

# The Intentional Traveller

Travel with curiosity, awareness and enough space to experience a place beyond the itinerary.

## THE IDEA

Good travel is not measured by how many places you tick off. It is also about how closely you notice, how respectfully you move through a place and what you carry home besides photographs and souvenirs.

## 1. BEFORE YOU GO

- ☐ Learn a little about the place beyond its famous attractions.
- ☐ Understand basic local customs, etiquette and expectations.
- ☐ Learn a few useful words or phrases if the local language is unfamiliar.
- ☐ Choose a small number of experiences that genuinely interest you.
- ☐ Leave room in the plan for discovery rather than filling every hour.

### What am I genuinely curious about on this trip?

A place, tradition, food, history, landscape, community or simply a different pace of life.

## 2. WHILE YOU ARE THERE

- ☐ Look up from the map and notice how the place actually feels.
- ☐ Try something local because it belongs to the place - not merely because it is popular online.
- ☐ Spend some time walking, sitting or observing without rushing to the next stop.
- ☐ Be considerate when photographing people, homes, religious places or sensitive spaces.
- ☐ Support local businesses and makers when it makes sense.
- ☐ Accept that not every worthwhile experience needs to become content.

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The best souvenirs are sometimes perspective, memory and a story you did not plan.

### 3. TRAVEL WITH AWARENESS

- ☐ Respect local rules even when they are different from what I am used to.
- ☐ Remember that I am visiting someone else's home, city or community.
- ☐ Notice my impact on shared spaces, nature and local environments.
- ☐ Choose convenience thoughtfully when a more responsible option is practical.
- ☐ Stay open to being corrected, surprised or challenged by what I encounter.

**One thing I noticed that I would probably have missed if I were rushing:**

### 4. WHEN YOU COME HOME

- ☐ Give myself time to reflect before reducing the trip to a highlight reel.
- ☐ Save the names, places or small details I want to remember.
- ☐ Share recommendations responsibly and with useful context.
- ☐ Think about what the trip changed, confirmed or challenged in my perspective.

**What will I remember about this trip five years from now?**

Not the whole itinerary - the moment, person, feeling, lesson or place that stayed with you.

**What did this journey teach me?**

About the place, other people, or yourself.

### AINIE WAHID QUICK TEST

Did you merely **visit the destination** - or did you give yourself enough time and attention to actually **experience the place?**