



# Harnessing The Fact: 'Travel – A Pathway of Fulfilling Multiple Objectifiable Goals'

**Urna Banerjee,**

Formerly of Fisheries Science department Karaikudi, India

**Abstract:** A delightful journey from one to another location is really an integral part of our life and have tagged this process, i.e., a synergistic connection of a series of actions, under a single timeline – 'refreshment'. But if we investigate just a few layers deeper into, it can be proven that beyond just only refreshing our souls, it can gift a lot as a surplus by providing us the greatest scope of innovation, option for fulfilling our aesthetic engravings, and get to know about many new things and insights of unexplored countries and their people, culture, life, transport systems, socio-economic status and so on, the most important of which is the physical and mental wellbeing of one to the extremist. Therefore, the central hypothetical objective of this explanatory paper is envisioning the single term, 'travel' in the justification of its multiple sets of purposes being accomplished suitably so that one can gain an optimum self – growth and self – recognition in a far better way itself.

**Keywords** - Travelling, innovation, aesthethism, information, knowledge, Rajasthan, Spain, France, Renaissance, world war – I, European nations, active and leisurely travels.

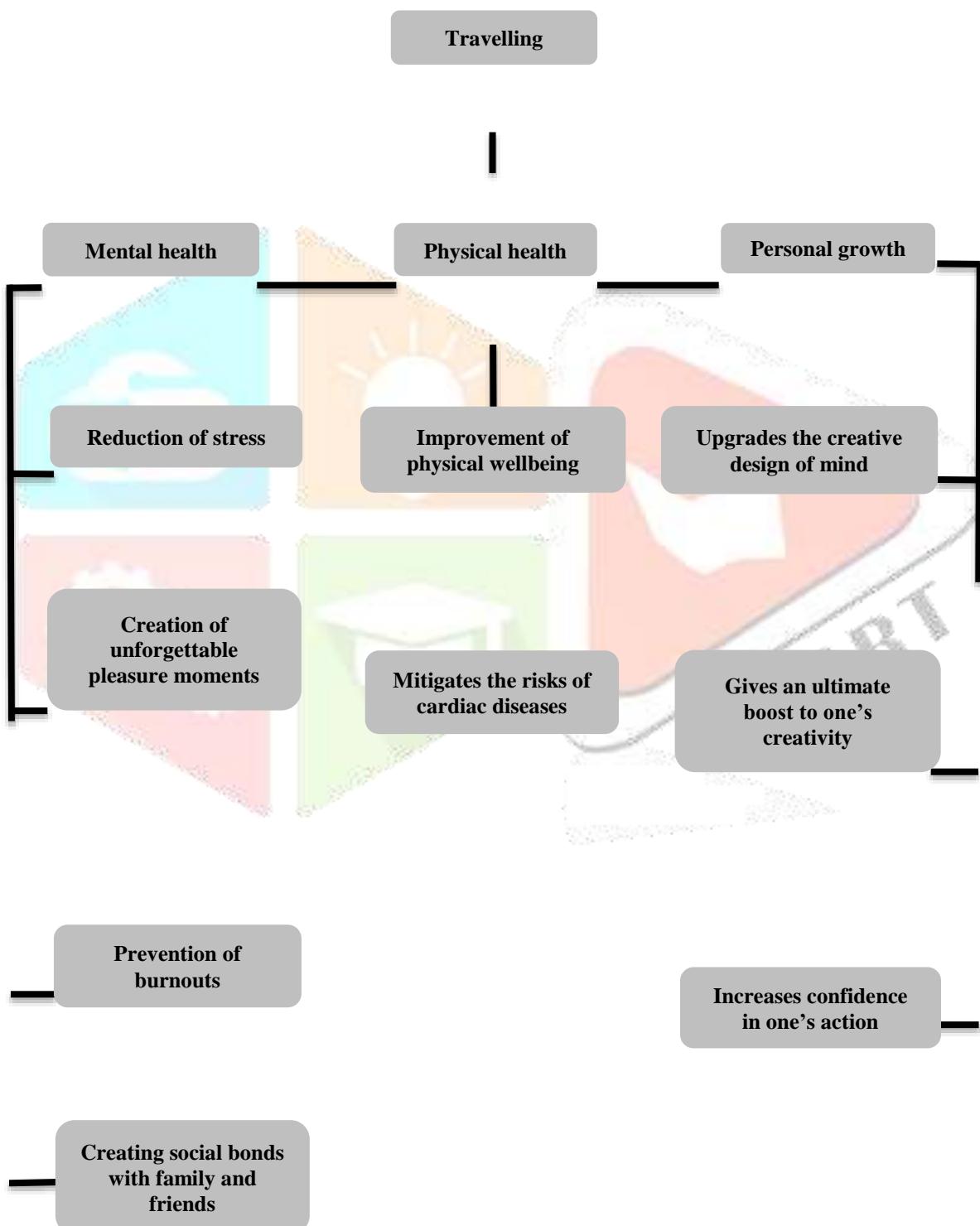
## I. INTRODUCTION

The concept and terminology of 'travel' had entailed its long history in the world (elaborated in the proceeding section), since when life first existed on Earth itself. Through the slowest creep of evolution and generation of single and multicellular microscopic creatures, finally to humans crossing the intermediary seriated stages of ancestral apes ('*Homos*') (Ghiorghita, 2020, Kaplan 2020, Almécija et al, 2021], the motives of this 'travel' were even very clear to them as in older days, especially during the stone stages, unlike the aquatic world of biomes which are as well characterized by this similar feature i.e., escaping them from point of threat (Fernández Moya et al, 2021), locomoting or migrating for feeding and reproduction [Varpe and Bauer (2022)] etc., the purposeful vision of travel, were only four(s), viz.,

- For gathering food
- For harnessing a communal approach
- For navigating a search of protected place to survive or
- To protect themselves from any unknown danger.

However, the modernized concept although adding a few wings further to the above(s), is based on the famous proverb, 'All work and no play makes jack a dull boy' of late Sir, J. Howell , where laterally, the word, 'play', means 'giving a definite durational break to a monotonous continuity of any work', this break is of an utmost requirement to every professional irrespective of their nature of duty in order to increase their well-being and productivity typically (Upchurch, 2020, Nastasi et al, 2023) by mitigating the effect of multiple work related stressors aside (Ray and Pana-Cryan, 2021). This leisure interspan which are may be of any sort like – spending quality meal and beverages' time with workplace employees (Upchurch, 2020), playing indoor or outdoor games i.e., engaging in recreational facilities, watching television series either web-series, movies or any other entertainment shows i.e., culminating fruitful intervals in media contents and / or web networks (Bose, 2021), spending quality and fun times with family and friends (Syrek et al, 2022) and even trolling out for a while in a free mood. But sometimes, this third-most way of preparing our exhaustive mind for second innings of our work may be of some fruitful purpose and even in most passionate cases become a reliable

source of livelihood. This view is however, envisioned by every single group (or class) of personnels viz., scientists (scholars), common inhabitants, business men, educators etc., in their own prospect accordingly as for example, the first class of people always would take up this 'travelling' as an important tool for solving societal problems through engraving a deep understanding into structural and dynamic principles of science in an illustrative way (Coccia, 2020), therefore by abiding the research ethical norms acutely (Bos, 2020), while the common inhabitants would take it as a refreshment or as purpose of accomplishing business or other personal needs thoroughly and educators will, for fulfilling their aggressive lusts for entertaining valuable factual insights accordingly. Benefit of maintenance of both the physical and mental health cannot be denied in this subject anyway. Thus, this entire article focuses on the four basic goals of travelling which may be helpful to each and every section of people in their own way elaboratively.



**Fig. 1.** Benefits of travelling

## II. A BRIEF HISTORICAL BACKGROUND OF 'TRAVELLING'

The word travelling, i.e., being translocating from one geographic location to another, having a keen connection with the word 'tourism' is perhaps has its own long history in India (Singh, 2008). Pilgrimage, trade and journey for amusements were the curious motives of travel then in tandem with its extensive stretches for the three other drivers of the same viz., 'pleasure, religion and economy'. Taking the routes of unsafe crowds of forests which were availed mostly, the foremost travellers of the world – the hunter-gatherers and the nomads, the roadmaps were evolved fast, holding the hands of human civilization strongly. The original momentum of rolling 'wheels' was then felt strongly from the Neolithic period in prehistoric times citing the reference of Harappan civilization in ancient India. Carts used at those days were usually driven by bullocks, ox(es) and were pretty famous at those days especially in the rural contexts. Adopters of such transportation systems were several states of North India, the selective of which were Punjab and Sindh (Kumar, 2017). Coming to the desert locations, the utilization of long road coverages in camels and carts were common too (Chowdhury, 2019, Sahoo, 2021, Castro and Yazdani, 2023). until the modernized transport system crept its feet in today's scenario through the slowest transit of the conversion towards urban contexts from rural backgrounds.

Uploading the controversial fact that there are 3 main (major) continental giants in the world, Asia, Europe and America (both North and South America), leaving off the minors, in Western Nations, as for instantaneous reference of North-Western section of Europe, United Kingdom, unlike the other countries of the world where the concept had gathered its wings during the period of wars in which the inhabitants of the victim nations fled to different locations in order to save them from the cruel clutches of death. Till then although the diversified types or intensions were instead of multiple, concentrated into a sole one – that is for business purposes, but that too using water transport systems widely. But, although the first air transport, after then i.e., after the first World War I, was inaugurated in the year 1919 (Helter, 1973) and consequently, later on, crossing over the Renaissance and the Industrial Era, after the advent of road and rail transport gradually had gone a steady and rapid developmental phase holding the hands of appreciable development of art and culture in different European Nations viz., England, France, Germany, Spain, Italy and other countries, British tourism industries had anchored its fleet of 'tourism' long before 19<sup>th</sup> century, more particularly between 17<sup>th</sup>-19<sup>th</sup> century, when grand tours were conducted by wealthy Europeans to Italy additionally holding the hands of late sir. Thomas Cook, who attended his first rail voyage ever then, making a remarkable embarkment in the historical era of United nations (Hunter, 2004, Page and Durie, 2017).

This short history however connects a flair link with the BC (Before Christ) and AC (After Christ) period and its visionary postulates were also arguable at the same time. Such is the case as because the actual momentum of 'travel' where none of any purpose and were actually meant for philosophical vows indeed. The same can be relatable to the famous personality of Leonardo da Vinci, the painter of 'Monalisa' whose travel aspirations may be targeted towards gaining valuable insights about painting the picture of the beloved wife of his bosom friend exclusively (Llorente, 2023). Discovery of America by Christopher Columbus (in 1492) (Ward, 2020) is also really a burning example of this hypothesis. But moreover, from then, onwards, the diverse motives of travelling became branched to people in different ways and were reckoned as a 'token' for creating memories, enhancing creativity, communicating with nature and its ecstasy (Geurts, 2024), making the bond stronger with family and friends' networks whose populations are dispersed away from the origin with their own motives of interests or else getting relieved from stress and many more added advantages endlessly, although their 'mode of accomplishments or rather actions' are perhaps categorized by many into two types, as suggested by Cook et al, 2022, like – active and leisurely travels and the examples are prominent from few situations viz., i. cycling or jogging a common practices of fitness exercise and again a motive of keeping both the mental physical health well, is a form of active travelling, whereas, loose walking is a glimpse of leisurely travels, mainly undertaken in relaxation of minds for shorter durations solely.

## III. TRAVELLING HELPS IN

### 3.1 Meeting business and educational needs

Every life process on earth starts from infants and new born and continues till death justifying that it is the uncertain journey between 'B' and 'D'. In this whole process, the most productive stage, both in terms of creativity and enthusiasm, is the teenage to adulthood, i.e., the period between 18 to 30s, occasionally upto mid 40s (Shaw and Sørensen, 2022) as because in this the information processing period peaks. For this also, they, irrespective of their gender are regarded as the 'backbone of society'. Anyway, receiving a proper educational support forms an important chapter in their roadmap of success at this stage especially at the

period of adulthood (stage of life starting after 18) for which a number of citizens are seen to get travelled to either national or international institutions for procuring higher educational degrees in their own areas of interests. Asides these, excursions, field trips in school grades are relevant examples of such travels. Internships, educating their-selves in any particular language which is required at a certain levels especially while crossing borders of a definite countries (although applicable for Indian students especially as like – ACTFL Assessments, Duolingo English Test, TEF Express, iBT Special Home Edition, TOEFL or Test of English as a Foreign Language, ILETS or International English Language Testing System, CELPIP or Canadian Academic English Language Assessment, TIEC or Test of International English Competency or other NETS (Isbell and Kremmel, 2020, Min et al, 2020) etc. for English speaking countries, German Even, for conducting analytical tests and sample collection, research scholars, i.e., M.S. (course work by research), doctoral and post-doctoral students often travel due to common interests. Now, coming to the business section, it can be made clear by continuing that, later on for their prolonged period of employment, flying to different regions for attending business summits, job responsibilities, attending clients' meets becomes an integral part of their lives invisibly for which they had to undertake log-time travels exhaustively.

### 3.2 Research

Finding out anything new out of the previously published literatures and coming to a final conclusive result that can come to an utmost benefit either to any individual or a society is termed as 'research' (Battaglia et al, 2020, Monaghan, 2020, Bedekar et al., 2022). Here, knotting a fine tie with the two principal components of this research viz., 'individual' and 'society' is indispensable as of studied in every set of research objective irrespective their domains of political, social, academic or other domains respectively, which are done by only a significant group of peoples who are regarded as 'scientists'. Novel work of these scientists include addressing the problematic issues of society and suggestive way out to it and this requires intensive travels to navigate the problems largely. Apart from it, the most important integrals of their i.e., every education personnels lives – attending conferences (or seminars) and delivering research findings and / or synopsis in there (Jamali et al, 2023), communicating with other fellow scientists there to get valuable insights upon their works thereby helping them to find out the research gaps further can only be gained through 'travel'. This picture however slightly deviates from those who are culminating technical and technological backgrounds as because, these instead of interacting with and understanding the societal vows relies more upon dealing with the electronic and electrical hubs, thereby pointing towards a universal direction which is none other than travel. The resemblance of such interaction (as with humans and environments) perfectly aligns few selective branches of science in advance like – environmental science, psychology, sociology, natural science including cosmology, geology, physical, chemical and others etc.

### 3.3 Entertainment

The form of activities that can redirect or distract our mind from a certain concentration and thus helps it in rejuvenating its fatigue health is called entertainment. Simply from observing or either reading or watching any fiction or nonfiction objects, it can be obtained from travelling to different countries and learning about their culture, food habit, traditions. Sometimes, listening to soothing music while travelling can stand out as a better alternative which is nothing new to our both eastern and western cultures, although the consequences are fatal and often ends up in the cost of sacrificing human lives as confronted by American National Highway Traffic Safety Administration (ANHTSA), as cited in the literatures of Shiny and Karthikeyan (2022), Ghojazadeh et al, 2023, Isaacs (2023) etc., widely. The instantaneous example of entertainment moreover can be given as the insight of getting adopted to the local cultures of the visited places, viz., Rajasthan, where one can get fascinated by the charming beauty of the forts and the 'ghoomar' dance cultures in the context of India, in tandem with the others like Forts and monuments of Rajasthan, National parks and Sanctuaries scattered in every states also. This however entirely varies location wise and in the context of European nations, this entertainment can be gained from the vibrant culture, history, natural landscapes and life of many developed countries, as for example, France, thereby attracting at about 89% tourists annually. The most famous Eiffel tower situated in Paris is its central pivot of attraction of tourists especially for those who express themselves as travel hobbyist. Coming to London, UK, among other places also, viz., London eye, Big Ben, Tower bridge, Westminster Abbey etc., a notable tourist centre, Buckingham Palace, the 'King's Guard' attracts every year a large number of visitors to click pictures along with guards and their horses which can therefore be treated as an alternate 'element of entertainment' too (Novák, 2020). Likely, in Spain, a famous funny festival is celebrated where entertainment is done by throwing tomatoes at each other (Brisset, 2019) and such opportunities including others, can be availed off by the international tourists by travelling to Spain. Apart from that, the most enjoyable family life culture concentrating upon spending quality times upon cooking, baking and lively communications, for homesick can be effective

alternative to consider. Occasionally, receiving an aesthetic pleasure may be ultimate demand for anyone, for whom choosing scenic views, i.e., enjoying the panoramic landscape models – either mountain, seas, forests, sunrise & sunsets etc., as their typical travel destination may be appreciated as the smartest decision for them. Nonetheless, visiting to temples or other holistic places while exploring any single location is also an important wing of travel, examples of which are Kedarnath temple of Uttarakhand, Golden temple of Punjab, Group of Temple Monuments at Khajuraho, Meenakshi temple of Madurai, Brihaddeshwer temple at Thanjavur etc., as enlisted under the 'World Heritage list' by UNESCO. (Kumar, 2009).

### 3.4 Gathering suggestive information about any particular

Generally, learning knows no bound where age is no bar. And naturally, this type of travel perhaps almost matches with the third, leaving a mild difference that in this case instead of making 'fun' is associated with another purpose, 'learning'. Sometimes, this type of outings may be arranged to know better for a certain location out of keenest curiosity with a view to explore their unexplored areas seriously. Sometimes such may land with earnings also in which the traveler can come across certain thematic aspects like – i. best foods all over nationally and abroad, ii. best locations to visit nationally and abroad, iii. informations on best transport system to travel nationally and internally within and abroad to the nation, iv. guides to fly internationally (informations on visa and passport and their related issues), v. exploring the cultures by just trolling around the roads of any specific location or other cities by walking, henceforth getting accustomed or familiar with their socio-economic background closely apart from enhancing oral communication skills (Rahmawati et al, 2018), research skills, navigation techniques (Gao et al, 2010) etc. invisibly. One can record out personal notes of these which can benefit themselves – i. further travelling to other destinations further trips, ii. in reducing their complexity or confusion related to the same, iii. becoming a travel guide for others who freshly undertaking any national or international unknown destinations etc.

## IV. CONCLUSION

A world without people is like a ship without a sailor. Thus, population, a consortium of people which are its elemental and functional unit, is composed of either one or both of these two sets – i. convergent populates and ii. divergent populates, where travelling plays the main functional role. The motive of these travel is though, of multiple views but can offer all these four at the same time and finally taper upto a fine conclusion that above all travelling ultimately helps in self-recognition and self-growth by which one can become updated and connected to the latest happenings around the world and also make up oneself as a more responsible citizen of the nation simultaneously. And this obviously, on behalf of our 'environmental health curators' can also contribute from our sides sincerely towards a step further in this constant process of making Earth a better way to live and let live in.

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