



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Life-changing Journeys

*An activity of "Exploring nature in a hotel room on wheels".*

Read "Exploring nature in a hotel room on wheels" (page 22, *What's Up* January 2026). Ally Chua's journey helped her learn more about herself. It was a life-changing journey for her. Let's explore how journeys (both physical and personal) can change us too.

1. Based on the story, fill in this table to describe Ms Chua's journey in terms of her expectations before the trip versus the reality she experienced.

Expectations (before the trip)	Reality (during the trip)
<i>e.g. picture-perfect sunsets</i>	<i>e.g. dirty toilets</i>

2. Watch this video about two Singaporeans who quit their jobs to bike the world:

**We quit our jobs to bike the world: what 75,000km taught us | Dear Singapore**

➤ <https://youtu.be/pDabQURk07Y?si=FbFvQe9kOb36Ex1Q> (CNA Insider, 18 Oct 2025)

3. Based on the article and the video, complete the comparison table below:

	Ally Chua's campervan trip	Nerine & Haren's biking journey
<b>Why the journey started</b>		
<b>One positive moment</b>		
<b>One hardship</b>		
<b>How the person(s) changed</b>		

4. With your partner, discuss:

4a) *In your opinion, which journey required more courage? Why do you think so?*

4b) *Which journey involved more uncertainty? Why do you think so?*

4c) *What do both journeys teach about comfort and growth?*

5. Journal your thoughts about “Comfort and Growth” using any of these prompts:

- Describe a time when you tried something new that felt uncomfortable at first. What happened in the end?
- Why do you think people often grow when they step out of their comfort zones?
- What is one small comfort you would find hard to give up, and why?
- Is it possible to grow without facing difficulties? Explain your view.

