

Life's a puzzle
of choices.

Remember some pieces
won't fit, others may
need a change of angle
and some will click
straight in.

Examine them all
and find what
works for you!

Contents

School's out

INTRODUCTION

Explore the world

CHAPTER 1

Keep learning

CHAPTER 2

Start your career

CHAPTER 3

Finding your own way

CHAPTER 4

Piecing it together

CHAPTER 5

SCHOOL'S OUT

First and foremost, a huge congratulations is in order for making it this far!

The fact you've even opened this book shows you're excited about what's to come. Now that you've done the hard yards, it's time to explore what you want to do with your life (or even just what's right for now).

One of the greatest advantages of this day and age is the range of opportunities at your fingertips. But this also means an overload of information and choice! Not to mention the different pressures from either school or parents. The daunting question: "What will you do next?" can be extremely stressful when you're wracked with indecision and lacking direction.

Typically, up until now, the focus has always been geared towards either getting high grades or simply finishing school, awaiting the next chapter of your life as an adult. It's quite normal to have absolutely no idea what you'll do after school. I've created this guide to inspire you to continually move onwards and up and to support you along the way.

Together, we'll work through the facts, creating the framework for you to start making plans. While unfortunately this book can't outline every pathway, I have categorised the key starting points into four chapters. As you read through, you can digest the options of either working, travelling, studying or creating your own path. You'll be empowered to make decisions and learn to trust yourself in order to create a path of integrity and happiness.

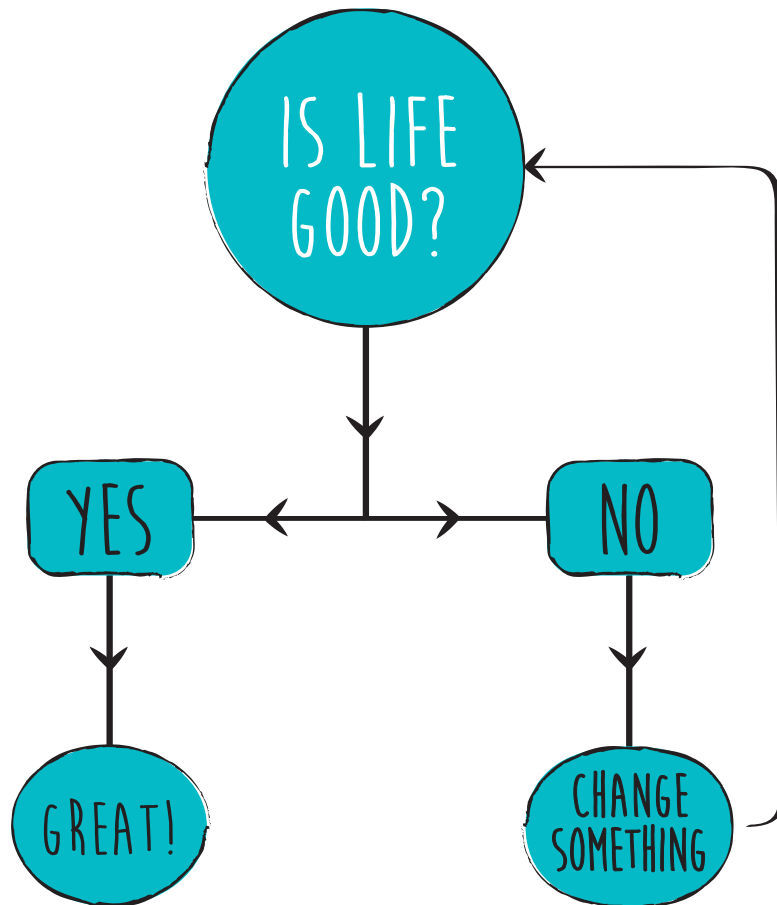
I hope you find this to be a useful tool during your transition into the world after school.

The difference between
school and life?

In school, you're
taught a lesson and
then given a test.

In life, you're given
a test that teaches
you a lesson.

- Todd Bodett



WHILST READING THIS GUIDE

1. Be mindful.

Keep reflecting on where you're at. Listen to what feels right for you at this point in time. Know where you've been, what you've overcome and what you've achieved. But continue looking ahead and thinking about where you want to go.

2. Set goals.

What are your short-term goals (daily, weekly, monthly)? What are your long-term goals (1,3,5,10 years)? {We'll explore goal-setting tips over the next pages}

3. Be Active.

What steps can you take today that will help you achieve your goals? Everything comes to be through the present moment. It's the only thing you can change and the only thing that really exists.

"ON MY WAY TO BEING WORLDLY"



3 MONTHS
=
RESEARCHED

6 MONTHS
=
SAVED \$X

1 YEAR
=
TRAVEL Y

HEALTHY
WORLDLY



INTELLIGENT
KIND

REMEMBER:
CONQUER NEGATIVE THOUGHTS
WITH POSITIVE AFFIRMATIONS

HOW TO SET GOALS

If you're finding it difficult to set clear goals, it may be due to a lack of understanding of your personal values. Your values help to provide the framework for goal setting. They're something you'll be constantly working towards throughout your life; how you want to be as a person.

Values are words that complete the sentence "I want to be _____"

E.g. I want to be healthy / worldly / kind / intelligent.

1. Firstly, list as many as you wish.

2. Now, list what you can do (goals) to work towards these values. Write down both short-term and long-term goal posts to achieve these and set measurable timeframes.

E.g. To reach my 'worldly' value, within three months I will have researched where I'd like to travel. Within six months I will have saved \$X and by the end of the year I'll be on a plane travelling to Y.

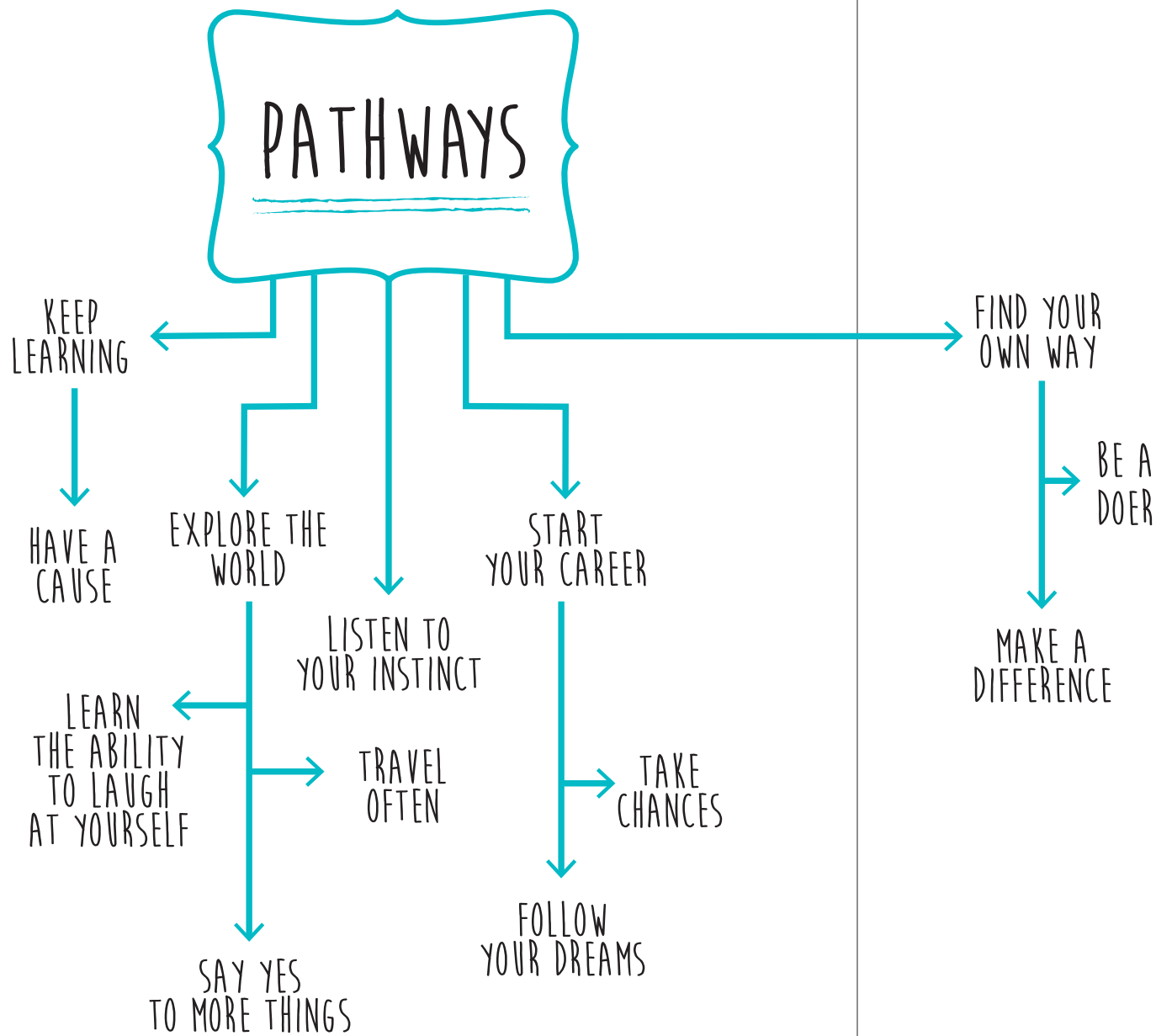
Set goals you can realistically achieve in the foreseeable future. Achieving a goal will not only give you satisfaction, it will encourage you to set further goals.

3. After setting your goals, make a separate list of any obstacles you foresee could slow you down or prevent you from reaching them. Be honest with yourself. The way to overcome any obstacle is to name them and name what you can do, or tell yourself, to overcome them.

E.g. A thought that could arise on your quest to be worldly is: "I don't want to have to skip going out with friends to save money". When this thought comes up I'll remind myself, "Soon I'll be living it up abroad". This positive thought challenges the negativity and keeps you on track.

It's not hard to make decisions when you know what your values are.

- Roy Disney



KEEP IN MIND

You can explore the following pages your own way. You may want to explore just one pathway or chapter, or you can consider them all!

The great thing is each choice holds its own amazing adventure!

Know that nothing is set in stone and it's important to remain open minded towards opportunities and change along the way. Not everyone gets it right the first go. The answer is often a result of trial and error.

You might not be sure what you want now and that's OK, but the trick is to keep moving. Keep the change happening, and things will stay interesting.

EXPLORE THE WORLD

Chapter 1

How will *you* explore?

Globetrot

Jet set

Tour

Voyage

Cruise

Vacation

Wander

TRAVEL

If you're still tossing around the thought of taking this path, one thing is for sure – it will be one you won't regret.

If you have no doubts about your decision to travel, get ready for the trip of a lifetime!

When it's time to decide where to go, you'll soon discover there are endless choices. Spend time studying the map for your own round-the-world/local trip. If you are not yet familiar with where the countries are in relation to one another, you'll find this process even more interesting as it all pieces together!

To gain ideas for your adventure and what places best suit your interests, speak with others about where they've been. Research the maps of places you're considering and search for information both online and through travel books.

Think about what activities you'd like to do while you're away. You may be interested in trekking, shopping or spending time relaxing. Also think about the climates of possible destinations and whether you'd prefer culturally diverse areas.

Do you want to visit places off the beaten track or tourist hot-spots? Do you want to explore places steeped in history? Are there particular landmarks you've just got to see?

Your choice will of course depend on how much money you can put aside. Don't forget to create a budget. How you are going to save? Do you have enough put away or will you have to work after school to save up? Once you've saved your pennies and bedded your travel plan, you'll be feeling the usual pre-trip travel butterflies made up of nerves and anticipation while you wonder what's ahead!

After feeling as excited, as if you're one of the first to set off to explore the world, you'll soon discover there are many travellers just like you, from all over the world.

Above all, remember no experience is wasted.

The world is a book
and those who do
not travel read
only one page.

- Augustine of Hippo



WHY OVER 900 MILLION PEOPLE TRAVEL AROUND THE GLOBE EVERY YEAR*

Imagine, for a short period of time, you can exist in an alternate universe where you have no responsibilities other than having fun and hunting out new things to see and people to meet.

This will be the kind of universe you'll exist in when you travel.

It's a time to try new things and broaden your mind, tastes and values. The more you try, the more you'll learn about the world and how it makes you feel. As far as you can without compromise say yes to more things. Take up the unexpected offers and face the unfamiliar. Be free, party hard, relax to the core, learn and absorb, make friends and be inspired.

Travelling frees you to try new experiences, learn new things and meet new people. Who wouldn't want to experience this?

***Rapport, Nigel: Social and Cultural Anthropology, The Key Concepts, Third Edition, Routledge New York; 2014**



WHY TRAVEL?

DISCOVERY

Travelling is all about discovery. From the minute you arrive at a destination, there are many new sights, sounds, smells, tastes and different customs to take in. By soaking up your new surroundings, participating in the local culture and making new friends you'll not only learn more about the world, but also more about yourself.

Be observant, open-minded and learn to ride the wave that is travel.

In doing this you will stumble upon the most wonderful discoveries.

KNOWLEDGE

Travelling forces you to open your eyes to the world and encourages you to get out of your comfort zone. It teaches you ways to cope with unfamiliar situations, like walking up to a bunch of strangers to make friends, problem solving when you miss a flight or learning to navigate a city when you can't speak the language.

As you gain an understanding of how other people live, your knowledge and perspective of the world is broadened. The lessons learnt from travelling are different from those gained in school, books or teachers.



PEOPLE

Half of travel's glory can be found in the kind/interesting/adorable/kooky/fun people you meet. So be open to meeting different people and up for making as many friends as possible. Strike up conversations with locals. Go on tours with other travellers. Don't worry about language barriers. You can always use the international language of smiling. For unexplained reasons, smiling is contagious. Give someone a smile and notice how they'll be more open and willing to connect with you.

Some people you may never see again and others could turn into best friends you'll return again and again to visit. No matter whether your friendship is fleeting or ever lasting, happiness is always best shared.

Travel is the only thing you can buy guaranteed to make you richer.



SOME IDEAS TO
GET YOU THINKING...

EAT A CROISSANT IN **FRANCE**

DRINK A BEER IN **GERMANY**

PRETEND YOU'RE IN A MOVIE IN **NEW YORK**

ROAD TRIP IN **AUSTRALIA**

SEE WILD ELEPHANTS IN **AFRICA**

EAT SUSHI IN **JAPAN**

SKY DIVE IN **NEW ZEALAND**

CELEBRATE CHINESE NEW YEAR IN **CHINA**

SEE THE NORTHERN LIGHTS IN **ICELAND**

GO ON A BIKE RIDE IN **COPENHAGEN**

SKINNY DIP IN **BORA BORA**

DANCE IN **RIO DE JANEIRO**

SHOP IN **LONDON**

GO CLUBBING IN **BERLIN**

FALL IN LOVE IN **GREECE**

DRINK VODKA IN **POLAND**

SURF IN **MEXICO**

PARTY UNDER THE FULL MOON IN **THAILAND**

SKI IN **WHISTLER**

VISIT A MARKET IN **MARRAKESH**

EAT GELATO IN **ITALY**

Put down
the map and get
wonderfully lost.

- Unknown

WORKING ABROAD

When you live and work in a place, you get a real sense of the culture, allowing you to discover it both like a local and a foreigner.

Millions of travellers find work overseas by obtaining a visa to work in their country of choice. Once you have a visa, you can either secure a job before jetting off or hunt one out after arriving.

Maybe you have a dream of going to Paris for Fashion Week, Hawaii for a surfing competition or spending a season working in the Swiss snowfields.

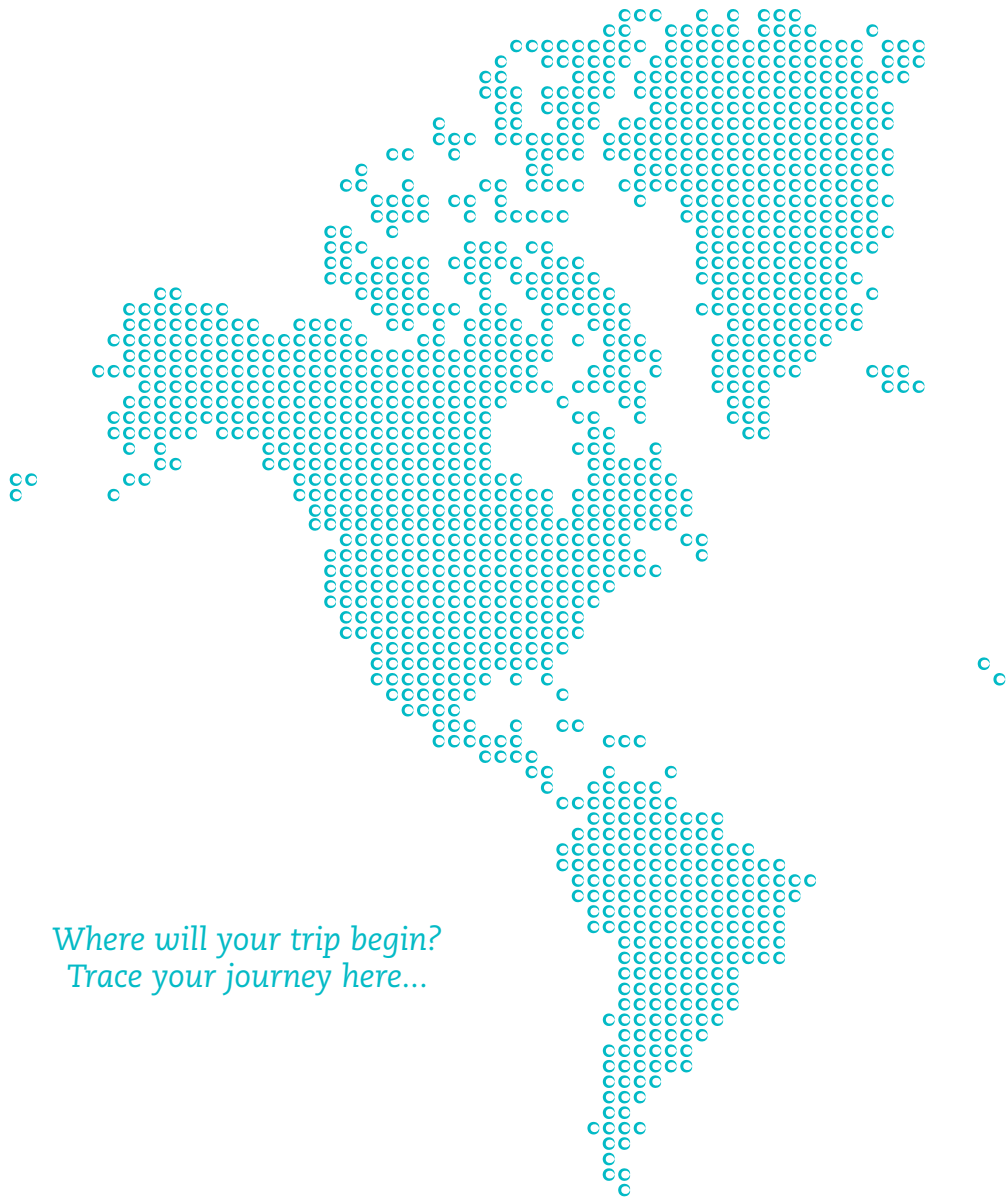
Be prepared that turning your dream into reality takes a bit of admin work. You'll need to arrange a visa, book flights and conduct research into all the particulars of working in your country of choice.

You'll also need to find work, accommodation and sort out the everyday necessities like a bank account, insurance and a mobile phone. Don't be discouraged. It's completely doable, but can just take a little time.

Working abroad may come with its struggles and frustrations such as challenges in finding a job, low pay or missing home. However, nothing compares to the highs of knowing you can make a life on the other side of the world, just because you want to.

10 TIPS FOR LIFE-CHANGING TRAVEL

1. **Don't rush.** If you are able, four days in one place should be the minimum: Day 1 and 2 to see the sights everyone's told you about, and day 3 and 4 to make your own discoveries.
2. **Enjoy local dishes.** In every country you visit, make a point of trying the traditional food. Ask a local to recommend places they'd go.
3. **Give yourself time to wander.** After brief research of the areas to avoid and areas of interest, go with a vague direction and no expectations. This is the best way to discover intriguing places and see and experience how the locals live.
4. **Stay in hostels.** Not only are they cheaper than hotels, they also serve as meeting places for making friends and memories. Take the first step to be brave and say hi; the rest will follow naturally.
5. **Research.** The best way to make the most out of time is to research your destination. List activities that interest you, the foods you'd like to try and the places you must visit.
6. **Make sure you find moments to slow down.** Breathe deeply and live in the present. In these moments, you'll really start to appreciate your surroundings and how beautiful life is.
7. **Make an effort to learn the language.** Even if you only learn the basics, the locals will appreciate your effort.
8. **Learn to laugh at yourself.** Know how to make light of annoying situations. Remember: no matter how long the bus ride, how awful the airline food, or how uncomfortable the bed, this moment will not come again.
9. **Take pictures and write a journal.** Capture all of the spectacular, funny and random things you spot along the way and don't want to forget. However small, it's awesome to have a hardcopy of the memorable moments.
10. **Two things to make sure you pack and never lose: your passport and an open mind!**



*Where will your trip begin?
Trace your journey here...*

GLOBETROTTING

