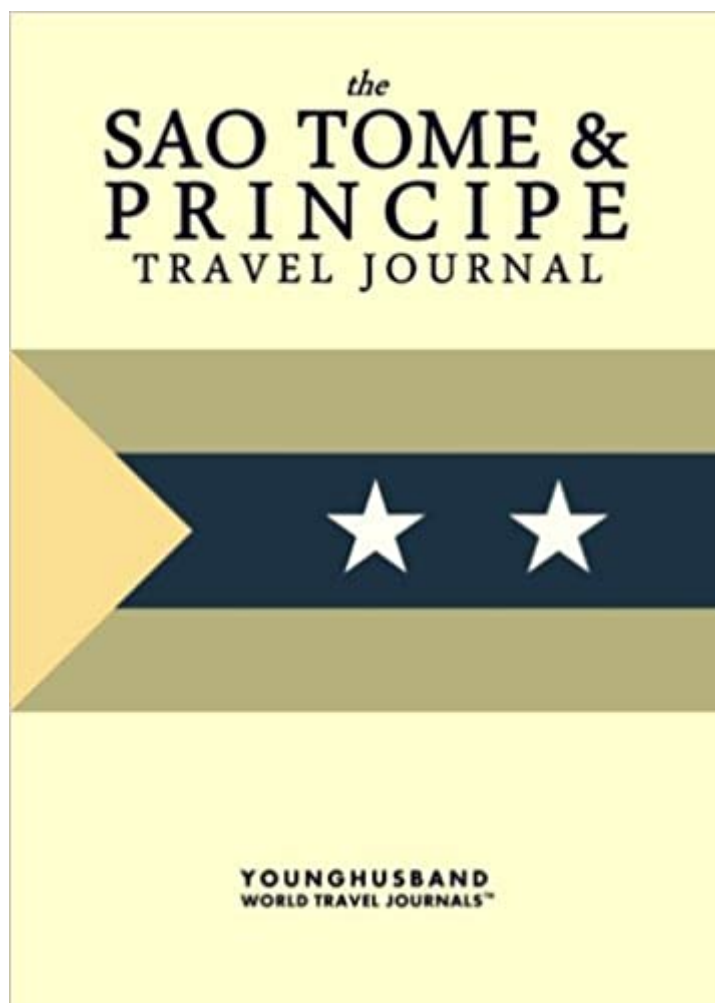


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# The Sao Tome & Principe Travel Journal



## Synopsis

"I don't always design travel journals, but when I do they are the kind of travel journals that people throw parades for." - Cormac Younghusband, The World's Most Legendary Nomad

THE SAO TOME & PRINCIPE TRAVEL JOURNAL has been carefully crafted by the legendary nomad Cormac Younghusband to help make your trip unforgettable, fun and organized; with plenty of room to help spur spontaneity and document new discoveries. This journal can help you plan, live out and record every stage of your journey to Sao Tome & Principe; from pre-trip, to getting there, to being there, to getting home, and afterwards. "Sao Tome & Principe food is among the world's finest. They do this thing with the thing!" - Cormac Younghusband, The World's Most Legendary Nomad

The first part of the journal is for PRE-TRIP PLANNING and contains sections for important information, a page to write about what inspired you to make the trip, a page to write about the who, where, what, when, how of the journey, a page to make note of your travel companions, a number of pages to organize your travel research.\* Plus, you will find sections for drafting an itinerary and keeping a journey to-do checklist. The second part of the journal deals with GETTING THERE, containing sections to describe getting there and arriving. The third part of the journal is all about BEING THERE. There are sections for: tracking the stuff you buy and for your daily adventures there are 50 two-page daily records to keep notes on: day #, date, weather, places visited, what happened today + thoughts on what happened, the highlight of the day and extensive notes (with a handy reminder list of things to write about). Because there are about 183,176 people in Sao Tome & Principe, there's also a section to record the names and contact info of the people you meet along the way. The fourth part of the journal is for GETTING HOME, that fateful day you depart and the days that follow. There are sections for describing your departure, for making your own top 10 highlights lists, a country radar to help you create a signature review of the country, and an afterwards where you can sum up the meaning of your trip. When a trip is over, Cormac Younghusband recommends you start planning your NEXT TRIP. To help, there is a section where you can make a travel wish list. Also included is a COUNTRY BRIEF to give you important info on the destination and a MAP to give you an idea of the lay of the land. Plus, at the back of the book there are sections for: generic packing ideas, measures and conversions, and pages for notes, sketches, maps and such

"Find a place in the world you haven't been, and go there. Keep on trucking, my friends" - Cormac Younghusband, The World's Most Legendary Nomad

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----- \* Research Such As: places to go / explore, places to stay, places to shop / must have souvenirs, cultural / sporting events to attend, historical / religious sites of interest, pubs-bars-places-to-party, beaches / forests / natural wonders to see, parks & gardens to wander

through, things to eat and drink / dining experiences, festivals & events to attend, stuff for kids - seniors - and such, experiences to experience, important local customs, etiquette, laws, and such. -  
----- "Why visit Sao Tome and Principe? Because, it's there." - Cormac  
Younghusband, The World's Most Legendary Nomad ----- WHEREVER  
YOU'RE GOING, YOUNGHUSBAND WORLD TRAVEL JOURNALS HAS THE PERFECT  
JOURNAL FOR YOU.

## Book Information

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