

Guide to globetrotting

Scrimping on holidays is all the rage. First it was staycations and now it's travelling on pennies. **Leon Logothetis** attempted to go around Europe on just €5 (£4.34) per day in his new show *Amazing Adventures of a Nobody*, having taken similar journeys across US and the UK. Here's his advice on how to see the world seriously on the cheap

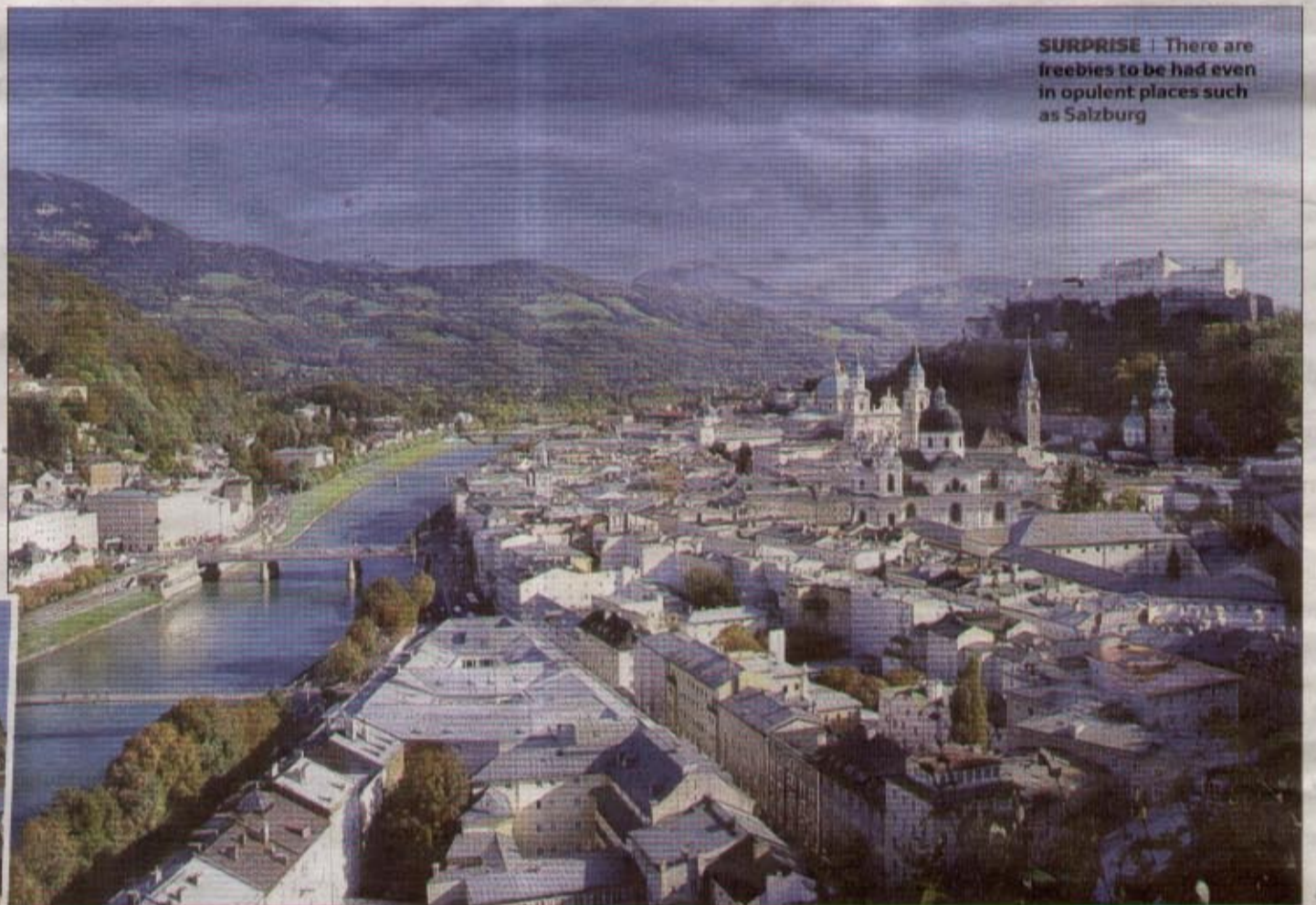
Work, pray or pedal for your bedroom

THERE are loads of free places to sleep. Many hostels in New Zealand and Australia will swap a bed for labour, such as housekeeping or kitchen cleaning. Contact the hostel beforehand and ask them what's going.

Or you could stay at a Benedictine monastery (there are thousands across the globe) as the monks have a tradition of helping people who do not have a place to stay. They will accept donations, but even if you have no money they will put you up for the night. I stumbled across St Peter's Archabbey in Salzburg (if you

find yourself there, ask for Brother Vicenza and tell him Leon sent you) but you can research ones in the area you are visiting at osb.org.

If you have a bike you can find a free bed at warmshowers.org - it's a community of keen cyclists with members in more than 100 countries, from Senegal in Africa to more well-trodden paths in the US and Europe, that will help you find a free place to sleep, often in other members' homes. The only catches are that you have to be riding a bicycle (take a helmet and chain to pretend).



SURPRISE | There are freebies to be had even in opulent places such as Salzburg



REFUGE | St Peter's Archabbey, Salzburg

It pays not to underestimate the milk of human kindness

BEFRIENDING locals is a great way to get fed and housed. In the US, the South and Midwest are great places for this. In Chicago I was put up for the night by a

complete stranger I met in Indianapolis, and I went to a small town called Galesburg where I befriended a writer at one of his writing classes who ended up putting me

up for the night. Nepal is another good place for this - I was constantly invited into people's homes for food and often offered accommodation.

Be a courier

THERE are sites on which you can get very cheap flights in return for transporting legal and approved materials, like documents.

You basically let the company know where you want to go and when you are available and they'll let you know if anything is available. If there is they'll sell you a really cheap ticket, and give you the goods and a representative will meet you at the airport.

Then your time is your own. You're most likely to be able to get something in major airline and shipping hubs like New York, LA, Tokyo, New York and, of course, London. Some agencies may ask you to pay a small fee to join but be extremely wary of sites that propose to get you cheap courier flights but make you pay exorbitant fees. Don't fall for it. A reputable site is courier.org who have a yearly membership for \$22.50 (£13.70).

SAMPLES Whole Foods Market



Get sampling

SOME supermarkets and cafes, such as Starbucks, have samples that you can help yourself to - they're big on this in the US and Western Europe. There is a great Whole Foods Market in the famous Columbus Circle section of Manhattan (above) where you can fill yourself up.

THUMBS DOWN Prepare for rejection if you're hitchhiking



Catch a ride

RIDE-share programmes are your best bet - tell people where you are headed on sites such as erideshare.com (it covers Africa, Asia, Oceania, the Middle East, Europe, North America and South America) and if they are going that way, all will have to pay for that petrol. It's a great way to meet friends too.

Hitchhiking is another option but a bit hit-and-miss. It's alive and well in the US but Europeans are less likely to pick you up. If you're going to try, the best place to approach someone is a petrol station near the entry of a motorway. Most people say no (be prepared to face constant rejection), but you'll eventually find someone.

>> ...and tips on bargaining

Many shops and market stalls, especially in Thailand, Vietnam, Egypt and Turkey, will up prices because they expect you to haggle. Here's how to talk them down:

- Go in with a third of what they are asking for and be firm but not too pushy when you're haggling.
- Decide at the start on how much you are willing to pay. Have that amount of cash ready - don't get a wallet full of money out in front of the seller.
- If you're buying several items get them from the same place as they are more likely to give you a sweet deal.
- Don't be tricked into paying too much when buying from a young child or an elderly person - it's often a ploy.
- If they say no, don't be afraid to walk away. They may call you back.



DEAL | Craft market, Kerala, India