

# Travel for Self Exploration

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## Abstract

*Travelling is an amazing hobby and it has numerous benefits. People choose travelling not only to explore a particular place but also to rejuvenate themselves and to gain knowledge about the world. Each traveller will have certain unique goals and objectives behind traveling. For example some people go to cities and others choose hill stations. Here the personality of the traveller plays an important role. Based on their interest they decide or choose places. Every journey is an experience and it gives everlasting memories to the travellers and instills more positive vibes in their lives. This paper titled as "Travel for Self Exploration" deals with the advantages of travelling in life.*

**Keywords:** *Travel, happiness, food culture, nature, hill stations, de-stress*

## Creates Positive Vibes

Life is a mixture of feelings and sometimes busy life and routine schedules make life dull. That is why families opt to go out for weekend and vacation trips. The small trips help travellers to gain more energy and de-stress themselves. Irrespective of age everyone wishes to travel around the world to be more active and dynamic in life. Certain people may choose travelling only at a particular point of life to get rid of the worries and to refresh them. Books, Films and pictures create in people an interest for travelling. The film 'Charlie' is one of the best examples for that. The hero of the movie is a traveller who inspires the audience to explore the beauty of travelling. Creating positive vibes is the biggest advantage of every travelling. Travelling itself is a journey to positivity. People who feel stressed, bored and dull can travel for some days. It gives them opportunity to make an introspection and explore themselves in a fine atmosphere. A silent meditation on a hill station can bring good and desirable changes in an individual. So everyone should choose a short trip, a small vacation to change the mood.

## Brings Closer to Nature

Travelling truly brings individuals closer to nature. When someone goes to a hill station he or she gets a beautiful experience of the real nature and mingles with the nature. The real learning takes place in that atmosphere. Taking a walk in a beautiful village is an awesome experience and a visual treat to everyone. The choice of right destination and proper planning add more enthusiasm to journey. Visiting places like Ooty, Munnar and Wayanad gives a nice experience to the people who love to be with the nature. Some people choose big cities like Mumbai, Bangalore and Cochin where they get the vibes of a busy crowd and they enjoy the night life of the town. So the destination and purpose determine the success of every trip.

## A Way to Explore Food Culture

Exploring different food cultures is an important objective of many travellers. Certain places are famous for their cuisines. So taking a trip to enjoy them is another big goal of travelling. Kozhikode is famous for non-vegetarian food and halwa and Ooty is famous for Ooty Varkey and Homemade chocolates. So having the popular dishes of a place is a part of travelling. In fact there are travellers who

travel only to try such varieties. Food is closely associated with the culture of a society and without trying the food of a particular place travelling is going to be incomplete. Now a days many writings are coming which talk about various cuisines and their history.

### **Provides Real-life Education**

Real learning takes place in travelling. Reading and understanding about a place through books can of course give an outlook of the place. But visiting that place leads to a broader and deeper knowledge. Direct experience always give a better understanding about the world. Visiting Mysore palace gives a better understanding about the history of Mysore. Likewise each destination is a treasure of learning experiences and it should be properly used.

### **Develops Creativity and Communication Skills**

Travelling is a wonderful experience that generates and fosters the creativity of mind. Travelling to new destinations and seeing new things make people creative. The ability to communicate with others is an important skill one must have in life. Travelling develops communication skills. For example an international traveller who wishes to explore many countries should have good communication skills. He gets a lot of chances to socialize with people and encounter with new cultures. This can help him develop his communication skills. Finally every trip is an occasion for

understanding oneself rightly to strengthen the progressive journey of life.

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