MILES & MEMORIES

The

Art of Travelling

VOLUME 01

How to use your digital travel journal

Collect moments. Not just destinations.

WELCOME

Getting started

Your journal is a single file that opens in your web browser. No app to install, no account to create, and your entries stay on your device.

What is included

- **Your private journal link** — the interactive journal with all 42 pages, which installs like an app.
- **miles-and-memories.html** — the same journal as a single file for computers, if you prefer to keep it offline from the start.
- **miles-and-memories-printable-A4.pdf** — every page, blank, ready to print and fill in by pen.
- **This guide.**

Opening the journal

Using the single file on a computer: double-click `miles-and-memories.html` to open it in your browser (Chrome, Edge or Safari recommended) and bookmark it.

Install it as an app (recommended on every device): open your private journal link, then:

- **iPhone and iPad:** in Safari tap Share, then **Add to Home Screen**.
- **Android:** in Chrome tap **Install app** (or the menu, then Install app).
- **Windows and Mac:** in Chrome or Edge click the install icon at the right of the address bar.

The installed journal has its own icon, opens without browser bars, **works offline**, and is protected from automatic clearing. The cover page and the menu also have an **Install the app** button.

> **Always open the journal the same way.** Your entries are saved by the browser you use, for the address you opened it from. If you open it from a different browser, a different device, or a different copy of the file, you will see an empty journal. To move your journal, use a backup (page 5).

Finding your way around

- **Previous** and **Next** at the bottom turn the pages. On a keyboard, use the ← and → arrow keys.
- The page picker in the middle jumps to any page and shows where you are, for example *9 of 42*.
- **Contents** at the top lists every page by section. A filled dot means you have started that page.
- The section tabs (Begin, Dream, Plan, Journey, Discover, Reflect) take you to the start of each section.
- The house icon returns to the front cover. The thin terracotta line under the top bar shows how much of your journal you have filled.

WRITING

Four ways to fill a page

Mix them freely. A single entry can hold typed words, dictated thoughts and a quick sketch.

1 · Type

Tap any line and start typing. Writing boxes grow as you write, so there is no limit to how much you can say. Edit and delete exactly as you would anywhere else.

2 · Speak

Tap the **microphone** beside a writing field. The first time, your browser asks for permission to use the microphone; choose **Allow**. A red dot shows that the journal is listening, and your words appear in the field as you speak.

- **Pause** stops listening without finishing; **Resume** carries on in the same place.
- **Done** finishes. The text is ordinary text that you can edit.
- **Retry** removes what you dictated in this session and starts listening again.
- Change the language in **Menu → Settings → Voice-typing language**.

> **Speech to text** works in Chrome and Edge (Windows, Mac, Android) and Safari (iPhone, iPad, Mac) while you are online; your browser's own speech service does the conversion. **Everywhere else, and offline, the microphone records your voice instead**, and the recording is kept under that field to play back any time.

Voice memories

Daily logs, the Unexpected moments page and the Letter to your future self also have a **Record a voice memory** button: capture a street sound, a song or a story in your own voice (up to 10 minutes each). Name each recording, play it back, or delete it. Recordings work offline in every modern browser and are included in your backups.

3 · Write by hand

Many pages have a drawing pad, and every writing field has a **pen** icon that opens one beneath it. Write or draw with Apple Pencil, a stylus, your finger or a mouse.

- **Pen** and **Eraser** switch tools. Five ink colours sit beside them.
- The slider sets pen thickness. With Apple Pencil and most styluses, pressing harder draws a thicker line.
- **Undo** and **Redo** step through your strokes. The bin clears the pad (Undo brings it back).
- **More space** and **Less space** change the size of the pad.

Using a stylus on a tablet? Turn on **Menu → Settings → Draw with stylus only**. Your fingers then scroll the page while only the pen draws, so your palm will not leave marks. The journal also does this automatically once it detects a pen.

PHOTOGRAPHS

Photos, lists and planners

4 · Add photographs

1. Tap **Add photos** and choose one or several pictures from your device.
2. **Drag** a photo to move it. Tap it to select, then pull the round terracotta **corner handle** to resize.
3. Type a **caption** beneath each photo.
4. While a photo is selected, its small buttons bring it to the front, replace it or delete it.
5. **Tidy layout** arranges all photos in a neat grid. **More space** makes the photo area taller.

Photos are resized to a sharp but sensible size so your journal stays fast. The **Photo gallery** page (34) also shows every photo in your journal; tap one to jump to its page.

Checklists and lists

Tick items as you go. **Add your own** adds a new item; the × beside an item removes it, with an Undo option. Each checklist shows how many items are done.

Tables

Bucket lists, bookings, food and souvenir tables work like simple spreadsheets. **Add a row** gives you more space. The × at the end of a row clears it (after asking) or removes an extra row.

Dates and travel days

Enter your departure and return dates on **Trip overview** (page 9). The journal then works out the trip length, numbers and dates every day of your **Itinerary planner**, and offers a one-tap date on each daily log.

There are six two-page daily logs. Travelling longer? Tap **Add Day 7** at the end of the last day, or use **Menu → Add a travel day**. Days you add can be removed again from the last day page.

Budget and expenses

1. On the **Travel budget planner** (page 14), choose your currency and enter a planned amount for each category. An overall limit is optional.
2. Log each purchase in the **Trip expense tracker** (page 35) with its category and amount.
3. Totals, a daily average, and budget against actual spending update automatically on both pages.

KEEPING IT SAFE

Saving, backups and PDF

Saving

Everything saves automatically, a moment after you stop typing. The top bar shows *Saving…* and then *Saved* with the time. To save immediately, tap the **disk** icon (or press Ctrl / ⌘ + S). If your browser ever refuses to save, a message appears straight away with a button to download a backup, so nothing is lost silently.

Back up regularly

Your journal lives on your device. A lost phone or clearing browser data would remove it, so the journal helps you keep a copy elsewhere:

- **On phones and tablets:** Menu → **Save backup to iCloud, Google Drive or Files** opens the share sheet. Choose Save to Files (iCloud Drive) or Drive.
- **On computers:** Menu → **Download backup**. Or switch on **Automatic backup to a folder** in Menu → Settings (Chrome and Edge): choose a folder inside iCloud Drive, Google Drive or OneDrive and the journal saves a fresh backup there as you write, with one copy per day. Your browser asks you to confirm the folder once per visit; tap **Resume automatic backup** when asked.
- **Reminders:** if a day passes with new entries and no backup, a gentle reminder appears with a one-tap backup button.

Backups include your writing, handwriting, photos and voice recordings.

Move to another device or restore

Open the journal on the new device, then choose **Menu → Import a backup** and pick your backup file. Before importing, the journal keeps your current entries as a restore point. **Menu → Restore previous journal** switches back.

Export as PDF

Choose **Menu → Export as PDF** (or the button on the back cover). Your browser's print window opens with your filled journal laid out on A4 pages; very long entries continue onto an extra page. Choose **Save as PDF** as the printer to keep a copy, or print it. Tip: tick **Background graphics** in the print options if your browser shows it.

Print blank pages in the same menu prints all 42 pages empty, for writing by pen. The included printable PDF is the same.

Starting your next journey

Menu → Start a new journal gives you a fresh, empty journal. Download a backup of the old one first; it is also kept as a restore point on this device.

HELP

Questions and troubleshooting

If this happens	Try this
My journal is empty	You may have opened it in a different browser, from a different link or copy of the file, or in private browsing. Return to the way you usually open it, or import your latest backup.
The microphone records instead of typing	Your browser (for example Firefox) or your connection does not support speech to text, so your voice is kept as a recording. Use Chrome, Edge or Safari online for text, or your keyboard's dictation key.
“Automatic backup is paused”	Tap Resume automatic backup and allow the folder. Browsers ask once per visit for your safety.
“Microphone access is blocked”	Allow the microphone in your browser's site settings (padlock or camera icon by the address), then tap the microphone again. On iPhone and iPad also check Settings → General → Keyboard → Enable Dictation.
Voice typing stops after a pause	Some phones stop listening after a silence. Tap the microphone again to continue where you left off.
“Voice typing needs a connection”	Connect to Wi-Fi or mobile data. Typing, handwriting and photos all work offline.
My finger draws when I want to scroll	Turn on Menu → Settings → Draw with stylus only, or scroll with your finger outside the drawing pad.
A photo will not add	Some HEIC photos cannot be read outside Apple devices. Choose a JPEG or PNG. If the journal says storage is full, download a backup and remove a few photos.
The PDF has no colours	Turn on Background graphics in the print options.
Text is too small	Menu → Settings → Text size.

Privacy

The journal has no account and no server. Your words, drawings and photos are stored only in your browser on your device, and leave it only when you download a backup or a PDF. When you use voice typing, your browser sends the audio to its own speech service to turn it into text.

Please do not store passport, card or bank numbers in the journal. Keep booking references only.

Accessibility

Every control can be used with a keyboard and has a label for screen readers. Photos can be moved with the arrow keys and resized with + and − once selected.

Wishing you many miles and many memories.