

Narrator: We all make choices about our homes. The effects can be tiny or life changing.

Hannah: I'm Hannah, and I live in my van full time.

Narrator: Hannah is studying Marine Biology. Instead of following the crowd and living in rented accommodation, Hannah converted her van into a home. She did it all herself.

Hannah: This worktop is made from an old dresser that used to be in my mum's house, so it's kind of nice to have that little bit of home kind of wherever you are. For a couple of years we had, just a blue blanket there, and then we found that it wasn't... We didn't get enough natural light in the van, so we swapped it for this one, and this I actually made. It's much nicer because you can open it and get the sunlight in.

Narrator: The space is charming, inviting and cosy. But Hannah describes the key necessities that make life in the van comfortable.

Hannah: This wood burner has been, probably the saving grace of our van. We always say that there are certain things that make it really comfortable and really liveable, so being able to have heat, water, being able to cook your food, are kind of the main ones. And when one of those things goes wrong, like if you run out of gas, it quickly becomes quite unpleasant.

Narrator: When anywhere a can be your back garden, where do you choose?

Hannah: I pretty much always park on the beach front. It's really nice because most mornings I normally get in a surf or a run on the beach.

Narrator: Even if most people live in larger spaces, they probably aren't as active as Hannah.

Hannah: I find that it's so much easier to stay motivated with things like fitness, because, you're in a tiny space, it's really nice to get out and go for a run, or go to the gym or go climbing.

Hannah: Yeah, it makes me spend so much more time outside and more time doing the things I like doing.

Narrator: Before living in the van Hannah had to study and work full time in order to afford rent.

Hannah: I got so little sleep, I was a really grumpy person, and just, yeah I wasn't enjoying it.

Narrator: Clearly, the decision to live in an alternative home has enabled Hannah to balance comfort, health and happiness.