



5-MINUTE RECIPE FOR
USING AI TO MAKE
TRAVEL PLANNING: EASY,
FUN AND AFFORDABLE

AgelessTraveler.com



Dear Ageless Travelers:

This little gem is our gift to you—a thank-you for subscribing to The Ageless Traveler newsletter.

It's a bite-sized (but powerful) bonus to help you use Artificial Intelligence (AI) to plan travel better, faster, and way cheaper.

**Adriane Berg, Founder of
TheAgeless Traveler**

First, A Word for the “Tech-Challenged” (you know who you are...)

I know some of you out there feel like you and technology are in a long-term feud. But let me tell you something—AI is not like the rest of the tech out there. It doesn't need you to be a 15-year-old gaming wizard. It speaks in sentences. It listens to you. And best of all—it thinks like you.

And AI is also intuitive. Especially for folks like us who know how to ask good questions. AI isn't about clicking the right emoji or finding some tiny arrow on a screen. It's about words, stories, ideas—the stuff we know like the back of our hand.

Older adults, particularly women over 55, search more on Google than teenage boys. (I love that stat—it's my mic drop.) We're not “digitally illiterate.” We just learned differently. We're verbal. We like full sentences. And that gives us a hidden advantage. Why?

Because older adults make better decisions with incomplete information. We fill in the blanks. We think in patterns. That makes us great at navigating the swirling sea of travel options AI can offer.



AI + Travel = A Revolution for Ageless Travelers Like You

Let's break this down into three, easy bites:

One

What the Industry is Doing with AI (and why it matters to YOU)

The travel industry is using AI to assist you in planning your trips. Even a travel agent or consultant uses AI. So, no matter how you plan, it behooves you to know a bit about AI. It's here to stay.

When you search for a trip, AI tracks what you like, where you go, how you travel, and who you're with. Whether you think this is a great tool, or a creepy invasion of privacy, here is how the industry uses it to help you plan:

AI in the industry gives you:

- Targeted offers: Ads that actually match your interests
- Smart suggestions: The right hotel room, the right flight, even the right tour group—whether you're solo, traveling with grandkids, or tagging along with your pickleball team.
- Personalized menus: Vegan? Low-salt? Sugar-free? Yep, the menus are changing because we're changing.

For Example:

Connie, the AI concierge at the Hilton in McLean, VA can check you in, answer your questions, and never roll their eyes when you ask where the ice machine is.



But wait....there's more.

Take a look at the robot staff at the Henna Hotel in Nagasaki



If you don't love it, you at least have to admire it!

Two

How YOU Can Use AI to Plan Travel Like a Pro (No Tech Degree Required)

AI is NOT one tech application or one platform, it is comprised of many pathways three of which relate most to travel planning.

I use three FREE AI platforms for travel planning. You can too:

✓ ChatGPT

ChatGPT can become your new travel buddy. Go to the free version at [ChatGPT.COM](https://chatgpt.com) and it will say “ask me anything.” You just type in what you want—like:

“Plan a 2-week African itinerary including gorilla trekking, great weather, and minimal airport layovers.”

ChatGPT will give you the whole trip—dates, places, how to get there, what to pack, and even where to eat if you're gluten-free and on a budget.

I also use it to research what YOU want. That's right. I ask what 60+ travelers are into right now. I use it for podcast episode ideas, newsletter content, and trip design. That's how I stay on the pulse—and you can too.

✓ Gemini

Gemini is your go-to for deep info. Gemini is all about you asking questions. When you get to the free website it will say, “ask me questions.” The more you are specific the better it responds.

It can create a personal guidebook.

Want to find a low-salt, diabetic-friendly restaurant in Tours, France? Gemini’s got your back. Want to know which little island has the best hidden beaches and jazz bars? Done. Think of it as your superpowered travel researcher. You ask, it delivers.

Clear, factual, and quick.

✓ NotebookLM

Now here’s a hidden gem. NotebookLM is like the Cliff Notes of all the brochures you hoard in your carry-on. You drop in travel guides, PDFs, or even just your notes, and it pulls out the most important info.

Which zoo is best? What’s the difference between the midnight river cruise and the starlight cocktail boat?

It tells you—in plain English. It’s great for decision-making. When you’re overwhelmed, this thing’s a lifesaver. And NotebookLM is also a good research assistant. But it works differently than ChatGPT or Gemini. For NotebookLM you need to put in a resource, like a file in your word or a pdf or anything you copied. If you want to write a question it also permits you to insert your own text. They call all of these choices a “source.” Your written questions are treated like any other source, and you get answers.

Three

How I Use AI

Research

- ✓ I use AI to research age-friendly destinations
- ✓ I build itineraries based on preferences
- ✓ I ask AI what mature travelers need, want, and worry about
- ✓ I translate all that into content, travel deals, podcasts, and personalized suggestions and into my itineraries

Fact-Finding

“Where’s the chapel at JFK?”

“How long to walk from security to Gate B42?”

“What’s the exchange rate in Namibia right now?”

This stuff is exact, quick, and a no-brainer.

Decision-Making

“Should I go to Marrakech or Casablanca during Christmas?”

“Which destination is better for solo female travelers who love culture and hate crowds?”

“What’s the vibe like in Porto vs. Lisbon for art lovers?”

This is where AI really shines.

It takes what you love (and hate), combines it with millions of data points, and gives you real suggestions tailored to YOU.

Your Action Step (AKA “Let’s Go Already!”)

Here’s what I want you to do right now:

1. Go to ChatGPT or Gemini or NotebookLM
2. Type in a travel dream you’ve had. Be specific.
3. Ask it for a plan. Include your age, diet, budget, and preferences.
4. Watch it work its magic.

Then? BOOK THAT TRIP. Or at least start planning.

Embrace the Future of Travel

Remember, AI isn't just for tech enthusiasts—it's for savvy travelers like you, looking to make every journey seamless and unforgettable. Dive in, explore, and let AI transform the way you travel. Your next adventure awaits!



Never Stop Traveling!