

A vacation is a good time to meet new people

'We are going on a summer holiday ...' Doesn't this famous Cliff Richard song bring a smile on your lips and a spring in your step as you go down memory lane reminiscing about past holidays and all the good times that you had? Jog your memory. When was the last time you went on a vacation? If it takes you more than a minute to answer this question, close your laptop, wrap up your work and take a break now. Whether you are taking off for the hills, the blue beaches or your cousin's farm, your vacation is going to recharge your batteries. It is a proven fact that getting away from the routine and monotony of daily life can actually bring new perspective to old dilemmas. You will return rejuvenated -- both mentally and physically and spread this newfound positive energy to others around you. What's more, taking a holiday will enable you to get to know yourself a little better. Sound almost untrue. If you are still not convinced, here are some more reasons why you definitely need to take a break:

Relaxation: The number one reason for a vacation is [relaxation](#): something that you haven't done in a long long time. You are lucky if you manage to sleep at night. Many others who are reading this may not be even able to do that. Remember, man is no machine. If you push yourself too much you are bound to fall. Just the act of getting away from your daily chores will relax you.

Clear your thinking: Taking a vacation helps you clear the cobwebs from your mind and helps you think straight. Even if all you do is sit by a river and watch the water flow, it's a refreshing change that will revitalize you.

Stimulate your senses: Your senses too seem to have deadened. You go to the same place, stare at the same machine day after day, drive the same car and even follow the same route. You know exactly when to turn and where to stop. Hasn't life become too bland and unpredictable? You need to change your surroundings and expose yourself to new sights and experiences.

Meet new people: A vacation is a good time to meet new people and exchange ideas and opinions. You could meet them in the train, in the hotel or even at the local mall. You can make friends and if you are single and unattached, you may end up meeting your future partner.

Share your adventure: Sharing an adventure with others will allow you to share their enthusiasm too. Adventures can be fun and they can be gruelling. Sharing experiences can enrich your own life and give you something to look back on with pride and pleasure. Many years later you will remember your hiking trip and how you lined your tent with dry leaves so that you would know when a leopard walks by, and how you spent the entire night in anticipation.

Educate yourself: Going to a new place is an educational experience in itself. You learn about its people, culture, history, climate, and many other interesting facts. So when are you going on your educational trip?

Enjoy planning: Do you want to hit the road for action and adventure, to go to different places and meet new people? So excited that you cannot wait to plan your vacation? Your vacation is actually more than just the time spent away from home. The planning and the preparation are also necessary to ensure that you have a hassle free holiday. So plan your next holiday now.

Cherish your memories: Your life is enriched before, during and after a vacation. Cherish those happy days by reflecting on your memories, souvenirs, and photographs.

A vacation will give you freedom: A holiday will let you do what you want, when you want, the way you want it. Your body has been driven far too long and now it needs a break. Even if you are generally satisfied with your life and work you will still feel the need for something more. Take a vacation and enjoy your freedom.

Discover yourself: A vacation can be a great opportunity for self-discovery. Being one with nature can help you hone your creativity and find inner peace and harmony.

Appreciate the little pleasures in life: A holiday will help you appreciate your home, yourself, your family and friends. You'll be surprised at things that make you homesick, you'll crave for similar people who speak the same language, eat the similar food and miss home. Ultimately taking a break will make you happy. Your life will take on a new meaning after a vacation and you will face your job with renewed energies. So pack your bags and get going for that long-deserved holiday.

About the Author

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