



The Travel Bug

By: Kara Lynch

I have been traveling since I was a kid. I played on a travel basketball team that took me all over America. In high school, I enjoyed vacations to Florida, Hawaii, South Carolina and the infamous Jersey Shore. I was blessed to study abroad in college, touching down in Scotland, Ireland, England, France and Amsterdam. Ok, you get the idea. I love to travel. But, I come from a small hometown that most people never want to leave. Loving your hometown is wonderful, but traveling is, if not the most, one of the most enriching experiences in life. And once you've got the travel bug, you're sick for life, constantly craving another adventure as medicine.

1. Culture

Whether you leave the country or the state, you will find a different culture almost everywhere you go. As a New Yorker, I notice many other places have a slower, more relaxed place. Sometimes people seem kinder elsewhere. Traveling and experiencing other cultures teaches you no place, or culture is better than another, but beautifully different.

2. Food

You're going to laugh. My absolute favorite food in the world is Dominoes in England. It doesn't taste like fake, fast food American pizza, but instead fresh, cheesy and flavorful. I also felt that the macarons in Amsterdam were better than the ones in Paris, even though Paris is allegedly known for its macarons.

People will continue to vlog about food and travel, but the only way to truly discover the best food out there is traveling and tasting for yourself!

3. Climate

Sunny Florida is different than seasonal New York just as rainy England is different than cold Russia.

Growing up by the beach, I always thought I'd despise places with colder climates. But, these cold places came as a refreshing change for me and made me appreciate living 5 minutes from the beach a lot more.

Once you catch the travel bug, you'll learn that like food, you really have to experience these places to say for yourself to discover what the climate is like. Maybe England is known for rain, but when I was there, it hardly rained at all.

4. People & Solitude

I'm aware of how contradicting this sounds but hear me out. I love traveling alone. I love being on my own schedule, truly relaxing and living in the moment. During my travels in solitude, I can look at the amazing place I'm in and mingle with the people. Traveling alone forces you to step out of your comfort zone which in turn helps you grow. Usually this means putting yourself out there to make new travel buddies and mingling with the locals.

5. Adventures

Whether it's gator golf in Florida, swimming with the dolphins in Hawaii or climbing Arthur's Seat in Scotland, travel adventures are incredible. Many people believe this is what we're meant to spend money on; experiences not things. Many travel adventures are actually relatively cheap and even free! Arthur's Seat, for example, is entirely free. Whatever you spend or don't spend, these adventures are fulfilling to the mind, body and soul.

The best advice I can offer? Catch the travel bug and medicate yourself with experiences!