

Time flies! Today it has been 100 days since I left home and started this adventure. 100 days doesn't seem like a long time but in just over three months I am in my fifth country and have seen so many beautiful places and had some awesome adventures. Now it's time to look back on these first 100 days and put up a neat little post putting it all together and talking about the past, present and future...

I usually end my posts with a video but this time I'm making an exception and putting it at the top. This video is kind of like a personal video journal for me where I take a one second clip from every single day and put into one video. The idea came from a TED Talk I saw some time ago and I found the concept fascinating, to capture what you see and do every day with video. So, without further ado I present the first one hundred days of my trip. I have applied [visa on arrival Vietnam](#)

for my adventure to enter Vietnam and then extend my [Vietnam visa](#) with a travel company in Hanoi.

Da Nang was the end point of the Vietnam adventure. Unfortunately, I didn't fly out until 5 days later. Which normally wouldn't be a bad thing since there's a lot to do around Da Nang. But it rained whilst there. And it kept on raining. My last day there was beautiful though, clear blue sky and the sun shining. Da Nang is a good place to go wreck diving as there are a lot of WWII ship wrecks there.

The wrecks around Da Nang were Japanese ships sunk by the US Task Force 38 in the 24th. of September 1944. The diving is pretty cheap in Da Nang but shop around as prices can vary and the number of people diving as well. I went with Da Nang Divers and paid 30\$ for two dives with lunch. The equipment and the dive masters are good, highly recommended. The dives themselves were not fantastic, but a nice experience to go inside sunken ships. The visibility was quite bad and it would have been better in better visibility. But there was quite a lot of awesome wildlife: saw my first lionfish, there was a nice jellyfish and some really big fish.

All you need for this week's bodyweight workout of the week is a fallen tree. No not really, you can do this in many parks or with two tables or chairs. Do as many rounds as you want of these five exercises and rest 1 minute between rounds. 4-5 rounds should be a good amount. I only did three rounds as I had just finished two deep wreck dives and it was hot, like really hot. You should watch the video, if not for the exercises then to see me fall out of a tree and almost hurt myself.