

LifeLovers

MAGAZINE

How to Save Travel Money

While Living in a Big City

Why you'll fall
in love with
KRAKOW
(yummy edition)

The most important
thing you need when
living abroad is a friend

EcoHotels.com
Booking Sustainably
Made Simple

How to build a life across two continents:

Living an endless summer with all my favourite people



Life Lovers

MAGAZINE



Life Lovers Magazine

40th issue

“Embrace the Chaos, Connections,
and Joy of Travel”

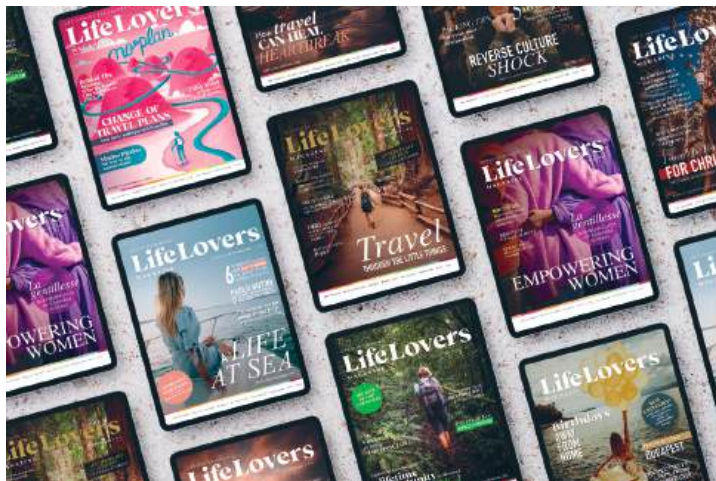
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DISCLAIMER

All stories featured in LLM are written by travel-loving writers from across the globe. You'll see both US and English grammar, but we do try our best to be consistent.

We believe in the importance of giving a voice to anyone that has an inspiring experience and who is willing to share it with our amazing Life Lovers via this magazine. Sometimes, for these writers, English isn't their first language, but deserve to have their stories shared. We apologise if you spot any mistakes. We're working hard to be better every day and make this production the absolute best it can be.

BE A *Life Lover*.
LET'S ENJOY THE
JOURNEY!



@LifeLoversMag



Life Lovers Magazine is your monthly digital guide to all the inspiring places, experiences and bucket-list activities this great world has to offer. Including work and wellbeing tips, recipes, and music and film reviews. Written by and for travel lovers like yourself. Connecting empowered women who want to share their stories. *Let's enjoy the journey!*



THE JOURNEY

Life is full of little moments worth a smile, with plenty of everyday scenarios to be grateful for and a sea of memorable experiences to live, learn and be fascinated with. Here we gather your travel stories because we all have tales worth sharing.

PLACES TO LOVE

This space is for you wanderer, who are fascinated by travelling, exploring and falling in love with new scenes. Being outdoors and seeing new places makes you happier and, mostly, for you who love when a trip turns into a good story.



WORK IT!

We all work to get where we want to go, whether it's our life's passion or just what brings food to the table. Here we share inspiring stories and tips to help you get through the day and enjoy the journey. After all, every job is an experience, and this is what makes our lives more entertaining.

BUCKET LIST

We all dream to experience certain things before we move on to our next life. Here we gather the stories of people like you and me, who dare to try and have adventures, who want to inspire you to live more and make memories. Because life is only one and we never know how long it will be there for.



THE COACH

Beauty and Wellness are an essential part of our lives. We want to encourage and remind you to love, respect and take care of both your mental and physical health in the same way. They need each other and are just as crucial for everything else in your life. We're here to help you be proud of them!

FOODGASM

Life is infinitely delicious, and this one is being changed every day by sustainability and plant-based power. To help, we want to share our favourite veggie recipes, columns and stories about trends, food, nutrition and eating habits because people who love to eat are always the best kind.



PLAY

Good moments have a soundtrack that makes them better, turns them into memories and makes us feel like we're in a movie. Here we gather music and film lovers' voices to share their recommendations and reviews with you, about the films and songs that transcend and give us goosebumps.

ECO LIFE LOVER

We don't have a planet B, so it's up to us to start doing our bit to take care of our beautiful Earth.





**“Women’s friendships
are like a renewable
source of power.”**

- Jane Fonda

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Letter from the Editor

“Embrace the Chaos, Connections, and Joy of Travel”

Dear Readers,

In our feature article, "Why You'll Fall in Love with Krakow (Yummy Edition)", get ready to drool over the culinary wonders of Poland, which will make you wonder why you ever thought Paris had the monopoly on gourmet charm. (Hint: it doesn't. We checked.)

For the thrill-seekers among us, Al Shallal Theme Park in Saudi Arabia is your next adventure. Imagine roller coasters... in the desert. If that doesn't get your adrenaline pumping, nothing will!

On a more intimate note, we have the incredibly thoughtful piece, "Why I Choose Travel and Adventure Over Having Children", where we dive into one woman's personal journey of prioritizing exploration over societal expectations.

Many of us find ourselves building lives across borders, basking in the warmth of an endless summer with loved ones from all over the globe. In **How to Build a Life Across Two Continents**, we look at how this can be both a challenge and a joy. Because yes, it's possible to always be where the sun is shining—and no, it doesn't require winning the lottery. We've also thrown in a few "Tips to Travel Smarter" because who wouldn't like to be one of those effortlessly organized travellers?

If you're living in a big city and think travel is for the rich and childless (or both), fear not. "How to Save Travel Money While Living in a Big City" shows you how to make adventure affordable—because let's be real, sometimes we need a weekend in Bali just to escape rent prices.





Yet, what remains constant, no matter where we are, is the importance of connection. "The Most Important Thing You Need When Living Abroad Is a Friend" reminds us that no matter how glamorous a destination, it's the human connections that make it unforgettable. Because in the age of distraction, we explore the vital role relationships play in our well-being, whether through the revival of serendipitous "meet cutes" or the support of a close friend while living abroad. It's these bonds that truly shape our experience of the world.

Then, from the profound beauty of the mind to the universal language of music, we'll have you contemplating the magic of a concert, where strangers and friends unite. After all, who hasn't felt like they've found a piece of themselves while singing their heart out at a live show?

And finally, in our commitment to promoting sustainability, we're proud to feature EcoHotels.com, a platform making sustainable travel simple and accessible. And explore "Top 6 Ways to Enjoy Chile's National Holiday", too, where culture, celebration, and great food collide.

At Life Lovers Magazine, we believe that travel is more than a way to see the world—it's a way to connect with ourselves, the people we meet, and the planet we love—even if that means getting lost a few times (it's not an adventure unless you do, right?).

Whether you're jet-setting across continents or simply discovering new corners of your city, we hope this issue inspires you to embrace the chaos, enjoy the connections, and, of course, love the life you live.

**BE A LIFE LOVER.
LET'S ENJOY THE JOURNEY!**

HAVE SOMETHING TO SHARE?

If you want to collaborate with Life Lovers Magazine, please feel free to email us your pitch at hello@lifeloversmag.com

Don't forget to follow us on our social media channels @Lifeloversmag. We truly appreciate all the support!



Little Chilean
Editor
Life Lovers Magazine

Places to Love



Kristine Forbes



/kristinestravelingpassport



Why you'll fall in love with

KRAKOW

(the yummy edition)

First item on the list is Paczki. Paczki are traditional Polish donuts without the hole! Yes...this means biting into a delicious stuffed center with a variety of flavors. The traditional flavor in Kraków is the rose but I'd make it a point to try a few flavors, my personal favorite was filled with blueberry and cream cheese. Other flavors included caramel, Nutella, raspberry, pistachio amongst others but they do rotate daily as they are freshly made so not all flavors are available every day. There are locations spread throughout the city center but Dobra Paczkarnia was my go-to spot as they had multiple locations. I found it a great sweet breakfast option or sweet afternoon treat.

Next up is the Obwarzanek. The Obwarzanek is a braided ring-shaped bread very similar to the traditional bagel found in the United States. While also boiled and baked, the Polish take on a bagel is larger in size (up to 7 inches!) While there are storefronts for purchasing Obwarzanek, the traditional recipes are only sold from the blue carts found on the corners in old town. They are freshly delivered each morning and range from 2 zloty to 3.5 zloty—less than a dollar!. Only the traditional flavors are sold here which include salt, poppy, sesame, everything and cheese. This is a great and affordable option for the non-sweet tooth lovers for breakfast!

The best surprise during my visit to Krakow was the Galumpki. Galumpki is stuffed cabbage filled with either a meat and rice mixture or a vegetarian option of rice and mixed veggies. The galumpki are topped with tomato sauce and served hot. My person favorite was the rice and meat and so good that I found myself going back to the same place three times! While the dish is not as easy to find in every restaurant, Pierogarnia Krakowiacy was the go-to spot as they have multiple locations and the dish never disappointed!

*These particular galumpki are served in two and are quite large, perfect for sharing!

The next must-try I learned about during my walking tour of the city is the Zapiekanki. It is a flatbread traditionally served with cheese and mushrooms and the option to add additional toppings. I added on kielbasa (traditional Polish sausage) and pickles, and it was mouth watering! Our tour guide told us this is a quick and cheap meal for lunch or for a late night snack after a night out drinking. They are sold at various booths in the market located in the Kazimierz (old Jewish quarter) neighborhood.

And the item I would hope to be on everyone's list planning a trip to Krakow...pierogi! Pierogi are filled dumplings, boiled and served. Each restaurant might have their own take on a pierogi with different stuffing options as well as toppings of onions, sour cream or butter. The traditional and perhaps most popular are the Ruskie, potato and cheese filled. These were my favorite as well, as I tried them at different restaurants every night for 5 nights!

Whether it's the food, culture or history bringing your travels to Krakow, make sure not to miss these five best foods of the city!



Kraków is a small, charming city in Poland with beautiful architecture, a lively city center and of course delicious traditional foods that cannot be missed! Here is why you'll fall in love with Kraków. Here is why you'll fall in love with Kraków, the yummy edition.




Why you'll fall in love with KRAKOW (yummy edition)



Places to Love



Syeda Juveria Afreen
| SJA

 /@sja_thedude

Al Shallal Theme Park in *Saudi Arabia*

Discover the unexpected joys and thrills of Shallal Park situated in Jeddah - Saudi Arabia, where a day of serene boat rides, heart-pounding rollercoasters, and cherished family moments await. Join me as I recount an unforgettable journey filled with laughter, fear, excitement, and the profound bond between siblings.

Al Shallal Theme Park, it's on the Jeddah Corniche, covering 60,000 square meters and drawing in around 1 million visitors every year. The park has had some major upgrades and is now considerably the best amusement park in Saudi Arabia. It's got all sorts of cool stuff like exciting rides, an ice rink, boat rides, and even some themed Chinese and Lebanese restaurants.

An Unexpected Journey

My journey to Shallal Park on January 3rd, 2024, was truly an incredible experience, one that left a lasting impression on me. When the day arrived I wasn't expecting much from it assuming it wouldn't have many interesting attractions, for some reason.

However, as soon as I stepped inside, my perspective shifted dramatically. The atmosphere of Shallal Park was nothing short of enchanting. The views were breathtaking, with lush greenery and vibrant colors, creating a serene and joyful environment.

The Enchanting Water Boat Ride

The first thing that captured our attention was the water boat ride. Sumfarha, my sister, suggested we take the boat ride as it was less dangerous. She is a very tender-hearted person and prefers less adventurous rides.

It was love at first sight for her—the sight of the boat gliding gracefully on the sparkling water instantly captivated her. The gentle sound of the water lapping against the boat was music to my ears, and I felt a sense of calm wash over me.

As we boarded the boat, a mix of nervousness and excitement bubbled up inside me. The boat started to move, and at first, my heart raced with a bit of fear. However, that initial apprehension quickly gave way to exhilaration. The boat picked up speed, moving swiftly like a storm across the water.

The thrill of the ride was electrifying, doubling my excitement and eagerness to explore more attractions. I rested my arms in the cool water for a few moments, feeling a profound connection with nature, which added to the overall delight of the experience.

Facing Fears on the Rollercoaster

After the exhilarating boat ride, I decided to take on a new challenge: the rollercoaster. It was my first time experiencing such a thrill, and I had mixed feelings of excitement and apprehension.

I went with my two younger sisters. The youngest one, whom I call Baby, was with me on the rollercoaster ride, while the other, Sumfarha, who is three years younger than me, was too scared to join us. However, we all forced her to get on it with us, as it was supposed to be a sister's experience.

I sat beside Baby, feeling confident at first. As the ride began, it moved backwards and climbed higher and higher until I could feel my heart pounding in my chest. The sudden drop that followed was terrifying. Baby screamed, clutching the safety bar, even though, remarkably, she never closed her eyes.

Baby's cries for our mom filled me with guilt and worry. When she finally calmed down, she confessed that she thought we were already doomed, so calling for help seemed pointless to her. As if the situation wasn't stressful enough, she developed a sudden back pain that added to my distress.

Baby, now composed, stopped shouting, and I started to question my decision. Why had I brought her on this ride? The thought of something happening to her made me feel an overwhelming sense of responsibility and dread. Astonishingly, all of this drama unfolded in just 30 seconds. It's incredible how humans can experience such a wide range of emotions and irrational thoughts in such a brief period.

When the rollercoaster finally came to a stop, I was filled with relief and concern, immediately checking to ensure Baby was okay. Despite the fright, I couldn't deny that I enjoyed the ride. This first rollercoaster was an experience I would never forget. We left the ride and took a moment to recover, drinking some water and sitting down to regain our composure. Even though I was still shaken, something inside me craved more excitement.

The Columbus Ride: A New Challenge

For some reason, I was drawn to another ride, even though it seemed even more daunting than the rollercoaster. This time, I chose the Columbus ride. It began smoothly, and soon I was enjoying the swinging motion. I checked on Baby, worried that she might still be feeling unwell, but she reassured me with a smile and saying she was having fun. Sumfarha didn't struggle to join us on this ride, finding it less intimidating. However, as it started swinging, I began to feel something weird in my stomach. The swinging motion made me uneasy, and I could see that Baby was also starting to feel unwell. Despite trying to enjoy the ride, both Baby and I were relieved when it finally ended.

The Aftermath: A Mix of Emotions

However, about half an hour into our drive home, I began to feel unwell. A wave of nausea and dizziness hit me, and I had to pull over at a convenience store to get some juice for both of us. The drive back was harder than expected, and the excitement from the day had worn me out. Thankfully, the drink helped, and we managed to continue our journey. Despite feeling a bit under the weather, my sisters and I shared a sense of accomplishment and closeness from the day's experiences.

Reflections on an Unforgettable Day

Reflecting on the day, I realized that despite the moments of fear and anxiety, the experiences and memories we created were priceless. The thrill of the rollercoaster, the joy of the boat ride, and the fun of the Columbus ride all contributed to an unforgettable day. The mix of emotions, from terror to joy, made me appreciate the fullness of the experience.

By the time we reached home, I felt a deep sense of gratitude for the time spent with my sisters and for the adventures we had shared. It was a day that would stay with me for a lifetime, a reminder of the thrill of adventure and the bond of family.

“Reflecting on the day, I realized that despite the moments of fear and anxiety, the experiences and memories we created were priceless.”



About the Author

Hi, I'm SJA, Co-founder & CTO at Apex Games, Lead Software Engineer at Khepri Service, and Content Writer at Life Lovers Magazine. Join me on LinkedIn (@sja-thedude) to explore more about my journey and discover motivational content.

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Why I choose travel and adventure over having *children*



Jessica Holmes



/hitchedhikingandhousesitting

I had never consciously made the decision not to have children until others questioned my life choices. I came to realize that this feeling had been simmering under the surface for most of my adult life. I always felt a little different. Deep down I knew that conventionalism wasn't for me – not just about having children but in the way I want to live. I am nomadic through and through. I have designed my life so that it brings me joy, and I prioritise things that invoke feelings of wonder and awe in me. I invite you to do the same, whatever that means for you.

“You’ve got time to change your mind”, “Oh you don’t mean that”, and shocked queries of “Why?!” are responses I often get when I tell people I don’t want children.

Even though this is a subject that should be regarded as personal and private, a staggering number of people have voiced their unsolicited opinions on the decision I have made. It is something that people seem to feel entitled to discuss with me, no matter how well I know them, and regardless of whether I welcome a conversation on the subject or not.

I was recently on a night out with friends and met the younger brother of one of them, along with his friends. The night wore on and we all got more disinhibited. Somehow, we came onto the subject of children. One of our new acquaintances had found out that my husband and I have been together for a decade and he declared that children were what we needed in our lives.

No matter how many times or in how many different ways we said that we didn’t want children, this young man that I had just met had decided that we would have children – it was something that couldn’t be argued with. So strong was his opinion on the matter, he decided that he wanted to place a bet on it. He bet us that in 6 years’ time (a tipsily selected time period apparently plucked out of thin air) we would have a child.

Both shocked and outraged at the direction the conversation had steered in, I attempted to remain cool and calm. I was in a group setting after all, I didn’t want to ruin the evening by shouting at the guy.

But in the back of my mind I couldn’t help but wonder, “Why?”, myself – why did this man feel so sure that we would have a child? Was it societal perception? Was it something to do with Tom and I? Perhaps that we were an evidently happy married couple and so it was inevitable.

I was at a loss, trying to understand his point of view.

A flash of anger arrived in my mind as I took a moment to consider how women who can’t have children may feel when in situations that I often find myself in. I knew they would be experiencing more sadness and pain than I could ever contemplate.

By the time I calmed down, the conversation had moved on, and everyone was discussing something salacious that had happened in loud, drunken voices. I turned slightly and caught the eye of the woman at the table next to me. I could tell by her face that she’d heard the entire exchange. She gave me a small smile of support, which I returned before refocusing on the group I was with.

“this young man that I had just met had decided that we would have children – it was something that couldn’t be argued with.”



LIVE
LIFE
YOUR WAY

A choice for the privileged

Being a privileged woman born in the United Kingdom and having lived primarily in Europe I understand that my perspective on this subject will be skewed. However, as a nomad and traveller, I am aware that this makes up a small section of the wider world and that customs, culture and religions around the world are varied on this subject.

In some places, cultures and religions, starting a family is a tradition and considered the primary role for women. Women are to be married and then have children as quickly as possible. Her role then develops into being a mother; looking after the children and home, whilst the man is the breadwinner; working and providing money to support his family. This is a very traditional set up which is honoured by many in both Western and Eastern societies across the world.

For women who are born in countries which are less developed, or into a strongly religious family, making the decision not to have children could see them abandoned by their family and friends or outcast by society. They would struggle to blaze their own trail as they do not have financial or educational resources, having been entirely reliant on the men in the family.

Another issue faced by women around the world is a lack of access to contraception and medical assistance. Because of this, their choice to avoid having children is taken away – unless they choose to be celibate. A lack of education and resources means that many women begin having children from a young age regardless of their circumstances.

In many societies around the world there is no real “choice” for women on whether or not they have children. They do not have autonomy over their bodies or lives and are not empowered to make this decision for themselves. Having the capacity, prerogative and authority to make this choice is a privilege that I am extremely grateful for and do not take for granted.

Are more people choosing to be childless?

It does seem as though more people are choosing not to have children. More and more women that I speak to on the subject are telling me they don't want children, or aren't sure if they do. It seems that as a society we've changed our perspective and are now deciding whether we do want children, rather than whether we don't.

Although this appears to be primarily a change that is happening in Western society, it is interesting nonetheless. It feels as though there has been a tidal shift and I believe that there are multitude reasons for this change of attitude and behaviour.

One of the things that people are contemplating is the implication of the digital age on our society. Children born now will be brought up with technology within easy reach – something that myself and many others didn't have as a child. People feel unsure how they would navigate the balance between staying current, providing their children with essential life-skills – a lot of which are now digital – and keeping them protected.

Another huge concern for many people is climate change. There is a real likelihood that future generations' existence is under threat and discussions are being had on whether having children is sustainable. It is something that I have personally considered at length.

A huge section of society has seen their working lives change dramatically through the increase in remote working. Their lifestyle options have opened up, and they can now work from anywhere – encouraging them to travel whilst working. The rise of the digital nomad has been a huge movement over the last decade. People are seeking more freedom and travel; a better balance between work and play. Children do not easily slot into this lifestyle.

“ I am so happy sometimes I think I'm going to run out of the allotted happiness in any given lifetime. ”

Many people feel that the financial or emotional burden of having children is simply too much of an investment – one that they don't want strongly enough to justify. In today's society, with finances being the number one thing that people worry about, and the cost of living impacting so many, it's no surprise that people are looking at delaying having children, or not having them at all.

Prioritise your dreams – whatever they are

Many of my close female friends and family members have always seen themselves having children; they have a desire to have a family which includes children of their own. Perhaps they feel a strong maternal instinct or they are inherently caregivers in their core. They were born to be mothers. I champion them for that; I cheer them on heartily.

But motherhood just isn't for me. And I know that many of you out there will feel the same. I want you to know that you are not alone, and it's ok to take a different path to the conventional one.

There are so many interwoven and complex layers of reason as to why I don't want children, but the primary one is that I value my freedom and independence. I love my life the way it is. I am so happy sometimes I think I'm going to run out of the allotted happiness in any given lifetime.

In tune with my place in the world, I chase after my dreams with an eagerness that is unmatched. Some years ago, I identified what my dream life looked like and then curated the rest of my life to fit around that. It doesn't include having children of my own.

I move around a lot as I travel full-time. I don't have a permanent base and got rid of most of my possessions years ago. I now do housesitting and look after other peoples' pets full-time – so I'm receiving lots of love from animals wherever we go.

Prioritising the things that I align with has led me to a more abundant and fulfilled life. For me, these things are travel, adventure, hiking, exploring and spending time with animals. I endeavour to bring enjoyment and awareness into everything I do and live consciously. Basically I try to live with passion, excitement and freedom.

Life is short. Too short to wait to do the things that beckon you. I've decided not to have children so that I can prioritise the things in life that make my soul sing. Travel and adventure bring me joy, and I will follow them to the ends of the earth. Listen to what's beckoning you; listen and follow.

About me:

Jessica Holmes travels the world full-time looking after peoples' homes and pets through housesitting. She is a writer, yoga lover and eco-traveller. Having lived nomadically for long periods of her adult life she's an expert on all things backpacking, van life, digital nomads and housesitting. Her book *The Housesitter's Guide to the Galaxy* can be ordered here. Her blog www.hitchedandhiking.com documents her travels and housesit escapades. Follow her on Instagram @hitchedhikingandhousesitting for travel tips and cute pictures of pets.





HOW TO BUILD A LIFE ACROSS **TWO CONTINENTS:**

LIVING AN ENDLESS SUMMER
WITH ALL MY FAVOURITE PEOPLE



Nikolina



/travelingdreamscape

You can't have your cake and eat it! Or can you?

Many of us grow up with phrases like this that shape our beliefs about what is and isn't possible. But what if you could have your cake and eat it too? Here is everything you need to know about how to build a life across two continents so you can have all the cake you want!

My first career crisis combined with 11 hours stuck on the M25 in a snowstorm had me questioning whether there was something better than just surviving the British winter and living for summer. As if the universe heard me, the next day a job in Sydney landed in my inbox. Born and raised in Lyme Regis, a small seaside town on the South coast of the UK, this was a huge move for me. I was close to family, had amazing friends, owned a house with my husband, worked for a successful company and lived a peachy life by the ocean. Yet, for some reason, it was not enough. I wanted more.

Sydney is what us expats call "Never Never Land." For some reason, you feel like Peter Pan. The sun shines, the coffee is amazing, cocktails flow, sunrise dips and a serene 20-minute ferry commute to work all come together to have you living your best life. Responsibility feels a long way away. However, 5 years into the dream and something was missing.

It was time to explore whether I could combine the best of both worlds. An endless summer living across two continents whilst spending time with all the people I love around the world.

7 years on, I now indulge in European summers before ducking "down under" when the cool breeze from the North blows in. However, this privileged way of living does not come without its challenges and if you're thinking about splitting your time across two continents, here are five considerations:

A PLAN IS ESSENTIAL

The best gift I ever gave myself was my 8-month sabbatical. The sacred time away from day-to-day responsibilities gave me the opportunity to dream. My husband and I were at a crossroads, we had conflicting ideas of what the next chapter would look like and needed time to design a plan.

Constructing and executing the plan took time. To make the new life work, aside from winning the lottery, we had to think creatively. By reverse engineering the ideal life we wanted, we landed on a 5-year plan. Off back to Sydney we went to put the plan into process, set interim goals and work towards creating our next chapter.

GET READY TO "ADULT" HARD

Living across two continents comes with some serious life, admin! Healthcare considerations, tax implications, insurance, residency requirements, visas, and currency management are a few things you must think about. Day-to-day living is complicated. I am always thinking about how and where I spend my money to avoid unnecessary fees and exchange rate losses.

Bank fees and charges are a huge consideration and it's really worth doing your research to find those that don't charge additional fees, provide multi-currency accounts and work in your favour.

Flights are a huge consideration. To enable me to travel in a cost-effective way I live on a credit card which I pay off at the end of each month. This may not work for everyone but for me the ability to travel on points is priceless. The environmental impact of frequent travel, however, is also a concern, so I investigate ways to offset my carbon footprint wherever possible and try to live an eco-friendlier lifestyle overall.

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A small but invaluable hack is to have two of everything. I have two wallets, two wardrobes and two sets of online files. This dual setup simplifies the transition between countries, minimises stress, and ensures I am always prepared and that I don't forget anything.

"I was close to family, had amazing friends, owned a house with my husband, worked for a successful company and lived a peachy life by the ocean. Yet, for some reason, it was not enough."

KEEP CONNECTIONS ALIVE

I am so lucky to have amazing people in my life who support my chosen way of living, but I also don't underestimate the importance of staying connected and remaining a good long-distance friend. Transitioning from seeing someone regularly to a long-distance friendship can be challenging for both parties. Relationships may change but it doesn't mean they have to end. Embracing the distinctive characteristics that friendships take on as my life has changed has been invaluable.

It is easier now than ever to stay connected, but equally this can make us lazy. Intentional connection is key and there are some great hacks that I've learnt over the years.

Group messages on WhatsApp or group FaceTime calls are efficient and can kill two or more birds with one stone. You will have groups of mates that naturally fall into a group - be the glue that holds these together.

Shared adventures with those who are keen. I'm always keeping loved ones across our travels and wherever possible encouraging them to lace their own adventures through ours.

We've met friends in Malaysia for a luxury hotel stay and arranged a multigenerational family holiday in Greece and Thailand often turns into a melting pot of reunions!

Random acts of kindness go a long way to say I love you when you are on the other side of the world. If someone pops into your head and you are missing them, send a card to tell them, get flowers delivered or simply message them.

“Instead of becoming frustrated, I've learnt to be flexible and embrace the cultural differences of living across two continents.”

EMBRACE CULTURAL DIFFERENCES

This gets easier the more I tic tac, but initially, it came as a huge shock. Apart from the obvious language difference, when switching from France, where I was living at the time, to Australia, there are cultural changes to acclimatise to. For example, mornings on Manly Beach start before 6 AM, physical training is done and dusted by 7 AM, coffee and sunrise dips are solid parts of the routine and a general feeling of winning at the day makes for my mindset to be super positive. In France, on the contrary, nothing (apart from the local boulangerie) stirs before 10 AM! This was hard for me to adapt to.

Instead of becoming frustrated, I've learnt to be flexible and embrace the cultural differences of living across two continents. I've accepted the much slower way of life in France where it's not unusual to queue for over 15 minutes for groceries. I love that it is normal to have a small beer before wandering around the market at 10 AM on a Wednesday morning. Oh! And I've got used to the fact that there is a cake and coffee station in the gym (not that I partake!).

The joy of living such a varied life is never lost on me and I love both Australia and France for allowing me to call them home.



MAINTAINING BALANCE IS ESSENTIAL.

Living across two continents is an exhilarating and diverse experience, however, transitioning between the two environments can be mentally and emotionally taxing. There is a lot to think about and things that require a constant adjustment in behaviour and communication style which can sometimes be tiring.

I maintain balance through a consistent daily routine. The routine changes depending on the country, but I try to adjust to it as quickly as possible. It regulates my body clock and provides mental and physical stability amidst the change.

Setting boundaries is also important, especially when it comes to managing different time zones. Of course, there is a need to be flexible but if I don't set boundaries, especially regarding work hours and communication times, I find myself starting to burn out. Time away from technology is essential for me as time online when living across two continents is unavoidable.

Balancing social commitments when you only have a finite amount of time in a place can be challenging. I try to prioritise my time and am learning to become comfortable saying no to avoid over committing! Boundaries help me to fully enjoy the unique experiences each continent offers while maintaining my well-being.

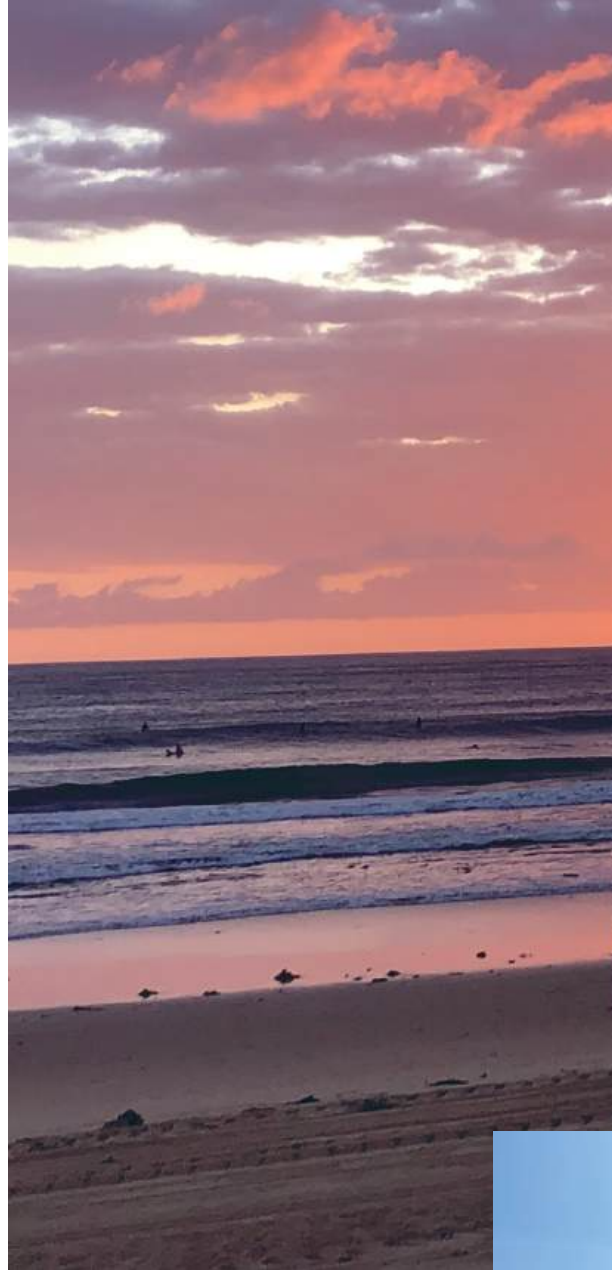
Living a life across two continents is not without its challenges. For me though, it is worth every single one. It is driven by a deep understanding of what truly matters to me and requires planning, adaptability, and patience. The journey has taught me that by staying true to my non-negotiables coupled with determination it is possible to eat all the cake you want!



“Living a life across two continents is not without its challenges. For me though, it is worth every single one. It is driven by a deep understanding of what truly matters to me and requires planning, adaptability, and patience.”

MEET THE WRITER

This article was written by Rebecca Thomas, Founder of Feel Good Getaways. Rebecca is a Career transition, sabbatical and career break coach. With over two decades of career coaching and recruitment experience across the UK and Australia she works with those seeking change and clarity on what's next. She is an ocean loving, yoga practising, story seeking, cocktail drinking, regenerative tourism advocate who lives for tasty food and beautiful places with the people she loves. Connect with Rebecca on LinkedIn and Instagram.





*Images provided by author



Tips to **Travel Smarter**



Jennifer Dyer

 /solymargoddes

Travel strategy from a former International Delta flight attendant and now, professional world traveler and entrepreneur specializing in digital marketing. Let's explore the ins and outs of international travel, and why packing smarter and lighter will benefit you. I'm not gate-keeping anything! By the end of this article, you'll be fully equipped with all the knowledge you need to travel more efficiently for the rest of your life. Let's dive in so you can travel smarter!

Getting ready for D-DAY

Before the day of travel, I like to make sure I am set up for success. I like to slowly pack over a few days, so I don't feel too rushed. I start by making sure I'll stay healthy throughout the whole trip. So, don't forget to bring in your routine vitamins and, stay hydrated, inside and out. Here I'll share a few of my go-to steps after many long-haul flights.

Essentials for our flight

Chewing Gum | If you have trouble adjusting your ears with the altitude, this helps to open up the ear channel during takeoff and landing

Battery packs | a travel essential. It's hard to always find outlets at the airport or even on airplanes. Come prepared, with a charged battery pack, and cable!

Reusable water bottle | It's more eco-conscious, and keeps your beverages colder! A "must" while traveling

Sanitary wipes | Keep your space clean and tidy. I've seen the cleaning crew come through time and time again, and I can assure you they are not deep cleaning and scrubbing each tray and seat as you'd like to. So, clean your seat, buckle, surface of the screen and tray in front of you. Here, a mini portable sanitizer will come in handy.

Beauty & Accessories

When it comes to my beauty hacks, I first would recommend getting a compact cosmetic bag like the ones from Bagsmart on Amazon, for example. Then, you want to make sure you're topped up on your minis essentials. From a mini straightener (if you use one regularly) to mini make-up pieces like the ones you can find in your favorite brands' store or in the travel sections of big beauty shops like Sephora.

In any case, you want to make sure you're packing light and pack little. This article is primarily aimed at carry-on travel, as it's the cheapest and most practical way to travel nowadays, and plenty of short-haul flights allow you to easily travel with only a cabin bag. So, don't forget to keep your liquids under 100ml size, or they'll be confiscated at the airport.

Personally, I like to stop at a pharmacy after I land for a cosmetic haul and get essentials that can be saved from using luggage space, like mini shampoo. I sometimes don't pack them and I simply buy local products, which is always a fun adventure on its own as it gives you a bit of a first glimpse at the cosmetics trends in that destination.

The next big topic for us is accessories. Shoes, bags, belts, jewelry, etc.! I know it's so hard, and we want to bring it all. Trust me, I know. But let's slow down and think things through. Before packing in all of your jewelry, make sure you determine first what can be mixed and matched. Let's strategize. Remember, when it comes to packing, less is always more.

Also, If you're like me and like to match the aesthetic of the place you're traveling to, I would look up and see first the climate and temperature, and also the ambience of the trip.

“Wear the heaviest shoes and accessories on board, as the baggage clerk doesn't weigh you. You can come as heavy as you wish!”

Long Flights

Now, if we're travelling over 10 hours, you might want to add extra preventative measures to the experience. For most people, a long-haul flight will feel like time slows down, as if you're in a time vortex counting down the hours... minute by minute. But I promise it doesn't need to be like this at all. If you come prepared, a long trip can be quite a relaxing experience.

First off, get comfortable. Pack a neck and an eye mask, and a leg hammock. Check out the brand Basic concept on Amazon for reference!

Next, as soon as you get on the flight, know your landing time in the local city you're traveling to. Forget about the local time zone you just left, and start adjusting to the new time zone. This will be a lifesaver when it comes to jet lag on both ends.

Bring a Kindle reader, puzzles, a book, or anything that can keep you busy for hours on end. Sometimes I even like to come tired to my overnight flights. For example, on the days I'm going to be traveling I'll work out more, so I will exhaust myself for the flight and hopefully sleep.

It's also key, and usually forgotten, to stay hydrated. A plane will naturally dehydrate your skin because of the intense dehydration from the lack of humidity in the cabin, regardless of how long the flight is. So, make sure to drink a lot of water before flying and on board, as the humidity in the cabin is low and will dehydrate you fast. This really goes for all flights, but especially long-duration ones!

That said, watch your alcohol consumption on board. People get carried away ordering too much, especially with long flights' open bar, but because of the altitude variant, the potency of the alcohol is more intense, and even though the cabin is pressurized, there still is an altitude shift thinning our blood oxygen levels.

I'd recommend to also bring electrolyte drink packets. Personally, I love and use CURE, an all-natural, vegan packet containing primarily coconut powder. Also, pack lip balm, and lotion to hydrate and refresh your face.

Lastly, for those out there that get hot flashes from hormones or just from being in a hot climate, I'd recommend buying a mini portable fan for your traveling experience.



Fitness

I am a personal trainer with a degree in clinical exercise science, so you know I work out almost every day and encourage you to do it too. So, I'd recommend packing a few lightweight workout essentials like resistance bands, water goggles, running shoes, and even a yoga mat if you have room! This will help with your energy levels, releasing positive endorphins and dopamine throughout your trip.

Working out is my cure for everything. It might not seem as enticing at the beginning, but by the end, you will be more fulfilled, relieved and energized to enjoy freely what you traveled for. I'd also recommend downloading an app that keeps you consistent in your workouts. I like to use Alomoves which includes Pilates and Yoga workouts with different levels of intensity!

And of course, if you want a hand-curated program, check out my personal wellness website www.coachjennifedyer.com I create personalized wellness plans, all depending on your goals, with a focus on making it a lifetime change, not a diet or temporary fix.

3 more key tips to travel smarter

Book Airbnb or hotels that have a laundry machine, and pack Laundry pods and fabric sheets so you don't overpack clothes, and you can freshen your clothing when you feel.

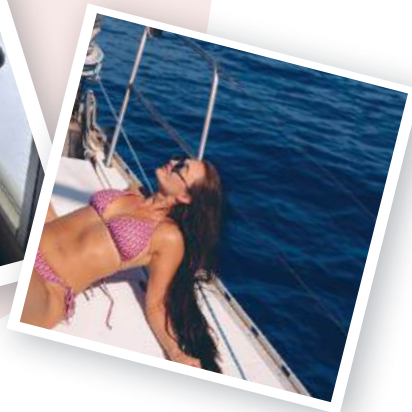
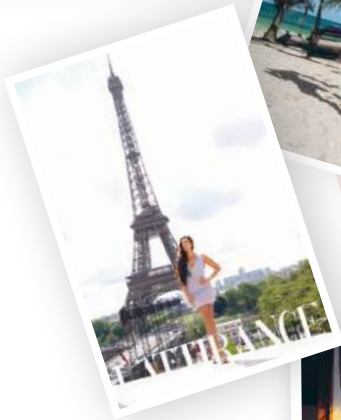
Opt for traveling during low seasons, this is a great option for anyone looking for more of a relaxed experience traveling. The price is always considerably less, and at times you can enjoy tours and experiences all by yourself and at a discounted rate.

Buy yourself a portable luggage weigh scale on Amazon. So you don't get to the airport and then realize your luggage is 10 pounds overweight, and now you have to pay the extra 100 USD charge for overweight luggage.

Hopefully, this will help you with your next travel venture! Thanks for reading, and if you have any lingering questions or any points I missed that I should know, make sure to write to me!

Hola.jennifedyer@gmail.com
Happy Traveling!





“Working out is my cure for everything. It might not seem as enticing at the beginning, but by the end, you will be more fulfilled, relieved and energized to enjoy freely what you traveled for”

Work it!

HOW TO SAVE TRAVEL MONEY WHILE LIVING IN A BIG CITY



Lucia Cannizzaro



[/curlylines.squarespace.com](https://curlylines.squarespace.com)



Saving money is never easy. It gets even harder when you're at the beginning of your career and living in a big city. In this case, having any money left in your account at the end of the month becomes almost impossible. Do not fret, though, at the end of this pocket-sized guide you will have hopefully learned a few tips and tricks on how to save travel money when living in a big city.

9 Steps You Can Take to Save Money for Travelling

When I first moved to London, my main priority was trying to get to the end of the month without using any savings. But more often than not, I would find myself having to move a couple hundred pounds between accounts each month. I was younger and the hustle and bustle of London was completely alluring, so I would go out 5-6 times a week, from meeting friends for dinners, going for coffees, having really boozy nights out and so on. Transport itself was costing me over £100 a month, so saving money to go travelling was pretty impossible. Two years later, I'm still completely and utterly in love with London, but I don't feel the need to go out and socialise all the time any more, staying in and enjoying a movie night sounds way more appealing to me. Because of this shift and a few other tricks, I'm now managing to save money every month to put in my travel pot. Some of this advice might sound obvious but when paired with the rest, it will leave you wondering why you haven't tried it yet - keep reading to find out more:

1.

Get an Avios credit card

Getting a credit card that allows you to collect flight (Avios) points for every purchase is definitely a great way to start saving money to go on holiday. In this case, you would be saving money on free flights rather than actually putting money away but it's still a great perk. I got a Barclaycard Avios Club which is partnered with British Airways so now every time I make a purchase with my credit card I get points that eventually will allow me to get free or discounted flights when flying with British Airways. Another option is the British Airways American Express credit card, which works in a similar way.

2. Say no to the expensive cocktail, and treat yourself to a fancy soft drink instead

I know how hard it can be to say no to an Aperol Spritz on a hot summer day or the obligatory after-work pint. But when the cocktails are reaching £10 or over, £3 for a pint of Diet Coke becomes immediately more appealing. In this way, you can still enjoy a fresh nice drink with your friends without starving your bank account and waking up with a banging hangover.

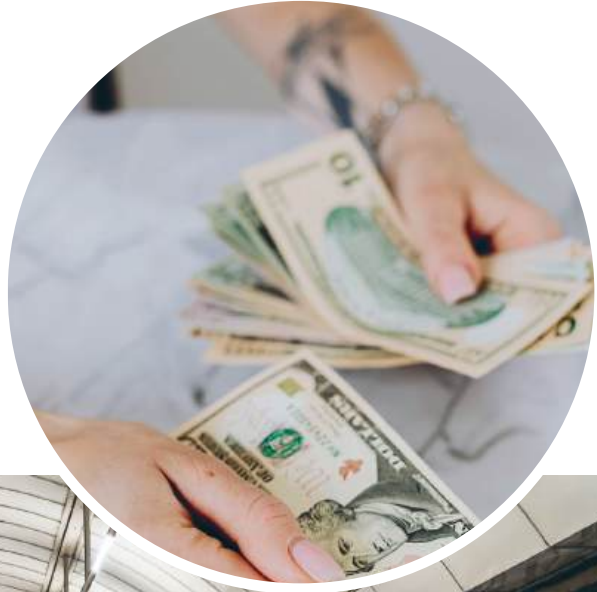
“When I first moved to London, my main priority was trying to get to the end of the month without using any savings. But more often than not, I would find myself having to move a couple hundred pounds between accounts each month.”



4.

Get a monthly transport pass

When you live in a big city getting around can become quite expensive. Having a car becomes redundant when you have such a great transport system. This is both a blessing and a curse as public transport can be just as expensive as petrol - but don't worry, there are ways to save money. For me personally, it means linking my Oyster card (a tube/bus travel card) to my National Railcard 16-25 yearly pass (usually used for train fares) which gives you discount on off-peak travels on both bus and tube. Using my Oyster card also allows me to keep track of how much money I'm spending on transport as it needs to be topped up with money from your bank account for it to work.



3.

Batch cooking and shopping at value grocery stores

I'll say it here, and I'll say it again, shopping at Lidl might be one of my favourite things to do. If you're looking for good quality basic ingredients that won't break your bank then Lidl, or any other value grocery stores, are your go-to. You can then go to higher-end supermarkets for any extras you might need, especially if you have food intolerances etc. Batch cooking will also help, as it will allow you to better plan your shop so that you don't end up wasting any food. It will also mean that you'll be less likely to eat out or have to buy last-minute ready meals as you'll always have something to snack on in the fridge.





5.

Dates don't have to be expensive

Whether you're in a relationship already or navigating the dating scene, here's a little trick - you don't have to spend half of your salary on fancy dinners and boujee activities. A simple walk in the park and a coffee can be just as romantic, and it might make it easier to get to know someone as there are fewer strings attached.

6. Create a capsule wardrobe and sell anything unwanted on Vinted

Once I entered my late twenties I suddenly felt an urge to get rid of anything that I didn't consistently wear which meant that I was able to upload on Vinted quite a lot of clothes. While I didn't make that much money out of it, it definitely made me feel less guilty for buying new clothes and it also allowed me to become more selective with what I bought. With my capsule wardrobe, it was now easier to see the clothing pieces that I really needed and what was instead just a whim, which meant that I actually started saving on clothes.

7.

Get a library membership/invest on a Kindle

Reading is a necessity for me, but buying first-hand books can start weighing heavily on the bank account. So buying e-books on your Kindle or borrowing books from your local library can really help to save some money. Buying second-hand books from charity shops is also another great option. These alternatives are also a small step towards reducing deforestation and climate change.

8.

Learn how to recreate your fave Starbucks order at home

No one loves having a hot drink next to my laptop while I work or going for a coffee run on a weekend more than me. But alas, getting any drinks from Starbucks or any coffee shop is getting more and more expensive. So how about buying all the ingredients you might need to make your iced vanilla caramel latte from the comfort of your home instead? You can still move them to your thermos/bottle to take with you on your walk/errands and you'll be saving a hell of a lot of money in the meantime, trust me.



“you don't have to spend half of your salary on fancy dinners and boujee activities. A simple walk in the park and a coffee can be just as romantic”





9.

Pick your pamper session of the month

It's still very important to treat yourself every once in a while, be it a meal out, that new pair of shoes you really wanted, or the new Sally Rooney book. You can still enjoy nice, expensive things that will make you feel good. One thing that will help to afford any cravings you might have and still allow you to save money to put away for travelling is picking a couple of treats each month. In this way, it will be easier to keep track of what you're spending and you'll still be able to look forward and enjoy yourself while being sensible. For example, next month you can choose to treat yourself to a facial and go to that new restaurant you always wanted to try. Then the month after, you can hit the shops and/or go to an escape room with your friends etc.

Saving often feels hard if you start depriving yourself of too many of the things that make you happy, so finding the right balance is really important. With these 9 tips and tricks, saving for your next holiday will hopefully feel much easier...even if you live in one of the biggest and most expensive cities in the world.


How to Save Travel Money While Living in a Big City


- *Get an Avios credit card
- *Say no to the expensive cocktail, and treat yourself to a fancy soft drink instead
- *Batch cooking and shopping at value grocery stores
- *Get a monthly transport pass
- *Dates don't have to be expensive
- *Create a capsule wardrobe and sell anything unwanted on Vinted
- *Get a library membership/invest on a Kindle
- *Learn how to recreate your fave Starbucks order at home
- *Pick your pamper session of the month

The Coach



Little Chilean

 /gaby.o



*The most important
thing you need when
living abroad is **a friend***

Moving to a new city is always an adventure—thrilling, a little chaotic, and full of surprises. But let's be honest, no matter how many times you pack your bags and strut into your new life like you've got it all together, things rarely go as planned. Sure, a passport and a place to stay are important, but the real survival kit? Friends. I've learned that "Better to have friends than money" isn't just a cheesy movie line—it's an actual life hack when moving abroad. A friend becomes your pillar, your GPS for navigating new disasters, and your therapist when you're three days deep into bureaucratic paperwork. They turn the toughest challenges into shared laughs and unforgettable stories. So, forget about mastering the local metro system—here's why finding a friend is the most important thing you'll do, and how it saved my sanity abroad.

“A friend is genuinely the travel essential you want to make sure you have on your list.”

Moving to a new city is always thrilling and filled with new-life surprises and challenges. In some cases, everything flows into place so easily that it doesn't even feel like a change. Having already been there or speaking the same language, for example, will make the process feel even simpler.

But regardless of how much of a challenge it ends up being for you, finding your group of friends will completely make the difference in how easily you get to feel at home in this new destination, and manage to overcome every kind of obstacle.

From going to the doctor, dealing with visas or navigating work and love life, a friend is genuinely the travel essential you want to make sure you have on your list. You'll have a partner, a mother, a sister, a sidekick, a bestie, a teacher, or a shoulder to cry on whenever you need to navigate life in this new place. All, nicely accompanied by laughs and memories that will stay with you forever.

So, for all those living abroad or starting to plan it, I can confirm that your checklist needs to start with a passport and a friend. The rest will flow around it and settle on its own. Why? There are several scenarios and reasons you'll get to experience that will be completely better just by the fact that you got to share it with a friend. Here are my favourite 5 reasons why establishing a wonderful group of friends at the right time is the most important part of moving abroad.

5 reasons why a friend is the greatest treasure while living abroad:

There's nothing quite like taking that first stroll through a new city, discovering every landmark, uncovering hidden gems, and getting the hang of the local transport system. Trying out the local food and embracing new customs just adds to the excitement. And when you throw in a new country and language, there's a whole new level of satisfaction when you finally feel at home and comfortable there. But all of that will be topped by having a friend by your side, and here's why you want to find your person.

Your new big sister

If they've been there for longer, they'll be the best big sister you can ask for. You can rely on them sharing the good, the bad and the ugly parts of their move, for you to have your first dive in the new city in a smoother, mistake-free experience –or at least fewer mistakes, when possible; you'll still make your own mistakes, don't worry.

Your friend will know things you don't

Wisdom comes from experience, and when we're adventuring in a new place, we want to have as much wisdom and knowledge as possible. So regardless of how long or similar your journeys are, there are always some tips and tricks they'll be able to share with you to help you navigate the culture, work experience, transport, and everything in the new city.

A side-kick is always welcomed

A sisterhood is probably one of the most valuable things we can ask for, one that feels even more valuable when we're away from home. And every time we're looking for advice when looking for a job, when trying the new café that opened around the corner, or when going hiking. And when we need to complain about our jobs and dating mistakes number 3 and 4, and even when we want to lose some steam on a night out, a good unconditional friend is exactly what you'll need those days.

“Finding your group of friends will completely make the difference in how easily you get to feel at home in this new destination, and manage to overcome every kind of obstacle.”



Circle of people and contacts

When job hunting, simply dating, or when trying to get more people involved in your new cultural endeavour, knowing more people will help you with this challenge. And when doing so, among your friend's friends and acquaintances, you just might find the right business partner or the lover you're looking for.

When things don't go as planned

I wish I could tell you there's a magical door that will open just by having a good friend, but the truth is, moving abroad is not free from challenges. And even though having a partner or a friend will make navigating them a bit easier, you'll still have to live them. And more importantly, you'll still survive them and, eventually, they'll all become a thing of the past, a funny story you get to share over and over with your friend who was there through it all. That's quite a bond, I'd say.

Finding your person

But living through the thrilling journey of moving abroad is as much of an exciting experience, as a nerve-wracking uncomfortableness, even though it's one worth living. So, as with every challenging life scenario, you want to have your loved ones around.

But for travellers, most of the time having your family around is simply not an option. So, we turn to the family we chose, our friends. As you can imagine, moving to a new city doesn't include an assigned apartment and a friend for the ride. It means everything is new, and you have to juggle your way into getting settled in this new place.

Although there are different ways to make friends in a new place that I'll dig into very soon in this article, you can find great inspiring tips in a previous article published in Life Lovers Magazine.

In all scenarios, this person or group of friends will become not just your sidekick, but also the reason your experience in that new city will be better. Unfortunately, is not the easiest job in some cases, and in others, even meeting the wrong kind of people will make things way shakier, especially if you're already walking on a shaky ground of doubt and mixed feelings.

But as with everything in life, it's all about keeping an eye out for it. In friendships, there's no such thing as the one and only soulmate, but a whole bunch of awesome people who will make you feel like you belong, help you thrive, and settle in quicker.

Because let's face it, even if things go south, and you end up bailing on your new city adventure before it's supposed to end, the journey is always more enjoyable with friends than going solo, or even with a partner – trust me, I've been there!

Here's a bit of how I managed to find my sisterhood in my new life abroad.

"Even if things go south, and you end up bailing on your new city adventure before it's supposed to end, the journey is always more enjoyable with friends than going solo."





"Meeting my girls"

So, in 2020, I moved to Marseille, France, with my boyfriend at the time. It seemed like an easy move since I had already lived in a few different cities. But it turns out that living in a city where everyone speaks only French, and with a boyfriend working insane hours during peak season, wasn't exactly a walk in the park. I moved to his city after him, and at that time, as I'd already moved and lived in a few different cities, it seemed like a piece of cake.

The road was long and hopeless. I felt my excitement of moving to a new city and country and learning a new language diminishing per day. It wasn't anyone's fault, but simply the fact that my very "comfort zone" expectations were met with a hard reality check where I had to muster up a new strategy to find my way around.

My previous move to a new country was a completely different experience. But I was also way too lucky to have done it alongside 3 other friends, already speaking the language, and arriving straight to life in a hostel where everyone was on the same page.

Here, I had to really start fresh, and it was hard. I felt lost, slowly isolating. Managed to find activities to pass the time, keep my mind in check, walk around as much as possible on my own, and, whenever possible, I tried to latch to my boyfriend's non-English speaking friends – not very successfully, If I may add.

It was a long road. Then, with what seemed like the obvious answers sitting in front of me for months, and a very low self-esteem by then, I went online. Joined Facebook groups and downloaded and switched over to the "BFF" profile in the dating app Bumble and, quite literally, put myself out there.

After a couple of interesting but not much of a match kind of encounters, I met this one girl who seemed to fit my vibe fascinatingly. We were almost the same age and could both share the same "I didn't love the city when I first arrived" vibe.

It turns out that many people have a love-hate relationship with Marseille, as it is a magnificent but unique city that takes time to get used to. Surprisingly, this feeling towards the city brought us together. This initial connection led to more friendships, more matches and soon a solid group of girlfriends formed within a few months.

This group became my family, and I finally started to enjoy the city the way I was meant to from the beginning. I was happy.

We shared drinks, tears, meals, shoes, birthdays, our beds, tips on doing our taxes, finding a new home or job, apps to help us ease our way into the city, visa experiences, and much, much more. We all knew we had each other's backs, and that gave us a sense of safety I had not felt in a while, by then.

Having that support, especially when everything else is falling apart — like getting fired, breaking up with our partners, finding a new place to live, or the eternal process of waiting for a new visa renewal — is simply priceless.

Just last month, one very important member of that new-found family ended up moving away to a new country. That was a crushing moment, but one that made us so happy because it gave us that chance to look back and review everything we've lived together in the last 2 years. And it was epic and beautiful.

We'll miss having her with us at just a 30-minute walk — cause now she lives 12 hours away by plane— but we're so happy she's happier and starting a new stage in her life where she'll be even happier. And when she's not, we'll all be just one phone call away, probably dispersed in different places around this globe, but still close when needed.

A lot has changed for all of us in the same period. One had a baby, one moved in with her boyfriend, others moved away from their couple's apartment (me), one changed jobs, others got jobs, one moved to an island, and the other one moved back home. And throughout all that, there were many many laughs, trips, a few tears, a couple of arguments, and a great amount of shared drinks.

Looking back, If I leave this city tomorrow, or even if it takes me years to see them all again, I will never regret this experience because It gave me them, the girls. And in the future, I know I'll only remember my time in this city with an unmeasurable amount of love, all thanks to them.

Love you. You know who you are.

CAN WE REVIVE *Meet Cutes?*



Understanding the Importance of
Connection in the Age of Distraction



Jacqueline Rappa

 /jacquelinerrappa

The classic "meet cute" seems to be fading into the background of the current dating world, where emphasis is placed on Hinge prompts and Instagram DMs. Once depicted prominently in romantic comedies and dramas, where chance encounters on the street or in coffee shops sparked love stories, these serendipitous moments feel increasingly rare in real life.

Think back to iconic scenes like *Sex and the City's* Carrie Bradshaw bumping into Big on the streets of New York City or the charming meeting between a bookstore owner and an actress in Notting Hill. These cinematic moments resonate with viewers as they capture the unexpected connections and deep relationships that so many of us long for. Is it possible to reach a point where we encounter new people organically in our day-to-day lives, despite feeling so distant from these moments depicted in fiction?

Genuine interactions seem to be dwindling as individuals become more invested in their phones than the people around them. Instead of striking up conversations while waiting in lines or greeting our neighbors in our apartment building, we often find ourselves lost in our own worlds, headphones on, avoiding any potential social interaction. Then, over drinks with friends, we often express frustration, asking "Why can't I just meet someone in person?" This behavior is uninviting, a habit many of us are guilty of.

Yet, amidst this digital dependency, there's a yearning for real human presence. According to this October 2023 study from Axios and research firm Generation Lab, the majority of the surveyed Gen Z singles (79%) choose to not use dating apps and would rather form in-person connections. A Harris poll, the Singles in America Survey, reported that 44% of the Gen Z respondents would rather "clean the toilet than go on another online date," strongly displaying dissatisfaction with the modern dating scene.

It's easy to succumb to the comfort of disengagement, but building relationships requires us to break free from our digital bubbles and be present in the moment. It might feel daunting to initiate conversations with strangers, but the rewards are immeasurable.

So, while the era of traditional meet-cutes may seem like a thing of the past, the opportunity for new bonds still exists—if we're willing to shut our laptops and embrace the fate of the everyday. After all, in a world filled with digital noise, the sincerity of human connection is more precious than ever.

Travel presents a unique opportunity to share experiences with others. Whether you're exploring solo or with friends, living in the moment often brings upon surprising encounters. Kayleigh Jetel, known as @itskayleighbabay TikTok, trusted her intuition and booked a solo trip to Europe, where she ended up meeting her current partner during her stay in Portugal.

"The more of the world I see, the more I want to learn about it and the people who inhabit it. Traveling sparks a deep craving for connection to both places and people," says Kayleigh. Travel fuels her curiosity and drives her to learn more about the destinations she visits and the people she meets on a deeper level.

Kayleigh prefers real-time interactions over virtual back-and-forth communication because they allow her to be her authentic self. "Being open to meeting new people on my trip led me to meet some amazing people and my lovely boyfriend. When you're traveling, meeting locals and other travelers is part of the experience. Put yourself out there, and you never know who you might meet along your journey," she explains. Introduced to her partner by a friend, she took a leap and agreed to a simple drink, proving that saying yes to spontaneous opportunities can draw you toward new relationships.

"THE MORE OF THE WORLD I SEE, THE MORE I WANT TO LEARN ABOUT IT AND THE PEOPLE WHO INHABIT IT. TRAVELING SPARKS A DEEP CRAVING FOR CONNECTION TO BOTH PLACES AND PEOPLE."

Kayleigh encourages others to step out of their comfort zones, saying, “Everything is daunting the first time you do it, but if you never try, you'll never know how amazing it could be.” Travel can lead to profound self-reflection and open you up to what the universe has in store.

For those who may not be ready for such a big leap, starting with simple gestures can make a difference. Try removing your headphones during your commute, offer a smile to a stranger, or compliment someone on the street. This can open the door to endless opportunities for meaningful gestures, gradually integrating them into your daily life. These moments can brighten someone's day and uplift your own spirit in the process, reminding us of the beauty of human interaction and the richness it brings to our lives.

Blasé Raire, an NYC-based newsletter and discussion community, hosted a meet-cute event called "Annotate to Date" in early 2024. Attendees brought their favorite books and open minds, eager to spark conversations with new people. Discovering events like these challenges the notion that traditional meet-cutes are a thing of the past. Many are dedicating their time to creating safe environments for those looking to broaden their social circles.

If you're willing to put in the effort, similar events can be found in your own city and local areas. However, it requires stepping out of your comfort zone and actively participating.

To all the hopeless romantics, there's reason to hold onto hope. Meet-cutes are still within reach, provided we remain open to the possibility and actively seek them out.



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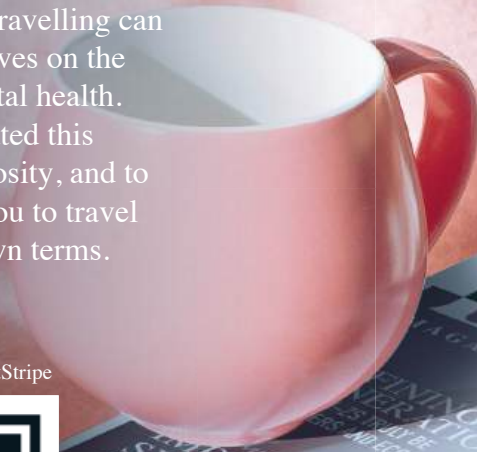
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The beauty of the MIND

Here I talked about the beauty of change in our minds and how our thoughts can shift like swings. I also discussed how understanding cognitive biases and mind tricks can empower us to navigate our thoughts with greater awareness. Embracing change and understanding our mind's quirks can lead to personal growth and a more balanced perspective on life.



You know, changing your mind is totally okay. It's all part of growing and learning. Sometimes new info, personal experiences, or just a shift in the way you see things can make you rethink stuff. Embracing change helps us adapt and grow in our beliefs and attitudes.

Our thoughts can jump around a lot, kind of like a swing going back and forth. It's just how our minds work. But hey, just like swings eventually settle down, our thoughts can too, especially with some mindfulness and meditation. Taking a moment to relax and be present can really help calm those racing thoughts.

We've all got these cognitive biases and other mind tricks that can mess with how we see things. It's just part of being human. Have you ever noticed how our minds can sometimes play tricks on us? Here are some common cognitive biases that can affect our thinking:

1. Confirmation Bias:

This is when we seek out information that confirms what we already believe while ignoring contradictory evidence, leading us to see things as more significant than they are.

2. Illusory Correlation:

Sometimes we perceive a relationship between two things even when there isn't one. For example, thinking a lucky charm brings good luck because we had it when something good happened.

3. Anchoring:

We often rely heavily on the first piece of information we receive, even if it's irrelevant, which can skew our judgments.

4. Availability Heuristic:

We tend to overestimate the likelihood of events that are more easily recalled, such as becoming more afraid of flying after hearing about a plane crash.

5. Suggestibility:

We can be influenced by subtle suggestions, leading us to see things in a certain way, whether it's during eyewitness testimony or under hypnosis.

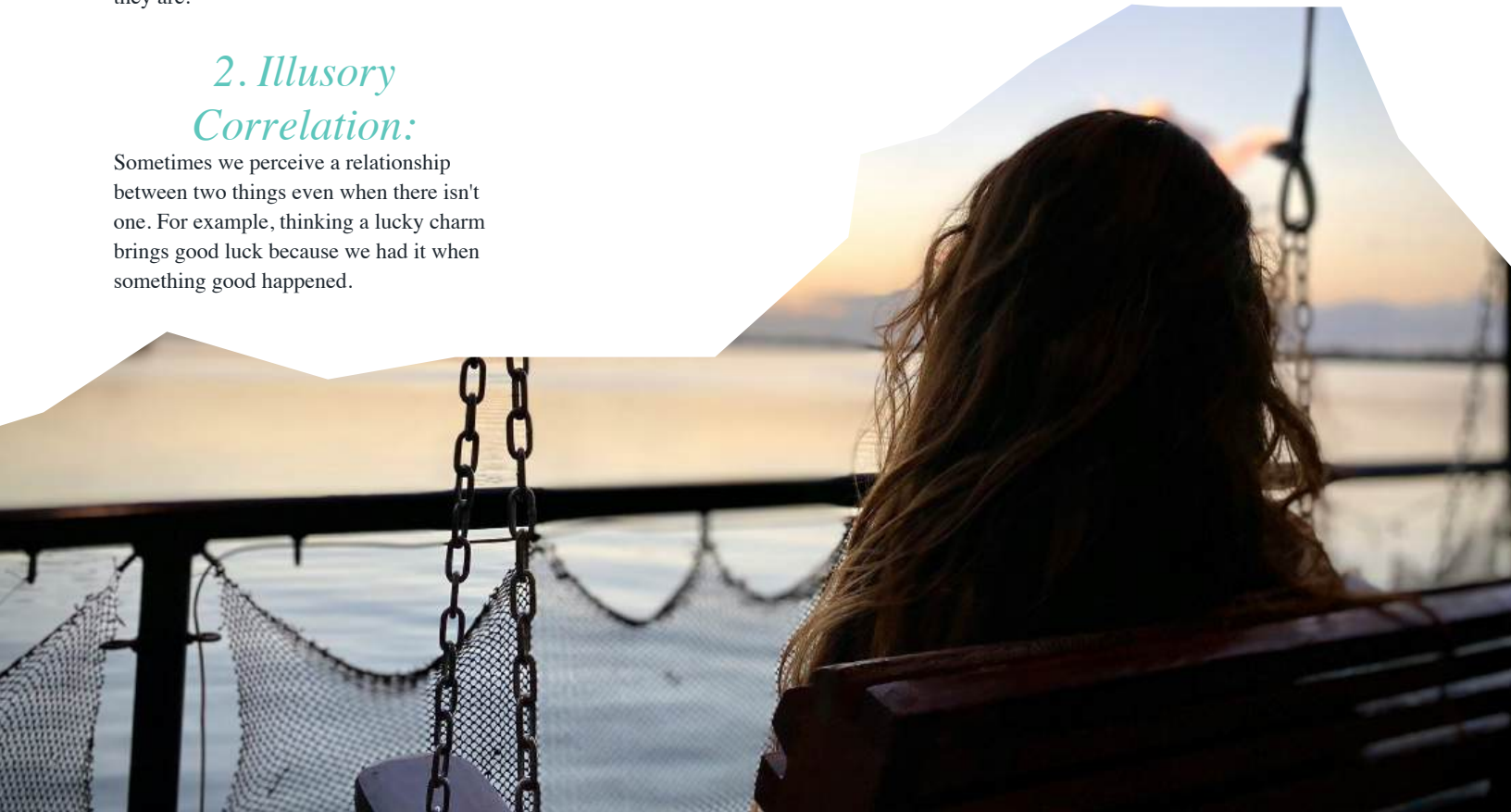
6. Engage in Relaxation Activities:

Take breaks to engage in activities that promote relaxation and stress relief, such as exercise, spending time in nature, listening to music, or pursuing hobbies you enjoy.

7. Seek Support:

Talk to a trusted friend, family member, or therapist about your concerns. Sometimes, verbalizing your thoughts and feelings can provide clarity and perspective, and others may offer helpful insights or reassurance. Incorporating these strategies into your daily routine can help quiet your mind and navigate problems with greater ease and resilience. Remember, it takes practice and patience, so be gentle with yourself as you work to cultivate a more balanced approach to problem-solving. I hope these tips help you find a sense of calm and clarity amid life's challenges. Remember, you're not alone, and with a little mindfulness and self-compassion, you can overcome the tendency to overthink and find peace of mind.

By incorporating these strategies into your daily routine, you can learn to quiet your mind and navigate problems with greater ease and resilience. Remember that it takes practice and patience, so be gentle with yourself as you work to cultivate a more balanced approach to problem-solving.



Trauma experiences

When a person undergoes a negative or traumatic experience, the mind often fixates on it due to various psychological factors like:

1. Emotional Impact: The emotions that come from negative experiences, such as fear, sadness, or anger, can be quite intense and overwhelming. As a result, the memory of such experiences tends to be vivid and hard to forget.

2. Survival Instincts: The mind is wired to prioritize negative experiences as a means of survival. Memories of dangerous or threatening situations are retained more strongly to help individuals avoid similar risks in the future.

3. Rumination: It's totally normal for our minds to get stuck on negative thoughts, replaying them over and over. This can make the emotions linked to those memories feel more intense and harder to shake off.

4. Memory Consolidation: Negative experiences can really stick with you because of how the brain stores memories. The amygdala, which deals with emotions, is a big part of why we remember stuff that brings out strong feelings.

5. Cognitive Biases: It's when our minds tend to focus more on the negative stuff and remember it better than the positive stuff.

Now to the good news

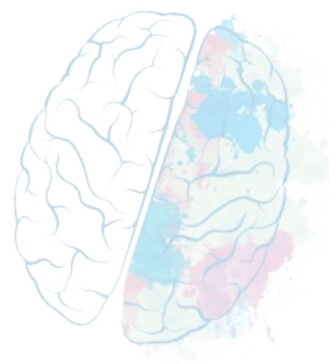
Dealing with negative memories can be seriously tough, right? But fear not! Some awesome techniques can really help. Things like cognitive-behavioural therapy (CBT), exposure therapy, mindfulness, and relaxation techniques can work wonders in helping you cope and gradually lessen the impact of those pesky negative memories. Plus, building up positive experiences and fostering resilience can totally help counteract the effects of negative memories over time.

Our minds are pretty incredible – they're involved in nearly everything we do! From making decisions and solving problems to understanding the world around us and navigating our social lives, our minds are at the centre of it all. Without them, we wouldn't be conscious or self-aware, and a lot of what makes us human would be totally different. They lead to creativity, growth, and innovation. We learn from past experiences, adapt to new situations, and make informed decisions – pretty cool, right?

“Our thoughts can jump around like a swing, but with mindfulness and meditation, they can settle, bringing clarity and peace in the midst of life's chaos.”

But on the other hand, relying too much on our minds can lead to stress, anxiety, and overthinking. It can seriously mess with our ability to focus, disrupt our peace of mind, and even mess with our relationships and well-being.

But fear not! Finding a balance in how we engage with our minds is key. It's all about tapping into their strengths while also embracing practices that promote mental clarity, emotional resilience, and inner peace. **Here's how:**





1. Stress Reduction:

Remember this: Mindfulness practices like meditation and deep breathing exercises can help you chill out by activating your body's relaxation response and reducing stress hormones like cortisol.

When you make mindfulness a habit, you'll build up a better ability to handle stress and find some inner peace even when everything around you is crazy.

2. Improved Focus and Attention:

Mindfulness techniques train the mind to focus on the present moment without judgment. This can enhance concentration and attention, allowing us to better manage distractions and stay focused on tasks even despite external chaos.

3. Emotional Regulation:

It's all about being aware of your thoughts and emotions without letting them take over. This helps you stay cool when things get tough, so you don't get so thrown off by everything that's going on. It's like having an emotional superpower!

4. Enhanced Problem-Solving Skills:

By fostering a clear and focused mindset, mindfulness can improve cognitive flexibility and problem-solving abilities. We can become better equipped to assess situations calmly and make thoughtful decisions, even amid chaos.

5. Increased Resilience:

Regular mindfulness practice strengthens resilience by promoting adaptive coping strategies and reducing rumination over past or future worries. This resilience allows individuals to navigate daily challenges with greater ease and bounce back more quickly from setbacks.

Overall, mindfulness serves as a powerful tool for cultivating inner peace, resilience, and well-being, even in the face of life's chaos. Incorporating mindfulness practices into daily routines can lead to profound improvements in mental, emotional, and physical health.

"Embracing the beauty of change in our minds allows us to navigate our cognitive biases with awareness, fostering personal growth and a more balanced perspective on life."

Play



Little Chilean

@ /gaby.o

Here.
Would you lie with me
AND JUST FORGET THE WORLD

When people come together to create a song, they cannot predict its impact. As thousands unite in singing along, hearts become one, and the song's magic takes over. Despite personal experiences, the song's familiarity brings a shared desire to sing out loud. I got a chance to witness this powerful unity at Rock Werchter Festival, leaving a long-lasting mark on me.



When a group of people, whether strangers, acquaintances, or friends, create a song, they have no idea what it will become. They couldn't possibly know. They couldn't envision how that sequence of sounds, mixed with the right lyrics, would end up touching so many hearts throughout its history.

But it's at that moment, when thousands and thousands of strangers from various parts of the world and with different native languages, are singing along to the lyrics, that they realize it. It's at that moment when all of our hearts unify as one, and there's no other sound in the world than the lyrics to that song.

We're all in it together. For those long-lasting seconds, everything felt magical. As a music consumer and a simple spectator of their show, I could feel an adrenaline rush that filled my heart with love. It made us want to sing at the top of our lungs, not caring about our voices or how silly we might look.

This was my first time seeing them perform live and hearing that song live. I had come close to experiencing it back in 2018, but my travel plans and visa mishaps changed, and I ended up giving the ticket away.

“If at any point,
that song meant
something special to you,
then at that moment you
would just want to belt out
those lyrics at the top of
your lungs”

Regardless of your own experience with the song or the band, chances are you've heard this song at some point in your life and enjoyed it. Whether you first heard it on the radio, received it from a friend as a good 'ol mp3, or heard it on a TV show, it is likely to have left an impression on you.

If at any point, that song meant something special to you, then at that moment you would just want to belt out those lyrics at the top of your lungs. All you really wanted in that moment was to sing those familiar words out loud, even though you'd heard the song a million times before. We all just wanted to do it together.

And we did.

"If I lay here. If I just lay here. Would you lie with me and just forget the world?" sang by thousands of strangers at Rock Werchter will stay in my memory forever.

And if I got goosebumps by being a part of that moment, as a mere consumer. I can't even imagine what Snow Patrol felt. But I bet it's quite an epic feel.

EcoHotels.com BOOKING SUSTAINABLY MADE SIMPLE



Life Lovers Magazine



/lifeloversmag



EcoHotels.com, launched in 2020, is a go-to for eco-conscious travellers. Unlike big travel sites, it doesn't just highlight certified hotels, it also supports green initiatives like planting trees and cleaning up plastic in Bali. With over 107,000 hotels worldwide to choose from, including both eco-certified and regular options, every booking helps the environment. The site makes it easy to travel responsibly and make a positive impact.

The hospitality industry has long been known for guzzling energy and resources, and let's be real, it's taken quite a bit of heat for its environmental footprint. But guess what? Hotels are starting to get their act together!

These days, more and more hotels are jumping on the green bandwagon, adopting eco-friendly strategies that not only make them more appealing but also allow them to charge those eco-conscious travellers a premium. Yep, you heard that right! According to "Consumers' green purchase intention to visit green hotels: A value-belief-norm theory perspective" consumers are increasingly interested in staying at green hotels because they want their travel choices to support a healthier planet for future generations. It's all about that feel-good factor, right? Plus, let's not forget the emotional connection we all have with nature. It's like a breath of fresh air!

And, enter EcoHotels.com! A game-changer in the world of online travel agencies, founded by Axel Weinert. Launched in 2020, this platform is all about promoting responsible travel with a unique twist—a low commission model. Unlike the big players that take a hefty cut, EcoHotels.com charges small commissions. "By offering a low commission rate of 10% to directly connected hotels, we aim to ensure that hotels can retain more of their profits and invest in what truly matters to them" says Axel Weinert, founder.

And here's the kicker: for every booking made, they put their money where their mouth is by supporting reforestation and plastic clean-up efforts in Bali through Plastic Exchange. Talk about a win-win! "With 25,000 already planted in Denmark and more planned globally through Tree Nation," he adds.



Image: Reykjavík, Iceland

With over 107,000 hotels to choose from, EcoHotels.com is your go-to source for eco-certified accommodations, making it easier for you to travel sustainably while having a great time. But wait, there's more! EcoHotels.com isn't just about booking; they also offer travellers the chance to donate to sustainability projects at no extra cost. Plus, their loyalty program comes with special offers and discounts, making your eco-friendly journey even sweeter.

"We offer customers the chance to donate 5% of their booking to one of three sustainability-focused projects, covering environmental, social, and cultural causes, all at no extra cost - this is made possible through a partnership with the Danish company Contribute. This allows travelers to make a positive impact while enjoying their stay."

And that's what we love about EcoHotels.com. Originally, it was all about showcasing eco-certified hotels—those that had the stamp of approval from the Global Sustainable Tourism Council (GSTC). But guess what? They've expanded their horizons!

Now, this website is your one-stop shop for all kinds of accommodations, whether they're eco-certified or not. That's right! While they're still committed to promoting sustainable travel, they've realized that to compete in the bustling booking market, they can't limit themselves to just eco-friendly spots.

But don't worry—EcoHotels.com is still shining a spotlight on those certified hotels. They're passionate about encouraging both travellers and hotels to make responsible choices. Their mission? To prioritize people and the planet. Every time you book through their site, you're supporting various purpose-driven projects and good causes. It's like your travel plans are doing double duty!

And if you're looking for tips on living sustainably while you explore, EcoHotels.com has got your back with their blog. It's packed with helpful info, guides, and inspiration for all things eco-conscious.

Tourism is one of the biggest industries in the world, and EcoHotels.com believes it can be a force for good—bringing resources and connections to communities around the globe. So whether you're searching for a cozy eco-lodge or a chic city hotel, EcoHotels.com welcomes all options and aims to be a positive influence in the travel game.

So next time you're planning a getaway, why not make it green? With options like EcoHotels.com, you can enjoy a fabulous trip while doing your part for the planet. Happy travels, and let's keep our planet thriving!





"Their mission?
To prioritize people and
the planet. Every time you
book through their site,
you're supporting various
purpose-driven projects and
good causes. It's like your
travel plans are doing
double duty!"


Immersive CULINARY EXPERIENCES Globally



Weave a Thousand Journeys

 /weavejourneys





What do you look for in a travel experience—adventure, connection, romance? For many, food is an integral part of that journey. In this article, we explore this idea with Devaki Das, founder of Weave A Thousand Journeys Here’s everything you need to know about curating the most enriching and unforgettable travel experiences worldwide.

Crafting immersive culinary journeys

Imagine travelling to some of the most breathtaking destinations in the world, not just to see the sights, but to experience history and culture through a love of food. At Weave A Thousand Journeys, its founder, Devaki Das works closely with each client to create stress-free, tailored journeys that align with their unique tastes and interests.

Whether it’s tasting rare wines in a centuries-old vineyard or learning how to prepare regional dishes in the home of a local chef, curated experiences go far beyond traditional travel itineraries. Each culinary journey is designed to immerse travellers fully in the local culture, history, and traditions. But not through guided group tours but rather a truly immersive journey tailored to the last detail, appealing to the guest’s particular tastes – literally!

Blending culinary experiences and culture

Culinary travel is all about carefully crafted experiences, ensuring guests get a taste of not just some amazing local food, but the history, traditions and culture behind a destination.

For example, imagine wandering through bustling markets in Marrakech, learning about ancient spice routes, or sharing a meal with a family in a quaint French village. You may want to learn more about wine-making traditions in certain locations and enjoy tastings in some of the remote and luxurious parts of the world. Whatever your tastes and interests are, they can be blended to create an unforgettable, truly unique culinary and cultural journey.

The art of crafting personalised experiences through a network of hidden connections

Imagine going beyond your standard travel itinerary for experiences so out of the ordinary that they change the way you see the world. As a travel concierge service that opens the door to a wide range of bespoke experiences, this is exactly what Devaki offers. These aren’t the usual activities and adventures you’ll find in a brochure or through a standard booking. Rather, they’re only available through Devaki’s vast network of global connections.

Over the years, Devaki has cultivated meaningful relationships with local chefs, restaurateurs, and representatives from historical sites and other cultural treasures. Imagine enjoying a private meal near ancient Roman ruins, with a menu crafted from age-old recipes, or savouring the taste of delectable French cuisine in an art-filled villa. These curated, authentic moments are what sets Weave a Thousand Journeys apart, with a ‘network of whispers’ that connects you to experiences only a real travel insider could offer.

With Devaki, no two trips are the same. The real beauty of personalised travel isn’t just about choosing the best hotels or activities, but rather, fully understanding the needs of each traveller. Every journey is a reflection of your unique interests, carefully tailored to fulfil your desires.

Whether you’re a solo traveller looking to explore the culinary heritage of nomadic cultures, or a family seeking to combine gourmet experiences with architectural wonders, Devaki makes it happen. She has organised events as unique as a private dinner at the former home of French writer Victor Hugo, blending literary history with fine dining. Whether your passion is for art, architecture, or legendary landmarks, or you’d love to experience afternoon tea in a stunning Irish castle—Devaki creates moments that are truly unmatched by travel guides.

Sustainable, ethical travel – more than just luxury

There is no doubt that there's an element of luxury that comes with having a travel experience personally curated to your tastes. From Devaki's point of view, immersive travel doesn't always translate to opulence.

Meaningful travel should provide equal benefits to the traveller and the destination. Many people, for example, want culinary travel experiences that take them off the beaten path. Picture dining in an authentic yurt and mingling with remote communities, with the starry desert sky above. It's not necessarily the height of luxury by Western standards, but the traveller is given an unforgettable moment, develops an appreciation for a different way of life, and the local economy benefits, too.

Ethical travel also means minimising environmental impact and respecting local cultures, something Devaki is deeply committed to. "We want to share the world's beauty with our travellers while preserving it for future generations."

It's the little things that count

Curating an amazing culinary or cultural journey requires a lot of planning. The big details matter, of course, but it's the small touches that make curated travel such a great experience. Through years of experience and building local connections, Devaki tells us that it's the attention to detail that makes a trip really special.

Often, it's about identifying potential issues before they even arise, and sometimes a problem requires swift attention to resolve. As Devaki explains, "Take, for example, a client with mobility issues or a recent injury; if they're planning to visit Rome, we proactively arrange additional transfers and a porter—services they might not have initially requested or paid for. We do this because we understand that ease of movement is crucial to their enjoyment of the day, and ensuring their complete satisfaction is our highest priority."

Once again, this highlights that on-the-ground relationships and local knowledge are crucial when creating personalised travel experiences.

Is curated culinary travel for you?

Whether it's immersing yourself in local culture through premium dining experiences or exploring museums, galleries and historical sites, curated travel provides more than just a glimpse into another world. It puts you right in the middle of it, promoting deep connections with your destination, its history and its people.



"We want to share the world's beauty with our travellers while preserving it for future generations."



Devaki Das





Top 6 Ways to Enjoy Chile's National Celebrations

Hey there, folks! It's been a while, but I'm back to chat about September and something super special to me: Chilean traditions. Now that we're in October, I can't help but look back fondly on September—a month bursting with celebrations and good vibes from my beautiful homeland, even though I'm miles away.

September isn't just about welcoming spring for us; it's also our national holiday! Instead of an Independence Day like many places, we celebrate a special moment: the first meeting of the Chilean government's "Junta" on September 18th. This day marks the start of our journey toward independence from Spanish colonial rule, and we proudly call it "Fiestas Patrias"—our National Holiday.

Thinking back on last month warms my heart. Even from afar, I could feel the excitement as everyone back home came together to celebrate. From the "fondas"—those fun open-air gatherings filled with delicious food and laughter—to street parties alive with music and dancing, it was all about that community spirit. I can almost taste the yummy empanadas and hear the joyful chatter, not to mention the Cueca dance getting everyone on their feet. So, let's dive into the traditions that made September so unforgettable and remind ourselves why it's all about connection and celebration, no matter where we are in the world!

1. Cueca: The courting dance

Cueca is more than just a dance; it's a beautiful expression of courtship, depicting the flirty banter between a rooster and a hen. With its handkerchief-style movements, couples gracefully swirl and sway, embodying the spirit of love and connection. Join in and feel the warmth of community as you dance under the Chilean sky!





2. Savoring Chilean Cuisine

No celebration is complete without food! Our empanadas are a must-try—crafted from a flaky dough made with flour, lard, and brine, they are filled with pino (a savory meat mixture), cheese, seafood, or veggies, then baked to golden perfection.

But there's more to explore! Humitas, made from fresh corn, onion, basil, and butter, are wrapped in corn husks and steamed, offering a taste of tradition that warms the soul. Pair them with a tomato salad “a la chilena”—sliced tomatoes with finely chopped onions, coriander, salt, pepper, and a drizzle of oil—and you'll experience the true flavors of Chile.

For starters, don't miss our delightful sopaipillas served with pebre, a zesty salsa made from coriander, onion, vinegar, oil, spicy ají, and tomatoes. These pumpkin dough delights can even be enjoyed as a sweet treat, dipped in brown sugar syrup—known as “sopaipillas pasadas.”

3. Refreshing Beverages

When it comes to beverages, mote con huesillo is a refreshing non-alcoholic option that captures the essence of summer. Made with dried peaches simmered in sugar, water, and cinnamon, combined with husked wheat berries, it's the perfect thirst-quencher.

For a spirited option, try the iconic “Terremoto” (Earthquake), a delightful concoction of white wine, pineapple ice cream, and grenadine. This drink's name pays homage to the 1985 earthquake that shook our country.

The traditional serving is a hefty 400 ml, affectionately called “Terremoto,” while a smaller version is a “replica.” If you're feeling adventurous, order a “cataclismo” (Cataclysm) in a jug!

4. Games and Laughter

Festivities wouldn't be complete without traditional games. “Emboque” (the cup and ball game), sack races, and kite flying bring joy to both children and adults alike. These games foster camaraderie and remind us of the importance of play in our lives.

5. The Fonda Experience

To fully immerse yourself in these traditions, visit a “fonda” or “ramada.” These vibrant open-air fairs showcase all things Chilean, from food to dance to games. Families and workplaces come together to create their own fondas, fostering a sense of community and celebration.

Join the Celebration!

So, my wonderful Life Lovers, I've shared six delightful ways to celebrate Chilean traditions. Embrace the spirit of Fiestas Patrias and create memories that resonate with empowerment and joy. Whether you're dancing the Cueca, savoring delicious treats, or laughing over games with loved ones, let the warmth of our culture fill your heart.

Don't forget to share your experiences with us on social media or drop us a message!

**Until next time,
Chi chi chi – Le le le, Viva
Chile!**

Life Lovers

MAGAZINE

LET'S ENJOY THE JOURNEY

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