**THE BENEFITS OF TRAVELLING**

Nowadays, many people choose to travel around the world, as they are of the opinion that all the traveling experiences have something to offer them and undoubtedly can be life changing. Traveling is said to be a way to change yourself both physically and psychologically.

First of all, we can all agree that travels can have a huge impact on your mental health. For example, travelling abroad is even a cure for depression and anxiety for several individuals. What is more, another benefit trips can appear to have is that they let you escape from your daily routine which is most of the times full of obligations and a lot of problems to solve. That way, you are able to take a deep breath and relax for some days to your favorite destination.

Moreover, one other reason that you should love traveling is that by visiting, for example Italy, you will get used to picking up new words in a different language and this will totally help you in the future with understanding easier other languages. Furthermore, we cannot forget that by going on trips you also can improve your understanding of other cultures and learn many useful things that will even cause you amusement. As a result, you will be able to compare your culture with others and identify the differences and the similarities, if any.

In addition, a huge benefit of traveling is the fact that you have the unique opportunity of trying local/traditional foods from another country. Each place has different dishes to taste, so it is good to expand your horizon. Explore new destinations without being afraid of getting out of your comfort zone as only this will make you feel like an adventurer.

The more often you travel, the more you will understand what you like and dislike. Travelling sometimes provides moments when **things seem clearer.** It can help you learn more about yourself and understand what you want from life. For **instance,**[**meeting a monk in Tibet**](https://leowid.com/10-life-lessons-i-learned-from-living-with-buddhist-monks-nuns-for-a-year/)**can make you want to focus more on your happiness than money. It** can also motivate you in different ways – maybe to change your job, get healthier or move to your dream location. So, the motivation could be towards any aspect of your life.

Last but not least, traveling lets you create life time memories. After a beautiful trip, years after, you will still remember everything in details. Having fun is as important as enjoying new things. So you can do both of them at once.

In a nutshell, you can realize that traveling makes the world a much better place than the way they present it to us on the social networks and has many benefits for us