

THE BENEFITS OF TRAVELING ABROAD

*Shikhnazarova Gulnaz Ibrayym kyzy,
Karakalpak State University student of Foreign languages.*

« Travel brings power and love back into your life.»
Rumi Jalalud-Din

Traveling encompasses a vast range of activities, from visiting places and engaging with locals to immersing oneself in the culture, traditions, and lifestyle of the place in question. Exploring new environments or cultures is always refreshing. People travel for different purposes; business and education is one, while some travel for leisure or even self-growth. Whether wishing to visit a neighboring city or hoping onto a plane to experience the world, there is no limit to how one goes about travel. Travel opens doors to numerous opportunities and possibilities. Discovering new interfaces becomes a new part of life from which one can learn something new about oneself. It's truly stepping out of your comfort zone.

Moreover travel to international destinations can likely be one of the most gratifying experiences of your life. We absolutely cannot emphasize the importance of travel enough, and its potential to expose you to new cultures, other ways of thinking and living, and personal growth and development that you didn't think possible. There are a myriad of important reasons to travel, but ultimately it's an experience that holds value and can facilitate your own growth and development. Whether you're attempting to learn a new language, meet people of different origins and cultures, or are simply looking for a new adventure, traveling to an international destination will most likely become one of your most memorable experiences.

I want to share my travel abroad experience . Last year summer time I went to Germany for 3 months with program «Work and Travel ». I appreciate my University community,because It gives students diversity opportunities. Therefore , for me It assists my life changed . Not only my life may transform but also my goals change.

I got Shengen visa It means you can travel around the Europe at least 22 countries such as Italy, Switzerland, France, Austria, Poland Spain, Slovakia, Portugal, Romania Estonia and etc .

When I was in Germany ,I traveled some countries like France , Switzerland and Austria.And also I have been Germany's well known cities for example Koln , Stuttgart and Berlin which is the capital of Germany . This trip gives more and complex feelings I don't describe with my words. One of my deams come true because I had dream which is see real Eiffel Tower. So I recommend every student travel via this kind of program.

I have heard one full of meaningful phrase about traveling «Traveling is the same that You read one book.» Traveling is greater than reading a book because you can experience things, reading a book allows you to only imagine. Media has a strong effect on readers – they are exposed to a greater extent to media. Traveling can free a person to be childish, and not care about all sort of common, trivial things whatever. Albert Einstein once said: «Information is not knowledge; the only source of knowledge is experience.» Indeed, reading a book and obtaining information from a writing source is far inferior to traveling, experiencing things, and getting your hands dirty. Moreover, when we travel the world we find different cultures, languages, perspectives, and ways of life, reading these is not as relevant or useful. However, experiencing something on your own is altogether a different thing. Traveling teaches you about many culture, customs, rituals, and people of different religion, practically. No book can ever do that. So books lets you experience things in words, also those which are virtual and let's your imagination fly. But traveling makes you see the real world and have those memories imprinted in your brain till the end of times.

There are some advantages of traveling.

1 Cultural Exposure

The best thing about traveling overseas is you get to get hands-on experience about different cultures. Each country has different traditions, customs, and way of life, and we can physically interact with these different worlds through travel. Culturally immersion in the form of tasting local delicacies, participating in local festivals and fairs and learning about landmarks and social norms is as an eye-opener and broadens our perspective of humanity. Meeting people from all walks of life encourages open-mindedness and acceptance. It breaks down stereotypes and misconceptions, and replaces them with hands-on experience and personal relationships.

2 Education and Self -Discovery

Traveling is like an education without a classroom. Seeing historical sites, walking through museums, and exploring ancient landmarks bring history to life in a way that no textbook ever could. But beyond learning about the world, traveling also helps people learn about themselves. It pushes individuals out of their comfort zones, making them more independent and confident. Facing challenges like navigating a foreign city or dealing with unexpected situations helps build problem-solving skills and adaptability—qualities that are useful in everyday life.

3 Improved Language Skills

Being in a country where a different language is spoken is one of the best ways to learn it. Even if someone doesn't speak the language fluently, simple interactions—like ordering food, asking for directions, or greeting locals—help improve communication skills. The more someone is exposed to a language, the faster they pick up new words and phrases. Unlike learning in a classroom, real-world practice makes language learning more natural and enjoyable.

4 Networking Opportunities

Traveling introduces people to others from all walks of life. Whether it's making friends with fellow travelers, connecting with locals, or attending events, every journey brings opportunities to meet new people. Sometimes, these connections turn into lifelong friendships. In a professional sense, traveling can also open doors for career opportunities, collaborations, or even future business partnerships. The more people someone meets, the more they expand their worldview and understanding of different cultures.

5 Exciting Experiences

Every trip comes with its own set of adventures. Some may find excitement in exploring bustling cities, while others seek the thrill of hiking mountains, diving into the ocean, or trying extreme sports. Even small moments—like watching a sunset in a foreign country or sharing a meal with strangers—become cherished memories. Traveling teaches people to enjoy the present moment and appreciate the beauty of life beyond their daily routines.

References:

1. Why Travel Matters A Guide to the Life-Changing Effects of Travel Craig Storti <https://www.perlego.com/book/3179425/why-travel-matters-a-guide-to-the-life-changing-effects-of-travel-pdf> April 2018
2. Article The Educational Benefits of Travel Experiences: A literature Review. PENNSYLVANIA STATE UNIV on May 10, 2013 jtr.sagepub.com
3. Article : The Benefits of Traveling Posted on August 24, 2023 <https://www.thelazyitalian.com/benefits-of-traveling>
4. Khodjaniyazova, U. K. . (2021). SIMILARITIES AND DIFFERENCES OF SPOKEN AND WRITTEN LANGUAGE. CURRENT RESEARCH JOURNAL OF PEDAGOGICS, 2(08), 20–23. <https://doi.org/10.37547/pedagogics-crjp-02-08-06>