

Travel Log





This Girl Scout Travel Log
belongs to:

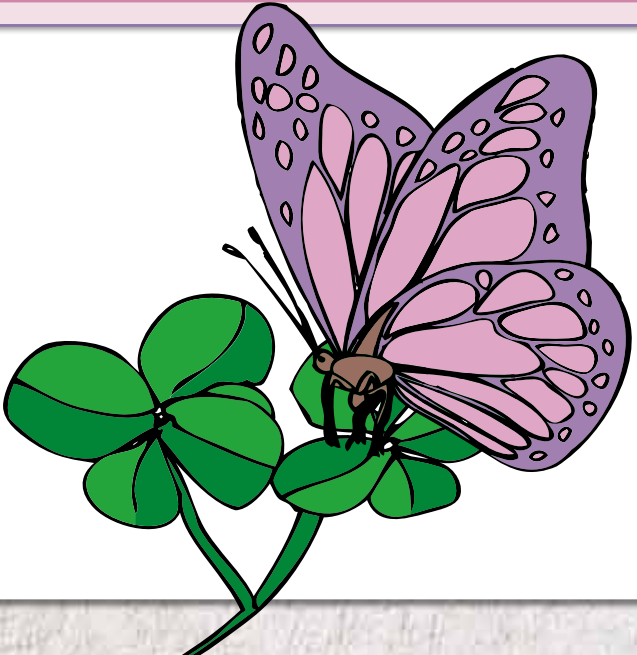
If found, please use the following contact specs:

Address

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Phone

E-Mail



So You're Going on a Girl Scout Trip

Got the travel bug? You're in the right place.

The *Girl Scout Travel Log* is your backpack buddy as you explore the world. This is your personal journal to dream, plan, experience, and reflect on your adventures. You can even use these pages to sketch a Take Action project and make a bold difference in the world. So get going—your destination awaits you!

Just what does that mean? Well, it's different than visiting a relative in another state on spring break. Here's what makes Girl Scout travel unique from other travel experiences:

You'll get to plan your own trip—location, purpose, cost, and itinerary.

You'll discover inner strength, courage, new skills, and an opportunity to enjoy different points of view.

You'll connect with other girls by working as part of a team toward a common goal. You'll make great new friends and feel a connection to the community you'll be visiting.

You'll have an amazing, crazy-good time, but it will be meaningful, too.

You'll feel empowered to take action on something you care about— either in the place you're visiting or in your community once you return home.

You'll share the significance of your trip with others.



Exploration: The *Girl Scout Guide to Global Travel* is the perfect companion to *The Girl Scout Travel Log*.

The guide will walk you through the Girl Scout travel experience from beginning to end, providing handy tips, tools, and timelines that will enable you to plan an awesome Girl Scout trip. Check out the guide on the Girl Scout Web site: www.girlscouts.org/travel

Your Destination:

Travel Dates:

I learned that if I try, like really try, I can do well and have fun at the same time.

—Anna, 12

I realized the minor conflicts in my life are nothing compared to what these children experience. This Girl Scout destination taught me that.

—Rachel, 15

Chart Your Experience



You may not know it, but you've been preparing for this trip your whole life. In Girl Scouts, there is a crawl-before-you-walk approach to travel. This means that, depending on the trip you're going on, you should have already had some travel experience through Girl Scouts. You'll also have valuable life experience—family trips, camping, school activities, responsibilities, and volunteering—to draw from.

Below, write about your experiences as well as the skills you've gained. It's important to catalog your skills because you'll be using them on your upcoming trip.

Things I've Learned at...

Family Outings

School Activities or Projects

Community Activities

Badge Work

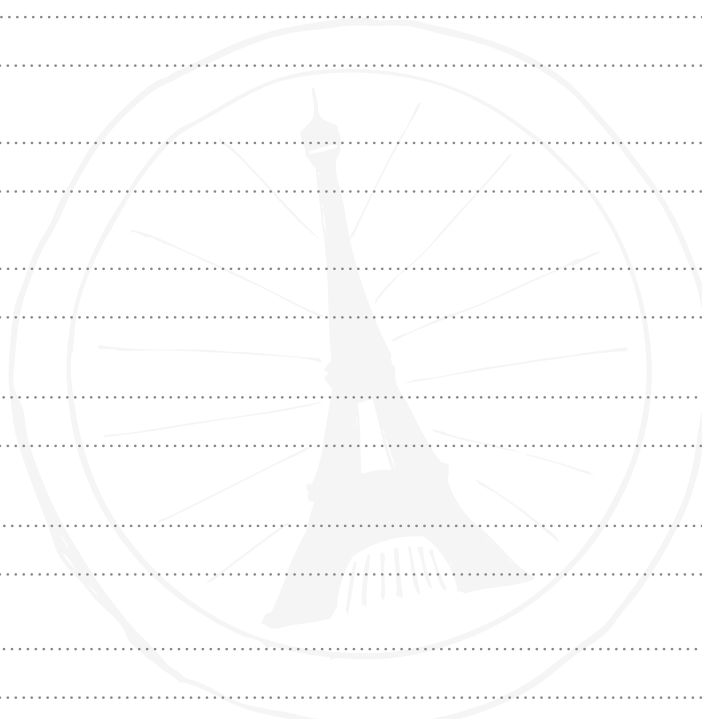
Camp Stays

Events

Girl Scout Experiences

Jobs or Internships

Other Experiences



The "Get to Know You" Quiz



Before you head off to new places and cultures, get to know who you are. You'll be interested in meeting people on your trip, right? Well, other people will be interested in you, too. Use the questions below to help think about the characteristics of yourself and your culture.

What languages do you speak?.....

What music do you listen to? What dances do you know?
.....

What foods do you eat at home?.....

In your family, what is considered polite and what is considered rude? What manners have you been taught? *(Think about such things as table manners, behavior toward guests in your home, what to say when answering the telephone, how to say thanks for a meal.)*
.....

What do you wear on special occasions? What do you wear on an everyday basis?.....

How often do you see your extended family, i.e., grandparents, aunts, uncles, and cousins? What role do they play in your life?

What holidays and ceremonies are important to you?
.....

Describe something very important to you. It could be a value, such as respect or honesty. It could be a person, such as a parent, brother, sister, or friend. It could be a goal, such as going to college or designing a Web site. It could be a hobby.

Based on your answers, how would you describe your culture?
.....
.....
.....
.....

Culture Quest

Whether you're traveling to a foreign-to-you part of the United States or to a country outside the U.S., get comfy with your location. Some of the cultural characteristics you'll encounter may be similar to yours; others may be completely different. Knowing what to expect can help combat culture shock. Take the Culture Quest Challenge to find out how much you know about the country or location you'll be visiting.

Culture Quest Challenge

Next to each item, write what you know about the people and culture you will be visiting.

Styles of dress..... Holiday customs.....

Ways of greeting people.....

Beliefs about hospitality.....

Importance of time.....

Important landmarks.....

Values.....

Attitudes about personal space or privacy.....

What teens do for fun.....

Foods.....

Facial expressions and hand gestures.....

Concept of self.....

Work ethic.....

Holiday customs.....

Music.....

Dance.....

Celebrations.....

Concept of fairness.....

Nature of friendship.....

Tourist attractions.....

Concept of beauty.....

Attitude toward age.....

Role of family.....

General view of Americans.....

General view of the world.....

Religious beliefs and rituals.....

Call the Expert

Instead of knowing a little about every item on your itinerary, be an expert on one. Investigate a specific aspect of the culture. Choose a landmark, museum, music, food, famous person, etc. Once you make a choice, research your heart out. Learn everything there is to learn. Then, sign your name at the bottom of the page and declare yourself an expert! When you're on your trip, share the info with your travel buddies.

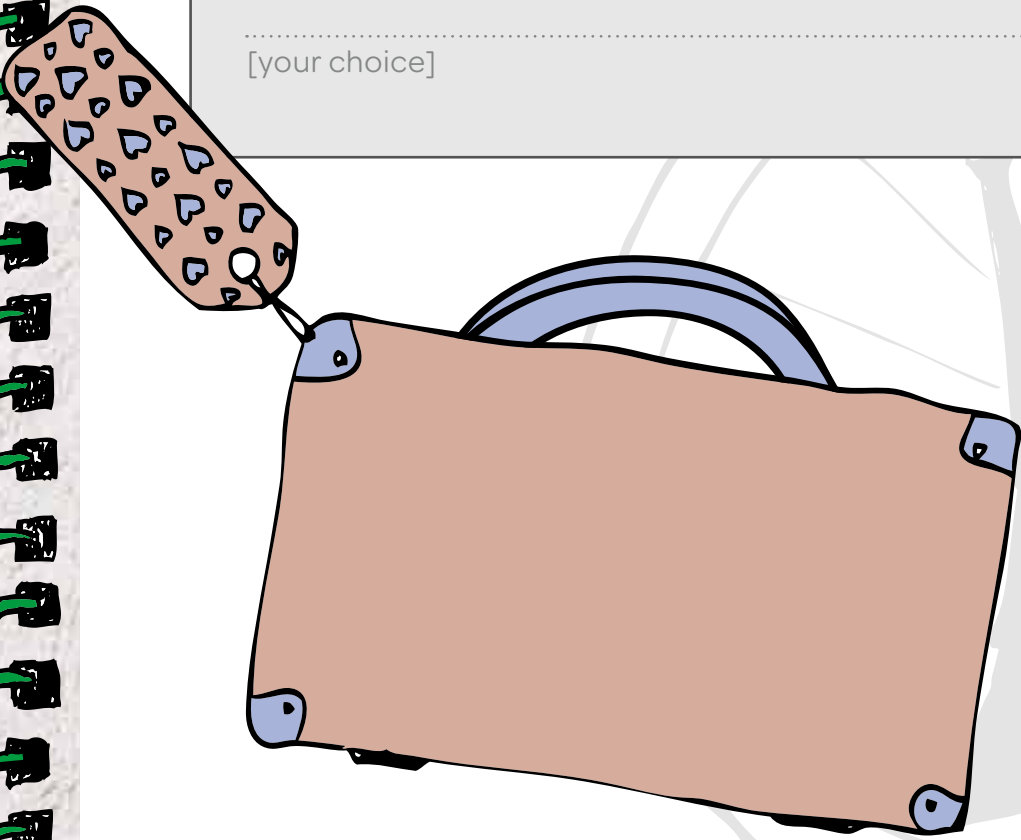
Collective Wisdom

If you're in contact with the girls you'll be traveling with, suggest everyone pick an aspect of culture to focus on. As a group, you'll be packed with knowledge and each day a different person can take the helm as tour guide.

.....
[your name]

Expert on,

.....
[your choice]



Cuanto Dinero?

How much money should you bring with you on your trip? Use the travel budget below to determine your costs. Remember to multiply costs by how many days and nights you'll be spending in your destination city.

Use the chart below to record what you spend on your trip. This way you'll know if you're staying within the budget you established. The first entry is an example.



Travel Budget

Expenses	\$ Cost
Passport	\$ _____
Airfare	\$ _____
Lodging	\$ _____
Food	\$ _____
Event fees	\$ _____
Souvenirs, gifts	\$ _____
Local transportation	\$ _____
Miscellaneous	\$ _____
Emergency money	\$ _____
Admission fees (museums, theater, etc.)	\$ _____
Total	\$ _____

Amount I Started With:	Today I Spent	Item I Bought	My Balance
\$ 500	\$ 25	Shirt for Tasha	\$ 475
\$ _____	\$ _____		\$ _____
\$ _____	\$ _____		\$ _____
\$ _____	\$ _____		\$ _____
\$ _____	\$ _____		\$ _____
\$ _____	\$ _____		\$ _____
\$ _____	\$ _____		\$ _____
\$ _____	\$ _____		\$ _____
\$ _____	\$ _____		\$ _____
\$ _____	\$ _____		\$ _____
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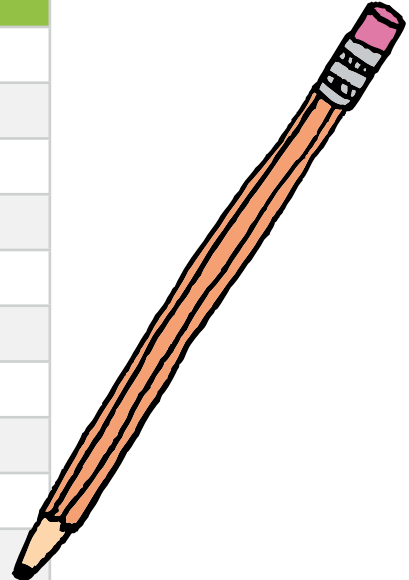
What's the Currency

Whether it's key chains, postcards, t-shirts, or snow globes, what would a trip be without souvenirs? Make a list of the people you want to get souvenirs for and what the souvenir might be. Enter this info in the chart below. In the cost column write how much you think the souvenir might cost.

If you're traveling to another country, it's important to know how much the U.S. dollar is worth. This is a must-know beforehand. To find out, look at an exchange rate chart on the Internet or visit a bank in your neighborhood. Use the information in the chart to figure out how much each item will cost in the country's currency.



Name	Souvenir	Cost	Cost with Exchange Rate
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____
		\$ _____	\$ _____



You, the Before Picture

Departure time is approaching. How exciting!

All those months of planning and preparing have really paid off.

Answer the questions below to capture the you pre-trip, recording how you're feeling at this very moment.



What three things are you most excited about?

.....

.....

.....

What three things are you most worried about?

.....

.....

.....

What three things do you predict you'll miss the most about home?

.....

.....

.....

What three things do you think you'll miss the least about home?

.....

.....

.....

My greatest single challenge on this trip will be...

.....

.....

.....

How do you think your travel experience will change you?

.....

.....

.....

Before You Go Make Sure You Have These Items:

- Passport
- Ticket
- Copies of documents
- Emergency contact info and plan
- Luggage
- Copy of your itinerary
- SWAPS if meeting with Girl Guides or Girl Scouts
- Uniform
- Spending cash
- Language dictionary



Pack Like a Pro

Packing for your trip has the potential to make you feel stressed, but stay positive and organized. Use the checklist below and add your own items, too. Remember this important rule: function over fashion. It's better to be comfortable than cute!



Important Stuff

- | | | |
|---|---|--------------------------------|
| <input type="checkbox"/> Airline tickets | <input type="checkbox"/> Credit card | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Passport (with visas) | <input type="checkbox"/> Itinerary | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Copies of passport | <input type="checkbox"/> Lodging information | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Health forms (if required) | <input type="checkbox"/> Emergency phone numbers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Wallet | <input type="checkbox"/> Prescription medication in original containers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cash | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Traveler's checks | | <input type="checkbox"/> _____ |

General Stuff

- | | | |
|---|---|--|
| <input type="checkbox"/> Travel alarm clock | <input type="checkbox"/> Pen and paper | <input type="checkbox"/> Towel/washcloth |
| <input type="checkbox"/> Safety pins | <input type="checkbox"/> Addresses | <input type="checkbox"/> Watch |
| <input type="checkbox"/> Spot remover | <input type="checkbox"/> Glasses | <input type="checkbox"/> Comfort items (stuffed animal, blanket) |
| <input type="checkbox"/> Umbrella | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Raingear | <input type="checkbox"/> Camera/memory card | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Calling cards | <input type="checkbox"/> Binoculars | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Magazines, books | <input type="checkbox"/> Batteries | <input type="checkbox"/> _____ |

Toiletries

- | | | |
|-------------------------------------|--|--------------------------------|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Bandana | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> First-aid supplies | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Feminine hygiene products | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Ear plugs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Comb | <input type="checkbox"/> Cotton swabs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hair ties | <input type="checkbox"/> Baggies | <input type="checkbox"/> _____ |

Clothes

- | | | |
|-----------------------------------|--|---|
| <input type="checkbox"/> Dresses | <input type="checkbox"/> Pajamas | <input type="checkbox"/> Sweater/sweatshirt |
| <input type="checkbox"/> Shirts | <input type="checkbox"/> Underwear | <input type="checkbox"/> Purse/backpack |
| <input type="checkbox"/> Skirts | <input type="checkbox"/> Socks | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pants | <input type="checkbox"/> Hats | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Comfortable shoes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Swimwear | <input type="checkbox"/> Sneakers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shoes | <input type="checkbox"/> Flip flops | <input type="checkbox"/> _____ |

Bon Voyage!

Of course you'll want to cherish your fabulous trip. On the next few pages you'll find space to record your travel experiences. This is a spot for you to share and express your feelings. Each day, find time to reflect on what you experienced. If you'd like, use the guided questions below. When your trip is over, read through each day's log and note how you've grown. Perhaps when you're older, you'll come across your journal and remember your awesome Girl Scout trip!



I saw or heard... ..

.....
.....

I felt... ..

.....
.....

I learned or tried... ..

.....
.....

I was surprised

.....
.....

I was inspired

.....
.....

I collected these mementos... ..

.....
.....

Get Inspired

You're going to feel inspired by the things you see and do. The questions in the "Be an Advocate" box will help you identify issues you may want to address in your Take Action project back home. Really think about the questions each day—your answers just may change from one day to the next.



Take Action

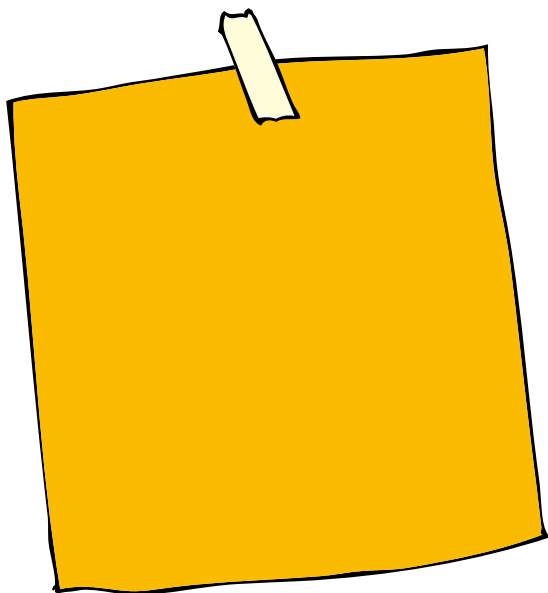
Think about places you visited, things you did, and people you met today. Did you:

- See something you can do differently to help make the world a better place?
- Think about a community issue that you would like to address when you return home?
- Learn new ways of doing things that can benefit others?
- Meet new people with great ideas that inspired you to take action?



My Trip in Pictures

Make your journal 3-D by finding at least one memento each day to glue, staple, or stick on the page. For example, paste a receipt from a museum or the paper placemat from a café. Try sketching to express the things you can't put into words. Your journal can be as funky, interesting, or serious as you want it to be. Customize it to your style, jet setter!



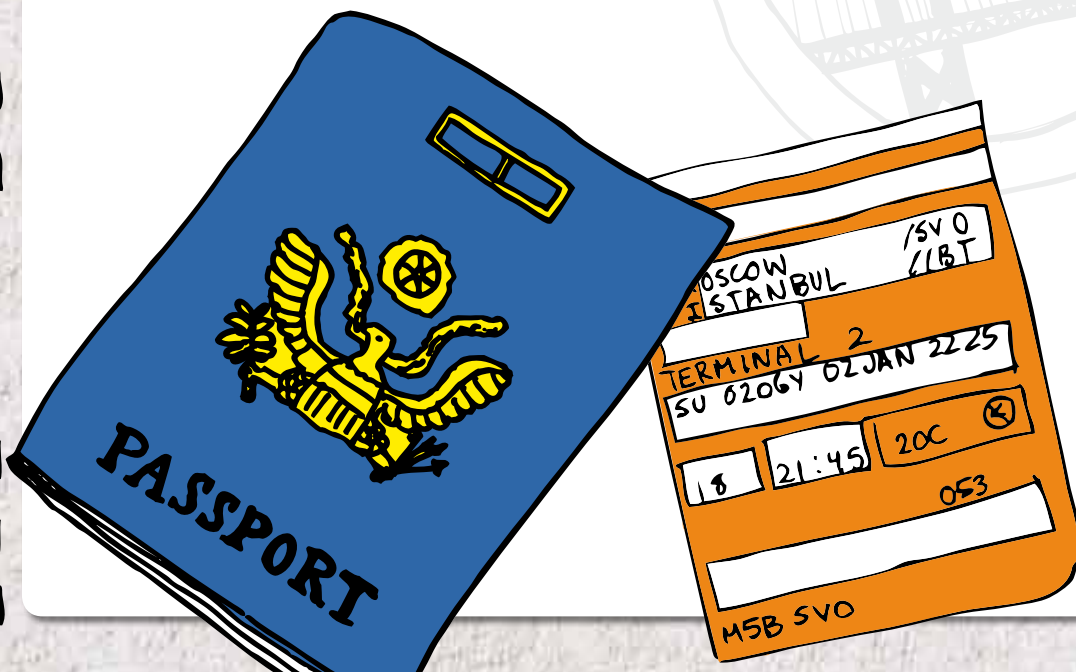
My Trip in Pictures



My Trip in Pictures



My Trip in Pictures



My Trip in Pictures



Home, Sweet Home



You, the after picture.

Welcome back! Can you believe it's over? Do you feel different? Answer the questions below to take a snapshot of yourself and reflect on your trip, recording how you're feeling at this very moment.

What three things did you enjoy most?

.....

What three things did you miss from home?

What three things bothered you or were the most difficult?

.....

What three things from home did you not miss?

My greatest single challenge was:

.....

How do you think this travel experience changed you?

.....

What, if anything, will you do differently post-trip?

.....

What, if anything, would you change about your trip?

.....

What did you figure out about teamwork that you can apply to other situations in your life?

.....

In what other areas of your life can you use the planning and goal-setting skills you've developed?

.....

What has your trip inspired you to do next?

.....

Now, go back to "You, The Before Picture" and compare your answers. What was similar and different? Why do you think that is?



Solution Sleuth



Next, brainstorm and research possible solutions to the issue. Use these questions to aid in your research:

Who is affected? Directly? Indirectly? (Think: age and/or ethnic groups, communities/neighborhoods.)

How are people affected? Are rights being violated? Is quality of life impacted? Do certain people benefit from the situation over other people? Who and how?

Why are people affected? What is the underlying cause of the issue? What factors play a part in this issue? Is one group affected more than another? Why?

What solutions or actions have already been tried or suggested?

What do the people affected have to say about the issue?

What solution or action might be most effective?

Who is in a position to bring about change?

Who or what stands in the way of change?

My Take Action issue is...

.....

.....

.....

.....

.....

.....

.....

Next, brainstorm and research potential solutions.

.....

.....

.....

.....

.....

Putting All the Pieces Together

Now that you have your issue and solutions, build your Take Action plan. Think about the statements below. Do you have information to complete each statement in detail? If not, do more research and work with your adult adviser—the more complete and detailed your plan, the more successful you'll be.

Use the space below to write down your details. You may go through a few different versions of answers.



My project focuses on this community issue:

.....

My project goals are:

.....

The impact of this project will be:

.....

My project involves this realistic plan of action:

Step 1

.....

Step 2

.....

Step 3

.....

My project will take this amount of time to complete:

.....

This project could be sustainable if:

.....

.....

I'll know I will have succeeded when/because:

.....

.....

.....

Where You're Going, Where You've Been

Now that your travel experience has come full circle, take time to reflect. Who have you become and what will you do next?

First, figure out what's changed about you.

Think about each statement below in relation to your travel experience, from the very first moments of brainstorming location ideas to working on your Take Action plan. Put a check next to each statement you feel is true of you.



I have a stronger sense of self

(For example, I learned it's okay to be different from other kids around me; I did things that made me feel good about myself.)

I gained practical life skills

(For example: I learned how to do things I didn't think I could do; I learned how to take care of myself.)

I seek challenges and new opportunities to expand my knowledge

(For example: I tried new activities even if they were hard to do.)

I can think critically about and use different viewpoints to look at issues and ideas

(For example: I tried to solve problems for myself before asking for help; I was willing to change my mind about something if I learned new information.)

I developed healthy relationships with other girls and adults

(For example: I learned I could disagree with someone and still be her friend; I felt like I belonged.)

I know how to work together with other girls toward a common goal

(For example: I worked with a small team of girls to research where we'd stay; I read maps and figured out where we were going while traveling.)

I feel connected to my community and others

(For example: Connecting with other girls helped strengthen my sense of belonging to the Girl Scouts; I interacted with people of different cultures and it helped me feel part of the global community.)

I have educated and inspired others to act

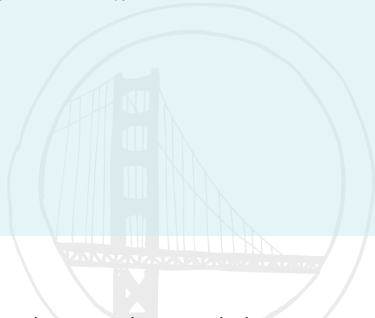
(For example: I will share with others what I learned from my travels.)

I made a difference in the world

(For example: I made decisions about what kind of Take Action project we would do; I felt empowered to make a difference in my community)

Then, put the "new" you into action.

Sustain the changes within you. Keep the momentum going by applying what you learned about yourself right now and in the future. Choose at least two statements (above) that you checked. In your journal, write how you can use these skills or insights to help with something you plan to do this year.



The Travel Bug

Once you start traveling you won't want to stop—for the rest of your life! Write down the top 10 places you'd like to visit.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Every year, open the journal to this page as a reminder of the travel dreams you set for yourself. You never know—maybe one day you'll turn to the page and realize you've visited all the places on your list!





Emergency Information

This travel journal will be attached to your hip. Well, okay, maybe just a secure place in your backpack, making this a great spot to store important information. Write your emergency contact specs on an index card and stash it here. Include info you'd want if you get lost or separated from your group: adults' first and last names, group info, and the phone number, e-mail, and mailing address of the hotel.