



Episode #20: Freedom is not the absence of responsibilities. It's choosing which responsibilities you take. With The Travelling Vet, Helga Kausel.

Helga Kausel, better known as the travelling vet, is best known for her inspirational Instagram account, where she shares her veterinary journey and real life travelling journeys. When Helga is not being the travelling vet she is an equine vet in Germany, and when she is travelling she uses her skills, influence and the money that she generates through her social media accounts to improve animal welfare wherever she can. Check out her incredible adventures and the impact that she's had at [travelling_vet](#) on instagram, or on her blog, [travellingvet.blog](#).

On her blog Helga describes herself as a dreamer, a fighter, and an asshole. In this interview Helga tells us about her journey so far - how she made her career choices, how she built up her confidence as a young vet, about the time she wanted to quit veterinary science, and how she became the travelling vet. We talk about some of her amazing travel experiences, her views on money, narcissism in social media, and how she uses her public profile to do good. Dreamer and fighter for sure, but not a trace of a-hole!

Please enjoy, Helga Kausel - the Travelling vet.

Shownotes

More about Helga: https://travellingvet.blog/2018/11/18/who-is-travelling_vet/

Travelling Vet instagram: https://www.instagram.com/travelling_vet/

Helga's fundraising page: https://www.instagram.com/donate_a_postcard/?hl=en

Some of the international charities that Helga has worked for:

<https://www.meruanimalwelfare.org>



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<https://theculturetrip.com/south-america/brazil/articles/the-10-best-books-by-paulo-coelho-you-must-read/>

Helga's book recommendations:

The Zahir - Paulo Coelho <https://www.harpercollins.com/9780060832810/the-zahir/>

John Grisham novels: <https://www.jgrisham.com/books/>

The Kite Runner - Khaled Hosseini: https://www.goodreads.com/book/show/77203.The_Kite_Runner