

How to Sell Everything and Travel the World

A Guide for Aspiring Digital Nomads

Written by Digital Nomads

This photo was taken at a Swiss-owned Chinese restaurant in Switzerland. Our server spoke German.



No-one can stop you.



Iceland - The First Stop

PREFACE

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Before reading a book, it's nice to know a little bit about the author. Is the author knowledgeable on the subject? Does the author have any personal experience in this subject. Will the author be able to relate this information to me?

The next page covers all that.

ABOUT THE AUTHOR

While watching TV with my partner Miguel in October 2015, I asked him why he looked preoccupied. It was his birthday after all and he should have been stoked. He put into words the feelings we all know too well. He felt stuck in a rut -lifelocked. Driving to work to pay the bills, so we would have a place to eat and sleep...so he could just go back to work. Always in perpetual discontent. You know it -The Daily Grind ...everlasting and repetitious.

At the age of 30, was this going to be how we spend our life? Pursuing the 'American Dream' with retail jobs? (cue the record scratch) -Fuck no. It's was a nightmare. Quick! Assemble the Google Bots! Cue the theme music!

With a little Google-foo I busted out a search for world travel, travel on a budget, etc. I turned towards him and asked Miguel "Why don't we travel the world?" Sell it all and just go. And I wish you could've seen the expression on his face when he looked at me with incredulity and questioned "How? With what money?" He went on to say "How are we going to do that?" and thus the idea of leaving our shitty lives behind was born. On his birthday too, how appropriate.

We quit our jobs exactly 6 months later in March of 2016. We sold everything in our apartment, bought backpacks and left the country. We saw 11 countries during that year and a half outside the U.S. We worked in Thailand for 10 months teaching English to students.

Most importantly we experienced the magic of world travel.

You will too. Just follow along.

“The life you have led doesn’t need to be the only life you have”

-Anna Quindlen

This book has been designed to be short enough to read in one sitting. So, run to your car and find an extra seat belt and then strap in, because you’re going to be jumping with excitement when you realize you don’t have to continue working a shit job for who knows how long. You will create your future here and now. Get a pen and paper. This shit is interactive.

Where are you at?

Are you renting? Do you own a home? Paying a mortgage? Living with parents?

If you’re renting, consider moving in with parents or friends for 6 months while you save money. If you can get into a place with a roommate for cheaper, do it. Airbnb your apartment. If you own a home or have a mortgage, there’s no need to sell it. Just list your place on Airbnb and split your monthly payments in half. We did that with our apartment and found that we made half the rent just by renting our extra room out for 20 days of the month. \$30 bucks times 20 days is \$600 bucks. \$600 for 6 months? \$3,600. Think you can afford that trip now?

Write down how much you’ll save per month by cutting your rent or house payments.

Where are you going?

Make a list. If you’ve never been outside the country before, you might want to start with a single country. Fly there and travel around with public transportation. But if your budget allows it, plan a few countries. (I’ll address your budget later)

I had no intentions or aspirations of traveling Southeast Asia, ever. It just didn’t seem interesting to me. I’ve had Europe in my gaze for a long, long time. That all changed once we arrived in Bangkok. It’s amazeballs, let me tell you. Ten months in Thailand isn’t enough. You can travel all over Southeast Asia from Bangkok for about \$50-\$100 bucks per flight. Vietnam, Kuala Lumpur, Bali, Hong Kong, Macau, India, Laos, Myanmar. I guarantee you will find Thailand to be one of the sweetest places you’ll ever travel. Southeast Asia is CHEAP.

This brings up a great point. Don’t travel to the expensive countries first, if you want to see a bunch of countries. Expensive countries will eat up your budget too quickly. Faster than you can imagine. A bottle of beer in Iceland is \$12 minimum.

Another key point - don't travel too fast. Spend a week somewhere and chill. Talk with the locals to find out what to see and what to do. If you travel too quickly, you'll regret it. Traveling slower allows you to take pictures and shoot video. There's no rush. You'll be able to travel anytime, not just this once. So make it count. Travel slower rather than faster.

Now, what countries do you have on your list? I suggest that you write down two or three. Work with those. Or if you can't think of any that you want to see, write down Bangkok and you can fly in and out to other countries while you're there.

Who's going with you?

Are you traveling alone? People do it every day. Think you're too young? I've met at least a hundred people in their 20s who are traveling alone. Besides, you won't really be alone, you're going to meet great people at hostels during your travels. That's where the fun comes in. There will be opportunities that arise for one extra person, but not two. Maybe it's a ride somewhere, maybe it's a couch to crash on. Who knows! But traveling solo can have its perks.

Pro-tip: If you don't have someone to travel with, it can be a HUGE bonus for you.

“The man who goes alone can start today; but he who travels with another must wait till that other is ready”
-Henry David Thoreau

THE DETAILS

We're going over budget here. I would suggest using this template or make your own. You'll need to plan your budget for the next 6 months. Don't worry if you don't follow it exactly, shit happens.

[Budget Planner](#)

This is the one we used to plan our trip 6 months out. You'll count your income, expenses, and travel plans.

Pro-tips:

- Stop drinking soda, you'll lose 10 pounds and look better in your travel pics. You'll also save a bunch of money for your trip.
- Drink alcohol at home instead of going out. You'll save a ton of travel money. If you do go out, only spend what you allow yourself to in accordance with your tracker.
- Cook for the week on Saturday or Sunday. Taking lunch will save you a couple bucks a day, and you'll feel better not eating fast food. Chicken and rice for the win!

Write down what you want and when you want it. Detail your plan.

Write down the first country you want to visit.

- What city will you fly into?
- Pick a date to travel. Any date works for now.
- How long will you stay?
- Are there hostels near the airport?
- Can you take a train or bus or taxi from the airport to your hostel? Walk?
- Can you couchsurf?
- What about Airbnb? Is it cheaper than a hotel? Try a hostel instead, you'll meet people.
- Can you travel to local adventure spots from this city?
- Why not take a bus or train to your next destination? You'll get to see the countryside.

Find the cheapest, average rated accommodations and transportation. Put the cost into your planner, then do that for each city you want to visit. When you run out of money stop and take the last destination off your list. Use that amount as emergency savings.

You'll need a cash savings for emergencies. Keep at minimum \$500 bucks cash as an emergency fund. Preferably more like \$1,000. If you don't need it for the last couple days of your trip, you can either splurge for a day or save it for your next trip. If you are planning on returning home, maybe you will need that money for rent when you get back until you grab another job. **ALWAYS have extra cash.**

Apply For Your Passport (get as many pages as you can)

Having this in hand will be a HUGE ego boost. You'll be so excited to travel. Many countries don't stamp passports, instead they track it electronically. Some countries will issue a little ticket to keep with your passport while you're in their country. But don't let this discourage you. We managed to fill our passports during our 18 month trip. You should make sure you get the extra pages, as they cannot be added to the back of your passport anymore.

If you head to Berlin, you can get a full page stamped up at Checkpoint Charlie.

Action: Put your passport by your door so you see it before you head to work everyday. You'll feel great on your way out the door knowing that you're leaving the country soon.

Action: Write down the name of the first city you're going to visit and the date you're flying out of the country. Laminate it with tape and put it in your pocket. Every Time you reach into your pocket you'll be reminded of your trip. You'll start to think about all the places you'll go.

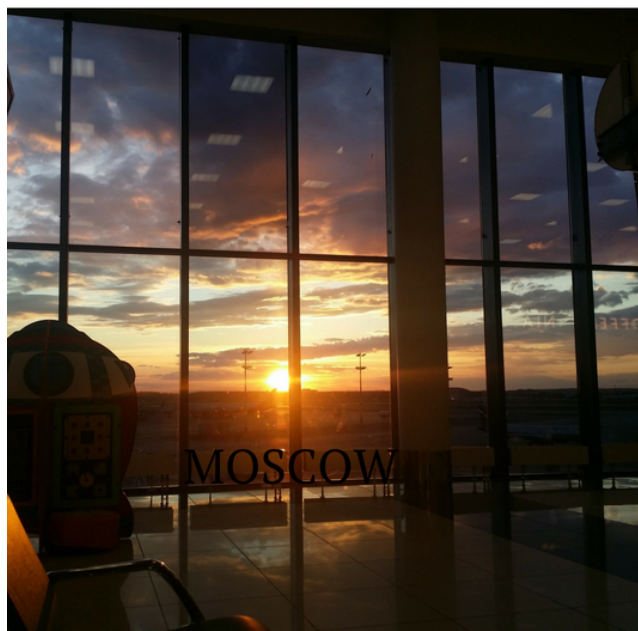
Action: *Tape this on your debit card, too.* So when you go to pay for something you ask yourself, am I spending money that I need for my trip? A coffee a day is \$360 bucks over 6 months. Is it cheaper to buy caffeine tablets? \$360 bucks is at least a week in a major city.

Action: Put that into your pocket, look at it every day. I mean it. Laminate it with tape.

Action: Measure each day's progress. Buy a planner and keep track of what you spent for the day. You need to do this to practice for when you are in a different country and really must stick to a budget.

We have a great [Travel Goals Planner](#) in our shop. While you're there, snag a [Scratch-Away World Map](#) to get yourself excited about where you'll be heading!

In your planner, keep track of what you spent for the day, just a total. Write down places you want to see in the countries you're heading to. Write down activities you want to experience. Whether it's drink German beer or eat Hummus in Israel, write it down. Fantasize. Go crazy.



From Idea to Reality.

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*Mentors & Travel Vloggers
Get Some and stay pumped!*

[MapMavericks](#)

[Vagabrothers](#)

[Wolters World](#)

[High On Life](#)

[Nomadic Matt](#)

[PsychoTraveller](#)



PhiMai Ruins, Thailand

How to Feel Like You're Already There

Mentors are great. Watch as many travel vlogs about your destination as possible. At least one a day until you leave. You'll learn what to watch out for, where to eat, what to see, what to do.

Open your place to [Couchsurfers](#) and build your reputation before you head across the pond. You'll hear great travel stories and meet wonderful people. They'll be able to give you valuable information about world travel. Even if you don't crash on a couch, you'll still be able to meet up with awesome folks while you're traveling. You have more friends around the world than you can possibly imagine!

Open your place to Airbnb. Learn what it's like to host someone at your place, so you know what is and what isn't appropriate when Airbnb'ing somewhere else.

Podcasts

My favorite would have to be [Zero to Travel](#). Jason is a traveler himself, and has moved from the US to Oslo, Norway. Hands down, this is the best travel podcast to listen to. Great topics, great guests....easy voice..professional. Check it out. There are a ton of them. Get something like Pocket Cast to automatically manage the downloads for you.

"WEEKEND GETAWAYS" IN THAILAND



How To Make Money While Traveling

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Teach English Online Or Work Online

You don't have to have any special skills to make money online.

If you are a native English speaker, there are tons of website where you can teach English online to students in China. The hours are set about two weeks out, so you can plan your trip accordingly. You'll need a private, quiet place to video chat and internet access.

If you're a writer try writing content and articles for blogs. Check Upwork.com, check out some YouTube videos about making money while traveling.

Many travelers run dropship businesses, selling products online. If you're internet savvy or can operate a computer by copying other people on video, this might be a great option for you.

If you are thinking about doing something completely different with your next year, consider teaching in Thailand. It's amazeballs. The kids are adorable and the people are great. You'll get paid monthly around \$1,000 US dollars. Which is enough to travel on. Your bills, rent, electricity, food, water, laundry, transportation, etc. will only cost around \$500 US dollars per month in Thailand, so you'll have lots of cash to save and fly around Southeast Asia.

If you have any questions about teaching English in Thailand email mike@tefl.pro. Or check out some of the [articles I've written on Medium](#). I'll also have some videos on YouTube you can watch.

Final Thoughts

Travel soon, travel often, and remember that it's about the journey not the destination.

Our bus broke down an hour outside of our destination and we made new friends while waiting for another bus. Some of our best experiences have happened because things didn't go as planned. So, be humble, be thirsty for adventure, and be brave. You're going to be scared about getting on the plane a few days before you leave. GO! You can always come back. **If you've ever thought of just leaving everything behind...do it.**

There's something about having just a backpack full of stuff that seems to set you free. When you walk out the door and you look to the sky you realize that you can do anything with your life from this second on. You could become a completely new person and start a new life.

"Man cannot discover new oceans unless he has the courage to lose sight of the shore."

– Andre Gide

The world is not as dangerous as the media portrays. It is very safe, in fact, it's probably safer to travel than live in the United States for the next few years. **The media only shows**

bad things about other countries. It's not even close to accurate. Go! You can always come back.

As our departure date got closer Miguel and I both seemed to feel a little more uneasy. Everyday a little more uncertain. It's something radical and different; it's scary. Fortunately the podcasts and videos we had been consuming advised us to ignore those feelings of fear. What's the worst that could really happen?

If we sold everything, our car, all of our belongings, and just left with the clothes on our backs...maybe we get halfway through the trip and have to come home early. But even then we have family to fall back on or we could move in with friends for a month. We can get new jobs. We can buy another car. Once we realized this the uneasiness settled. Instead of being fearful of the trip, we felt more excited and anxious to step out the door. You will too. Be sure to pick-up the second series to this guide book for more detailed travel preparation info.

We keep an up-to-date list of thing you'll need on your trip in [our travel shop](#).

Join our [Facebook group](#) for inspiration and to chat with other travelers.

Reach out to us! We love to talk travel! Maybe we can meet up!