

# live:kind



## *Acts of kindness when you are travelling*

Even when we are on the road, on holiday, or travelling for work, we can still find creative ways to be kind to others.

1. Pray for your fellow travellers, airline staff, or drivers, especially those that seem to be experiencing stress or challenges.
2. Pray for the people that you pass along the road. Pray especially for people in accidents, breakdowns, and ambulances.
3. Carry tiny toys, books or stickers to give to the distressed and bored children around you when you are travelling.
4. Buy a box of treats and pass them along the queue when you are waiting, or around the carriage of a train.
5. Pay for the fuel for another person filling up in the garage or give away a spare token for a car wash.
6. Leave a book you have finished in a waiting room or lounge. Include a bookmark inviting the finder to read it and pass it on again (see [www.bookcrossing.com](http://www.bookcrossing.com)).
7. Leave a very generous tip for the person who cleans your hotel room. They are often on very low wages and your gift will cheer up their day.
8. Write positive feedback about the places where you stay and visit on websites like TripAdvisor.
9. Send a thank you card to business, restaurants and hotels that you visited, especially if the staff were kind and helpful.

10. Leave your hotel room as tidy and clean as possible.
11. Pick up any rubbish around you on a plane, train, or bus and put it in the bin. Everyone feels better when the place is clean and tidy.
12. Help someone carry their luggage if they are struggling.
13. Take extra bottles of water or snacks to hand out to people around you.
14. Choose to stay in places using a website like 'airbnb' and make friends with your hosts. Find a good way to bless them after you leave, by sending flowers, writing a good review, or sending a small gift from your next destination.
15. Leave a restaurant gift card on someone else's windscreen.
16. Drive respectfully and courteously. Don't let anyone become frightened or angry because of your driving.
17. Pay for the parking ticket for the person behind you. Or leave extra coins by the ticket machine.
18. Save your hotel toiletries to give to a homeless organisation. Travel size bottles are easier for homeless people to carry and use. Or give them to a women's refuge.
19. Introduce yourself to the person sitting next to you on a plane and listen to their story. Listen out for a special way you could help them.
20. When you drive out to the country, take a large bin bag and pick up any litter you find. Aim to leave every place better than when you found it.
21. When you meet someone new, tell them that you are doing a project to find out different ways that people are kind to each other. Then ask them about the kindest thing anyone ever did for them. Telling their kindness story will probably make them happy, and then you can tell them about the Kindness Project and what you are doing.
22. If a parent is travelling alone with children, they may well need some extra help. Look out for the needs around you and offer to help where you can.
23. Look out for travellers who don't speak the local language, and who are struggling to use the ticket machines, timetables, etc. Smile and kindly help them out.
24. If you have been on a self-catering holiday, donate your leftover and unopened packets of food to a local food bank.
25. Be radical, and travel to help others. Why not find a mission trip you can join, or offer to volunteer in a refugee camp? Or sponsor a young person to go on a mission trip – it may change their life.
26. If you have purchased beach toys at a holiday destination, and you don't want to take them home again, give them to a family that has just arrived. It will help them and save some plastic waste, too.
27. If you are driving on your own, check out a website where people can safely offer and ask for lifts, such as [www.liftshare.com](http://www.liftshare.com).
28. Try to stay cheerful and calm even when things go wrong and when there are delays. Your positive attitude will be a gift to those around you, the staff trying to help, and also to you.

29. When you are departing from the airport pass on your spare change and local tourist books to someone who has just arrived.

30. Round up all your foreign coins and donate them to a charity. Take them to a charity shop or drop them in the currency collection point in the airport.

31. Do something to bless the country or community where you are staying on holiday. Tourism can damage the world, so we have a responsibility to try and put things right, too.