



Hi [First Name],

Young Brit spends every penny on Thailand trip - and says it was 100% worth it
What backpacking through Thailand taught this young Brit about freedom, money, and life
I flew 6,000 miles on a whim - and it completely changed my life
I spent my £8K life savings on a trip to Thailand and I have no regrets

Thailand, also known as *'the land of smiles,'* is the place where many backpackers and digital nomads go to get their first taste of freedom and adventure.

The country is home to beautiful beaches, incredible experiences, and it continues to grow as one of the world's most popular destinations for [travellers](#).

Oliver Bowering, a 21 year old backpacker who shares his travel journeys on [TikTok](#), spoke exclusively to [global travel booking platform Omio](#) about travelling to Thailand for the first time and how the experience changed him for the better. So much so, he went back for another four months!

Images: [HERE](#)

If you need any more information, please drop me a message!

Best wishes,

Tash

"I travelled to Thailand when I was 19, and I came back a changed man"



Image: (Left) Oliver sat down in front of the Pai Canyon in Pai, Thailand (Right) Oliver stood at the sunset with my hands at Railay Beach, which is a place only accessible by boat near Ao Nang, Krabi.

Oliver Bowering, 21, from Nottinghamshire, has travelled to a plethora of countries, but one has a special place in his heart, and that's Thailand. However, it was a destination he hadn't even considered until a spontaneous decision changed everything.

Speaking exclusively to [global travel booking platform Omio](#), he has shared what he loves most about the country and some budget-friendly ways to live in Thailand as a tourist:

"It all started with a yes"

*"When I had just turned 19, I got a new job and I naturally made a group of friends," Oliver explained. "They had booked a flight to Thailand, so one day after hearing about it, I asked if it was okay if I came. They said yes, so I booked it that night. For as long as I can remember, I've been the impulsive type, but it didn't settle in that I was about to travel 6,000 miles across the world at 19 years old with a group of friends. Bearing in mind, this was my second holiday without my parents. I ended up doing a well-known trail in Thailand called the **Banana Pancake Trail** and spent a total of 2 months and 2 days out there. The first time I went on this trial, I spent **£8,000** – every penny I had to my name."*



"Thailand introduced me to a completely different way of life"

"I came back from that trip a changed man. Many people who have gone travelling will say this – it changes you. It gives you a sense of freedom that you can't find anywhere else. Thailand introduced me to travel, new cultures, new people, and a completely different way of life. From that moment, I knew I wasn't finished, and it was just the beginning. This led me to come back a year later to stay in the country for another four months!"

Oliver then goes on to describe the culture shock he experienced upon arriving in the country, as well as what he has come to love most about it:

"When I first arrived in Thailand, I was in complete disbelief and shock. I quickly realised the huge difference between what I perceived things were going to be like and what I actually experienced. As soon as I touched down in Bangkok, I was met with brash flashing lights, the biggest shopping malls you've ever seen, flashy cars and bikes, and public transport like no other – it was a shock to the system. It's such a different way of life, and it took some getting used to."

"The most memorable thing, which is talked about a lot on social media, is the moment you walk out of the airport and you're hit with the 'Bangkok heat'. You'll never feel anything like it, especially when you're not expecting it."

"The country will always have a special place in my heart"

"Thailand is a country that has it all and is for everyone. You have parts for families, single men and women, couples, older people, hippies, adrenaline junkies, athletes – the list goes on. It is home to beautiful beaches and amazing mountains with greenery like no other. The food is absolutely amazing, people are always smiling, and the hospitality is next level. I would definitely go back without a doubt!"

As an avid traveller, being smart with your money and researching the destination you are travelling to beforehand can make it much easier to explore a country affordably while still having a great time. Oliver shares some of his top tips on setting budgets, living affordably, and the best ways to get around using local transport.

"Set a realistic budget to live, not just survive"



"For those planning to backpack or spend their gap year in Thailand, my number one tip is to set a realistic budget. Thailand is cheap compared to the UK, but it's not as cheap as people think. You can't live properly on £10 a day. That's just surviving, not living. You need enough to experience everything without constantly stressing about money. I also recommend using apps like Travel Spend to track your daily spending. It makes it way easier to stay on top of your budget without missing out on the fun."

"Be savvy with where you stay"

"One of the best cost-effective ways to live in Thailand is to stay in local homestays or hotels where breakfast is included. It saves more money than you realise over time. Eating street food is another huge money-saver. It's not only cheap but often better than restaurant food. Plus, when you stay in one place for a while and build relationships with locals, they often show you cheaper ways of doing things that tourists don't know about."



Images: (Left) Oliver with his motorbike is on the famous road in the north of Thailand from Chiang Mai to Pai, which takes 4 hours and has over 762 bends, (Right) Oliver with his hands up under the waterfall called Mae Taeng, which is a stop that is popular on the 762 bend route.

"Travelling around Thailand is an experience within itself"

"Renting a scooter is easily the best way to get around. It gives you total freedom to find spots tourists would normally miss. Trains are also great for travelling between cities, and overnight sleeper trains are a real experience. Ferries make island hopping easier and is another scenic way



to travel, while tuk-tuks are a fun choice for short trips. Just be sure to agree on the price before hopping in."

What is Oliver's one thing he wishes he knew before travelling to Thailand? *"I wish I had known how much Thailand would change me. You think it's just a holiday when you first book it, but it ends up completely shifting the way you see the world and yourself. I also wish I had known how easy it is to meet people, as you're never really alone out there if you're open to it. And honestly, I wish I'd been more adventurous with the food from the beginning. It's some of the best you'll ever try once you get stuck in."*

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Credits

All quotes from Oliver are exclusive to [Omio](#). If you wish to use the story, please credit all images to [Oliver](#) and Omio with a link to their website.

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Since its foundation in 2013, the Omio Group has been helping its customers discover new ways of travelling. Thanks to its two interconnected platforms, Omio and Rome2Rio, Omio is the world's leading travel platform for searching, comparing, and booking. Omio B2B Partnership is servicing OTA's and mobility providers with tailored business solutions. Omio supports its customers in their desire to explore Europe, the United States, and Canada by train, bus, flight, and ferry. Omio collaborates with over 1,000 transportation providers; customers can book in 21 languages and pay in 26 foreign currencies. Over the past decade, the Omio Group has sold more than 40 million tickets. The Omio Group employs over 400 staff from more than 50 countries and maintains offices in Berlin, Prague, Melbourne, and London. The Omio Group offers its customers journeys that move them.

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