

One Aussie couple share their inspirational tale of how to do a sabbatical just right

The ideal solution to burnout in 2020 and beyond?

Taking sabbatical leave is something many people dream of, but making it a reality can often feel a lot more complicated. However, one Aussie couple have found a new solution which is perfect for budget-conscious travellers, giving them the chance to travel the world and save money in the process.

Now, they're ready to share their own travel success story with a wider audience – helping to inspire anyone approaching burnout to take a break, reset and refresh!

Stepping away from life as we know it comes with many great benefits, as two London-based Australians, Sarah Blinco and Cooper Dawson, know all too well. Battling anxiety and stress caused by their 21st-century lifestyles, the pair quit their jobs to travel and pet-sit.

Today's estimates suggest that modern 30-somethings won't retire until they reach their 70s, which seems a long time to live with discontent and a couple of short breaks per year. This is what prompted the pair, both in their 40s, to make a leap of faith. Determined to show others what's possible, they sold everything and have now been on the road for more than six months.

"There's lots of misconceptions about travel for extended periods of time," says Sarah. "We wanted to show that it's possible to take a career break at any age. I turned 40 and applied for sabbatical leave from my busy communications job in London. My job is held for me for a year, and I have the chance to reset, re-frame and do something amazing with my time. Cooper has done the same thing, taking time away from his teaching career."

The couple are eager to stress that any obstacles can be got around with some ingenuity and imagination. "We always wanted to travel beyond a week here or there, but we were stopped by the usual fears," says Sarah. "What if the work world changed while we're gone? Now we're making it happen – and we've never been happier."

Their plan has so far seen them embrace travel as an opportunity for growth, applying to house sits and quickly accumulating a long list of bookings. They've since taken care of more than 20 dogs, two horses and a cat – all while saving thousands per month in accommodation costs.

Some of the major benefits of taking a sabbatical include improved confidence, and the space to explore new ways of working, too. While travelling, Sarah and Cooper are experimenting with online businesses and freelancing. CN Traveller reported in early-2019 that by 2020, more than 50% of the UK and USA's workforce would be freelance. It may sound like a staggering figure, but this represents larger societal changes which are prompting more and more people to adopt a new approach to both life and work.

Sarah and Cooper are happy to discuss how they planned their sabbatical, travel and house-sitting. They have plenty of advice to share and are available for interviews or to be used in case studies.

To find out more about their unique journey, head to their online home at travellivelearn.com or find them on YouTube at [youtube.com/travellivelearn](https://www.youtube.com/travellivelearn).

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