

Media Kit
for
The Housesitter's Guide to the Galaxy: The Essential Edition
House & Pet Sitting For Beginners
By Jessica Holmes

Publication Details

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Publication Date: 10 October 2025
Category: Non-Fiction - Travel
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Availability & Distribution

Available from:

- All good bookshops
- Online retailers (Amazon, Waterstones, Blackwell's, etc.)
- Direct from publisher: Arena Books (www.arenabooks.co.uk)

Wholesale Distribution:

- Gardners Books
- Bookvault
- Direct from Arena Books

ISBN & Pricing

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Price: £7.99

Physical Specifications

Format: Paperback
Page Count: 300 pages
Dimensions: 229mm x 152mm (9.01" x 5.98")
Trim Size: 6" x 9"
Cover: Full-colour paperback with design by Laara Bonn

Book Descriptions

Short Description

Discover how housesitting can revolutionise your travel while living rent-free and caring for pets worldwide. Perfect for eco-conscious travellers, digital nomads, and pet lovers seeking alternatives to traditional tourism.

Full Description

What if the key to your dream lifestyle was sitting right in front of you, wagging its tail? Imagine waking up in a cosy cottage in the Somerset countryside with two spaniels at your feet, then finding yourself weeks later cuddling a cat in South Africa, all while your accommodation costs add up to less than £1 per night. This isn't fantasy, it's the reality of housesitting, and it could be yours too.

In this completely updated edition, Jessica Holmes shares the insider secrets that she's learned from over 35 housesits across eight countries and two continents, caring for more than 65 pets – from cats and dogs, to chickens and guinea pigs, and even one parrot (who took a strong dislike to her husband Tom).

This isn't just another travel guide, it's your roadmap to freedom.

Whether you're dreaming of escaping the 9-to-5, travelling the world sustainably, or simply wanting more furry friends in your life, this book will show you exactly how to make housesitting work for you. From crafting the perfect profile that gets you chosen over hundreds of other applicants, to handling the logistics of international pet care, to navigating everything from visa complexities to what happens when a dog gets sick in your care.

Inside, you'll discover:

- How to stand out in an increasingly competitive market
- The art of reading listings like a pro (and avoiding red flags)
- The do's and don'ts (for housesitters as well as homeowners)
- Real stories – hilarious, heartwarming, and occasionally hair-raising
- The secret to creating genuine connections across continents
- Practical hacks for life on the road

More than just low-cost accommodation, housesitting offers something priceless: the chance to live like a local anywhere in the world, create meaningful connections with both pets and people, and discover that freedom doesn't have to come with a hefty price tag.

The world is waiting. The pets are ready. All you need is the courage to lose sight of the shore.

Key Selling Points

- **Completely updated edition** with three years of additional experience
- **Practical, battle-tested advice** from 35+ real housesits
- **Environmental focus** – reducing carbon footprint by up to 80%
- **Financial benefits** – accommodation for less than £1 per night
- **Digital nomad insights** – working remotely while travelling
- **Honest, humorous approach** – real stories, not Instagram perfection
- **Dual perspective** – advice for both sitters AND homeowners
- **Comprehensive coverage** – from first application to long-term lifestyle
- **Author credibility** – Senior Editor at Nomad Magazine, professional travel writer

Target Audience

Primary Readers

- Eco-conscious travellers seeking sustainable alternatives
- Digital nomads and remote workers
- Pet lovers who want to travel affordably
- Gap year students and career breakers
- Retirees looking for adventure
- Budget-conscious travellers

Secondary Readers

- Homeowners with pets who travel frequently
- Travel industry professionals
- Environmental and sustainability advocates
- Lifestyle bloggers and influencers
- Anyone questioning traditional tourism models

Comparative Titles

- *Slow Travel* by Penny Watson (Hardie Grant)
- *Sustainable Travel: The Essential Guide* by Holly Tuppen (White Lion Publishing)
- *The Digital Nomad Handbook* (Lonely Planet)
- *Zero Altitude: How I Learned to Fly Less and Travel More* by Helen Coffey (Flint)

Subject Classification

THEMA Codes

- WTD: Tips and travel advice
- WTHC: Travel guides: eco-tourism
- WTL: Travel guides: budget travel
- WTHA: Travel guides: adventure holidays
- WTHW: Travel writing
- VSZ: Relating to specific groups and cultures
- WTHe: Travel guides: hotels and places to stay
- WMQF: Lifestyle and personal style guides

BISAC Codes

- TRV009020: Travel / Budget Travel
- TRV026000: Travel / Special Interest / Adventure
- TRV015000: Travel / Europe / General
- SEL016000: Self-Help / Personal Growth / General
- NAT045000: Nature / Environmental Conservation & Protection

BIC Codes (UK)

- WTH: Travel guides
- WTL: Travel writing
- VSP: Society & culture: general
- RN: The environment

Marketing & Publicity

Key Promotional Activity

- **Cheltenham Literary Festival** - 15 October 2025, 12:30pm, Huddle Stage
- Author available for interviews, podcasts, and media appearances
- Active social media presence: @hitchedhikingandhousesitting (Instagram)

- Website with blog and additional resources: www.hitchedandhiking.com
- Featured in *Nomad Magazine* (author is Senior Editor)

Review Copies Available

Review copies available upon request for:

- Travel journalists and bloggers
- Environmental and sustainability media
- Lifestyle publications
- Digital nomad and remote work platforms
- Pet and animal welfare publications

About the Author

Jessica Holmes grew up in Gloucester, UK, and has always felt a deep connection to nature and animals. Her passion for travel encouraged her to give up her dream job as a police investigator and backpack her way around the world, eventually becoming a digital nomad. She has lived nomadically for long periods of her adult life. Struggling with the inevitable environmental impact of a high-intensity travel lifestyle, she sought a new path which could revolutionise modern travel. She now housesits full-time around the world, looking after other people's homes and pets whilst working online as a writer and editor.

Website: www.hitchedandhiking.com

Instagram: @hitchedhikingandhousesitting

Previous Edition

First edition published October 2023 by Arena Books.

This Essential Edition (2025) includes significant updates, additional content, and three years of new experience.

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