ADVANTAGES

1. You meet incredible people and form friendships for life.
2. You get to explore new parts of the world.
3. You break the monotony of life and have an actual adventure.
4. You see immense beauty.
5. You forge memories that’ll last a lifetime.
6. You do something different and make the most of your time in life.
7. You build your self-confidence and self-esteem; it’s empowering!
8. You learn more about who you are and who you want to be.
9. You have a chance to unwind, destress, move on and, ultimately, heal.
10. You make yourself more employable! It looks great on your CV.

DIS-ADVANTAGES

1. Travel is expensive; you’ll burn through your savings.
2. Travel puts you out of the loop of home life.
3. You miss key events, birthdays, meet-ups, parties...and so on.
4. You get homesick. The travel blues can be a real challenge.
5. You have to play career catch upon your return.
6. Travel is tiring. You get tired exceptionally quickly.
7. There’s always a chance of danger.
8. Travel confronts you with your insecurities, weaknesses and issues.
9. You will get lonely; being on the road can be isolating in the extreme.
10. Getting home from travel isn’t easy either! Everything’s the same, except you.