

MY *travel* JOURNAL

WHERE:

WHEN:

WHO:

GETTING READY

PLAN. Note places to go. Include dates and times of entries for sites and museums.

LIST. Find places you'd like to eat. Leave room for recommendations from locals.

LOGISTICS. Note how you will travel from one point to another.

ITINERARY. Draw up a tentative daily itinerary for the trip.

PACK. Make a list of what you need for the trip.

LOOK AHEAD. Write down what you're most looking forward to on the trip and anything you're worried about.

GETTING THERE

TAKE NOTE. Describe your journey, what you saw and how you felt.

PEOPLE. Tell about any interesting people you encountered along the way.

SURPRISES. Make note of any change in plans, challenges, or anything out of the ordinary on the trip.

DAILY STORIES

NOTES. Describe your journey, what you saw and how you felt.

HIGHLIGHTS. Describe your favorite moment or memorable mishap.

EXPAND. Use a question from the Travel Journal Prompts to write more specifically about your experience.

BACK HOME

RECALL. Look back at your expectations from Part I. Did your trip meet your expectations, or how did it look different?

BEST STOPS. What would you recommend to others?

RATE. Rate each place you visited on a scale of 1-5 stars.

REFLECT. What did you learn about yourself or traveling in general?

“

People don't take trips,
trips take people.

John Steinbeck

”



MY *travel* JOURNAL

TRAVEL PROMPTS

1. What was your first impression of your destination?
2. Did you forget to pack something? What did you do?
3. Describe your hotel room/Airbnb/hostel.
4. Write about a conversation you overheard.
5. Describe an everyday activity you observed: Kids going to school, commuters, sweeping sidewalks, etc.
6. What has been a complete surprise?
7. Draw or describe a local landmark
8. Describe a local wine, or delicacy.
9. What made you laugh today?
10. What are the teenagers like? Elderly folks?
11. Describe any outdoor markets.
12. Close your eyes and write about the smells and sounds of the place.
13. How do people dress for work and play?
14. Tell about anything you learned today.
15. What foods will you try to replicate at home?
16. What do people do in the evening?
17. What do you notice about the children in the place?
18. Describe any language adventures.
19. What cultural habits do you want to bring home with you?
20. Make a list of differences to your country in everyday stores, like the grocery or the pharmacy.
21. What did you find was your favorite time of day on your trip and why?
22. Describe a favorite purchase.
23. What did you read while on your trip?
24. What was your favorite “tourist” destination and why.
25. Describe an off-the-beaten-path experience.
26. Describe your travel companion(s), and compare and contrast likes and dislikes along the way.
27. Can you think of specific friends and family members who would enjoy this place?
28. If you return, what will you plan differently?
29. Describe the modes of transportation – which did you enjoy the best?
30. Name the top 3 experiences of your trip.

