



## CAMBODIA ON A BICYCLE, HEARING THE DALAI LAMA TEACH, REFUGEE CAMPS & AFRICA WITHOUT FLIGHTS

### Alejandro's journey around the world on \$10 a day

While social media is saturated with travelers flaunting the luxury of glamorous globetrotting, Alejandro Turbay from Colombia offers a glimpse into a more exciting and adventurous way of travel.

After leaving [Colombia](#) on a one-way flight to the [Philippines](#) in March 2015 he's still on the road and hasn't gone back nor has plans to! How is he able to make the journey last? He travels slowly and on a low budget, spending only \$10 a day. He often doesn't pay for accommodation, opting to stay with open-minded locals who enable him to learn about their countries and cultures through their eyes while making deep and meaningful connections.

In [Cambodia](#), Alejandro bought himself a cheap bicycle and pedaled over 500 miles around the country, sometimes even sleeping in the homes of farmers in the countryside.

In [Myanmar \(Burma\)](#), he hitchhiked around the country for over a month collecting adventures.

In [Vietnam](#), he bought a \$250 motorcycle and explored the country for almost two months before selling it to continue traveling.

In [Laos](#), Alejandro volunteered a month teaching monks English at a Buddhist temple. He meditated with them in the mornings and practiced on a professional soccer team at the stadium in the afternoons.

In the Himalayas of Northern [India](#), he sat in on teachings with the Dalai Lama .

In [Nepal](#), he completed a 10-day course where he meditated over 10 hours a day for 10 days -- in complete silence with no reading or writing allowed.

In [Lebanon](#), he befriended children at a refugee camp in Beirut and spent 3 months exploring the city and country. He also volunteered at a Palestinian organization and stopped in [Tel Aviv](#) to teach Spanish, Salsa and work with kids in a pre-kindergarten.

After a year in the Middle East (Lebanon, Jordan, Israel, Palestine, Egypt and Sudan) he continued his journey south by land down the [East African coast](#) by land as he wants to do a clockwise route from Egypt to South Africa, down the East coast and then up the West coast to Morocco, all without using a flights!

Alejandro has a keen ability to grasp and reflect the beauty and good in people and places. He feels indebted to share this experience with others and be a positive light wherever he goes.

His blog, [www.pleaseliveyourdream.com](http://www.pleaseliveyourdream.com), is named for making his dream of taking a trip around the world a reality. Through his blogs pictures and writings he wants to inspire people to never give up on their dreams.

Check out his blog and follow him on Instagram [@pleaseliveyourdream.com](https://www.instagram.com/pleaseliveyourdream.com) to not miss out on Alejandro's adventures and see the world as he infects people with good energy and a contagious smile.

[Alejandro Turbay](#) grew up in New York City due to the violent situation in Colombia when he was very young. Prior to embarking on his trip, he worked in Children's Book Publishing, and later in Sustainable Development Consulting. He now supports his travel expenses as a [freelance travel consultant and translator](#) (English/Spanish) and [travel blogger](#). Contact Alejandro directly at: [alexurbay@gmail.com](mailto:alexurbay@gmail.com)

