

Implementation

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Traveling with Efficiency

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3.1. Extreme:

The idea of seeing the whole world in 10 years might be appealing for many people, but it should be added that this requires strict discipline in time and control of costs.



Botswana, Abu Camp, 2.2006



3 nights for 10.000€ was the asking price of founder Randall Moore - for Oprah Winfrey, Paul Allen, Prince Harry - no problem. But for me: I got a discount. Randall told me: „I built it for the rich and the famous“. But Ngorongoro Crater Lodge has the much better price-performance-ratio. Now Paul Allen bought it.

Abu Camp is the most expensive lodge in the world. If you go for the extremes you have to pay. But even here we are aware of the price-performance-ratio.

Traveling should be fun, but efficient? If we talk about seeing 4700 sites in 10 years, a lot of activities are involved. It requires planning, optimizing the itineraries, avoiding repetition, achieving a continuous flow, adjusting to the climate conditions, finding the best travel time. Traveling back and forth means losing time in aircrafts or whatever. We avoid crisscrossing by all means.

The general idea: The value of the experience of the site should be worth the effort in cost, time and risk. This cannot be measured exactly but one should be convinced of something reasonable.

Our specific criteria:

- Per average at least one highlight a day.
- We are marking the days without highlights and see them as an indicator for inefficiency.

The question of efficiency is especially raised if the **crossing of oceans** require a lot of sea days without any sight. **Travels to extremes** like the South Pole, Northeast Passage, to barren remote islands and staying in mega-hotels should raise at least second thoughts about the money spent till the traveler is certain: I want that, it will make me happy.

Here an example:

Babis, why did you label your trip to Marion „horrible“? His answer: „A claustrophobic sail boat, filthy, disgusting food, no place to sit, like pigs. 9 days to go, 9 days back and all this for the no. 4 in penguins.“

The quality approach:

We will go with a 90m boat, up to 22 kn, capable, nice, in 6 days and continue: More efficient.

Traveling with Standardization

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3.1. Extremes:

People often ask us: How is it possible to travel 10 years almost non-stop? (1) Everyday packing and unpacking! (2) No health problems? (3) Not tiring? (4) How to deal with the overload of information? (5) The burden of planning and documentation at the same time? (6) How to ensure the quality of the selected travel objectives while still on the road?

The answer: Time efficiency by standardization. **Standardize the trivialities of traveling to maximize the experience of the highlights!** Bring the trivialities to routine as far as possible. Principle: Always double-check to make sure nothing is forgotten. Example: Where are the key documents? Camera, accessories, hotel key? The answer: Always at the same place. Never change unless you change the climate! If you go for routine, you have time for fun and for the essentials. Reduce the trivialities to a minimum by standardization.

In **health check-ups** standardization means: Same institutions, based on comprehensive previous results, all blood values, all other specific values. Checks with tight time limits: The only question: Any changes? Quality traveling requires good health!

For us traveling is not a burden. What others think might be a burden **we do in record time**. We are down on the learning curve. We swear: Daily packing or unpacking the rucksacks is less than a minute, a suitcase in less than 2 minutes.

Packing: Minimal, pre-checked for durability, systematic, always the same locations, you must find everything in the dark.

Adopt the „Boy Scouts motto“. **Be prepared!** Imagine: You have no light, no water, no food. Still: You have to continue.

Hotel check-in: Clarify all answers to standard questions at once: Best view, best service, Internet, quiet, check the conditions for check-out

Enter the room: 1 room key at the TV, 1 in the electro slot, check everything, install Internet, clarify deficiencies right away

Exit the room: Before closing the door: Do we have the room key? Have we left the room in order? Clearing means checking!

Check-out: Everything should have been double-cleared the day before, assume the night staff to be ignorant.

We standardized documentation: We give the travel agent a highlight list. He turns that into a travel plan in Excel according to our simple specs. Once finalized, we travel only by this document. The travel plan in Excel turns daily into the travel report after having done it, the „activity part“ is the key for the diary, the highlight part turns into the elaborate „highlight list“ and that into the data bank. **It is one continuous data flow all in standardized forms.**

Programming the day: Taking notes, pictures that report and document, reflecting during the visit, repeating the key facts, evening recap, daily documentation without postponing this for a „better“ time.



Traveling to the extremes often implies to accept enhanced risks. Build up awareness.



The risk should be reasonable. It is reasonable if the experience of the site outweighs the risk. A balancing. The traveler should be aware of it before he decides to go.

Ten steps can build up awareness and organize for risks:

- 1. Information: Get actual data from the site** as opposed to stories made-up for financial reasons or warnings to avoid legal consequences. Get information about the target groups of potential attackers. Are these people staying in your hotel? What are the „attractive“ places in the town or the hotel?
- 2. Prevention: Search for alternatives**
- 3. Calculation: Compare the alternatives**
- 4. Preparation: Adjust the equipment**
- 5. Precaution: Organize assistance or security for heavy cases,** avoid attractive places, especially crowds
- 6. Check security:** Sufficient people? Are they independent, loyal, reliable? Are they alert 24h?
- 7. Identify weak spots:** Access, entries, exits.
- 8. Concentrate** your resources on the weak spots
- 9. Check reasonability:** The risk of getting to the site or staying there relative to the value of the sight.
- 10. Decide:** If the site isn't worth the risk: Deny

Prevention and precaution by careful information reduce risks substantially. But... You never know. Risks have different origins: Traffic accidents, natural catastrophies, robbery, terrorism, wars, riots, diseases. That requires different ways to organize for prevention and precaution.

The most asked question: Where is your list? The second most asked question: Have you ever had a „bad experience“? In our years of high intensity travel, we had almost none, only one truck accident in the mountains of Myanmar coming from the Naga Festival. No lasting injuries.



The **risk areas** are mainly in the Near East and Africa (*parts of the country with high risk):

Medium risk:

Coastal Brazil, Niger*, Nigeria*, Libya*, Algeria*, Sahrawi Republic, Parts of Mauritania, South Sudan*, Chad around Chad Lake

High risk:

North Mali , Somalia, Iraq, East DR Congo, Central African Rep., Yemen, Syria, South East Afghanistan, Pakistan, Eastern Ukraine...

The degree of risk is changing all the time. In 2014 the Conference of „Extreme Travellers“ rated Dagestan as „High Risk“. In 2015 we rated all Caucasus Republics as risk-free.

Risking your Life? Why Mogadishu?

3.1. Extremes:

Our project was to see the „Whole World“ in 10 years*. In this time we only saw beautiful and attractive sites. Almost. We have a very positive perception of the world. But that is not the whole world. We got a too positive picture by concentrating on highlights. The dark and the dangerous ones belong to the „Whole world“ too. We can't say we have seen the „Whole world“, if we skip the „dark side“. But: We spent only a small percentage in the dangerous ones, only **3 months for „Risk Tourism“**. We think that this is - for a comprehensive picture of the world - necessary.

But Mogadishu was over the limit: We had been there for 2 days. Each day we went to the most popular beach, 2 days after we left Al Shabab bombed it again, more than 15 people died. It happened in the restaurant. We had information about it and stayed each time only one minute there, only for passing to the beach.



Memorial for the Unknown Soldier, Mogadishu, 16.1.2016



Entrance of the hotel

It had been a jewel

Here you must have security (2016):

- **Ethiopia:** Afar in the Afar Region
- **Somaliland** (Hargeisa / Berbera)
- **Puntland** (Bosasso / Qhardo)
- **Somalia** (Mogadishu): Security to the extreme (4 to 8, 250\$ per person per day) because of Al Shabab
- **Sudan – Darfur:** Security mandatory all the way from Khartoum, because officially a war zone
- **Mauritania** (some desert parts): Al-Qaida
- **Sahrawi A. D. Republic** (Tindouf / Agounit): Polisario; their administrative and military centers
- **Mali (Timbuktu and Gao):** Tuareg rebels NMLA (2016 almost impossible to visit)

But: Beyond limits:

- Isis in Iraq and Syria,
- Taliban in Kandahar,
- Al-Qaida in Yemen

* Here we simplify: Frank traveled for 24 years. We speak here about „the project“ = 5.000 highlights in 10 years

Our advice: If you want to travel to the limits, don't watch TV News. CNN tells you the world is horrible, a war zone, too often. That is not true. Travel! And you see that the world is beautiful. But good news doesn't sell; only bad news sell.

Our world is the most beautiful phenomenon – most probably – in the cosmos. Our positive attitude to its beauty is the source of our **passion** for traveling.

TV often has a view focused on the dark side. This undermines a positive attitude. The passionate quality traveler doesn't let this happen. Yes, we need information, but not biased - but comprehensive information that puts the dark events into an overall perspective.

Example: The Afar in Ethiopia had been warriors and had been aggressive. With reasonable precaution we did not lose our passion for the beauty of the Danakil Depression.





Heaven Lake: China and North Korea, 8.2012. In this place we had to pay additionally for a snap. Ahead of us the masses:



Peter Scholl-Latour was extremely well traveled and experienced. He once said: „The beauty of a site exists only in the memory“. Therefore he doesn't want to go back to Angkor Wat, arguably the most beautiful site of all.

We don't subscribe to that point of view. Mass tourism is a fact we have to live with. In Mega-Highlights you cannot avoid the masses. We have to train mentally to overlook them and find in niches of the visit the beauty that still exists:

The 5 ways of „Travel Quality“ to deal with it:

- **Stay in hotels with atmosphere and ambience**
- **Get the best guide possible to sneak around and find new angles**
- **Avoid the peak season**
- **Visit at careful selected times**
- **Visit the top sites at least twice**

Lucky are those who traveled early, especially in China. If you are not sure about mass tourism, there it is.

Sharing in Social Media

3.2. Social:

Our travels are public. On Facebook, we upload around 20 photos per day as an average.

- Teo's Facebook community is large: >600 known, <400 unknown, about 50 waiting daily
- In around 50 countries world-wide, in Arabian hospitals, in bunkers of Afghanistan, in New York, in Volgograd.
- Predominately the Filipino world community.
- The photos create vivid links within the community and provide „travel“ for those who can't travel.
- They are a base for exchanging travel ideas on sites and logistics.

We are always striving for the **best guides** and the **best sources of information**. Here we still have a huge improvement potential. Our guides often don't meet our expectations.

The two following pictures show the **2 extremes** in sharing our travel experience: Heart warming spontaneity in Nias and mind-boggling exchanges with the best of the best at CERN.



Writing Travel Stories

Writing travel stories is one way to reflect and to share your experiences. The following page has its origin in observations of the section „Stories“ in the travel club TBT. The stories have less and less readers because of poor quality so the fate of this section is uncertain. But we observe shortcomings not only there.

Dos

- Write something worthwhile to read and fun to read, something exciting, maybe surprising
- Write either with facts, emotions or both
- Write about what you have seen and not so much about your transport, unless the transport is very particular
- Focus on the important and the unique
- Be less egocentric, think about your reader
- Write to tell others something useful, which will improve their travels, which will inform, motivate and inspire them
- If appropriate, incorporate other people in your story
- We guess your time is very limited, so use the travel story for different purposes, but not in an identical form, which is unfair, but copy, change and adopt: For you diary, social media, your websites

Don'ts

- Don't write: „I have been there, went to another town, spent so much time and money“. Boring, nobody is interested in that
- Don't misuse the stories as a billboard on which to announce that you have been there. Everybody can detect your intention easily: You in front of a signboard. This is only interesting for yourself; for this intention you have to find an appropriate platform, because proving is not story telling.
- Don't start every sentence with I
- Don't show always a picture with you. Yes we all like it, but not always your portrait and not so big.



Tsnival,
Südossetien,
7.2015

Sometimes we take photos of us in front of signboards because in our Club (TBT) we have to prove our travels. To prove Russian oblasts or special areas is not always easy. But we never use such a photo for a travel story.

We have written only 3 stories in TBT because of time constraints, but more will follow. The next pages contains one of them. Judge, if we follow our guidelines, there is always a gap between theory and practise.

An Example: The Sugar Trail, Philippines

The most important sugar barons of the world are in **Puerto Rico**, J. R. Fernandez, in **Natal**, Sir M. Campbell, in **Cuba**, the Fanjul brothers and J. Lobo, in **Hawaii**, W. N. Hooper. A world-wide story, but it is particularly associated with the **West Indies**. Matthew Parker has written one of the most famous books on this topic, which covers comprehensively the importance of the "white gold" for Britain and the connection to slave trade, exploitation, genocide and excessive sexual misuse, in short an extreme horror story within the British history. Like so often a British perception which is influential on the thinking of many because of language and marketing, but a perception which doesn't cover the full story. It doesn't cover the story of **Brazil** and the **Philippines**, because this story is in Spanish and Portuguese.

All the sugar stories are connected with slavery, so they are not sweet at all. But not this one. This story plays on the sugar island Negros. It is a story of **blending the Spanish with the Filipino culture**. The children of the "blend" were offsprings of mutual agreement not rape, they are among the most beautiful people in the world, women who can compete with Elizabeth Taylor.

The right place to start is the traditional Sugarland hotel in **Bacolod** in the Northwest of Negros. Your trip will go **from Bacolod to nearby cities, Victorias City, Silay and Talisay**. We call this trip the **Sugar Trail**, a cultural landscape.

If you approach **Victorias** you will pass huge sugar plantations like you have seen everywhere in Negros. The best time is when the sugar is being harvested: March. If you want a photo of the hard working people harvesting the sugar cane all the people will give you a bright smile and will talk to you. From the fields you drive into Victorias, a city with one of the biggest sugar mills in the world, definitely once the biggest in Asia, still active. You will also see a town for the workers with hospitals, schools, a cemetery and a church. A social model that would delight the UNESCO, but they haven't discovered the "Sugar Trail" yet. It is not even on the Tentative List. Not only the mill and the associate buildings are impressive; in the **"Church of the Angry Christ"**, you will get almost a shock. The whole altar wall and all the adjacent parts are covered by a painting you have never seen before. A Christ which is very strong and powerful, painted by Alfonso Ossario in the style of expressionism. He was a member of a sugar baron family. Being gay he immigrated to the US, looking for more freedom. He became one of the closest friends of Jackson Pollock, like him an abstract expressionist. Pollock is the leader in this field, his paintings rank among the most expensive in the world having sold for more than some of Van Gogh.



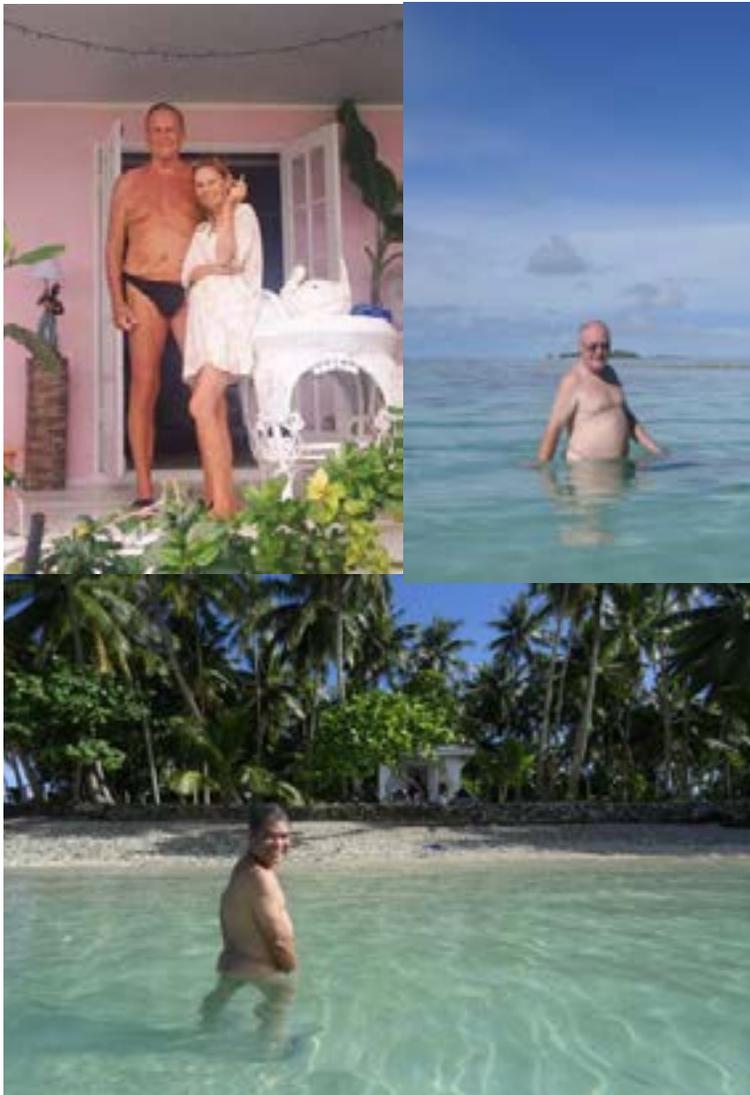
You continue to **Silay** with many original houses of the sugar barons. Not overdone, just stylish, a fine blend of Filipino and Spanish. One of the best is the Jalandoni House, today the leading museum. Watch the pictures of the wall, watch how beautiful many of the family members are. You stroll or drive slowly through the streets. It is a shame that some families cannot afford to maintain their houses. Some are ruins, some are dilapidated. The Hofilena House is a well maintained one, here the life style of the sugar barons will come to life. Here you are as close to authenticity as possible. Our young guide loves his job, he guides with utmost passion. You walk among great paintings, a remarkable art collection of Filipino and international art. Historical photos show the life style. A real blend of Spanish and Filipino. The Gaston House nearby is similar, popularly known as Balay Negrense. Here you see some of the most beautiful women you have ever seen, like Elizabeth Taylor in "Suddenly last Summer".

Last stop is **Talisay** almost back to Bacolod. For many – especially Filipinos – the highlight of the tour. You visit the Lacson Mansion. Because only the walls and the floors are standing they call it "The Ruins". This title is misleading, it is a very beautiful ruin. Thus it is called the Taj Mahal of Negros. It is the home of a heart warming love story of Don Lacson and Maria Braga. The photos and the videos again enliven the life-style of the sugar barons and in this case the love story as well.

You have seen the **history of the sugar barons**, so different from the West Indies, so sweet, so beautiful – Filipino style. The sugar trail reveals very much of the Filipino character and history: Friendly, but hard working as well, a colonial history and adaptation. The Filipinos are the most adaptable people.

The Ultimate Travel Story: Lutz Kayser's Dream

This story is unsurpassable. Location: Majuro Atoll in the Marshall Islands. The couple Lutz Kayser and Susanne Kayser-Schilleger want special guests on their private island. Naked in the stunning coral garden in front of the only villa which is rented, I interviewed Lutz Nov. 12, 2013 and found the story of all stories before Susi served a gourmet diner in front of Picasso and Matisse paintings. **We are talking about the biggest potential technological revolution that could have happened in the last 60 years.** In the meantime TV teams from 3 countries have been there. A movie has been done.



Youth: As a pupil in 1956 he directed students in a workshop for Rocket Technology at the University of Stuttgart under Eugen Sänger

Career: 1959 he raised 2 million DM for the Development, founded OTRAG (Orbit Transportation...) and developed the concept from 1975 till 1987

Idea 1975: To lower the production costs of rockets by 90% by using nitric acid and gasoil as fuel, a low-cost rocket based on simple modules

The problem: Burning the fuel continuously

The solution: He solved the problem by 20 years of trial and error, the blue-prints are all ready, in 1992 the problem was solved in principle.

Product 1992: bundling 100 rockets, 12 m high, 27 cm diameter

1. Step: Brazil: 1971, his first candidate. They refused, wanted to do it alone, but it ended in a flop - in explosions.

2. Step: Congo: 1974 Lutz went to Mobuto, Zaire. He got a huge area for his trials. **Brezhnev:** 1975 he interfered, put pressure on Helmut Schmid, to stop. **Helmut Schmid:** 1976 he forced Mobuto to throw Lutz out of the country, or the development aid would be stopped - he forced Mobuto to breach an international contract.

3. Step: Libya: 1980 Lutz went to **Ghaddafi** and again got a huge area for his trails. Ghaddafi was not as powerful as many people might think. The clans fought for their share. 3 assassinations attempts were aimed at Lutz.

4. Step: Marshall Islands: 2007 he settled down on his private island.

Lutz mistakes: He waited 20 years, till 2002, much too long in Libya, instead of going back to Brazil. He did not consider ship solutions. He found himself in the center of the conflict between Germany and France because of the Ariane, and between Russia and Germany because of the Soyuz.

We will answer later: What are the potential dimensions of this business? - Revolutionizing the costs of satellite launching thus the use of satellites for mobile phones. That is why this story is unsurpassable.

Intensive traveling has a negative impact on the environment. **We try to offset this by joining a campaign that is dedicated to environmental protection: HDI = Human Development International.** At spectacular sites we are campaigning for HDI, here at the South Pole.



Ryan Largo with John Ryan Largo and 6 others:
FilAmSTAR Newspaper, Fremont, CA, United States

CALL TO SAVE HUMANITY AND MOTHER EARTH AT THE SOUTH POLE

„In never-ending years of relentless travel, Dr. Teodoro L. Murallon M.D. and Dr. Frank W. Grosse-Oetringhaus from Berlin, Germany, HDI World Ambassadors have touched down at South Pole last December 13, 2015 as part of their Antarctica Advocacy Expedition. The Human Development International (HDI) making landmark at the South Pole was highlighted by the call made by the Ambassadors for people around the world to unite together in a cooperative and concerted action to protect and restore the ability of the Living Planet Earth to sustain life and mitigate global warming and climate change. Dr. Frank Grosse-Oetringhaus and Dr. Ted Murallon, M.D. are among the officially declared top most travelled persons on earth. Through their years of „non-stop travel“ they have spread the HDI’s cause globally making it the most travelled advocacy to date.

HDI salutes both Ambassadors for their remarkable accomplishments through the years in furthering the cause.“

www.filamstar.net and www.hdevintl.org

Promoting Human Development

3.3. Ecological:

Environmental protection is crucial, but for Human Development not enough.

If we continue to respond to aggression by aggression we will destroy ourselves. Tactically it is understandable, but not strategically.

It is because of this conviction that we went to some „risk areas“, to get experience from the dark aspects of humanity. We wanted to see „The Whole World“, this is part of it.

Our campaign: The „hate cycle“ has to be replaced by the „love cycle“, empathy, our interpretation of the HDI campaign.

„Hatreds never cease by hatreds in this world. By love alone they cease. This is an ancient law.“
---- The teachings of Buddha (Quoted from a copy in a Japanese temple)

We know that our contribution in our campaigns is small. Mabe our many discussions contribute more. Like Queen Elizabeth II said: No contribution is too small: Or: Even the smallest contribution is better than nothing.



Campaigning in El Fasher, Darfur, 24.01.2016

The Love Cycle



The Hate Cycle



We worked in more than 22 projects in very diverse forms. Often we only initiate processes, because we don't have the time for long follow-ups. The following is a comprehensive work: **"Kuk Early Agricultural Site" in Papua New Guinea.**

17.8.2014 **Meeting with the Governor** of Western Papua New Guinea, Mr. Paias Wingti (3x the president of PNG), and Barry Rungwa, Executive to the Governor. Describing the problem: Nothing had been done, nothing can be seen on the site, wrong picture, a substantial risk of being delisted. We want to analyze the situation and come up with a plan. Result: Go ahead, we support your plan, but talk to the right man: Bob Bates, owner and Director of Trans Niugini Tours (TNT).

18.8.2014 14:00-15:30 **Meeting with Bob Bates** and Barry Rungwa in the Office of TNT. Result: Bob Bates is the facilitator of the project. He will finance at least the first step, the Interpretative Center, which is already in the making by Bob Bates.

15:30-16:00 Drive to the Kuk Plantages; 16:00-17:00 **Visit of the site** together with all people involved: Bob Bates, Mr. Ru and his son Henry Ru, the two landowners, Dr. John Muke the archaeologist and Mr. Barry Rungwa, the Executive to the governor. We all were warmly welcomed by the whole village.

21.8.2014 **Emails with Ms. Maki Sakamoto, World Heritage Centre / Asia and the Pacific Unit**, about gaps in the documentation, unclear whereabouts of the management plan, no preservation plan. We got: Only general formal explanation, no support, no action, administration instead of initiative.

30.8.2014 Email to Bob Bates: with the presentation of our **preservation plan**: Phase 1: Interpretative Center, Phase 2: Learning Trail, Phase 3: Excavations

7.1.2015 **Visit the Australian National University at Canberra** and talk to the two professors, Prof. Simon Haberle, Prof. of Archaeology and Natural History, Prof. Tim Denham, who had managed the application of the site for the World Heritage: Result: Go ahead with your preservation plan.



PNG, Kuk Early Agricultural Site, 8.2014*



Bob Bates and the landowners

- Result of that meeting: They support our preservation plan, **including a partial excavation** if the area would be rather small. But they agreed that this would be essential to be attractive for visitors and in order to be in line with the photo now being shown in the World Heritage List online, which hasn't existed since 1972*!
- 16.1.2016: Email from Bob Bates: **Full approval of the preservation plan.** Kuk can stay on the List. We proposed the title.
- 18.1.2016: Decision on the title for a plaque: UNESCO World Heritage "Kuk Early Agricultural Site"

*) Compare this photo which is the reality with the photo published on the List in the Internet



USA, San Antonio Missions, Texas

On the Plaza Alamo in the center of San Antonio a stone commemorates the death of the 141rd infantry regiment. All perished. The National Parks Administration worked for 4 years to get the site and the missions on the „List“. We talked to them on July 23, 2010. And we wrote a letter to Scott Bentley who had written the Application Form. Our advice: To focus on the winning story:

Alamo was lost but it is not decisive to lose a battle but to win the war. A couple of months later, in 1836, the battle of **San Jacinto** was won and Santa Anna of Mexico was captured. But the will to win was born in Alamo. The battle cry "Remember the Alamo" was the driving force to win the battle. This victory was the reason that Texas, New Mexico, Arizona and California remained in the US. Because of Alamo and the following related events the US became what they are today. Alamo and the missions are arguably the most important sites of the US. Without the Mission Road and the work of the Franciscans the history of the country would have developed quite differently. Alamo is the most compelling story of the **Will to Win**. The missions are now a World Heritage Site. On the left: Mission San José.



Russia, Battlefield of Volgograd

Russia wants to get the monumental statue „The Motherland Calls“ near Volgograd from the Tentative List to the Heritage List. In 2016 it failed again. To be inscribed into the World Heritage List only the answer to one question matters: What is the global value? Is it the fame of the Soviet Army defeating the Germans in the 1942 battle? We got lessons from Mr. Vasily, expert in the battle history. On June 6 we spoke to the Director of the Don Volga Channel Museum, Mrs. S. Valentina, bearer of the German Bundesverdienstkreuz because of her achievements in the reconciliation of Russia and Germany.

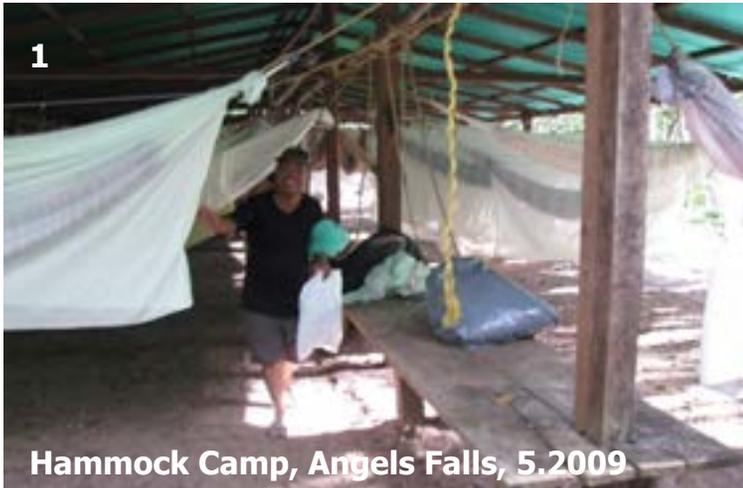
In July 2016 we wrote a letter to Mrs. Valentina with regard to the application: We pleaded for a broader definition so that the site includes the cemetery and for a different interpretation, an interpretation of reconciliation. This could lead to friendship which creates an alliance and would show a new vision which ensures that the 700.000 soldiers have not died in vain. We will not explain more because it is an ongoing process.



China, Xixia Royal Tombs, Ningxia

On June 29, 2016 we spoke with the General Manager of the site, Mr. Zhao Kyaoning. We explained the bullet points of a successful application. But we came too late for the already ongoing nomination in July. Our advice: Concentration on the winning story: We are in the province Ningxia, which means "Calm down". The name was given by the successor of Genghis Khan, suitable for a rebellious province, the former kingdom of the Tangut. These people came from Tibet in the 9th ct. and founded the kingdom Xixia with an important culture in 1038. In the 13th c. Genghis Khan conquered the kingdom. The Tangut didn't obey,

continued to fight and wounded the Khan. Here lies the key of the winning story. Mr. Kyaoning told us to write a letter of invitation, so that we can tell this story to the government in case China failed this nomination. And it failed. They hadn't told the winning story. We will publish it after the process is completed.



Past: In 10 years, we have spent 1,8 m € for 2 people. We started with 80.000 € p.a. In 2015 the costs exploded to 443.000 € (The South Pole, 6 cruises to extreme places). Between 2006 and 2015 the costs rose steadily. More frequently we took private vehicles with driver and guide, and we increased the share of luxury hotels. Since all other extreme travelers are traveling alone you must compare on the same base. If I would have traveled alone I would have spent much more than half. Since I traveled for 24 years it is again more. More than Charles Veley had published on his costs. But our total amount we consider as private. We make this statement only because this is the third most frequent question. You remember? All three: The list?, Accidents? Costs?

Future: We suggest a budget of 2 m \$/p for the 4.500 Highlights in 10 years. If you allow 2 years more time (more public transportation) or reduce the number to around 4.000, you can save around 30% of the costs, if you skip the expensive extremes in addition, you can reduce the costs altogether by >50%.

Backpackers use only a fraction of that. But they will not reach our quality level. Antarctica and many islands cannot be done on a shoestring. Sometimes camping is necessary. We do it, but only if there is no other choice and if it makes sense (pics 1, 2). In general, we go for the best (3).

	Our 10 most expensive trips	Days	Price / day and 2 P
1	South Pole and Queen Maud Land	11	10.900
2	Australia Kimberley True North incl. Heli	7	4.430
3	Northeast Passage	24	2.590
4	Russia's North (Ural and Arctic)	24	1.570
5	New Zealand	22	1.530
6	South Africa Winelands	10	1.480
7	Canada, Greenland, Alaska	42	1.430
8	East Africa	18	1.380
9	Wrangel Island and Tschukotka	16	1.350
10	Antarctica Semi-Circumnavigation	32	1.264

Most people carry far too much. Professional luggage: **Minimalistic and always the best, with 1 rucksack per person (pp)**, no checked-in luggage - as far as possible. If you travel 2 weeks or 2 years, the luggage is almost the same - but yes, you have to wash your clothes, we wash them for half an hour every three days.



This is all for 3 months in Africa. 34 l each. No checked-in luggage.

Mauritania, Cap Tafari Camp, 2.2016

Frank's Rucksack

Top 1: Docu, maps, cards

Top 2: Pharmacy, cell ph.

Main: Toiletry bag with all connections, chargers pyjama, nano jacket, thin down jacket, 4 shirts, 4 underwear, 3 socks, long trousers, **Side:** Money

Back: Notebook Lenovo X1, travel docu map, external harddrive (back-up),

Bottom comp.: Crocs

Teo's Rucksack

Same basics plus different toiletries, pharmacy, protection (sun, moskitos), iPad, 2 cameras (all identical), torch lights

Both have

Money & docu bag, res. hat, mosquito head net, turtle neck, rain poncho, silk sleeping bag

Frank's Safari Jacket

Camera (3 all together) reserve batt and chip, travel documents, tickets, ball pens, notepad, toiletries, overnight medication

Both wear at least:

Hat, shirt, trekking trousers and trekking shoes

Container for all climates (Africa to South Pole):

1 rucksack pp, the best we could find: The North Face, Steer, Patrol, 34 l, long and flat, fits in the bins of every aircraft, made for Nordic Skiing, full 8-10 kg. Divisions: 2 top compartments, one main for clothes, a side comp. for money bag, a back compartment with easy access to computer and documents. Open bottom compartment for crocs, good for water & res.

Specs for three climates and four purposes:

A Warm climate down to 10°C, only 1 rucksack pp, nothing else, no checked-in luggage

B Cold climate down to -5°C,:

1. Standard: 1 rucksack and 1 suitcase for 2 p, as checked-in: RIMOWA Limbo Multi-wheel, 63 cm; again: one for 2 p; 19 kg, this is for 2 men.

2. Special: If one partner is female, formal attire, special equipment, instead of 63 cm RIMOWA: 70 cm

3. Luxury: Less washing, more changes, more medication, toiletries, technology, more sun and mosquito protection and elegance: 2 RIMOWA 63 or 70 cm

4. Expedition: 2 rucksacks and 2 travel bags (40l), parts of above, gum boots, 2 water shoes

C Extreme cold : +2 travel bags with base, mid and outer layer (ski and down), many accessories, Baffin Boots: We send by DHL (declare contents as „Used“)

Passports and Visa

3.4. Operational:

Passports: We recommend at least 2 passports, one for travelling, the other for visa applications, DHL can send them anywhere, but you must make reliable arrangements for the pick-up. Normally you have to pick-up a new passport at your domestic office. If you use consulates in foreign countries, they are a lot more flexible. In **Germany** a third passport takes seconds to issue, but it is valid only for one year. Normally passports are issued in 4 working days. A second passport is valid only for 6 years and can be issued like the main one with 48 pages. According to studies, the German passport is the best for traveling.



I have 20 passports. Here over the heart of Berlin. 5.2017. In pages probably world record because of so many „big passports“

20 passports, the recent ones all large size, although we fight with almost all immigrations for a minimalistic stamping, many officers stamp partially overlapping and in the smallest free space, Many are cooperative. Our worst experiences: Turks & Caicos and Jamaica. We asked politely for a minimalistic stamping. They looked at us not at the passport and stamped them blind.

Roman Brühwiler had 7 passports at the same time for his project: 194 countries in 1 year.

Heinz Stücke, Nr. 1 in TBT, used for his 52 years of cycling 22 standard ones, 5 were stolen.

Some hints with regard to visas:

1. Africa is the most complicated continent for visa.
2. Don't trust visa on arrivals, conditions change quickly, especially in Africa, last example is DRC, now minimum 2 weeks for the ok of 2 ministries.
3. If you don't have a visa and travel on "visa on arrival" you often must have an **entry permit**.
4. **Berlin, Brussels, London and New York** are the best places to get visas.
5. The Americas and Australia are for many countries practically visa-free (ESTA instead). But if you have travelled to some "dangerous" countries (e.g. Sudan, Somalia, Libya), USA requires a visa: The automated process is tricky.
6. Visa services can handle many applications, but if you have a special travel agent, it helps a lot.

Some recent experiences in Africa:

1. Visa on arrival: Mauritania, Kenya, Tanzania, Ethiopia, South Africa. And Somalia (Mogadishu)! Liberia is easy. Morocco is visa-free.
2. Two countries became a lot easier: Equatorial Guinea and Gabon.
3. Nigeria has a tricky automated application, it requires a rock-solid "Letter of Invitation", and a personal interview
4. Darfur: Requires special arrangements, expensive: Only Hotel Acropole, George can do it, but not always.
5. Horn of Africa: Special arrangements. Best is Khalid M. Osman, info@visithornofafrica.com.

In the 10 years from 2006 to 2016 we had traveled everyday, short medical check-ups included, nearly everyday in a different hotel, a nomadic life without a home. If you don't compromise on quality you can't do it alone, you need support: Agents and friends.



Our annual meeting with travelnetwork, Munich, 5.2015

Within 365 days of traveling we need 3 hours a day for documentation of the past (diary, photos, highlight databank), the organization of the present sightseeing and the planning of the future. This has to be done while we are traveling, usually from 8 till 11 pm. But part of the organisation has to be done by agents.

We have 5 world-class agents which made us No. 1: Travelnetwork in Munich for overall, Nr. 2 Ventus in Berlin for Russia and related, Nr. 3 America Andina in Münster for South America, Nr. 4 CITS for China (advertising with us). Nr. 5: Most difficult is North-, West- and Central Africa (including the Horn). This can only be done by two agents, one is Lodestar, Brooklyn. Valentin, the owner, has the shortest response time.

For the rest of the world you normally don't need agents, only for special purposes. Our agents understand our needs and focus their work accordingly. They prepare statistics like lists of provinces.

If you have no home, what do you do with banking, mail, tax declaration, health insurance? Somebody has to do the minimum work that still needs to be done. We have a wonderful friend who does all for us, and all means all, with full power of attorney. Sigrid Müller-Petersen in Munich. Selling the house, storing all personal belongings, furnishing a new one. And Oliver Jäntsich from Deutsche Bank in Berlin looking after the money.



Checking our stored belongings, Munich, 5.2014

We thank them all: Frank and Teo