



BEEN THERE,  
COMPED THAT:  
**AN INTRODUCTION  
TO GETTING**

*Free Travel, Dining,  
AND Entertainment.*



by Carmel L. Mooney

**Been There, Comped That,  
An Introduction to Getting Free Travel, Dining, and  
Entertainment**

By

Carmel L. Mooney

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How would you like to travel abundantly for free, comped, anywhere in the world? Your travel could include hotels, cruise lines, spas, resorts, dude ranches, golf resorts, theme parks, and so much more.

Are you someone who loves to travel and would like to do it completely free of charge while bringing your family, spouse, kids, parents, or friends along for free as well?

I have been doing this for over 25 years. My husband, five children, and most of my closest friends have accompanied me on over 900 comped travel trips all over the world and I have taught thousands of people just like you how to do the same, through my classes, books, articles, seminars, and online classes.

My students have come from all walks of life from stay at home moms to college students to retired or disabled seniors.

As an author and abundance coach, I find that travel is one of the biggest passions, desires, and blessings that almost everyone would love to incorporate into their lives. It ranks right up there with health, wealth, time, family, and faith, the things that people most value. There are many reasons why travel can be such a blessing. Travel can be a catalyst for countless worthwhile things that bring us lasting joy.

Travel can be an opportunity to serve, to volunteer, to do missions and ministry work, and it can provide priceless memories and connection with family. It can open our awareness and allow us empathy and appreciation for other people, cultures, and places.

Travel educates, empowers, lays new neuropathways, aids in neuroplasticity, reduces stress, shows us God's majesty, and provides a chance to reconnect with nature. It offers refreshment, a new perspective, and so much more. The benefits are nearly limitless.

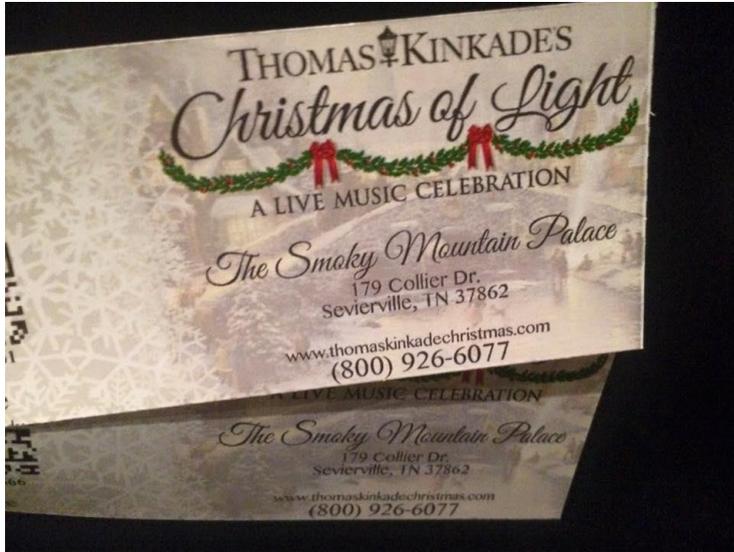


*My daughter and I on a comped trip across Canada, touring in a Harley and sidecar through Jasper National Park.*

What could you create or share? Who could you serve? And what could you do if travel was literally limitless for you and those you share your life with? Imagine the difference it could make in your life if travel and vacationing was without limits, as often as you desire, whether part time or full time. How would your life change?



*One of many comped cruises around the world, where I have been able to bring my entire family or a couple of my closest friends, free of charge.*



*VIP seats for the entire family, at any show you can dream of, are the norm, when you visit and cover any destination.*

My family and I have dined at the best restaurants in the world, enjoyed spa treatments at world class spas, trained under the world's best chefs, and had adventures and perks many people only dream of.

These have included cross country trips several months long in duration, overnights, weekend getaways, excursions, flights, train trips, anniversary trips, concerts, free travel gear to review, girlfriend getaways, spa vacations, birthday trips for all my kids, and yes, I even comped my own honeymoon twenty years ago! I also comped our 20th anniversary trip last autumn.



*Private dinners, tours of the bridge, and media parties are the norm with Captains of cruise ships. On this cruise, I took one of my friends with me to the West Indies.*

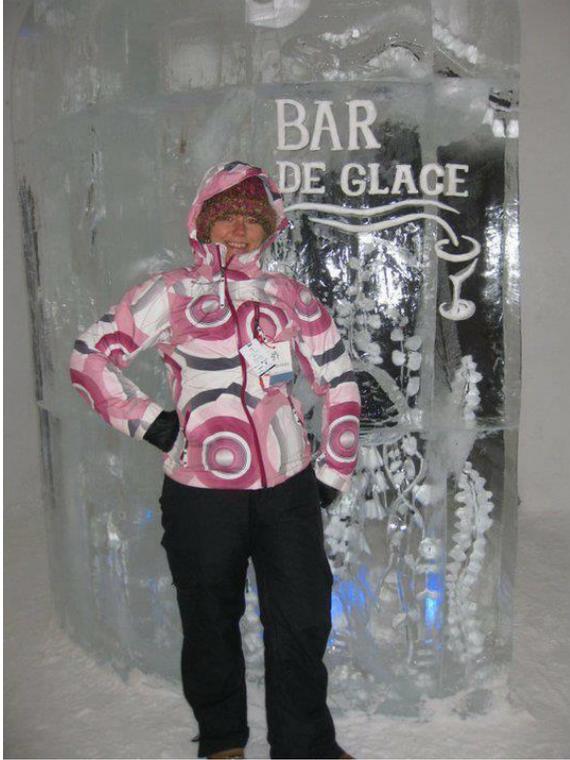


*My husband and I enjoyed a 20<sup>th</sup> anniversary trip across five states, all comped, and this was one of the many highlights on a world class ATV tour.*

Our family has enjoyed over one million dollars of free travel since I started this gig in 1995, and we have no intention of stopping there.



*One of many ski trips where all our meals, resort accommodations, ski lessons, and lift tickets were comped for my entire family. Even ski school for the kids was comped.*



*One of my favorite comped press trips of all time, staying in a luxurious Ice Hotel. This expensive North Face ski jacket and all my gear was comped as well, for my review.*

As a travel writer, blogger, vlogger, storyteller, or social media influencer, abundant and unlimited travel is yours for the taking. You don't even have to be an outstanding writer! You just need a passion for storytelling and a desire to share your experiences and perceptions. You don't need to have published anything previously to get started.

Let me explain.

I chose to home-school so my children could travel the world as their classroom. It can look any way you'd like it to. Some of my students are retired and have chosen to travel in their RV's full time or part time. Others have built part time cruise writing or photography into their retirement. This allowed them to travel in ways they never anticipated.

Some are non-custodial parents who use comped travel to provide lavish vacations with their children, once or twice a year. Others have turned their disability into an opportunity to travel the world. They write about or video tape their travel experiences in order to help others with similar challenges learn how to travel in a wheel chair or with a service dog.

Some never expected to be travel writers, photographers, or bloggers, but they had a large social media following and used their social media influence to travel the world for free.



*One of dozens of comped cruises I have taken with my family and friends.*



*I missed my bestie when she moved, so I comped a week-long girlfriend getaway along the North and South Carolina coastline at all the best resorts and spas so we could catch up.*



*This exquisite restaurant and winery in Temecula, CA, comped me, my friend, and my daughter with spectacular accommodations, tours, wine tasting, and fine dining.*

### **How Does it Work and What Does it Take?**

The best part of comping travel is that you don't have to be a superb writer. You can be very successful if you are an average writer or storyteller, know how to properly request the comp, deliver what you promise, and play by the rules of the tourism industry.

Another great thing is that it is easier now than it was when I first started over two decades ago. In those days, before the internet took off, before blogs, digital cameras, YouTube, Twitter, iPhones and Facebook, breaking into the world of comped travel took a lot more effort.

The success of tourism, recreation, entertainment, and dining is largely dependent on people just like you. But it does require the inside scoop on how and where to network and connect with valuable tourism and media professionals which is the foundation of traveling comped.



*This Ritz Carlton in Florida, gave me, and about thirty other travel writers, amazing spa treatments, tours, dining, and accommodations in penthouse suites. Joan Rivers was there that day in an adjoining suite. Our airline travel there and back was also covered, and I lived in California at the time.*



*Restaurant reviews are fun. Here my family and I got to try everything on the menu at one of the finest restaurants in New Orleans.*



*Wonderful tours and excursions are comped.*



*When comped a hotel room, it is customary to be placed in a penthouse suite or one of the most luxurious options available.*



*This was a comped spa getaway with a friend of mine. We enjoyed comped mud baths, massages, award-winning dining, wine tasting, and a wonderful hotel, all free of charge, throughout Napa Valley and Calistoga.*

Here's a funny little story on how I stumbled into free comped travel.

I was terribly naïve about comping travel when I first got started. I was a young, stay at home mother and military wife. I wrote a couple of articles for the local newspaper about some cool travel destinations. One day I decided to send a resort a copy of one of the articles I had published about their property, just to show them how much I enjoyed staying there and what I had said in the article.

They promptly sent me a thank you note and a voucher for a free, future, two-night stay. The owners said how much they appreciated the coverage and that if they had known I was coming they would have gladly comped my entire stay and my meals. I was stunned. I had done it backwards. I had paid for my stay, and then written about it. How embarrassing.

The benefits to comped travel writing, vlogging, travel photography, and social media influencing are endless and priceless. Not only will you be able to travel, cruise, and dine all over the world for free, but incredible streams of income and notoriety are generated.

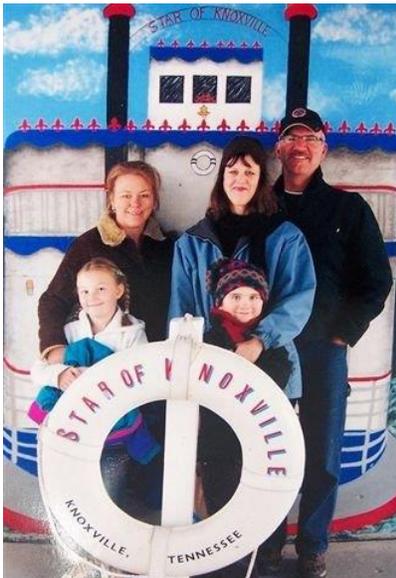
If you publish by-lines in print or online magazines and newspapers, you will get paid money for your articles in addition to the free travel. This often leads to columns if you would like one, which means continuous income.



*Me, tourism hosts, and another travel writer, in Quebec City, Canada. We stayed in a historic castle. All meals, activities, dining, tours, and spa treatments were comped.*

If you prefer blogging or online magazines rather than print, then the income streams are limitless with sponsored posts, guest posting, stock photography, vlogging, affiliate marketing, advertising revenue, eBooks, and so much more.

If the potential income streams are not of interest, some people do this just for the free travel or for opportunities for missions, ministry, or even homeschooling field trips.



*A wonderful homeschooling field trip to three states, countless zoos, historical spots, rivers, National Parks, State Parks, Indian Reservations, theme parks, museums, and plays, that I comped for me, my daughter, our friends, and their son. All dining, lodging, and activities were comped for all of us for a week.*

Another benefit is the opportunity for lifelong friendships that you will forge with other travel writers, bloggers, journalists and especially with PR, tourism, chamber of commerce, marketing, and CVB folks who will invite you back for many years to come, particularly if you remain professional, ethical, and always deliver what you promise.



*A group of fellow travel writers and I on a group press trip/FAM tour to the wine country of South Dakota, enjoying a private tasting, luncheon, and tour of many different wineries.*

I have become such good friends with many of the kind tourism people who have hosted me over the years, that sometimes they have even stayed in my home as guests, or I have visited them just as friends socially. One, even became a close friend such that when she passed away, she willed part of her estate to me. We had met because she worked for a tourism bureau that had hosted me on a fabulous press trip, years before.

Once I called an innkeeper of a bed and breakfast who had previously hosted and comped me and my daughter. From one previous comped stay at her bed and breakfast we had become friends. About a year after my daughter's and my initial visit and the subsequent articles and blog posts that I wrote following that visit, I called to just say hello, and she answered her cell phone from her hospital room as she had just suffered a heart attack.

I was stunned to find out she was trying to run her bed and breakfast from her hospital bed. I insisted on immediately packing up my tween daughter with our home school books and heading straight to the bed and breakfast (five hours away) to run it for her for a week while she was hospitalized. It was a great home-schooling lesson, and I managed to even comp a few restaurants in the area that week, which made more great content for stories.

This deepened our friendship and we later ended up running a special non-profit respite program together for special needs families, out of her bed and breakfast. This blessed countless special needs children. All of this came from one comped visit a couple of years before.

Most writers, bloggers and even many aspiring travel writers lack the fundamental knowledge and information necessary to enjoy the phenomenal benefits and opportunities available for exciting free travel, dining, and entertainment. They have not, because they ask not.

These opportunities not only provide personal enrichment and abundant enjoyment with family and friends, but they also provide countless experiences, interviews, photos, information, video, and resources for future articles, blog posts, and assignments.



*Ballooning over North Carolina with one of my kids on a comped trip where our hotel, spa treatments, dining, and all activities were hosted by the state and local tourism bureaus.*

To succeed at securing these experiences you must know that they exist and how to locate them, as well as the protocol to request them.

You also need to have the correct mindset that is open to receive. You must fully embrace that you are not freeloading or asking for a freebie. Tourism and marketing professionals as well as marketing and PR firms, rely on the media to do their job. You are helping them, and they are helping you. It is a mutually beneficial win-win scenario. It is often referred to as a media trade because you are both helping each other.



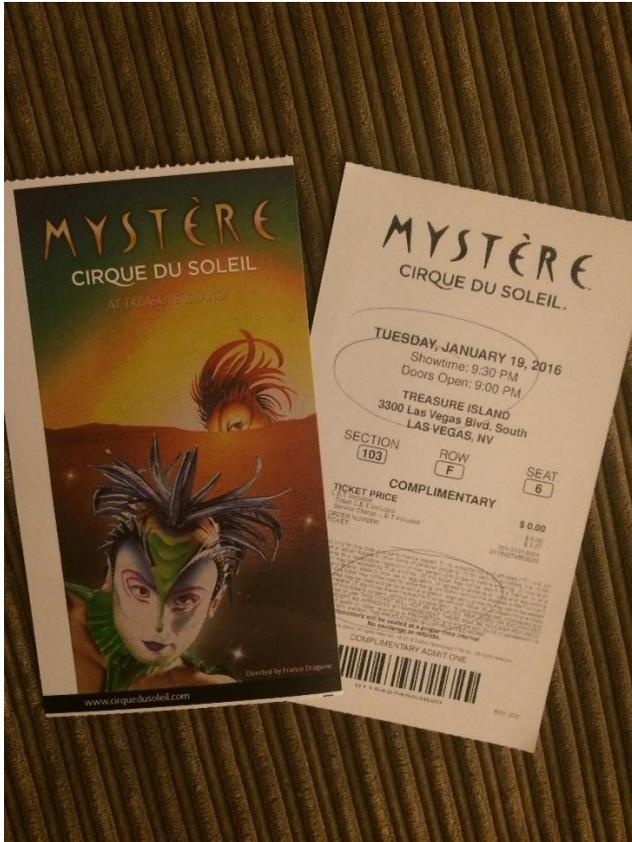
*This is a very typical media welcome basket that resorts, hotels, and cruise ships will have waiting for a travel writer, upon check-in, as a thank you for visiting and covering their destination, cruise line, or property. Usually there are media gifts included such as: clothing, souvenir glasses, tote bags, backpacks, stuffed animals, toys, beach towels, luxurious robes, tourism book, media kits, and spa products.*

Can you think of any good reason why a prudent business owner, manager, or marketing department of a world class resort, hotel, bed and breakfast, theme park, dude ranch, or any tourism or travel venue, would not want to host you, feed you, entertain you, and even woo you and spoil you, (costing them just a few dollars, if anything) and in turn receive a nice 800-1200 word article or blog post with photos and/or videos, and kudos from someone who experienced it first hand? Neither can I.

Besides, anyone can pay someone in an ad department to construct a dry, boring, and biased advertisement. But having a neutral third party, write with enthusiasm, about what they experienced, first hand, now that's worth something.

Not to mention, when you are a writer, your readers look to you as an expert. They, know, like, and trust you. Your opinion is extremely valuable to the public. It's almost scary, isn't it?

If a picture is worth a thousand words, what are a thousand words worth? They're worth a lot!



*Comped tickets to every venue imaginable (museum, play, symphony, concert, back stage passes, or game) are yours if you know who and how to ask.*

What makes a true life, first person narrative so compelling? Why do exciting cover stories on magazines, grip our hearts and urge us to keep reading? Why do survival stories, reality shows, and adventure memoirs intrigue so many readers and viewers?

Why do most friends and even strangers like to hear all the details and see all the photos from destinations we've visited or recommend, particularly if they want to visit there someday?



*My daughters and I have enjoyed interviewing, visiting, and dining with many of our favorite musicians and actors over the years at comped press parties and media events.*

The answer is simple. Nothing beats a first person, first-hand account of something that has been experienced, and if it's written well, in an entertaining, informative, or persuasive fashion, laced with plenty of quotes, facts, and anecdotes, that's priceless.



*Our family's favorite theme park is Dollywood, and they invite us back each year to cover new attractions and shows at the park.*

That is precisely why your account, in your written words, as a guest, patron, or participant, generates public interest and brings business and valuable revenue to the establishments who are eager for your exposure.

If anything, resorts, hotels, restaurants, theme parks, theaters, cruise lines, and excursion and tour companies feel you are doing them the favor by putting their name in print for all eternity.



*A very luxurious all-inclusive resort on the Yucatan Peninsula, spoiled me and my family with unforgettably exotic spa treatments, dining, and accommodations, overlooking the sea. Our entire family's air transportation was also covered. I brought four generations with me.*



*One comp during a road trip through TN, was to see the Miss Tennessee Pageant and then to have dinner there with Rascal Flatts, the entertainment, afterwards in the press room.*

## **Requirements for Success**

### *First off, you must take this seriously.*

You must be professional, and always deliver what you promise. Even if you decide to do this part-time, and perhaps only comp a few trips per year and write only a few articles, blog posts, or produce a few vlogs per year, it must be done with integrity and ethics.

You must develop discipline and organization, set goals, and persist. Like anything worthwhile, it may take a few weeks to break in, and you must be willing to do the work to set the foundation for success.

You must believe in yourself. Before I began teaching many of my courses on comped travel online, I would teach many courses around the nation in person, in a classroom. I would always ask my students and seminar attendees, “How many of you think you are a good writer?” Many would raise their hands. Some would not. If you don’t believe in yourself, how will anyone else?

### *Get Organized.*

Only when I became highly organized and focused did my travel writing truly explode. Unless you desire to be a non-profit disorganization, you will need to develop some level of organization for your contacts, emails, story ideas, leads, ideas, media kits, and other materials.

Organization isn’t all about tangibles either. Time must be organized. Looking back, I am amazed at how I succeeded at all with small children whom I refused to put in daycare, while I still worked from home part-time on my other business ventures and volunteer work. Time organization had everything to do with it. My golden words of advice: Start out organized from the beginning.

### *Persist even when life gets in the way.*

I don’t have a lot of sympathy for whiners. Maybe because years ago, I was one, when it seemed I never had time or resources to do my part-time travel writing. I too, have had many setbacks and times that life got in the way, including moving, family illnesses, legal issues, a disabled child, care-taking parents and grandparents, computer problems, deaths in the family, and the list goes on.

But what I learned early on was to persist no matter what life throws our way. You get back on track and keep taking baby steps. I may have temporarily diverted a bit when a serious issue arose and took most of my energy. However, I have always gotten back on course, without giving up my dreams or goals and found creative ways to move forward even in small, well-planned steps.

Writers and story tellers tend to be creative. There is always a creative way to prevail. Be patient with interruptions and keep a sense of humor and cheerful acceptance. Instead of wasting valuable energy rebelling against the inevitable, get back on track when you can and keep plugging away.

### Set Goals.

Writers know the significance of putting goals in writing. It has proven powerful to put my business, writing, comping, and other goals in writing in my journal. They usually come to fruition almost exactly in the timeframe I set for them.



*Another unforgettable comped trip to Mexico with my family.*

Set goals for specific places you want to travel, the number of comps per week, month, or year you desire to accomplish, the number of requests for comps or story proposals or queries you intend to send, and how many blogs, or magazines you plan to publish per month or per year.

When I first decided to make money as a writer, I took a seminar on writing for publication. I had not published anything for money yet.

The instructor told us all to write one month, six month, and one-year writing and publishing goals. I made goals to get published for payment within six months and in a major national magazine within one year. Both goals were met almost to the day of the deadline I had set.

### Don't Procrastinate.

Hardly anyone dies wishing they had not traveled so much, spent as much time making memories with their family, or published so many articles or blog posts. Procrastination is one of your single biggest enemies as a writer, whereas habit is your friend. I've seen with my students and those I have coached, that some people make excuses waiting for the perfect time or expect to have the perfect life in order to allow their creative juices to flow.

While it is true that children, a full-time job, and the demands of a home or spouse can sometimes leave us sapped of energy or creativity, no perfect time or world exists. Do not wait for perfect circumstances; begin now.

If writing and comping travel is a desire and passion, limit the unnecessary time wasters in your life. I have gone a decade at a time not watching any TV and that's when most of my books were written. Learn to say no. Limit your involvement in writing clubs, organizations, committees, and get togethers that don't advance you towards your goals.

Have a dedicated place to write and a dedicated time. Stick with a reasonable schedule or blocks of time, that create habit and defend against procrastination.

### Overcome the fear of failure.

My best writing coach told me, "Feel the fear and do it anyway." Comping free travel is easier now than ever before as we don't need to send out snail mail query letters and wait days or weeks for a go ahead, assignment, or acceptance. We now have social media to promote our work, and free online outlets eager for content. There will always be rare occasions of resistance or rejection. It is part of life, part of writing, and part of comping and learning and honing any new skill.

Remember that the occasional rejection for a comp stay or cruise, or the occasional resistance to a post or article idea you may have pitched, may be nothing more than a timing issue and doesn't mean your idea is not a good one. You may have to present it differently or at a different time or place.

I teach in my courses, how to minimize rejection and build on success.

### Sell Yourself.

When establishing yourself as a blogger, writer, vlogger, photographer, or social media influencer, it is not the time to be modest. Don't waste time acting small. Editors, publishers, and blog owners expect a bit of sell and for you to establish yourself as an expert in your area or bio. Perhaps you are traveling with a handicapped child, or with several generations in your family, with a service dog, as a diabetic, with your RV, with your horse, or as a vegan.

This is the time to shine and show your angle of expertise, knowledge, or experience. PR firms, tourism bureaus, chambers of commerce, and sales and marketing departments who will gladly host you for your coverage need to know what you know and how it can assist them in promoting their venue.

### Maintain the Highest Level of Ethics and Integrity.

It's sad that this even needs to be said and that some people lack the basic values that I was raised with and expect from others.

I have had people take my courses and read my books and still ask: "Can I ask for a comp trip if I really don't know if I can sell or place the story?" My answer has been the same for nearly 20 years. Of course not. Create an assignment for yourself if you have resistance getting one.

When I first taught courses how to comp travel around 2001, I showed people how to create their own eBook or online or print newsletter if they got frustrated trying to break into print magazines and newspapers. But now that isn't even necessary. Thousands of online outlets and blogs desperately need content and you can easily create your own blog now in less than a day.

The down side to that, is since literally anybody can write a blog, there is no longer the same vetting process there used to be. Atrocious writers with no integrity or follow through can ask for comps.

It is perhaps even more important now than ever to follow through, deliver good, clean, professional copy, keep deadlines, keep promises, and never ever imply or promise something you cannot deliver.

Please don't ruin it for those of us who have worked hard for years to maintain excellent relationships with the tourism bureaus, CVBs, chambers of commerce, and marketing and PR folks who host us time and time again on the most amazing trips of our lives.



*Private parties, dinners, and interviews with celebrities and performers are another perk.*



*Media and press parties are a wonderful benefit to travel writing.*

When it comes to interviews, be accurate; do not misquote or embellish information. Treat editors with respect, keep good records, be on time, dress appropriately, follow tax laws, and be polite and respectful with an attitude of gratitude when on your comped/hosted trips. Treat others as you would want to be treated.

*Think and Act Like A Professional Writer.*

I will never forget in 1993 when I took my first writing for publication seminar. It taught me to look at the world differently. From that day forward, I never viewed the world the same. Students who have taken my courses say it's the same for them too. I'm glad I can impart the same magic to aspiring writers.

A true writer looks for ideas in everything. Most good writers journal or record ideas and suddenly ideas are everywhere.

Every person you meet, every function you attend, every trip you hear about, and every new business is a potential story or a comp.

Good writers are good listeners and observant. They look for the hidden story in every conversation, meeting, and experience.

*Do Your Best.*

It should go without saying but it is worth mentioning. Every time you put something in writing it is like etching words in stone. Your words really do last forever. This can be a good thing or a disaster and in recent years social media has also driven this point home.

Nobody is perfect. Strive for perfection but settle for excellence. Your credentials are at stake and you will be so glad you did. We used to build binder portfolios of print clips as travel writers just ten years ago. Now our blogs and websites and online presence comprise our portfolio, so make them count.

One article or blog post may not seem important now, but it may be the stepping stone for something much bigger or for many more to come. Make everything you write and publish, something to be proud of from day one.

*Be Persistent.*

My husband has always teased me that I am one of the most persistent people he has ever known. When I first started out breaking into magazine writing and got a few initial rejections, he said many times; "If persistence is any measure of success, then you ought to be really successful." I take that as a compliment. I have seen prominent writers call a celebrity 10 times before getting an interview. I have seen some people get rejections a dozen times before getting published in a major publication.

I remember in the very beginning when I didn't really know what I was doing, and I would pitch an idea to a magazine or newspaper and five query letters would get rejected before I got an

assignment. Had I given up I wouldn't have gone on to publish over 5000 articles and many books and teach others how to do the same.

I remember one magazine I had always dreamed of writing for. My grandparents always had a subscription sitting in the living room on the coffee table. The gorgeous glossy photos and captivating travel stories mesmerized me as a girl growing up. I would look at the masthead and the by-lines and envision my name there.

Many years later, I decided to pitch a query. It was rejected. Then a second query was rejected. But the editor gave me an assignment on the third query I sent. And to top it off, she wrote me back a wonderful letter that I have kept, telling me what an incredibly well-written query letter I had pitched to her.



*Our family has enjoyed countless dude ranch visits, comped.*

I ended up writing for that magazine for 15 years and eventually they gave me a dining column, golf column, weekend getaway column, and many feature and cover stories. At times, when I felt overwhelmed on deadlines, with little kids running around, my husband would tease me about the days I had dreamed of writing for them and getting my first assignment. Persistence pays off.

### *Know Your Market.*

When first breaking into travel writing and comped travel you will save yourself a lot of time and grief by knowing your market.

I made this mistake in the beginning by not fully understanding the market or doing my research thoroughly enough. I would pitch an idea to an editor that didn't completely fit their readership. Or I would request a comp during a peak season or busiest time and the resort or hotel would ask if I could change my request dates to a slower season or day of the week. It's all

part of the learning curve but I would prefer to shorten that curve for you. I spend a lot of time on this in my courses.

### *Learn the Jargon and the Protocol.*

It's critical to understand certain terms like FAM tour, press trip, media trade, by-line, press credentials, round-up, circulation, hashtag, analytics, SEO, side bar, press kit, media kit, and to have a basic understanding of what they all mean. It's imperative to follow the protocol in how you request a comp and what information to offer and the correct timing. Follow up is critical to being hosted again and having a venue recommend you to their partners and associates so that the invitations keep coming. This is covered thoroughly in my courses as well.

### **Show Me the Comps**

Perhaps you want to travel just once or twice a year on a dream vacation for free. Maybe you would like to escape the stress of everyday life once a month on a lavish getaway alone or with your spouse.



*My husband and I enjoying some alone time on a comped cruise while the kids were enjoying their comped cruise activities and behind the scenes, VIP tours of the ship.*

It's possible you would love to experience family vacations with your clan that you have never been able to enjoy before due to financial or time constraints.

Could it be that missions and ministry are your calling and you want to know how to travel to the places you feel called without all the expense and fundraising?

Maybe you have an aging parent and want to make the most of the time you have left together? Or could it be that your kids prefer learning hands-on, and taking them to the places you study, as a homeschooling family, would prove invaluable?



*My middle daughter and I driving across country, all comped, enjoying the National Parks across the USA. Even rental cars can be comped. I teach how in my courses.*

You may have a keen insider's view to traveling with a disabled family member, a service animal, or with a special need and the thrill of sharing your knowledge with others and getting to travel more, with no cost, sounds like a dream come true.

Your "why" could be any of these or literally hundreds of others that I have seen over the two decades I have traveled the world, comped as a travel writer and showed thousands how to do the same.



*My husband likes to golf. I wrote a golf column for years so that I could comp the best golf courses in the world for him to enjoy. I usually drove the cart and took notes. Sometimes I played. But truthfully, I preferred the lavish comped resorts, massages, and dining afterwards.*

Aside from traveling all over the world with my kids and whisking my husband away to romantic getaways, the best part for me, has been bumping into former students on press trips. Seeing a former student rush up to me on a cruise ship and thank me or tell me how she and her kids could now do what they had always dreamed of doing, thanks to my instruction and coaching, has been priceless to me.

It's things like seeing an elderly couple who are enjoying their retirement traveling the world, in ways they never dreamed possible, that are most rewarding to me.

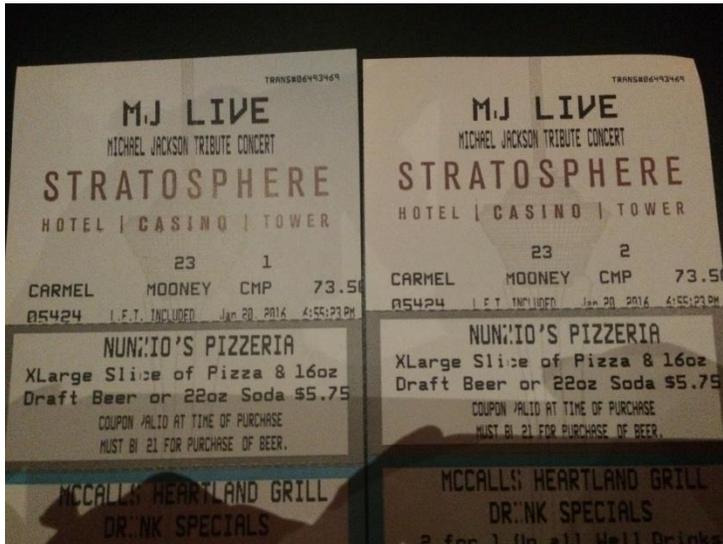
Or it's having a single parent recovering from a horrific divorce tell me that now she and her kids can travel for free and create memories that heal.

It's running into someone while I am on a press trip who thanks me for having shown them how to enjoy comped travel with their dying parent.

That, my friend, is gratifying. That's my "why."



*Private press dinner for me and my family at Disneyland, meeting characters from all the parades and shows.*



*We have enjoyed comped tickets for our entire family, to virtually every show in Las Vegas, Branson Missouri, Pigeon Forge Tennessee, Reno Nevada, Dallas Texas, and just about every major entertainment city, in many countries.*



*We have comped Disneyland, Disney World, Disney Cruises, Disney Resorts, and many more Disney venues, over 25 times, as a family, during the past 23 years. On this visit, lodging, meals, activities, souvenirs, private press parties, and even my air fare, roundtrip from California, were all provided by Disney and Orlando tourism.*

In my newest online course, **Been There Comped That, A Comprehensive Course on Getting Free Travel, Dining, and Entertainment**, I show you every step of the process, in an easy-to-follow format.

**In my new online course, you will learn:**

- **How and where to make the contacts and connections to experience free/comped travel, dining, entertainment and products for fun and profit.**
- **How to position yourself quickly so that it snowballs and you are offered more free trips than you could ever have time to accept.**
- **How to request the comps with complete scripts and examples.**
- **How to be invited on endless press trips and FAM tours and get yourself on the VIP lists.**
- **How to network with tourism and media professionals who want to host you over and over and refer you to their colleagues.**
- **Where the VIP tickets and comps are and how to be invited.**
- **To use comps to generate an endless supply of articles, blog posts, photos, videos, story ideas, connections, and other income producing opportunities.**
- **How to find your niche.**

- How to break in and get published quickly and easily and even how to create your own online outlet.
- How to follow up after the comp, so you will be invited back.
- How to Stay Ahead of the “*Comp*”-etition.
- The difference between writing for online outlets and print.
- How to create the perfect travel article or blog post.
- How to acquire free photos to go with your stories if you don’t like taking photos.
- How to write, blog, and succeed using social media platforms to promote yourself and grow your following.
- How to acquire and review free travel gear, clothes, gadgets, accessories, and more.
- How to claim your golden ticket.
- How to comp: spa treatments, rodeos, concerts with backstage passes, comedy clubs, casinos, dinner theaters, fishing charters, bed and breakfasts, helicopter tours, kayaking, skydiving, ski lessons and lift tickets, snowboarding, train rides, airplane tickets, museums, air shows, baseball games, grand openings, opera, ballet, food tours, movies, fairs, expos, celebrity banquets, acrobatic airplane rides, float plane tours, shore excursions, sailing, parasailing, dinner cruises, camping, cabins, adventure treks, safaris, hunting expeditions, symphony, theater, ballet, opera, food festivals, snowmobiling, photography portraits, amusement parks, cruise lines, botanical gardens, zoos, gondola rides, ziplining, microbreweries, recreational vehicles, houseboat rentals, golfing, ice skating, IMAX theaters, historic inns, riverboat cruises, snowshoeing, white water rafting trips, canoe tours, ski boat rentals, moped rentals, snorkeling tours, vacation rentals, motorcycle tours, cross-country trips, lake houses, yachts, Las Vegas shows, wineries, brewpubs, parking, hotels, meals, resorts, car rentals, limousine rides, dude ranches, water parks, travel gear, and so much more. (These are just many of the specific things my family and I have comped, but the possibilities are endless.)

The success of travel, tourism, recreation, and entertainment is largely dependent on writers, vloggers, photographers, social media influencers, and bloggers just like you.

Follow my easy, step-by-step instruction and soon you’ll be saying, **“Been There, Comped That!”**

More information and additional testimonials on Carmel’s online travel writing courses can be found at [www.anointedjourney.com](http://www.anointedjourney.com)

### **Victoria's Story:**

*My life was already great, but then I took Carmel Mooney's "Been There Comped That" class and it got even better.*

*I learned how to get assignments as a travel writer and how to visit places for free with my family in exchange for writing articles about them.*

*I even broke into Radio doing travel segments.*

*Carmel is very knowledgeable about the subject, and she presents it in a fascinating manner. It was the first class I ever took where I was so excited that I couldn't sleep that night.*

*I highly recommend this class.*

### **Rose's Story:**

*I first made Carmel's acquaintance from taking one of her amazing online courses in 2004 on how to become a travel writer and travel for free/comped.*

*I immediately put her easy-to-follow instruction into practice and began comping vacations to South Padre Island, Houston, San Antonio, and many other travel destinations for me and my family. I even learned from Carmel how to start my own column where I have comped travel and dining for over 14 years now, thanks to her teaching and coaching.*

*Eventually, Carmel and I met in person when she came to Texas on a comped travel writing trip with two of her daughters, and we became fast friends which led to me managing her book signings in South Texas and I was thrilled to facilitate her coming to teach a seminar for the Writers League of Texas where she taught dozens of us how to comp travel all over the world. She is a wonderful mother, writer, coach, and I am honored to be her student and friend.*

### **Lori's Story:**

*I have worked with Carmel as a travel writer for many years. I have hosted Carmel on press trips and FAM tours and have found her to be a pleasure to work with as a travel journalist.*

*She is a woman of ethics in both the business world and in her personal life and a true media professional who delivers what she promises.*

*Carmel has become a friend and colleague in the travel and tourism arena and is respected and admired by many of my CVB colleagues in travel and tourism across the nation.*

*I love how she teaches other travel writers how to break in, and how to comp travel with professionalism. She is a well-respected source of information and has a passion for teaching*

*others how to do what she loves to do, traveling for free while sharing her love and enthusiasm for writing, story-telling, travel, and tourism.*

**Mike's Story:**

*Every class invested with Carmel will reap significant rewards. Learning how to travel around the world free of cost, while covering my journey on my blog and other outlets, has been priceless.*

**Sherri's Story:**

*A few years ago, I took the Been There, Comped That, travel writing class with Carmel. My main goal was to learn how to write text to accompany my photography.*

*Not only did her class help me with that, but I learned how to travel for free as a travel writer. It was one of the most valuable and fun classes I have ever taken.*

*She has been quite an inspiration to me through the years and she continues to amaze me with her talents.*

**Dan's Story:**

*I met Carmel around 2005 at various Travel Writing associations and then hosted her and her family on several subsequent press trips to the travel tourism destination that I represented.*

*She always conducted herself professionally & produced excellent media coverage for our destination, so it was a pleasure to invite her back several times over the years.*

*As time went on, we became friends and she was very instrumental in coaching me through comping my own dream trip to Ireland which was the adventure of a lifetime.*

*I even ended up placing a story about it in one of Carmel's online publications. I highly recommend Carmel's instruction in comping/Travel Writing. Her focus is professionalism and integrity and I wish more travel writers, bloggers, and vloggers would learn from her.*

## **About the Author:**

Carmel L. Mooney has published many books and over 5000 articles in national magazines and newspapers pertaining to travel, comped travel, nutrition, publishing, parenting, service animals, and Christian issues, just to name a few.

She has coached thousands through her seminars and private coaching practice, on how to travel the world, free of cost, through travel writing.

Carmel has hosted and co-hosted three radio shows since 1995 where she has entertained and informed her audiences about travel, entertainment, dining, nutrition, wellness, special needs, autism, and lifestyle.

She is often an expert guest on various television outlets.

Carmel taught cooking classes for nearly a decade. She also produced 33 cooking videos for Paula Deen, judged the World Canning Championship in 2001, co-authored a cookbook, and her culinary, home, garden, and lifestyle talents have been featured in *Taste of Home Cookbook*, *Grit Magazine*, *County Magazine*, *Taste of Home Magazine*, *The Air Force Times*, *The Sacramento Bee*, and *Mother Earth News*.

Carmel has written a dozen columns over the past two decades covering family travel, couples travel, luxury travel, parenting, dining, golfing, dogs, and more, in national magazines and newspapers, with thousands of articles published.

She is also a past member and attendee of the North America Travel Journalist Association, and Travel Media Showcase. She has been a speaker, teacher, and presenter for the International Food Wine and Travel Writers Association, Outdoor Writers Association of California, Society of American Travel Writers, the Writers League of Texas, and Sierra Writers.

She has taught Travel Writing and other journalism courses, as a part time instructor at Sierra College, Butte College, Solano College, Placer School for Adults, Always Learning, The Learning Exchange, The Magnum Group, as well as many online platforms.

Carmel began travel blogging in 2007.

Carmel enjoys traveling the world for free as a travel writer and when she isn't traveling, she enjoys local theater acting, kayaking, ballroom dancing, salsa dancing, creating fermented foods and beverages, ice skating, boating, organic vegetable gardening, knitting, sewing, and spending time with friends and family.

Since 1993, Carmel has been hosted on over 900 comped travel trips as a member of the working media and through her books and classes and coaching, has been teaching her clients and students how to do the same, since 1999.

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