

Freshman Reading Round-Up -- Tuesday, 27 August 13

Book: *Changing Your Life Through Travel (CYLTT)*

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Introductory Activities:

1. Introductions
2. Some questions ...
 - Why did you choose this book?
 - **Where have you traveled?**
 - **What was one of your most memorable travels?**
 - **Where would you like to go?**

Key Themes (JP):

1. Motivations for travel ... why do people travel? ...
2. “taxonomy of travel”
3. Travel can be anywhere ... the points made do not imply it has to be foreign
4. Travel as metaphor for life
5. Spirit of “wanderlust” ... passion!
6. Stages of travel ...
7. Travel really can change one’s life ... transformative ... neuroscience!

Highlights from CYLTT:

What highlights did you find in our book? ... What “caught your eye?”

Some Ideas to Think About:

CYLTT: (pp. 153-163)

- Travel with an open mind & sense of humor – experiencing the unknown! (... risk, adventure, the unknown ... outside your comfort zone ... NB: not all travel goes well)
- Don’t wait (... study abroad!)
- Create your travels (... start thinking about how to pull them off)
- Choose your companions with care (... solo can work)
- Seek to deepen your understanding (... go as a “traveler” not as a “tourist” ... engage the culture)
- Go while you can (... don’t wait until you retire)
- Enjoy the pleasures of processing (... stages re-visited)
- Have memories to show (... cognitive or tchotckes)
- Seek the next facet of the diamond (... plan your next travel on your way back from your current travel)

JP:

- life “to do” list ... bucket list
- travel signature ... photos of sunset, or ...
- “Tips for Travelers” – apply to travel and to everyday life
- **moments** ... “magic moments” ... “charged moments” ... “ah ha” moments ... they are all we have

Some Related Readings

- Cousineau, P. (1998). *The art of pilgrimage: The seeker's guide to making travel sacred*. Berkeley, CA: Conari Press.
- Currie, J. D. (2000). *The mindful traveler: A guide to journaling and transformative travel*. Chicago, IL: Open Court.
- De, B. A. (2002). *The art of travel*. New York: Pantheon.
- Dispenza, J. (1999). *The way of the traveler: Making every trip a journey of self-discovery*. Santa Fe, NM: John Muir Publications.
- Fein, J. (2010). *Life is a trip: The transformative magic of travel*. Traverse City, MI: Spirituality & Health Books.
- Hiss, T. (2010). *In motion: The experience of travel*. New York: Alfred A. Knopf.
- Jorgenson, K. P. (2007). *Don't mind me, I'm just passing through*. Denver, CO: Outskirts Press.
- Kottler, J. A. (1997). *Travel that can change your life: How to create a transformative experience*. San Francisco: Jossey-Bass.
- McHugh, D. (2001). *The quotable traveler*. Guilford, CT: Lyons Press.
- Northam, B. T. (2002). *Globetrotter dogma: 100 canons for escaping the rat race & exploring the world*. Novato, CA: New World Library.
- Pearl, N. (2010). *Book lust to go: Recommended reading for travelers, vagabonds, and dreamers*. Seattle, WA: Sasquatch Books.
- Raff, E. J. (2002). *No sense of direction*. New York: Epic Adventures.
- Schaler, K. (2009). *Travel therapy: Where do you need to go?* Berkeley, CA: Seal Press.
- Theroux, P. (2011). *The tao of travel: Enlightenment from lives on the road*. Boston: Houghton Mifflin Harcourt.
- Zikman, S. (1999). *The power of travel: A passport to adventure, discovery, and growth*. New York: J.P. Tarcher/Putnam.