



**Your Neighborhood Travel Agency!**  
**604-278-8286**

## **CONTENTS:**

**Rituals**

**Traveler  
Personality  
Quiz**

**Salad Niçoise  
Recipe**

## **Salade Niçoise**

(pronounced  
"sah LAHD  
nee SWAHZ")  
Is from Nice,  
south of  
France.

Traditionally  
featuring tuna,  
olives, capers  
and tomatoes,  
the recipe can  
be adapted to  
suit your  
tastes.

We all love to travel. If we could we would travel as much as we could and live to share all our memorable moments with friends and loved ones!

Lets face it. We love to hear about people's vacation getaways and we too also plan based on the storyteller's trip experience.

However, there is also another commonality between us. It's a unique systematic behavior that we all regularly perform without noticing it. It's our unique Travel Rituals!

How do we know we have it? It sets in when we travel from our homes and our schedule changes. Some of us miss our regular schedule and some things, which we know we cannot perform on the road. After of few days of being away we miss home as we miss our rituals. We miss home cooked meals, our exercise schedule, facilities, T.V. shows and just small activities that help us run our lives smoothly.

So when we travel, we innately have certain things, or routine we do to make the transition easier. We each have our very own travel ritual be it pre or post departure, or whilst on the trip. These rituals provide a sense of control, focus and comfort. They simply celebrate our uniqueness.

Common Travel Rituals:

Some travelers have quirky pre-departure endless list of things to do, things to pack, places outlined that they intend to see, eat, people to write postcards to, people to call, things to take back home, moments to capture and so on. For example some travelers have to shop for a new travel outfit pre travel, or stock up on licorice and gum! Have you known of travelers who will not travel without their reading material or iPods? It's just their pre- travel ritual!

On the other hand some of us have rituals that come into play upon entering the hotel room, such as immediately checking out the view from our room, the style of the bathroom, how comfy the bed is. Whilst others have to simply unpack immediately, take a shower to wash away the travel grime, checkout the closet space, bar fridge, drawers or taking photos of each corner of the room.

I've read of people who love to set the wakeup call with Reception, even if they don't need it! Or they simply must order room service for the perk of it. Others must bring their own shampoo and soap, or leave the TV on as it helps them sleep in a new environment.

Another interesting ritual some of us do is when we arrive home. Some people literally just plop onto the bed and take a very long sleep. Others I know unpack straight away and do a load of laundry, whilst others will take a long warm shower.



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### Salade Niçoise

#### Ingredients:

1 butter lettuce,  
chopped into  
large pieces  
3/4lbs fresh  
green beans,  
blanched and still  
warm  
1 ½ tbs minced  
shallots  
1 small red  
onion, thinly  
sliced  
4 ripe Roma  
tomatoes  
wedges  
4 small boiled  
potato wedges  
2 <sup>3</sup>-ounce cans  
chunk white tuna  
4hard-boiled  
eggs, wedges  
1 tin of flat  
anchovy fillets  
<sup>1/3</sup> cup small,  
black brine-cured  
olives  
3 tbs capers  
¼ cup minced  
fresh parsley  
½ - <sup>2/3</sup> cup  
vinaigrette

#### **Vinaigrette:**

1tbs finely  
minced shallots  
1tbs Dijon  
mustard  
½ tsp salt +½  
ground pepper

We all have our quirks and travel rituals that comfort, relax or satisfy us in some way. Whether it is, packing that one piece of clothing, which will give us confidence, a book that relaxes, or a picture that simply allows us to celebrate the moment. It's just simply the way we travel.

### *Try our Travel Personality Quiz!*

Email to let us know your type! A couple of our agents took the quiz and they were both Type "A" – Adventurous! Now there's a pair!

#### **1. Where do you stay when you travel?**

- a). All inclusive resorts
- b) The cheapest clean place you can find
- c) Five star hotels At a friend's house - you usually only visit places where you know people
- d) Any unique local hotel

#### **2. Which of these vacations sounds like a total nightmare?**

- a) Taking a group tour through Italy
- b) Going to Disneyworld
- c) Traveling around the world by yourself
- d) A whirlwind trip around Europe, with a full itinerary
- e) Backpacking across Australia

#### **3. Let's say you call in sick for work when you're feeling fine. What would you do with your free day?**

- a) Take a drive to a place you've never been
- b) Take a trip to your favorite downtown area... and treat yourself to a nice lunch
- c) Go for a haircut and get some new clothes
- d) Convince a few friends to call in sick too - and then go have some fun
- e) Just hang out at home relaxing... skipping work is special enough

#### **4. When you go out to eat, you tend to choose:**

- a) A restaurant you've been going to for years with great comfort food
- b) Hole in the wall ethnic restaurants with amazing food
- c) A five star place you had to get reservations for weeks ahead of time
- d) A favorite place that all your friends end up at too
- e) The latest new restaurant... before it gets big

#### **5. Right now, where would you most want to travel to?**

- a) New York... as long as you had a driver and could stay at the Four Seasons.
- b) Europe, no question
- c) A city where one of your old friends lives
- d) Your favorite little vacation spot. It's not fancy, but you love it.
- e) Definitely someplace new and unexpected



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**Vinaigrette:  
(cont'd)**

1 tbs fresh lemon  
juice  
1 tbs red wine  
vinegar  
<sup>2/3 - 3/4</sup> cup extra  
virgin olive oil

**Directions:**

In a large bowl, add the green beans, onion, tomatoes, potatoes, 4 tablespoons of the vinaigrette and the minced shallots; toss to combine. Place lettuce in the bottom of 4 bowls and spoon salad mixture over the lettuce. Place equal amounts of tuna and egg on salad and top with 1 or 2 anchovy fillets. Spoon remaining vinaigrette over each bowl; finishing with olives, capers and parsley.

**Vinaigrette:**

Add all vinaigrette ingredients to a leak-proof plastic bowl with lid and shake to combine. Add more salt and pepper to taste.

**Makes 6 servings.**

**The Results!!**

If your quiz answers have a majority of **(a) choices**, your travel personality is:

**The Adventurer!**

For you, travel is how you learn about the world. And you like to learn the stuff that's not in guidebooks. You truly have wanderlust. When you're not traveling, you're dreaming about where you'll go next. And your travels are truly legendary - they leave you with stories you'll be telling for the rest of your life!

If your quiz answers have a majority of **(b) choices**, your travel personality is:

**The Sophisticate!**

You're well educated and cultured, and the places you travel to reflect that. You appreciate the best art, food, architecture, and local flavor. A true traveler, you are destined to be multi-lingual and very worldly.

If your quiz answers have a majority of **(c) choices**, your travel personality is:

**The Bonder**

For you, travel is less about where you're going - but who you're going with. It's no fun to experience an amazing city or a beautiful beach without your friends. In fact, it doesn't really matter where you go... because you and your friends always figure out how to have fun!

If your quiz answers have a majority of **(d) choices**, your travel personality is:

**Spoiled**

You're not spoiled in your everyday life, so you sure like to be spoiled when you're on vacation. You prefer to splurge on nice hotels, fancy meals, and luxury transportation. Even if it means you're only able to get away every few years! One of each.



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Do you have any travel rituals you would like to share? We would love to read about it! Send us an email!

Stop on over to our website-[www.actiontravel.ca](http://www.actiontravel.ca) to check out our Travel Tools- there is an amazing packing list that is printable!

*Got other tips? How about a comment?  
Share them by emailing us at  
[action@actiontravel.ca](mailto:action@actiontravel.ca)  
We love to hear from our readers!*

Have questions? Looking for a travel getaway or quote?  
Call us at

**Action Travel - 604-278-8286**

**Or**

**Toll Free – 1-800-457-3363**



**Did you know?** We are able to customize any tour that you have in mind to ANY DESTINATION!!  
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*Where your Journey Begins.....*