

Going Abroad Again: How to Create Your International Travel Action Plan

Prepared by:

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For the Re-entry Roadmap Workbook



Introduction

Hello and welcome to Adriane and Hannah's guide, *How to Create Your International Travel Action Plan*. Having the opportunity to go abroad again is really exciting! From our experience, getting prepared and figuring out the specifics of your next travel experience can be challenging.

That is why we are here to help walk you through the process of creating an intentional travel action plan, so that your next travel experience is meaningful, satisfying, and sustainable.

This resource is designed to help you:

- Evaluate, describe, and identify important aspects of your next travel experience
- Be intentional by setting goals for yourself to prepare for going abroad again
- Thinking through potential challenges that you may encounter during your time abroad, and developing strategies to address these issues in advance
- Develop a personalized action plan for steps you can take to start preparing for your next experience abroad

Before we start on our journey together, let us introduce ourselves!

Adriane is an Oregon native who believes in the power of inclusive meaningful experiences abroad. As an international education professional, she provides academic and cultural adjustment support to international and domestic students during their educational programs.

Adriane first traveled abroad as a Rotary International Exchange Student to France during her junior year of high school. She then went on to study, live, and work overseas in Senegal, Tunisia, Morocco, Cuba, and Kuwait as part of her university studies. Adriane views travel as an opportunity to connect with people by sharing stories, experiences, and food. One of her favorite ways to keep her international experience alive is by cooking Mediterranean and Middle Eastern recipes for her friends and family.

Hannah is a New York City native and a third culture kid, who first became interested in international travel due to her multicultural background and environment. As an International education professional, she provides support to both international and national student populations and hopes to make educational travel more accessible to all.

Hannah studied abroad in Madrid, Spain for six months. She then went on to work and live in South Korea for a year. Hannah views travel as a way to connect with others and to learn more about oneself. Hannah enjoys exploring other cultures through food and trying new recipes from around the world.

We look forward to accompanying you on this journey to prepare yourself for your next International experience.

A journey of a thousand miles begins with a single step.

- Lao Tzu

Step 1: Evaluate - Looking Back in Order To Move Forward

Where were you most recently abroad? Consider the reflective work you have already done in the “Why I Went Abroad” section of the Re-Entry Roadmap workbook (RR). **Use the insight gained from that activity to fill out the chart below.**

What did you like about your previous experience abroad?	What did you not like/what could have been better?

Step 2: Describe - Where to Next?

Where do you want to go abroad next? If you already know, fill out the table below.

If you are unsure, visit the [Re-Entry Roadmap Facebook Group](#) for information and recommendations of where to visit or live abroad from fellow global travelers.

Where I want to go:	
How long I want to be there:	
What I want to do, learn, or experience:	
Who I want to go abroad with:	

Step 3: Identify - What Kind Of Experience Are You Longing For?

As you begin to picture your next travel experience, consider what aspects of the trip are most important to you. From the list below, circle what you most want to experience while abroad:

- Adventure
- Familiarity
- Peace and quiet
- Family time
- Escape
- Connection
- Exploration
- Immersion
- Familiarity
- Difference
- Learning
- Independence
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As part of this process, consider how you want to feel during your next travel experience. From the list below, circle the feelings that you would like to experience while abroad:

Alive	Prepared	Adventurous	Delighted	Independent
Challenged	Excited	Happy	Joyful	Energetic
Receptive	At ease	Glad	Brave	Enthusiastic
Proud	Inspired	Capable	Optimistic	Liberated
Alert	Excited	Receptive	Free	Determined
Confident	Reassured	Courageous	Educated	Unique
Cultured	Peaceful	Amazed	Delighted	Oriented

Something else: _____

Planning a trip takes a lot of research, time, and thought. During this process, consider reflecting back on the Global Life Ingredients section of the RR to determine what is most important to you, and will lead to satisfaction and fulfillment.

Once you've figured out where you want to travel next, list it here along with one reason why you choose that location.

Where I want to travel to next...	
I want to travel here because...	

To my mind, the greatest reward and luxury of travel is to be able to experience everyday things as if for the first time, to be in a position in which almost nothing is so familiar it is taken for granted.

— Bill Bryson

Step 4 - Set Goals: Be Intentional & Prepare for Challenges

You have already lived through the roller coaster of your first international travel experience abroad. Now you are ready to once again venture away for a new journey of traveling or living abroad. However, this time you are going in *more prepared, armed with goals, and most importantly with more intention.*

If you could go back in time and speak to your past self before your first experience abroad, **what advice would you give yourself to be more adequately prepared?**

Ex: I would encourage my past self to be more specific about my goals of what I hope to achieve while abroad (i.e. practice a new language, volunteer with a local organization, visit a famous landmark).

<p>Advice to my past self:</p>	
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Life and especially travel can be pretty unpredictable, and one needs to be prepared to be flexible, make changes and most importantly, not let “bumps in the road” ruin the whole trip. Challenges often represent experiences that we feel unprepared for, or unsure of how to respond. It is impossible to plan for EVERY scenario, however it is important to try to think ahead, and take some preemptive measures by brainstorming about the challenges you may face and how you plan to address them.

My Emergency Plan

Many colleges and universities make it a practice to develop emergency plans ahead of time, so that if anything happens they can quickly and efficiently address the situation as needed.

Now this is your opportunity to create your own emergency plan. Complete the chart below to help you think through challenges and solve problems before they occur.

What could go wrong while I am abroad?

- Complications with your lodging reservations
- Sickness/injury that requires a trip to the hospital
- Homesickness, negative experiences with the food/culture/ people
- Issues with your travel partner/group
- Lost phone or other electronic device
- Issues with your over the counter or prescription medication
- Availability and legality of over the counter or prescription medicines in other countries

Example:

Lost and or stolen: Passport, travel documents, tickets, credit/ debit cards	<i>Make copies of all your paperwork and keep it all together in a waterproof folder/ packet. You can also hide some copies in your luggage. Make sure to also give copies to a trusted family member whom you can easily contact back home.</i>
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What could go wrong while I am abroad?	How can I prepare for this ahead of time?

Mental health is important, so please make sure to find adequate support and resources *before* your journey. Check your insurance, university health center or employer mental health resources to see what support they offer that would meet your needs.

Mental health challenges (homesickness, loneliness, anxiety, depression, etc)	
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Step 5 - Start Local: Home Is Where Your Adventure Begins

Now that you have a better idea of where you are going, and how to prepare for unexpected challenges, you can focus on getting excited about your trip!

Consider what resources you have around you to learn more about your intended destination. This could include people to connect with, publications, media, or physical places to visit that could provide additional perspectives on the place(s) you plan to travel to.s

Complete the chart below using the prompts to list specific people, places, and things that can engage you in preparing for your next experience abroad.

*You can circle back to these resources along with the RR workbook upon your return.

<p>Who can I talk to?</p> <p><i>Ex: family, social media influencers, friends, teachers, community members</i></p>	
<p>What can I read?</p> <p><i>Ex: books, magazines, newspapers, journal articles, blogs, travel reviews</i></p>	
<p>What can I watch?</p> <p><i>Ex: movies, documentaries, TV shows, online streaming</i></p>	

<p>Where can I get a taste of the culture?</p> <p><i>Ex: restaurants, cafes, bars, food carts, bistros, clubs, cultural events</i></p>	
<p>Where can I visit?</p> <p><i>Ex: Museums, historical societies, parks, monuments, nature reserves</i></p>	

Need ideas for what to do in your local area? Visit the [Re-Entry Roadmap Facebook Group](#) for information and recommendations from fellow global travelers, some of whom may be located near you, or who have traveled to the same destination!

Blessed are the curious for they will have adventures.

— Lovelle Drachman

Step 6 - Act Global: Create Your Action Plan

Now that you have listed out the resources above, consider how/when you will access them. The chart below represents a way to prioritize tasks according to a timeline. Under each column, list the action steps that you would like to take towards planning for your next travel experience.

Prioritized “Action Step” Planning Timeline		
This week, I will...	Next week, I will...	Next month, I will...

Always believe in yourself and always stretch yourself beyond your limits. Your life is worth a lot more than you think because you are capable of accomplishing more than you know.

You have more potential than you think, but you will never know your full potential unless you keep challenging yourself and pushing beyond your own self imposed limits.

— Roy T. Bennett

Wrap-Up and Send-off

Congratulations, you have taken the first steps towards planning your next experience abroad!

Thank you so much for joining us on this journey. By taking the time to reflect on why you want to go abroad again, you can gain a better understanding of how you would like this experience to be similar and/or different from your previous experience(s).

This insight will contribute to your self-awareness and intentionality as part of this process. Establishing goals for your next travel experience will help you integrate your “Global Life Ingredients” into creating experiences that enrich your curiosity and fulfill your values.

Reflecting on your past experiences can help you think through potential challenges and develop your personal emergency plan to address challenges that may arise during your travels. Finally, you can start the process of preparing for your journey by creating an action plan to seek out local opportunities related to your destination.

We hope that this activity helps you begin the process of planning your next experience abroad.

This journey will be what you make of it, so go forth with curiosity and gratitude for the opportunity to learn, grow, and transform from the people, places, and experiences that you will encounter. When you return, remember that “Travel is the catalyst; re-entry is where transformation is made visible”. The RR is a great resource to go back to and help you process and unpack your journey. The beauty of these resources is that they not only serve as a *personalized* record to be referred back to, but they can also be re-used for all of your future travels.

All the best,
Adriane & Hannah