



# Travel Journal

## Journal Prompts For Before You Leave

Before you head out on this great adventure, use the journal prompts below to help you focus your thoughts. By reflecting on these prompts, you can better prepare yourself mentally and emotionally for the exciting journey that lies ahead.

- What are you most looking forward to on this trip?
- What places do you want to visit, and why are they important?
- What are your initial feelings about the trip: curiosity, excitement, apprehension, joy, or nervousness?
- Why did you choose to go on this trip?

## Journal Prompts For While You're Traveling

Use these travel journal prompts to capture your thoughts and observations during your trip. The following prompts are designed to help you stay present and engaged during your travels and to encourage you to take a closer look at the world around you. Choose 2-3 per day to answer - you don't have to use all the prompts.

- What was your Kodak Moment each day—that experience, image, or feeling you don't want to forget?
- If you had to describe today in one word, what would it be? Why?
- What beautiful or interesting sight did you encounter today?
- How is the trip living up to your expectations so far?
- What were some unexpected challenges you have faced during the trip so far?
- What's a funny or embarrassing moment that has happened during the trip?
- What have been your favorite and least favorite aspects of the destination(s) so far?
- If you could advise someone visiting the same destination(s), what would it be?
- In what way(s) did you contribute to the group? What did you add to the group to make it a positive experience for everyone?
- Can you describe a monument, architecture, or memorial that left an impression on you?

## Journal Prompts For After You Arrive Home

The following travel journal prompts can help you reflect on your journey after you're home. They will allow you to continue processing your experiences and keeping the memories alive. What will you remember most about this trip experience?

- What was the biggest highlight of the trip?
- What souvenirs or mementos did you collect on this trip? What was their significance?
- What is your favorite photo of the trip? What is the story behind it?
- What are the benefits of traveling as a class/school group?

