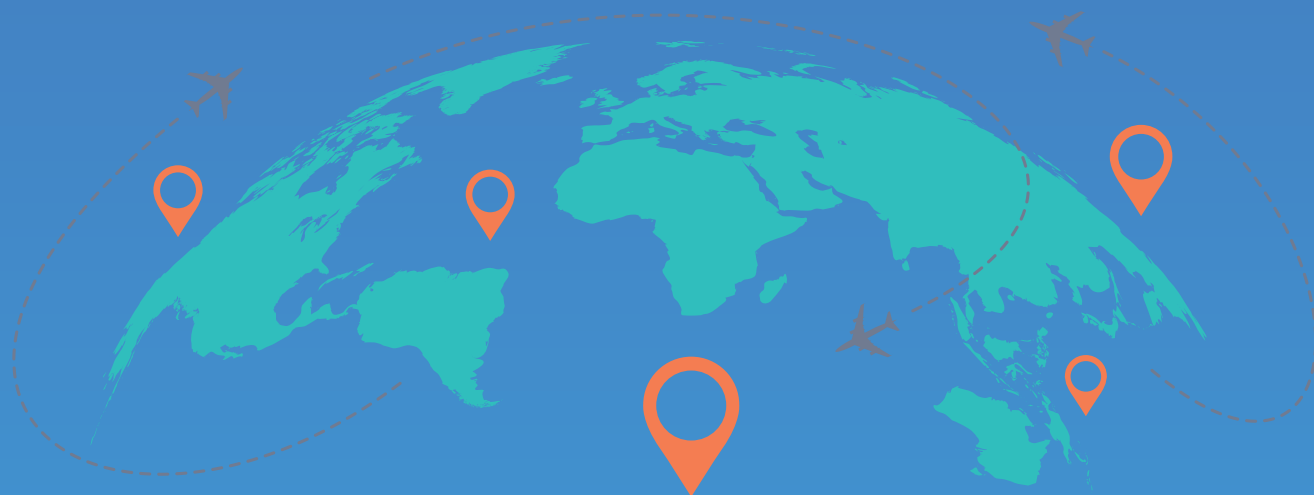


WHAT IT'S REALLY LIKE TO TRAVEL FULL-TIME

**A Companion Guide To
"How To Afford Full-Time Travel"**



HEATHER MARKEL



Your Travel Style - Getting Gritty

In the eBook, "How To Afford Full-Time Travel", I gave you lots of formulas and a basic set of information to use to calculate them. This companion guide takes a deeper look at the travel styles mentioned so you can make a more informed decision that maximizes the chances you will be happy in your travels. The main eBook and workbook offers you 4 travel styles to choose from. You may end up inbetween categories, at times. For example, you chose backpacking and go to Asia, and it's so inexpensive you decide to go for the Budget travel style while there. Or, you're in New Zealand, had previously been traveling in the Moderate style, and it's so expensive you go for Budget.

Whatever you decide, there are implications of each level and choosing one is about more than just the cost. You may have ideas in your head about what daily life is like for each style and how much it costs (or you haven't even thought about the costs). In this guide, I'm going to set expectations about what to expect with each level so you can make a more informed decision about which style to choose, and what you need to sustain it. (I'm talking both budget, and also the challenges of each level.) I'm going to be transparent, and blunt, about some of the pro's and con's. Keep in mind, different countries have different standards. So, the implications I'm talking about could be different from country-to-country.

This guide will more deeply define each travel style in terms of lodging, food, and transportation; three of the things you'll be most concerned about. I'm also giving you ideas about what to expect at each level of travel, in the "Reality Check" section.

Some Helpful Information

Icons To Look For

Throughout this eBook you'll see some helpful icons. Here is what they symbolize:



Daily Life. This is the expectations you should have of what it's like to live in this style, day-to-day.



Accommodation. These sections let you know what to expect in terms of rooms, noises, roommates, etc.



Food. This is about how you're most likely to nourish yourself, within your chosen travel style.



Budget. This section explains how much money you'll need, per month, to live within that style. Allowing you to figure out how long your budget will last



Transportation. This section is the likely way you'll travel around in country, and between countries, in your selected travel style.



Making Friends. This section gives an honest idea of how easy or difficult it could be to make friends in your travel style.



Luggage. These sections talk about how you're likely to pack and carry your bags, and the implications.



Reality Check - check. These sections tell you the positive aspects about your travel style.



Reality Check - X. Here, you'll learn some of the likely negative implications of your chosen travel style.





Daily Life You'll become a bit of a hippie, or called that by others. You'll wear the same clothes every week, often more than one day at a time. If you're a woman, no makeup. You'll share rooms, trade work for places to stay, and you may have bugs or rodents in some of those rooms. (some of them are pretty cool!) You'll get accustomed to different levels of clean, and places that haven't remodeled in 20 years, with dilapidated furnishings, even though

Cheap/ Backpacker Style

the sheets and towels are clean.. You might even camp in the wilderness, or outside, in a tent you travel with or one you borrow. You'll be as close to nature as any of these travel styles gets.



Sleeping situation

You're sharing a bathroom, and bedroom. You put up with some nice people and some inconsiderate people. You must have ear plugs and an eye mask because walls



are thin, and inconsiderate people are loud or leave lights on late.

You don't have the luxury of quiet and, depending on your age, you might not want it, opting for late-night partying at hostels. Or, you might prefer the serenity of nature, which can be brutally interrupted by the cawing of morning birds. Alone-time is hard to come by.

If you're traveling with a camera or laptop you'll need to be sure they're secure, or, depending where you are, be mindful that theft can occur.



Meals

Your focus is on keeping costs low. That means you're doing most of your own cooking, and eating pasta, or cheap supermarket meals, or receiving food for work. You might even make friends and combine food and cook meals together. If you have any food allergies, you'll of course cater to those by cooking for yourself, so you won't have to worry about getting sick.



Transportation

You'll be on the public bus, if not hitchhiking (with someone else, not on your own, please!) or splitting a car with other people.



Budget

You'll be as frugal as you can. If you do

*The Nitty Gritty
Ain't Always
Pretty...but It
Doesn't Have To
Be*

a blend of working for others/house-sitting, and shared rooms in youth hostels, you could make it by on \$200 US or less, per month, for accomodation and food, depending where in the world you are. In Argentina, for example, I spent roughly \$10 USD per day, sharing rooms with one person, and buying our own food. In New Zealand, this is probably closer to \$25/day for the same conditions.

A realistic budget for you is \$1,000 - \$2,000, per month, depending where in the world you will travel, and whether you're going solo/staying alone, or sharing costs.



Luggage

You'll carry everything yourself, probably on your back. You also want to avoid paying airline weight overage fees. Space and weight are everthything. You'll be carrying your bags up stairs and on walks from buses and more.



Make sure you do a "luggage hike" (load up all our bags and walk up and down a bunch of floors, carry them a quarter of a mile, and see if you can manage them.) before you start your travels to ensure you're prepared to carry your gear, everywhere. Also, weigh your bag and stay within airline regulations for checked and carry-on bags.



Making Friends

You'll meet people much more easily than in some of the more expensive levels of travel. By staying in shared accommodation, it's a given you'll come across, and hang out with, fellow travelers. It will require little effort on your part. However, these will be travelers staying where you stay, and potentially people who work there. You'll have to work harder to meet locals, though someone who's been there longer will surely introduce you!



Reality Check

You're going to meet lots of local people, truly learn what it's like to live as a local because you'll probably be invited into their homes, and accept. You will become a true citizen of the world.



There will be places you stay that have insects, rodents, loud noises, strange smells, and cracks in the ceilings. Privacy is a luxury you may not often have. If you're coming out of corporate, this will feel very uncomfortable, to start, if you're used to hotels. This is all part of the journey. The more you can adapt, the more money you can save.



It may be the least expensive way to travel, but it's also one of the most enriching.

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Roommates can
be very interesting
when traveling as a
backpacker.....





Daily Life

You may be in those hostels with the backpackers, but probably have your own room. Same issues, but you don't have to share space with others. You probably still need ear plugs and an eye mask because walls are still thin, and curtains usually aren't blackout.

Once in a while, you splurge on a meal out and let someone else do the cooking, and maybe even stay in a budget hotel. These end up feeling like luxury and a break

The Budget Traveler

from the budget places. If you're someone used to the corporate life, you'll definitely appreciate these little respites.

If you get really tired of budget places, you can consider house-sitting. You'll get the luxury of a whole house to yourself, for no price other than caring for someone's lovely pets.



Sleeping Situation

You'll probably have your own room, making it easier to get some zzz's, but

realistically, many of the places you stay will probably still have thin walls and curtains that don't block out enough daylight. If all you need is to know there's not someone else in the room with you, you're good! But if you need silence to sleep, I'd still suggest those ear plugs. You may end up sharing a bathroom, even with your own room. It's another way to enjoy privacy, without spending as much.

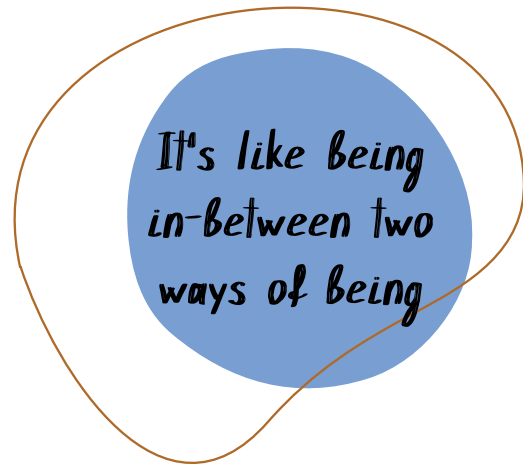


Meals

You're likely to do a blend of cooking for yourself in AirBnB's, house-sits, etc. because you'll look for places with a kitchen to cut down costs. Depending where in the world you are, you'll probably eat out from one to a few meals per week. You might, every-so-often, splurge on a really nice meal for yourself, either for a special occasion or because you want to experience a certain dish someone told you about at a local establishment.



Transportation You're likely doing a combination of bus and train travel. You're probably not hitchhiking, and a car rental is likely over your budget unless you're in a less-expensive country. The bus travel can get long, and uncomfortable, but those overnight buses save you a lot on accommodation costs. You might, occasionally, splurge for a taxi, either for safety, or because you don't feel like lugging your bags around.



Budget

You will probably shift your budget regularly. Just accommodation could cost anywhere from \$15 - \$50/day. Depending where in the world you are, and which type of accommodation you go with. Day-to-day, you could vary from \$50 - \$100/day for these basic costs. A moderate monthly budget for you is \$2,500 USD, and a stretch budget, allowing you some comforts, would be \$3,500 USD..



Luggage

You've probably got more of a suitcase than a backpack. Once in a while, someone might help you with your bags, but, for the most part, you'll be on your own. You might stay on the ground floor to avoid steps.



Making Friends

Because you're likely to have your own room, you'll need to come out of it to meet other people. It's a luxury to have your privacy when you want it, but when you don't make sure to get outside! Tours and meals at communal tables are a great way to make new friends. Sometimes you have to approach others people, and other times, they will come to you.



Reality Check



Yours is that inbetween life. You'll migrate between experiencing life as a local, and connecting with the life you left behind.



Some days you'll feel truly connected, and others might feel a bit lonely. Especially if you meet some great new friends and they're all staying at a hostel, you might feel a bit left out at the end of your evening together.



You'll get great at meeting lots of other people and making friends, especially if you travel solo.



Most of the tours you do will be budget and you'll meet people of all ages and have adventures most days



If you're female, you'll bring makeup with you, only to find that you won't use it most of the time. You'll get more absorbed into the world around you than worrying about what you look like.



If you're coming from corporate, this style can feel a little like a downgrade of your usual standards. It takes some getting used to.



Depending how much savings you have, and whether you work on the road, this style is one that can offer you moderate comfort, and longevity.

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The luxury of some privacy is sometimes worth the price.





Daily Life

You're going for either boutique hotels or brand name hotels. This will be a massive part of your spending. Depending where in the world you travel, it can be under or over \$100 US/day. This level is for you if you don't need luxury, but you do need to know there won't be insects in your room, the cleanliness is always guaranteed (or you can complain and change rooms because these are places that take customer

Moderate Style

service seriously), and there might even be a restaurant on the premises if you want to order room service.



Sleeping situation

Most of the time, you're getting a good night's rest. You'll have your own room all the time and it probably has at least basic amenities (not necessarily a kitchen)



You'll have your own bathroom, not shared with other people. You'll pay more for the privacy, but this will be a similar travel style to how you did it in corporate.



Meals

You're probably eating out, a lot, and occasionally cooking if you have an AirBnB rental with a kitchen. Depending whether you're traveling solo or with a companion. If you do eat out, you can keep to yourself, or use that as a way to meet others. You might opt to stay in nice hotels, but eat in more local "dives" to get a feel for local food and people so you have a nice, blended experience.



Transportation

You are most likely to fly places and rent cars in-between, or take trains. You'll probably steer clear of public buses (or brave them once in a while!) You are likely to participate in lots of tour groups, which can be a great way to meet people as you travel. There are likely a lot of Ubers/taxis in your journey as well.



Budget

You need a larger budget than the other travel styles mentioned so far. This style is like traveling on a moderate corporate salary. If you have that job while traveling, great! If not, you need to save a lot. Most of your per diem costs will go to your lodging,

Traveling in the same style you did with a job requires more savings.

and you will easily need to plan \$50 - \$150 per night, depending where in the world you are. Asia is an exception, especially if you're willing to stay in a boutique hotel or an AirBnB.

A realistic per-diem budget to cover, at least the essentials mentioned here, is about \$200 - \$250 US per day.



Luggage

You can count on concierges, or others to help you, so probably have a larger suitcase, and may even tip people to help you. The danger is, you can pack more, so probably do. The larger your bag, the more of a theft target you become, so beware of that as well. If you travel on public transportation with a lot of luggage, people are likely to remark that you're carrying a lot. Get used to it!





Making Friends

As you travel, you have to make more of an effort not to isolate yourself/yourselves. It's easy to stick to "western" type hotels and restaurants and completely miss out on the sub-culture all around you. If you're single, you'll find these hotels have a lot of couples, which could make you feel more single than you want to.

Reality Check



For those of you coming out of corporate, this style is the closest to traveling like you do now. The advantage is, you don't feel like you're sacrificing much to enjoy your travels around the world.



The challenge is, if you want to travel for years, you're undermining your dreams with this style, unless you're working while you travel.



The other thing is, if you're not working while you travel, the hotels you stay in could prove to be full of other people who are. Sometimes it's a reminder of what you left behind, and other times, it can make you uncomfortable, wondering what your purpose is. In some ways, this style is a bridge between your old and new life. At some point, you might need to let go of your old identity to step into your new one.

99

A way to transition more smoothly, but a bigger dent to the budget.





Daily Life

First class all the way. Maybe Ritz Carlton, maybe even better. With full service, everything is taken care of. You may work with a travel agent who makes your plans for you, adding on additional cost. You expect the finer things in life, from amenities, to service.

Sleeping Situation

You'll be perfectly insulated in a room with a comfortable bed, most likely extremely quiet, and not be wanting for

The Luxury Traveler

sleep or room-service/assistance. You're likely staying in first-class hotels, possibly castles, highly private and esteemed locations.

Meals

You'll have meals prepared for you, either dining out, or possibly by a private chef. You want to taste the best of each country and go out of your way to find exceptional food, wine, etc.



Transportation

You'll travel first class either in a standard air carrier, or hiring your own. You may also travel first class by rail, when available, depending on the countries you visit. Inside cities, you'll have a personal driver, or rent your own car.



Budget

You need an enormous budget to sustain this level of travel. Realistically, you'll need at least \$10,000 per month. If you plan on staying in places that cost, for example, \$500/night, then in a month, you'll need \$15,000 just for accomodation. So \$20,000 per month is more realistic, just for daily costs. If you add in tours, you could reach \$25,000 per month. This could be slightly less, depending where in the world you travel.



Luggage

Someone else will always assist with your luggage, and you may have a lot of it. In many places of the world, if you wear extravagant clothes and jewelry, you're making yourself a target for theft. Consider security options for your valuables.



Making Friends

You're less likely to meet lots of people because the luxury experience is often isolated. Ideally you might connect with others at your hotels or on tour groups, if

*The best of
everything.*

you don't do private tours. However, you may prefer to keep to yourself/yourselves.

If you're standards are extremely high, and you join a budget travel group, be aware that others can't afford to come up to your style, and you'll connect more with them if you're able to accept the standards of that day. There may be times where the only tour available is not one that's up to your usual standards



Reality Check



By choosing this level of travel, you'll miss out on how locals live, are more likely to be over-charged for everything and are more likely to have "staged" experiences where you pay someone lots of money and they give you a tourist experience, not the real one.



You'll definitely get a feeling for how different luxury is from country-to-country and may have to alter your expectations from one country to the next. You may also have special access to cultural sites or special places most tourists can't afford to get - make sure to get some great photos!



There may be times when the only tours and experiences available to you are not up to the levels of service and experience that you're used to. Part of discovering the world, is learning that there are different standards, and levels of wealth, from country-to-country. The more you are able to adapt to each country's ways of being, the better your experience will be.

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The world has its own
luxury.



Summary



Backpacker

- \$1,000 - \$2,000 USD/month
- Carry your bags all the time
- Cheap eats / cook your own
- Buses and trains
- Shared rooms and toilets
- Easy to meet friends
- Privacy is a rare luxury
- Really get the feel of a place



Budget

- \$2,500 - \$4,000 USD/month
- Carry your bags all the time
- Cheap eats / cook your own
- Buses, trains, planes
- Private rooms, shared toilets
- Fairly easy to meet friends
- Downgrade from corporate
- Allows moderate comfort



Moderate

- \$5,000 - \$7,000 USD/month
- Help carrying your bags
- Dine out a lot
- Rental cars, planes, trains
- Private rooms and toilets
- More effort to meet friends
- Hard to sustain long-term
- Closest to corp. travel



Luxury

- \$10,000 - \$25,000 USD/month
- Help carrying your bags
- Dine out or private chef
- Chauffeur, plane, luxury train
- Private rooms/chalets
- Difficult to meet people
- Harder to see real life
- Unique experiences

PUTTING IT ALL TOGETHER

Now that you have a feel for each travel style, you can make a better choice and apply this to your budget. If you find you are in-between styles, modify your budget. E.g. you want to do a blend of backpacker and budget. That can range from \$1,000 – \$4,500/month. So, you might want to estimate \$3,000/month to be inbetween and have some budget, some backpacker style stays.

1

Which travel style, or blend, have you chosen to use?

2

What's your monthly travel budget for this style?

3

If this number is different than your number from the How To Afford Full-Time Travel eBook result, swap the number and recalculate.

A further word on budget



When I mention budgets in this guide, these are meant to serve as averages. If you splurge up or downgrade a lot, your average could be different. If you travel every couple of days instead of every week or month, that can also change your monthly costs. Also important to note is what's included when I give amounts, and what's not, so you can make the best budget possible. The main eBook gives you several spending buckets to consider, in addition to the below. Averages in both eBooks are in USD:

What's Included:

Accommodation

Food

Basic travel costs

Local SIM card / telephone costs

Other Expenses To Think About:

Storage unit costs back home

Ongoing monthly subscriptions you pay for

Any rent or obligations back home

Souvenirs, t-shirts, jewelry you might buy

Haircuts, doctor visits you might have to pay for

Jewelry



Travel For Transformation



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