

# Travel Nesting The Basics

Slow travel for introverts who love the idea of long-term travel but hate packing, sightseeing and just leaving your home in general unless absolutely necessary.



Travel nesting is simply living your normal, cozy life in a series of fascinating locations. You work, cook, run errands, and grocery shop – just like at home. Only you're doing it in Antalya, or Durrës, or Athens, or wherever suits you next. No tourist obligations. No guilt about skipping the famous sights.

*Monthly totals under \$1,000 – including rent, food, and transportation – are genuinely achievable in many destinations.*

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### **Stay one to three months in each location.**

Monthly rentals are deeply discounted – housing for \$500–900/month is common in Eastern Europe and Turkey. Fewer flights mean lower costs, less packing, and enough time to actually feel at home.

### **Remote work makes the dream work.**

There are plenty of free online training courses and remote job boards to help fund your travels. Plus, you'll find lots of free advice online about monetizing social media, selling digital products, and other ways of generating income remotely.

## **Be smart about finances.**

Very few debit cards offer no foreign transaction fees – but they exist, and you absolutely need one. Always choose local currency at ATMs, never the card's conversion rate.

## **Don't trust AI for country-specific regulations.**

For entry requirements, stay limits, visas, and vaccinations, only use official government websites. Even the UK and Europe now have entry requirements with fees.

## **Medical:**

- Most insurance companies won't sell you a policy after you've left the US – make sure yours will.
- Healthcare is often cheaper and easier abroad. Online doctor consultations, pharmacist visits for minor ailments, and in some cases access to a country's national healthcare system are all realistic options.

## Communications:

- I use an eSIM in most countries instead of a physical SIM — no hunting for a local carrier when you arrive.
- WhatsApp and Google Voice are both essential — Google Voice gives you a free US number that works abroad.

## Packing:

Compression cubes maximize space. Merino wool is the best travel wardrobe material; because it has:

- Odor resistance
- Temperature regulation
- Quick drying

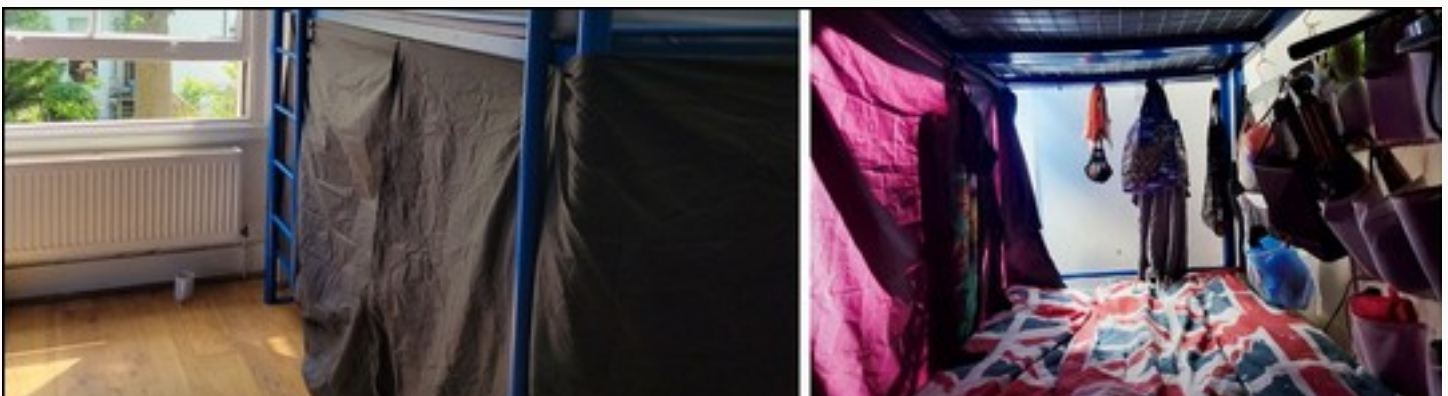
You also don't need many clothes when you work in your PJs and don't get out much.

## Housing rules:

- Make sure utilities are included in rent – always confirm.

- If a listing doesn't specify the floor, ask – and ask if there's an elevator. (In most countries, the first floor is one flight up.)
- Properties under \$850/month are available in the destinations I target — safe, comfortable, and often well under that.
- Study maps to confirm easy transportation or walkability before booking.
- Check that the host responds within 24 hours.
- Don't take AC or heating for granted. In extreme temps, verify they're included.
- In expensive cities, hostels can be excellent options – even for introverts, with certain modifications.

***Hostel hack for introverts – details in the [Travel Nesting e-book](#):***



## Ready to build your travel nest?

Get all the details and help turning your dream into reality.



### The Travel Nesting E-Book **\$9.99**

- 30+ mostly free remote job boards and e-learning platforms
- Best two debit cards for international travel
- Best two insurance companies for long-term travelers
- Healthcare option in Europe and UK most travelers never discover
- Must-have apps for communication, translation, and navigation
- Favorite Merino wool wardrobe brands
- Real monthly budget breakdowns for Durrës, Antalya, London
- Complete minimalist packing list
- Checklists from 9 months out to arrival day



# Planner & Journal

## **Dream-to-Departure Planner & Journal \$9.99**

- 52 weekly progress pages – a full year of gentle momentum
- Monthly task menus covering housing, finances, packing, remote work
- Fillable planning and packing templates
- Bonus: downloadable extra template copies

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*Both are instant digital downloads.*  
**[travelnesting.com](https://travelnesting.com)**