Travelling to new places through new eyes can transform our understanding of ourselves and the world. 'Swallow the air' by Tara Jun Winch help reader to identify in main character's journey of discovery. In the TV documentary 'Go back to where you came from' which was composed by Ivan O'Mahoney discover real experience of refugees and asylum seekers that their way to Australia. The related material 'Home and Away' picture book by Matt Ottley has powerful idea of the struggles faced of illegal refugees.

The journey of self-discovery and gaining an understanding can lead individuals to discoveries of themselves and the world. In 'Swallow the air', the author use first-person narration to help reader identify the main character's journey of discovery. Many has many instactions that make feel excused and limited to what she can do and what opportunities are available. The book opens with unexpected death of her mother. This create a sense of lose lead May decide to go through the journey to find herself. When May finally find the Gibson family, the blood relation they renounced the culture and racial heritage. May realise this place she sought is a place of alienation and absence. May discover the truth of her heritage.
and the world find herself the new path she want to follow - "I wanted to be free of them - I wanted to pride inside."

Throughout the serise of 'Go back to where you came from', the real experience has change individuals the belief and the world. At the beginning of this journey, Roye said, "I could go over there right now with a gun and shoot them all" about the refugees neighbouring detention centre. The last episode of the serise, The Response, Roye couldn't believe what she had said "Did I actually say that?" Roye is free from the prejudice of refugees and feel strongly people should be helping refugees from other countries and camps. Roye has discoveries herself the believe she has and reaffirming the world. Roye's journey support the idea of struggle faced of refugees and understanding the issue of asylum seeker to fleeing to the other countries. This experience can lead individuals open to making new discoveries.

The related material 'Home and away' picture book has powerful and strong image of the struggle face of illegal refugee. The point of view by use the eyes of young child to discoveries the world. On 'September 29', the picture of main character's family been trapped in to detention centre has not emotion face, symbolised the hopelessness through
a new and 'free' country still struggle of them. The experience of main character’s family on face of the war, fleeing their homeland to find safety as they as looked up in detention centre. They realise the freedom is not given to them as they are asylum seekers. The idea of reader discover the horrors of journey by boat to find safety and freedom. Through many reader discover many change the issue of the asylum seekers. This text link to the documentary 'Go back to where you came from', discovery from reader question the way of right and truth. Focusing the deeper meaning of the labelled as 'refugees'. This experience lead individuals to discoveries the struggles faced of illegal refugees and the freedom of them is living in detention centre to fleeing their homeland.

The journey of discovery can lead individuals with the experience to change these themself and the world.