

# MARCO SANDER. HOW TRAVELLING CHANGES YOUR PERSONALITY

## TRANSCRIPT

### How does traveling develop your personality?

I'm a psychologist and I have travelled to more than 30 countries. I lived in four of those - I lived in South Korea, I lived in New Zealand, the Netherlands and Germany and I'm not saying this to flex on you guys, I'm just saying this because I want to show you that I feel like I'm competent talking about this topic - how traveling develops your personality.

I got five points for you. The first one is that you get less judgmental. You meet so many new people, so many different people you really break out of this bubble and always you judge people right and while getting to know the so many different people, you realize that often you were totally wrong and actually studies have shown this. If you want to decrease stigmatization, you just get to know people and by traveling you get really out of this bubble and get to know so many more people and you become just less judgmental, you realize:

"Oh, he's living a totally different life."

"First of all, I judged him in a different way and secondly I realized he's living such a different life, but he's also living a good life, wow!"

So you are less judgmental when it comes down to people you don't really know so much. You're more like this one tree surrounded by other trees, but you're a little bit higher, you grew a little bit above and you see:

"Oh, there are different trees also so far away and this is fine, I don't judge them.",

You're not so much in your little tree bubble, but you can see above the horizon and you don't judge so much.

Second point. You are more stable, and you're less anxious regarding to changing circumstances or outer circumstances. So much has happened to you, you travelled so much, things got wrong and you realized by now whatever happens I will arrive the question is just when and yes sometimes also how much money it costs, but you are just less reactive to things because you realize:

"I can't change circumstances" and there is constant change around you while traveling right, but you get this peace of mind because you realize "Oh, change is inevitable, it's all the time like that".

So you're more independent of the outer circumstances, you're not so reactive and don't get stressed so much if things are going wrong.

Thirdly you are more open-minded, which is very much connected to the first point, being less judgmental. You are just more accepting and being open-minded doesn't mean that you take every idea in and be like:

"Oh, yeah that's true that's true, that's true", no, you're open to all the ideas, you look at them and then by deeply understanding them, then basically you start to have an opinion, but you open to more experiences, you take different experiences in and then you feel like: "Oh, do I like this or not? How does this feel?".

Fourthly, you understand your true self better. Why? When you're traveling usually it's just you, or maybe your friend, but everything else changes. All your habits are gone, because you're in different circumstances. People surrounding you are different, everything is different, so the question is "What is staying?" and the thing that is staying is actually your truest personality, so you get to know yourself much better based on this point, because you're not in your habitual surroundings, but also when you're traveling the question comes much more up regarding to:

"What do I want? I mean I'm traveling now, I'm free so what am I doing tomorrow? what do I want to do now?"

What do I want to do the next weeks? What do I want to see?"

It's a little bit more egocentric in a nice way though because you start questioning those things and then you realize:

"Oh, maybe this is something I prefer more and this is something I prefer more"

and you get to know yourself better on this journey. I'm not saying that traveling is the only way to get to know you, but it helps you with that.

And lastly you just become more optimistic about life.

So much uncertainty while traveling right, things go wrong, oh you didn't get the bus you're in middle of China and you don't speak Chinese and you're somewhere in the middle of the road, that's what happened to me and in the end I'm still back here now in Europe. So I become more optimistic about uncertainty and you know life is the way it is and yes, you can plan things, but not everything so you trust more in the process, which is not meaning that you stop planning, but you put this into a healthy balance the thing of freestyling, trusting in the process, but also plan some things, but then if uncertainty is coming up that's okay.

Those are the five ways how my personality changed.

## **VOCABULARY**

**bubble (noun)** - a good or lucky situation that is unlikely to last long

**circumstance (noun)** - the conditions and facts that are connected with and affect a situation, an event or an action

**component (noun)** - one of several parts of which something is made

**flex (verb)** - to show somebody how powerful you are

**freestyling (verb)** - to rap, play music, dance, etc. by inventing it as you do it, rather than by planning it in advance or following fixed patterns

**habit (noun)** - a thing that you do often and almost without thinking, especially something that is hard to stop doing

**habitual (adjective)** - usual for or typical of somebody/something

**horizon (noun)** - the furthest that you can see, where the sky seems to meet the land or the sea

**judgemental (adjective)** - judging people and criticizing them too quickly

**open-minded (adjective)** - willing to listen to, think about or accept different ideas

**optimistic (adjective)** - expecting good things to happen or something to be successful, showing this feeling

**personality (noun)** - the various aspects of a person's character that combine to make them different from other people

**reactive (adjective)** - showing a reaction or response

**stigmatization (noun)** - the act of describing or considering somebody/something in a way that unfairly suggests that they are bad or do not deserve respect

**truest (adjective)** - connected with facts rather than things that have been invented or guessed

**uncertainty (noun)** - the state of being uncertain