

TRAVELLING

When we are young, we are very eager to make a travel. Long flights and jet lag seem do not matter. Our legs might get cramp from a long fifteen-sixteen hours but it will be gone the next days. The sleepiness due to different time and unwanted wake-up for a short transit can be redeemed later on. No worries at all. All we have is an excitement. Excitement of seeing some place new, meeting someone new, and experiencing something new.

Differences in seasons also no can be handled easily. Temperature changes from 30 degree to 0 degree seems did not shock our body (except for the annoying itch all over our skin).

But .. Hey, it was two decades ago, when your body was in the prime condition. Your muscles were still elastic and the word 'tired' was not in your body dictionary! When we are fifty, we start to think twice or three times to travel far away.

Yes, even thinking about traveling far away, makes me tired already. My last far-away trip was - very fortunate - with my hubby to the South America sub-continent. Crossing Indian Ocean, transit for several hours, then flying above Atlantic Ocean is rewarding when you have somebody with you. Otherwise, be prepared to daydream alone while watching six to ten movies along the way!

One day I had a chance to visit Sabah for a conference in ecotourism. Day 1 and 2 were held in the foothill of the Kinabalu Mountain, the highest mountain in Southeast Asia. Of course it was cold, misty during the day and raining during night time. Day 2 and 3 were spent in Lower Kinabatangan River. It was hot and humid. Day 4 was back to the freezing Kinabalu Mountain, day 5 was in the hot Kota Kinabalu, the capital city of Sabah. On day 6, on the way back home, I felt that my body was screaming... Screaming for a break.

Post traveling: what is the distinct difference between age 25 and 55?

The answer (for me) was recovery time.

When you are fifty and above, and you make a tiring travel and or intensive works such as conventions abroad, you need a week to recover. Maybe two weeks if you include jet lag.

It seems ironic, isn't it? When you are young and full of energy, you want to travel all over the world. Unfortunately, the chance is slim if you want to travel under someone else's coverage - government or other foreign sponsors (unless if your parents are rich!). Picture this: now you are fifty, experienced, wiser (hopefully), well known in your expertise, you got several or many invitation here and there in and out of country... You are so much willing to travel and travel a lot. But your body cannot cooperate well. You need a break in between your trips, that's for sure.

It is indeed ironic. But we have to live with it.