



Life Kit

Can You Travel In Groups Without Going Crazy? NPR Wants To Hear From You

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Westend61/Getty Images

It's almost summer, and if time and resources allow, a time to get away.

NPR is putting together a how-to guide — in podcast form — for navigating the social dynamics of travel. How do you get enough downtime on a trip, if you're an introvert? How do you deal with group dynamics when traveling? We will use your stories for a new NPR Life Kit podcast.

So tell us, what have you learned to do to make travel meaningful, despite different personality types? Or tell us about a time the group dynamics didn't work out.

Please fill out the form below, or follow [this link](#) to respond.

Part of this project involves putting voices on-air, so we would love it if you could send us a voice memo. You can submit a voice memo within the form — instructions are inside.

Name *

First and last name, please

Email *

Phone number

Please list a number where we can reach you

Where do you live? *

You can be as specific or general as you want.

If you consider yourself an introvert, what are your best travel tips that suit your personality?

We'd love to hear your stories in your own voice, so record us a voice memo and upload it to this form, below.

How you do prepare to travel with a group?

No matter what your personality type, how do you make sure different personalities in a group get along while traveling?

What has been your biggest challenge with travelling in groups? Tell us about a time when it didn't work so well.

Tell us your story in a voice memo!

Upload a file

We accept .m4a, /mp3 and /wav

If you need guidance on how to record a voice memo, we suggest starting here: <https://www.npr.org/2017/08/15/496888150/nprs-guide-to-sending-audio>

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