

Learning Inspirations

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HOW TRAVELING CAN HELP YOU DEVELOP VALUABLE CAREER SKILLS

“The greatest moment in a man’s life is when he sets out for an unknown land.” – Sir Richard Burton

When we think about traveling, we usually focus less on its practical side, although there’s more to traveling than the chase for pleasure and happiness. While travel can offer you a much-needed escape from the stress and pressure of everyday life, it also provides an opportunity to grow and expand your horizons, and most importantly it can teach you many valuable skills that you can apply in your career.

But even before we begin listing the benefits one might accrue from travelling, here’s a little piece of trivia – did you know that travel is in our DNA? According to the study conducted by David Dobbs of National Geographic, the travel gene, DRD4 7r, is in our DNA! According to the researcher, there are high levels of this compound in the genetic makeup of some individuals. So that might make some of us more *kaki jalan* than others!

Here’s a list of some of the most important skills and abilities that you can learn or improve while traveling:



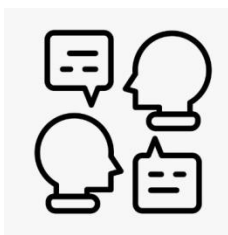
Organization and planning

Planning a trip might sound like something fun and entertaining, but there’s actually a ton of aspects to take into account when traveling. So good planning and organizing skills are a must unless you want to find yourself stranded in a foreign country. One trip might not turn you into a planning expert but, if you do it over and over again, you’ll become a lot more skilled, and then you can transfer these skills into your line of work.



Time Management

Poor time management often translates into idle time, missed flights, and a lot of wasted opportunities. So, as you become more travel savvy, you’ll learn to calculate how long it’s going to take you to get from point A to point B, how to book your flights and accommodation, plan each stop or juggle with different time zones. Basically, you’ll learn how to use your time efficiently to make the most of your trip. Needless to say, good time-management skills can be a true lifesaver at work where you constantly have to prioritize and calculate your time in order to stay productive.



Communication and Social Skills

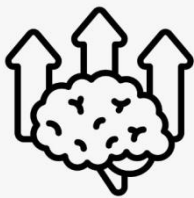
One of the best things about traveling is meeting and interacting with all types of people, and even making some friends along the way. This obviously implies working on your social and communication skills, even more so if you don’t speak the same language as the locals. It forces you to become a better listener and work a bit harder to express your ideas with clarity and make yourself understood in your interactions. This is a skill which definitely can be applied at the workplace.

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It Develops Your Network

You'll be meeting many professionals, with different backgrounds and different futures. You never know, further down the line, you could end up in the same industry, or even the same role. This could translate to a wealth of information available to you, if you maintain good professional relationships post-trip.



Brain Growth

Travel makes your brain larger! Paul Nussbaum, a clinical neuropsychologist and adjunct professor of neurological surgery at the University of Pittsburgh, says, "When you expose your brain to an environment that's novel and complex or new and difficult, the brain literally reacts." And "travel by definition is dropping your brain into a place that's novel and complex.

The benefits of traveling are long and vast! Traveling not only leads to the discovery of unknown places but allows us to get to know sides of our character that we didn't even know we had. When you travel you are met by a different world than the one you knew up to that point, and you get to discover the reality of life beyond your community's narrow walls. So go forth and explore!

Adapted from:

<https://www.smallerearth.com/blog/9-benefits-of-traveling-that-will-help-your-career>

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