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Q&A WITH A FORMER COUCH POTATO

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No longer interested in watching TV, Marlene now travels the world and tracks all her journeys on her website <http://couchabenteurer.de>. She is presently seeking out adventures in Brazil.

We recently caught up with Marlene and asked her a few questions about her travel passions.

Q. At what point did you realise you no longer wished to be a couch potato?

A. I admired my friends who have traveled all over the world. My adventure played out only in the telly. Let's be honest, in the TV you look only at the others life. In the daily soap, in the Hollywood movies and even in casting shows, Someone else makes a career, is traveling around or is

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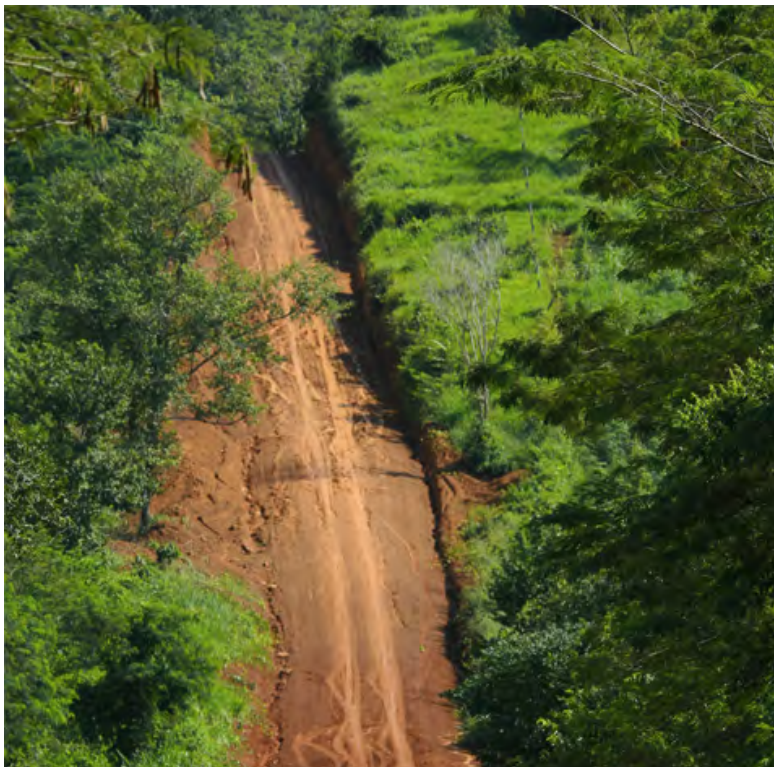
celebrating wild parties. So sitting on my couch was not enough for me. For my life. And most of all I wanted to have a man, who is an adventurer. Someone like Steve Irvine, Felix Baumgartner or Bear Grylls! But to find a man like this you first have to change yourself. If you want an adventurer you must become an adventurer to attract them.

Q. What has been the most challenging adventure you've undertaken since being on the road?

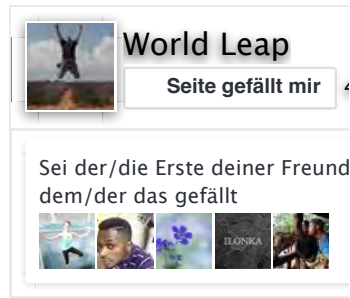
A. Sell everything at home to start a new life in South Africa. You know: Africa is not for sissys;) And this time was really adventures for me! I did abseil from Table Mountain, paragliding, I touched an elephant and I flew a plane!

Q. You have seen much deforestation in Brazil. Please tell our readers more about how this has affected you.

A. Yes I did! The area where I live now is a big mining area. Maybe hundred years ago it was just rainforest. But a mind needs infrastructure like roads, railways and cities for the people to live. And all these needs space. Just as our hunger for meat. More and more land is needed for agriculture. The trees are cut down or huge areas become a victim of fire. It hurts me every time I see palm burning dust over the rainforest in the mountains.



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Q. Where in the world have you experienced the most personal growth, and why do you think that is?

A. I think it was in South Africa. I learned a lot about first

world culture and a country with problems like South Africa. Not the people with the most income, the biggest cars and biggest houses are the happiest. People who have nearly nothing help & support each other. They have a happy life, because of good friends, their family, helpful neighbors and ethical values they have. In Germany it seems that just status & success counts and not values like friendship and helping each other. This impressed me very much.

Q. Where would you like to travel to next?

A. I have so much on my bucket list! I don't know why, but I found out, I'm an African child, so I have to return every here and now;) In September we fly to Namibia. And we are also busy planning a 3 month road trip through South America for next year.

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