

Sportive Plus

Edith Bernier – Globetrotter

When did you get the travel bug?

I got the travel bug in 2009 during my first trip to New Orleans. Slowly, with my following trips, I started to opt for solo backpacking, because I found that it was the way that offered me the most freedom.

Your biggest challenge?

I think sometimes, we can be our own worst enemy, our toughest judge. We can care too much about what people think and say of us. If I had done that, if I had focussed too much on bad experience that I lived, abroad or in my everyday life, I would have probably never got out of my house again. So my reaction was to say *“No way. You like proving people wrong so much. Make it your battle and show them you are not just a clothing size, you are not just the size of your body. You are way more than that.”*

Your biggest success?

The day I decided to become a backpacker, I decided I would do it on my own terms; I wanted to be able to carry everything I need in an airplane carry-on luggage and that maybe it would require a little bit more imagination, I might need to be a bit more resourceful, but I would succeed. And that is the kind of things I share on my blog and in my book.

My name is Edith Bernier, I'm a globetrotter, and we can all be adventurers.