

# Journey Crafters

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Journeys Travel Company



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We've spent the last 10 years building experiences and creating life-long memories. We like to say that we help people check things off of their bucket list, but we also help people stay sane. Everyone needs a break, and it's our goal to make sure you get the best value for the time and budget you've got.

*Meaningful experiences can be life-changing.*

For some it's as simple as a sunset on a stunning beach or mountain, and for others it's feeding baby elephants in Thailand, a yoga retreat in the Ecuadorian Andes, or climbing a glacier.

Maybe your family needs essential bonding time, or you just need to blow off some steam.

We will get to know you and then help you to invest wisely, so that your hard-earned vacation results in life-long memories to cherish forever.

Please get in touch so we can get started!



*Korrine Johnson*

I offer free professional travel planning so you don't have to spend hours searching and hoping for the best. My relationships give me access to better prices, perks, and information than consumers can find. I will make sure you get the vacation you deserve, at the best value.

Contact me:

Email | [korrine@journeystrvl.com](mailto:korrine@journeystrvl.com)

Phone | 855.465.6876 ext. 106

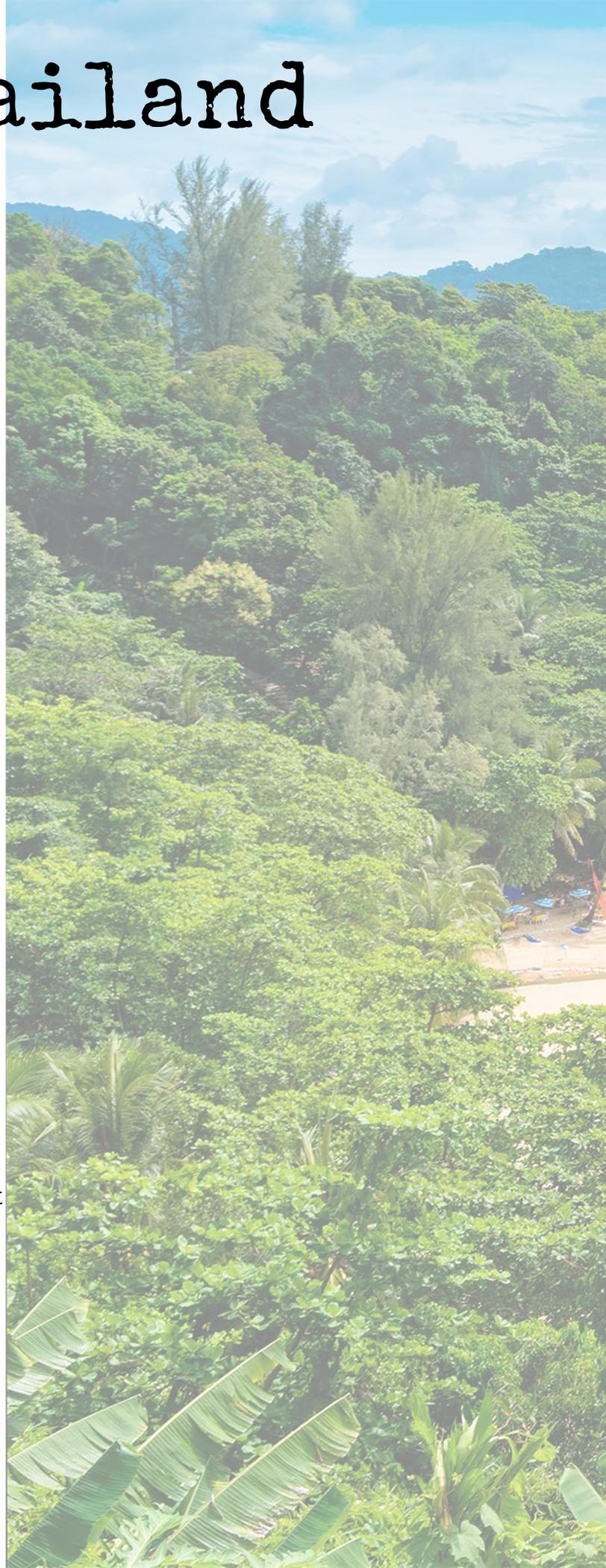
# Phuket Thailand

Where happiness means  
the world

In the Andaman Sea off Thailand's west coast, the holiday hub of Phuket, or the 'Pearl of the South' as it has become known, is connected to the mainland by the Sarasin Bridge. Thailand's largest island, Phuket is incredibly diverse with rocky and sandy beaches, tall cliffs, forests, waterfalls and temples.

Phuket caters to all, with a variety of holiday resorts offering accommodation from backpackers and simple guesthouses to modern luxury hotels, though the beachfront bungalows on unspoilt stretches of white sand are rarer now than they used to be. There are numerous activities in or near Phuket to enjoy on holiday, including mountain biking, bungee jumping and golf. It is even possible to go elephant trekking. A variety of tours offer day trips to the cliffs of nearby Phang Nga Bay, Koh Phi Phi, and the beaches and islands around Krabi. There is plenty to do on the island, whatever your budget, and several offshore islands are good for snorkelling and scuba diving.

Phuket has a huge variety of goods and shopping establishments, from markets and street stalls to department stores and specialist shops, and a range of restaurants from Thai seafood to Indian and Western cuisine. Phuket also has its own airport, making it easy to get to and from Bangkok, and although the island hosts thousands of tourists in peak season, its sheer size allows visitors to escape from the madding crowds. Patong Beach is the island's most famous and developed beach resort, offering a wide choice of holiday activities, dining options and nightlife. It is situated nine miles (15km) from Phuket City.





Check some of the Adventures you could have.



*Floating Markets of Damnoen Saduak  
Cruise Day Trip  
More Information*

*Experience rural Thai culture and explore the canal waterways outside the capital on this 6-hour day trip to the Damnoen Saduak floating markets from Bangkok.*



*White-Water Rafting and  
ATV Adventure from Phuket  
Starting at \$135.32  
More Information*

*Want to up the ante on your Phuket trip? Combine off-roading and white-water rafting on a full-day guided adventure !*

*Full-day Phi Phi Islands  
Speedboat Tour  
Starting at \$108.42  
More Information*



*Enjoy a day away from the hustle and bustle of the city. Go snorkeling in crystal blue waters, relax on the beach, and discover the beauty of Phi Phi Island.*

# Thai

When going to a foreign country, learning key phrases is handy when communicating with locals. Here are a few phrases to make traveling easier!

**Language Tip:** It's more polite to end sentences with either "khap" if you are male and "kha" if you are female

## Basic Words

Hello

Sawadee

Goodbye

La gorn

Thank you

Khop Koon

Sorry

Khor Thoad

Yes

Chai

No

Mai



## Key Phrases

Where is the restroom?

Hong nam yoo tee nai khруп/kha?

I need a doctor

Phom dong gaan hai mor maa  
raak sa khруп/ka

How are you?

Sa bai dee mai khруп/ka

How much does this cost?

Ra ka tao rai khруп/ka?





# The Importance of Leisure

In a world that never slows down, it's important to take moments for yourself to enjoy life.



It's easy to get caught up in the hustle and bustle of the world. Balancing a job, family, friends, and other obligations without losing your mind is a reality for a lot of us. Stress piles up and can have a negative effect on the body. The Mayo Clinic states that stress can lead to physical symptoms such as headaches, fatigue, stomach upsets, and pain throughout the body. Mentally it can lead to anxiety, lack of motivation, and sometimes emotional instability. Needless to say, escaping this stress is necessary for all of us.

## Escaping Stress

Everyone has a different idea on what leisure is for them, but the goal of being leisurely is to be free of laborious activities, and exploring what life has to offer us. It's been shown that individuals that engage in leisure activities gain friendships and social support, are less prone to illness, and generally feel more empowered. This confidence feeds into all aspects of their life whether it comes to career, family, or general self-improvement. These kinds of advantages are invaluable to everyone's life.

When it comes to the everyday, people use exercise, meditation, self-improvement resources, and other recreational activities to let go of some of the tension.

*But, what do you do if you desperately need a reset?*

Travel could be the answer to the problem.

## Utilizing Travel to Escape

When you travel to a distant place, there's no way for you to not escape your "old life". Traveling is known to open your mind to new ideas and perspectives that are life changing. You have the option to go to a luxurious resort with spa treatments aplenty. Exploring beautiful landscapes full of history and mystery. Cities full of culture and uplifting ambience that you can take home with you.

*Whether you travel solo or with your loved ones, the options are endless and the knowledge you gain, is priceless.*

If you're finding planning trips stressful, then you always have the option to contact us for an easy and enjoyable experience that is stress free.

## References

The Mayo Clinic - "Stress symptoms: Effects on your body and behavior"

Huffington Post - "The Importance of Traveling" by Yii Huei Phang

## Upcoming Deals



There Is Nothing Like Australia from \$2099

[More Information](#)

Choose a 4 day adventure in either the city of Melbourne, Hamilton Island Reef or Kayadu and East Alligator River

Rekindle the Wonder of Travel

[More Information](#)



Fall in love with the Northern Territory starting for \$4515 for a 10-day journey you will never forget.



Great Ocean Road Small-Group Ecotour from Melbourne

[More Information](#)

Experience the spectacular Great Ocean Road on a full-day tour from Melbourne.



# Australia

There is nothing like Australia

Australia is the sixth largest country in the world - more or less the same size as mainland USA. However, this vast land has one of the lowest population densities in the world, with only three people per square kilometre. Although known for its modern, cosmopolitan cities, Australia enshrines vast swathes of undeveloped wilderness, making it a good travel destination for those wanting a taste of both urban chic and striking landscapes devoid of people.

Australia is politically divided into six states and two territories, each one offering a different experience for the traveller. There is the drama of the remote 'Outback', the colourful spectacle of the Great Barrier Reef and its coral islands, the excitement of the big, efficient cities, the sun and surf at some of the best beaches in the world, and the tropical rainforests of Western Australia. The list is endless in this diverse land of adventure, which boasts about 2,000 national parks and 14 World Heritage-listed areas, along with more than 7,000 beaches.

Australia is a land of character too, with its melting pot of cultures. For more than 50,000 years the Aboriginal people lived and thrived in the continent's unique environment. It is believed the Aboriginals are one of the world's oldest surviving civilisations, and recent years have seen a resurgence of interest in keeping the Aboriginal culture alive and flourishing in Australia.

The country remains a magnet for modern explorers and adventurers and has a great deal to offer tourists and holidaymakers. With so many territories offering their own special flavour, it would take a few months, if not years to explore and discover all that this magical country has to offer.



# The Benefits of Traveling

## Travel Improves your Mood

Studies have found that travel helps to relieve stress, lower risk of depression, and generally make you a happier person.

## Travel Opens Your Mind

Traveling to places outside of your comfortzone exposes you to new cultures and perspectives that can open doors of awarness if your mind.

## Travel Can Create Friendship

Whether you travel solo, or with a group you'll meet new people from all over the world.

## You'll Appreciate Home More

Distance makes the heart grow fonder, is a cliché that is true when travelling.

You end up appreciating the small things your home has from memories to amenities.

## Enhances your Creativity

Experiencing new tastes, sounds, and sightscreates new pathways in the brainleading to a boost in creativity



# Where should you visit this summer?

Feeling like you can't decide where you want to explore? Take a shot at this quiz to narrow down the possibilities.

Which of these sceneries make you feel most at ease?

- A. Ancient Architecture
- B. Lush Forests
- C. Cityscapes

What is your preferred way to travel?

- A. Solo
- B. I don't mind
- C. In a group

What is your spirit animal?

- A. Llama
- B. Horse
- C. Raven

Which of these meals do you find most appealing?

- A. Ceviche
- B. Charcuterie
- C. Home cooked meals

What's your favorite outdoor activity

- A. Hiking New Trails
- B. Nature-gazing
- C. Visiting new museums

What kind of packer are you?

- A. I travel light
- B. I only take what's necessary
- C. I overpack

What is your favorite time of year?

- A. Summer
- B. Fall
- C. Spring

What is your favorite genre of music?

- A. Instrumental
- B. Country
- C. Classical

## Results

Mostly A

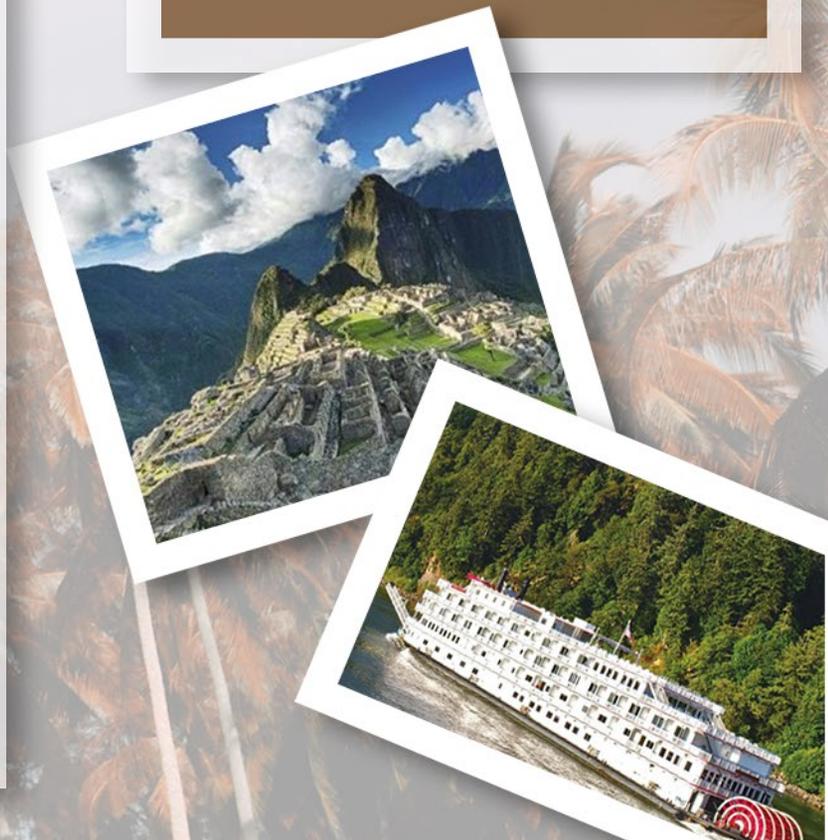
You're adventurous at heart, with a desire to take a deep dive into history. Maybe it's time to take a trip to Peru, "The Land of Hidden Treasures"

Mostly B

Nature is what keeps you grounded. Time to take this cruise inspired by Lewis and Clark's route where you'll explore the Northwest, go to wine tastings, and hear maritime music performed on-board the ship.

Mostly C

Time with family and friends is of the utmost importance to you. It doesn't matter where you go, as long as you're able to explore with your crew.





Korrine Johnson  
Journeys Travel Company, LLC

3564 Avalon Park Blvd Ste 1 #135  
Orlando, FL 32828

Tel: 321-332-1485 ext 106  
Toll-free: 855-465-6876 ext 106  
Fax: 321-332-1485  
[korrine@journeystrvl.com](mailto:korrine@journeystrvl.com)