**English proverbs and sayings about travelling**

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**Definition of key terms**

It would be reasonable to start exploration of various proverbs and sayings on the topic of “travelling” with defining some terms.

According to Collins dictionary a proverb is a short sentence that people often quote, which gives advice or tells you something about life. This word also has ecclesiastical meaning “a wise saying or admonition providing guidance” and Bible meaning “an enigmatic saying in which a profound truth is cloaked”.

Collins dictionary defines a word “saying” as a sentence that people often say and that gives advice or information about human life and experience or as important things that people said or pieces of advice that they gave.

**Relevance of the topic**

It has long been said that travel "broadens the mind" and people have always had interest in everything unknown and new. Some scientists claim that it is not natural for human beings to be this sedentary. Travel is in our genes and our basic desire. We're a migratory species. Previously, people had to travel the challenging way, being full of difficulties and time-consuming to travel the distance. Thanks to modern engine technology, we can now move through space at an inhuman speed. And people's craving for the unknown has only increased thanks to technological progress. According to the researchers, pleasant emotions from traveling can be associated with the fact that the experience of another culture endows us with a valuable open-mindedness, making it easier to realise that a single thing can have multiple meanings.

So many travel proverbs exist in the world: so many because people always traveled and moved around. Humans always seem to like to move, explore, meet new people, trade goods, ideas, and spirit.

**Traveller or tourist?**

Travelers and tourists are both people who travel to different locations. The difference is that they have different connotations and that one is a broader term than the other. All tourists are travelers, but not all travelers are tourists. According to the Cambridge Dictionary a traveller is literally "someone who travels", while the term "tourist" means "someone who visits a place for pleasure and interest, usually while on holiday". Let’s observe some popular and wise proverbs and sayings to reveal the difference between these two terms.

*“The traveler sees what he sees, the tourist sees what he has come to see.” ~ G.K. Chesterton*

*“Travelers never think that they are the foreigners.” ~ Mason Cooley*

*“A good traveler has no fixed plans, and is not intent on arriving.” ~ Lao Tzu*

*“I travel not to go anywhere, but to go. I travel for travel’s sake. The great affair is to move.” ~ Robert Louis Stevenson*

Reflecting on these sayings, a tourist travels somewhere to see the highlights. A traveller is open to discover new things and to gain experiences that you do not find in a travel guide. Tourists want to have a good time with the “normal” travelling activities while travelers have fun by experiencing the culture. To summarize, travelers are people who go to somewhere else. Tourists are people who go to another place to have fun.

**The advantages and goals of travelling**

For most people, travelling represents one of the essential goals in life because it is a perfect mix of pleasure, curiosity, fun and recreation. It is considered by many to be a recreational activity, but for sure, it represents more than that. Let’s explore some advantages of travelling and reasons why people opt for travelling that are pointed out in the most popular proverbs and sayings.

*“Travel makes one modest. You see what a tiny place you occupy in the world. ” ~ Gustav Flaubert*

*“The whole object of travel is not to set foot on foreign land; it is at last to set foot on one’s own country as a foreign land.” ~ Gilbert K. Chesterton*

*“A journey is best measured in friends rather than miles.” ~ Tim Cahill*

*“Nothing tends so much to enlarge the mind as traveling.” ~ Isaac Watts*

*“To travel is to discover that everyone is wrong about other countries.” ~ Aldous Huxley*

*“Travel teaches tolerance.” ~ Benjamin Disraeli*

*“We travel, some of us forever, to seek other states, other lives, other souls.” ~ Anais Nin*

*“A day of traveling will bring a basketful of learning.” ~ Vietnamese Proverb*

*“Wisdom can be found traveling.” ~ Sri Lankan Proverb*

*“Learn a new language and get a new soul.” ~ Czech Proverb*

*“People get to know one another when traveling.” ~ Bantu Proverb*

*“He who returns from a journey is not the same as he who left.” ~ Chinese Proverb*

*“Only one who wanders* *finds new paths.” ~ Norwegian Proverb*

*“The most important trip you may take in life is meeting people halfway.” ~ Henry Boye*

*“We wander for distraction, but we travel for fulfillment.” ~ Hilaire Belloc*

*“Your feet will bring you to where your heart is.” ~ Irish Proverb*

According to the presented proverbs and sayings some main advantages of travelling may be enumerated. Firstly, one of the most critical advantages is the fact that it improves your health. When travelling, you get the chance to become truly free from life routine, and because of that, the stress level is going down, lowering the chances of developing heart disease. It also helps to boost confidence and well-being, mood and also enables to move over hard times that appear in life.

Secondly, travelling makes smarter. It makes one more present and more connected with the real world, becoming more curious about what’s going on around. For example, if travelling in a foreign country, for sure you will become curious about the lifestyle, specifics, people and daily habits of that place. You will also get out of your comfort zone and start socialising more with people around. Also, travelling offers a great opportunity of learning new languages and new life perspectives to be used in the future.

For most people, it is tough to leave their comfort zone, but when they are doing it, they will see that it represents the place where they learn the most. Firstly, when thinking about travelling, it sounds scary, and many people don’t do it only because of that.

Another essential thing to take into consideration while travelling is the expansion of social network. While travelling, there is the excellent opportunity to meet new people, from different cultures, and see the things that are similar and different in two cultures. The most significant advantage of knowing foreign people is the fact that you are becoming more aware of other cultures, and start seeing life from another perspective, helping to overcome, daily problems efficiently.

Travelling around the world makes you more attractive as a person. Having different stories to tell, making you a fascinating person to know.

**Tips and inspiration for travelers**

*“He who would travel happily must* *travel light.” ~ Antoine de St. Exupery*

Practical in terms of [not taking lots of baggage](https://mindfulfeet.com/advanced-tips-for-ultra-minimalist-travel/) with you. Metaphorically, we enjoy travelling best, when we leave stereotypes behind.

*“One travels more usefully when alone, because he reflects more.” ~ Thomas Jefferson*

*“He who has traveled alone can tell what he likes.” ~ Rwandan Proverb*

While travelling alone, it is impossible not to make friends and speak to new people. You have to ask for directions, eat, drink and visit cultural sites and it is so easy to make new friends, especially foreigners who may be in a similar position to you. It is a great opportunity to meet new people, from different cultures and probably even make friends with some. Moreover, while travelling alone you are not disturbed by anyone and can savor the joy of everything you see, taste and try.

*“He who is outside his door has the hardest part of his journey behind him.” ~ Dutch Proverb*

*“Little by little, one travels far.” ~ Spanish Proverb*

*“You will reach your destination even though you travel slowly.” ~ Icelandic Proverb*

*“The heaviest baggage for a traveler is an empty wallet.” ~ English Proverb*

Travelling alone seems scary if it’s the first time you are going to leave the comfort of home. You will probably think about the potential risks or difficult situations. What happens if I get ill, or have an accident? Most travellers have these worries and more before their first trip, but all these fears disappear when they see all the benefits of this great experience.

*“The wise traveler leaves his heart at home.” ~ African Proverb*

*“The wise man and the tortoise travel but never leave their home.” ~ Chinese Proverbs*

Travelling is obviously a good activity, but never forget that sooner or later it will be time to return home. Feeling homesick is completely normal and thinking of home while travelling too.

*“If you are travelling in the blind man’s country close one eye.” ~ Romanian Proverbs*

*“People travel to learn; most of them before they start should learn to travel.” ~ Henry Wheeler Shaw*

Whether you’re traveling to another country or state, it’s very important to know what customs are common in that region, being open-minded and willing to learn about the culture and history of another place. Trying to understand different cultures isn’t always easy for many people, but you’ll be surprised how much more interesting life becomes when you start to understand other cultures.

**Conclusion**

Hope may lie in the very nature of travel. Travel entails wishful thinking as Hans Christian Andersen said, *“To Travel is to Live”.* It demands a leap of faith, and of imagination, to board a plane for some faraway land, hoping, wishing, for a taste of the ineffable. Travel is one of the few activities we engage in not knowing the outcome and reveling in that uncertainty, but still Confucius claimed that *“It is better to travel one mile than to read a thousand books”*. Travel proverbs inspire, provide guidance and connect us with what we really want out of our travels as *“The World is a book, and those who do not travel read only a page”, Saint Augustine*.

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