

# Erasmus, English essay :

"Travel, the best way to get lost in order to find yourself" : how can travel be both the best and the worst way to get lost in order to find ourself ?

A lot of famous persons wrote quotation about the travel, writers, singers even philosopher, and we can understand why, the travel is always hard to describe. So what is travel ? the common definition will be The path you take to get to a different place than where you are, however for me, travel is to overseas to another country or away from home for personal or professional purposes such as studying or vacationing which is still interesting in both ways. Everybody has their own definition we can't say that this one is better than the other one. The quotation that I choose is «Travel, the best way to get lost in order to find yourself » when reading the first thing that came in our mind is « It's true ? The travel could be the best way to lose yourself in order to find yourself ? » well this is a good question that all non-travellers and travellers could wonder that's why we will try to find the best answer to it, at least try. We will try to find the answer with three interesting steps, the first one will be « the better way to find ourself » followed by the « the worst way to find ourself » to finish by « my personal reflection » with three big points each to end up with the conclusion.

Let's start with the first one, where travel is the best way to find yourself. As everybody knows, the travel offers to people the opportunity to get out of your comfort zone because most of the time, people don't go abroad usually because of their jobs, studies and sometimes the price of the travel. But when people do, they get out of their comfort zone where to speak in another languages and also due to the fact that the country is different, the food, the culture and the way of life will also be different everything will be new for you and you will have to adapt yourself to it to get a total immersion. It is as well the best way for the exploration that you will do into the unknown of that new horizon in front of you. Every single landscape will be so unusual that at first you could get lost but in the end you will get used to it, you will enjoy the view of a new corner of the world that you didn't see before, and all new way to see our planet and life in general. With that, the best advantage is the fact it allows you to free yourself from constraints for a little bit of time and in addition to that you can rediscover yourself entirely. Like I mentioned before, most of the time people don't have time to go abroad with all of their occupation as work, study and also the amount of money they need to go abroad. So when those people have everything they need to go overseas, the money and either a leave or holidays, they shouldn't miss this occasion of visiting a new place to relax far away from their native country in order to find themselves again. Even better they could find new things about themselves like a new passion, taste or something else. That is why travel is the best way to find yourself.

Let's continue with the second part « why travel is the worst way to find yourself ». As I told you in the first place, most of the time people don't usually go abroad because of two main factors, their job or study and the price of the means of transport to go away in the world. As a consequence, when those people travel they get confused and disoriented because sometimes it can be overwhelming to be surrounded by the unfamiliar surroundings that we never saw before, a different culture which is some time to time, the perfect opposite of the one of your home

country, and the language barrier that is, most of the time, the problem number one of the tourist. Moreover, finding yourself in unknown places, far from your usual landmarks is very stressful to some people. You have to create new ones, during a short amount of time who is sometime impossible to do. So you get lost in a unknown city, where you don't know where to go to eat, to have fun just because it doesn't make sense on where to go. Even if it's a big problem that countries want to erase, there are still places where there is no an English translation, or anyone speaking another language, or any "touristy" places. To communicate, it will not be a child play some will use a translator but it is not always reliable, if you don't speak the international language, you will be found in awkward situation where you will not be understood. It is creating a sense of loss and uncertainty, you will always doubt of what people say, you will be afraid of not having been understood and even get more lost than you ever been. So no, the travel is not the best way to find yourself.

Let's go on with the final part before the conclusion, my personal reflection about « how can travel be both the best and the worst way to get lost in order to find yourself ? ». Honestly for me the travel could be both the best and the worst way in the same time. It's depending on the people but for me, it's more close to be the best way because it gives me the possibility to find new personal aspect about me that I never saw before. It gives me the opportunity to see that I can resist to cold weather much more than I thought and also more about my taste, for example the mix of salt and sweet in one plate makes me sick however the salt lunch is really delicious that I could do it in my home too. Moreover with my correspondent family I live during one month with two dogs and one cat that make me realise that, yes, I don't like cat and she makes me understand why by jumping on the door handle in the middle of the night. Far beyond personal discoveries it gives me the chance to perfect my English level, with the different class that I had here in Lithuania gives me some new vocabularies in almost all of the different lessons that I didn't know which could be useful in one day like « mitigation » who means reduce the risk who is more easy to say and also shorter and with the English teacher that I got the chance to have here she made me revise all of the verb tenses and the conditional who is really important but sadly the names of them are easily forgettable. And even in the local language I learn some word, maybe not enough to present myself but I learned some random word like the basic as « hello, thank you and goodbye ». And the last point I think that in an Erasmus point of view the travel is the best way to find yourself because we are the next generation, the one who needs to move to forge our future. The travel forges the student and the next citizen that the world needs, we can't stay here and waiting everything to come directly in our hand, we have to be autonomous. Even in the school « Kauno Jono Jablonskio gimnazija » they learn like us, the Erasmus student by using the « IB profile learner » which is also creating the future of their country, of the world. That is why in my opinion, the travel is the best way to find yourself because you will never find yourself in this way by staying in your hometown.

To conclude our question about the quotation "Travel, the best way to get lost in order to find yourself" made by an anonymous person, let's say that with all the elements put together the travel is definitely the best way to find ourselves because travel is made of opportunities that could be only be found one in a life time. So when every factors are present you don't have to miss your chance to go overseas because as a great man said "The world is a book and those who do not travel only read a page." So when you travel, you get a new pages to complete this book but also to complete the book of your life that will be story that could be read by every single people that wanted.