How to travel

Jan Morris, travel writer

· Wherever you go, pretend to yourself that you have never been there before.
· Remember that any experience, of any sort, even going to the dentist or losing a passport, is grist to the proper traveller's mill.
· Keep in mind E. M. Forster's advice about the best way to see Alexandria – "To wander aimlessly about" – or Lord Salisbury's theory of an ideal foreign policy – "To float lazily downstream, occasionally putting out a diplomatic boat-hook to avoid collisions".
· Don't set out to see what other people see.
· Take a sketchbook, not a camera.
· Don't be ashamed to go on a bus tour.
· Travel alone.
· Keep a sense of humour.
· Learn how to listen.
· Bargain fairly.
· Learn some of the local language.
· Be aware of the social and political situation of the country you're visiting.

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▶▶ the desire to strengthen a relationship with a travelling companion, seems at odds with the fourth, which is the desire to exercise autonomy. Experiencing nature is the fifth most important motivation for a journey, with self-development and stimulation sixth and seventh on the list.

exploring why we keep going places – and why our travelling experiences so often disappoint us (basically because we have to take ourselves, and all our mental baggage, along).

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"I think we travel because in the end, where we are deeply influences what sort of people we can be," says philosopher and writer Alain de Botton. "We are not the same people in all places. A certain kind of wallpaper or smell deeply influences our character." De Botton wrote a book, *The Art of Travel*,

paradise with none of the discomforts and compromises of home," says De Botton. He likens the illusory power of the experience to falling in love – potent, but ultimately no guarantee of happiness. To travel hopefully, as Robert Louis Stevenson once put it, really can be better than to arrive. Or as De Botton