

## **Introduction**

When I left my reporting job to travel in 2008, friends and colleagues made the same comment again and again. After getting over the shock that I wanted to go to Africa by myself for six months, they'd often say, "I wish I could take a trip like that."

The truth is, they can.

*And so can you.*

Taking a break from your everyday life to travel requires guts. It takes a strong-willed, adventurous person to face that kind of Leap. But it also requires a certain amount of planning, a certain amount of vision, a certain amount of knowing how your Big Trip will help you in the long run.

If you're trying to figure out whether a career break is right for you, looking for inspiration to take the Leap or need help making your dream trip finally happen, this guide is for you.

We'll go through what you should consider before leaving your job, how your dream trip can help – not hurt – your career, and ways to make your break most rewarding.

We'll also talk logistics, delving into the practicalities you should put in place before embarking on your career break. Because here's the hard, cold truth: **Your trip is not going to happen by itself. You've got to *make it happen.***

How do you do that?

By following the advice in this guide and checking items off your own to-do list, one by one. When you're done reading, you'll have a better idea of how much money you should save, where you might go and what other preparations, like immunizations and visas, should be in line before you leave. And you'll be better equipped to deal with challenges upon your return.

I've even included advice on what has become one of the most popular aspects of long-term travel: blogging. What steps can you take to make blogging easier during your travels? How else can you use social media to get the most from your break?

Throughout this guide, you'll read stories of individuals just like you who followed through on their career break goals. We'll learn how they did it, the challenges they faced along the way and what they'd do differently if they could take their trip all over again.

Taking a career break to travel doesn't have to just be a dream. It's within your reach – if you know how to go after it.

Now let's make it your reality.

*To download the entire 90-page guide, visit [How to Take a Career Break to Travel](#).*

