

# To spend some time in solitude

Some of the best and the most important things that travel will teach you are knowing more about yourself and finding the real you. People travel also to reflect on themselves, their lives and also to seek happiness. May they be from a recently ended relationship, a death of a relative or have just gotten out of school, they use travel to find direction again in their lives and to understand their purpose of existence. Traveling helps people simply to escape and let them see themselves in a different way until they figure out how they want their lives to go.