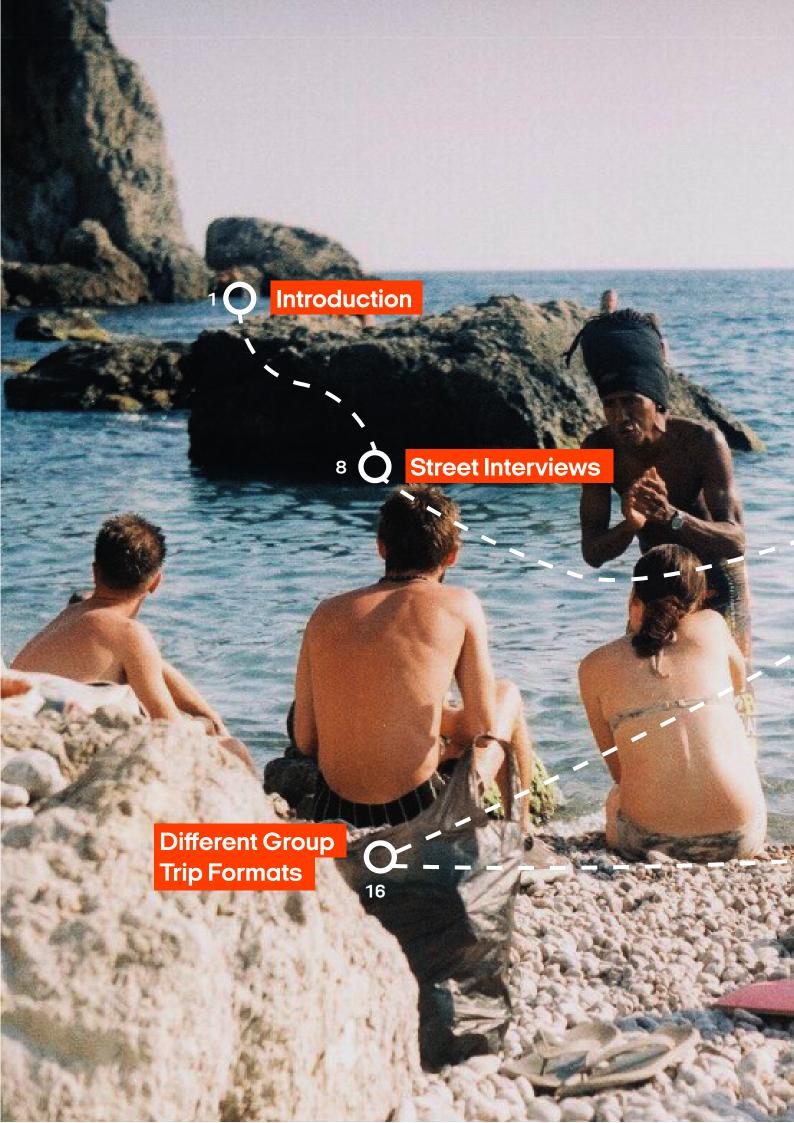
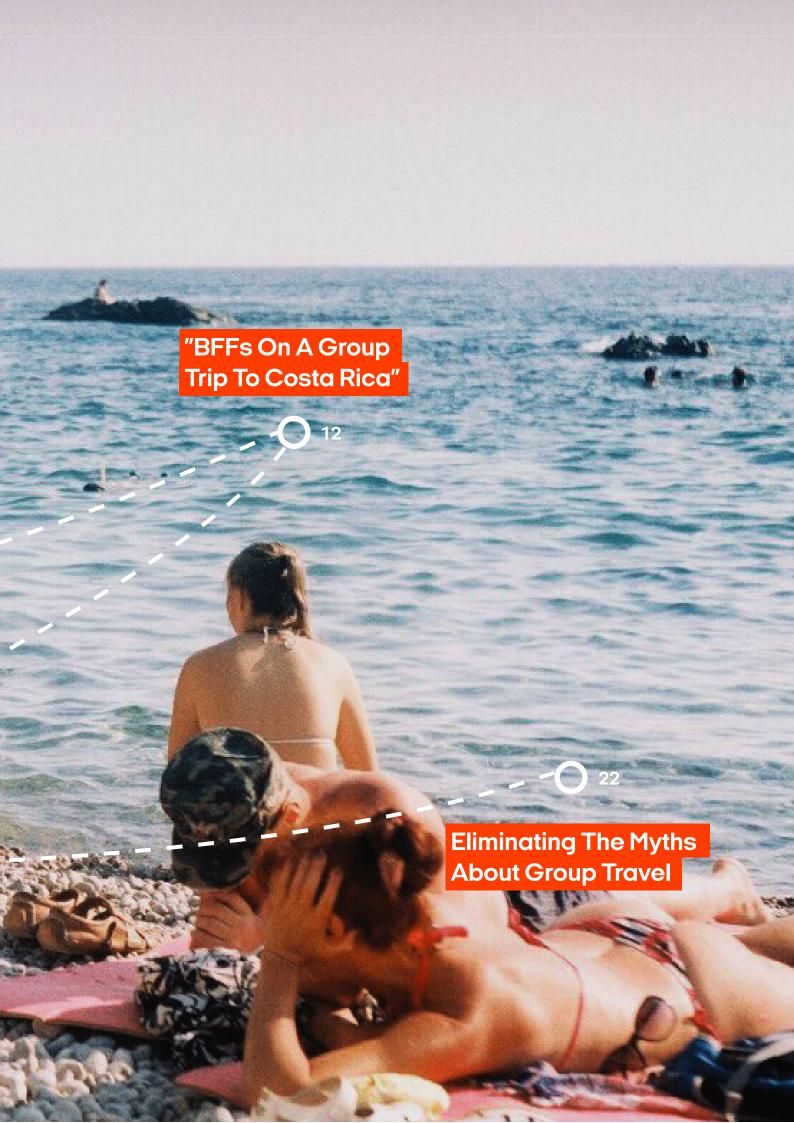


A mythbuster of all the prejudices

Free e-book

THE UNITOLD BENEFITS OF GROUP TRAVEL





There has long been a debate between group travel and solo travel. While some people prefer to depart solo, others are attracted to all the benefits of group travel. But what are the main differences, and do you really need to jump on one bandwagon or the other? We insist that you don't! Whether you're a first-time traveller or a seasoned adventurer, there's no need to pick between dedicating all your future adventures to one or the other because group trips and solo trips offer varying experiences. It truly depends on what journey you are departing on and what type of experience you are looking to get out of that specific trip.

For some people, being 21 and alone in Bangkok might be exactly what you want and need, while other people might feel more comfortable being dropped off in a new city with some likeminded travellers. We're not saying that one thing is better than the other, we just want to debunk some myths around what modern day group travel really is.

There are some notions out there that group trips are just for the "old folks" or for people who need



a chaperone because they can't or don't want to travel by themselves.

You may have the image of a flock of sheep following that red flag in an over-crowded tourist spot abroad popping in your mind at this very moment! But we're here to tell you that joining a group trip won't kill your spontaneity or your wanderlust, it might even amplify it.

Joining a small group might let you see and experience more at the destination since you don't have to worry about planning everything yourself. Getting there, transportation from A to B, and finding a place to stay are no longer things you have to sort out alone. And did we mention that you'll have someone to share all your incredible experiences with?

Small group trips are also a great way to see the

Small group trips are also a great way to see the destinations that you might not be as comfortable travelling to alone.





WHAT COMES TO MIND WHEN WE SAY ARRANGED GROUP TRIPS?

What do you think of when I say "group trips"?

Lena: Probably something like Sunny Beach. I believe I've seen some kind of youth travel company doing this.

Laura: I am thinking some kind of backpacking trip. I guess you could do a group trip as a backpacker?

Have you ever been on a group trip?

Lena: No, not really.

Laura: Well, I have been to Scotland where we were 9 people going. We worked for 3 weeks in Scotland and we lived in a dorm-like place with own room and bathroom and then we shared kitchen with the rest. We worked in a shop for those 3 weeks, and then we had to go back home. The thing is, it wasn't something we paid for, and everything was arranged from home.

If we look at the backpacking trips, would that be something that you would like to do at some point?

Lena: Absolutely. I actually have plans to do it next summer. I am thinking a trip with other young people that I don't know. If I can convince a friend to go with me that would be great, but if not, then I am just going by myself. I just want to get far, far away really. Australia would be really cool!

But still together with other people, or?

Lena: I would love to meet new people that I don't know and travel on something that was pre-arranged. But at the same I would like to have some flexibility to do stuff on my own here and there. Maybe travel in a group, detach from it for a while, and then join it again on a later stage. Something like that would be great.

If you had to come up with 3 prejudices about group travel what would that be?

Laura: It's so expensive. It's my impression that you have to save up a lot. But other than that I don't have prejudices to be honest. I think it would be fun!





What do you think of when I say "group trips"?

Marcus: I think it sounds cozy. We're actually both going on a group trip in 3 days. It's a ski vacation with people from our university where we're a group of students going together.

Have you ever tried to travel with people you didn't know?

August: Not completely by myself. But we've been on another ski-trip, where we were a small group from my high school and then we met up with people from a lot of other high schools.

Marcus: I have never tried that.



Do you know why, you have never tried that?

Marcus: Honestly I haven't traveled that much. I never had a sabbatical year actually. It's just been about studying for me and then the occasional summer travels either with family or some friends.

If you think outside skiing, and then give group travel a thought, what would you think then?

August: A prejudice could be that people going on these trips are people who can't take an initiative themselves. Perhaps they want to explore a lot of things but are dependent on other people who takes the decision for them.

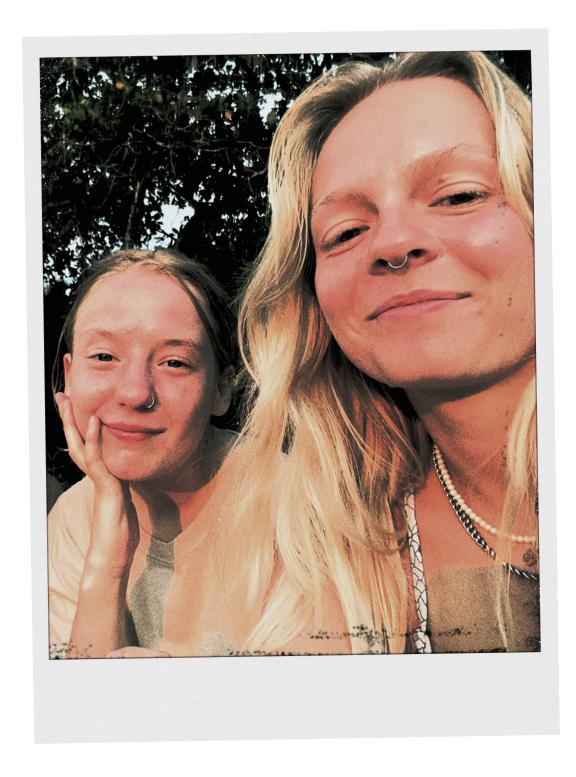
Marcus: I don't think I have any prejudices myself, I actually think it sounds fun. More because you meet a lot of new people and experience things with them.

Could you be interested in going on such a group trip?

August: Despite what I said, I have actually considered it. I also have several friends who have done it and it looks pretty cool. But I took my sabbatical year already, and maybe I feel that it's a bit too late now.









What do you do when none of your friends want to travel and explore? What usually happens is that everyone is super stoked in the beginning, there's no budget and no limits to the number of destinations that you want to visit, but then one by one people drop off because of budgets, maybe they got into the school they wanted after all, they spent the money on something else or maybe the timing just wasn't' right.

Does it sound familiar? But YOUR dream to travel and see the world doesn't just vanish because your friends decide to do something else. We had a chat with one of our Danish travellers, Helene who decided to go on a KILROY group trip to Costa Rica. The trip gave her unforgettable memories, but also a new friendship with Kajsa from Sweden!

The friendship didn't end at the airport, like it often can, and here's a little bit of their story!



Why did you decide to hop on a group trip?

I'm from a very small place in Denmark and I've been fascinated by travel and seeing the world since I was a little girl. When I graduated in 2021, I didn't exactly know what to do next, which is why I decided to take some summer classes. My plan after the summer was to backpack through New Zealand, but because of corona I was forced to stay at home. I decided to spend that time wisely, getting a job and saving up more money for my travel budget.

The travel bug in me was really itching, so I needed to get out of tiny Denmark. I searched around and found KILROY on social media. I was actually planning on sending the travel experts an email about a longer backpacking journey when I noticed the group trip to Costa Rica – I thought that trip sounded like a real adventure!

How long did it take before you connected with Kajsa?

I knew it at the airport in Copenhagen that Kajsa was the type of girl I could connect with and become friends with. But it wasn't until we were in Costa Rica that we started talking, bonded over the same taste in music and really clicked. The funny thing is that we're completely different types of people who most likely would not have ended up as friends back home. I'm such an extrovert and talk a lot, while Kajsa is calmer and self-assured in that. I was therefore taken aback when we started talking about new travel plans and she "jumped onboard" right away, especially because I wasn't sure what she thought about me at all at that point in time. After that moment we hung out together for the rest of the trip. We didn't exclude the others of course, we actually ended up being a really tight knit gang who had so much fun together!

Tell us about the trip itself, what do you take away from it (except for a new friend?)

In spite of the fact that we were "only" there for two weeks I felt like I got to see all the highlights that you want to see when you look through Pinterest. Our guide, Leo, was truly amazing and made the trip so much more special. You could tell that he had so much experience and really knew the places that we visited, and he was completely honest about what he thought we should and should not do and see. He also always let us choose what music to play in the car and he felt more like a friend than a quide to us. Shoutout to Leo!

What are your absolute favorite highlights?

I have to say that ziplining through the jungle was pretty awesome! In spite of the fact that it was a little cold and also raining, it was really something to see the rainforest from above.

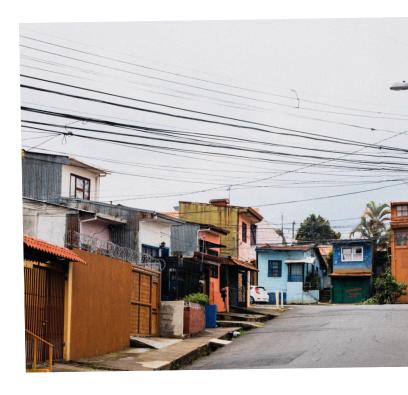
Another moment on the trip that I will never forget is from Santa Teresa when Kajsa and I went down to the beach one night to check out the sunset. We swam out and floated there completely still, we felt like we were in a movie, and it was the perfect ending to our journey.

Have you and Kajsa kept in touch after the trip?

We kept in touch via Snapchat and about a month after we arrived home Kajsa wrote to me saying; "Have you seen the lineup for this year's Coachella"? Two hours later we had bought tickets and we're now planning a trip to the US this spring. KILROY has helped us to book a car, and since Kajsa is the only one of us that has turned 21 we decided to go with a "normal car" so that we both could take turns driving. The plan is to check out the festival and then road trip around to see the Grand Canyon, Yosemite National Park and Lake Tahoe. But we don't want to just be "out in nature", we'll also be staying in San Francisco. I've seen so many videos on TikTok from cool secondhand stores that I want to visit while I'm in the US!

What's the thought process behind deciding to go on a group trip by yourself?

The benefit of jumping on a group trip is that you have a sense of security in the fact that you'll have people to travel with and the knowledge that all the practical stuff is being handled for you. My parents also felt assured in knowing the travel plan and being able to reach out to someone if they needed to. The best part of joining a group trip is that you're guaranteed to have travel buddies that are "most likely" looking for the same connections that you are. The thing that can be a little scary about going backpacking on your own is the fact that you don't know if you'll find people to hang out with along the way. On a group trip you don't have to worry about that, everyone on a group trip like this is thirsty for new adventures and meeting new people. You'll of course experiences differences in terms of personality and culture, but it just makes it a lot more interesting!



Was there anything on the trip that you think should have been improved?

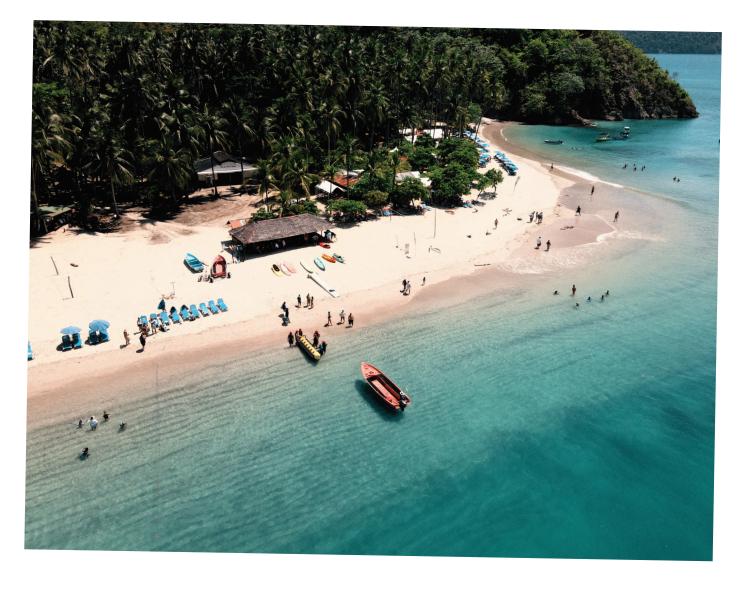
Since the schedule is pretty tightly packed, there's not that much time to go explore on your own, even though we were given some free time to do our own thing. If you end up falling in love with a place, you'll just have to see it as a "taste" and plan to visit it again at some other time. But as I mentioned earlier, I really felt like we got to see all the highlights and within such a short amount of time.

What would you say to someone contemplating going on a group trip?

Go! And max out the whole experience by being open to new people and take in every moment as go you. Even the moments that don't turn out the way you had hoped they would, those are moments you'll laugh about later. I mean, we could have decided not to go down to the beach that last night for a swim, because of the hassle of packing wet swimwear in you backpack. But it turned out to be one of those moments that I'll remember forever.

Lastly, I would recommend bringing a small speaker and some cards! It really brightens up the mood and allows everyone to the get to know each other more easily!

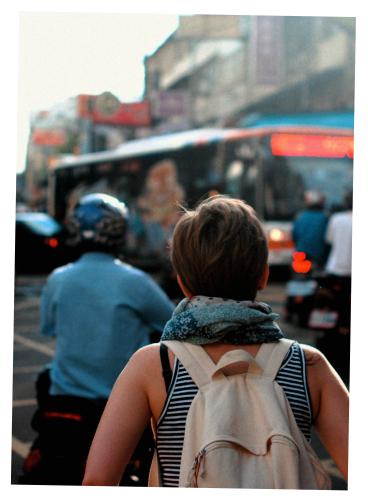




DIFFERENT GROUP TRIP FORMATS

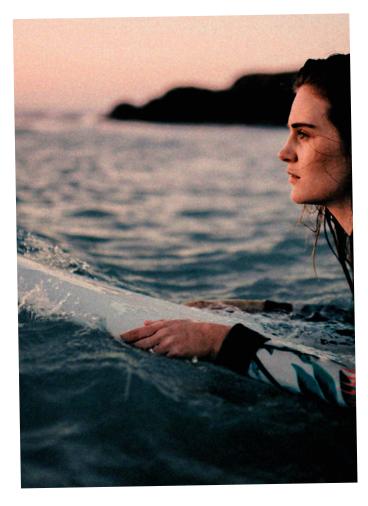
KILROY Group Trips (DK, SE, NO Only)

These trips are for you who are between 18-26 and would love to travel the world with other like-minded backpackers. We call these trips "Scandi Group Trips" as they consist of a maximum of 12 people from Denmark, Sweden and Norway. If you're looking for a big adventure but don't want to plan it yourself, then we've got you covered. We have a lot of different destinations to choose from, but the common thread between them all is that you travel in a group, we arrange everything for you but still leave some room for individual exploration en route. Because it's a group trip with a narrow age span, you can be sure to travel with like-minded backpackers, who, just like you, want to explore the world and have someone to share it with.



As a first-time traveller you easily run the risk of feeling a little uneasy at the beginning of your backpacker trip. To avoid this and ensure a comfortable start we recommend all our first-time travellers to kick off their journey with a small-group adventure tour. We don't do the cookie-cutter kind of package vacations.

We create all of our trips based on a framework we call "The KILROY Way", focusing on more immersive, adventurous and sustainable ways of travel.



Re:discover

Re:discover trips have a duration of 2-4 weeks and have fixed departures. These trips are built for travellers in their 20's and 30's who would like to take a short break from their everyday routines, yet are still hungry for attaining new skills like videography, surfing, local crafting or survival in the wild. Re:discover gives you more than 'just' adventures off the beaten track. It lets you reset, reconsider, rediscover yourself and your current life position. It gives you new skills, new friends and new perspectives.

It boosts your knowledge – both about yourself but also in a new topic, letting you return home refreshed and renewed with a boost of energy and confidence.





Small group adventures

Small group adventures are very simple. You tailor your own journey together with us of your choice, and we hook you up with a group of like-minded backpackers. We work with many, many different suppliers who run cool adventure tours all over the world, so we're confident that we'll find the right match for you. These small group adventures can be anything from a few days to several months in length. What you want is entirely up to you. Perhaps you want to start your trip by travelling in a group and then continue on your own, or maybe you just want to spice up your adventure by meeting new people here and there while you're travelling. The sky is truly the limit here, so if you can dream it up, we can most likely make it happen!

The KILROY Impact Challenge

The KILROY Impact Challenge focuses on sustainable travel. In short, what you have to do is rally your best travel mates to go as a group or register as an individual and join a team with other likeminded adventurers! The process is simple and inclusions are basic, but you're in for one hell of an adventure exploring the great unknown as you make your way through Europe

by train! Along the way your group will be participating in fun challenges focused on impactful activities that will leave a mark on you and the communities you visit. The [un]route is completely up to you, but to make the most of your adventure we recommend planning less and going wherever the tracks take you. The Impact Challenge ends with a bang and one huge party for all the teams that has taken part in the challenge.



What do all of these have in common? Well, they prepare you for onward travels!

Group trips ensure a good experience and form a nice introduction to the country you're travelling through, while at the same time preparing you to travel further on your own. Many travellers are so happy with this tour concept, they book more group adventure trips later on during their journey, simply because the experiences you get are unique, the mood and atmosphere is wonderful, and you gain a bunch of new friends who are in the same boat (sometimes literally) as you.





ELIMINATING THE MYTHS ABOUT GROUP TRIPS



I'll be the only one travelling alone in a group – "the loner"

... Of course we can't guarantee this one way or the other but from our experience, the majority of people joining a group trip join as an individual rather than as a group or a couple.

It's so much cheaper to find and figure things out on your own

... You can always find cheaper alternatives on your own, but it might not provide the same level of experience as you would get with a customized trip. You'll have to compromise on something else [like the experiences]. Not to mention all the time you spend researching on your own!

I won't get that unique and customized trip if I join group trip

... A lot of people think that it's much easier to plan everything themselves and that they'll even get a better price if they do ... There's an idea that if you can find it on Google then you can find the experience yourself, and therefore you don't need a travel agent or a group. Which is not always the case! Travel agents provide expert guidance and can often secure better deals than you can find yourself!

I wouldn't be caught dead in one of those "heards of tourists"

... Neither would we! Groups trips aren't what they once were and it's no longer a travel style reserved for old-timers and history buffs. Groups trips nowadays are trekking through the jungle in Thailand, visiting local tribes with a group of people your own age. It's no longer about following the tour guide with the red flag!



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... Every type of group trip is a little different and allows for different things. If you're in need of a LOT of "me time" then you should look for the trips that are over a longer period with less activities included. Or maybe the concept just isn't for you. We're not saying that it's a one size fits all type of travel style.

Will I have to fix my own transport between places?

On some group trips there might be a day or several days where we haven't planned anything for you, and in those cases, you'll have to fix your own transportation if you want to visit a site nearby or a new city.

What's the accommodation like and is everything included?

It's a mix of hotels, hostels, bungalows and other types of accommodation (it all depends on what type of trip you're on), You might not think that staying at a hostel is for you – but hostels have come a long way! They now look like trendy co-working spaces with kombucha bars and ping pong tournaments. But remember, you'll have a new group of friends to sort this out with!

What's the size of the group?

The size of the groups varies from trip to trip, some smaller groups and some larger groups. What they have in common is that they're put together to have the optimal number of people travelling together based on what type of journey you're going on.



I'll get stuck with people I don't like

... We're not going to lie and say that you'll love everyone in your group. You might or you might not. But the whole idea is to meet new people and gain new experiences, right? So, maybe it's time to be open-minded and give people a chance. You might surprise yourself!

It's going to be so cringe just meeting a random bunch of people in "Bangkok." Will I be able to connect with them before departure?

We always strive to connect our travellers before departure! Take our scandi groups trips for instance: here we facilitate a pre-departure group where you can do some "Facebook stalking" before you guys leave for your epic journey. You get to connect and ask questions. There's even a community manager available to answer all the questions you might have. there are more people joining group trips by themselves - than people joining as a group or couple.



HERE TO HELP

DENMARK	www.kilroy.dk	travels@kilroy.dk	+45 70 15 40 15	
	KILROY København Fiolstræde 22 1171 København K	KILROY Aarhus Fredensgade 40, 8000 Aarhus C	KILROY Odense Vestergade 100 5000 Odense C	
FINLAND	www.kilroy.fi	travels@kilroy.fi	+358 9 68 78 200	
	KILROY Helsinki Kaivokatu 10 A, 00100 Helsinki	KILROY Turku Kristiinankatu 10, 20100 Turku		
NETHERLANDS	www.kilroyworld.nl	travels@kilroyworld.nl	+31 20 52 45 100	
	KILROY Amsterdam Singel 413, 1012 WP Amsterdam	KILROY Utrecht Nobelstraat 117-119, 3512 EM Utrecht		
NORWAY	www.kilroy.no	travels@kilroy.no	+47 23 10 23 10	
	KILROY Oslo Kirkegata 15, 0153 Oslo			
SWEDEN	www.kilroy.se	travels@kilroy.se	+46 771 545 769	
	KILROY Stockholm Drottninggatan 83, 11160, Stockholm			
BELGIUM	www.kilroy.be	travels@kilroy.be	+32 46 69 00 222	
	KILROY Ghent Sint-Pietersnieuwstrad 9000 Ghent	nt 105,		
ICELAND	www.kilroy.is	travels@kilroy.is	+354 517 7010	
	KILROY Reykjavík Ármúli 10, 2. hæðm 108 Reykjavík			



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