

# VANLIFEZONE

A teal Volkswagen van is parked on a grassy hillside. In the background, there is a stone tower and rolling hills under a cloudy sky. The van has a white roof rack with a red box and a spare tire. The license plate is 52-YB-53.

Issue 4  
02/2022

## MISSION POSSIBLE

TRAVELLING WITH 2 SMALL  
CHILDREN IN A RENAULT  
ESPACE

## SQUEAKING AND CREAKING TO CHINA

## VANLIFE SELF CARE

## RECIPE

Vegan Jackfruit  
Burger

A PASSION PROJECT  
DEDICATED TO SHARING  
VANLIFE STORIES AND  
ADVENTURES



# ABOUT US...

Vanlifezone is a passion project dedicated to sharing vanlife stories and adventures. It began in early 2020 as a small page on Instagram but soon gained momentum and is currently on the verge of hitting 20.000 subscribers. After the release of the first three digital issues of our magazine we got a lot of positive feedback and more stories to share.

We proudly present the fourth issue: six inspiring stories about very different topics related to living in a van and a delicious recipe await you in this issue.

The best thing about the stories is that they are your stories! You – our friends, our Vanlifezone-family – had total creative freedom to send in whatever you wanted with whatever images you wanted to accompany the text... And it turned out amazing!

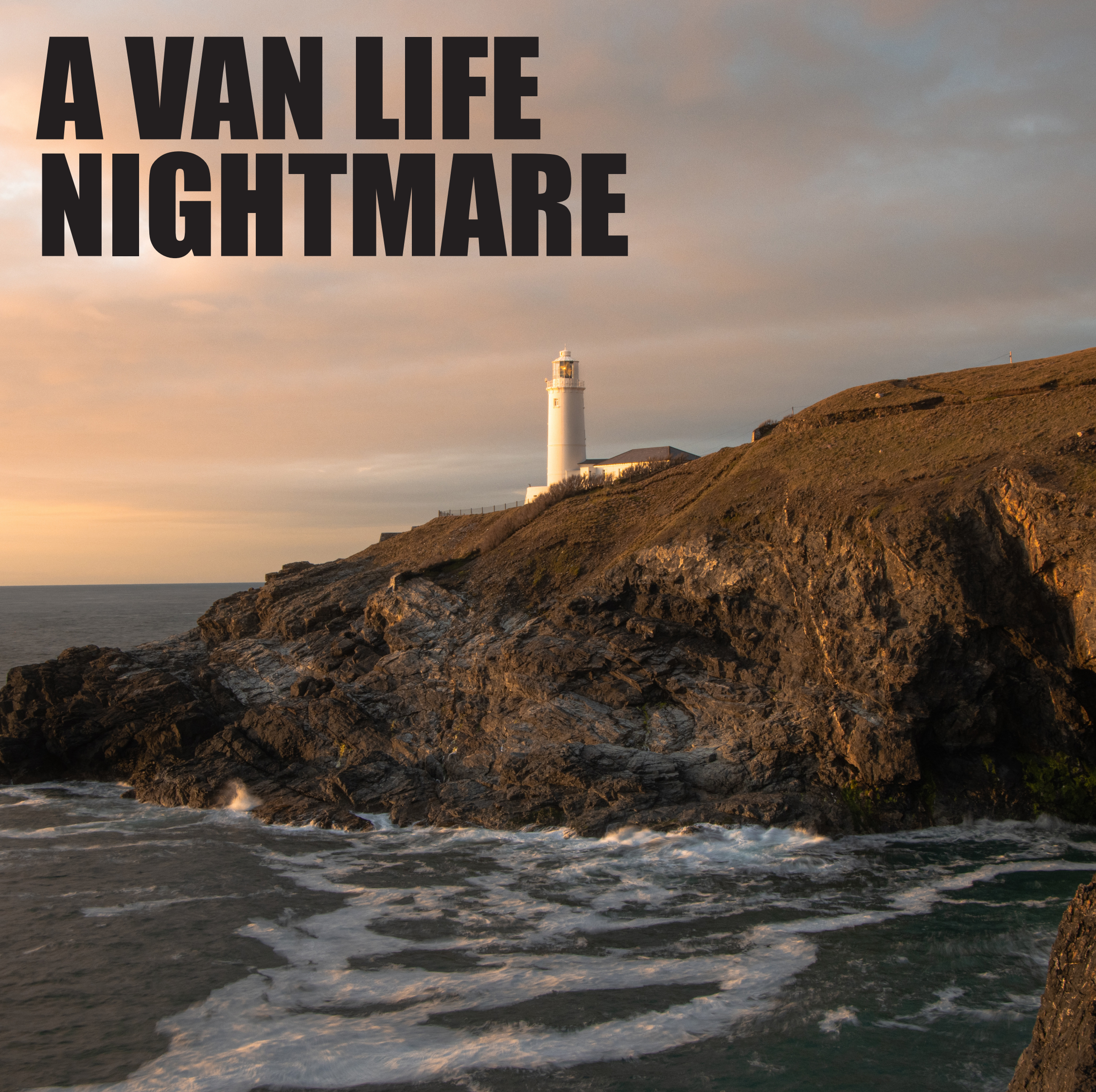
We are currently expanding the team and are developing ways to increase the quality and the frequency of the magazine. So make sure to send in your vanlife story – we have some amazing things planned!

Thank you so much! We cannot wait to read, see and share more of your impressive stories!

A Van Life Nightmare	4-7
Mission Possible	8-11
Squeaking and Creaking to China	12-17
Vanlife Selfcare	18-21
A woman builds up a van by herself	22-25
Vegan Vanlife	26-27
Vegan Jackfruit Burger	28-29



# A VAN LIFE NIGHTMARE



Over the last summer I was lucky enough to take an extended trip around the UK in my VW T3. I meandered around the bays of Cornwall, sauntered up the South coast of Wales, and eventually found myself exploring the highlands of Scotland.

While all that sounds idyllic, and it really was, about halfway through my stint in Cornwall I made the ultimate mistake while living in a van. I locked myself out! This story is probably going to make me sound like a bit of a moron, but there is also a really nice message behind it.

So how did I lock myself out? Well, when I sleep in my van I lock all the doors at night, obviously. I was up early that morning to head for a surf and climbed out of the sliding door as I always do. I normally flick the latch to lock the sliding door before shutting it, so it locks behind me. Then I reach into my pocket for my keys to unlock the driver's door and make a move.

You can probably already see where I went wrong. I hopped out the van, clicked the latch, and slammed the door behind me. As soon as I shut the door, I had a sinking feeling in my chest. You know the one deep down in your gut that immediately confirms you've done something dumb. A quick pat of my pockets confirmed my worst fear. I had locked my keys inside the van.

I stood there swearing at myself for a few seconds, lamenting my haste to get to the beach. I walked round the van and tried every door, and the boot, just in case. However, no miracle occurred, and I was indeed locked out. I had nothing in my pockets, no tool to give me entry to my home. I was up a creek with no paddle so to speak. As I was mulling over what to do I saw a man coming towards me on his bike. I flagged him down asking if he had anything in his pockets, I could use to try to break in.





He was also wild camping the layby I was in, in a much newer VW. He returned shortly with a whole host of objects that I proceeded to jam into every lock to try and get one to open. No luck there.

I was beginning to despair when a lady walked past, saw the commotion, and asked if she could help. I explained my situation to her, to which she said give me a few minutes and disappeared to her nearby home.

Five minutes later she reappeared with more tools to try and gain entry. She ended up handing me an old key ring, not something I thought would be very useful. However, after unsuccessfully trying to pick the locks, note to self I would be a terrible criminal, I decide to try getting into the sliding window.

The window was locked with a simple flip catch, like in the picture. So, all I had to do was find a way to flip the catch up and I could reach in and grab my keys. Enter the humble key ring.

By bending the key ring, I was able to slide it in the gap between the two panes of glass and push the latch up. I was back in! Reunited with my keys I spent the next five minutes thanking these two complete strangers. Who had both given up at least 20 minutes of their morning trying to help me get back into my van.

I think I learnt two things that morning first, I need to not rush as much. Second, people, even complete strangers, can be angels in disguise. If those people hadn't taken the time out of their day to help me, I would have had to call an emergency number to get keys made, probably costing me a lot and delaying my trip. Instead, what could've been a van life nightmare, turned into a small inconvenience and a funny story. I guess that's the beauty of travel, it connects you to people whom you may never have met or interacted with, and the majority of those interactions are going to leave you with a smile on your face.

@joshjmcclean





# MISSION POSSIBLE

## TRAVELLING WITH 2 SMALL CHILDREN IN A RENAULT ESPACE

### Who are we?

We are Silvia and Borislav from Bulgaria and we are travelling together with our two girls – Stella (age 4) and Zara (age 2) in a Renault Espace. This summer we started our adventures in June and by September we had spent 65 nights in our Renault in total. Our longest trip so far was 28 days and spanned over 2000 km across Bulgaria. We are not new to vanlife – when we met 10 years ago, we started travelling in an old Volkswagen Passat, later on we owned an old Renault Traffic van, which eventually broke down completely, and, lastly, we bought our Renault Espace when Zara was born.

### How do we fit in such a small van?

We have been looking for a bigger van for a while but have not been able to find something that fits our budget and layout wishes. So currently we just do with what we have. Our beloved Renault Espace does not have the comfort of a real campervan but it fits both of us, our 2 children and a kitchen. Oh, alright, a camping gas stove and some utensils. There are 2 sleeping areas on 2 levels – we sleep together with our 2-year-old on the floor in the back and our 4-year-old sleeps on the “2nd floor” i.e. above the trunk. We pile up the two car seats from the back, together

with the 2 child seats compactly on the front passenger seat so that the back of the Renault is completely empty. It is time-consuming to convert the space for sleeping and back to a space for travelling but we do sleep quite comfortably in it. The main problem is that we are dependent on the weather as we cook and eat outside. Unfortunately, this means that we can only travel during the summer.







### Why do we do it?

Most people's reaction to our way of travel is that they find it too difficult with two small kids. We cannot deny that vanlife with a toddler and a kindergartener could be quite challenging, however, oftentimes it is not much more challenging than being at home with them. Ever since we became parents, we have made it a priority to spend as much time in nature with our children as possible and we think that vanlife is the best means to achieve that. Through our travels our children have had the opportunity to breathe the fresh air of the mountains and the salty breeze of the sea; we can see that they are gradually becoming strong, agile and resilient by hiking, swimming, jumping on rocks, climbing trees, picking wild berries, playing in the sand and mud, etc.

### How can we afford this lifestyle?

Somewhere along our parenting journey we decided we want to spend more time with our children so we have actually reduced our working hours to the minimum. With this comes a reduced budget but we are quite happy to live a more minimalistic and sustainable life. In this way we have time to travel and spend a lot more time together as a family. I (Silvia) speak four languages so I work as a freelance translator and media analyst. I easily do this work on the road especially considering the fact that the workload is less during the summer than it is in winter (when we do not travel anyways).

### Must-haves when travelling with kids

People often ask us how do we entertain our children while travelling. When we are outside in nature, they actually entertain themselves pretty well whether it would be playing in the sand at the seaside, gathering pine cones in the forest, playing with an old ladle found on the bank of a dam or whatever else they find in nature. However, the difficult bits are when it is raining or when we are driving from one place to another. There are a couple of items that have really helped us keep our girls busy at such times so we never leave on a trip without them. Those are story books, markers and colouring books and a Bluetooth speaker with a MicroSD card full of fairy-tales.

@feel\_free\_van







# SQUEAKING AND CREAKING TO CHINA

It is November 2015 when I by accident find a very cool – the coolest - Volkswagen T2 for a reasonable price. Five minutes later I'm in the car to check out the van. Two hours later I drive in what soon would be my partner in crime for the first time. Well, our partner in crime I must write.



Fast forward 5 years and many travels. The pandemic made us stay home, which meant: time to fix our van. And we did. From ugly Betty to Cinderella. We also booked ourselves a crash course on how to maintain our van. We learned how to fix the little things that can happen on the road; changing a tire, fixing the spark plugs, changing our v-belt. We also got to adjust our valves, change the oil completely and learn more on how the engine works.

Time flies right? So March 2021 we were ready for our dream trip. A trip that I, Milene, dreamt of since university: driving the ancient silk road. Marco Polo did it on horsepower and so are we. We are a bit quicker than Marco but with a steady 70km/h not so quick we won't be enjoying the trip.

We start the trip in March, which means; winter isn't over. And we soon realize what that means.

## SNOW, FREEZING TEMPERATURES AND FROZEN TOES.

Without a heating system in the van we start our trip East racing from North to South. In Italy we warm up a little bit with a weak spring Sun. But while we drive East the Sun stays in Italy. From Venice we drive to Slovenia where we survive temperatures of -8 Celsius. Doesn't sound that cold but imagine an old van without heating system and windows all around. Yep that's cold.

Besides the cold, in some countries there's still a lockdown going on. Some places, like Venice and Dubrovnik, are amazing in times of a partial lockdown. Venice was quiet so it was possible to roam the streets without bumping into thousands of tourists. Or have a great view from the canals without seeing towering cruise ships blocking the view. Restaurants were closed but that meant we were able to eat pizza at the canal with the best view on the Rialto bridge.



Other places, like Slovenia, were less great. It was cold, grey and trees bare. People were grumpy, restaurants closed and fun nowhere to be found. Reason for us to leave Slovenia behind quickly and move our frozen butts to Croatia's coast. Finally we could have a beer on a terrace again, in the sun, without face mask. Maybe that's why we stayed in Croatia for so long. The freedom we sought, the space we craved for, we finally found it in Croatia. People

were happy seeing tourists again, Dubrovnik was quiet but without lockdown and the sun did it's best to bake our skin medium red.

We crossed borders without much difficulty. Headed towards Montenegro which was one of the best surprises up to now. The kindest of people, unfamiliar nature and impressive villages and architecture. And while Montenegro was surprising, Albania

maybe even more. From a mountainous North to Caribbean beaches in the South and the most incredible inland. Heart-warming people, beautiful roads and delicious food! The Balkan stole our hearts. Moving on. To get to Turkey we drove through Greece, Macedonia and Bulgaria.

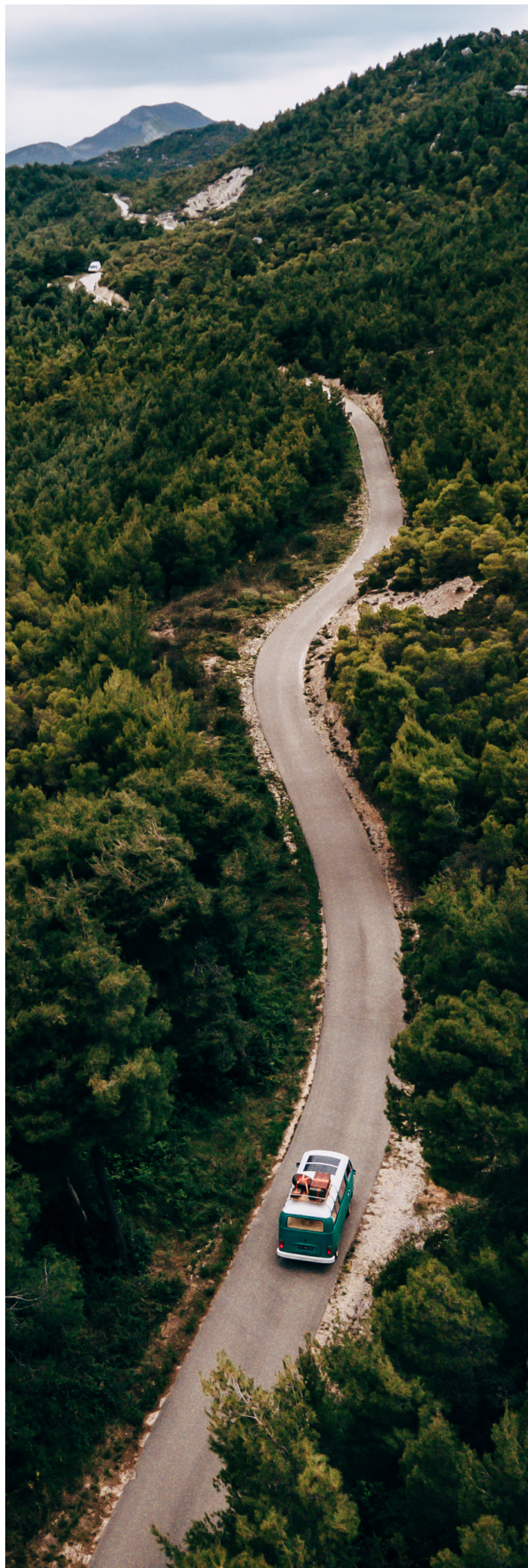


Turkey was a homecoming. Ten years ago I lived here for two years. Turkey is and will always be one of the most amazing, diverse and incredible countries on this planet. If it's not for the landscape, it's for the history. If not for the people, it's for the food. From Istanbul we drove to Cappadocia. Took an air balloon flight (now half the price) and continued to Mount Nemrut. From here we explored Kurdish Turkey which is great. Mardin, Sanliurfa, Mydiat, Diyarbakir and all in between. That promises something for the rest of the trip.

You might think that our trip went on quite well, and it did. Partly. Traveling in a 45 years old van means you'll visit garages almost as often as you visit gas stations. Before driving we must check the oil level, which often is quite low. Thus, whatever the weather we need to add oil. The Volkswagen vans are made for German weather, not the heat of the South. She's air-cooled so you can imagine, she often got hotter than a Finnish sauna. And then there were the problems we couldn't fix ourselves. An alternator that kept causing problems, a tiny piece in the engine that got jammed and the spilling of oil. When we arrived in Georgia we needed a garage asap. However, Georgia being a former Soviet country meant they do not drive Volkswagens but Lada's.

But, you got to love the internet. Something that helps when you have problems abroad is searching for car fanclubs. We couldn't find a Volkswagen club but we did find a Porsche club. Hitler and Porsche being friends, the cars have similar engines. Via Lasha, the owner of the Porsche club, we met Giorgi and this was a match made in heaven. After 15.000 kilometres of driving, it was clear that she (our van) was in no hurry to continue and decided it was time for a very well-deserved health check. We changed so many things in Georgia; from the alternator to spark plugs, had a new starter motor installed, changed the battery, fixed some wires, placed a new gasoline filter, adjusted the valves and fixed the CV joints.

After five weeks exploring Georgia and fixing our van it was time to move to Armenia. And that's where we are now. Vanlife is not only about freedom, wild camping and warming up



at self-made campfires. It's about car problems, impassable roads and annoying border controls. But, if you do it right you meet the kindest of people, become a problem solver and start a career as car mechanic. You learn different languages, make friends for life and absorb cultures as sunlight.

We document our trip on @mygrations.nl - expect a lot of information on local cultures, migrations along the Silk Road and uncensored honesty of vanlife.

We are Milene & Yuri from The Hague, The Netherlands. Since March 2021 we are driving to China in Alexine the van, following the path of the ancient Silk Road. Along the way we document human migration, visit old structures made for Silk Road travellers and try to get to the core of cultures.

@mygrations.nl  
www.mygrations.nl





# VANLIFE SELF CARE

We all know those energy slumps that tend to pop up in the middle of the day. Sometimes it's right after lunch, sometimes in the later afternoon, and sometimes both, or even more!

Now don't get me wrong, I'm a lover of coffee and incorporate it into my daily routine on a daily basis. However, I do believe it is good not to rely on a single substance for our energy. Plus, too much coffee is also not the greatest, so it's a good idea to have a variety of sources you can get your energy from.

Here are 5 caffeine-free energy boosters that will help you consistently ramp up your energy!



## 1. Nutrition

We talk about nutrition a lot, and for good reason, after all, it is quite literally the source of our physical energy!

Now, to sustainably boost your energy levels, a balanced diet is key. What this may look like for you differs from person to person, but putting an emphasis on whole foods is always a good idea. Incorporate a variety of fruit and vegetables into your everyday meals. Protein is also important. Whether you get it from a piece of chicken, a cup of cottage cheese, or a can of chickpeas is your choice, but make sure to add protein to most of your meals!

But apart from general nutrition, what can you specifically eat, when that mid-day slump hits? There are a few foods that are proven to boost energy. These include:

Bananas  
Oranges  
Eggs  
Dark Chocolate  
Avocados  
Apples  
Dark Berries  
Greek Yoghurt  
Nuts

These are just a few examples of snacks or meals you could incorporate into your day whenever you start feeling sluggish. They tend to give your body the needed nutrients to concentrate or perform and will provide longlasting energy as opposed to one big rush followed by a slump!



## 2. Water

Tied to the topic of nutrition, water is a key element when it comes to boosting your energy.

Being dehydrated will lead to fatigue and low energy. This is because hydration keeps our muscles energized and therefore stabilizes our energy levels.

How do I know I'm dehydrated?

Apart from the fact that we usually know when we're not on our best game with drinking water.... ;) An easy way to be able to tell whether you're dehydrated is simply by checking your urine. If it's very dark, you're probably dehydrated. Aim for a pale color. Another way to tell if you're dehydrated is simply checking in with yourself and seeing if you're feeling thirsty!

How can I be more hydrated?  
The easy answer to this is obvious: **drink more water**. But some people aren't a big fan of water, or simply forget to drink throughout the day. Here are a few tips to help you stay hydrated:

**1.** Carry a Water Bottle with you EVERYWHERE. Have it right next to you at work so you can see it.

**2.** Try out different things (and find something YOU like) such as cold teas, lemon water, mint water, cucumber water,... The more interesting you can make your drinks, the more likely you are to actually drink more.

**3.** Eat foods with high water content! This will passively hydrate you! These foods include watermelon, strawberries, cucumber, cantaloupe, lettuce, peaches, oranges, and many more!





### 3 Social Media

You have probably noticed it yourself already, but a 30-minute long Instagram session doesn't really help with feeling good, motivated, and energized for your day. Studies have found that Social Media is directly linked to fatigue. It does depend on the type of social media, however. Checking news on Facebook or Instagram causes an overload of information, which in turn heightens fatigue levels.

Using platforms such as Snapchat or Whatsapp to catch up with Friends or Family can even heighten energy levels a bit.

This shows, that social media is not all bad, it simply depends on how you use it. Mindless scrolling will drain your energy by the minute while using your break to catch up with a close friend on Whatsapp might do the opposite.

The best thing to keep in mind is to use social media mindfully. How do you feel while using the different apps? Be brutally honest with yourself, what makes you feel like shit?

In doubt, focus on real-life connections and put down your phone as much as possible!

### 4 Stretch

Stretching can be both, relaxing and rejuvenating. Stretching increases the circulation of blood and oxygen to your muscles, making you feel more energized.

This is also a great option for movement when you don't have the time or space to work out. When feeling tired at work, take a 5-10 minute break, get up and stretch. It will feel better than downing that fifth cup of coffee of the day, trust me!



### 5 Move

Just like stretching, movement increases blood circulation and brings you energy. If you've ever done a quick workout right after waking up, you know how fast that can wake you up.

Whether you do it first thing in the morning, in the middle of your workday, or after work, exercise is a great way to boost energy.

Not only will you notice the immediate benefits, but over time your fatigue will diminish and you will feel overall more energized and motivated.

It is quite simple, according to Newton's first law of motion, an object in motion will want to continue to be in motion, while an object at rest will stay at rest. Of course, this is just a metaphor, but the more you move and the more energy you use up, the more you are going to crave movement.

Try to ditch a few cups of coffee

As you can see, there are plenty of ways you can boost your energy without having to rely on caffeine to do the trick.

As mentioned above, there is nothing wrong with having some coffee, but before you reach for your 3rd, 4th, or 5th cup of the day, maybe think of these 5 things and see if there are areas in your life that might be causing this fatigue you feel.

These can also be great habits to incorporate if you want to reduce your caffeine intake but aren't sure what to replace it with. Sometimes, coffee is simply a coping mechanism for us to take a break from work and think about something else for a bit, even if it's just 5 minutes. If that something changes to a stretch break or a healthy snack, you might find that your coffee cravings disappear!

As always, see what feels good for you and your body!

Sending Love

@fullyholistic\_health  
www.fullyholistic.com



# A WOMAN BUILDS UP A VAN BY HERSELF

„Hey, that's a really great self-build camper van you both have there. Good job of your boyfriend.“

„ Well, thank you. But it was me. “

It's the year 2021 and it is still surprising, that a woman does something artisanal like building van interior by herself. Really?

No, I am not a carpenter or something similar. Just a marketing woman, usually sitting in the office and being creative. After my fulltime job I wanted to do something for myself and for escaping out of my everyday life, whenever I need to. Because of my love for nature and the curiosity to explore new areas, camping became my passion. I quickly realized that I

needed my own van. Without further ado, I swapped my Mini into an VW T5. That was the beginning of a wonderful love story between me and my van „Ellie“. Named in memory of my grandma - the strongest women I had ever known.

I bought the VW T5 Transporter-Van full of seats - windows were already included. At the beginning I had no real plan and started by throwing everything out. When I sat in my completely empty van and surveyed the situation, I never thought what could become of it.





Step by step Ellie's interior work grew, started by putting insulation on all exposed walls inside. After that she got a wooden substructure, on which I clamped the wall panels. This work felt like it was going to take an eternity. But the first results were visible and encouraged me to carry on. I did the complete renovation in front of my house outdoors – even during the winter. Of course – those were not the best conditions. The cold and early darkness made the expansion difficult, especially after a usual day of work. But big girls don't cry, right? In addition to the wall cladding, I did a lot of all kinds of work that kept confronting me with new challenges. Laying a substructure for the PVC floor was the simplest of them.

I will probably never forget the moment on a Saturday morning, I cut a hole in the exterior of my van to install the socket for shore power. I was shaking all over my body and my knees felt like pudding. Am I really cutting a hole in my van right now? Of course. Once everything was ready, I had to drink a shot before I could go back to work, and I was proud of myself like seldom before. All these memories will stay and follow me on my journeys.

The next step was to build the furniture. By that I mean my van needed a bed, a kitchen, and cupboards. A lot of stuff for an area of approx. 5 square meters. The bed should be extendable, that's why I built my own wooden bed and slatted frame. Under the bed there is space for a table, chairs, camping toilet and others. The kitchen in my van is equipped with a small refrigerator, storage space and a wash basin with fresh and waste water tanks. In my living room, I assembled the kitchen as one part and then placed it in the van. The hardest part was building the drawers without any instructions. During the last inspection of the kitchen before installation, everything fitted perfectly, but when the kitchen was fastened in Ellie, no drawer or door closed. Great, thank you for nothing. So I had to remove and adjust every drawer and cabinet door again. Such mistakes kept happening, but I didn't give up.



Another tough part of the van conversion was the electrics. I am the type of person who, as a child, held the light switch in the middle to see what happened between „on“ and „off“. So how should I run the electrics in a van? Luckily, my boyfriend knows about such things and explained me how to connect the individual parts. He could have just done all the work, but I really wanted to do it myself. If you have plugged cables into terminals, then connected them to some fuses and junction boxes, without knowledge, and at the end the light shines – then you feel like the greatest.

All in all, my van conversion was a wonderful experience with all its ups and downs. I have grown with this task and have learned a lot, partly to become more relaxed. Things don't always go as they were planned and often the results of the work are not what you would like them to be. Perfection is boring. I want to encourage you to do the things you like to do. Don't be afraid, something can always go wrong. But that's no problem. Either you live with it, or you correct it. Enjoy your life and use every minute you have, to do what makes you happy. You can do it. I believe in you.

@t5maedel  
www.t5maedel.de



# VEGAN VANLIFE

As one year comes to an end and New Year arrives, New Year's resolutions are created, healthy diets and exercise plans are formed. This is no different for those of us living or travelling in our vans. One resolution or challenge that is easy to get on board with in the New

Year is Vegan-uary. You challenge yourself to change to a vegan diet for the month of January - although why not try it at any time of the year. Eating a plant based diet is very well suited to vanlife, there is little need to travel to shops regularly for meat and fresh produce such as milk, eggs etc. A well stocked pantry with lentils, tinned fruit, vegetables etc can keep you going for a while. It even means you can make do without a fridge! It's great to top up with fresh fruit and veg from local stalls and small businesses when you can.

We try to eat vegan or vegetarian 2-3 times a week, it has encouraged us to try new things and recipes in our own van. With that in mind, we decided to take 2 tins out from our cupboard and create a delicious meal, and that is how our delicious jackfruit burgers came about. We love cooking with spices and herbs and that definitely helps to make vegan food more interesting, luckily we have a well stocked spice rack.

Many members of the vanlife community are active in looking after the environment and wanting to lead a sustainable life. There are many resources available online that state plant based diets can reduce individuals carbon footprints and in turn help reduce climate change.

These are some things you can try in your own van right now to help reduce waste & become more sustainable

- 1.** Grow your own herbs - we don't have the best track record with growing plants and herbs in our van but we have seen others that have had great success.
- 2.** Try sprouting - nutritious, delicious, easy to do and we have step by step instructions on our website!
- 3.** You can try fermenting your own veggies in jars to add to salads
- 4.** Why not try making your own milk, oat or nut milks are fairly easy to make and keep in a van.
- 5.** Explore the world around you, forage and see what amazing treats nature has to offer you!

If it all seems a bit much, then you don't even need to commit to a whole month, eating a vegan meal once a week can help with these changes.

So our advice to you, is to get out of your comfort zone when cooking in your van. Try something new, a local cuisine or delicacy. Utilise local businesses to support them and get the freshest ingredients - and most of all enjoy.

Insta: @vanlife\_eats

FB: Vanlife Eats

Website: vanlifeeats.com







# VEGAN JACKFRUIT BURGER

PREP TIME: 10mins  
COOK TIME: 20mins  
TOTAL TIME: 30mins

## INGREDIENTS

400 g Jackfruit Tinned, drained and rinsed  
1 Red Onion Finely Chopped  
1 Green Pepper Thinly Sliced  
1 tbsp Sunflower Oil  
1 tsp Cayenne Pepper  
1 tsp Smoked Paprika  
1/2 tsp Cinnamon  
2 tbsp Vegan Worcester Sauce  
2 tbsp Sweetcorn Tinned  
1 Avocado Diced  
1 Lime Juiced  
1 Handful Fresh Coriander  
1 Handful Fresh Parsley  
4 Burger Buns Large  
Salt

## INSTRUCTIONS

1. Heat the sunflower oil in a pan and add the diced onion and sliced green pepper. Heat for about 5 minutes until softened.
2. Add the jackfruit pieces to the pan and using a wooden spoon pull the strands apart to shred it.
3. Stir in the worcester sauce, smoked paprika, cinnamon and cayenne pepper. Cook for 15 minutes.
4. Meanwhile prepare the salsa by combining the sweetcorn, diced avocado, coriander and lime juice.
5. Stir in the handful of chopped parsley to the pulled jackfruit mix.
6. Slice the burger buns in half (toast if you prefer) and assemble the burger first with pulled jackfruit followed by the salsa.

@vanlife\_eats  
www.vanlifeeats.com



# SHARE YOUR VANLIFE STORY WITH US!

Send an article about  
your vanlife adventure  
to **OFFICE@VANLIFEZONE.COM**

You have total creative  
freedom and can share any  
aspect or story about your  
experience of living in a van.

Make sure that you have no  
more than **1000 WORDS**

and that you include **MANY**  
high resolution **IMAGES**

By sending us the text and the images you confirm that we are allowed to use and alter  
them in any way necessary. Since we value authenticity and want to share **YOUR STORY** we  
will try to modify as little as possible.

## Editors

### Florian Jaunegg

Executive Editor  
office@fluadlwirt.com  
@fluadlwirt

### Philipp Maurer

Design & Layout Editor  
office@maurerphilipp.at  
@philipp.maurer

### Josh McClean

Writer & Text Editor  
mccleanjj@gmail.com  
@joshjmclean

Use **#VANLIFEZONE** and tag and follow us  
**@Vanlifezone** on Instagram

www.vanlifezone.com  
office@vanlifezone.com  
www.instagram.com/vanlifezone



