



Volume 5
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THIS EDITION:
INTERNATIONAL YEAR OF
SUSTAINABLE TOURISM

WANDER to WONDER

by MARTINA NICOLLS



**The world will never starve for wonder, but only for want of wonder.
G.K. Chesterson**



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editor's note

Welcome to the fifth edition of WANDER to WONDER

This fifth edition of Wander to Wonder focuses on beginning-of-year resolutions and new starts. A new year, for most, signals a fresh start. It offers people an opportunity to assess the past year, while looking forward to the next 365 days.

A new year is the time many people set goals, such as to get fit, to change jobs, spend more time with the family, to travel more, and so on. So this edition explores this new year, new start, and to celebrate the United Nations International Year of Sustainable Tourism for Development.

Until next edition, with another theme,

Martina

MARTINA NICOLLS



Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.

Goran Persson

fireworks



why fireworks?

Fireworks at midnight on 31 December to herald in the first day of the new year is a relatively new phenomenon. Celebrations have long occurred as fireworks were invented in the 7th century. In China, the invention of gunpowder enabled people to ward off evil spirits, and eventually they used fireworks to celebrate important events. China is still the largest manufacturer and exporter of fireworks in the world.

Fireworks are low-grade explosives for entertainment – called pyrotechnics. It requires skill to prepare fireworks festivities in order to get the light, colour, bang, and patterned effects just right. Recent fireworks displays have been timed to music, which adds another element of complexity.

The fireworks effects include: flower shapes, rings, bursts, spiders, multiple shells, rain, Roman candles, flairs, fountains, and a myriad of other designs. They can bang, crackle, sizzle, hum, squeal or whistle. There are ground displays and skyrockets that shoot into the air at a great height, leading to a cascade of colour and sparks.

Due to television and instant news streaming, people can see how other cultures celebrate the coming of the new year in real time. With time differences, it can be a long event. Countries in the Pacific, such as Samoa and parts of Kiribati, are the first to reach midnight. Baker Island in the United States of America is one of the last places to observe midnight.



why new year resolutions?

A new year resolution is a traditional once-a-year list of ‘promises’ to be better in some way or to have a better year than the previous year. The making of resolutions dates back to Roman and medieval times, and can be linked to religions, although anyone at any time can make a resolution.

Typically on January 1 people make a list of things to do or change or improve. However, psychologists think it is best to make a small list – even just one or two resolutions in order to increase the chances of success. Success is measured by maintaining the resolution for a full year – or at least until the goal has been reached within the year.

Another way to achieve resolutions is to set milestones, or small steps towards the final goal. Instead of making a resolution to ‘climb Mt Everest’ without a plan, the best chance of success is to make a resolution with achievable and measurable goals.

More men achieve resolutions through a structured step-by-step plan or goal-setting. More women achieve resolutions if their goals are public (in which family or friends know what they want to achieve) and if they have support from family and friends.

It is not necessary to make resolutions at the start of the year, or at all, although many people still hope for a better year.



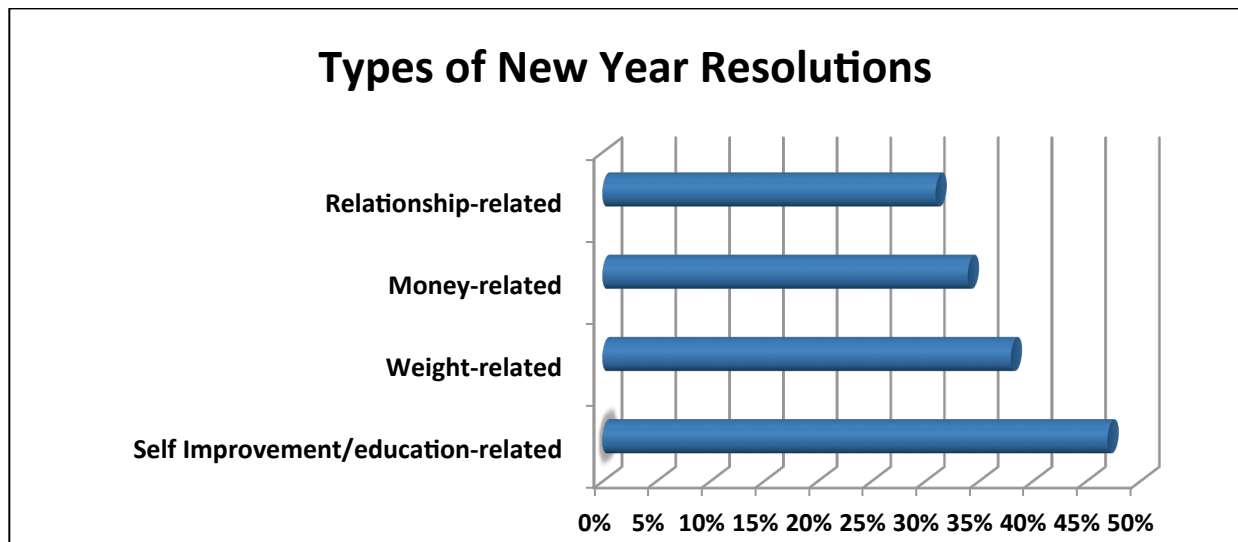
Photo: New Year's Eve at Time Square, New York, from StatisticsBrain.com

the resolution statistics

Let's look at 2015 new year resolutions. The top 10 new year resolutions that Americans made in 2015, according to Statistics Brain conducted on 1 December 2016, were:

1. lose weight
2. get organized
3. spend less, save more
4. enjoy life to the fullest
5. stay fit and healthy
6. learn something exciting
7. quit smoking
8. help others achieve their dreams
9. fall in love
10. spend more time with the family

Resolutions by categories:



Who makes new year resolutions?

- 45% of Americans usually make new year resolutions
- 17% of Americans sometimes make new year resolutions
- 38% of Americans absolutely never make new year resolutions

What is the success rate of new year resolutions?

- 8% of Americans are successful in achieving their resolutions
- 49% of Americans have some success in achieving their resolutions
- 24% of Americans never succeed in achieving their resolutions
- 39% of Americans aged 20-29 are successful in achieving their resolutions
- 14% of Americans over 50 are successful in achieving their resolutions



What is the length of time that new year resolutions are maintained?

- 75% of Americans keep their resolution for a whole week
- 71% of Americans keep their resolution longer than two weeks
- 64% of Americans keep their resolution longer than one month
- 46% of Americans keep their resolution longer than 6 months

People who explicitly make resolutions are 10 times more likely to reach their goals than people who do not explicitly make resolutions.

THIS YEAR, I WILL



do fun stuff



50 ideas for resolutions

Do you need some ideas for resolutions?

1. Exercise more, eat less
2. Eat healthier food
3. Stop procrastinating
4. Improve concentration
5. Meet new people
6. Become more active
7. Become more confident
8. Earn more money
9. Be more polite
10. Reduce stress
11. Take more chances
12. Get more sleep
13. Quit smoking
14. Watch less television
15. Read more
16. Fall in love
17. Be more content
18. Be neater
19. Dress with more style
20. Spend more time with loved ones
21. Drink alcohol more moderately
22. Get out of debt
23. Save more money
24. Learn a new language
25. Volunteer more time to charity
26. Get a fun hobby
27. Let go of grudges
28. Adopt a pet
29. Get organized
30. Travel more
31. Cook more often
32. Go to the doctor more often
33. Reinvent a new self-image
34. Be late less often
35. Be more self-reliant
36. Turn a hobby into a career
37. Get over a past lover
38. Have more control over emotions
39. Be more responsible
40. See more cultural events
41. Spend less time on social media
42. Learn self-defence
43. Be more romantic
44. Remember people's birthdays
45. Be more social
46. Do something creative
47. Be more expressive
48. Face more fears
49. Start a book or journal
50. Maintain a positive attitude



international year of tourism

The United Nations General Assembly approved the adoption of 2017 as the International Year of Sustainable Tourism for Development.

The resolution (yes, it is officially a resolution) was adopted on 4 December 2015. It recognizes ‘the importance of international tourism, and particularly of the designation of an international year of sustainable tourism for development, in fostering better understanding among people everywhere, in leading to a greater awareness of the rich heritage of various civilizations and in bringing about a better appreciation of the inherent values of different cultures, thereby contributing to the strengthening of peace in the world.’

The UN declaration of 2017 as the International Year of Sustainable Tourism for Development is a ‘unique opportunity to advance the contribution of the tourism sector to the three pillars of UN’s sustainability goals – economic, social, and environmental,’ said the UN World Tourism Organization secretary-general Taleb Rifai.

The aim is for ‘well-designed and well-managed tourism’ that leads to sustainable development, job creation, and trade.

<http://media.unwto.org/press-release/2015-12-07/united-nations-declares-2017-international-year-sustainable-tourism-develop>



international tourism: morocco



art tourism



café tourism



shopping tourism



sight-seeing tourism



cycle tourism



family tourism



theatre tourism



garden tourism



tourism slogans ... country by country

The British travel site Family Break Finder assembled a list of tourism slogans, from the hugest nations to the smallest. Just by watching each country's marketing campaign, they assembled the slogans designed to attract tourists to their country.

I like Moldova's 'Discover the Routes of Life' and Djibouti's 'Djibeautey.' So choose your next destination by its slogan. Here they are:



Albania – Go your own way!
Algeria – Tourism for everybody
Andorra – The Pyrenean Country
Antigua & Barbuda – The beach is just the beginning
Argentina – Beats to your rhythm
Armenia – Visit Armenia, It is Beautiful
Australia – There's NOTHING like Australia
Austria – Arrive and revive
Bahamas – Life Is Grand
Bahrain – Ours. Yours. Bahrain
Bangladesh – Beautiful Bangladesh
Barbados – Brilliant Barbados
Belarus – Hospitality Beyond Borders
Belgium – The place to be
Belize – Mother Nature's Best-Kept Secret
Bhutan – Happiness is a place
Bolivia – Bolivia awaits you
Bosnia & Herzegovina – The heart of SE Europe
Botswana – Our pride, your destination
Brazil – Brasil – sensational!
Brunei Darussalam – A kingdom of unexpected treasures
Bulgaria – A discovery to share
Burundi – Beautiful Burundi
Cabo Verde – No stress
Cambodia – Kingdom of wonder
Cameroon – All of Africa in one country
Canada – Keep exploring
Chad – Oasis of the Sahel
Chile – All are welcome
China – China Like Never Before

Colombia – Colombia is magical realism
Costa Rica – Essential Costa Rica
Croatia – Full of life
Cuba – Autentica Cuba
Cyprus – Cyprus in your heart
Czech Republic – Land of stories
Denmark – Happiest place on Earth!
Djibouti – Djibeautey
Dominica – The nature island
Dominican Republic – Dominican Republic has it all
Ecuador – All you need is Ecuador
Egypt – Where it all begins
El Salvador – The 45 Minute Country
Estonia – Epic Estonia
Ethiopia – Land of origins
Fiji – Where Happiness Finds You
Finland – I wish I was in Finland
France – Rendez vous en France
Gambia – The smiling coast of Africa
Georgia – For the best moments of your life
Germany – Simply inspiring
Greece – All Time Classic
Grenada – Pure Grenada
Guatemala – Heart of the Mayan World
Guyana – South America Undiscovered
Haiti – Experience It!
Honduras – Everything is here
Hungary – Think Hungary more than expected
Iceland – Inspired by Iceland
India – Incredible India
Indonesia – Wonderful Indonesia

Iran – You Are Invited
 Iraq – The Other Iraq (Kurdistan)
 Ireland – Jump into Ireland
 Israel – Land of Creation
 Italy – Made in Italy
 Jamaica – Get All Right
 Japan – Endless discovery
 Jordan – Yes, it's Jordan
 Kazakhstan – The land of wonders
 Kenya – Magical Kenya
 Kiribati – For travellers
 Kyrgyzstan – Oasis on the Great Silk Road
 Laos – Simply Beautiful
 Latvia – Best enjoyed slowly
 Lebanon – Live Love Lebanon
 Lesotho – The Kingdom In The Sky
 Liechtenstein – Experience princely moments
 Lithuania --Real is beautiful
 Luxembourg – Live your unexpected
 Luxembourg
 Macedonia – Macedonia Timeless
 Madagascar – A genuine island, a world apart
 Malawi – The warm heart of Africa
 Malaysia – Truly Asia
 Maldives – The sunny side of life
 Malta – Truly Mediterranean
 Mauritius – It's a pleasure
 Mexico – Live It to Believe It
 Micronesia – Experience the warmth
 Moldova – Discover the routes of life
 Monaco – Easy going Monaco
 Mongolia – Go Nomadic
 Montenegro – Wild Beauty
 Morocco – Much more
 Mozambique – Come to where it all started
 Myanmar – Let the journey begin
 Namibia – Endless horizons
 Nepal – Once is not enough
 Netherlands – The original cool
 New Zealand – 100% Pure
 Nicaragua – Unica. Original!
 Nigeria – Good people, great nation
 Norway – Powered by nature
 Oman – Beauty has an address
 Pakistan – It's beautiful, it's Pakistan
 Palau – Pristine Paradise Palau
 Panama – Panama Surprises
 Papua New Guinea – A million different journeys
 Paraguay – You have to feel it!

Peru – Land of the Incas
 Philippines – It's more fun in the Philippines
 Poland – Move your imagination
 Portugal – Europe's West Coast
 Qatar – Where dreams come to life
 Romania – Explore the Carpathian garden
 Russia – Reveal your own Russia
 Rwanda – Remarkable Rwanda
 Saint Kitts & Nevis – Follow your heart
 Saint Lucia – Simply beautiful
 Saint Vincent & the Grenadines – Discover SVG
 Samoa – Beautiful Samoa
 San Marino – San Marino For All
 Saudi Arabia – Experience to discover
 Serbia – My Serbia
 Seychelles – Another world
 Sierra Leone – The freedom to explore
 Singapore – Your Singapore
 Slovakia – Travel in Slovakia – Good idea
 Slovenia – I feel SLOVEnia
 Solomon Islands – Seek the unexplored
 South Africa – Inspiring new ways
 South Korea – Imagine your Korea
 Spain #spainindetail
 Sri Lanka – Wonder of Asia
 Suriname – A Colorful Experience... Exotic beyond words
 Swaziland – A royal experience
 Switzerland – Get natural
 Syrian Arab Republic – Always Beautiful
 Tajikistan – Feel the friendship
 Tanzania – The land of Kilimanjaro,
 Zanzibar and the Serengeti
 Thailand – Amazing Thailand. It begins with the people
 Timor-Leste – Being first has its rewards
 Tonga – The true South Pacific
 Trinidad & Tobago – The true Caribbean
 Tunisia – I feel like Tunisia
 Turkey -Be our guest
 Tuvalu – Timeless Tuvalu
 Uganda – You're welcome
 Ukraine – It's all about U
 United Arab Emirates – Discover all that's possible
 United Kingdom – Home of amazing moments
 United States of America – All within your reach
 Uruguay – Uruguay natural
 Uzbekistan – Naturally Irresistible!

Vanuatu – Discover what matters
Venezuela – Venezuela is your destination!
Vietnam – Timeless charm
Zambia – Let's explore
Zimbabwe – A world of wonders

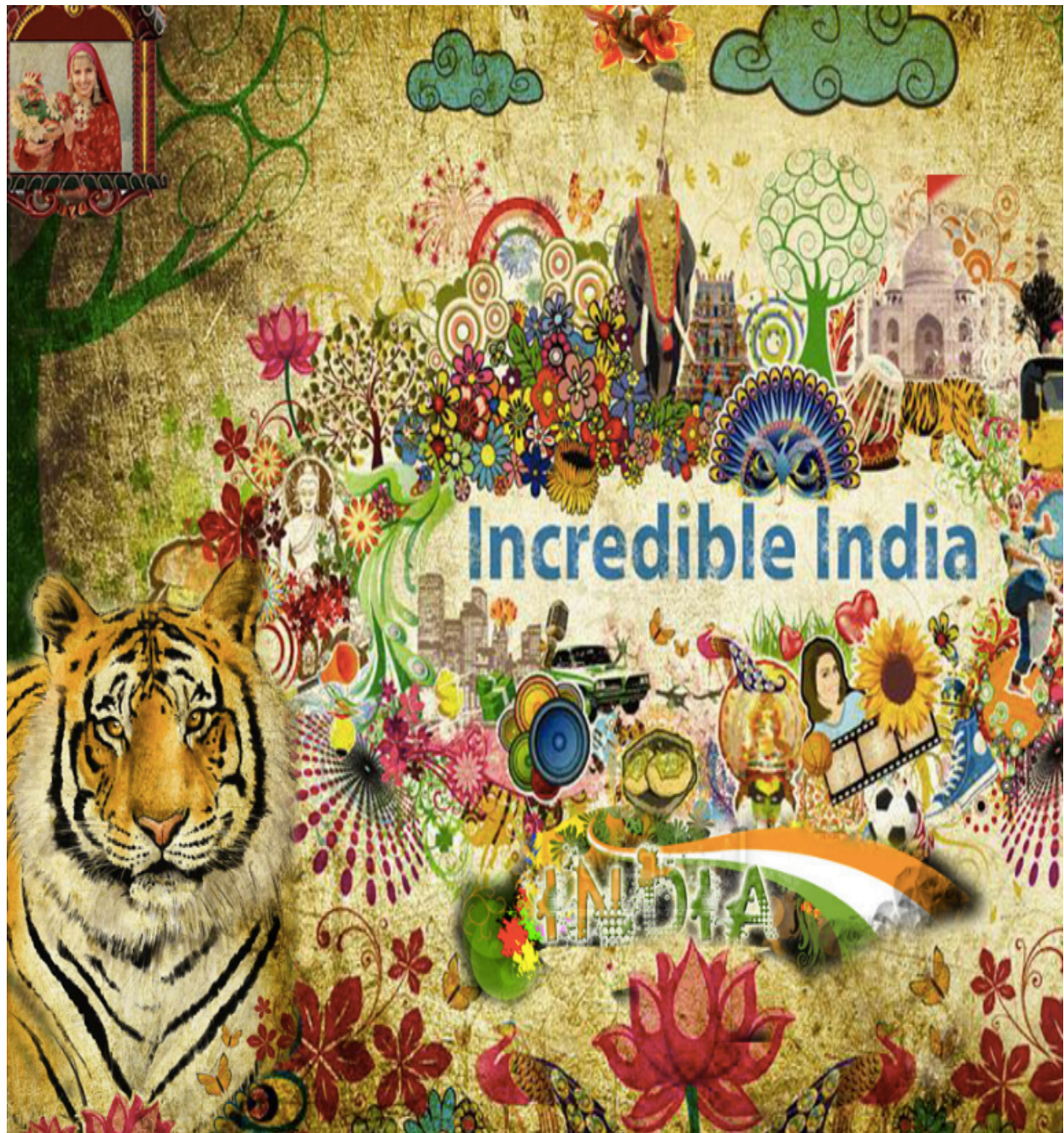
www.familybreakfinder.co.uk/

México

LIVE IT TO BELIEVE IT



tourism slogans



tourism slogans



tourism slogans



cultural tourism



horse-riding tourism



road tourism



Iceland gains popularity

ForwardKeys, the traveller intelligence analyst, conducted a study on UK traveller bookings for both short distance and long distance destinations in November 2016. ForwardKeys analyzes 16 million flight reservations daily and this data was used to integrate with charter booking data from market researcher GfK's Leisure Travel Monitor.

The results showed that bookings for international departures from the United Kingdom has increased by 11.4% compared to the same period in 2015. The advance bookings show significant increases for flights to Spain, Portugal, Cyprus, and Greece for the next six months into 2017. However, journeys to France and Turkey had few bookings than for the same period in 2015.

The bookings for long distance (long haul) destinations show an overall increase of 6.3%. Canada tops the list in terms of growth at more than 20%, followed by India (17% increase) and the Caribbean (8% increase). The United States, with a 21.6% market share, is growing at under 5%.

The short haul market shows an overall increase of 14.6%, year-on-year. The real significance is in the decreases – France down just under 15% and Turkey down 30%. Destinations to Spain, which has a 47.8% market share, has increased by 24%. In terms of growth, Iceland has increased by a massive 50%, although its market share stands at 2.3%.

Located in the North-Atlantic ocean close by the Arctic Circle, Iceland is about a three-hour flight from London. Due to the Gulf Stream, Iceland has a cool, temperate maritime climate, with surprisingly mild temperatures in winter. The Icelandic flag is blue with a red cross outlined in white. The colors are symbolic for three of the elements that make up the island: red is for the volcanic fires, white represents the snow and glaciers, and blue is for the sky.

<http://www.gfk.com/en-gb/insights/press-release/uk-travellers-look-out-safe-haven-destinations-in-wake-of-terror-attacks/>



Iceland tourism



Photo: Iceland from traveltourismblog.com

castle tourism



village tourism



wild-life tourism



music tourism



family tourism



art tourism



winter tourism



leisure tourism



voluntourism

For people interested in volunteer tourism – voluntourism – the International Ecotourism Society (IES) and the Planeterra Foundation (PF) established a set of guidelines for the tourism industry.

The International Voluntourism Guidelines stress that the needs and wishes of the recipient community must be the first priority in considering voluntourism. The guidelines also state that there may be situations where volunteer tourism is not appropriate. *The Guidelines* were produced by an international panel of tourism experts who view the report as the first step toward improving the standards of voluntourism and ecotourism.

Voluntourism has often involved tourists working in orphanages for a few weeks, providing English and other lessons in overseas schools, building accommodation or water wells, or paving the way for rural roads. However, there have been growing concerns, according to the *Guidelines*, about the lack of scrutiny, duty of care, and intent of the travel agencies or non-profit organisations. *The International Voluntourism Guidelines* maintains that some travel and tour operators are merely involved to make a profit from “do-gooder” tourists with good intentions.

Key recommendations of the *Guidelines* include putting the community needs first (before those of the tourists or travel operators) and to ensure that projects focus on long-term sustainable benefits (not quick fix changes). It recommends that volunteer programs should be introduced only when there has been a thorough analysis of alternatives, and when an exit strategy has been devised (for sustainability when the tourists leave). These strategies should be developed by the communities themselves, such that there is not a reliance on outside skills, but that the communities develop self-reliance.

It also encourages travellers to look at volunteer programs carefully, and ask questions such as: when did the program start; why was it established; what is the aim of the program (why is it needed); what has it achieved to date; what is the quality of the program and the travel operators; what training and pre-trip arrangements and information is provided; what cultural sensitivities are there; what percentage of the money goes directly to the program; and what is the plan for self-reliance. There should be clear evidence of accomplishments that result in positive changing over time, maintains the guide, rather than doing the same thing over and over again. In other words, there should be a strategy for positive change in which the over-arching philosophy is “do no harm.”

Often volunteers get excited about helping a community or local organization and forget about the long-term sustainability of the exercise. Travellers often pay for volunteer programs and ask why they should pay to volunteer their time. More transparency on

the proportion of money that goes directly to the program will enable greater understanding of how voluntourism works.

The guide also points out that voluntourism may not be appropriate in some situations, such as when the community is not comfortable with travellers “passing through” without clear preparations, instructions, guidelines, and information. In some situations the concept of charity needs to be weighed against sustainability and self-reliance to avoid communities feeling as if they are being dictated to, put down, or looked down upon.

The guide maintains that not all voluntourism travel operators are ineffective and capitalistic, putting profit before benefit. The report says that volunteer programs can be part of a profit program as long as the core objective is to meet the needs of the local community, and the local community also profits from the program. Voluntourism is still evolving as an industry. While experiential travel that provides opportunities to interact with communities can be a positive aspect of tourism, *The International Voluntourism Guidelines* suggest that the industry could morph into something else over time, and that there may be ways, other than volunteering, to have good intentions and for the communities to mutually benefit from the experience.



packing personality

Apparently there are 11 packing personality types that define people as travellers, according to Cheapflights in 2015.

The Holy Roller is the person who rolls their clothes. They believe that rolling minimises wrinkles and saves space. It says you've been around the block or two and will keep on rolling because you like the tried-and-true approach.

The Back-Packer is a die-hard adventurous nature-seeker who laughs at suitcases with wheels. They are outdoor enthusiasts, students, or people who have just quit their job to travel the world.

The Over-Packer packs way too much stuff because their favourite saying is 'what if' – e.g. 'what if I want to go horse riding?' Or 'what if I want to go running *and* walking?' They love hypothetical scenarios and prefer to have options on holiday.

The Carry-On Connoisseur doesn't check in luggage – everything goes with them to their seat and overhead locker. They are organised, practical, minimalistic, travel light and efficiently, and sashay through the airport with ease in their versatile clothing. They have travel-size everything, and they are planners.

The Many Mini Bags Master is under the impression that they are actually a Carry-On Connoisseur. Their packing starts with one small bag, but then they need another small bag, and another one, and another. They are a bit impractical, yet carefree and adaptable, and up for a challenge.

The Parental Packer packs for the children and their gear and gadgets. They are multi-tasking travellers, and jugglers.

The Artist on the Go is creative and an out-of-the-box thinker, trying new packing methods before each trip, such as rolling, folding, and colour coding. They are inventive and their travels are never boring – they like surprises and excitement.

The Hacker Packer uses every packing trick in the book – cling wrap over bottles, socks and underwear stuffed into shoes, etc. They are resourceful and have bits and pieces crammed into every space, not necessarily in any order.

The No-Nonsense Nomad packs exactly what is needed, according to their trip itinerary, lining up specific outfits for specific events or days. They never overpack because they are sensible and pragmatic.

The Well-Equipped Explorer loves oversized baggage, preferably with skis, snowboards, guitars, golf clubs, pets, etc. They don't mind excess baggage fees. They are active and ready for anything.

The Eleventh-Hour Power Packer packs everything at the last minute, preferably with the taxi waiting. No piles or lists needed. Just throw everything into the suitcase, and don't worry about rolling or folding. They are daring, spontaneous, and live on the edge – or they are procrastinators.

Some other packing personality types include the Who Cares Packer, the This Will Do Packer, and the Lay Everything Out and Halve it Packer.



2017: chinese year of the rooster

The Chinese New Year commences on 28 January 2017 and will herald in the Year of the Fire Rooster until 15 February 2018. Chinese years are associated with animals on a 12-year cycle. Therefore people born in the year 1921, 1933, 1945, 1957, 1969, 1981, 2005, and 2017 are roosters. Rooster people are believed to be confident and motivated, and also punctual. They are also courageous, active, loyal, trustworthy, sociable, and honest.

What does the Year of the Rooster mean for everyone?

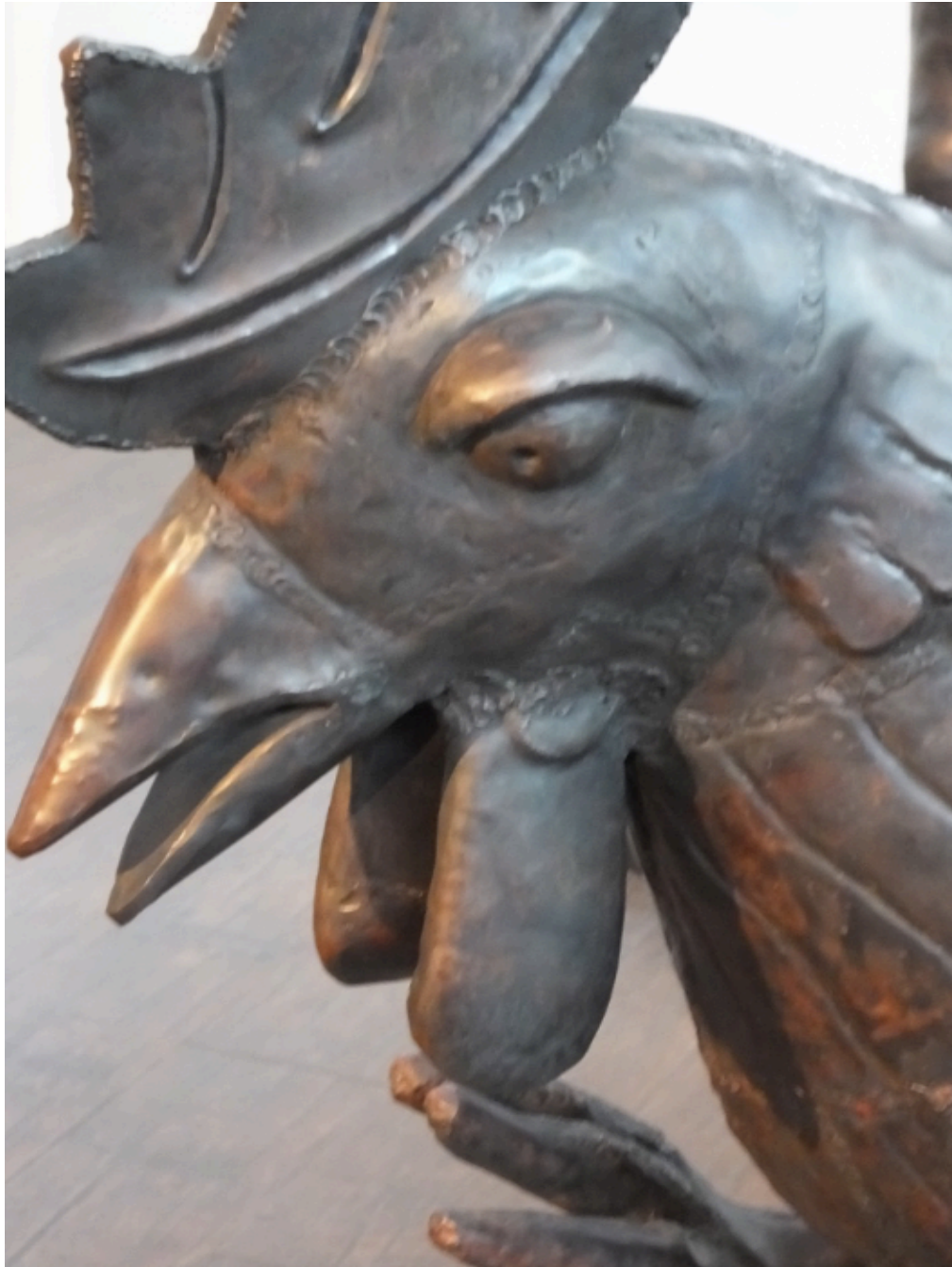
Rooster years are said to signal dawn and awakening, bringing a constructive year. In 2017 the year will take on the characteristics of the rooster: ambition, pride, the desire to be admired, punctuality, courage, love and seduction. It may also bring enthusiasm and perseverance. People may become braver and more confident than usual. It may be a good year for those who have, in the past few years, been patiently building their business project.

It is a good year for single people looking for a relationship, but couples hoping to take the relationship to the next phase may become separated due to reasons beyond the couple's control, such as professional or family relocation taking one person away from the other, or some other type of separation. Nevertheless, it is still a good year for those who do marry, apparently. In 2017 terracotta objects that represent the earth are fortuitous, as are colours such as ochre, sienna, brown, and all earthy tones.

<http://www.chinesezodiac2017.com>



rooster



the next food trend ... 2017

In 2016 Reviewed.com selected the hottest food trends for 2017. They will be:

1. HEALTHY FOOD BOWLS
2. JACKFRUIT
3. EMPANADAS
4. SOUR BEER
5. HEALTHY SNACKS



food tourism



the author: Martina Nicolls

I am an author and humanitarian aid consultant with over 30 years' experience in the management, implementation, and evaluation of international aid development projects, particularly in post-conflict environments and countries with transitional governments, such as Somalia, South Sudan, Sudan and Darfur, Afghanistan, Kashmir, Pakistan, Iraq, Liberia, Sierra Leone, Georgia, Kosovo, Rwanda, and Sri Lanka, and also Mauritius, Mongolia, Papua New Guinea, Thailand, Vietnam, Cambodia – and others. I provide technical advice on areas such as peace-building and conflict mitigation, education, poverty reduction, human rights, child labour, data quality and financing models.

But mostly I am a wanderer. Wherever I am and wherever I go I take photographs and I write. My books include:

A Mongolian Lament (2015)
The Komodo Verses (2012)
Liberia's Deadeast Ends (2012)

Bardot's Comet (2011)
Kashmir on a Knife-Edge (2010)
The Sudan Curse (2009)

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