



Fabulous and affordable Antalya, Turkey

Travel Nesting

A Brief Reference

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. Work, cook and clean, run errands, grocery shop – it's just living...elsewhere. Why? Because this way of life is so much more exciting, yet so much less fatiguing. Better yet, it's often cheaper than a typical lifestyle in the United States.

The main thing to remember is that you aren't a tourist, so you don't have to feel obligated to see anything you don't want to. Here's how I've been doing it the last 10 years. (*Full disclaimer: I travel with a US passport, so this is the only experience I can speak from.*)

1. Stay one to three months in each location. Monthly rentals are deeply discounted and fewer flights equal lower transportation costs. Less packing and unpacking. More

time for getting around to seeing stuff...or not. Running errands=sightseeing, food shopping becomes a wondrous experience.

2. Remote work makes the dream work. There are plenty free online training courses and remote work job boards that can help you fund your travels. Also lots of free advice online about monetizing social media, selling digital products and other ways of generating revenue online.

3. Be smart about finances. While there are plenty of credit cards that charge no international fees, very few debit cards offer this feature. It's absolutely necessary, so make sure your debit card has it.

4. Don't trust AI for country-specific regulations. Only get important information about entry requirements, stay limits, visas and vaccinations from official government websites. Even the UK and Europe now have entry requirements with fees.

5. Housing rules:

- Make sure utilities are included in rent. They usually are.
- Remember that the first floor is one flight up in most countries.
- If a listing doesn't specify, ask what floor a unit is on and if there is an elevator.
- My rents are usually no higher than \$850, often much lower.
- Study maps to make sure transportation is easy or everything is walking distance.
- Make sure host has a response time of under 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.



Details about this hostel hack are in the [Travel Nesting e-book](#)

6. Medical Info

- Most insurance companies won't sell you a policy once you've left the US, make sure yours will.
- Health care is often cheaper and easier abroad. You can have online consultations with doctors, see pharmacists about minor ailments and sometimes even register for a country's national healthcare system.

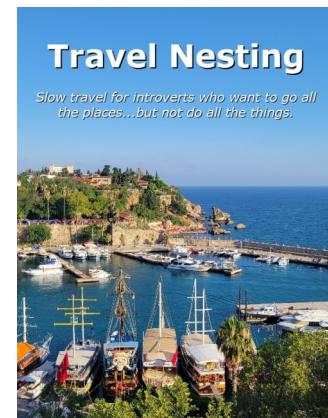
7. Communications

- I use an e-SIM in most countries instead of a physical SIM.
- WhatsApp
- Google Voice

8. Packing: Compression cubes maximize space, but you don't need a whole lot of clothes when you work in your PJs and don't get out much. Also Merino wool makes for THE best travel wardrobe for several reasons, including odor resistance, temperature regulation, and quick drying.

Ready to build your travel nest? Get the full [Travel Nesting e-book](#), including:

- Over 30 mostly free remote job boards & e-learning platforms
- Best two insurance companies for long-term travel
- Best two debit cards for international travel
- Best way to get health care in Europe and the UK that most travelers don't know about
- Must-have apps for international travel
- My favorite Merino wool wardrobe brands
- Exact examples of monthly budgets in places like Antalya, Albania and London



For more information, visit www.travelnesting.com