Nowadays travelling is becoming more and more popular. The Internet is overfilled with excessive amount of travelling advertisement. If you open your Instagram, you will definitely see your friends having a trip to another city or country. But what real benefits can travelling give us, except for “unique” photos of some well—known building.

I don’t consider myself an expert, but I’m sure that travelling has a huge impact on our mind.

Many people would say “you can see different customs, traditions, yada yada yada”. Of course, it is important. However it is nothing until you try it. Until you step into these people’s shoes. Until you realize how and why they live in a such way. It is like a demo version of new life, where you can try living in a whole different country with totally different people around you. Along with changing your habitat, you change your mind, your way of thinking. Therefore, you will be able to look at your problems from different perspective.

Another interesting advantage of experiencing this is that you can realize that some people do not have opportunities and things, which we get used to have in our lives.

For example, before I visited Egypt, I used to think of Egyptians as the happiest and richest nationality. Because I saw these huge pyramids, and breathtaking hotels. But it appears to be only one side of the medal. When I was to Cairo, the capital of Egypt, I saw a lot of poor people, who were asking for money and couldn’t even afford a shower.

Hence, after visiting this country I became grateful for having clothes to wear, for having a place to live and wonderful parents, who care about me. Because I know, that there are many people in this world, who do not have it.