

Contiki-led research proves travel makes young people better at their job

Contiki, which caters exclusively to 18 to 35-year-olds, has conducted extensive research to gain a better understanding of the impact of travel on young people, studying a pool of 2,980 respondents from around the world (with an equal number of travellers and non-travellers).



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The scientifically proven questions unveiled that global travellers are 7% more likely to think outside the box, 10% more likely to learn new skills and knowledge and 9% more likely to highly value original ideas - showing the importance travel has in the career progression of young people.

The travel brand also utilised the findings of social psychologist Adam Galinsky (PhD, Columbia Business School), to give further clarity to their research. Galinsky's academic studies prove that travel makes young people increasingly open to digesting new information, ultimately enabling travellers to be more creative, think more deeply and complexly - all key traits needed to progress within a working environment. Furthermore, Galinsky states that being open minded also enables you to see yourself in a different and clearer light, with increased self-clarity and a greater appreciation of your place within a global context.

The research results clarify the positive impact travel has on making young South African travellers better at their jobs:

- Travellers indicate that travel has helped their ability to problem solve efficiently: 68%
- Travellers are more likely to learn new skills and knowledge that is important to them: 10%
- Travellers indicate that travel has helped them learn to adapt and be resourceful in anticipated situations: 71%, versus 61% of non-travellers
- Travellers are more likely to be satisfied with their employment opportunities: 49%
- Travellers are more likely to be able to achieve most of the goals that they set for themselves: 15%
- Travellers are more likely to actively seek out new friendships: 38%

The research shows just how valuable travel is for young people, helping them develop characteristics such as increased ability to solve problems and a stronger ability to achieve goals set. Travelling enables young people to be more creative, network, and develop a wealth of new skills and knowledge. Emotional benefits such as actively seeking out new

friendships, being more satisfied with their opportunities and adaptability are also noticed in young people who travel.

If you have leave, take it

All of these statistics prove that taking your leave days to travel, will not only give you a well-earned break, it will make you happier and give you skills vital to being better at your job, ultimately aiding career progression.

"Using your leave to travel shouldn't be seen as a negative - by young people or their employers," says Kelly Jackson, general manager for Contiki. "Not only does the experience leave them refreshed and ready to tackle the workplace, but it has a real, tangible impact on their performance in their role, which should be embraced, celebrated and encouraged."

More information on [The Power of Travel](#).

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