

Survive the journey doldrums

“There are plenty of things you can do to beat the boredom”

Going home to visit the folks? Planning to see the sights of Australia? Wherever you are travelling and however you are getting there, be it plane, train, bus or automobile, all travel has one thing in common – it is often long and boring.

To beat the monotony of travel and make use of that seemingly wasted time there are plenty of things you can do to beat the boredom.

Why not learn a new

language? Language tapes and cds are available in most department stores and bookshops. Just pop one into a player and it will keep you occupied for hours. If there is more than one of you travelling then take some games to play. Cards are great for trains and buses and smaller versions of board games such as draughts and Connect 4 can be picked up in most toy sections. There are plenty of electronic game consoles available like Game Boy that you can play alone.

Verbal games like 20 questions and making sentences out of number plates are good if you find you have forgotten to bring anything to do with you. You may even learn new things about someone you already know.

On public transport strike up a conversation with the person sitting next to you



– who knows what great stories they have to tell. Or take along your favorite tunes. You don't have to be alone in a car to turn music up loudly – just take along

your headphones (and remember other people can hear you if you decide to sing along). If you're not driving, you can read a book, magazine, newspaper or

catch up on study.


If catching a plane, spend a few dollars to use the airline's TV or bring along your own DVD viewer and a few good movies. Jigsaws are great for planes and puzzle books can be purchased at newsagents and are great for any form of transport.

If you know you'll be travelling a long time why not take a pillow and have a snooze so you don't arrive tired and grumpy. Pack a picnic to eat along the way. It will save you time having to make a detour to find an eatery, not to mention money.

Why not make a record of your journey for family or friends. Take photos. Make a video journal or documentary. Write about what you see or experience. Interview your fellow travelers.

If you've always been

saying you will write a book or a song one day, this could be your chance. Bring along your laptop or a pad and pen. Do you ever wish you had time to write letters to family and friends? Why not give it a try. Are you always saying you will organize your uni notes or recipes but never have time? Why not bring them along and finally do it. Do you have a hobby you can do on your transport mode? Knitting, drawing, paper modelling, playing music or building a model car are all examples of hobbies you can undertake while travelling.

If all else fails and you find yourself alone and bored, occupy yourself with your imagination – it's full of interesting and exciting daydreams, perhaps about where you are going. 

Lauretta Davies

A world leader in Hospitality Management



Information Sessions Wednesday 23 April 2008

11.00am, 1.30pm and 3.30pm

at MTSC Centre, Level 5, 258 Little Bourke Street, Melbourne

booking & enquiry:

email to shms@mtsc.com.au or call 03 9663 8893

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