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Article 1

Friends Who Travel Together Form Closer Bonds And Have Better Experiences

BY CHRIS RIOTTA APRIL 16, 2015

Embarking on a journey with your friends is an unpredictable voyage that every person should experience at least once in his or her life. Exploring a different country, conquering fears together and discovering new perspectives

Even when we return from the trip we took with friends, we will always keep those golden memories and share them for the rest of our lives. Nobody could ever take those away. So, if you're able to convince your friends to pack their bags and start a new chapter across the seas, keep them close: The friends who travel with you will be some of the greatest friends you could possibly ever ask for. This is partially because the experiences you will go through while traveling abroad with a companion are unparalleled to anything you encounter on a daily basis. But it's also because you will develop a friendship and a bond that is stronger from the learning and traveling you have done together. Sharing incredible experiences with friends makes those moments matter more. When we travel with our friends, those memories become even more priceless in our bank of golden experiences. The moments we hold so dear to our hearts are often the ones that were celebrated with some of our closest companions, and apparently sharing these experiences has everything to do with it. The Association For Psychological Science reports on a study that tested the links between shared experiences and intensity of feelings and emotions.

The study looked at 23 female college students who were brought in to experience the taste of chocolate with a partner. Researchers found that when the students were paired together to chomp down on some chocolate, they reported liking the taste much more than when they were told to eat it alone

Not only that, but study participants noted feeling more in tune with each other, as well as enjoying the taste of the chocolate more, when eating in pairs. Researchers note that this is a huge finding when it comes to shared experience research because it is a clear indicator that our experiences are intensified when paired with someone else.

So you can imagine how incredible it would feel to land in a new country and start a new adventure with your friends by your side. Erica Boothby, lead researcher at Yale University, tells the Association, A pleasant experience that goes unshared is a missed opportunity to focus on the activity we and others are doing and give it a boost. When traveling with friends, we're more likely to make exciting memories. It's important to travel the world at a young age, and doing it with friends certainly makes it a whole lot more exciting. At this point of our lives, we should be experiencing the diversity of our world to make us as cultured and educated as possible. But being so young can make it difficult to travel entirely alone, and we're always more confident with a companion by our side. A study called Meet the Millennials was recently published by PGAV

Destinations and shows Millennials are quite different than any other generation when it comes to travel. According to the nationwide survey, 58 percent of young travelers explore the world with their friends, which is a whopping 20 percent more than any other age group.

And we're not just trying to lie on the beach: Nearly 80 percent of all Millennials surveyed prefer to have an entertaining vacation, and 68 percent of us want to do something interactive. By immersing ourselves in a new culture, we are no longer constrained by the limits society places on us. We are free to interact with our new environments with a fresh outlook, and that is one of the most beautiful sights you can possibly imagine. Those newfound perspectives, which shape and transform us into who we are, also strengthen our bonds and similarities with each other. Traveling with friends makes us feel more fulfilled. If you've ever traveled alone, you know how difficult it is to experience something incredible and not be able to immediately discuss how insanely beautiful life can be with your best friend. A study published in the journal *SCAN* used an MRI scanner to study the brain patterns of study participants while looking at photographs. When women performed the study alongside their friends, they reported feeling more emotionally responsive to images and experiences when their friends were going through the same thing.

But what's also unique to this study is that the MRI machines found participants also felt the immediate desire to share their emotional response with friends. Basically, this study proves what some already see to be true: Humans are social and emotional animals. We prefer to share our experiences with others, and if we can have a friend by our side while traveling the world, it makes those memories that much more incredible. If the age-old saying is true that you never truly know someone until you travel with them, then it's also true that you've never truly traveled until you've done it with one of your best friends.

Article 2

Why Travelling With Friends is Better than Travelling Solo But what if we say that travelling with friends is still better than going solo?

Stella Marie Encina (<https://www.tripzilla.com/author/stella-marie-encina>) 7 May 30th, 2018

More and more people fall in love with travel every day. Who wouldn't if it's one of the best ways to discover not just the world but yourself as well? You can meet a lot of travellers in hostels who chose to explore the world by themselves. As they say, travelling by yourself is one of the most liberating things you can do. But what if we say that, still, travelling with friends is better than going solo? Solo travellers, we think that we've made some pretty good points, so you better hear us out.

1. You won't have to make memories alone Yes! You'll do almost everything in this trip together! Having someone with you when you travel means that you will share all the best and worst memories possible during your great adventure. You will keep each other's company. There'll be some bloopers, possibly a bit of drama, but having a lot of moments together also means that you get to tell the stories years and years after your trip. You'll find yourself saying "Oh, that day was awesome!" No more wishing about how fun the trip would have been if your friends were with you. You're nally going together and if that's not exciting enough to book a trip with your friends, you might have a problem!

2. There's safety in numbers

You won't be alone. At least one, two, or more friends are joining so your family will feel that you're at least a bit safer— especially if they do trust your friends. And even when you encounter some trouble, you know that someone's got your back. Your friends are your family when you're travelling. And in case you feel unwell, they'd go out of their ways to help you out. Someone will take care of you. Just be prepared for how they're going to get back at you because you delayed the trip for them. We're just kidding; of course, they won't mind. You can always go back together, anyway!

3. You'll have assistance when planning the trip It's more acceptable to be overly excited about a trip when you're doing it with friends. More people can suggest random activities to try. Sometimes, you might already have a hotel room before you even worry about it. If you're not the type of person who likes to plan, there might be someone else who's going to be more than willing to do it for the team.

Have you ever had an experience that when you came back from travelling, one of your friends ask "Oh, did you do this or that?" and you say no because you've never thought about it. When travelling solo, everything is on you. It's fun, yes. But when you're with friends, there will be new ideas. And you might think of these ideas crazy at first, but in the end, you might love it, too!

4. You will get lost together

Since you planned the itinerary together, of course, you will go and navigate the roads together, too. In this case, getting lost won't scare the crap out of you because you know that you can work your way out together as well. And if you're all so tired to find your way back, you might find yourselves enjoying the unexpected turns of your trip instead. It doesn't mean that you have to follow your itinerary all the time anyway.

5. You'll get that extra push you never thought you needed

When travelling solo, you do everything depending on your feelings. You suddenly feel scared to go bungee jumping? Okay. You can freely go back to your hotel and sulk for being such a coward. But when you're with friends, you have someone to cheer you on to continue. They will let you enjoy your freedom but will be there to support you in anything that you do, too. They're there to give you that extra push you never thought you needed to nally nd the courage to jump off the plane to go skydiving or take biking to the next level by doing it on a zip line.

6. You can share your expenses One of the perks of not travelling solo is having the chance to share your expenses with other people. From baggage weight allowance to your hotel room and food bill, you can split the costs. And instantly, your overall expenses will become a lot cheaper. As long as you guys have the same mindset when budgeting your travel allowance, everything will run smooth. It's also great when you have a group fund for equal expenses like attraction passes to make travelling a little easier.

7. You can take photos of each other

You won't need to spend ve minutes to nd a stranger who will take your photos when you're travelling with friends. They won't just press the camera button. Real friends will do everything to take your best prole picture ever. They take capturing beautiful photos seriously. And even if they're not good at it, you can demand them to try.

8. You can make new friends together

Who says that you can't make new friends when you're already travelling with your buddies? That's a lie! In fact, it's sometimes easier to be friends with everyone else if you have someone to back you up. Join the party at your hostel, and you'll suddenly be BFFs with everyone.

9. You learn to "mother hen" your friends

One of your friends is acting like a baby? Your hotel room is chaos? You can step up and get your friends together to become more responsible adults. If you'd like to practice being a parent, travel with your friends. We mean, imagine what you're going to have to deal with after spending a night out. Hangover is serious, man!

10. You can forget about your itinerary

So, you don't feel like following the time and destinations you've written on your itinerary today. That's perfectly ne! When you're with friends, you can forget everything that you've worked hard for and enjoy each other's company wherever your impulsive decisions take you. After all, it won't be wrong if you're doing crazier things together instead of a boring tour, right? Spending your whole day by the beach and the entire night at the bar is alright. As long as everyone agrees with it, you can do as you please.

Travelling solo can be liberating for sure. You develop a lot of skills that you never thought you had in the rst place. But going on adventures with friends is always a great idea. It will strengthen your bond and take your friendship to the next level. You'll learn more things not just about yourselves but about each other, too!

Article 3

Is it Better to Travel with Friends or with Parents?

Jessica Vainers June 27, 2019

Holidays are events that virtually everyone looks forward to – particularly the ones in summer when the weather is favorable. Holidays come along with a lot of fun activities, but many young people believe that holidays spent with friends are better than those spent with family. Writing about this topic wouldn't be a first of its kind, as several articles, particularly in the education niche, have covered this topic. Actually it's a popular essay topic among youth.

While a number of people prefer spending their holidays on their own, flying solo, this post is not targeted at them. This post focuses on addressing the common contention among students, especially teenagers, as to whether holidays are best spent with family or friends. Obviously, most will go for spending their holidays with friends since they pretty much see their parents daily and would prefer a fun summer away from their routine, with their friends.

This post would compare a typical travel experience with parents, then with friends and in the end, conclude from a neutral point of view, which is better.

A Travel Experience with Parents. Apart from the traditional

"You get to spend time with family!" remark which many essay writer services like CA.Edubirdie in Canada are usually writing about, holidays with parents afford a very good opportunity to actually relax – away from loud music, poor service, booze, etc. Vacations with family also create a bonding opportunity at a slower pace and in a new environment than you would normally have back at home. Given that you spend a lot of time in school, although doing a lot of essay writing, you see your friends quite often, and a family vacation would help reconnect with the family, which can become an absolutely refreshing experience. When you spend holidays with family, you tend to create memories that will last a lifetime and will definitely spring up later during family dinners, reunions, etc. Vacations also help you see the world from a newer perspective – as a family, together. Together, you could pick up and integrate new cultures or routines that everyone loved on the trip and works for everyone. It is a good avenue for the family to learn from the experience gathered.

It is not an unknown fact that traveling is often expensive, but obviously, traveling with parents will reduce costs by a mile. All costs relating to transport, housing and food are usually taken care of by your parents if you are going on a trip with them. Big plus! If the vacation or travel involves shopping, then you just might get some free bucks to shop for yourself. It is a good way to have a whole new experience at little or no cost at all to yourself.

A Travel Experience with Friends.

Even before embarking on the trip, the planning process for the trip itself is fun and you get to do that together with your friends. Making a list of fun events, writing about places to visit, things to be done, shopping for items, and the communication back and forth itself makes up half the fun of the whole trip, because of the excitement it builds. Traveling with friends is a good way to actually have fun without any form of distractions. Most of the times spent with friends are either during work periods or when school is in

session. Traveling or going away on a vacation really allows you to have all the fun you want to without having to worry about having to study, complete an assignment or a task at work. So apart

from having fun, you get to do away with the everyday stress of school and work. On teenage holidays without parents, a lot more than fun memories are shared. Traveling with friends pushes you to be independent and exposes you to a whole new set of skills you may not have even known you had. Not only would you be having new experiences with the people and culture of your destination – the experiences of your friends backed up with their various cultures would add a whole new spice to the trip. Lots of experts recommend that kids and teenagers are allowed to spend time with their friends, away from home, as it aids their development. On a trip with a couple of friends, you get to cross off a couple of things from your bucket list. Spending time away from your parents at a young age will drive you to try out new things you have always wanted to try, and who can better drive you to explore and try out new things than your friends?

In conclusion, whether you spend holidays with family or go on teenage holidays without parents, both come with their own pros, cons and similarities. Both experiences can be insightful and empowerment to choose your own travel patterns. Traveling with parents can be essentially cheaper, but with friends could be more expensive although the option of sharing is available. Both experiences could also be fun depending on the context, so, in the end, it all boils down to interest and what every teenager or individual expects in a travel experience

Article 4

Travel with your friends

By Emily W, Monday 9 March 2015

Travelling with someone you know is a very easy way to test your friendship. Whether you hardly know someone or think you'll be best friends for life, travelling disasters mean you will quickly find out a lot about another person through the way they react. Even the boring everyday parts of travelling will reveal a new side to their personality. I personally believe that travelling with your friends is the best way to travel! Whether this means backpacking round the world for a year, or just taking a weekend trip to a different city, I highly recommend the experience. However, there are both advantages and disadvantages. The advantages, or upsides, of travelling with friends are quite obvious. You are guaranteed good company with someone you know you get along well with. If things go wrong, you know someone else will be there with you to help you get through it. Most people come back from travelling much closer to each other than they were before. It's also fun to create special and unique memories with someone close to you – it's a shame to spend some of the best moments of your life with complete strangers! One of the major advantages is that if you know the person you plan a trip with, you know what to expect from them – you know if they're a morning person or like to sleep late, whether they enjoy sightseeing or relaxing, and what their expectations are for the journey! However, there can be disadvantages. Often, travelling puts you in a lot of stressful situations. For example, when I went to Morocco with my friends last year, lots of things went wrong. My bank card was swallowed by the ATM, both of my friends were very ill, we all ran out of money and we were once stuck on a bus for eleven hours! By the end of the trip we had fought quite a few times because we were all very upset and frustrated and didn't feel well. It was a shame that for a while we were so angry at each other, because it wasn't anyone's fault, but of course we ended up taking it out on each other. Another disadvantage is that if you always travel with a group of close friends, you never meet anyone else! One of the best parts of travelling is broadening your horizons by meeting different people, but if you're with people you already know you can become too comfortable and never expand your circle. Finally, fights over money can be very difficult for a friendship – it's best to know in advance what your budgets are! Overall, I certainly think that travelling with friends is a great idea. I plan to go away on holiday this summer with my best friends from university, and I'm sure it will be a great trip. But if anything goes wrong, I will remember to relax, not get angry at anyone and not let it ruin our friendship

Article 5

Why its better to travel with friends

By Dave Owen, 15 December 2020

We publish a lot of articles about why you should travel alone: how it empowers young people to see the world on their own terms, have experiences they might otherwise miss, and make new friends along the way. All of those things are absolutely true... but travelling solo simply isn't the right move for everybody. The risk is that the constant assertion that people should be brave enough to travel alone will make those who don't have the confidence to do so, who simply don't thrive and won't enjoy travelling alone, feel as if they are cowards. That they are somehow doing it wrong, when in fact there's nothing wrong with preferring to travel with friends and loved ones at your side.

First, let's consider the practical advantages of travelling with somebody you know. It means not having to sit next to a stranger on your long haul ight, being able to leave your bags with somebody you trust when you go to the loo, and getting as many photos of yourself looking pale and sweaty in exotic locations as you like without bothering the locals to take them. To many, these reasons don't add up to enough to stay home if you can't convince friends to travel with you. But for somebody with approximately no social skills and/or genuine social anxiety, having somebody else to ask for directions, book tickets, and take care of all those little tasks can make a trip significantly less stressful, and ensure that you're able to make the most of it. For some people, travelling solo is a way to gain the self-condence to overcome these issues. Others will not nd that condence and simply have a terrible time. It's okay to recognise and accept that. The argument also goes that choosing to travel with friends you already have hinders your ability to make new friends. Honestly, if that's the case you're probably content with your current companions and aren't really too bothered about meeting new ones. If you want to speak to new people on the road, having friends with you should make it easier – there's less pressure on you individually to make an impression, so you're more likely to just be yourself. My desire to travel with friends goes further than practical reasons. Having those shared memories helps to make a trip feel more real.

Stay with me here. Last year, I travelled alone to Australia's Northern Territory for ten days. It was undoubtedly one of the best experiences of my life – read my rapturous impressions of Kakadu National Park if you don't believe me. But now, just seven months later, it almost feels as if I was never there, because nobody close to me shares those memories. Undoubtedly this sounds a little silly. I have plenty of photos and videos that prove I was there. I did go. But I didn't make any friends while I was there (no social skills, remember). I will never see any of my tour group again. This means I have nobody in my life with whom to recount the trip, either the big moments or the small. Sure, I can tell people about them but, like a tiresome aunt showing off her holiday snaps, nobody else really cares or understands, because they weren't there with me. Travelling together and sharing memories is an incredible way to feel closer to the people I already love. I spent much of the trip wishing my girlfriend was there, or my best friends. My fear, I suppose, is that memories of adventures taken alone will fade more readily than those shared. Perhaps this is why solo travellers by necessity become adept at making new friends along the way – so they will always have the afrmation of somebody else who experienced what they did. As somebody inept at making those connections, it simply makes sense to stick with the people I already know.

Article 6

10 reasons why family vacations are not fun

By Megan Spiteri, 6 December 2017

https://www.huffpost.com/entry/10-reasons-why-family-vac_b_10112430/amp

Booking a family vacation is the easy part. Browsing the internet and looking at perfect pictures of hotel rooms, pools that show perfect people drinking pina colada's with umbrellas, and not one picture illustrates the truth behind a family vacation.

But you still book the vacation. You are excited and eager to getaway and relax. Right?

But here's the ugly truth.

Where are the hotel rooms that show cereal combing the floor, towels were thrown in the bathroom that have just wiped my kid's asses, dirty diapers that are piled high in the trash can, and Cheeto hands that were smeared across the white sheets?

Do they show parents up all hours of the night in a tiny ass room and have nowhere to go. In some ways, it's a prison cell.

You can hear your roommate's next door having fun, people chatting and laughing through the little crack from the door. You are sitting with tired eyes rocking your child from one side of the room to the other while your husband has one eye open and is tossing and turning in bed. You are having thoughts of why did you even come? Maybe you should just get back in the car and go home? Is this even a vacation?

Before I had kids, I thought vacations wouldn't change. Ok, yeah we would have to pack more. Diapers, wipes, a few extra clothes, and a stroller. No big deal.

Nobody warned me that packing was hell. You have to think of EVERY situation. I bring the damn medicine cabinet, diapers for days, wipes to clean every butt in the hotel, clothes and more clothes for spills and pee mishaps, bathing suits, and milk. Yes, I bring milk because my kid is addicted. Like it's crack for her, and if we don't have it handy, then she and I may go to a mental institute.

Then if we drive I have to pack for the road trip. If we fly, I have to pack for the plane ride. I mean this shit is not for anyone who is weak. If you used to fly by the seat of your pants. Well, let me tell you all of a sudden you become an instant planner.

Then you get there. You're excited, you're looking to relax, have a few drinks, sleep in, and party like you are on vacation.

Then the first night you go to bed in the hotel room is when the first bomb drops. You wake up in the morning, and you wonder what just hit you.

Oh let me tell you, it was a toddler who decided that they wanted to let you know that vacations will and won't be the same for a VERY long time.

Here are some bombs that will be dropped if you are a new parent trying to vacation. Or a seasoned parent who keeps on thinking that vacations will get better. Keep thinking.

Airports- You will be overwhelmed whether you have a baby or a toddler. Security checks suck. Waiting for your flights sucks. And any amounts of alcohol will not help you push the stroller and hold the car seat. You will have so much stuff to carry you will feel like you are in the middle of a Crossfit competition.

Airplane ride- Babies cry, toddlers get antsy, and red-eye flights are the worst idea. You will get the looks from someone, but some people goo eye your kids, and you will feel like you want to give them a hug. Drinking on a plane is impossible, and plan on having activities and food for every 15 minutes. Boredom is on a high once you step foot on a plane.

Carseats- Putting a car seat in a car or whatever transportation you have to get to your hotel is one pain in the ass. Let me break it to you. You just flew on a plane with kids, you have not one sip of alcohol to relax you, you just want to get there, and now you have to click and rattle a car seat. Hell is what you are about to embark.

Eating out- Plain and simple it is still shitty when you are on vacation. Home or out it's never easy.

Hotel rooms- Look prettier online. You are always a mile away. You will destroy them. Unless you get a suite, it's the smallest room you will ever be in. You will feel like you don't have an out, and it's worse than being in an apartment building.

Pool- Barely get to sip your drink because your chasing or breastfeeding a baby. Your eyes are never able to view anything but a little person in a swimsuit. You stuff your face of overpriced pool food and getting chairs for a family of 4 you better be there at the crack of dawn. A chair becomes a gold mine when they are right next to the kiddie pools. You will be swimming in a pool of pee rather than floating down the lazy river.

Naps- Again good luck. It's hard to calm a kid down after they have been swimming and eating ice cream all afternoon.

Nightlife- Doesn't exist and you will be dreaming of the good ole days!

Relaxed- I have never been on a vacation that I feel relaxed and calm. Dead tired when I'm there and when I come home.

Laundry- You will have more laundry then you know what to do when you get home. Loads upon loads.

But this is pure honesty, and you all know if you are a parent that vacations are just not the same as they were ten years ago. You find out this vacation does not include dancing until 1:00am, drinking margarita's by the pool, and wearing your sun dresses around while shopping will ever exist.

But let me end this post with a happy ending. Believe it or not, I wouldn't trade these vacations for the old ones. I'm making memories. Sharing the fun with my kids and seeing their smiles. I will forget how tired I was and how many diapers I had to change. Pictures will be plastered in picture books, and we will talk about these days for years.

Take the trips, and bring extra coffee. Laugh with your kids, and remember these days. They will be the good ole days before we know it!

Article 7

https://www.researchgate.net/publication/305819458_Family_Environment_Sibling_Relationship_and_Rivalry_towards_Quality_of_Life

Family Environment, Sibling Relationship and Rivalry towards Quality of Life

By Rugayah Hasim and Hasim Ahmad, 10 April 2016

Abstract Kinship, family composition and household dynamics among siblings are developed positively or negatively in early life right through adulthood. Hence, the purpose of this paper is highlight the importance of family environment in influencing sibling relationship, with emphasis on sibling rivalry. Determining the factors that contribute towards sibling competition is important in counselling and assisting individuals with family issues. From a quantitative research approach, the findings showed that sibling relationships are problematic and has led to jealousies and prejudices especially if parents take sides. Family ties depend on happy sibling interactions which indirectly affects socio-economic developments as social ills are resolved. In ameliorating these private and sensitive issues among family members, the holistic society will benefit psychologically and happiness as well as a better quality of life will be attained. © 2016. The Authors. Published for AMER ABRA by e-International Publishing House, Ltd., UK. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>). Peer-review under responsibility of AMER (Association of Malaysian Environment-Behaviour Researchers), ABRA (Association of Behavioural Researchers on Asians) and cE-Bs (Centre for Environment-Behaviour Studies), Faculty of Architecture, Planning & Surveying, Universiti Teknologi MARA, Malaysia.
Keywords: Sibling rivalry; family; quality of life; socio-economic impact