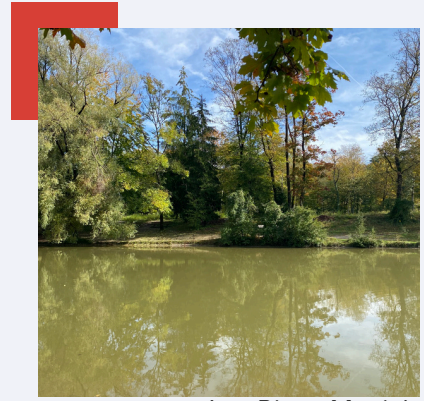


Green Travel

Exclusive



Isar River, Munich

Dear readers, in this magazine you'll dive into a report full of emotions, advice, and expressions. As it is written above, "Green travel" is not for the weak! Stéphanie Hill, an international student who comes from Guadeloupe, has shared her frozen yet admiring experience. From the Caribbean sea to the Middle of Europe

MUNICH.

Facing change and environment

Hallo ! Hello ! Salut ! Bonjour !

My name is Stéphanie and I am a foreign languages student. I've chosen to make an exchange for my third year of Bachelor. Generally, in my island students tend to think that they should enjoy their third year rather than travelling. However, that wasn't my choice. Turned out, my family went red.

The little girl, the last one from a family of four want to go and mum can't believe it. She still think that her daughter is a baby ! Due to that relationship that i have with my family (nephews, sisters and mother) i know that it will be a big challenge for me and for them.

In term of personality, i am funny, sociable and open-minded. On the other hand, around my surroundings I'm very family-orientated. My friends usually told me that i have this magnetic energy that make everyone feel chilled and relax. Moreover, I also love to encourage people.

Those experiences reported are quite important as it is a way to enhance the experience for the next generation that will be interested to travel eco-friendly. By enhancing green travel with the train system and also for Datas based.

Thus, we will see how Stéphanie will handle her experience in the following.

Never have travelled in Europe? Always stayed in your comfort zone ? You might feel a bit interested but you have your family and your friends there... Stéphanie also felt that way and now she is extremely proud of her. If you want to travel as a International Student, you can't miss this ! Stay tuned, don't get distracted !



Deutsch Bahn

The Travelling Holla

Comfort Zone is your worst Enemy.

I just asked my friends one day would you make an erasmus exchange and none of them was interested for these reasons : mostly distance, no family no similarity (cultural background). Therefore, i ended up making my application cause i said to myself " nobody will build your future but you "!

Nobody_will_build_yourlifebutyou.com

A Strange Polarisation:

The most Horrific yet Reassuring experience.

I just got off an 8-hour flight from Guadeloupe to Orly Airport in France, and this is only the beginning of my journey. Now, I'm heading towards the RER / Orlyval to get to another station where I'll take my international train. Before that, I looked for a cash machine, went out of the station, then came back in. When I returned, I started having issues with my train ticket because SNCF workers (train system employees) told me I needed to go to another nearby station, as the Deutsche Bahn doesn't stop at the North Station. However, it was clearly written on my ticket that it was indeed at the North Station. Assuming the workers were right, since they work there, I followed their advice.

Dragging my 18 kg suitcase and a large bag over my shoulder, I was already exhausted after running around looking for a cash machine. Due to stress and anxiety, I hadn't eaten anything either. Then, I took the stairs with the help of a kind worker who carried my bag for me. Eventually, I arrived at the East Station and found it strange that no one else was there. I asked another SNCF worker for help, and he clearly explained that all Deutsche Bahn trains are actually at the North Station. So, I have to go back to the North Station.

I was looking for the place I needed to be and felt several aches from the weight of my luggage. As I looked around, I thought, 'This station is actually so big and crowded that all the information is confusing.' None of the screens I checked showed my destination since I was early, but I knew I had to go to Hall 1 for Munich. I asked a police officer, other workers, and got different answers each time, so I wandered around and couldn't find it. Finally, I met a security guard who explained things clearly and reassured me, which was really comforting. But as I waited, my phone battery started to die because of using GPS, and it eventually went off. Luckily, I found a charging spot with an open space and took it to recharge my phone.

It was almost time, and I could see my train number on the screen, though it didn't show my final destination, just that it was in Germany. However, the platform number kept changing (from platform 18-19 to Hall 1 or Hall 2), which left me confused and anxious, feeling like something was wrong.

I went to several workers to try and understand, but they said they only had information on SNCF trains, not Deutsche Bahn. At that moment, I felt so alone, asking for help, but no one seemed to really care. Finally, one worker told me to wait, as the platform would only be displayed at the last minute. So, I waited again..

Finally, I saw my train number with the final platform, 'Gleis 7,' and felt so relieved. I got into a carriage but sensed something was off—like I wasn't in the right spot. Then, a guy came over and told me I was in his seat and that the entire carriage was reserved. Embarrassed, I realized everyone was looking at me, so I explained my situation. While he checked my ticket, another girl looked over to help and told me I was in the wrong carriage. The guy told me I should hurry since the carriages would separate in a few minutes, but assured me I could make it if I moved fast.

I quickly got off, but just as I was leaving, my inner voice screamed 'Your bag!' in my brain. I had forgotten my bag, which had €360 in cash, my laptop, passport, ID card, and debit card—essentially, everything crucial, my whole life! So I got in and took my stuff apologies again and went off. At that moment, I had no doubt that a higher power exists, because I've always been clumsy and often remember things hours later. I felt a sense of protection, like something bigger than me was watching over, and all my negative emotions faded as I ran to my carriage. A woman joined me, saying she also needed to be in the Munich carriage.

Once I got settled, the whole trip turned out to be wonderful, thanks to an amazing French guy who made the long journey enjoyable.



Arrival on Munich station Exit; September 21, 2024

Interactions, Positivity and Love The key for a welfare human being



It is not good for Humankind to remain alone. According to Fondation de France, an excerpt from "Loneliness studies" in 2023 shows that 12 % of folks are isolated, one-third don't have any social networks and 21 % feel alone in France. This is insane and ongoing in our society and it can be demonstrated in trains when everybody is focused on their phone. This complex topic was discussed between 2 passengers of train who didn't know each other and just loved to chat instead of scrolling on their screens.

Obviously, I am talking about me and my passenger a French man who made multiple green travels between France and Munich. He's a naval engineer now and he doesn't even have any social media but LinkedIn. He related to my travel as he was an ancient Erasmus student in Munich and he reassured me about the international question in a foreign country.

Guillaume :

" Munich is a place full of surprises, you'll be great, and no wonder you will make a load of friends here. Personally I came here for Oktoberfest to meet my German friends from college "

10 years passed by and he still has connections with them. it's amazing! By the way, we talked mainly about German stereotypes, and our cultures (Guadeloupe for me, Normandy for him). Honestly, I watched several videos about stereotyped Germans being cold and always complaining or insulting if you don't respect rules (traffic lights for example) which is understandable but the inhospitable part gets me. About my Caribbean roots, we love to communicate and interactions are significant since we aim for social cohesion. For example, people would always pass by another person saying good morning, afternoon, or evening even if you don't know the person it's showcasing mutual respect and enhances social behaviors towards one another. Therefore, when I reviewed those videos, I felt stressed.

I wondered *What if I don't make any friends? I'm here to study but I'm still a human and I need those to make me feel vibrating and enjoy fun moments.* This journey just passed by from negative thoughts, anguish, and stress to safety, comfort, and love.

Those moments were like the best moments of his youth as I can tell. That train moment was priceless to me after the whole nerve-raking journey that i had. At the end of the day, we both won. Him taking a Isa Card ticket for me for the weekend in M area, i arrived at my exit station feeling relieved thinking *i'm going home ! My new home!*

It was 9:00PM.

10 ADVICES FOR ECO-FRIENDLY TRAVELING

Stay Positive!

I know some people might be overthinkers, just like me. You get stressed thinking about various things (administrative tasks, integration, culture shock), but everything can be much easier with a positive mindset. Take things step by step instead of trying to do everything at once; otherwise, stress can lead to procrastination, creating a vicious circle! Just relax and take your time!

Eat Before and During:

When something is new and important to us, we overthinkers tend to put ourselves in tough situations. I've had several headaches and felt nauseous, but thankfully nothing serious happened. So, even if you don't feel like eating, remember that your body needs energy to start and finish this journey peacefully. Would you risk passing out and feeling even more embarrassed? I bet not! Stay safe and take care of yourself!

Don't Bring a Load of Clothes and Stuff!

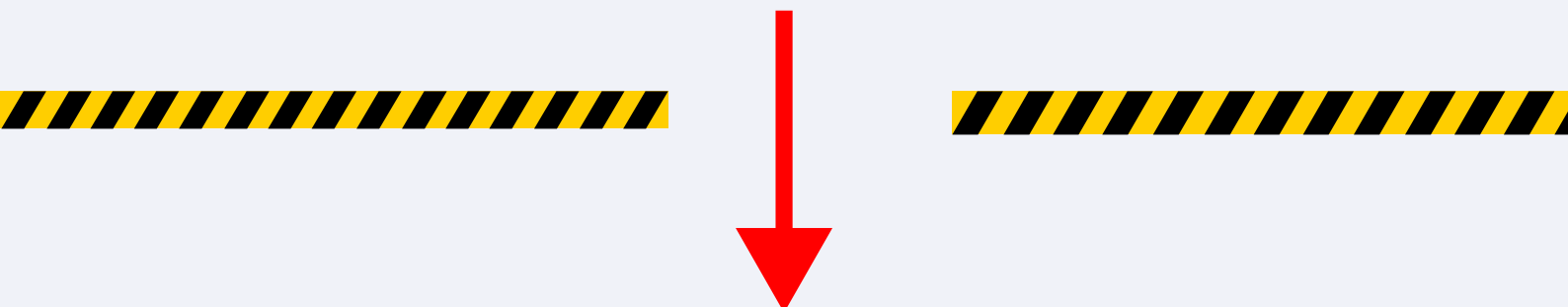
As you already know, my biggest mistake was overpacking. I felt tense from head to toe due to the heavy suitcase and extra bag I had. Please, don't put your body through that if you're traveling by train – it's not worth it! I had to take two trains across Germany and nearly missed my train, but thanks to a helpful person I met, I managed to catch it. If you need to rush, you'll be much faster with a manageable suitcase! By the way, I was the only one with an oversized suitcase, so think ahead!

Use as Many Tools as Possible to Feel Safe:

With Google Maps and the MVG app, you'll always know the train schedules and locations. Moreover, you could use a wireless battery if no plug is around so you won't have to worry. But if you'll be taking regular routes for things like studying, groceries, or sports, hobbies try relying on your memory more. Get a paper map of the MVG train lines to understand the routes from your home to the places you'll frequent. It'll give you confidence, and you'll feel like a true local! Munich is beautiful, so remember to observe, visualize, and enjoy the journey.

Don't Be Afraid to Ask for Help from the Right People!

Trust your intuition. If you need assistance, ask someone! Before arriving in Germany, I researched their culture and social dynamics online, but once here, I realized how kind and helpful people can be. There will always be someone willing to assist, so don't let stereotypes make you feel like you can't approach. Take a breath, trust yourself, and reach out when you need to!



Motivation Quotes

Creole, French, Dutch and Bavarian expressions



“ Débouya pa péché. ”

In Guadeloupe we say “ Fend for yourself isn't a sin” it vehiculates the' positivty from get along with yourself with resilience and ingenuity.



“ Après la pluie vient le beau temps. ”

In French we say “ After rains come the good weather ” which monitoring the idea that bad moments will mitigate to switch on amazing moments so that you learnt to be brave and patient to gain rewards.



“ Ohne fleiß kein preis. ”

In Deutschland we say, “ No pain No gain ” which express the idea that each difficulties and efforts are necessary to reach growth.



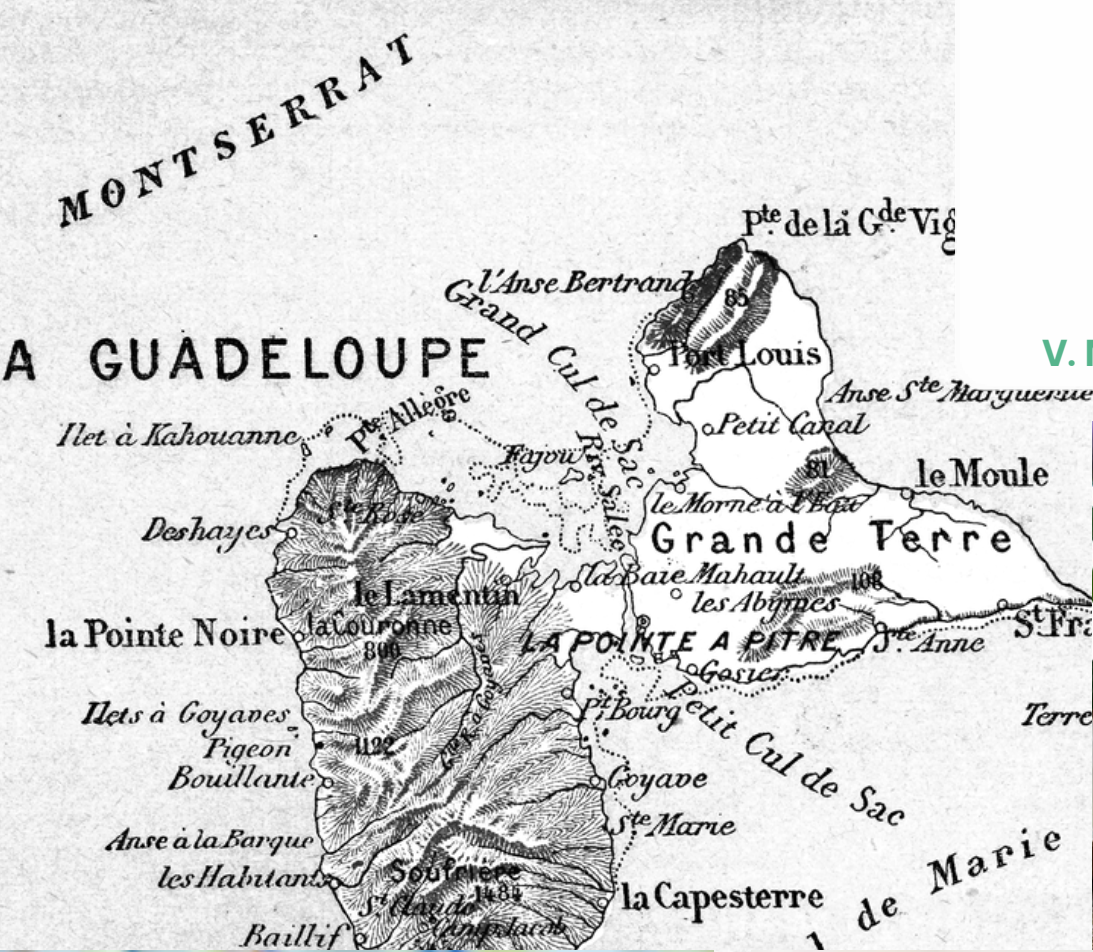
“Mia wern net auf oamoi reich.”

In Bavarian State, we say “ You don't get rich all of a sudden” it takes times, dedication and efforts but also necesitate a vision, discipline and organization.



Indeed we can be rich in different ways: There is different perspective of being rich.

Green Travelling can make you **rich** intellectually in term of **mindset**. By developping an open-minded spirit, intercultural comunication skills and critical- thinking and broader spirit on average. Personally speaking, I departed from an island heading off to Germany. I can say that there is alot of positive differences that surely changes some thinking of mine. My train situation made me realize how strong and brave i can be. Therefore, I could be more if i just **trusted myself ! Trust Yourself !**



- I. Punch au COCO
- II. ACCRAS MORUE
- III. BOKIT
- IV. COLOMBO
- V. MONT BLANC ANTILLAIS



DOMI



- I. German Beer
- II. Pretzel
- III. CurryWurst
- IV. GULASH
- V. CHRISTSTOLLEN

