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My Travel Bag



Russia St Petersburg Cathedral

Does does travelling alone tickle your fancy?

I have been travelling alone since I was 18 years old. My first job was that of a flight attendant with Cathay Pacific Airways. I left India and moved to Hong Kong. That was the start of my love for travelling. Some trips I would be alone and some trips I would have company. I learnt very early on that one doesn't really need company to enjoy.

Travelling alone can be boring for some, but for me its fun. Of course I am very happy when my husband and I take our annual holiday. That's always the highlight of the year.

When was the last time you travelled?

I was in South Korea for two-week holiday with my husband in July. We visited Seoul and many untouched islands outside of Seoul. The highlight of the trip was a visit organized by United States Army to the Demilitarized Zone of North Korea. Absolutely amazing experience in a pouring rain!

What is your dream destination?

Mount Kailash and Lake Mansarovar remain on the top of my list. The site is in China and one needs to obtain special permission to go there. Every year only



My Travel Bag is a meeting point for today's traveller's interesting experiences. In this edition, Ms. Shivani Adalja of The Alignment Institute, shares what she has in her travel bag. We're waiting for yours too. Send them at dass@kalimatgroup.com. Send photos too.

certain numbers of permits are issued and one needs to plan and apply one year in advance to go there. I want to visit the sight via Tibet and get a glimpse of Potala Palace, home of His Holiness Dalai Lama.

Name three places in the world that you can't wait to see.

Russia, Australian Outback and Turkey. I have travelled all over the world but have not had the opportunity to visit these places.

Name three of your favourite places you would love to return to. Why go back?

Hong Kong is on top of my list because its home to me. I lived there for 10 years and I am a local there. I know all the best places to eat dim sum and go shopping.

Sydney, because of its vibrant soul and amazing harbour. I love the sight of the Opera House emerging from nowhere when you are on a ferry.

Korea is another place I would like to return to. There is so much to do and see. It's a hidden treasure of Asia. Korea is the land of hidden gems.

Some would immediately hit the pool or the spa or the bar. Others would hit the road with their digicams and videocams. What about you?

I start by exploring the surroundings of the hotel and the public transport. I normally sit with the concierge and figure out how to get in and out of the hotel easily. I also plan ahead by making notes from The Lonely Planet and the Internet. So I already have a plan in place about where to



Mount Kailash

go and what to do. I then sit with someone locals and figure out the best way to see these places. However I believe in leisure travelling, so I never cram my itinerary with too many places to see. The purpose of a holiday is to relax and enjoy the time.

What excites you when travelling?

A new place to explore, local food to try and new culture to see. I love the feel of a new city and using the public transport.

What motivates you to travel? Food? Shopping? Sightseeing?

Now I mainly travel for work. I am a feng shui consultant and run a wellbeing institute in Abu Dhabi. Our annual holiday is what really excites me. Every year we pick a country that we have not been to and plan the holiday with a lot of care.

Where to next?

I am off to Jakarta on 20 August for a week and then back to Abu Dhabi. The entire month of September and October I will be travelling to Doha, Mumbai, London and Maldives.



Waterfall on Jeju Island, Korea



The Potala Palace Tibet