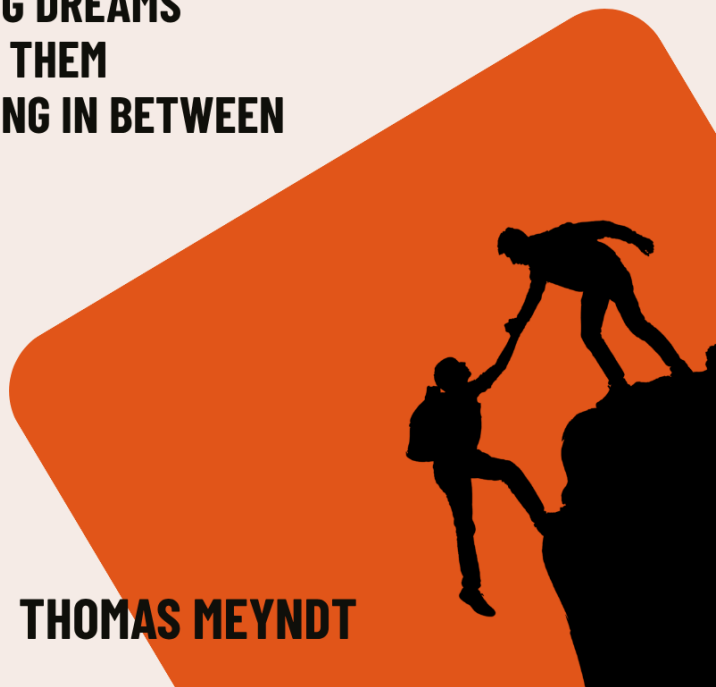
TOM'S TRAVEL BIBLE

NOT WHERE TO GO, BUT HOW TO DO IT

FROM CREATING DREAMS
TO EXECUTING THEM
AND EVERYTHING IN BETWEEN



THOMAS MEYNDT

Tom's Travel Bible
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Introduction

Tom's travel Bible - from dreams, to plans, how to execute and what's hidden in between.

Let's get this started.
Travel is absolutely fantastic and I want you to experience the same amazing things as I have. But just quitting and leaving the country without a return flight is scary business and why the fuck should you take guidance from some random guy you don't even know? Let's get it out of the way.

Here's some info about me.
My name's Thomas, but usually I go by Tom. As of the writing of this book, I've visited 44 countries, seen just about every biome and stepped foot on every continent. Paid for out of my own pocket.

Born and raised in the beautiful city of Nürnberg. I got kicked out of Gymnasium (basically high school) because I failed physics and chemistry ._. and then started my vocational training at a steel wholesaler. I wasn't born into money, but won't pretend that there was a constant financial struggle either. My parents both worked, I landed a decent first job and because I was able to live with them, it gave me the opportunity to save money to act as a financial cushion in case things went wrong. Now this is great and all, but also kinda boring. I didn't have any great aspirations, nothing crazy I wanted to do, nowhere spectacular to visit. Germany and Europe are nice, you know.

Due to the content I was consuming, an overly romanticized Japan was the only place I had in mind when even thinking about Asia. In my head, travelling was always reserved for holidays. A short break from work and that's it. You can't sustain yourself by travelling the world unless you have rich parents, got super lucky or travel itself

makes you money somehow. None of these options applied to me.

That's when all of a sudden YouTube flooded my feed with travel content. I never looked it up specifically, but ohh well here it is. That's when my fascination with what's abroad began, especially Asia…

I remember some videos of Angkor Wat in Cambodia, Singapore's Gardens by the bay, Mount Fuji in Japan, Khao San Road in Bangkok, the Cu Chi Tunnels in Vietnam, the beauty of Indonesia's Bali, yada yada yada, you catch the drift. The point is there is so much out there and YouTube opened my eyes to it.

But everything seemed so expensive! Flying to Japan? Accommodation? Food? Will I have to cook? How do I see everything I have on my bucket list? How will I get around in general? I remember people telling me that it's dangerous over there (wherever "there" is)… will I get robbed, kidnapped or even worse?

Again. You see where this is going. You have 1.000.000 questions and trying to figure it out by yourself can be a lot. Asking friends can make it even more difficult believe it or not. That, of course, depends entirely on them and their genuine knowledge on the topic, but many people like throwing around dangerous half-knowledge to look smart, or just to say something. I also had all these questions and zero answers, while quickly realizing that most of my buddies had no clue what they were talking about. There was lots of fearmongering for some reason, so I ended up figuring it out by myself after all. Now, enough about me and all about you. You came here with questions, so you shall have your answers.

Chapter 1 Dreams

You work, you go to the gym, come home, eat, sleep, repeat.
It feels like you're stuck in a hamster wheel and quite frankly, most of us are.
Your boss is a bitch and finds a way to yell at you or make you feel small every waking second of your work day. You come home and you're emotionally as well as physically exhausted, but hey, you can be proud of yourself for once again, you've increased shareholder value. Fantastic. Let's do it again tomorrow.

Today is different though. Today you somehow got a glimpse of what's beyond the horizon of working a 9-5 with a work-life balance more akin to a (cry)-work-(cry)-sleep-(cry) balance. Be it a YouTube video, a Reel that popped up on your "For You Page" or one of your buddies posting a photo in a picturesque town in some country you never even heard of.

Whatever it is, it sparks your interest. You want what they have and you wonder if it's really that cool. Is it just Instagram filters making it look so amazing, or does it actually represent reality? Welcome to the travel spiral. You're instantly hooked, enough so to buy my book (thanks again :)) and get sucked into a never ending stream of videos, reels and shorts. This might go on for a while without you actually doing anything. But consuming content and dreaming of how nice it would be to live abroad for a while has an effect on you. Sustaining yourself on nothing but vibes and Eggs-Bennedict with avocados sounds pretty fire compared to slaving away every single day.

But you have a job and a family. You have obligations and your friends are here too.
How would it be possible for you to do all these cool things you see on the internet? Worries take over and that's probably why you landed here.

Well well well, time to address and most importantly, throw them overboard!

You might say “Tom, there’s so much content on Instagram and it looks sooooo amazing. I need to do this too!” Now now... I mean yes, it is that amazing, but also keep your expectations in check. Influencers use tons of filters and sometimes wait for forever to get the best shot of something. So yes, all the amazing shots are real, but they’re not... you know what I mean? Also, please don't overdose on content or what you actually end up discovering could seem lesser just because you’ve “already seen it”. But the dream is fantastic and it’s entirely rectified. There’s so much happening in the world. So many people to meet, things to try, an