



Travel Not to Escape Podcast Guest Guidelines

Thank you for being a guest on the [Travel Not to Escape Podcast](#)! I'm excited to have you share your insights and experiences with our audience. This document outlines our commitment to making your appearance on the podcast a success and provides some guidelines to ensure a smooth and enjoyable recording experience.

Pre-Recording Logistics

The Process

- Pre-Recording:
 - We'll start with a quick conversation (10-15 min) before I start recording to go over logistics and test the sound. Feel free to ask any questions or share anything you'd like during this time.
- During Recording:
 - The recording typically lasts between 60 to 90 minutes. We'll aim to start wrapping up the conversation about 10-15 minutes before the recording ends. This allows for a smooth conclusion.
 - I will record your introduction separately, so no need to worry about that during the conversation.
- If you have any questions or concerns about the process, feel free to ask.

Recording Platform

I typically use ZENCASTR or Google Meets for our recordings. I'll send you the calendar link to join the call before the recording session.

*Safari is an unsupported browser** - Make sure to download Google chrome*

*Only Laptop, doesn't work on mobile.

Sound Quality

- Before we begin, we'll ensure that your audio quality is clear and free from background noise. Headphones are recommended to prevent audio feedback.
- We will test your wifi by using www.fast.com to check download and upload speed. >10mbps Download and Upload are ideal.



- If there are any technical issues during the recording, we'll pause and address them promptly to ensure the best possible quality. It is possible we may have to reschedule the podcast if the sound quality issues persist.

Call to Action and Show Links

- If you have specific links or a call to action (e.g., a website, social media profiles, upcoming events) you'd like to share with our audience, please let me know, and I'll include them in the episode notes.

Guest Branding and Photos

- If you have branding materials or photos you'd like us to use for promotional purposes, please share them with us. Please include your logo, 1 headshot photo to be used on the podcast thumbnails, and 3-5 photos of you and your travels. Please send to <https://forms.gle/hca9XgkGav6vRqgN6>

Episode Release Timeline

- Let us know if you have a preferred release date for your episode, and I'll do our best to accommodate it. Otherwise it will fall under the normal queue for episode release. Episodes are published on Tuesdays.

Podcast Questions

Standard Questions

- I have some standard Travel Not to Escape (TNTE) questions that I ask all our guests. These help our audience get to know you better and set the stage for the main conversation.
 - Solo Travel
 - For women who are considering traveling solo for the first time but are a bit hesitant, what advice would you give them?
 - Transformation:
 - How has travel changed you and your perspective on life?
 - What is one city that transformed your life? Can you share that travel memory/experience and what was particularly meaningful for you?



- What one question would you ask your younger self when you were just starting on your journey of transformation?
- Connection
 - Where/How did you meet your most meaningful connections?
 - Do you have any fun tips for others looking to make and nurture meaningful connections on the go?
- Play
 - Is play part of your life?
- *Anyone else you would suggest I record an episode with?

Guest Specific Questions

- Based on your background and what you are working on, these are some questions that we may also cover during our conversation. If there are any questions you don't want to answer, I will remove them and ensure they are edited out of the episode.
 - Can you tell us a bit about your background and how you became interested in travel?
 - What was your first solo travel experience like? What did you learn from it?
 - How do you fund your travels? What do you do for a living?
 - How do you balance work, personal life, and travel?
 - How often do you travel?
 - How do you choose your travel destinations and what factors do you consider?
 - What are some of your future travel goals and destinations?
 - What are some challenges you've faced as a solo female traveler and how did you overcome them?
 - How do you ground while on the go? Do you keep a specific routine even while you are traveling?

Relax and let's flow 😊. Think of this as a conversation between friends. I have found it helpful to have a glass of water or a beverage within reach.

I'm looking forward to our conversation and creating an engaging episode for the TNTE audience. Thank you for being part of the Travel Not to Escape Podcast!



If you have any additional questions or concerns before the recording, please don't hesitate to reach out. Let's make this a fantastic episode together!