



TO describe the year 2020 as “tough” is an understatement. For many the year is best forgotten, what with the havoc that the Covid-19 pandemic has brought to everyone’s life, by almost grounding the global economy to a halt. But with the rollout and distribution of the vaccine, hope that we are likely heading back to normal lives is lifting our spirits.

After being stuck indoors for more of the year, many people are now dreaming of going on a holiday this year and are choosing bucket-list destinations. Of course, this is like a breath of fresh air to the tourism and travel industry, one of the industries hardest hit by the pandemic.

And while health experts continue to advise travelers to remain careful and limit their trip to essential purposes, international travel is looking more and more rosy for everybody as vaccines becomes available to the populace.

Before the pandemic has sent us into quarantine, isolation, and lockdowns, and has forced everyone to observe social distancing or totally refrain from in-person contact, many people saw traveling as an expensive hobby or a lifestyle that is accessible only to a select few. However, Covid-19 changed all that. As we longed for physical encounters and activities, the appeal of travel has grown today – more than ever.

In the past, I have talked and

written about the benefits of traveling. And now more than ever – as we longed for in person encounters and get together with families and friends, the need to travel, discover and explore places other than our backyards has become even more appealing.

So once again, I would like to share with you why traveling is important:

TRAVELING IMPROVES YOUR HEALTH. The health benefits of traveling cannot be ignored: from making you feel better – both physically and psychologically – to cutting down on stress and chances of developing a heart disease. Taking a break from your daily routine relieves stress because you are miles away and free from your usual responsibilities. Even if you’re not used to getting out of your comfort zone, traveling is sure to impact your mental well-being. In fact, some people even consider that traveling is a cure for depression and anxiety. Additionally, traveling keeps your blood flowing because you need to be physically active. Plus, getting sunlight is definitely invigorating and rejuvenating.

TRAVELING MAKES YOU SMARTER. Believe me when I say that every time you travel, you will see some improvements in your brain capacities. Not convinced? Well, traveling helps you learn how to cope with different situations where you need to be resourceful and

Benefits of traveling after COVID-19



think differently. In addition, every time you travel, you pick up some words in a different language, and you learn to be more organized as well.

TRAVELING IMPROVES YOUR UNDERSTANDING OF OTHER CULTURES. One significant part of traveling is meeting other people – whether they are locals or they are like-minded travelers. These people, who we encounter during our journeys provide us the opportunity to learn about their lifestyles, their beliefs, traditions and cultures. Each new encounter and each new story give us new perspectives and deepen our understanding of other cultures.

TRAVELING MAKES YOU MORE ADVENTUROUS. With the way and speed that technology is advancing today, we feel that the world is getting smaller and the people so well-connected than any other time in history. However, there are still countless places that people have hardly heard of, destinations that have never been explored or are not even known to the average tourist. Making a list of places you want to visit is one way of getting motivated. The benefit of traveling to new places makes you face the unknown and think differently. This doesn’t mean that you need to spend a week or a month in the jungle in the middle of nowhere, but traveling requires you to get out of your comfort zone. It might be scary, but it surely is adventurous!

TRAVELING EXPANDS

YOUR SOCIAL LIFE AND SOCIAL NETWORK.

Yes, with the power of social media, you’re social network has never been this well-connected. However, I am not talking about virtual social life and social network here; I am talking about the REAL thing, where you meet people in real setting, establish connections, bond with them and develop long-lasting relationships – even friendships. And from my experiences, some connections you make over your travels are some of the strongest and the most enduring relationships.

TRAVELING MAKES YOU LOVE YOUR HOME EVEN MORE.

I’ve read somewhere that “The magic things about home is that it feels good to leave, and it feels even better to come back.” I could not agree more. If you’ve stayed too long in one place, there is a tendency to get bored, and the need to get out. At some point, you’ll feel the need to leave and experience new things, meet new people. And then after doing so, you look forward to coming home – after gaining new knowledge and experience.

TRAVELING CREATES LIFETIME MEMORIES. When you travel – whether locally or overseas to some exotic place – there will always be something and some experience that will stay with you long after you’ve come back home. It could be the first time you tried eating with chopsticks in Hong Kong, or another traveler you’ve shared stories with, or the time you almost

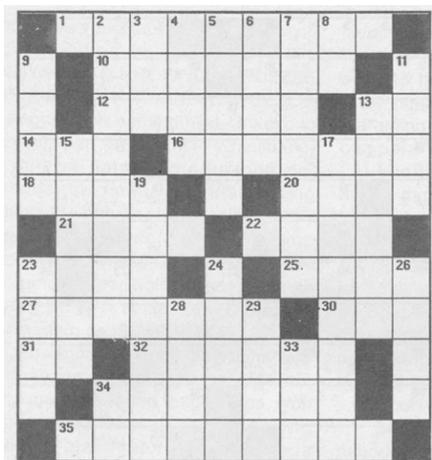
miss your connecting flight – these and similar experiences make your journeys interesting and memorable. And however insignificant it may seem, the fact that you have had an experience during your travels create a memory that you will remember for a long time.

Every time we travel, amazing and unforeseen encounters await us. It not only teaches us the simple pleasures that life has to offer but traveling also teaches us to enjoy and appreciate little things in our lives. The past year has been unkind to us. It was tough, characterized by numbing and confusing days. But now, we are not too far off from getting back to normal.

So, what are you waiting for? Start your own bucket list now and plan on visiting and exploring those places you’ve been hearing about, and discover for yourself how traveling is truly a life-changing experience.

If you are looking for someone to help you out with planning your personal trip or any destination of your choice, call us a Travel International Group. We will be happy to provide assistance. Our numbers are: (310) 327-5143 and 1-844-320-1499. You can also send us an email at info@travelinternational.net. Don’t forget to check out our amazing tour packages and special promos at www.travelinternational.net. Travel International Group, Inc. has a global network of offices in Yangon, Myanmar; Hanoi, Vietnam; Bangkok, Thailand; and Manila, Philippines.

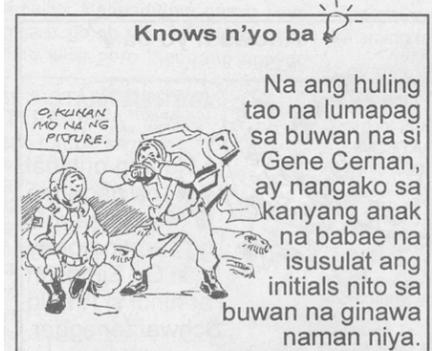
PILIPINO CROSSWORD



- salita
- 23 Gamot na kapag inamay ay nagpa-paalis ng hilo
 - 25 Katawagan sa ina, lola at tiyahin
 - 27 Isang lalawigan sa Mindanao
 - 30 Hindi: Ingles
 - 31 Illinois
 - 32 Kumpol ng sag-ing
 - 34 Bayan sa Bataan
 - 35 Maalat na maalat

- PABABA
- 2 Matapat na alagad
 - 3 Los Angeles Lakers
 - 4 Salag
 - 5 Panghahapdi ng tiyan
 - 6 Pangkat: Ingles
 - 7 Ipinagdiriwang ng mga Muslim taun-taon
 - 8 Hulapi
 - 9 Noon pa
 - 11 Sigla sa pagkain
 - 13 Taong walang Diyos
 - 15 Walang silbi
 - 17 Sikatan ng araw
 - 19 Karapat-dapat
 - 23 Pinuno sa lalawigan ng Arabiya at Turkiya
 - 24 Pag-apuyin
 - 26 Panghalip na paari
 - 28 Pangalan ng babae
 - 29 Plural ng sin
 - 33 Usal ng pandidiri
 - 34 Simbolo ng Barium

- PAHALANG
- 1 Panabihan sa pagdumi
 - 10 Sagupaan
 - 12 Hindi ibabaw
 - 13 Personal Assistant
 - 14 Pabuya: Ingles
 - 16 Kuhanan ng gatas
 - 18 Lagok ng tubig
 - 20 Ligaw
 - 21 Bundok na nakapagitan sa Europe at Asia
 - 22 Pananakot na



ANSWERS ON PAGE 14

Manila mayor backs opening of Intramuros, parks

MANILA Mayor Francisco “Isko Moreno” Domagoso said he supported the tourism department’s suggestion to open Intramuros and Manila parks for Family Day.

“Of course, we want to support domestic tourism, especially now. It can at least give work and boost business economy. If there is an open space, an alternative for the people to go to, we’ll support it,” Domagoso said in a radio



interview.

Tourism Secretary Bernadette Romulo Puyat earlier suggested that parks should be available to people of all ages

once a week for a designated “Family Day.”

Puyat said there should be a day of exemption for families, including senior citizens.