

How to Plan an Armchair Travel Activity

Use the Internet

Google

Just type in your destination and watch what appears. Use an image search to find free photos of your destination.

www.google.com

Google Maps

Before you've even set off for the airport, Google Maps allows you to take a walk around the city you're visiting, track your journey to your hotel, or simply view some of the best known sights around the world.

www.maps.google.com

YouTube

YouTube is a video streaming service that compiles virtually everything - in video form. It's simple to use and can be a lot of fun to explore once you get started. Make a list of what you want to see and start searching. You will be amazed at the delightful surprises you can find on YouTube.

www.youtube.com

National Geographic

If you're a little more adventurous and would like to explore the Amazon, or sail along the Nile, or stroll the Champs Élysées, then National Geographic is the site for you. Read blogs, watch videos and find out about what's waiting for you at your 'destination'.

www.nationalgeographic.com

Historic sights

Explore historic and exotic sights from around the world. As well as an explanation of the history involved in places such as Westminster Abbey and the Taj Mahal, you can take a 360 degree tour of the outside of the buildings and view plans of the inside.

www.armchair-travel.com

Travel Blogs and Publications

If you have access to the Internet, then the sky's the limit when it comes to armchair travel. There are lots of wonderfully descriptive online travel blogs, written by a variety of people offering different points of view. Exploring online magazines and blogs is a great way to uncover gorgeous photographs and personal anecdotes that can make the travel experience come alive.

Explore Live Webcams

With live webcams, you can take an "armchair trip" to exciting worldwide destinations - including everything from underwater to above ground, and everything in between. Possibly better than viewing pictures that present one moment in time, live webcams can capture the drama of life unfolding at a particular destination.

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The Non-Technical Way

Explore your Local Library

Beyond technology, one of the best ways to discover new places is by simply picking out a few good travel books. Whether you take a look at a guidebook, read a travel journal written by a great explorer, or gaze at beautiful images in a coffee table book, exploring new places through the written word can be extremely satisfying. Don't forget to check out your library's video section as they will often contain great travel videos.

Use your own photos or borrow from a friend

Taking a walk down memory lane can be a great way to put together a travel experience. Pull out those honeymoon photos, your favourite trip or pictures of the cottage. If you know someone who's travelled somewhere exotic, ask if you can borrow their photos.

Armchair Travel Tips

Travel can have a dramatic impact on people's views and perceptions. It can also facilitate curiosity and break down cultural barriers. As we age, mobility, cognitive issues or the loss of a travel partner can sometimes interfere with our love of travel. But today, technological advances have made "armchair travel" an option for rediscovering the world without leaving the comforts of home.

Schedule your travel time ahead.

If you don't set aside the time for meaningful activities you will always push them to the end of the list.

The time spent planning can be half the fun.

Choose a country or event/documentary your loved one would like to see. Take 10 minutes each day to find related videos or pictures, or look through your photo albums and plan an experience based on a destination you have been to before. Creating a "passport" can be a great way to document all the places you visit!



Use all five senses to enhance your armchair travel experience.

- Find decorations according to the country chosen. (check your local dollar store)
- Serve some food or snacks from the chosen destination.
- Get hold of some relevant music or trivia to enhance the activity.
- Put out scented candles or essential oils.
- Use videos, pictures and photographs of your destination.

Make It a Party

If you're going to set out on an "armchair journey", why not invite friends and family to join and make it a social event? Choose a destination and plan a themed get-together with food, decorations and even trivia questions related to your location of choice. You will have fun exploring a new place with people you care about, and you'll probably learn something too!