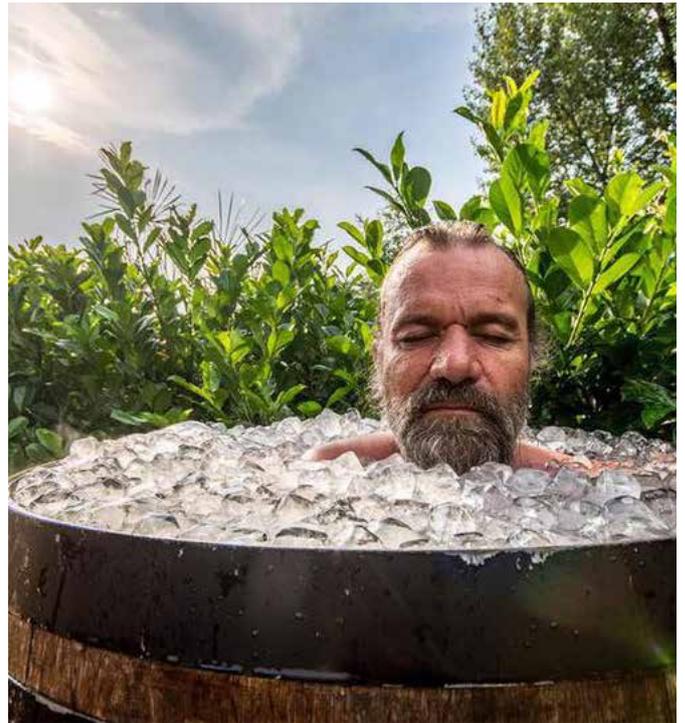


Life experience Melvin Littel



Taking a homeless guy from the street in my house for a month, getting him a job, a bicycle, food, money and socializing.



Learning the Wim Hof iceman breathing technique and taking an ice bath.



Doing what I always said I would do if I win the lottery organizing a 24 hours festival/party for 300 friends from around the world. Planning everything from workshops, DJs, sleeping arrangements, free transport.



After finishing my studies, I chose to travel for 5 years instead of working on building my career. I've done part time jobs in between to make it all happen.

***"BE THE
CHANGE
YOU WANT TO
SEE IN THE
WORLD"***

mahatma gandhi



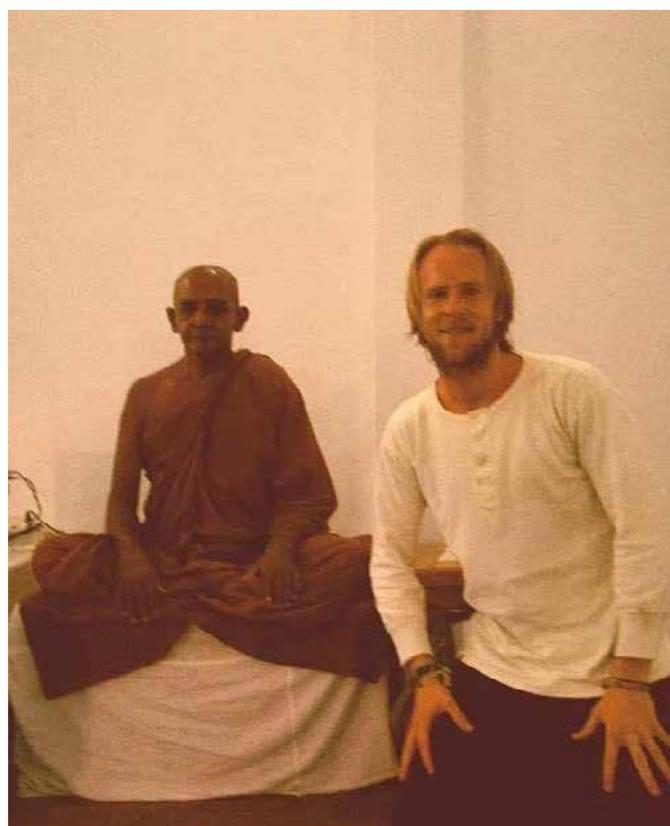
Learning how to teach, becoming a volunteer English teacher in the Hill tribes in Asia.



10 minutes before all my bags got stolen in India on the beach in a surprise tropical rainstorm. Losing everything, including my passport and money. Finding out that even in that situation there will always be options and solutions to problems.



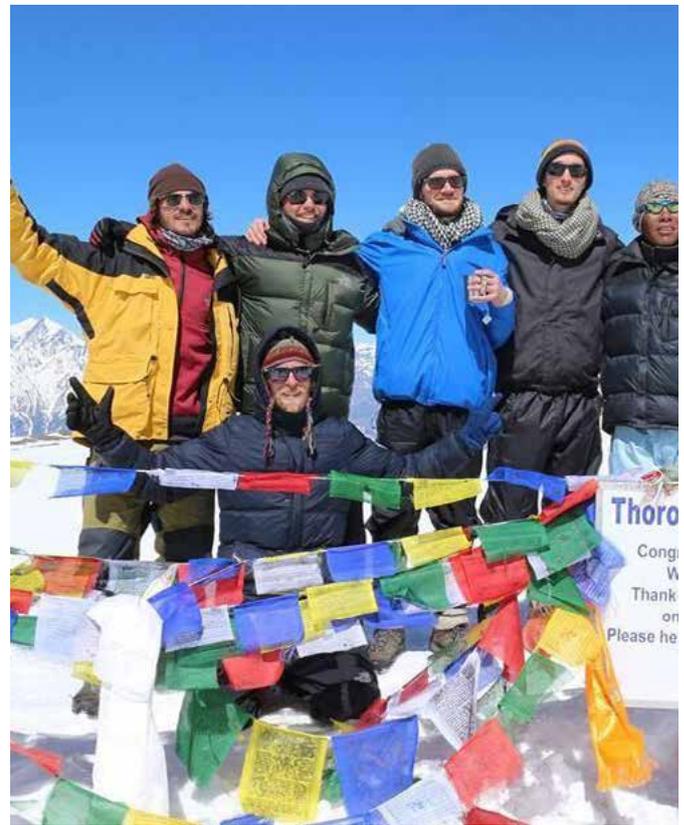
Connecting great people from all over the world and creating great little communities.



Learning how to do a Vipassana meditation, a 12 day silence retreat. No talking, no eye contact, no sports, limited food, sleeping in a cell and meditation sessions from 4:00am to 9pm with little to no breaks.



Doing a yoga teacher training in Richikesh India.



Doing the 15 day Annapurna track journey in the Himalayas Nepal. Getting extremely sick approaching the top, being pushed over by a local, experiencing an avalanche at about 30 meters behind me and rocks falling and smashing to the ground next to my head.



Disconnecting from the outside world by going on a beach trek along the Dutch coastline - no phone, money or any other human contact. Walking for 12 hours a day and sleeping outside, with just a few supplies like food and water. (not an actual picture from that experience - I haven't got any!).



Hitchhiking in Eastern Europe for 1 month. Never having to wait longer than 1 hour for a ride. Getting free food, free accommodation and tours by lots of great people (including the director of Samsung Europe - Picture taken by his driver!) .

**"LIFE ISNT
ABOUT
FINDING
YOURSELF.
LIFE IS ABOUT
CREATING
YOURSELF "**

George Bernard Shaw



Making a free hostel out of my house and having tourists stay for free in Amsterdam, pretty much on a weekly basis.



Organizing free sport days in a gym area where adults (responding to a Facebook post) could play as if they were young again (dodgeball, basketball, football, table tennis).



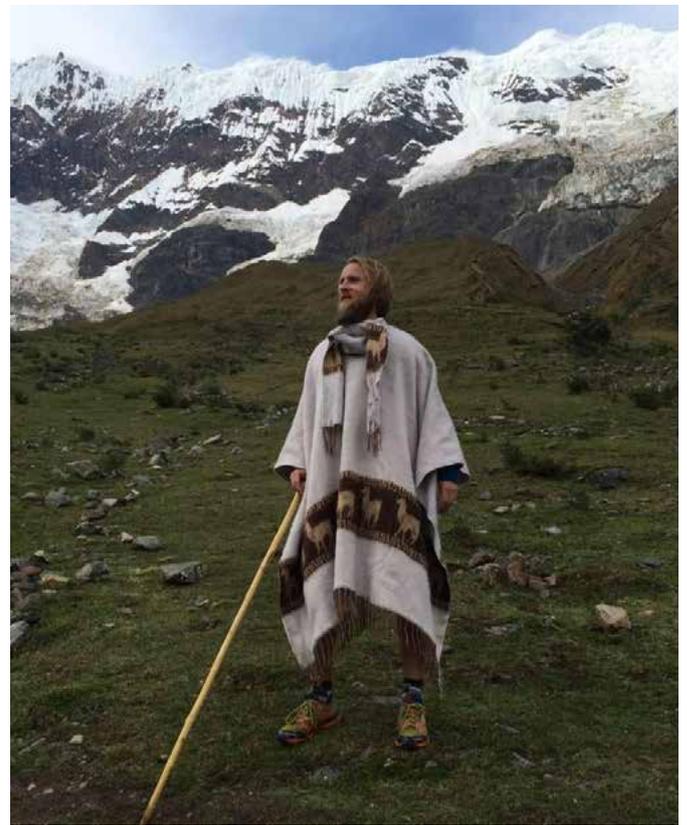
After being bitten by a spider and not being able to walk for a week, losing my three jobs and running out of money. Instead of calling friends and parents, or accepting help from my travel friends, I went on and challenged myself to live without any money for 2 weeks! I did this by being outdoors, living and having a great time (I still went to all the parties that my friends were having in different locations such as hostels and B&Bs!).



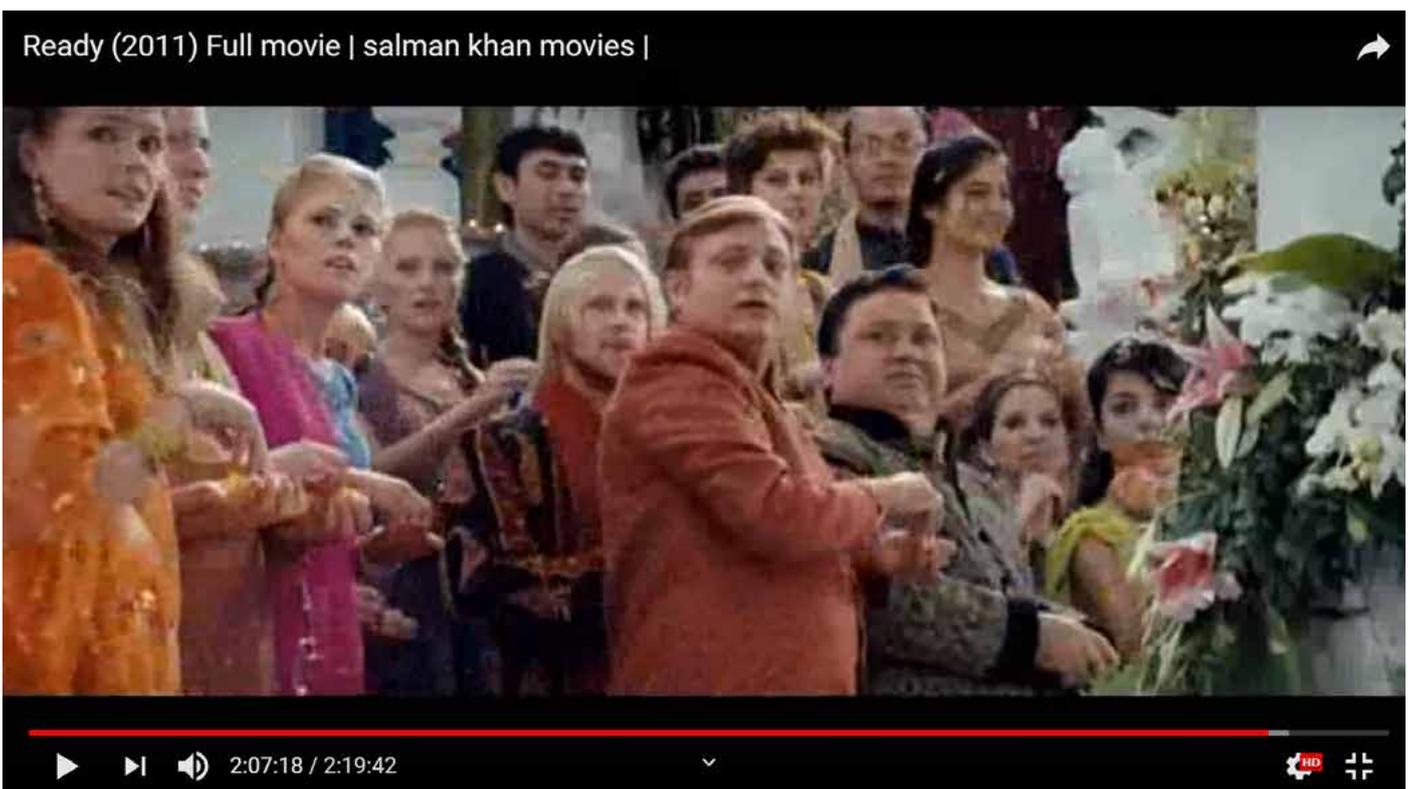
I gave all my material possessions away, for free, 3 times. It was done through Facebook - the first person to reply to my post would get it all - and that included a home cinema, a jacuzzi bathtub and a tennis table!



Accepting a challenge from a friend: juggle a football 3000 times in the air without dropping it. Despite playing football for most of my life, the most I could do was 40. And so, I went on to train and after 6 months, I made it! On a beach, in Sri Lanka, proving to myself that we do have the ability to learn and change pretty much everything we want to!



Trekking to Machu Picchu and the Amazon Jungle, with 10 minutes to buy warm clothes and equipment for this trip!



Being an extra in one of the most famous Bollywood movies of the decade!

***“EVERYTHING
YOU CAN
IMAGINE
IS REAL”***

Pablo Picasso



Challenging people on Facebook to focus on their happy moments of the year



Challenging people to create and share a bucketlist on Facebook



Organizing a 66 days Sports Challenge to motivate as many people as possible to practice sports everyday (in their own way, for 66 days in a row!). Motivating one another by posting updates and pictures on Facebook and on a WhatsApp group I've created specifically for this challenge. Two years later and the groups are still running, with new people joining every month!