



# THE WORK-EXCHANGE STARTER KIT

Your Field Guide to Traveling the World for (Almost) Free.

*"Alright, traveler. This is it. The dream of world travel feels big and expensive, but this kit makes it small and actionable. This is my personal playbook for landing great hosts, staying safe, and packing smart. Use these tools to take your first step. The trail is open."*

## ❤️ THE "GET A YES" MESSAGE TEMPLATE

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**Instructions:** Hosts get dozens of generic messages. Yours needs to be different. It needs to be personal, show value, and prove you're reliable. Use this template as your guide. Copy, paste, and personalize.

**Subject: Enthusiastic Helper for [Something Specific from Profile]!**

Hi [Host's Name],

My name is [Your Name] and I came across your profile on Workaway. I was so inspired by [mention something specific and genuine you liked: e.g., your permaculture project, the photos of your happy dogs, your mission to build a community space].

I'm a [describe yourself in one line: e.g., a hardworking builder, a creative problem-solver, a clean and organized person] currently traveling through [Your Location/Region] and I would love the opportunity to help you with [mention the specific task they need help with]. I have experience in [mention 1-2 relevant skills, even if not 'professional' - e.g., gardening, cooking for groups, organizing spaces] and I am a fast learner.

I am available from [Start Date] to [End Date] and am happy to have a video call to chat more.

Thanks for your time, and hope to hear from you!

Best,  
[Your Name]

## THE HOST VETTING CHECKLIST

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**Instructions:** Never agree to a stay without a video call first. This is non-negotiable. During the call, ask these questions. Trust your gut. If something feels off, walk away.

- What are the **exact** working hours per day and days per week?
- What specific tasks will I be responsible for?
- What does "food included" actually mean? (e.g., 3 meals a day, access to kitchen, etc.)
- Can you describe the sleeping arrangements? (e.g., private room, shared dorm)
- What is the Wi-Fi situation like? (Crucial for digital nomads)
- Are there other work-exchangers or people in the house?
- What do you expect from someone staying in your home regarding cleanliness and house rules?
- What is the best and worst part about living in your area?



# THE MINIMALIST PACKER'S LIST

**Instructions:** The biggest mistake is overpacking. Every item must earn its place in your bag. This is a battle-tested list for long-term travel.

## The Core:

- Backpack (40L max)
- Daypack
- Packing Cubes

## Clothing:

- 3-4 Merino Wool Shirts
- 1 Rain Jacket
- 2-3 Pairs Versatile Pants/Shorts
- 1-2 Long-Sleeve Layers
- 1 Puffy Jacket
- 5-6 Pairs Wool Socks/Underwear

## Essentials:

- Passport/Visas
- Power Bank
- Quick-Dry Towel
- Universal Power Adapter
- Headlamp

**Operator's Protocol:** "Don't pack for every possibility. Pack for the 90% certainty and buy the rest on the road if you need it. Your back will thank you."