

A Bus On A Dusty Road Newsletter - April 2025



The Power of Travel: How Seeing the World Changes Who You Are

Travel isn't just about visiting new places. It's about stepping into someone else's world, even for a moment. It's about shifting your perspective, challenging your assumptions, and returning home as someone slightly different than who you were when you left.

I experienced this firsthand during my college years when I traveled to China. That journey had a profound and lasting impact on me, changing my life in many meaningful and profound ways.

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Why Understanding Local Culture Is the Secret to Meaningful Travel

Travel is more than ticking places off a bucket list. It's not just about the photos, the food, or the landmarks. At its best, travel is about connection. It's about getting closer to a place and its people in a way that goes beyond the surface. That kind of experience doesn't come from a guidebook or a TikTok recommendation. It comes from cultural literacy.

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How to Travel Respectfully and Responsibly in a Globalized World

Travel has never been more accessible. With a few taps, you can book flights, find accommodations, and chart a route across the globe. But with this unprecedented access comes a responsibility that many overlook. Traveling in a globalized world means more than just visiting places; it means engaging with them in a way that honors local people, protects the environment.

[Learn More](#)

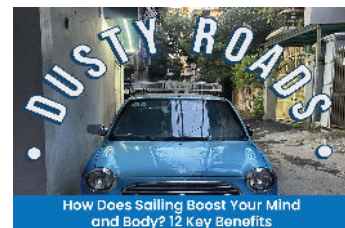
Top 7 Sailing Myths and Misconceptions Debunked

Sailing has long been associated with freedom, adventure, and timeless exploration. For me, it is one of my favorite sports. The more I have sailed, the more I notice that sailing is also surrounded by myths that make it seem intimidating or exclusive, keeping many potential enthusiasts away from experiencing the joys of the open water.

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Beginner's Guide to Sailing: 10 Essential Terms Explained

Sailing is an exciting and rewarding activity, but if you're new to it, the language of sailing can seem like a foreign dialect. Anyone who starts sailing needs to learn some basic sailing terms. Whether you're stepping onto a sailboat for the first time or planning to learn the ropes, understanding the sailing terms for communication and safety.

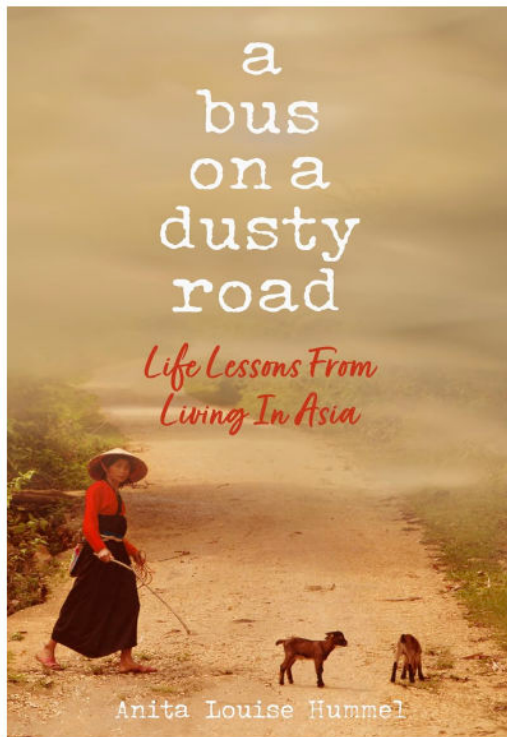
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How Does Sailing Boost Your Mind and Body? 12 Key Benefits

If someone asked me to name one of my favorite sports, I would say sailing. There's nothing quite like being out on the water—it's exhilarating and refreshing. Sailing is more than just a leisure activity; it's a great way to improve both mental and physical health. From reducing stress to enhancing focus and building strength, this episode explores 12 powerful ways sailing.

[Listen Now](#)

Don't miss out on Anita's fascinating story, and grab a copy of her first book:



A Bus On A Dusty Road: Life Lessons From Living In Asia

Embark on a riveting journey through the dusty roads of life in 'A Bus On A Dusty Road.' You'll immerse yourself in the challenges and triumphs faced by a recent college graduate navigating Thailand's notorious sex industry, feel the adrenaline rush of being thrust into the heart of Myanmar's renowned student demonstrations, and sense the tension as a gun is pointed in your direction. Traverse the raw and vivid slums of Bangkok, explore the bustling streets of Vietnam, and bear witness to life and death on unforgiving streets.

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