

[00:00:00.240] - Tracy Collins

Hi and welcome to the Global Travel Planning Podcast. I'm your host, Tracy Collins, who, with my expert guests, takes you on a journey to destinations around the globe providing itinerary ideas, practical tips, and more to help you plan your next travel adventure.

[00:00:21.940] - Tracy Collins

Hi and welcome to Episode number one of the Global Travel Planning Podcast. In this very first episode, I wanted to take the opportunity to consider some of the ways we can all travel better and more thoughtfully. So who better to chat to than the wonderful Amanda Kendle, the creator and voice behind the Thoughtful Travel Podcast and Travel blog, [notaballerina.ctravellersom](http://notaballerina.ctravellersom), about her thoughtful travel framework and what we can all do to become better travelers by adopting a more mindful, thoughtful approach.

[00:00:51.780] - Tracy Collins

Amanda, obviously you are the first person I think about is when I want to know more about how myself I can become a more thoughtful and mindful traveler. The person to talk to has got to be you.

[00:01:05.000] - Amanda Kendle

Thank you. I do like to rave on about thoughtful travel, so I'm glad that you recognise this.

[00:01:11.590] - Amanda Kendle

I do. I'm particularly keen in thought because I have throughout my life I've traveled in a way, I guess, which is reflective and thoughtful, and I've traveled quite slowly. I think since actually COVID, I think there is certainly a move towards more deeper connections when you travel. But I'm also mindful that there is this bucket list travel thing that goes on as well as how many of these places can tick off and I don't want to be like that. So I know you have a thoughtful travel framework, which I'm fascinated about. And so it would be great for you to have a chat with me about those and share all those ideas that you have.

[00:01:57.380] - Tracy Collins

Excellent. Yes. I think you're right that post-COVID there's a chunk of travellers who are definitely more thoughtful and mindful. I think it has gone two ways because there's also the other half that have gone more bucket listy and revenge travel and let's get everything done in case we can't travel sometimes, because I think before that we never thought that travel could stop. I think it goes both ways, but there's definitely more audience for being thoughtful and mindful and doing travel better and right. You mentioned my framework, so let me give you the quickest overview and then we can dive deeper. Otherwise, I'll just give you the non-stop lecture and that's a bit boring. The framework is basically that I think to be a thoughtful traveller, you need to be more thoughtful at the three key stages. So the before your trip, the during your trip, and the after your trip. I think, generally speaking, people are better at being more thoughtful before the trip, but they don't always think so much about the during and after. So that's my broad framework. We can dive into that more deeply, I think.

[00:03:07.110] - Tracy Collins

Yeah, absolutely. Because as I said before, I've got a whole lot of ideas and things that I've done in my life. But what I've never thought about doing it. Have you trademarked this Amanda? I know. I was like this just totally makes sense because I had a whole lot of random thoughts about I do this, I do that. I read about places and I've got a lot of articles on my website about best books to read before you visit certain countries and what to watch on TV before you visit certain countries, because that's a great way to prepare yourself. But I think going through each of those different stages is brilliant. I don't know if you want to start with, obviously, the before.

[00:03:47.570] - Amanda Kendle

Yes, I think it's probably the only logical way. I think you are already a really thoughtful traveller. This is just going to throw a framework on top of your ideas and maybe give you some new ones as well. But definitely the before part. What you said about books to read, TV to watch, all of that, that's one of my key things. Not like reading a guidebook or watching a documentary, which is also fine, but watching a TV series that's set in that city or that country or reading novels, or just finding different ways to

immerse yourself in that culture before you arrive, A, because it's fun, because I love to read, especially; and B, because you get a different feel for a place by reading a novel that's set there, compared to reading a guidebook about the culture or customs or something. You actually have this feeling, I think, for a place that you get from that input, which is different to anything else. So, for example, I'm going back to Japan shortly, and I have... Although I often do this anyway, but I've been really reading lots of novels set in Japan because it's quite a unique place, the culture is quite different, and you get so much out of just a novel that is set in Japan.

[00:05:01.630] - Amanda Kendle

You have all these little ideas and things to look out for and things that you're curious about and dive deeper into. I love that you have all of these lists and ideas and stuff on your website already. It's perfect.

[00:05:13.850] - Tracy Collins

I think I need the best books to read before I go to Japan post, though, because I think I've got about another six weeks before I go, so I can definitely fit some reading in before then.

[00:05:24.680] - Amanda Kendle

You better hit me up for some tips because I have got a lot. I will send you a few of my favourites. Some of them are nice and short, too. So if you haven't got too long, that's the ideal time. So there's that. And, of course, also, I think it probably goes without saying to an audience like yours, do do that other research about the culture, how to fit in, how to do what customs you should be aware of so that you don't do something that's culturally offensive or embarrassing. Those things are important. A bit of the language, at least the polite phrases, at least, Hello, goodbye, thank you, please. Just so you can have that opening phrases and being polite does make a huge difference. I think as English speakers, it's hard for us to imagine the difference it makes.

[00:06:14.510] - Tracy Collins

I think it's really important. That's a really good point. The first place I actually moved to independently was to France, and that was to learn French. I lived in France for about a year and a half, which was perfect. I completely amazed myself in the French culture. I was actually fluent, totally fluent within six months because I worked for a French family. The children didn't speak English, so I had to. That's so cool. It was brilliant. I think that set me up for the rest of the way I wanted to travel and live with people in the country, because then that's the best way when you actually living in a family environment and taking the kids to school and making the meals and go to the supermarket and doing that thing, then you really learn about the culture.

[00:06:57.480] - Amanda Kendle

Hundred %. And the language that's so impressive. So I think that getting close to the people somehow is such a fabulous way. The other parts about the before thoughtfulness, I suppose, are for me, travel gives us so much personal development. You referred to some of that already in that France example, but often it's things you don't know or you don't realise until later, you become more confident or you solve a problem. Often when you're traveling, you get that idea that solves like, Oh, shouldn't I leave this job? Or, Am I ready to make some other big change in life? I find often when you're travelling, perhaps it's that you've got a bit of extra mind space and a bit more inspiration and those decisions come easier. I know it sounds a bit weird, but I often plan to solve a problem or ponder a problem while I'm traveling, so set some personal goals. It might be something simpler than that, or just to, Oh, I want to increase my confidence, or get out of my comfort zone, or take some more risks, that thing. The other thing I think that being thoughtful before a trip is about is I don't like to plan in a detailed way.

[00:08:08.820] - Amanda Kendle

I don't like to have a really planned itinerary, but I do like to just do enough research that I'm aware of ways I can do good or do better when I'm travelling. For example, I've just come back from Thailand and that was a media trip, so the itinerary was pretty much planned out for me. But even before I said yes to the trip, I did a bit of research just on the places that we would go. Are they ethical? Is there any dodgy wildlife tourism involved, for example? Will we be contributing to the local community or are we

going to be staying only or visiting only places where they're foreign owned and all the money will be drained straight out of Thailand somewhere else? Those kinds of things. Because sometimes you do have a fair bit of vote with your dollars say there.

[00:08:57.080] - Tracy Collins

Yeah, absolutely. I must admit that's something that I do again, encourage I guess on my UK travel planning podcast and website and the way that I run that is very much encouraging people to stay in B&Bs and guest houses. It's the best way. If you want to go and have a great Scottish breakfast, you need to have somebody from Scotland cook that for you. Exactly. You're going to get them to B&B.

[00:09:24.190] - Amanda Kendle

Yeah. For sure.

[00:09:25.700] - Tracy Collins

And they're going to know the local area. It's just a much... For me, it's much better experience to be able to do that. Obviously, going to Japan, that was where I was looking at. Now, probably don't know how to pronounce this correctly, but is it Ryokan?

[00:09:41.300] - Amanda Kendle

Pretty close. Yeah, Ryokan.

[00:09:43.130] - Tracy Collins

I've managed to book one. Again, that thinking, Okay, that's a good move. That's a good way to get out of the larger hotel chains and actually meet some Japanese people.

[00:09:57.070] - Amanda Kendle

Yeah, exactly. Because you have amazing conversations. I remember when we were traveling in Denmark a couple of years ago and out in rural Denmark, we stayed in the basement of a Danish couple. I was really obsessed with the Danish education system because I'd been watching a TV series on Netflix called Rita, which I highly recommend. I had learnt through that that the Danish education system was so different from ours and they would have like a teacher for nine years, the same teacher. It was very connected. Then, of course, we stayed in this house and they were both teachers. I was like, Oh, hit the jackpot. I asked them a million questions. My son had started to roll his eyes every time we bumped into them because he knew that it would be a long conversation. But it was really fascinating. I came home with all these ideas. I love that thing. You probably weren't going to get that if I stayed at The Hide or something.

[00:10:52.610] - Tracy Collins

No, absolutely not. Definitely not. Obviously, I try to learn languages these days, but I have to say mine is a bit of a sift. So I've got to the point where I actually will start to write them down and practise as much as I can beforehand. But I think that's a great way to be able to just saying that hello. I actually did a tour. I was back over in Europe in June and I did a tour and we're on the tour bus. I just went over to Paris for a day trip to try it out so I could talk to my audience about what was it like and what was really good. What I really liked about the tour guide is that on the coach when we're traveling around, he was like, Okay, let's learn how to say hello, how to say thank you in French, which is great, which is really good because most of the people on that coach couldn't speak any French at all. At least they had someone who said, Go in and say bonjour, smile, because that will get you a long way. It was great. It's very interesting.

[00:11:45.920] - Amanda Kendle

That's perfect. I think all guides should be doing that. Absolutely. I've often thought there needs to be more language education amongst tour guides, so that's such a good idea. It is hard. I find the same. Before, I had it was really short notice to go to Thailand on this trip, and I thought, Oh, this is the time I should learn more than hello and thank you, which is all I'd learned on previous Thai trips, I confess. I downloaded a couple of apps, but Thai is not on Duolingo, which is my language learning app of choice. That was a bit tricky. Then the apps were like, there was all these Thai writing. I was like, Oh, it's so hard. I didn't end up doing very well with it, but I have promised myself that I would do better

next time.

[00:12:27.270] - Tracy Collins

Well, let's say you've got the target for the next trip to Thailand. Ok, next time I'm going to learn a little bit more. Exactly. My husband did a trip to... He went to Wales in June, and he learned a whole lot of Welsh. Yeah, he came out, which was great. That went out really well.

[00:12:43.210] - Amanda Kendle

I can imagine, yeah. Because somewhere like that, no one probably expects you to bother because they'll also definitely speak English. That's really lovely. I love it. I have been busy practising my Japanese. Obviously, I lived there for a couple of years, so I have a reasonable knowledge of Japanese, but it's a bit rusty, so I have been busily practising ahead of my next trip there, but we'll see how that pans out.

[00:13:08.730] - Amanda Kendle

During your trip, what would be... Because I've done the things before, so I do a lot of those things. It's really good. I'm sure those are the listeners we think, Yes, I do those. That's really good. What about when you're actually there, when you're on your trip?

[00:13:22.330] - Amanda Kendle

There's a few things. A lot of it's about talking to people, being curious, asking questions, and then also internal reflection and stuff like that. Then plus the thing that probably everyone already tries to do or at least is aware of is also while you're there being ethical and sustainable and trying to minimise your impact, take reusable water bottles or water filters, limit your plastic use, all of that stuff, because traditionally it was harder to do that when we traveled than when you're at home, especially if you're in a country where shouldn't be drinking the tap water, then it's been so easy to buy bottled water and all of that stuff. I think a lot of people are aware of that. Sometimes it takes a bit more effort, but that's one thing. Then in terms of the being curious and talking to people thing, obviously, the before has helped this if you've planned in such a way that you're more likely to have more contact with local people. But also just taking advantage of moments where you realise, Oh, we could have a chat here. I have a strong memory of being in a funny little cafe, also in Denmark, actually.

[00:14:37.840] - Amanda Kendle

My son was eight or nine, and he was busy with... They had computer games set up in this cafe. He was busy and didn't want to leave. I'm like, Okay. I was just looking around and it wasn't very busy. The waitress came up to me to take my coffee cup away or something. We just started chatting. We had this, I don't know how long, 15, 20 minutes, fabulous conversation about Danish politics because I'd been... They must have had an election at the time. There was posters everywhere. I don't know how we even got onto the topic, but I was aware that I wanted to ask someone about this. She was really keen to have a chat. So just seizing on those moments when you can, I think, is something that I'm really aware of. Sometimes I'm not that I love people and talking to people, but I am a bit shy to talk to a brand new person. But when I'm traveling, I think, Well, otherwise I'm not going to find out. So let's have a go.

[00:15:35.020] - Tracy Collins

That's true. It's like that curiosity, isn't it? I also love people, and I think that's an element of people who love travel, to be honest, is that we love people. Because, yeah, I enjoy going and looking at the places and the destinations, but for me, it's about the people who live there and the stories. I love stories. I want to know people's stories that tell me about your life. Just tell me about how do you live and where do you live and how many kids have you gone? Do they go to school and where do they go to school and what do you do? Just basic things like, where do you go to shop? What do you do at night? Just those basic, like how do you live your life? What is the same about your life and what is different about your life? Yeah, absolutely. That is the joy of travel, isn't it? It's been able to do that. Absolutely. People are so curious as well. They want to know about you as well. They want to know where you from, why are you visiting? What do you come to see? It's great and those connections have been very privileged.

[00:16:36.130] - Tracy Collins

I know you've lived in a few places as well, Amanda, is that I've been so privileged. I have got friends all over the world and I love that. I just love that I have got. I could go into so many countries and stay with my friends for periods of time. I went to actually Denmark again. It's really interesting. I'm very friendly of Denmark. Last time I was there, we went and I'd met her mom initially in the late 80s, early 90s. We went and she cooked a traditional Danish meal. My husband came along as well and it was wonderful. We just had such a wonderful evening. My friend came with her two children, her mom, and we sat and just had a really lovely evening experience in what it was like in Denmark for a Danish family.

[00:17:25.060] - Amanda Kendle

Yeah, those things are just like the perfect travel moments, aren't they? I think-Yeah. I'm always very grateful when I ponder those kinds of experiences I've had. In fact, next year we're actually planning a UK trip because I have to pick your brains. But we have a very dear friend who we met in Cambodia. He was, in fact, our tour guide on a small group tour we were on. He's in the middle age between myself and my son. I'm never sure if he's friends more with my son or with me. We fight over it. But he's getting married to his British boyfriend next year, and we're invited, and we're so thrilled to be going over and those moments. We've traveled with him only in Asia so far. We'll meet up in various parts of Asia and have just those fabulous experiences. Now we get to go to the UK for his wedding. Those kinds of things are just I find them super special.

[00:18:25.520] - Tracy Collins

It is so special. I'll give one little more story I guess about. In the 90s, I worked in Botswana. I taught. I ran a nursery school in the morning and then the afternoon I taught English, and I taught English to two South Korean little girls who'd moved over with their family from South Korea. The dad ran the garage in Gaborone, the capital of Botswana. There were, I think, four and five at the time. I taught them English so they could get into the school system because they spoke no English whatsoever. Last September, so we've kept in touch this entire time since I think it was probably '94, something like that, when I first met them. I actually went to the youngest daughter's wedding in Sydney in September.

[00:19:13.270] - Amanda Kendle

No way. Yeah, that's so beautiful.

[00:19:16.540] - Tracy Collins

How special is that?

[00:19:18.130] - Amanda Kendle

Yeah, exactly. I don't know. There's just something so extra special about those friends because you have these really different memories. It's not just we went to school together and then we did the normal growing up thing or we worked together. You have these memories that are based in really interesting locations and cultures. I think you learn so much from friends like that that you otherwise don't really have access to. Do, I think.

[00:19:46.240] - Tracy Collins

No, that's a privilege of travel, isn't it? That we have the ability to do that.

[00:19:51.560] - Amanda Kendle

Yeah, absolutely. Such a privilege. Okay, well, let me segue back into the during, being thoughtful during, because it's connected to the thinking about what we've got out of it and thinking about what we're learning as we go. Sometimes we do this, but I always just try and make the time to think about it. I like to keep a travel journal, or sometimes I am too busy to really properly keep a journal. And then I just do some notes, dot point notes in my phone or somewhere, anything at all. I think sometimes they're trying to push yourself to always keep a real travel journal can be a disaster because you fail after the first two or nights and you're busy or whatever. So even if it's just dot points in your phone. But I like to think about what's different and what's the same, which you mentioned, and how you're

adjusting to the different stuff. You always think like when you land in a new culture, that first day or two, often you'll have some form of culture shock. And it's really interesting to note down what things are really unusual, like different smells or maybe the first night.

[00:20:55.960] - Tracy Collins

I remember actually when I moved back to Australia from Europe, I couldn't sleep the first several nights because, well, early in the morning, the birds would wake me up. The birds here sounded so ugly and annoying compared to the pretty birds I had been listening to in Germany. Then suddenly the Australian birds, and they were right outside my window and they were like, like awful sounds. They would be starting at 4:00 in the morning because it was summer. I was like, I can't sleep through this. It was just awful. But now, of course, I've been back here for, what, 13, 14 years and you don't notice them at all because you're used to it again. It's those differences that you only know at the beginning and even after a week somewhere, you've forgotten. If you don't make a note of them, you might just never remember. They're really interesting.

[00:21:45.780] - Tracy Collins

That's really cool. That is so cool. I noticed when I was back in the UK in April again that the birds there just sound so sweet. When you're in Australia you're just like, Yeah, exactly. Squork, squork, squork, which you just get used to it because that's what you wake up to. Then you have that difference and you're like, Oh, my goodness.

[00:22:05.140] - Amanda Kendle

I know. I feel like there's an industry in Australia for teaching the birds to sing.

[00:22:12.680] - Tracy Collins

That is so funny. I love the idea of writing those things down because I remember that from my trip because I was there in April and I was really conscious of it because like you say, you do notice that that's quite a big difference. But it's those things that you would forget over time that if you write them down that you can reflect on and.

[00:22:33.220] - Amanda Kendle

Think about. Absolutely, yeah, because you get used to things quickly. I remember the first time I was in Southeast Asia, I was in Vietnam. That first day I thought I am never, ever going to be out across the road when there's like 30 lanes of motorbikes going past you and there's a restaurant on the other side of the road. I remember standing there for ages thinking, I actually don't know how to get from here across the road. This traffic is not going to stop. There's so much of it. What do I do? Then within a few days, you get accustomed to just walking out and you know, they go around and it's all fine. But that first moment, I was actually pretty scared and thinking, Oh, my goodness, this is just hard. Then maybe a decade or more later, I did it for the first time with my son. He was two or three. We were in Penang. I remember that distinctly having that same feeling again, even though I'd got past it the first time. But this time, I had, yeah, he must have been about two. He could walk, but he was toddly and a bit...

[00:23:31.120] - Amanda Kendle

I don't want him to have to run across the road the way I might, so I wanted to carry him, but then that's a bit trickier. I went through that again, and then, of course, he quickly got used to it. Now he's taller than me, so it's easy. But those sorts of things are really fascinating to remember, I think. Making notes about those things or just even intentionally debriefing with your travel companion, whoever you're traveling with, having that chat at night. What did we think? What did we notice today? What was different? What was interesting? What were we curious about? I know with my son, we'll often end up going down lots of Google rabbit holes because we'll have, Oh, what was this all about? I remember we were in our Malaysian, Legoland. He used to love going to Legoland, and they have a water park there. There was a lot of Muslim kids there who were wearing bathing suits that covered head, full length arms and legs. He was, Oh, that's unusual. What's that all about? I explained what I understood. He goes, But the little kids don't have it. How old do you have to be before you dress like that?

[00:24:40.130] - Amanda Kendle

I was like, I really don't know. Also, I thought it was probably not the right thing to go and have a conversation with someone about who I'd never met and just stumbled across in the water park. Later that night, we were in the Google rabbit hole figuring out these things and just learning more about different people's ways of life. Google is pretty good like that. I always think at the end of a trip, I look back at my Google search history and it's so random, but so fascinating to me.

[00:25:07.840] - Tracy Collins

That's another thing. That's brilliant. That's it. Those questions come up that you would not have thought never in your life before have you thought this. But then you're presented with this situation, you go, Oh, I don't know about this. Let me find out. That's it. It's great because I traveled a lot with my daughter. I don't know you travel a lot with your son as well. My daughter as well, when she was up until 18, we used to go all over the world and she's traveled extensively herself, which I think makes her, she's 27 now, but she's very confident and talk to people. She's got all of those skills and very curious. She's actually just got a PhD. She's actually now help them.

[00:25:45.480] - Amanda Kendle

That's very curious.

[00:25:46.990] - Tracy Collins

Yes. So she's doing extremely well. But I still think a lot of that is about the fact that we were lucky enough. I was a single parent with her, but I was a teacher. I've managed, that was my priority with her. It was like, I have school holidays, we go and travel. We travel. That's what we did.

[00:26:05.080] - Amanda Kendle

Yeah. No, same to me, same thing, single parent. But I always said I'd rather have a small house and an old car and take my son wherever we could manage. Now, he's 13 and he's about to travel to the UK on his own for a soccer trip. He's only 13, which is young, but he's not at all concerned. Fortunately, I'm also not concerned because I know that he's... I mean, he's not going on his own. He's going with a soccer coach and a team, but he's not going with me. There's no parent involved or anything. But I know that from his experiences that he had, he's a very confident traveller. He knows what to do. If he got lost or something, he would be absolutely fine. Whereas I think if he hadn't had those experiences, he'd also be a completely different kid. His whole personality, I think, has been completely shaped by all the travels we've done, which I could talk about for hours, too. Another day. That's another.

[00:27:01.960] - Tracy Collins

Podcast.

[00:27:03.640] - Amanda Kendle

Amanda. I love talking about that because I'm really evangelistic about travel being good for kids.

[00:27:10.940] - Tracy Collins

Absolutely. Okay, are we done with during or

[00:27:14.510] - Amanda Kendle

One would be just to think about the ethics of the during. They're asking the questions, and some of it you can't do until you're there, checking where the money is going. You might not be able to know in advance sometimes until you're there. Just asking those gentle questions of making sure you're directing your dollars in the right way, or especially if you're going to come back and recommend places to other people, finding out how that goes. Similarly, with the spending money, buying stuff that the money is going back into the local communities, and perhaps buying some stuff to take home that also is a really nice memory, like some useful souvenir or something like I like bringing back stuff I'm going to eat or drink. I brought back lovely tea from Thailand, but also always bring back scarves from Thailand because I'm going to wear them repeatedly and they're going to remind me of my travels and those kinds of thoughtful bring home suppliers.

[00:28:11.680] - Tracy Collins

I also like pictures. If I can find any local artists, any pictures, that's something I particularly like. I must admit, I'm a bit of a fridge magnet person as well. The reason I'm going to say that in my defence is that often just can't bring anything bigger for weight allowance. So fridge magnet, at least I can fit that in my bag.

[00:28:35.740] - Tracy Collins

Yeah, totally.

[00:28:37.600] - Tracy Collins

But again, if I can get something that's been made locally, even a fridge magnet, fridge magnets can be obviously hard to make them. Absolutely.

[00:28:44.270] - Tracy Collins

If I can get.

[00:28:44.740] - Tracy Collins

Something like that then it's perfect. I think the ethical thing is really important. I know I was in Thailand in November last year and I did go to an elephant sanctuary and I did a lot of research beforehand and given sanctions before even committing to go to any of those places because you've got to be so careful.

[00:29:05.110] - Amanda Kendle

Yeah, absolutely. Yeah, those kinds of places, definitely you want to do that research first, for sure. But even simple things like when we were... I know I've mentioned that Denmark trip several times, but it was such a good trip. We wanted to hire bicycles when we were in Copenhagen because I thought that's a nice, sustainable way to get around. My son was, I know, nine or ten or whatever he was then. I thought he'd love riding everywhere. I thought, Okay, well, I'll just have a look around and see what's available. We found like a social enterprise bicycle hire business. The profits that they made were sent down to Mozambique along with some of the bicycles, and they would train. They sent people down to train local people in Mozambique as bicycle repair people so that then they could have their own business and have this ongoing livelihood and stuff. It was like this really lovely circle of good giving everywhere, and we're riding bikes instead of using a car or whatever. It was like such a win in all ways. I didn't even really know if I would find anything, but I was just having a look around and thinking, Okay, well, if I'm going to spend my bike hire dollars somewhere or Kroner or euro, what do they have there?

[00:30:15.500] - Amanda Kendle

I don't know. Is Denmark, euros or Kroner? I can't remember. Scandinavia confuses me. In any case, whatever money I spent in Denmark, it was doing good. It was like a nice local-owned business, but also this whole social enterprise that helped in Mozambique in a really sustainable, useful way. I would never have thought that that's what I was going to find, but I was open to it. Then I was like, Okay, that's the place. We're hiring there.

[00:30:42.180] - Tracy Collins

Perfect. Brilliant.

[00:30:43.990] - Amanda Kendle

After, right? Yeah. This is the problem about travel. Sometimes you have to go home, right? And you have this counterpart.

[00:30:52.560] - Tracy Collins

Yeah, that's always the down bit.

[00:30:56.200] - Amanda Kendle

I know. I don't like the going home bit. I'm never ready. But this thoughtful travel framework, I guess, tries to hold on to the travel part as long as you possibly can. I, again, do that whole being thoughtful



and mindful about how is home different when I get home? Trying to remember the contrast and stuff. Are there any new ideas or new habits I want to bring back? I'm very ritualistic with my tea drinking, and I usually drink only green tea, and that definitely comes from my time in Japan and those sorts of things, or it could be anything. It could be just something that you noticed someone do, especially if you're staying with someone else and they have interesting habits or rituals, bringing back those new things into your life. But I think also when you get home, you actually want to talk about your travels. No doubt you have, Tracy, had similar experiences to me where you know that some people actually don't really care at all. You might try and tell them stuff, but they're not interested. But I make sure I have been there, done that. I think it makes it easier these days with social media because you can put up a few pictures and stuff, and then whoever is interested will ask you more questions and I like being able to delve deeper with those people.

[00:32:17.550] - Amanda Kendle

But I do have a core group of friends who are definitely interested and will ask me lots of things, and I love having those conversations, some that I'll catch up with for a cup of... With the express purposes, they want to know about my trip. I love those diving deeper things. I also like to look at... These days, it's very easy. You can take 4,000 photos on your phone and then never look at them again. I always try and do either sometimes I'll print out a few pictures and put them in a collage photo frame on the wall. We've got a few of those in our living room from various trips, or sometimes I'll make a photo book. It's nice to have a physical thing to look back through and something that we'll often grab and have a random look at and reminisce about what we learned and what we saw. Those kinds of things. Sometimes I'll even type up my journal. Obviously, I'll do podcast episodes and stuff as well. I have that advantage of almost having to find ways to look back. But I think in the looking back, you can really think about how it went, what you might do differently, what you learned, what advice you would give someone else.

[00:33:32.640] - Amanda Kendle

You can be really thoughtful about it. The other part to that is I often find things I want to know more about that I didn't even know I was going to see or do particular things. Then you come back and you often don't have that much time on the trip. But once you come back, you can dive really deep and there might be books to read or lots of internet stuff to troll through or something to watch and having that deeper connection with a place. You can find the parts to it that are really inspiring to you. Like in Thailand, we were up in Shanghai and we went to the White Temple. Have you been to the White Temple? I haven't, no. It's a crazy place and little things for a start that I thought all temples were old, but this temple is new and it's created by an artist. It's more like La Sagrada Familia in Barcelona. It's this crazy, decadent, still being built. It's very similar, in fact, still being built may not be finished for decades structure. But with all this interesting history behind it and this particular artist, I became obsessed with learning more about him.

[00:34:34.490] - Amanda Kendle

I didn't even know. To me, I'd seen a picture, I thought, Oh, White Temple. Okay, nice. But now I'm like, Oh, there's so much of interest behind this temple. There are images of Superman or all kinds of modern pop culture painted inside this temple. We were like, Didn't know you could do that in a temple. It's fascinating. Those kinds of things as well, like the go deeper. Then the only other thing I do, so if we come back to the sustainability part, the other main thing I do after a trip is I tend to not do tick the boxes on carbon offsets when I'm travelling. I don't buy the airline carbon offsets. I don't trust that they go to the best place. But I tend to have lots of online calculators to calculate what your carbon footprint, what the emissions were for your travels as a whole. And then I tend to donate that to somewhere that often that I found somewhere along the way that I think... So it's not necessarily planting trees or 100% carbon related, but somewhere that I think I can do good, where that money will do good. I don't know if it's a weird way to do it, but I feel that it has this nice circular effect, and I'm giving back in a way that I think is probably more beneficial than just ticking a box.

[00:35:58.230] - Tracy Collins

I know. I think that's really interesting. Is a really interesting way to do it and a good way to do it, because I'm conscious about how much I'm flying at the minute. I seem to be on an aeroplane just about constantly. I'm a train traveler. If I can go on a train, I'll go on a train. That's by far 100% the way

that both myself and Doug would travel. But obviously it would take a bit longer to get to some of the places or it would be impossible.

[00:36:21.320] - Amanda Kendle

To get to the airport. It's impossible. This is a problem living in Australia. It's often impossible.

[00:36:25.380] - Tracy Collins

Exactly. It's flight after flight after flight after flight. I like that idea, like what you're doing, Amanda, I think that's given me a goal and something to think about as well that I can look at. Because as I say, I'm so conscious about the fact that we are living on a planet with tangible, huge effects on the climate. You know when you jump on airplane, you're going to be contributing to that. So it's conscious about how can I at least mitigate in some ways what I'm doing. So yeah, bit of a fine balance, but I think it's been conscious of it. I think being conscious is the first thing that you need to do. It is a privilege that we can jump on our planes and travel wherever we want most of the time. But I think the time has come where we need to be really conscious about what we can do to give back.

[00:37:15.440] - Amanda Kendle

Definitely. 100 % agree. Well said. We had a few segues because we've got lots of interesting things to talk about. But that is, broadly speaking, my framework for being a thoughtful traveller.

[00:37:28.080] - Amanda Kendle

Done. Perfect.

[00:37:30.170] - Tracy Collins

That is perfect because you are definitely... I'm hoping you will hopefully come back on the podcast again, because honestly, I love to talk to you, I love chatting to you, but I think this is perfect. This is enough. This episode is enough to give people plenty of things to think about, to reflect on, and things that they can do themselves to make travel for them a bit more. They're better at travelling and more thoughtful and mindful when they travel. You can just take one or two of these tips and implement them. It will make a difference. You don't have to do everything.

[00:37:58.790] - Amanda Kendle

I was just going to say exactly that. I think the most important thing is to be aware and be thinking of it. You don't have to do everything perfectly, and none of us travel perfectly all the time, but just being aware and putting some thought into it and what you might do differently, that's already a massive thing that a lot of people don't do. That's where we need to start.

[00:38:18.570] - Tracy Collins

Perfect. Well, thanks so much, Amanda, for coming on to the podcast. It's so brilliant to be able to talk to you today. As I say, you'll definitely be coming back on.

[00:38:26.980] - Amanda Kendle

Yes, I can't wait. Thanks so much for having me, Tracy.

[00:38:29.740] - Tracy Collins

Thanks, Amanda. Thanks once again to Amanda for coming on to the podcast and sharing some fantastic strategies and tips to become a more thoughtful and better traveller.

[00:38:40.380] - Tracy Collins

You'll find links to Amanda's podcast and website in the episode, Show Notes online. On my website, [Tracytravelsintime.Com/episodeone](http://Tracytravelsintime.Com/episodeone). Do join us for the next episode of the Global Travel Planning Podcast, where we will be focusing on New Zealand.

[00:38:55.690] - Tracy Collins

Until then, Happy Global Travel Planning.