

EVERYDAY ADVENTURES

HOW TO MAKE THE MOST OF WHERE YOU ARE RIGHT NOW

FIND A UNIQUE 'TOUR' OF YOUR REGION

- SEE SOMEWHERE NEW ON AN ORGANISED BUS TOUR
- BOOK A BESPOKE AIRBNB EXPERIENCE
- JOIN A WALKING TOUR (E.G. FOOD, GHOST, HISTORY)
- SIGN UP FOR A CREATIVE EXPERIENCE, E.G. 'SIP 'N PAINT' OR A PHOTOGRAPHY WALK
- TAKE A TRIP ON LOCAL TRANSPORT TO SOMEWHERE YOU'VE NOT BEEN TO IN A WHILE, IF AT ALL

SELF-DIRECTED ADVENTURES

- WALK/HIKE - TURN LEFT TODAY INSTEAD OF RIGHT
- BE GUIDED BY A LOCAL APP OR FITNESS APP
- LET YOUR DOG LEAD THE WAY ON YOUR WALK TODAY
- GIVE YOURSELF A STEPS CHALLENGE (E.G. 10,000) AND INVITE OTHERS TO JOIN YOU
- DIGITAL DETOX FOR A DAY ON AN OUTING - NO PHOTOS, NO PHONE
- LEARN A LANGUAGE USING AN APP LIKE DUOLINGO OR BABBEL

COMMUNITY VIBE

- JOIN A LOCAL WALKING/RUNNING/CYCLING GROUP
- RSVP FOR A MEETUP OR LOCAL FACEBOOK GROUP EVENT E.G. TRIVIA NIGHTS
- VOLUNTEER TO HELP AT A SHELTER, SHOP OR EVENT
- ATTEND A LOCAL BUSINESS / SOCIAL NETWORKING EVENT
- MAKE A POINT TO ENGAGE IN ONLINE FORUMS
- CREATE A MEETUP OR EVENT OF YOUR OWN!

BONUS FUN

- HOUSE AND PET SITTING: YOU'LL MEET AMAZING PEOPLE + CUTE PETS AND DISCOVER A NEW NEIGHBOURHOOD!
- OFFER PET CARE OR DOG WALKING IN YOUR AREA
- CHAT TO SOMEONE YOU DON'T KNOW
- INTENTIONALLY PRACTICE MINDFULNESS ON A WALK OR COMMUTE TODAY - NOTICE NEW THINGS!
- KEY SITES: MEETUP & FACEBOOK GROUPS
- DON'T WAIT UNTIL YOUR NEXT TRIP IS BOOKED: CHOOSE YOUR OWN ADVENTURE TODAY!

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