Adventure traveling is a form of tourism that is becoming popular amongst Egyptians recently. What sets adventure traveling than any other traveling is the experience that is a result of such trips. Exploring what there is in a country more than what the eye sees is what makes us feel connected to this country. Dealing with its locals gives us a sense of fitting in. Risking ourselves to satisfy our adrenaline spikes is what makes such trips count.

Jim Carrey: “Like many of you I was concerned about going out into the world and doing something bigger than myself. Until someone smarter than myself made me realize that there is nothing bigger than myself.” (11 seconds)

MUSIC: FADE IN: Marcus Warner- Africa- beautiful inspirational uplifting (6:18)

Farah: That was Jim Carrey, one of Hollywood’s comedians, talking about doing great things that we think that are beyond our capabilities. What I like about this quote is that it resonates to adventure travel.

Our capabilities can go beyond just going to the touristic sightseeing while visiting a country, it can go further by experiencing it with some other perspective and with a little bit of adrenaline.

Adventure travelling is about exploring, knowing, risking and experiencing more what there is in a country.

This summer I went around Europe on my own to explore cities in a different way. My favorite would be Peniche in Portugal where there are memories I will never forget.

Here to tell there stories along mine.

Ali Kahala (AK): I’m planning to go to Tanzania. My name is Ali Kahala, I’m
25 years old. The first day we start from around a.. um.. a 1000 meters above see level. Umm you get a good amount of oxygen and air to breathe even for nature so we get a lot of wilderness around you, greeneries. You could see greeneries at that zone and as you climb up everyday, the oxygen level decreases and therefore, the greeneries decreases as well.

Farah: What has Ali decided to do next?

AK: After going to Kilimanjaro, we decided to go chill somewhere and we decided to go Zanzibar. And this was spectacular. This is the kind of trip where you get your dopamine level really really high as you get really excited, you get to do really exciting stuff. You get to eat really nice food and meet new people. It was one day when we decided we do free diving with dolphins and this was really exciting, as you never expect how they’ll react underwater. The first time I went with them, it would have eye contact with you and that was like shocking because not all animals get to have eye contact with you especially like animals in the sea like dolphins, that was crazy.

SFX (13 seconds): Sea waves

Farah: Well, I didn’t swim with dolphins but one day my friends and I decided to go to a near by island. We had to sail 10 kilometers in a small zodiac in the Atlantic Ocean.

What’s beautiful is that on such trips.

Malak El Ayouty (MA): Since you’re alone, you get to be whoever you want to be, so like no judgment, no umm, you’re very free so you’re not bounded by anything, by any cultures, by who you are, by friends, family, nothing.

Farah: This is

MA: My name is Malak El Ayouty, I’m 24 years old.

Farah: Who just like me and Ali, loves adventure travelling.

MA: I climbed Machu Picchu in Peru which is an amazing ruin, umm, it was the home of the indigenous people like the Incas in Peru like thousands of years ago. Bolivia was out of this world, very raw place, very original, non-westernazined, umm, like you wouldn’t find any chains there, like no McDonald’s, no Starbucks, nothing. I love this feel because it’s a lot more natural, it’s a lot more, they’re more connected to their culture. They have an identity, they have a sense of belonging.

Farah: One of the craziest things that Malak has done!

MA: Jumped off a 40-meter cliff in the Amazon in Ecuador onto the water.
Farah: Oh my god, in the island, I climbed a cliff in the middle of the freezing water but it took me sometime,

SFX (2 seconds): water splash

Farah: but eventually jumped off into the water.

MA: It’s your call to jump off that cliff, so it is like psychologically very challenging.

Farah: Beside that, my initial purpose in Peniche was to learn how to surf.

Salma Abdelbaky (SB): Adventure traveling, it includes some physical challenge, not just physical but you meet more obstacles that you do when you travel a normal travel.

Farah: This is.

SB: My name is Salma Abdelbaky, I’m 20 years old.

Farah: Surfing was definitely a challenge, we’d wake up in the early morning fight ourselves into the wet suits, which are really tight, to go into the freezing water. I think that was different than what Salma was doing.

SB: One time I was in Sri Lanka, so we were around 16 people and we were divided into teams and each team had its own Toktok and we’re supposed to cross the country from east to west or west to east, I’m not sure. It was like a competition, like everything had points to go to the place, to the hotel we’re supposed to stay in. Who will get there first? Who will get more points? Who will do hiking quicker get more points. “Fah” it was very competitive and we were moving around with Toktoks so we were exactly like the locals except we didn’t look like them (laughs) bas we got to see the country from their point of view because (yanni) we’re living their life.

Farah: Yes Salma, living like the locals give more a sense of belonging to the place.

SB: The authentic side, untouched.

Farah: After hurting myself and maybe hurting others, I eventually learned how to surf. I wouldn’t have chosen to do this trip any other way. These trips changed my life. Malak explains it perfectly.

MA: I think I’ve become more aware of who I am. I’ve become more in touch
with my own self, what I love, what I enjoy, what make me happy, what feeds
my soul, and not my ego. It makes you just wonder how all of these things are
made and there and that you’re really just a dot, a very, a drop of water in this
universe, like you’re nothing. Umm, so it destroys your ego completely because
it reminds of how weak you are, reminds you how, make you think about how
you want to spend your life, how you want to treat others because you stumble
upon lot of really kind people, very kind hearted, super helpful, because when
you’re alone somewhere, you try to make friends as much as possible and
everyone is on the same boat so everyone is being kind.

Farah: This documentary was completed for the JRMC 4460 course. Interviewees
included Ali Kahala, Malak El Ayouty and Salma Abdelbaky. Music by Marcus
Warner “Africa- beautiful inspirational uplifting,” sound effects by
prosoundeffects.com

Farah Abdelkader, AUC Radio.