working towards your idea from question two. Your dream. If this dream is heavily location dependent, you need to go to the appropriate place and hunt it down. Chase it, grab it, keep hold of it. Whatever it takes.

Most probably, it isn't location dependent or at least not restricted to one single place in the world. If this is the case, it offers you flexibility. You are free to move around the world in order to better facilitate your dream chasing. You might even get the opportunity to visit and live in some of the places from your list in question four.

If this seems impossible right now, don't worry. The following pages are intended to prove otherwise. Logically, we will reason everything out and when you still aren't sure, I'll offer you insights into the lives of individuals who have overcome the same barriers that you are currently facing. These individuals are the lamp carriers in life; the people who walk ahead of us and show us the way.

As this is the of the end of the discussion about whether these pages can benefit you, you may have now decided that you are not well suited to the content. If this isn't for you, fare thee well. Keep loving your life and pass this on to someone who needs it more than you.

Ingredients

There are only two parts to this report. It's that simple.

Part one is entitled Disregarding Society. As you have already expressed an interest in making a change to your life, this section deals with the problems that you might encounter and how you should overcome them. The majority of these problems exist only in your head.

Part two is entitled A Quest for Sustainable Adventure. It talks about how to ensure that your new way of life is sustainable for as long as you want it to be. This section focuses largely upon the physical problem of funding your chosen lifestyle.

What Do I Want From You in Return?

Know that as you read these pages, every individual that you will ever encounter, is the same as you. They each have hopes and dreams. They bleed and breathe, laugh and cry. We are no more or less special than one another. If one brave person can achieve a level of greatness, so too can you.

I want you to live a life that makes you happy and free. The world needs more happiness.

If you know others who would benefit from this message, share it with them.

What You Should Know

Before you begin, there are several things that you should know.

There are no rules. Make it up as you muddle along. Take inspiration from others, but embark upon your own journey in your own unique way. Knock down every preconception that you have and start building from the ground up. Whatever people tell you, take it with a pinch of salt. Life has no perfect answers.

Only you can make this happen. These pages will give you a push and a kick to help get you out of the door by offering you stories of others who have journeyed ahead of you, but only you can really make this happen. You have to want it enough, to make it a reality.

Do not travel for the sake of travel. Travel for the love of adventure. If you travel for the sake of travel, simply to say that you went to a place, you will not enjoy what you are doing. This life is not a race or a competition. You do not have to visit every country in the world to live a life of adventure. Nor do you have to tell everyone about it. This journey through life is for you and you alone.

This is not a journey for everyone. Not everybody wants to live a life in which they travel the world extensively. Do not expect everyone to want this life and do not try to make people jealous of your own life when you start realising your dreams. Do what you do, and let them do as they do. This way, we can all be happy.

Don't forget to visit the people you care about most. Returning home to visit people is a desire, not a need. By committing to a life of adventure, it does not mean that you cannot return to familiarity. Regularly returning to a place in which you grew up in order to visit friends and family should be held at the top of your priorities. In fact, staying there for a while is a great thing to do as long as it is what you want to be doing. If it is your own choice and you are not forced to return for work or other obligations, you are still free.

Money is relative. You do not need a lot. Money is one of the biggest stumbling points when people think about 'following their dreams.' If you are privileged to have a lot of it, make the most of the opportunity that you have been given. These pages show you that rather than focusing all of your energies upon working hard to save money and obtain a secure pension plan, you can simply bypass the excessive earning and take only what you need in order to achieve happiness. If the whole world thought in this way, there would be enough of everything to go around for everyone.

The world is not such a scary place. When you turn off the news and walk out into the world, you will discover that the world is in fact, made up of a huge collection of individuals, no different from you or the people that you know. Many of these will become your new friends and you will wonder why you ever worried at all. Give the world a chance before you judge it.

A life of freedom, is a life free of obligation. To be free does not mean to do nothing. You need only do what you want to do. This could (and should) mean that you are in fact busier than ever before.

Today is a good day. If this is the life that you want, you are never too late to embark upon this journey. Making the jump at either 17 or 70 years old is no better or worse than the other. Once again, there are no rules.

This is not easy. There are barriers to overcome and social stigma to crush. You will face an uphill battle and you will need the desire to carry on in the face of adversity. This transition, like many things in life, takes hard work and determination. But know this. When you overcome your barriers and you break free from society to live the life that you want to live, you will never look back in regret. You will have put your mind and your heart into achieving something that is worth fighting for. If something is worth fighting for, fight hard.

I am on the same journey. This is a path that never ends. We might not be physically close, but somewhere out in the world, we'll be meandering through the same world together. One of the greatest comforts in life, is knowing that we are all alone, together.

I think avant-garde sounds pretentious too. I used this term with good reason. Shortly, I will explain why.

Who am I?

My name is Jamie. As a kid, I was terrified of the world. I never got into trouble at school because I followed every rule. I do not purposefully try to break rules now, but I no longer adhere to them when I feel that they are unnecessary. My life gets better every day because of this.

I am on an adventure to travel, explore, and live a life that is truly free of obligation; a life of happiness in which I do only what is that I want to do. I document my stories and thoughts on www.GreatBigScaryWorld.com and hope to share with you the idea that anything is possible. It is a site about adventure, fear, and the search for happiness.

My life is no better or worse than yours and the details are of little consequence. All you need know is that I myself, am a dreamer.

Is 'Avant-Garde' Pretentious?

Yes.

By pretentious, one means to impress by affecting greater prestige than is verily possessed. The concept of an avant-garde life is inferred to be a grandeur one. It is not unfavourable to purvey the extent of the intended conceptualisation. In fact, it is indeed preferable to advocate the immensity of the notion in order to further help discern that this is in fact a life encompassing paragon, as opposed to a fleeting juncture.

Thesauruses promote pretentious nonsense. Other than that single paragraph, I promise to talk in a language that can be understood by all. I am not a great writer and I will not pretend to be. I will speak simply and use words that we all understand. Except for avant-garde of course.

Names aside, the reality is that an 'avant-garde life,' is no more than an idea. It is a simple idea at that. But because of social pressures, it is an idea that takes a lot of guts to follow through on. For this reason, I use a name that impresses an elevated level of prestige. A name that indicates it is something more than 'just' an idea.

What people often forget, is that ideas can be incredibly powerful things. Ideas cannot be destroyed and no matter what you call them, it is the essence of an idea that is important. If you don't like the name, call it something different. The adjective, avant-garde, is so underused that using it is an experimental approach in itself. Will people really take the time to read something so unusually named? Or would they prefer to read about living an unconventional life, because 'an unconventional life' is more conventionally named?

That's a rhetorical question.

The adjective form of avant-garde means to favour or introduce new and experimental ideas and methods. The use of unconventional, meaning not conforming to what is generally done or believed, was considered as an alternative. So too, was nonconformity, meaning refusal to conform to prevailing rule or practise. However, these ideas, while coming very close, do not truly encapsulate the desired notion. To be unconventional or to be nonconformist, means to reject or avoid following convention.

An avant-garde life is not so much concerned with rejecting a conformist life for the sake of rejecting it, but instead, focused upon creating a new way of life by disregarding convention. It is unbounded and may or may not encapsulate conventional ideas. In this life, one aims for happiness by remaining indifferent to society and experimenting both outside and inside of it.

Without even realising it, you just learnt something new and experimental. The term, avant-gardian, is not recognised in English language dictionaries. I claim free reign to define it as I please, because the noun form is usually avant-gardist. Thus I define an avant-gardian as a person who engages in a new or experimental lifestyle in which they are indifferent to conforming to conventional rules dictated by society and instead, choose to live an existence on their own terms.

However, the differences between an avant-gardian, avant-gardist, unconventionalist, or nonconformist are trivial and not of the utmost importance. The overlapping ideas that are encompassed are what is truly important. By incorporating the sound gardian (guardian) into the term, it also hints at a protector, a champion, and maybe an angel. Who would not want to be described as a protector, a champion, or an angel? How about the protector and champion of an idea?

Being an avant-gardian is nothing more than an idea. An idea that you can live in order to become free and happy.

Pretentious sounding or not, no matter what happens in life, ideas cannot be destroyed.

Ideas, for all eternity, are timeless.

Disregarding Society

- Part I -

“Our biggest fear, is that of ourselves and that our own greatness knows no bounds. Society does not permit us to be great beyond all others. Once we learn not to be afraid of ourselves, there is nothing left to fear. Only then are we liberated to reach the dizzying heights of greatness that once terrified us so.”

“Live life in a way that tricks you into believing that you enjoy it.”

The Problems You May Encounter

You have expressed a desire to disregard society and to take an experimental route in life. At this moment in time, you do not have the conviction or the courage to act upon this desire.

This section addresses problems that you may and will encounter when you choose to live life by your own rules. The majority of these problems are mental barriers that are built up by years of social conditioning. This conditioning dictates how it is that people should behave and needs to be carefully taken apart with a crude sledge-hammer. This sledge-hammer, rational thinking, is possessed but not wielded by all of us.

Another category of problems, physical barriers, also cause obstructions on our paths. The primary physical barrier is that of having sufficient money. Physical barriers such as money are much less complicated and have real-life solutions. Money will be primarily dealt with in the second part, *A Quest for Sustainable Adventure*.

In the search for the courage and inspiration to overcome mental barriers, we will put on our rational thinking caps and together, start breaking down every problem that you may have for not living a life that you want to live.

At the end, I will ask what's stopping you from following your dreams. And all you will be able to say is, "Myself."

"I Have a Great Job"

So, you have a great job. This is one of the biggest obstacles that people have when choosing to break free from society. For many people, these 'great' jobs keep them from following their own dreams because they are too great to leave behind. If you genuinely have a great job, you should keep doing it. Consider first however, what is it that makes a job so great?

For most individuals, a job that provides a stable income, the option of taking two weeks vacation a year, and the finance to pay off a mortgage before reaching retirement is described as a great job. This means that after forty to fifty something years of hard work, one can retire comfortably and begin enjoying life. By that time, everyone agrees, they thoroughly deserve it. If they have a 'really great' job, they may be generously permitted to take a whole months vacation once a year and be affluent enough to buy a house in the country for the

weekends. If these things are important to you above all others in life, then these form a great job.

These are not the true desires of many of us. If you felt that you had a great job, you would not be reading this. You would have never read past the introduction which told you the content of this manifesto. A great job, is different for everybody. For some people, earning money is truly their primary concern and they care about nothing else. For others, it might be the work that they do and the people that they work with. For you, I cannot say. But by being here and reading these words, whatever you are doing, is not what you love.

It is not uncommon for people to become confused between a well paid job and a great job. That dissimilarity can sometimes be too subtle to distinguish. Across the world, people choose a job that guarantees a stable future instead of living in the present and enjoying life in the moment. If you are concerned with a stable future above all else, then you are free to continue as you are. If it is not what you want, you must ask yourself why you continue saving for a stable future. This question does not advocate abandoning all responsibility and walking out of your job in an attempt to become completely carefree. That would be unrealistic. What it means however, is that you should start listening to yourself and your inner desires. If you've already forgotten what it is that you wish to spend your time doing, think back to the \$50 billion question. What is it that drives you and lets you feel alive? What is your passion?

Passion, as a mass noun, means a strong and barely controllable emotion. Passion drives us in life to do stupid things because passion takes priority over reason. Whatever you are doing in life, it should be your passion. If you are indifferent to the outcome of your daily activities, it means that you realise that there are things in life that are of greater consequence. If this is the case, it may be important for you to reconfigure your priorities. Is your current life, and by implication, your job, your passion?

Our time upon this Earth is limited. Until the very end, not one of us knows exactly how much time we have got left. It is only as we approach the end of our tenure, that we truly learn to believe in our own mortality. As an individual lies on their death bed, it is very rare that they regret not working enough. Most commonly, they become resentful of the time that they wasted on inconsequential pursuits. Things that don't matter, such as a job that is not truly great. I have not yet reached this stage of my tenure on this planet. I do not yet know what I will see when there is no future to look forward to. I can learn only from those who have gone before me. I choose to listen to what they have to say.

A palliative care worker, who spent many final weeks with patients, collected and noted down individual's biggest regrets shortly before they checked out of the world. The number one regret was not having the courage to live a life that was true to themselves. Instead they lived a life that was expected of them by others. The number two regret, was wishing that they didn't work so hard. The regrets that followed were concerned with expressing oneself, spending time with friends, and allowing oneself to be happy. Do you want to be another

statistic on this list? Do you want to be another individual who feels overworked and regrets living a life that is not true to yourself? I for one, do not.

Hindsight is a cruel blessing. By the time we experience it, it is too late. This is your warning from a world that has passed before you. If you do not love what you are doing right now, you may live to regret it. If you do not love what you are doing right now, maybe you do not have such a great job after all. Just maybe, your priorities in life are misplaced. We can never know for sure. But maybe.

Think about your zest for life. If you go to bed on a Sunday evening, dreading the morning that follows, you more than maybe should consider making a change. If we wish our weeks away for the pleasure of the weekend, we are steaming quickly onwards to our final destination. We are all aware that money is relative to our surroundings and if you are saving for future enjoyment, when does it stop? You can be the richest man in the world and still be unhappy. Then one day, you too, will die.

Consider this scenario. You can have a medium sized house, while all your neighbours have giant houses, or you can have a slightly below medium sized house, while all your neighbours have tiny houses. Psychological studies have shown that most individuals opt for scenario two. This, on a personal level, is completely non-sensical. People choose a worse scenario for themselves, because success is relative. We measure everything against the average because we do not want to appear less successful than others around us. In other words, happiness is relative.

In a competitive working environment, everyone pushes for more. More money, more success, more everything. If you live your everyday life in this environment, you can never stop. However high up the ladder you climb, you will always be able to ask for more. If you ever reach the very top, you will have to fight to keep others beneath you. There is no end goal.

Another interesting psychological observation about the relativity of happiness is the human being's inherently wonderful capability for survival, in that little-by-little, we learn to adapt to a situation no matter how bad it is. This is sometimes why women stay with abusive boyfriends and couples live through loveless marriages whilst working terrible jobs in order to pay the bills every month. A psychological study compared the happiness of lottery winners against paraplegics at differing intervals after their respective defining events. Condensed into a few words, after a short period of time, there was a variance in the levels of happiness, as one might expect. The interesting find however, was that both the lottery winners and the paralysis victims exhibited similar levels of happiness after an extended period of time. This phenomenon was attributed to the difference in being and becoming. It is testament to how much the human mind can adapt to a situation. People acclimatise and their happiness returns to a baseline standard. Similar findings were discovered in relation to people's happiness and the quality of the weather that they experienced in their day-to-day lives. It is only when you are becoming, that events have

an effect on our levels of happiness. Becoming is the period of transition, of change.

Paraphrasing, this means that in the long term, most events, no matter how significant, are not in fact, that significant. They are only of major consequence in the short term. This theory supports the idea that you should keep having new and exciting experiences in order to maintain elevated levels of happiness. You cannot simply rely upon one large positive event to bring you ongoing levels of happiness.

An onlooker who has not had the opportunity to adapt to a situation, might be said to see more clearly. Consider once again the situation of a woman in an abusive relationship. She has slowly adapted to a situation and starts to believe that it isn't really so bad, it could always be worse. This onlooker tries to tell the woman that she is in a negative situation, but eager to justify her own decisions, the woman instinctively jumps to defend her situation. By doing such a thing, she internalises the idea that her life is not so bad after all. Thus her convictions become stronger and she truly believes that her own terrible situation is not as bad as others make it out to be.

I hope that you are not in such a negative situation. However, take a step back from your own life and try to look at it from an outsiders perspective. Better still, think back to your childhood when you had big dreams about the world. Look through that small child's eyes and assess how great your life and your job really are.

Despite our conditioning to accept our unfortunate lives, we do not have to settle for a job that we do not feel passionately about. Steve Jobs worked tirelessly almost all of his life and tragically died far too young. At the end of his life, I believe that he could look back and genuinely say that he had a passion for what he did. You could hear it in his voice when he was speaking on stage. Most people are not so fortunate as to be passionate about what it is that they do for a living. Most people are also not so fortunate as to be Steve Jobs. Whether or not you like his products, use Steve Jobs as a role model. He is a shining example of an individual who passionately believed in what he was doing. So too is the local sweet shop sales clerk who wants nothing more than to put smiles on people's faces by selling them candy. You do not have to be the CEO of Apple or change the world to have a passion for what you do.

Look through those young child's eyes and ask what you see in yourself. Is your job the best that you can do? If the answer is no, the ball is deep in your court and it is your turn to make a move.

You cannot wait for your guardian angel to come down and magically sort your life out for you. It will never happen. Only you are responsible for yourself. For lack of a guardian angel, here is an avant-gardian telling you to go into the world and do whatever it is that you really love.

Do not live your life in a way that will offer you regrets. Time is precious and non-refundable. You can never take it back. If your job was too great to leave, you would not be reading this in the first place. Judge how important your job is to you.

Now it is time to be courageous. To have courage is not to experience an absence of fear, but rather to judge that something else is more important than the fear itself. Only you can judge.

“My Life is Too Comfortable”

There is something admirable about living a comfortable life. A comfortable life is a life in which you have an adequate quality of living. It implies a lack of hardship, indicating that everything is baseline OK. Although a comfortable life knows no great success, it also knows no great failure. You encounter no great adversity as you trundle from one day to the next.

While a life without adversity at first appears favourable, it does not present you with the opportunities to feel the extreme highs and lows of life. Without one, you cannot have the other. A comfortable life indicates that everything will always be the same. On the day that you die, your friends and family will be able to say that you lived a respectable life. You didn't detour from the plan and everything worked out OK. You successfully progressed from your birth to your death without causing more than a ripple.

If you are satisfied at not making a splash, share the secret. For many of us, we don't need to shape the whole world, but we desire to experience it. Even just a tiny bit. It is a constant, insatiable thirst that drives us on and forces us to ask for more. If you are truly happy being comfortable, you are among the chosen few. Biological evolution dictates that we must strive for excellence above mediocrity.

If deep within your soul, you feel this pull of desire to ask for more in life, know that you are not alone.

For most people, night is when the demons come. It's the only time of the day when they are free of obligations to their jobs and left with nothing more than their own thoughts. To silence those thoughts, people learn to suppress them by overloading their sensory systems with digital entertainment and letting go of reality by consuming alcohol. Both your fears and frustrations at your extraordinarily ordinary life can be easily suppressed by an over indulgence of flashing lights or alcohol. There is a reason why most homes have televisions and why the average Westerner spends 20-30 hours watching television every week. Other than simply existing, we've forgotten what to do with ourselves now that we no longer have to fight to survive. When you go to a friend's house to say hi, invariably you will end up sitting on a sofa in a living room that has been designed around a screen as the centrepiece. Watching meaningless clips of whatever is showing helps to fill the gaps in conversation. Try turning off your television and computer for a full week and see how different your life is. See how much time you find yourself with and what you choose to do with it.

Imagine if you spent those 20-30 hours a week pursuing a great interest. Imagine if you complemented those 20-30 hours a week with

the hours that you could save from a job that you don't love. Including reduced travel time and the weekends, which are no longer special days, you could have over 100 hours a week to practise and perfect something that you have a passion for. Imagine the levels of greatness that you could achieve. You could become so great, that this activity could become your life and if you wanted it to be, your job. Imagine how alive you could start to feel, if everyday, you were doing something that really mattered to you.

Then again, is that unrealistic? Imagine this scenario instead. Rather than doing the things that you want to do, imagine suppressing your desires with digital entertainment and alcohol for years and years. As you feel these desires urging to get free, suppress them further by consuming more of everything. Is it any surprise that one day these things will boil over and rear their ugly heads in some form of life crisis? If you're lucky, you may be able to suppress the crisis for a sufficiently long enough time that you encounter your own death before your frustrations reach the surface. If you are not so lucky however, all those wasted hours and all that regret at not chasing your dreams could come pouring out all at once. How much must that hurt?

This is not to say that you have to keep yourself stimulated with engaging activities at all times of day. Quite the contrary. To do nothing is vital for the soul. Doing nothing, means to take time for nothing in particular. Watching television cannot be defined as doing nothing, because it is stimulating you with its sounds and imagery. What it does however, is suppress other desires by overwhelming them. To focus on an activity such as watching television, that is not as important to you as your own personal desires, slowly kills the soul. You yourself will know that the time you are using up is being wasted. That said, I am not advocating a black out of digital entertainment. I myself, enjoy movies. And drinking. Often I overindulge, but the crucial notion here is to find a balance. Enjoy everything while it is still a pleasure, but stop it before it becomes an addiction. Addictions are pleasureless activities driven by compulsion and obsession. They suppress true desires, leaving you with a dirty feeling of dissatisfaction. Even the Spice Girls knew that too much of something was not a good thing.

As a child, I found myself obsessed with computer games. In the end, I felt a compulsion to play them and realised that I no longer took pleasure in completing levels. I played because I didn't know what else to do. I had a comfortable life and even the grim, joyless dissatisfaction of winning on a TV screen couldn't help alleviate the mediocrity of life.

A wise American president, Theodore Roosevelt, once said, "Far better it is to dare mighty things, to win glorious triumphs even though checkered by failure, than to rank with those timid spirits who neither enjoy nor suffer much because they live in the grey twilight that knows neither victory nor defeat."

Ask yourself how comfortable you really are. Are you happy being comfortable in that grey twilight in which you do not experience the highs or lows of life? Or do you need dare win glorious triumphs and risk great failure? Know that for you, for me, for every single person

in this world, a roller-coaster life of great success and great failure awaits us if we want it. No single person is restricted from this adventure, but most often, we choose not to follow it by staying on familiar ground. In the modern world, very few people are forced to embark upon a life of adventure. It is a jump and we must choose to make it.

The unbounded joy that one can experience from simple pleasures is not known to those who have not experienced times of great difficulty. Often it takes a dramatic life event such as the loss of a loved one or an insight into one's own mortality to experience great difficulty for the first time. When extremes of feeling have been suppressed for too long, dramatic events can throw one so far out of life, that it is hard to know how to come back.

If you step out of your comfortable life and leap onto the roller-coaster, figuratively speaking, you will never be hit by a bus as you walk to work. Instead, you will live every high and you will breathe every low. You will learn that tomorrow is another day. If today is great, love it for what it is. If it is terrible, hold tight. It doesn't last forever.

At times, life will be very uncomfortable. You won't know what will happen everyday. All that you can be certain of when you step out of your comfortable life, is that it will become a daring adventure, onehellovaride. Once you know this feeling, it is a drug that you cannot shake.

Life becomes so good, that you cannot help but ask for more.

Step out of your comfort zone and see how great and terrible life can really be. Learn to feel, a little uncomfortable. Learn to feel, alive.

A Search for Adventure

I took a few moments with Benjamin Jenks of Adventure Sauce to ask him about his own life. While hitchhiking through the US, he took pictures of himself and made a video which has been viewed hundreds of thousands of times on the internet because it captured people's imagination. This is how I first came across him. He is not living a 'comfortable life.'

So Benjamin, what are you doing in life right now?

"I write, and make videos and other stuff for Adventure Sauce. I like helping thoughtful people get more out of their life."

What was your life like before this?

"Well, 3 and a half years ago, I was the director of an 'outdoor therapeutic school for at-risk teens.' Basically I helped 'bad' kids improve their lives in the forests of Virginia. It was pretty intense."

Do you have any regrets and would you ever go back?

"I do have regrets. I wish I would have built up an artistic business starting as a boy. Art just never seemed like a viable option. I'm regretful that I didn't go for it until the last few years."

What's great about how you live now?

"I'm almost as free as I could be. I take jobs I like. I live where I want. And I can head somewhere new when I want."

How do you support yourself?

"I'm a coach, helping people find purpose and confidence. I run a course about taking Action (not procrastinating) and making popular videos too. And I write freelance articles... mostly about dating."

What do you see for yourself in the future?

"Travel around the USA. Meet radical people. Travel around the world. Meet radical people. AND make videos that a lot of people love or hate."

Anything else that you think lovely people should know?

"People are pretty solid, so if you turn your focus to the people around you... they are going to do a lot of cool stuff with you."

Visit: www.AdventureSauce.com for more from Benjamin. He has plenty of motivational words to share that will help spice up your life, as well as videos that will both entertain and inspire you. You can also follow him on Facebook at www.facebook.com/adventuresauce .

“I Am Scared”

You are scared? Of course you are scared. The whole world is scared of something. Fear is a natural emotion that is designed to keep us safe, to protect us from danger. We need not eradicate fear, because without it, we would be incapable of looking after ourselves. Being brave is not an absence of fear, it is having the courage to overcome it by deciding that something else is more important than the fear itself.

As a race, we fear change because it takes us into the unknown. Every old person will tell you that their world was a better place than the world in which we live today. It's not true. Their world was no better or worse than the world that we live in today. It was different. If someone no longer understands the world that they are living in, it is unknown and becomes scary. Of course it is natural that they prefer the world from before, they understood it better. Sometimes when people think of travelling to far-flung destinations, they imagine the world to be very inhospitable, thus they are afraid. It is true that the world is a very diverse place. But with an open mind, change is neither guaranteed to be better nor worse. Instead, we are offered the chance for a different perspective on the world. From these differences, we gain experiences and we learn.

At this moment in time, travel, the movement of people, is occurring on an unprecedented scale that has never been seen before on this Earth. Media offers us insights into different cultures and almost wherever you go in the world, people will speak English. Globally, people of the world are more accustomed to each other than ever before throughout all of history. We are no longer tribes that fight with each other upon contact. Instead, we are slowly becoming one nation, one planet. The world has never been so ready for you to travel through, as it is at this very moment in time.

Not only is the world ready, but you yourself can become ready. Use global media to observe educated opinions. It is both a blessing and a curse in relation to people's fears. The internet gives us the opportunity to learn about different places in the world from the people who live there. There exist countries that have heavy internet usage restrictions, but this aside, almost anyone can voice an opinion. With a little bit of effort, you can obtain unfettered opinions of wherever it is that you want to go. The news however, is a different story. Everyday it is blasted into our homes and after watching one episode, you will be convinced that the world is a corrupt and terrifying place. The reality of the world is that many more terrible things have been going on throughout history. With modern journalism, it is simply easier to see them.

It is imperative to not take these snapshots of the news world at face value. You have to dig a lot deeper. The news is intended to keep

you informed of major events around the world. These are the bad events that show the very worst parts of human nature. What would be a fairer judgment of human civilisation, would be to have three types of news. The good news, the bad news, and the news that happened that was neither good nor bad. The problem is that the majority of people are drawn by macabre stories featuring sadness and suffering. These are the stories that get reactions, so these are the stories that the news channels keep plugging. In recent years however, there has been a shift away from traditional media as individuals now realise that they can choose what and who they listen to on the internet instead of having to rely upon traditional sources of information. Never before have we had this opportunity.

The most important thing that you need to know about the world if you are scared, is that it is not such a great big scary world when you break it down into pieces. It is in fact, a collection of individuals no different from you or I. Every individual has their own fears, hopes, and dreams. Only when you take the time to speak to other people from around the world, can you start to see that no matter the skin colour, the religion, or the language that an individual speaks, we are all the same. An individual's capacity for evil is much lower than what we are led to believe by movies and the news. The world is not out to get you. Of course, there are things in the world that go wrong. Statistically however, you are thousands of times more likely to suffer from heart disease, cancer, or a freak accident that by the maliciousness of another human being. If you want something to be scared of, be wary of your burger and fizzy drink. Delicious as they are (they really are), they are proven to kill you. Albeit very slowly. When you start to rationalise fears, you realise that going out into the world isn't any more dangerous than staying where you are right now. Even decreased levels of sanitation can, in the long run, benefit your health by strengthening your immune system.

By sitting in a locked room and cutting yourself off from the world, you would only start to worry more. This worry would cause stress and one day your body wouldn't be able to take it. The biggest way to get over your fears is to prioritise what is most important. Your dreams or the fears that stop you from following them.

Remain wary of heights because you don't want to fall to your death. But try sky diving safe in the knowledge that you are strapped onto a trained instructor.

Equally, do not march into a war zone. But switch off the news and read a fair report about a country before you write it off as a dangerous part of the world. In every problematic area, the problems are isolated. They are not generic to a whole nation. As every cloud has a silver lining, so too does civilisation. In fact, when you look a little closer, you see that the majority of people are inherently good to one another by nature. It is a select few who manipulate and control the evil in this world. Do not let these few be representative of a nation's people. Do not judge an individual by his politicians and hope above hope, he does the same for you.

A few years ago, fear was my biggest personal issue and it is still something of great significance to me. As a child, germs, Christianity, dinosaurs, ghosts, the dark, orange moss, cannibals, the blue van in the forest, older people, talking to people, sharks, knives, dirty taps, and things I saw on the news all terrified me. This is just the beginning of my list. It goes on for quite a while.

During dinner as a child, I couldn't get through a meal without getting up to wash my hands five or ten times because even the air I touched was dirty. When I turned off the tap, I would have to do so with the inside of my t-shirt in order to prevent becoming contaminated by the tap germs. My fears were crippling. They controlled me.

I know what it feels like to be scared. Fear takes time to overcome.

A few years ago, I spent the winter living on a mountain. Out of over 70 people working in the ski resort, I was awarded a prize for being 'the most fearless person on the mountain.' I am not fearless. Instead, I am trying hard to rationalise my fears. It inspired me to create GreatBigScaryWorld.com .

Think of what you are scared of. Then look a little closer and assess how rational you are really being. If you are scared of a particular area of the world, look up where the danger lies and how dangerous that place really is. Be fair to it and don't succumb to prejudice. Then you can make an informed decision. From a person who has suffered heavily from the constraints of fear, I have learnt not to be afraid and to consider my fears with rational logic so that I can throw them out the window. Or at least hold them behind the glass.

Take your fears and learn how to manage them. The only thing that can stop us from achieving our dreams, is the fear of failure. A fear that is contained entirely within ourselves. Do as I did and learn that the world is not such a scary place.

Fear, cannot define you. There is a great big wonderful world for you to see.

"I Will Do It Later"

Most probably, no you won't. If you don't travel now while you are younger than you will ever be again, the mental barriers will only grow bigger. Unless tied up or in prison, you are never truly trapped by anything other than your own mind. The longer you wait, the more possessions and responsibilities you will accumulate. By our own nature, we hoard and hold on to what we have. The more we get, the harder it becomes to let go.

If you are delaying your decision, you need to ask yourself what you are waiting for. This 'avant-garde life' is exactly what it says. It is a

lifestyle, not a vacation. It might not last forever, but it's not something that comes around once a year, nor is it something that you save up to do for two weeks in June. It is your life. If this is what you truly want, you can start working towards it right now.

How old you are, is irrelevant. The best time to make a jump, is today. If you need time to plan, then take the time to plan. You don't need to pack your bags and walk out the door tonight. However, choose when it is that you are embarking upon this new life and then work towards this date. On that day, you will pack your bags and go wherever it is that you wish to go. If you make this decision today, it will happen sooner than you think. It will happen exactly when you say.

If you want to hear success stories from people who said that they'll travel the world later, you'll be waiting for a long time. So too, are they.

It's the do-ers that shape this world.

“I Would Be Lonely”

Familiarity of those around us, gives us comfort. At first, the concept of entering the world alone, is a daunting one.

However, when you first travel alone, you will learn that you can never truly be alone. Wherever you go, you will find people. Or they will find you. People around the world are desperate for human connections. After all, we are only human. There are now huge networks such as CouchSurfing which allow people all over the world to connect with one another online and in person. If you cannot approach someone in the street, you can introduce yourself online and the hard bit is over.

Solo travellers meet more people than those who travel with friends because they constantly have to make the effort to engage in social interaction. When others see you on your own, they will find you more approachable. From past experience, I have found that the more comfortable I become in my own company, the more approachable I am to others. And even when I try to be alone, unless in a forest or an empty field, humans are social animals and we cannot help being drawn to one another. Going into the world alone is a sure fire way in which to meet new people from all walks of life. Once again, you can never truly walk alone.

It is with good reason that so many people now choose to move through the world solo. It is not because they have no friends. It is because it frees them of the limits imposed by a travel partner. Travelling solo offers a way to experience the world in an individual's own unique way, with no limits and no boundaries, other than their own perceptions of the world.

If there is one piece of advice I would offer to avoid feeling alone, it is to stay away from cities. Never before have I felt so lonely as the

times when I am surrounded by millions of people who have no time to communicate with me. In a small village or an empty road, a stranger will stop and ask you how you are. You may not speak Bulgarian and you may not understand the words, but language is only a very small part of communication. That little light of social interaction will let you know once again, that you are not alone.

“I Don’t Want to Travel”

Travel is only a vehicle to adventure. If you are looking for something in life that is more than you have now, you do not have to travel the world to find it. What you have to do, is commit to something new, something experimental, as you chase your non-travel related dreams. Ultimately, that is the whole ethos of the ideas encapsulated in these pages; doing something that excites you.

If you do choose to live a travelling life, you don’t have to move every few days. Or weeks. Nor do you have to visit every country in the world or do remarkable things. Some people choose to go slow and spend several years in each place that they visit. Make your own rules and don’t follow them as you meander wherever your wandering mind takes you.

The world is not a list of places to check off. You do not know a place by simply visiting it for a matter of minutes and taking a picture. You could travel to every country in the world and not see anything if your only aim was to say that you went there. Equally, you could spend a whole lifetime trying to explore a single country and never see it all, never know everybody that calls it home.

Make sure that you don’t confuse a lack of specific destinations with a lack of desire to see the world. If you don’t have a list of places that you want to go, it means you are free to go everywhere. After all, you can only ever be in one place at a time. Take the slow route and enjoy your journey, because we’re all going to the same place in the end.

“I Have a Family”

Whether a partner or kids, having a family should never be something that holds you back. Having a family should only further your experiences because life becomes something that you can share in together. Some of the most wonderful experiences you can have are the one’s that you share with the people that you love.

Of course, many people have children and they claim that this is the thing that stops them from following their dreams in life. This can lead to resentment and conflicts within families. They may be silent frustrations that are never voiced, but somewhere deep inside, they can

eat people up. Whether silent or not, it is not fair to allocate this blame onto others. How could you blame your child for inhibiting your dreams by committing no crime other than existing?

Travelling with a family is not easy. You have at least one, maybe several other people to think about when you make your decisions. If you have children, you also have to factor in education and social development. There is a 'normal' way to raise kids, but there is no correct way. We see emotionally damaged people emerge from white picket fences everyday, yet we continue to advocate the 'traditional' life as the correct way in which children should be brought up. Travelling the world is an education that most people are not privileged enough to ever experience. On a global planet that becomes more intermingled everyday, it is becoming increasingly hard to justify a static childhood in which a child knows no-one other than the mirror images of themselves. Yet still, one of the hardest parts of starting to travel the world as a family, is overcoming other people's preconceptions. Other people who are not you but tell you that they are living their life in a way that is better than yours and that you should listen to them. Sometimes you have to follow your heart. Your head will work out the details.

If you travel the world with a family, you'll never be lonely. Nor will they. Everyday you can do something exciting and instead of taking each other for granted, you will create memories that will long outlive you. This is true for both families with children and travelling the world with a partner.

To consider truly valid opinions, I turned to Gabi and Deb who both travel the world as families. They have two very different stories, but share one equally positive message.

A Travelling Family of Five

Gabi Klaf of The Nomadic Family travels the world with her husband and 3 young children. She writes honestly about the ups, downs, and realities of travelling with a family. I asked Gabi a few questions to get an insight into what it is like to travel the world with young children and why she chose to do it.

Hi Gabi. Tell me about yourself, your family, and the lifestyle that you lead.

"We've never been 'normal,' always seeking to do what we felt was right for us, even if that was dramatically different from those around us. The five of us believe that the world is too colourful to live in grey; that the options are too endless to live with shutters over our eyes. We love leading the nomadic lifestyle, being free to the wind and whatever inspires us, learning together, being utterly clueless together.

How long have you been doing this?

"We're now in year three of non-stop world family travel. We left our really awesome lives in the mountains of Northern Israel on March 16, 2011."

Why did you choose to do this?

"Because no one promised me that 'one day' when I retire that I'd have the money, health, or desire to travel the world with my beloved, and why in the hell would I put this pulsating, effervescent dream on hold for 30-40 years? Also, we can think of no better way to educate our kids and bond our family than taking these years to be fully present in the lives of our children. They would be grown and out of the house by the time we had real time to invest in raising and getting to know them as we do today."

What do other people think of what you are doing?

"Most assume we're filthy rich and can afford this lifestyle because we won the lottery. (For the record, I do not believe I currently own an article of clothing without a hole in it.) Many admire us for having the courage to live out our dreams and follow us online in the blog to learn more about how we travel, and how to laugh and cry with us as we go. Some believe we are abusing our children and selfishly dealing with our own mid-life crisis while dragging our poor kids behind us around the world. We, we, we, yes, we do love them all, and hope all three camps read what we write and learn all the sides of long-term family world travel."

Do you think that this lifestyle is better for you and your kids?

"For us, 100%. We have time to do what we are passionate about, to pursue hobbies, write books, get in shape, live a fully meaningful, actualised life without having any obligations to any outside institution. That time affords us the gift of being, fully being with our kids without the typical stresses that the rat race puts into everything. We read, walk, talk, discover, and learn together. This time, as a family, is priceless. Sometimes we sigh when we think of the cousins and family back home. We miss that a lot."

Any regrets? Would you ever go back to your old life?

"My only regret is that I gave my beloved soul-mate cat Bareket to the school for I couldn't find a person at the time to adopt her. She

was treated poorly, ran away, maybe to find me, and was never seen again. That is the only regret I have. Yes, we will go back to our old life one day. We loved our life and miss it. But we adore this life too, and will continue being nomadic until we feel it no longer meets the needs of our children. Even when we do return to Israel one day, we hope to develop enough online income that we don't have to get 'job' jobs and we know that we'll continue traveling."

How difficult is this life as a family?

"How difficult is life as a family waking up, running, doing, being productive, picking up, running, doing, showering, goodnight-ing, falling into bed exhausted, and 'copy, paste' for the next day? Family life is colourful, to put it lightly. That colour, those terrible days, those stressful moments when you want to kill someone, those magical God-kissed minutes that take your breath away, exist wherever you happen to call home. When you remove all those time-constraints, bureaucracies, and social politics, it makes life infinitely easier, but still, life is life, family life is family life, and the roller coaster ride will continue, sometimes making you laugh, sometimes making you cry, but always, always, always unpredictable and full of great learning."

How do you sustain yourselves while travelling the world?

"We started out with \$50,000 in savings. Since then, we've figured out how to make a bit of money online so we no longer use the savings. Also, when we travel, we negotiate great deals with hostels and other establishments that give us freebies in exchange for online advertising or in-house work. From them, we don't get paper money but do remarkably creative exchanges of services that save our family tons and enables us to have awesome experiences we would otherwise not partake in. We're very grateful."

Any advice that you would offer to others considering travelling with a family?

"Please don't wait until things are perfect, for they never will be. Start cutting your spending habits now, push everything you can into savings. Read as much as you can from those a few short steps ahead of you. Staying inspired and keeping your dreams alive can be hard when you're struggling with regular daily life. Start blogging about your thoughts, fears, preparations now, for you may one day want to use your blog as a source of income and will be very happy you built that foundation way in advance. Get in touch personally with traveling families that inspire you. Most of us are totally amazing, down-to-earth, lovely people who are thrilled to help others in any way imaginable."

Anything else that you want to add?

“We all need a sexy future, something we squeal with excitement about when we go to bed at night and when we wake up in the morning. Some secret of the soul that makes us drool. Be very quiet and ask yourself, ‘If I had a million dollars and no limits in the world, what would I do?’ That’s your sexy future, and 9/10 I’ll bet you, with a bit of pre-planning, you can make that sexy future your reality. Go for it! Someone cool once said, ‘The journey of a thousand miles begins with a single step!’ Take that step. Go, go, go!”

For more inspirational advice and hilarious family travel stories, visit www.TheNomadicFamily.com where Gabi speaks openly and honestly about travelling the world as a family on a long term basis and provides some wonderful resources for families who are considering stepping out into the world. She will help you to learn how very possible it is. You can also follow Gabi and her family on Twitter at twitter.com/nomadfamtravels or Facebook at www.facebook.com/TheNomadicFamily.

Gabi also wrote a beautiful article that explains why she chose not to get a ‘real’ job and why instead, she chooses to travel the world with her family. You can find a link to this article in the resources section at the back of this manifesto.

A Travelling Family of Two

I spoke to Deb of The Planet D who travels the world with Dave, her husband. As a couple, they explore the world and together, run one of the most popular travel websites on the internet.

Hi Deb. Tell me about what you and Dave do now.

“We’re an adventure travel couple who live by the motto ‘Adventure is for Everyone.’ We aim to inspire people to work towards fulfilling their dreams and living life to the fullest.”

Since when have you been doing this and why did you choose to make this jump?

“We started our travel blog in 2008 when we signed up for the World’s longest cycling race from Cairo to Cape Town. We wanted to pitch a TV Travel show about an average couple taking on extraordinary adventures. The website was going to be our resume to highlight the trip and house our videos and media coverage. When the TV show didn’t work out, we looked into ways to raise our profile so that

maybe one day we'd have enough adventures under our belt to have companies take us seriously and ThePlanetD was born. We went back to work for a year as we built our blog from telling stories from our previous travels and then at the end of 2009 we packed up everything and hit the road. We've been traveling without a home ever since."

How has it affected your relationship?

"Travel has strengthened our relationship. It was in 2000 that we took our first long term trip together after being together for nearly a decade. At that time we had become too comfortable in our relationship and took each other for granted. We worked too hard and didn't do anything with our life that excited us or ignited a spark. After going to Thailand for 5 weeks, we returned from the country inspired and excited again. We took up rock climbing and mountain biking and scuba diving and snow boarding. Instead of sitting on the couch watching TV and not talking to one another, we became active and suddenly had a lot to talk about.

Travel has brought us closer. We inspire one another and we rely on each other. We find something new about each other all the time. We surprise ourselves and each other with our strength and our vulnerability. We think that travel is the best thing for any relationship."

What do other people think of what you are doing?

"We've been travelling for so long that our family and friends expect it from us. Even when we still worked in the film business, we would take off in the winters for a couple of months at a time. After a while, travel defined us. When we came back, everyone asked us where next. When we were working on a movie, people didn't ask us what movie we were doing next, they said 'Where are you going after the film is over?' It was a natural progression that took several years in the making so when we finally took the plunge and left our jobs, it was expected."

Are you happy doing what it is that you do?

"We love what we do. Every day we say that we have the best job in the world and can't believe that we are so lucky. We not only get to travel for a living, we get to do it together which is amazing."

Do you have any regrets about this life or can you see any negatives of this lifestyle?

"It's not for everyone, but no life or career is. We chose this life after spending several years taking long term trips and knowing what it

is like to be on the road for an extended period. Sometimes we think that we would like to have a home base - a place where we can drop our bags after a long flight, slump on the couch and watch a movie, but really we can do that anytime. If we decide to stay somewhere for a month that gives us our fill of having a bit of normality in our lives."

How do you sustain yourselves while travelling the world?

"We have built our profile over the years and now we have amazing partners that we work with. We are American Express Ambassadors and Real Life Potentialists. We are continuing our partnerships through 2013 with Expedia.com and Intrepid Travel and we are House Trip Ambassadors. We work hard to partner with companies that we believe in, have built a relationship with, and have worked with in the past. We have built our business with the design of how an athlete is sponsored and endorsed. By building our brand as Travel Experts, companies partner with us to lend a human voice to their corporate identity."

Any advice to other couples who are thinking of travelling the world together?

"Discuss your goals of travel beforehand. What do you want out of the long term travel. Do you want to stay in 5 star hotels or are you both comfortable in hostels? I remember our first trip to Thailand we took some friends advice and stayed at a guest house they recommended. It was 2000 and we didn't know a lot about travel then and we were so excited when she told us that we could stay in hotels for \$3 a night. However, when we saw that place, we instantly knew it wasn't for us and instead of suffering, we said 'we are now mid-range travellers.' If we stuck it out trying to stay on a tight budget, I think we would have killed each other and we never would have had the life changing experience that we ended up having.

Be prepared to compromise as well. If someone has their heart set on doing something, have an open mind and give it a try. You may find out that you like it! I never thought I'd be doing half the things that I do now, but Dave inspired me to give them a try because he's a real dare devil so I said to myself, 'well it won't hurt me to try it once, if I don't like it, I don't have to do it again!' I always end up liking it. It works the other way around too. I've inspired him to step out of his comfort zone as well. If neither of us had an open mind, we probably wouldn't have lasted more than a couple of months on the road together and would have ended up resenting each other. Doing things together brings you closer and you end up surprising yourself too!

And finally, communicate. Don't hold anything in. If you are frustrated with each other, talk about it. Travel intensifies emotions and if you try to hold things in, they will come back to haunt you. If you discuss things, get them out in the open and get over it, you will have a

much better time."

Anything else that you would like to add?

"Just have a great time. Life is short and we should all be making the most of our time here. If you aren't happy with your place in life, do something about it. We're speaking from experience. We worked in the film business for over a decade. I was stressed out about my job every day. I hated the hours and worried and feared that I'd be stuck working in that business for the rest of my life. Once we took action and had a clear goal of what we wanted to do with our lives, we set our minds to making it happen. And you know what? It worked. If we can do it, you can too."

You can visit ThePlanetD.com to hear more from Dave and Deb and get loaded up on their wonderful motivational material which will help get you out into the world. They have some stunning photography on the site and it's an all round, wonderfully inspiring website that also offers practical advice to readers. You can also follow them on Twitter at <http://twitter.com/theplanetd> or Facebook at <https://www.facebook.com/ThePlanetD>.

"I'll Miss My Friends and Family"

To miss your friends and family is a genuine human emotion. When you are away from people you love, it will make you sad. What you need to remember is that you are not leaving them forever. You are simply choosing to live your life in a different place and at some point in the future, your paths will cross again. Along your new path, there are many more special people that you haven't yet had the privilege of meeting. It is a strange notion, but you will learn to miss some of these people that you don't even know yet. By allowing yourself to love and to lose, you will give and receive more human emotion than you ever thought was possible.

When people live close together for extended periods of time, it becomes easy to take each other for granted. When you spend time moving around the world, every day becomes precious. You make a special effort to see people and they make a special effort to see you. When you are together, you can spend quality time with each other and talk with genuine interest about what has been happening in both of your lives, rather than simply passing time.

If you are a wandering spirit, you will find other wandering spirits. People who you can connect with on a level like never before. People

who have the same dreams and passions as you do. Your people. You may start to wonder how you ever managed to live your life without these people in it. Many of them come into your life for only a moment. A day, a year. It doesn't matter. You make these connections and they stay with you for all of time. If your paths cross again in the future, once more you can spend time together. If not, you are forever thankful of the memories.

It is quite amazing how small the world can be when you are travelling it. In a three year period, I myself have ran into the same person in the UK, Vancouver (West Coast Canada), Hamilton (Eastern Canada), and South Korea. None of these places are less than 2,000 miles (3,300 km) from each other. This is just one story among many. Whenever I go somewhere new in the world now, there are people that I already know that I can meet there. This group of people grows bigger and stronger all the time. The experiences that we share together are the ones that will not be forgotten.

But old friends are precious. Do not forget them. Social media now allows you to stay closer than ever before. You may not use it, but Facebook allows people to see what you are doing in your life and serves as a platform to share photos and send messages. You never have to worry about leaving your phone in the washing machine and losing all your numbers again.

Skype allows you to speak to people anywhere in the world for free. And you can see them! When you think about this, it is beyond amazing. You can wave at your family from a beach hut at the end of the world as they sit eating dinner at the same table you grew up around. We take these platforms for granted, but they didn't exist at the turn of this century. The world has only just become connected and you are one of the first people who is being given the opportunity to take advantage of it. With more ease and convenience than ever before, you can now stay in touch with your loved ones from wherever you are in the world.

A word of warning when visiting your old home. For some people, travelling the world seems rather pretentious. It doesn't have to be this way. Remember that your choices are your choices and don't try to flaunt them. Others do not have the same dreams as you and what you choose in life is no better or worse than what they choose in life. Your choices are your choices because they are better for you. Not everyone wants to travel the world. You don't want to sit and listen to how they've been doing the same job every day and frequenting the same bars every weekend for the whole of their lives. Equally, they don't want to listen to your life because it is too far removed from their own reality for them to fully comprehend it.

There are also many frustrated people in life who would love to live the life that you have embarked on. There is a fine line between generating inspiration and generating jealousy. Be careful of making these people jealous because they will resent you for it and jealousy is an unattractive emotion. Flaunting 'your wonderful life' over others less fortunate than yourself is equally unattractive. Accept other people's

life choices and connect with them on a level that suits you both. Sadly, you may end up talking about food and drink; things everybody understands.

Wherever in the world you go, find common ground with the people that you wish to connect with, be they the old or the new. Remember that when you go to your hometown, you will have changed far more than your old friends. You can't hold that against them.

“I Have So Many Things”

Throughout our lives, we accumulate possessions. There is only one time when we truly let go of them all. It's when we die. This is the time when family members come into our homes, root through all our worldly belongings, and attempt to lighten the mood by laughing at all the rubbish we kept, in the hope of alleviating their own feelings of loss of our recent departure. No matter how hard you fight, you cannot take your belongings beyond the grave. Until that time, they will be holding you back.

If you abandon everything, you will be truly free.

To avoid going full frontal hippy, you need not abandon it all. It is nice to have things. I like having things and I am sure that you do too. Take a bag that you are capable of carrying and fill it with everything important. The belongings that you put into this bag will be your most treasured possessions. You can live with nothing but these.

Take everything else and do one of two things; dispose it all, or store it. If you dispose of things, you can give them away to people who need them as little as you do. Charity shops are a great way to do this. We can also hope that by doing this, it creates a little less junk in the world. The pointless possessions can begin to cycle through different ownerships, rather than making a direct beeline for the rubbish dump. If you wish to store your belongings, friends or family may have space where you can leave stuff. Alternatively, get a storage unit. These things will then be waiting for you at a later date and you can decide which ones you truly cannot live without. Chances are, not having these things will help you realise how little or much you need them.

There are many people who choose to live life without possessions, or with little other than they carry on their backs. One resounding idea always comes through from these people. They feel free. You will never truly know how this feels until you try it for yourself.

“I Don’t Have Enough Money”

If you are not in possession of vast amounts of money, there are two solutions to making your new life sustainable with regards to money. One is to earn money as you move around the world. The other is to travel without money. Both of these ideas are equally respectable. Most commonly, people find a happy combination of the two. These two things are dealt with in detail in the next chapter, so I will only briefly consider them here. If you see people who have a lot of money and it makes you jealous, ask yourself why you have negative feelings. Either they worked hard or they got lucky. They should be allowed to take advantage of their fortuitous situation.

To start with, think about how much your life costs right now. Add up the rent and the utilities to get the basic cost. Using statistical data from Numbeo, the average price for a one-bedroom city apartment with utilities in the UK or America is over £700. If you come from Scandinavia, Australasia, Western Europe, or certain parts of Eastern Asia, the cost is even higher. Bare in mind that this is a base rate that includes no food, no drink, no entertainment, and no transport. It also, does not take into account the deductions that will be made from your wages due to tax. Nor does it consider the fact that you might not want to live in a one bedroom apartment in a city. It’s only an average, but it equates to nearly £25 a day, to which you can add a considerable amount if you like to eat and get out of your home. We all like to eat. Without eating, we’d be dead. In short, the cost of living in one place, is very expensive. There are bills to pay. When you are travelling the world, this same amount of money can go an awfully long way. In certain countries, it is very difficult to spend such a large amount as £25 in a single day. Even travelling through Western Europe, people are capable of doing it with almost no money if that is what they wish to do.

One of the glorious things about travelling, is that all your bills are manageable. They are laid out clearly in front of you. And you can choose to live wherever you want. You can live within your means. By choosing to live in a culture in which you do not need to make thousands of pounds a month to simply survive, you can work less. Instead of spending time making money, you spend more time living your life.

Not only is it possible to reduce your spending as you travel, but it is also possible to work around the world. This work can be both on and offline. In the following chapter, I speak with people who choose to live their lives with very little or no money for extended periods of time, as well as some who work all around the world as they travel. If money is your limiting factor, read the stories of these frontier pushing

individuals and allow yourself to be inspired by them.

You do not need to start your journey into the world with a large amount of money. The aim is to travel sustainably, meaning that you live within your means and support yourself with what you have. If you were to save up a large amount of money and go on a long vacation, you would soon end up back in the place that you started and having to repeat the process all over again. Be smart and choose to live a lifestyle that you can afford.

“I Don’t Want to Disregard Society Forever”

Nothing in this life lasts forever. You can leave society and travel the world for as long or short as you like. If you lose the love of the freedom, conventional society will still be there and happy to welcome you back. It will tell you that you were wrong and it will smile smugly at your bad decisions in life, but it doesn’t matter. You tried another life and you lived it. It doesn’t work for everyone.

Sometimes we go through different stages in life. To be free and to travel the world is something that most people dream about but never dare try. If you don’t try, it will always be a great regret. If you try this life and find that it is not for you, do not be ashamed to accept this fact. We are all different and so are our desires.

I myself, am happy exploring the world at this moment in time. It doesn’t have to be this way forever. One day I might just end up with a little farm in Eastern Europe where I tend to bees and goats while brewing my own wine. Then again, I might never get to that stage. All I know for sure, is that right now in this moment, I am free. At this stage in my life, I do not need anything more than that.

The Life You Should Live vs. The Life You Want to Live

We are constantly told how to live our lives.

You go to school, then you work hard to get good grades. You wobble a little bit as you become a teenager, but that’s OK because you’re going through puberty and it’s a difficult time. You get back on track and you end up with a nice partner and a good job that lets you pay your fixed-interest-rate mortgage at the end of every month. You buy a big TV and you go on vacation for a full two weeks a year in a comfy hotel with a nice swimming pool and a games club for your 2.4 children. You repeat this over and over again until you wave your children on their merry way, instilled with the same life values that you hold. If you are successful, you may even be able to pay off your mortgage early

and buy that second home in the country that you speculated on for so long. Eventually you can retire and start taking cruises and spending winters in warmer countries. You buy your grandkids presents and then you die. And so the cycle repeats.

This is not how you want to live your life. This is how you 'should' live your life.

The whole of society is constructed in a way that aids our species survival by making everything more efficient and filling up our free time in order to keep us safe. We work more hours and our senses are increasingly overloaded by entertainment to satiate us. We have so much to do, that we can no longer think of what we want to do for ourselves. This system was created at a time when survival was still key. If you didn't work hard everyday and you didn't actively contribute to society, you would be left behind and become unable to look after yourself or your family. There were a chosen few leaders who ran this system and the masses who followed it. It was largely successful from a species perspective and as you are probably well aware, our planet is now struggling under the burden of our ever growing population.

However, we have evolved past this. The need to conform to society in order to survive is no longer existent. Everyday, new people are realising this and taking a new route in life. They are living an avant-garde life that is different from everything we know. But people don't like it.

Other people are one of the biggest problems when it comes to following your true passions in life. Other people will tell you that you have to conform to society for the benefit of us all. They are scared that if you do not, there will be anarchy and riots in the streets. Fires in the hospitals and bombs in the schools. You do not have to be an anarchist to not want to live this life. You need only do something new and to carve your own path. The expectations of others may not be met if you choose to do this. Your parents will disapprove and your grandparents will be appalled. With each generation, it becomes easier to live life in a way that has never been done before. You are at the forefront of this movement and you have to make the choices about your own life.

When something goes wrong in your life, you will only have yourself to blame. Others will point fingers at you and tell you that they told you so. It's easy to say that words don't hurt us, but the reality is, they do. Let them point. We simply have to rise above them. Do not be so callous as to live the life that they tell you, simply for the pleasure of pointing your finger at them when everything goes wrong. Your parents or guardians who tell you that you have to live life in a certain way are doing so with the best of interests. It might just be that they have mistaken their own interests for yours. It is not fair to hold this against them because they don't know any better.

The movers and shakers in this world are the people who chose not to conform. Think of your real-life heroes, whether living or dead. Leave the superheroes for now. Why are they your heroes and what did they do? At the time they existed or in the field they were involved with, were they considered conventional? No. The great men and woman throughout history, whether scientists, creatives, or 'undefinedists'

were not the people who conformed to society. They were the ones who had new ideas and chose to break free. No matter how much they were ridiculed, disbelieved, or verbally crucified, they had a belief that they followed through on.

Not every new idea is a good one. But if we do not have new ideas, the world will stop evolving. Our species as a whole will become weaker. This is not how evolution is designed to work. This is not natural.

If you make your own decisions, your life will be more satisfying. Know that whatever you do, there will be haters. If you mastermind a new genre of music that takes the world by storm, many people will belittle it and go out of their way to criticise you. If you were to grow flowers and sell them with the purpose of promoting world peace or eradicating malicious diseases, there would still be haters. They would pick on the tiniest flaw and they would draw it out and tell you how very, very wrong you are. Cutting down flowers inhibits the removal of carbon dioxide from the environment and you are choosing to damage the environment for the benefit of the human species. The haters take pleasure in pulling people down. Whatever you do, someone will have a problem with it and will know a better way to live life. The haters put themselves above others, not by aiming for greatness, but by trying to bury the world beneath them.

Learn to listen and not to respond. You do not have to please everyone. You cannot please everyone. If you can please only one person in your life, please yourself. By pleasing yourself, you will be more real than many other people in life and others will be able to see this. Your relationships will blossom and without even meaning to, you will make the world a better place for yourself and the people around you. Others will gain pleasure from you as an indirect result of your own satisfaction.

When people tell you how to live your life, you must listen to what they say because they are trying to help you. However, you do not have to follow their advice and you may take only the parts that you agree with. Their life is no better or worse than yours. As with my advice, take only what you need. It is far from perfect.

Always remember that life is analogue, not digital. There is not a correct or an incorrect way of how you should live your life because the world can never be black and white. It is every possible colour of the rainbow that you can't even imagine.

Choices are infinite and you can live safe in the knowledge that you can never make a perfectly correct or incorrect decision. When you choose your route in life, you do not have to conform to society unless you want to. You can choose to break free. But it has to be your choice.

I myself, choose not to choose.

I choose not to choose a big TV or a fixed-interest mortgage repayment plan. I choose not to live the life that was laid out before me. I choose to walk far from the path and play in the fields with the field-mice. So too can you.

Everything that you can think of to stop you, has a logical solution. Mental barriers, social pressures, and financial restrictions. They need only exist in our minds.

When you wonder what you can do with your life, the answer is easy. You can do anything. You just have to want it enough.

Make your choice and stand by it. If you choose to conform to society and live the life that is laid out before you, you must accept all that comes with it. If you do not want this life, you may take another path. In the same vain, you must accept all that comes with that life. There will be highs and there will be lows. There will be lovers and there will be haters. All you can know is that if you make your own choices in life, they will always be the right ones.

There is a story of a hummingbird who lives in a beautiful forest. One day that forest goes up in flames. All the animals watch on in dismay as flames destroy their home. Only the tiny hummingbird tries to stop the fire. Backwards and forwards he flies, with drop after drop of precious water. Feeling helpless, the elephant with his big trunk and the giraffe with his long neck watch the flames in dismay. They stand and do nothing.

The hummingbird continues in vain and the animals start to laugh. They laugh at how small he is and how hard he is trying to save the forest that he loves. "What are you doing?" they ask him, "You can't save the forest." He stops, just for a second, to look at all the hopeless animals. He knows that he cannot save the forest but it doesn't matter. "I'm doing the best that I can," he says.

You too can choose to try harder. You too can choose to do the best that you can.

Closing Remarks on Part I

This is the end of chapter I. This is the end of overcoming your problems with a view to disregarding society.

After reading through all that material, if you are not currently living the life that you want to live, I now ask, what is stopping you?

You may only say one of two things.

"Myself." Or, "Nothing."

When other people do not support your dreams, they will go out of their way to obstruct your path. In the politest possible way, ask them to step aside. Tread softly on other people's dreams as you hope for them to tread softly upon yours.

Without dreams, we are nothing.

A Quest for Sustainable Adventure

- Part II -

“This is gonna last foreva-uneva. Even when it’s over it’s not.”

“I don’t want to go home yet. I’m having far too much fun.”

How to Sustain Long-Term Adventure

There are three ways to sustain long term adventure with regards to finance.

The first is to start with more money than you can spend.

The second is to work.

The third is to not spend any money.

The most favourable option for most people, is to combine as many of these as possible in order to find the optimal solution. I'll consider jobs that are typical to travellers, working online, and starting your own business. Of course, if you have skills in a particular area, the opportunities are endless. You can do whatever it is that you are good at. Make sure that you don't end up getting stuck in a situation that is equally as uninspiring as the one you just escaped, because doing the same uninspiring job in a new location makes you no better off than before. For this reason, I don't need to mention this more conventional type of work. Even if I did, you probably know it better than I do anyway. Just know that if you need a change of scenery in life, you can take your expertise with you and do the same thing in a different place.

The alternative to working or not spending money, is to start with vast sums of money. This is not normally an option for most people, so I will not address this idea. If you have huge sums of money, you can probably figure out things for yourself. If you worked hard all your life to accumulate this money, now is as good a time as any to get rid of it. Make all that hard work worthwhile.

Typical Work on the Road

The desire for short term workers around the world is inexhaustible. The major industries for travellers looking to find work, are the tourism and education industries. Bare in mind, that when you are working for someone else for a fixed period of time, you will have to obtain a visa. Depending on where you are from, what you want to do, and where you are going, this could either be a very simple or very

complicated process. One of the advantages of this approach to travelling the world is that you can sort your next job before you leave the one that you're doing.

If you enjoy being outside and doing agricultural work, some developed countries are looking for short term seasonal work. Australia is a notably good country for this and working on the land can lead to an extension of your visa. However, in less developed countries, you'll have to compete for work with the locals who are used to working for next to nothing.

When visiting places that are popular with tourists, seasonal work is a realistic option. The tourism industry has a very high staff turnover rate and jobs will become available all the time if you ask around. In the summer this could be anything from kids camps through to working on board a boat or in a scuba diving shop. In the winter, ski resorts and snow activity operators require large influxes of staff. Year round, restaurant and hotel staff are required in almost every destination around the world.

If you have a good command of English, teaching around the world is a realistic option. Almost every country is desperate to learn English as it is 'The International Language.' Wherever you go around the world, you will hear this and start to realise how lucky you really are to have this opportunity.

Seasonal Work. The scope of seasonal work is endless. Quite often, just turning up in a place and asking around can find you a position. However, the internet also presents such opportunities. Rather than listing them all here, you can search the internet yourself and you will find endless possibilities.

Teaching English. If you speak English, you are very lucky. You will not know this until you start travelling the world and find that there are English speakers in every corner of it. Where people don't speak English, they want to learn. In the past, the world had no chosen language of communication and students had the choice of which foreign language they would study. Nowadays, it is compulsory to study English in many countries around the world. This creates a huge demand for native teachers as the quality of spoken English in many countries is very low. In the future, this trend may change as children learn English from a young age, meaning that they will become better speakers.

If you want to teach English, being a native speaker, having a degree, and having a teaching qualification will all help you with getting a job. However, none of these qualities are necessities. If you have a good level of spoken English, it is still possible to obtain an English teaching job as a non-native, unqualified teacher who does not have a degree. You just have to look a little harder. As teaching English is not

relevant to everyone, please refer to <http://www.greatbigscaryworld.com/travel-advice/teach-english-abroad/> for extensive advice about teaching English abroad.

The Life of a Seasonal Worker

I spoke to Susan of Travel Junkette who is fast becoming a veteran of seasonal jobs to see what she had to say about them. She has been living and loving her life in this way for the past few years and has plenty of advice to offer.

So Susan, tell me, what do you do in life?

“I’ve been working un-grownup seasonal jobs and traveling the world since 2008. I’m currently volunteering at an elementary school in Nicaragua, after which I’ll return to Southeast Alaska to work for the summer.”

How do you support yourself while living this lifestyle?

“I’ve supported myself in about a hundred different ways. I’ve taught skiing, waitressed, art modelled, taught English, and scooped ice cream. I’m currently earning money from my travel blog and some freelance social media /editing work. In the summer, I work as an office manager for a sea kayaking company in Alaska.”

Do you enjoy what you are doing in life?

“I absolutely LOVE what I’m doing in life. How couldn’t I? It’s exciting to always have a new adventure ahead of me. I get to travel frequently, meet tons of interesting people, and learn loads about myself and the world around me every day. Life is never boring.”

Are there any negatives to this life and do you ever feel trapped or that you want to stop?

“I can’t have a dog. That’s the biggest downside. Really! Sometimes, I crave routine. For example, it’s a lot easier to eat healthily and work out regularly when you’re working a normal job. It’s also a lot easier to maintain relationships. BUT, I don’t ever feel trapped; I know that if I wanted a normal job, I could easily go out and get one. I’ll never stop travelling, but I think I’ll create more of a home base once I decide to start a family.”

How do you find jobs?

"I usually think like a tourist. Where would I want to go and what would I want to do? Then, I look at the attractions' websites and contact them directly. There's also a few good seasonal job websites that I use." [see note below]

Describe a seasonal workers life? Do you think that others should so it?

"Seasonal workers work for 3-6 months in one position, and then they move somewhere else to work a new job. Some people return to the same jobs season after season, whereas others like to switch it up. Many travel in the off season, when they're in between jobs. Others should DEFINITELY do it. Try it for a season and see if you like it. You'll still be working and earning money, so it's not like you need to save up forever before you can give it a shot."

Any advice to others wishing to embark on a similar path?

"Just go for it. It might seem scary at first, but you can always return to a grownup job if you don't like seasonal work. You don't have to live your life like everyone else -- it's YOURS to shape, so why not make the most of it? Start living your life NOW. You'll never regret adventure."

Visit www.TravelJunkette.com for more advice and stories from Susan. She is more than happy to help out others with advice via email and also has a very informative post about finding seasonal jobs which can be found at: <http://traveljunkette.com/when-apply-summer-seasonal-jobs/>. You can also follow her on Twitter at twitter.com/TravlJunkette and Facebook at www.facebook.com/traveljunkette.

Working Remotely

To work remotely, most commonly, means to work online. Whatever you do, you'll be location independent and provide a service or product over the internet. This method is used by many people all around the world as a mutually beneficial relationship for employers and employees.

Employers save on office costs by having their staff working remotely. Employees are free to work from wherever they want, be it home,

a coffee shop, or on a beach (internet permitting). If you like what you do, this is a good option. However, do not take a job that you hate, all around the world with you. This defeats the object of the life that you have chosen to embark upon.

There are many websites and agencies that now offer short term employment opportunities online. You can build up a profile and become selected for these different tasks. They range from writing and editing, through to research and programming.

In general, these jobs take time to build a profile and although pay is not particularly great, it does provide a stable stream of income. Working online for someone else can be a useful stepping stone to starting a mobile life. After a short time however, you may get bored of this and realise that you are still at the mercy of your employers. If you truly want more freedom, think a little bit more outside the box.

And do what makes you happy.

Starting Your Own Mobile Business

This plan takes considerably more work than the others. However, the results are far more rewarding.

More and more people are currently choosing to start their own businesses. If you choose to do this in the conventional way, that's great if you're happy. You can find a place that you love and start your business there. Avoid getting stuck in this place.

A new alternative that is now emerging and fast becoming quite popular is the idea of building an online business. This means that an individual does not need to be tied to an office by their job and they can do exactly what they want to be doing.

If you are an 'expert' in a topic, people will listen. If enough people listen to you, some of them will be happy to start paying you for certain bits of information. You may also be offered money in exchange for promoting other people's products or private tutoring via Skype. There are many ways to make money from a website that offers nothing more than information. This is a topic in itself for which whole libraries can be written. It could not possibly fit onto this page.

If you have never made a website and you are interested in starting one with a view to making your own online business, please visit <http://www.greatbigscaryworld.com/step-by-step-instructions-how-to-create-your-own-website-or-blog/> for a step by step guide to creating your first website in a matter of minutes. From here, you can learn and develop your site. The step-by-step instructions include the same handful of steps that I took when I started my site. Except that this page didn't exist and it took me quite a while to research what the best and cheapest options would be. The advice is tailored to people who want to make a website that may support them long term. However, it is also suitable for those of you who wish to make a shiny site in order to update your family on what unusual food you ate and the fact that

you had to wash your clothes in a river. These steps offer you the same resources that I have, and still continue to use for my own website.

This is a long journey and it is not easy. It will not happen overnight. However, if it works out, you will have something that you can be proud of and have full control over. You will be nomadic and free to do as you please.

An Internet Entrepreneur

I spoke to Michael Tieso of Art of Backpacking about his life and starting his own business. He created and runs Art of Backpacking which is one of the most visited and successful travel blogs in the world.

Hi Michael, tell me about your life?

“I love traveling and meeting people from all over the world. I quit my job in 2009 to travel around the world and haven't stopped since.”

How do you support your current lifestyle?

“I started a variety of different projects to support my lifestyle. The blog does great with sponsorships but what really generates the income is my technical skills with programming. I've created a number of different websites for people and manage quite a few blogs on a regular basis. Before this picked up though, I had saved enough money for my first year RTW that I didn't need to earn any income. On my second year, I taught English in China which paid quite well for China and I never really had any money issues there. By the time I left there, my online business had picked up.”

What were you doing before this?

“I was working in the corporate office of UPS doing some technical work. It was a huge cubicle farm. I hated it and left after two years.”

Is your life better now?

“Every day it gets better. There's more I want to see, more I want to learn, and more I want to do. The day I lose motivation to continuing learning about the world is the day I'm doing something wrong.”

Do you have any regrets and would you ever go back to what you had before?

“There are a few things I would have done differently if I could time travel. It's not to say it's too late or that I regret them, I just wish I was better. For example I spent a year in China and I failed at learning much Mandarin while I was there. I did learn it but I lost interest and was too busy worrying about my blog. I would also never go back to what I was doing before. That specific position drove me crazy. I wouldn't mind working for a big corporation if they had a better work ethic and I was doing something I actually enjoyed.”

What do you see for yourself in the future?

“Currently I'm in the process of getting my Italian citizenship. For this year, I'll be getting married and hopefully by the end of the year we'll be settled in Italy. The plan is to have a home-base in Europe and continue to work on our businesses from there. I may even go back to school and try out new ways to generate income.”

Any advice for others who might be looking to walk a similar path as you?

“Being an entrepreneur means you'll work harder than working in a typical desk job. I think it's important to evaluate how much time and how dedicated you'll be if you decided to go down the path of being your own boss. The ones that 'make it' are the ones that stick with it all the way through.”

Visit artofbackpacking.com for more great advice and stories from around the world. Michael's site is one of the best travel blogs that there is on the internet and you will not be disappointed by what you can find there. You can also follow him on Twitter at twitter.com/artofbackpackin or Facebook at www.facebook.com/artofbackpacking.

Of course, in relation to making your own business, this site is travel based but you can choose to write about whatever it is that you know best. Every expertise has a niche audience and the possibilities are endless.

Travelling Without Money

Break more rules and throw away the remaining dregs of your preconceptions. This is not about reward schemes or tricking someone else into paying for your travels. This is about genuinely travelling without money.

At first glance, this may seem like a ludicrous idea and in a capitalist society, it should be. However, with a little bit of avant-garde thinking and a willingness to push yourself, it is possible to travel the world without money. Many people have done it successfully in the past and many more will continue to do so in the future.

A more viable option, is to reduce your living costs so that you do not need a lot of money. This means that you can live on the little you have or do very small amounts of work in order to sustain your nomadic lifestyle.

The next few pages help show you how to spend the smallest amount possible when travelling by breaking down every expenditure. Incorporate the techniques that you find most useful in order to minimise your costs.

A lot of the information is very condensed and I have included links to internet pages that I have produced with more extensive information. This is because not all of the information is relevant for everybody and it is only appropriate to get an overview of an idea before knowing if it is suitable for you.

There are five things that we need for survival. Air, food, water, sleep, and health.

Air. Air is free. No matter where you go or who you're with, don't let people charge you for it. The only exceptions to this would be underwater or in space. If you find yourself in either of these locations, pay anything for air. Air is life and life is great. Without it, you'd be dead.

Water. Water is essential to life. Drinking dirty water can make you very sick as it is possible that it is contaminated with E. coli, cholera, salmonella, protozoa, viruses, or chemical pollutants. These make you feel somewhat unwell. Personally, I have drunk tap water from most of the countries that I have ever been to without a problem. This is because my body has adapted to this existence. You will notice

that locals can drink tap water much easier than tourists can. If you are not used to this, it is normally possible to find safe-to-drink water at public fountains from which you can fill water bottles. Simply ask around and people will help you out. For this reason, it is important to carry water containers such as empty plastic bottles.

If you are not able to obtain safe drinking water, the best option is to boil water in order to kill all of the nasties inside. If you have the resources (a friend's stove for example), let the water boil for at least a full minute before you bottle it for consumption. Failing this, take water treatment chemicals / tablets. The cost of these is minimal (compared with buying bottled water) and they can treat large volumes of water. With a little bit of forethought, safe drinking water is free / very low cost to obtain.

Food. Our bodies may be able to survive for a week without food, but that isn't a very pleasant experience (not that I have ever tried). When I travel, I like to eat. One of the ways I have received great food is by hitchhiking. It is important to never expect food, but when people offer you a lift, it is not uncommon for them to offer you food in addition to a lift (particularly truckers). Expecting something is one thing; graciously accepting is another. If this opportunity arises in any situation, say thank-you and enjoy the food. However, never rely on other people's kindness as a source of nutrition.

It was only after years of travel that I realised one could eat for free when a friend of mine introduced me to the idea of skipping (otherwise known as dumpster diving or freeganism). This involves going to the waste bins at the back of supermarkets and collecting the food that has been disposed of due to it approaching its sell by date. This may sound terrible at first and when this idea was first suggested to me, I was rather disgusted at the prospect. Then I found out that most food in the bins has gone out of date that day and is sealed. Most people who take part in this activity do it not for economic reasons, but as a way of reducing world food waste. There are people around the world who do not have food to eat, yet we throw away huge surpluses of food everyday. Trash wiki is a great resource for finding local skipping spots across the world.

Some money free travellers choose to travel by asking politely at restaurants if they have any left over food that they could have. A note translated into the local language is often helpful in this scenario. Supposedly, the highest rate of success for obtaining free meals is at the slightly more expensive, fancy restaurants. The fast food and greasy slap up joints are basically serving left overs as their main courses, so don't expect them to give away anything for free.

When walking in rural areas, it is easy to find fruits or vegetables. Try not to steal, but in many countries, wild apple and plum trees (amongst others) provide you with delicious and healthy snacks throughout the day.

Of course, when using a small amount of money, every country has its local budget cuisine. Pasta and bread are generally cheap around the world, but visit fresh food markets and discount stores to see what else you can pick up for a very limited number of pennies. Nutritionally, it isn't very sound, but it will provide you with a form of sustenance.

Sleep. It is possible to survive on small amounts of sleep. I once tried a polyphasic sleep schedule during which I slept four times a day for only thirty minutes at a time. This totals only two hours of sleep a day and I felt fantastic. My friends that I lived with at the time said that I constantly appeared in a state of euphoria, as if under the influence of a high amount of drugs. Thus, this may not be the best idea. However, it is very possible to find free beds around the world.

The best ways to sleep for free around the world are by free-camping, staying with locals, house sitting, and volunteering. All of these topics are discussed in detail on <http://www.greatbigscaryworld.com/free-accomodation-around-the-world/> and are outlined below.

Free-camping involves setting up a sleeping location, guerrilla style. Whether you find yourself outside, in an abandoned building, in a forest, or on the beach, it doesn't matter. With a sleeping bag that is suitable to the weather conditions, you can sleep anywhere. Other equipment such as tents or ground mats are optional and dependent upon how much you want to carry. Free-camping is a wonderful feeling because you feel completely liberated from the need to return to a place at night. Wherever you lay your head, becomes your home.

Staying with locals is a great way to learn more about a place that you are visiting for a short amount of time. First consider taking advantage of social media to get in touch with people that you already know. As you travel the world you will start to meet more people who live in every corner of it. Online travelling networks such as CouchSurfing allow you to stay with people all over the world for free using a review system that helps to improve your safety. In many countries, if you wander around and ask for permission to pitch a tent, many people will allow you to stay in the safety of their gardens. Some may even invite you inside. Moving slowly is one of the best ways to meet people on your path who will invite you to join them in their homes.

House-sitting is a new concept in which you can look after someone's house and more often than not, care for their animals. People who want their houses cared for, often have nice houses that are secluded and need someone to upkeep them while they are away. This means that in return for a little bit of maintenance, you will be living somewhere for free. You simply log on to the website, create a profile, and apply for house sitting placements, then negotiate with the house owners. There a lot of sites out there that offer these services and you can find my favourites on the link mentioned above.

Volunteering is one of the best ways to stay in a location for an extended period of time and really get to know the place. It is a

wonderful way to start understanding the culture and to make friends that will last forever, while giving something back to the place in which you are staying. Often, volunteering placements may also involve free food and water meaning that you will have zero expenses. There are two main types of volunteering; charitable volunteering and non-charitable volunteering.

Charitable volunteering involves work in which you attempt to make the world a better place. It typically involves either trying to make life better for people (or animals) who are less privileged than yourself or helping to sustain the environment. This often involves working with an NGO (non-governmental organisation) in which profit is not the main aim of the organisation. Some NGOs are 'non-profit' and reinvest all generated finance into their future projects. Charitable volunteering positions fit the typical images that are conjured up when one thinks of volunteering abroad and may include (but are not limited to) school and home building projects, medical aid programs, farming projects, animal rehabilitation and welfare schemes, environmental conservation programs, teaching placements, and caring for children without parents. If you want the 'feel good factor' and to make a difference to the world, this is the type of volunteer project that you should be looking for.

Non-charitable volunteering is a type of volunteering that has been around for a very long time, but only recently has it become easy to find positions in advance using the internet. This type of volunteering involves helping a business or private individual with their daily needs in exchange for food and accommodation. This could involve looking after children, working in a hostel, farming, doing admin work or.. pretty much anything that they want you to do to make their lives easier or make them money. Typically you only work a few hours a day with 1-2 vacation days a week because you are not being paid.

If you want to stay in a place for an extended period of time (maybe to learn the language) without spending money, volunteering is a wonderful option. Wherever you are going to volunteer, avoid project placement fees like the plague. The money goes to the wrong places and they are expensive. There are plenty of free / very low cost volunteering opportunities available all over the world. For extended volunteering advice and links to sites that provide free / low cost volunteering opportunities, please visit <http://www.greatbigscaryworld.com/travel-advice/volunteer-abroad/> where I talk about the issues in more detail.

Health. If you lose your health, you have nothing. This, above all things, is the most important part of life. I previously stated that we need air, air is life, and without it, we'd be dead. Without health, food, or water, we'd be dead. Medical treatment is incredibly expensive wherever you go in the world. For this reason I cannot support travelling without health (travel) insurance. If you only pay for one expense while travelling, this should be it, even if you only get the most basic policy that covers nothing more than medical fees. If you get sick and

get hit with large medical bills, you will either not receive treatment or you will be facing legal action.

Before visiting certain areas of the world, you should also get vaccinations. Check on the internet and with doctors to find out what you will need, dependent upon where you are going next.

I have suffered stitches in my head and a broken back that set me back nothing more than a few pounds due to having basic travel insurance. If I had had to pay the medical bills, I would not be free like I am now. Rather than lamenting the point extensively, I advise that you visit <http://www.greatbigscaryworld.com/travel-advice/travel-insurance/> for travel insurance advice and a deeper explanation. Of course, you can travel without it. Just don't hurt yourself.

That is the basics of surviving in the world for very little to no money. Of course, we aim not to merely exist, but to live a more fulfilled and better quality of life. What we need for this is not so clear cut. I claim that we can divide the needs into 5 groups. To see remarkable things, to spend time with beautiful people, to experience the world, to get from one place to another, and to not end up in prison. The majority of these privileges are free. They are extensively detailed on <http://www.greatbigscaryworld.com/travel-advice/travel-without-money/> and outlined loosely below.

To See Remarkable Things. A starry skied mountain top, a waterfall in a forest, or sunset on a beach. These things are beautiful to most people and you can experience them for free. With a little bit of effort, you can find some wonderful places. No doubt that wherever you find yourself in the world, many of these things require nothing more than simply taking a little bit time to go and see them. It is far too easy to sit inside and do nothing. However, beauty is in the eye of the perceiver. You do not need to spend every day in the mountains or on beaches to find beauty. You can find it everywhere. Testament to that, I myself have made photo albums of things that I found on the floor and post boxes that look like faces amongst many other things. You may not find them to be to your taste, but I liked the subjects that I was photographing at the time and to me, they were special. Keep your eyes open and find beauty in the world. In people, places, and things.

To Meet Beautiful People. People are everywhere and when you give them time, they can be wonderful. The term beautiful people does not refer to physical beauty. It simply refers to the whole of people in general. I'm referring to that little moment where you make a connection with a stranger because you are open to the world. This connection might be nothing more than a word or a nod; it might be less. If you want to spend more time with strangers, start with saying hello and offering a smile. If you are friendly, most people will be friendly

back. Meeting people that you might never see again is quite a liberating experience because you are able to be who you want to be and free to speak as openly and honestly as you wish without fear of judgement.

To Experience the World. Wherever you go, say yes and try everything. You cannot know if you like something until you have tried it. You do not have to do what every single tourist does when you visit a famous place. During my single trip to Paris, I visited a special bookshop, climbed atop a museum, and camped under the Eiffel Tower. That was all. My brother was led into the catacombs via a manhole at night. None of these experiences cost a penny and they are different from what most people do. Throw away your guide books and let both your instincts and the people around you guide you.

To Get From One Place to Another. Get over your fears and try hitchhiking. Hitchhiking is one of the best ways to travel for free and you meet some fascinating people. The two different approaches to hitchhiking are to stand with a sign or a gesture, or to approach people and ask for lifts. Both of these techniques work well for different people and with a little forethought, you may even be able to prearrange lifts using the internet. You can hitchhike oceans to travel the world and you are limited only by trust. Your trust in people and their trust in you. Get extensive hitchhiking advice at <http://www.greatbigscaryworld.com/travel-advice/how-to-hitchhike/>.

To Not End Up in Prison. This may be your only compulsory expense. To legally enter a country, you must acquire a visa. With a little bit of forethought, you can visit countries with cheap or free visa entry. However, if you do not want your route limited by the cost of visas, you simply have to pay. The only way to get a visa without paying is to find a job in advance and have your employer secure a visa for you. However, this involves a lot of work and thus, it is not actually free. The alternative is to enter without the proper documentation. I feel that it might be unwise for me to publicly advocate illegal behaviour, thus I am simply pointing out that this is an option that some people choose to take. If you choose to do so, I didn't tell you that it was OK.

These 5 things offer a sense of happiness and fulfilment. However, every once in a while, luxuries don't hurt. These are the things that are far surplus to our basic needs for survival or enjoyment. But they make us feel good. We're only human after all.

Toilets. Toilets fall into the luxuries section because it is quite possible to go to the toilet without going to an actual toilet. If you are in

rural areas, get over your shyness and go outdoors. In cities, look for cafes and fast food outlets. Walk in like you are buying something and go to the toilet. If there is a lock, you can wait for someone else to use the bathroom and catch it before it closes. In some restaurants, you will need to look at an old receipt on a table because they often print toilet codes on these. Ideally, just go up to a member of staff and ask for access to the bathroom. It is rare that someone would normally be so petty as to deny you access to the toilet, even if their boss instructs them to do so.

Washing. Cleaning both your clothes and body can be done in one of two ways. First of all, you can wash naturally in rivers or lakes. I have done this for several days before when hitchhiking and free camping and it actually feels great. Alternatively, find yourself free accommodation and use the facilities while you have the opportunity. If you ever end up in a truck stop or large service area, you may also be able to find free showering facilities.

Electrical charging. You can find empty sockets in shopping malls or at people's houses that you meet along the way. When charging in shopping malls, try not to look suspicious. Simply walk up to a socket, plug your device in and sit down with your bag like you belong there. This works better if you can find sockets in the public areas as opposed to in shops.

Internet. Free wi-fi is available all over the world if you have an internet capable device. You simply have to look for it. A great option is picking up the wi-fi from outside cafes. They normally require a password for access, but most paying customers don't actually mind helping out a traveller by telling them the password for free. Ask nicely or look at old receipts where you might find the code printed. Alternatively, many libraries and tourist information centres around the world provide a free period of internet. It's normally around half an hour which is more than enough to send an email to your family and ensure that your online banking is useless due to lack of funds. Once again, if you are staying with people as you travel, use the internet at their homes while you can.

Alcohol. You may just have to overcome this fetish. When hitchhiking with truckers, I get offered beer fairly regularly. Vodka and whiskey less so, but it happens. I politely accept. Once again, accept generosity but don't expect it or go looking for it.

Cigarettes. When spending extended periods of time around people that smoke, they may offer you cigarettes. I found this happened an awful lot while hitchhiking. Once again, accept don't expect. Better still, save your lungs.

Travel free, be free, live free, live life, love life.

I spoke to a couple of people who have had great adventures on little-to-no money and asked them to share the realities of frugal travel.

A Giant Adventure on a Lightweight Budget

After finishing university, Alastair Humphreys embarked on a journey to cycle around the world with only £7,000. It took him over four years during which time he rode the full length of five continents, totalling 46,000 miles. Here are some questions I posed to him to get an insight into how and why he undertook this journey.

Why did you decide to embark upon this journey?

“I wanted adventure and a challenge. I wanted to see the world. And I wanted to try to become a writer.”

Why did you do it for £7,000 and did this make it difficult?

“Because this was all the money I had in the world! It made it hugely stressful and much more difficult, but ultimately more satisfying too.”

In hindsight, what have you gained most from this journey and do you have any regrets?

“I gained a lot of self-confidence and perspective about myself, my country, and the world. I regret rushing parts and wish I had taken more photos.”

When you set off, did you truly believe that you would succeed?

“No! Not for about two years did I actually think I would stick it out.”

What do you do with yourself now?

“I earn a living as a full-time adventurer, lecturing, writing, and blogging about my experiences.”

Any advice to others who are scared about the expense of adventures?

“I walked across India for £500. Including the flight. Don’t let money act as an excuse not to go.”

Anything else that you think is important and that people should know.

"I love microadventures as much as my big trips. Adventure is not just for 'professionals' or tough guys. It's for anyone - just go do it!"

Read more about Alastair Humphreys' adventures at: www.AlastairHumphreys.com . Alastair also recommended visiting <http://www.alastairhumphreys.com/1000-adventure-2/> if you are using money as an excuse to not have an adventure. He is the creator of the concept of microadventures which has led to him being named one of National Geographic's Adventurers of the Year, 2012. If you ever doubted the possibility of having your own adventure, visit his page today and read about microadventures. You can also follow him on Twitter at twitter.com/Al_Humphreys .

If any blog can help to inspire you and show that anything is possible, this might just be it. I check it more than any other blog on the web and have also read books that Alastair has published. I recommend them without reservation.

A Moneyless Adventure

Aged 20 and armed with a clarinet, a sleeping bag, a ticket for the boat to France, and a couple of loaves of date bread, Tom Thumb set off on a journey from England to India. He didn't have a penny in the world. I asked him to share some of his motivations for the journey.

What was the purpose of this adventure?

"For me it was a rite of passage, a way of meeting the world on my own terms and learning how resourceful I could be."

Why did you travel without money?

"I didn't have any money and still wanted to travel. I thought it would be interesting to travel in a way that would bring me into contact with the people where I would be going, instead of living behind the filter of buses, hotels and restaurants."

Are you thankful for the experience and how has it benefitted you?

"I learned about the extraordinary kindness of people across the world and also learned a lot about humility and independence."

Was it a difficult journey and do you have any regrets?

“Sometimes I was ill or a little hungry but essentially I was very fortunate. I wouldn't repeat the experience as now I'm in a position and age to be financially self-supporting, but at the time all the hardships were worth it.”

What do you do with yourself now?

“I continue to write books and organise events for travellers including an annual winter retreat in the Sahara Desert in Morocco.”

Any advice that you would offer to others who are scared about the expensive cost of travelling?

“Money shouldn't be a block to travel. You can make money on the road and live on very little when you put your mind to it.”

Anything else that you think is important and that people should know?

“It's important to always be courteous, humble and maintain a good sense of humour abroad. As a guest in other countries, it's important to be as respectful as possible and that begins by putting yourself in their shoes.”

Read more about Tom's travels, stories, and the Sahara desert retreat at: www.tomthumb.org.

Be an Avant-Gardian

Most of all, do things in your own way. There are no rules. If you look, you will find stories of people who will inspire you with their own mad adventures. Stories such as guy who plays music with his street cat, the guy who went on a \$2 road trip with his piano and came back with \$2,000, the guy who skateboarded from Europe to Japan, and the guy who hitchhiked around Ireland with a fridge are testament to this. Although these four stories are guys, there are plenty of incredible girls out there with equally amazing stories. These four are only a few stories of people who inspired me by doing things in a way that had not been done before. These stories show that you can start your journey in any way that you want to start it.

You are limited only by your own imagination. Think big.

When Should You Jump?

All you need do now, is take action.

The last thing to say is don't plan too much because it wastes time. Half the adventure is making it up as you muddle along.

If you're travelling without money, go today. If you're doing seasonal work, find a job and go. Or go and find a job. Either way, you'll work it out.

If you're building an online business, start building it today. If you're being an avant-gardian, go the full way. Go crazy. Then tell me about it.

That's it, that's all. It's almost time to say goodbye. I have a final few words to share with you before I go.

Closing

- The End of the Beginning -

“Hold tight. You’re in for quite a ride.”

“Jump. Never look down.”

Remember

Possibilities are infinite, the path is unmarked, and you unmake the rules.

If you dare to dream, dare to realise that dream and make it a reality. You are limited only by your own inhibitions and you can go as far as you are willing to push yourself to go. Do not settle for a life that makes only ripples, a life where your dreams come only at night and your achievements are so medial that nobody will even care that you ever achieved them.

Aim high. Ask for more. Jump.

And never look down. Only by taking the risk of falling, can we truly reach for something worth achieving. You may fall and you may have to pick yourself up again. One day you will make it. One day you will look at yourself and you will say, "I am trying the best that I can." What more is there in life to ask of an individual, than trying the best that they can?

In many years time, you may look back at your old life and wonder how you put up with it for so long.

Then you will stop. Instead of holding regrets, you will smile at all you have done and the wonderful life you are leading. You will know that the past does not matter anymore. Life is wonderful and you are free.

Not by age, but by mindset, you are a leader of the next generation.

You, are an avant-gardian.

This idea, is only just beginning. It is at the start of it's life and soon it will grow. I hope that as I continue this adventure through life, you will choose to join me.

See you on the road my friend.

Farewell for now, Jamie

Support

Thank-you for taking the time to read The Avant-Garde Life. I hope that it has given you some inspiration to take your life in a new direction that leads towards happiness and fulfilment. If you found this useful, I would appreciate it if you could take a couple of minutes to do the following.

Share

Use email, Facebook, Twitter and whatever other social media you use to share these ideas with the world. If you go to www.GreatBigScaryWorld.com/ag you will find one click share buttons that only take a second to use.

Comment

Go to www.GreatBigScaryWorld.com/ag and tell me what you thought of this. What did you like? What didn't you like? What else would you like to see next time?

Visit my Website

For more adventures and inspirational words, please visit GreatBigScaryWorld.com .

Subscribe for Free Updates

For more inspiration and future releases, please subscribe to my newsletter and social media updates. I promise not to spam you because I wouldn't even know how to.

Subscribe to the monthly newsletter at: www.GreatBigScaryWorld.com/subscribe

Like Great Big Scary World on Facebook: www.facebook.com/greatbigscaryworld

Follow me on Twitter: twitter.com/jamierbw

Subscribe via RSS Reader: <http://feeds.feedburner.com/GreatBigScaryWorld>

Keep Me Updated

If this has an effect on you, please feel free to send me a message and tell me so. If you make some changes to your life, I'd love to hear about them. You can send feedback via the website listed above, by posting a comment on the download page, or through my personal email: jamierbw@gmail.com .

What is This Worth to You?

This resource is provided to you for free and you do not have to pay anything for it. However, if you wish to support future projects, I invite you to pay for it on a 'what it's worth, what you've got' basis. In other words, you name your price. If you don't think it's worth anything at all or you can't afford it, it's just as free as it was before. You can send it back and I promise to give you a full refund of absolutely nothing. This will not affect your statutory rights.

To support future projects and show your appreciation, please name your price by following the link below. All payments are run through Paypal, the same secure system that is used by eBay and other internet retailers across the world. You do not need a PayPal account to do this and there is no minimum contribution.

Donations to this project can be made at:

www.greatbigscaryworld.com/ag

Resources

Travel Insurance

<http://www.greatbigscaryworld.com/travel-advice/travel-insurance/>

Starting Your Own Website

<http://www.greatbigscaryworld.com/step-by-step-instructions-how-to-create-your-own-website-or-blog/>

Volunteering Abroad

<http://www.greatbigscaryworld.com/travel-advice/volunteer-abroad/>

Travel Without Money

<http://www.greatbigscaryworld.com/travel-advice/travel-without-money/>

What to Pack

<http://www.greatbigscaryworld.com/travel-advice/what-to-pack/>

Free Accommodation

<http://www.greatbigscaryworld.com/free-accomodation-around-the-world/>

Free-Camping

<http://www.greatbigscaryworld.com/a-guide-to-free-camping/>

How to Hitchhike

<http://www.greatbigscaryworld.com/travel-advice/how-to-hitchhike/>

Teach English Abroad

<http://www.greatbigscaryworld.com/travel-advice/teach-english-abroad/>

Working a Ski Season

<http://www.greatbigscaryworld.com/work-a-ski-season/>

Gabi's Wonderful Article About Family Travel

<http://www.greatbigscaryworld.com/why-dont-you-get-a-real-job-and-stop-abusing-those-kids/>

Disclaimer

Neither the content author nor greatbigscaryworld.com take any responsibility for any actions or outcomes that may result due to following advice from this booklet. It is provided purely as a motivational kick-up-the-bum and readers may choose to do what they like with the information.

The views and opinions expressed in these pages are solely my own. The individuals featured in this report consented to answering questions and being featured in the content without endorsing any of the material. If you don't agree with it, your qualms are with me, not them.

However great or terrible your life works out to be, you are responsible for yourself. I hope that you have a wonderful life. Most importantly, I hope that when you look back in the future, you will know, with all of your heart, that you tried.

Never ever stop trying. Never lose hope.

The End

- Or is it just the Beginning? -