

Traveling Makes You More Interesting

Traveling Expands Your (Real) Social Network

Traveling Makes You Love Your Home Even More

Traveling Improves Your Health

Traveling Improves You Smarter

Traveling Allows You To Try Amazing Food

Traveling Makes You Feel Like An Adventurer

Traveling Let you Create Lifetime Memories

1.

From cutting down on stress, to lowering your chances of developing a heart disease, the health benefits of traveling are huge. You may stay sitting on a chair all day long at the workplace: including some walking to your trip is sure to make your body feel better. For some people, wandering abroad is even a cure for depression and anxiety. Of course, it's not a foolproof cure, but it might help you feel better, both physically and psychologically. Traveling more is likely to have a tremendous impact on your mental well-being, especially if you're no used to going out. We tend to get so caught up in our daily lives that sometimes, by simply sticking around, we may do ourselves more harm than good.

2.

Get used to picking up new words in a different language every time you travel and you will see improvements in your brain capacities, as Dan

Roitman wrote in the Huffington Post. If only this, start getting familiar with travel jargon. Even more than "just" languages, traveling helps you learn about yourself. You might run into challenging situations where you need to be resourceful and think differently. I'm sure that you will develop a new set of skills that you didn't suspect you had within you.

Being more understanding and tolerant about a culture different than ours is part of being smarter, but I consider it as a benefits of traveling in itself.

3.

I have no doubt that you're quite the conversationalist. That being said, including a few stories from abroad is likely to grant you even more attention. Mentioning something that most people aren't familiar with or bring a new perspective is always a good way to shine in a social situation. No need to write a whole travel essay, just discuss what you've seen and where you've been: people who are accustomed to their daily life will travel with your words.

4.

There is no such thing as trying a typical local dish from another country. Don't trick yourself into going to the Sushi shop next door: you don't know what sushi tastes like until you've been to Japan. As you travel, you discover *the real thing*, and discover that it's usually very different from what you're used to. Eating local food in a new country is an entirely new experience. All the flavors are different.

5.

Despite the fact that the world has never been as well connected as today, there are still places that are little known to the average tourist. Setting up a list of places you want to visit is extremely motivating. You have something tangible to go after. I'm currently working on my own bucket

list, and I think I'll never see the end of it, with all these amazing destinations. The benefit of traveling to a new place is that it forces you to face the unknown and think differently. You don't need to go spend a month in the jungle! If you live in a large city, just going on a hike over the weekend will make you feel different. Adventures require novelty, so get out of your comfort zone. It might be scary, but in retrospect, you'll see it as the best decision you ever made!

6.

Believe it or not, social networks was once like a real thing - in real life. Crazy, I know. One of the main reasons why I love traveling is that I believe that establishing connections and building a network abroad is one of the smartest things you can do in today's world. It is sometimes hard to build long-lasting relationship with the people you meet abroad, but it doesn't mean it's not worth meeting new people!

7.

My grandfather was an amazing story-teller and he used to tell me stories of the trips he made when he was younger. One of my favorites is how he tried eating with chopsticks in China for the first time. He regretted not traveling more as a young man. Years later, he still remembered everything in details: because traveling made a real impression on him. And it probably will on you too.

8.

"The magic thing about home is that it feels good to leave, and it feels even better to come back". You will truly understand the meaning of those words by Wendy Wunder, only upon your return home. On the one hand, it would seem that you're back where you started, same setting, same people, same problems. Yet you're not the same - you're new, full of new knowledge and ideas!

Source: [The Benefits of Traveling: Why You Should Travel More in 2021 \(claimcompass.eu\)](https://claimcompass.eu)