



## Guard your enthusiasm

*Transcript 028*

*August 2007*

Linda: Hi, I'm Linda

Craig: Giddy, I'm Craig

Linda: And this is the Indie Travel Podcast episode 27. This week we're talking about guarding your enthusiasm.

Craig: And we're recording from Swindon, in England..

Linda: We've just got back from two weeks in Turkey, and we had a fantastic time. The last weekend was in Istanbul, which was, it just blew us away really. We were amazed at how beautiful everything was, and how different it was to all the rest of our experiences so far; I really feel like I've got fresh eyes for travelling.

Craig: Yeah, I think you can get a bit jaded on the road. It's strange when you go into a city famed for its architecture or its beauty and you stand there going "Yeah, it's, it's the Colosseum, yeah, it's okay. Oh look, Stonehenge. Wow."

Linda: That sounds like you, you do that all the time!

Craig: Yeah, well, I guess that's just me.

Linda: Boring?

Craig: Yeah. Anyway, today we're wanting to talk about something a bit different to usual - talking about a mindset, talking about keeping those eyes fresh.

Linda: Yeah - there's really no point travelling all around the world feeling blase about it -- been there, done that, got the t-shirt. Although Craig is wearing an Istanbul t-shirt at the moment.

Craig: It is. It's pretty yellow, black and red. It's nice. So, what are we going to say

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about this?

Linda: Number one: Guard your passion.

Craig: Number two: Do something spontaneous or something new every now and again.

Linda: Number three: Do things you love.

Craig: So, Linda, what on earth does guard your passion mean?

Linda: Well, by guard your passion, we're really talking about keeping an eye on your emotional health. Things can get a bit wild while you're on the road: strange experiences, friends made, friends lost, alien environments and a smaller number of people that you know you can trust. Your feelings start to run high. All these things are stressors and they're going to make life difficult for you.

Craig: So what are we going to do with it, how do we cope with it?

Linda: Well, I think the most important thing is to make sure you get enough rest - don't stay out drinking all night and sight-seeing all day, every day. Take a day out once a week and do absolutely nothing. If you can, treat yourself to a private room so you can get some sleep, away from the snorers in the dorm room. And also think about your diet - I find when I'm travelling, it's much easier to get takeaways a lot of the time.

Craig: Yeah, although I hate it, keeping up your fruit and vegetable intake is important - and there's lots of fresh tasty stuff to try too. It was definitely all good in Turkey, with huge watermelons, and all sorts of good stuff.

Linda: Yeah, we had watermelon almost every meal. Breakfast, lunch, dinner - it was fantastic.

Craig: Yeah, but don't you think all this emotional stuff is culture shock?

Linda: Sometimes it is. But people misunderstand culture shock, I think the term has

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come to mean something different over the past few years. What it really is is the feeling of strong anxiety that you get when you have to operate in a completely different society to your own - usually you get really frustrated and maybe even disgusted with the new country. It usually occurs when you actually move to a new country, or are there for quite a while - you're unlikely to experience real culture shock on a one-week trip to Spain, for example. Just finding the new country different isn't culture shock - that's just travelling. And when you go to a new place of course there are going to be some things that are difficult. But if you are in a country for a while and you find yourself getting really irritated by things ...

Craig: Like bus drivers in Malta?

Linda: Yeah, like bus drivers in Malta. We definitely had culture shock in Malta ... well, if you find that, know that it's quite normal - trying to adapt to a new culture is really hard. To get over it, try reading up a little more about the country you're in, and think about the things you do like about that place.

Craig: Right, so let's have a quick look at our point number two: do something new, something spontaneous. Doesn't this fly in the face of what you've just been talking about?

Linda: Well, it's a completely different issue isn't it? I mean, we've been travelling around Europe for over 18 months and it's got to the point where we're not even going to go near another historical building - we've just seen too many. Everywhere we go, it's historical buildings. And they're great. But, they've just got a bit boring. But, in Istanbul, we spent the whole time doing just that: we went to the Blue Mosque, the Hagia Sophia, the, what's it called? Topikapi Palace, and the Basilica Cistern. Which were all fantastic.

Craig: Really stunning. But, you're right, it's the different-ness, the foreign-ness that made them so great to us. They were so different from continental Europe.

Linda: Yeah, just absolutely incredible, and so old, and different styles. And just getting out of the rut was really great. I mean, we changed between the European side of things and the Asian side of things. And also changing between cities and

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countryside; or historical and modern; relaxing or racing. That works too, just have a bit of change of pace. I'm really getting into this slow travel thing though.

**Craig:** Things that have worked for us is go new places. That's the main thing. I said ideas, didn't I? But, I think we're really addicted to new places.

**Linda:** Yeah, I reckon you're right. Yeah, maybe we should found "Travellers Anonymous."

**Craig:** Yeah. "Hi, my name's Craig and I haven't slept in the same bed for more than 14 days during 2007."

**Linda:** It's true though. So, to balance doing new things, do the things you love. Sounds simple, but so often we miss it. If you make sure you're doing, not just doing stuff because you have to, or because it's in the guidebook or because everyone else seems to be doing it. Try doing things that things that really energise you - that you really enjoy. And that helps keep your enthusiasm for travel really high.

**Craig:** So what do you love about travel?

**Linda:** That's a hard one. I love seeing new places, I love the feeling of going to a new country and going "wow, I've never been here before." And I love trying all the food, I love trying the food that the locals eat, you know, just going to a stall on the side of the road and picking something up - it's great. What about you?

**Craig:** I like buying specialist equipment, before I go travelling. I love looking for smaller and lighter things, packs, shoes, electronics.

**Linda:** But we always go into the same shops. Everywhere in the world, the same shops.

**Craig:** It's not my fault they're chains. I also love trying out the food, but especially the coffee and the wine in every place we go. That's my regional speciality.

**Linda:** Well, it's a bit of a long show today, let's finish things up by mentioning the Indie Travel Podcast in the press. We were quite happy to see that The Sacramento Bee mentioned us on Tuesday both in print and on the web, in Rachel Leibrock's

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column. She wrote, "Episodes, covering everything from travel tips and reviews to personal stories, are enlightening, informative and always frank."

**Craig:** So, to our new listeners from the Bee, welcome. We'd like to encourage you to subscribe for a free copy of the show, delivered to your computer every week. You'll need to get some free software, like iTunes, then click on one of the orange buttons at [www.indietravelpodcast.com](http://www.indietravelpodcast.com). If you want to read a bit more about it before subscribing, see [www.indietravelpodcast.com/subscribe](http://www.indietravelpodcast.com/subscribe). And if you'd like to read Leibrock's full review, [www.indietravelpodcast.com/about](http://www.indietravelpodcast.com/about).

**Linda:** Last, but not least, our Vibram review garnered a lot of feedback last week, so if you haven't already, find it in the archives and have a look at all the different ways people are using them. Apart from that, bye for now.

**Craig:** Until next week, travel well.

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