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About the Post



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Passionate experience junkie. Lover of the arts and architecture. Want to see and share the world, one village at a time.

Post Information

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What Does Fear Mean to You?



Have you gone hot air ballooning? Or how about bungee jumping? Are those wild activities on your usual fear-pushing to-do list or does merely checking in at the airline ticket counter get your adrenaline pumping?

Adventure is adventure because there's risk involved. Travelers get a rush from accomplishing a great adventure – whatever that means to you.

In this post of Round World Discussions, 5 bloggers weigh in – in extremely different ways – on fear. It proves once again that we all have very different viewpoints and ways of traveling and coping.

Question: What does fear mean to you as a traveler?

Alex

“Fear is something I’ve been trying to write about more, recently. It’s a fundamental part of the travel experience...well, of new experiences in general...and one that we’re often fairly bad at expressing. I’ve been to 38 countries so far, and traveled solo in a number of dangerous and challenging places.”

Despite these experiences fear is still there every time I go to book a ticket for my next trip, or wait to board an airplane.

“As we push our boundaries and overcome old fears, they may become less intimidating but I don’t think they ever go away. They do, however, help prepare us for tackling new fears and obstacles. I’m not an adrenaline or fear junkie, but I do have a love for it...in moderation”

When I don’t feel a twinge of fear, I know it’s time to start pushing my comfort zone – that I’ve gotten comfortable, which is fine, but it also means that I’m ready to do more and to share more with my

readers.

Wayne

“Once we started, we learned that traveling the world was safer, easier, and more affordable than we thought. Leaving familiar routines is now exciting for us, not scary. All over the world people have been friendly and kind to us. Their values are not much different from ours.

They want to live their lives well, support their families, and be good human beings.

We have met hundreds of world travelers and not a single one has told us the world is a scary place. Quite the contrary, they tell us how lovely people around the world are and what a beautiful wonderful world we live on. And we agree!”

Claudia

“At the moment we are preparing to travel for over a year. Some of the countries require the yellow fever shot and I’m quite nervous about that.”

Norman

“If you can’t or won’t admit that you are afraid, fearful or anxious, you will never conquer these emotions which plague some of us like demons in our lives. I wrote two blogposts recently about fear.”

[“I was Scared Shitless”](#)

[“The Minimalist Guide to Expat Anxiety”](#)

Nora

“I thoroughly (no – I mean REALLY!) enjoy conquering fears and doing what I guess are high-adrenaline activities.

I have 300 skydives, I’ve bungee jumped a dozen times at five places in three countries (including the world’s highest in South Africa), I used to race motorcycles (ooh yeah – and Corvettes, and go karts!), and I’m an avid mountaineer.

I’ve also been a performer most of my life, and I think one of the most exhilarating moments possible is that feeling you get backstage just before you go out in front of hundreds or thousands of people to perform. Whew!

So in the realm of travel, I've been equally adventurous. I shot a [tv show in New Zealand](#) that entailed 11 days of conquering world's highest this and world's first that, I've [climbed mountains](#) around the world, and done more than my share of crazy epic train rides (including the [Ultimate Train Challenge](#) and my own [epic Aussie journey](#) for starters). This sense of adventure has helped me to jovially accept whatever volunteer tasks that have been thrown my way (in trade for accommodation), including milking goats, painting murals, cooking, landscaping, leading eco treks on llamas, designing promotional plans, and more!

I love having new experiences. I don't take uncalculated risks (yes, even with 300 skydives I can say that), and if I'm scared I enjoy calling up the strength to get through, often saying to myself "worst case scenario: at least some of the best stories of adventure are actually stories of MIS-adventure!"

Editor's note/Bottom Line: Despite our widely varying ways of coping with it, fear is a fundamental aspect of traveling. What's your method of coping with fear?

Contributors:

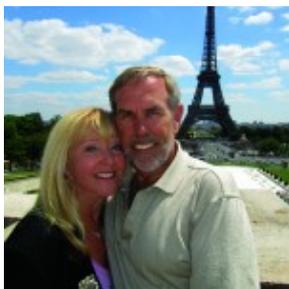


Alex Berger

www.virtualwayfarer.com

A former mergers and acquisitions professional and American expat, I lust for travel and relish the opportunity to push my boundaries as I see the world through the eyes of a traveler. My blog is about sharing travel experiences, the lessons I've learned, documenting some of the world's most beautiful places, peoples, history and adventures while inspiring my readers to travel. I had an unusual childhood, and spent both 5th and 7th grade traveling first Europe and

later the United States with my family. I'm currently a full degree MA student at the University of Copenhagen in Denmark which keeps me busy when not on the road or documenting my experiences.



Wayne and Pat Dunlap have been fortunate to have a life changing adventure together by renting their home and traveling the world for the past 2 years visiting 100 countries and 43 U.S. states in their lifetime. Wayne Dunlap is a travel columnist for the "*Huffington Post*". The Dunlaps love to inspire others to travel more and help them realize and afford their travel dreams. They have published their comprehensive how-to world travel book, "*Plan Your Escape, Secrets of Traveling the World for Less Than the Cost of Living at Home,*" www.PlanYourEscapeNow.com, that is receiving 5-star customer reviews.

For more information on the Dunlaps' travels, visit their *World Travel Adventures – Unhook Now... for Life!* travel blog at www.UnhookNow.com listed on "Best Travel Blogs" and chosen "The Best Boomer Travel Bloggers to Follow" about 155 wonderful places in the world including photos, interesting things to do, history, and you can sign up to receive travel tips and bargains.

Pat says: "*Choosing to run away with my husband and best friend, has been the most rewarding lifestyle change one can make and has brought us closer together.*"



Claudia Looi is a Copywriter, Travel and Web Content Writer. Prior to launching her writing business, Claudia was involved in the travel industry for over 12 years in Kuala Lumpur, Auckland and New York City. She loves to travel with her family and has had the luxury of traveling to almost 30 countries. You can find her at <http://travelwritingpro.com/>



Been there... done that.... thought about it a lot....

Norman Viss <http://expateverydaysupportcenter.com/>

Husband, father, grandfather. Friend, and to some, a burr under the saddle. Hobbies: Tennis, painting, folk music, travel. Norman holds B.A. and Master's degrees, with majors in cross-cultural and urban studies and theology. He has many years of broad international experience working with people from a wide variety of cultures, including a 10 year span of living in Nigeria, West Africa, and 22 years in the Netherlands.

Currently he lives in the Philadelphia, USA.

In 2009 he completed the Certified Professional Coach Program at the [International Coach Academy](#).

Norman knows what it is like to deal with isolation and find his way into new community:

- as a young man working in isolated villages in the Nigerian savannah
- in sophisticated Amsterdam, learning Dutch and building community in a post-modern culture
- raising children and sending them off to school and life



Nora Dunn (aka [The Professional Hobo](#)) sold everything she owned in Canada (including a busy financial planning practice) in 2007. Since then she has been traveling the world full-time, and in a financially sustainable manner. She specializes in getting free accommodation (through house-sitting and volunteering), and creatively traveling full-time for less than \$17,000/year – she even flies in business class! As a freelance writer she is an expert in travel, personal finance, and lifestyle design. Check out www.theprofessionalhobo.com for Nora's latest adventures and travel tips.

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2 Responses to “What Does Fear Mean to You?”



1. [housesittingservice #](#)

This is a good common sense Blog Very helpful to one who is just finding the resources.Thank you

August 27, 2012 at 5:18 am [Reply](#)



o [Josie #](#)

You're welcome! Love that you stopped by to check us out.
~Josie

August 27, 2012 at 12:49 pm [Reply](#)

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I ask bloggers, travelers, writers and foodies to be contributors.

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