

**COOKS,
CLOWNS
AND COWBOYS
101 SKILLS AND
EXPERIENCES
TO DISCOVER
ON YOUR
TRAVELS**



Melbourne * London * Oakland





COOKS, CLOWNS AND COWBOYS

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IT'S **TIME** TO **LEARN** **SOMETHING NEW.**

You know the feeling. One day you wake up and suddenly the job you do, the streets you know – they're no longer enough. It's time to get away, take on a challenge, try something you never imagined you would. **But what, where and when do you start?**

We know that feeling, too. That's why we started this book. Because sometimes it isn't enough just to go. You need to give yourself a reason.

At its heart, our desire to travel is about **fulfilling our human need to explore**, to meet new people and see the world through the lens of different cultures. By going out there beyond the horizon, immersing ourselves in strange new worlds, we know our lives will be changed forever.

Whether it's learning to **trek the snow-capped ledges in Nepal** or discovering the **secret to making perfect pizzas in Napoli**, what we learn our travels shines a light on what motivates us, the things we love, the things we cannot do without. In essence, travel helps teach us about who we really are.

So let **Cooks, Clowns and Cowboys** be your starting point. Let it tempt you with a reason to begin your next adventure.

Think of this book as an invitation to explore, and not just far-flung corners of the planet, but also your own infinite, inner potential.

And let these experiences serve as an icebreaker. Because, by challenging yourself with any or all of these **101 awesome activities**, you'll discover that taking part is the first step towards fitting in. Saying that you'll try something new, that you'll give it a go, is like making a peace offering to the locals. It's a sign of your natural curiosity and respect for their way of life and everything it might teach you.

Once that offer has been made and the ice is well and truly broken, it's time to follow your unique spirit of adventure. Let it be your guide. **Who knows where it will lead you?**



Showing off sublime flamenco moves in Seville.

COOKS, CLOWNS AND COWBOYS

A human being should be able to **dance** the rumba, **lasso** a steer, **play** the sitar, **grow** their own food, **mix** a martini, **centre** their chakras, and **build** an igloo. "Specialisation is for insects."* Why not do them all and wear your 'badges' with pride...

* With thanks, and apologies, to Robert Heinlein.



Music & Dance

Get set to unleash your inner luvvie and go break a leg. The activities you must complete to earn your Music and Dance badge concentrate on developing your sense of rhythm and shaking it like you just don't care. Preferably in public. You might find yourself in Cuban bars doing the rumba or taking centre stage masquerading as a Beijing opera star. Wherever your pursuit of this exquisite badge takes you, remember to limber up, feel the beat, and let your spirit move you.



Active

As well as taking you to some of the most spectacular landscapes, the Active badge will see you pushing your body to its limits. Not just physically, mentally, too. It takes nerves of steel, not to mention a low centre of gravity, to knock competitors' off their skates in a roller derby, and you'll discover that sledding across the Yukon is more about how well you can bond with a huskie than how tight you can grip the reins. Channelling your inner dude as you surf into another epic wave in Hawaii, you'll wonder how anyone could ever end up as a couch potato.



Culture & Language

Sure, most of us have culture and we can all speak a language but to earn this badge you'll need to feel a new vibe. This one is all about dancing to the beat of a different drum, learning the lingo of a foreign tongue, and loving it. You could be tripping out on voodoo in Ghana or thawing out in an igloo you just built yourself in Alaska. As you begin to appreciate the myriad small things that ensure no two cultures are the same, you'll be able to tell your new found friends, in their own language, that you are so glad you came.



Flora & Fauna



Greenies and anyone who loves getting stuck into mud will love what's needed to acquire this badge. You'll soon be getting your gorilla on in old-growth forests, then staying the urban sprawl across Cape Town, before tracking your own wolf pack across magnificent Euro mountains. By taking that moment to stop to smell the roses, or equivalent flower that's indigenous to the region, it becomes crystal clear how much we are all a product of our environment. Big respect to Mama Nature.



Food & Drink



This very popular badge is subject to misinterpretation. It is not just about sampling delectable dishes and getting ripped on rum. Like the Active badge, this one requires you to get involved. Don't just sip on a pisco sour, learn how to make one. To earn this badge, foodie 'bystanders' will need to step into the limelight and get a sweat on in the kitchen, behind the bar, or out in the markets. The proof of whether you've earned this badge will be in deliciousness of your pudding, pizza, handmade cheese, or whatever else piques your passion. Yum!



Mind & Body



This badge is perfect for stress heads as by the time you're ready to pin this one on your sleeves you'll be astrally projecting halfway to Nirvana, or at the very least you'll have learned how to relax. You may reckon it's easy to master the art of relaxation in a picturesque temple hidden in a far away jungle paradise, but tapping into inner peace might not be as intuitive as we think. If you're committed to earning your Mind & Body badge you'll need to pay close attention to your instructors, be they monk, masseuse or survival coach.



Art & Crafts



If you're good with your hands, this badge is for you, and a light, artistic touch will be handy if you opt for egg painting in the Ukraine or creating complex batik designs in Bali. But fear not, there is an Arts and Crafts activity to suit every taste. Even the most Philistine among us should be able to 'smashion' something from the blacksmith's hearth. Or if that sounds like too much sweat and tears, head to California and fashion a fiddle. The beauty of earning this badge is that you'll have something tangible to show off for it, forever