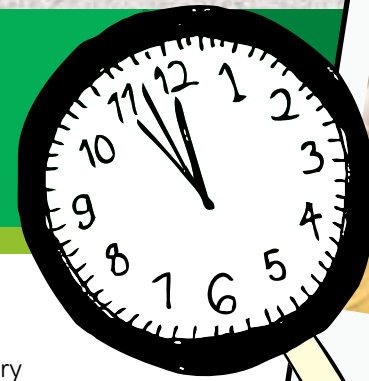


8-12 Months Prior to Trip



Build Your Itinerary

An itinerary is simply a plan for what you want to do on your trip. You can plan an itinerary that is tightly packed so you won't miss all the exciting sights or you can keep it loose for a more leisurely approach. Determine with your group an itinerary that fits everyone.

Research activities you would like to do during each day of the trip. Do you need to buy tickets in advance or book additional travel? Check out opening and closing times for the sights you plan to visit and make sure they fit into your schedule. Keep in mind that it's important to be flexible and open-minded. How much can you really squeeze into a day? Create space for a last-minute addition you may learn about while on your trip. Also, be realistic about travel times, and have a backup plan—something unexpected is bound to happen. Being spontaneous is part of the fun, but is less fun if you don't have a plan B.

Use the daily itinerary below as a sample; a template is available in the appendix.



6/2/08

DAILY TRAVEL ITINERARY

Time	Schedule	Notes
7:00	Breakfast	Group meets in lobby
8:00		
9:00	Take Metro to Notre Dame Cathedral	Cost 1.40 euro per girl
	Tour Notre Dame!!	Girls split into small groups
	Take Metro to the Louvre	
	Lunch	Eat individually in small groups

MORNING

NOON

Time	Schedule	Notes
1:00	Tour the Louvre	

When creating your itinerary, consider:

- Departure and arrival times
- Designated group meeting spots
- Transportation modes
- How many miles you will walk each day.
- Do you have appropriate shoes and clothes?
- Breaks for meals, snacks, water, bathroom
- Lodging locations, contact information, and check-in/check-out times
- Sites and event details
- Rituals for night time, including bed-check
- Potential airline and other delays—weather, accidents, strikes, holidays, etc.

When you have your itinerary set, check out page 7 in *The Girl Scout Travel Log* and choose an itinerary item to get obsessed with!

Progress

18-24 Months

12-16 Months

8-12 Months

3-8 Months

6-8 Weeks

4-6 Weeks

On Your Trip

Back at Home

Go Girl Scout Green!

As you travel to unfamiliar lands and explore new cultures, remember you're not just Susie Q. from Anytown, USA. You're a Girl Scout of the USA—and that's pretty special. As corny as it may sound, it's true. As a Girl Scout, you represent the largest voluntary organization for girls in the world. The name "Girl Scouts" and your uniform can open doors for you. Maintain the positive image of the organization and practice good manners. You're representing the entire organization when you travel as a Girl Scout. Follow the tips below to show your "Girl Scout green."

Call or write ahead to make reservations. Wherever you go, inform whomever is in charge that a Girl Scout group is coming. Tell them how many are in the group and what you will be doing.

Decide with your group on rules for personal equipment (cell phones, iPods, etc.). Remember you will need international calling service if you want to dial home on your cell phone. Consider purchasing calling cards.

Girl Scouts leave a place cleaner than they found it.

Whether buddies are chosen or assigned, make sure no one feels left out or unwelcome.

Practice living the Girl Scout Law by being a sister to everyone.

Be sensitive to others' needs, habits, and customs.


Don't forget to say "thank you" to your host, and to show your appreciation afterward.

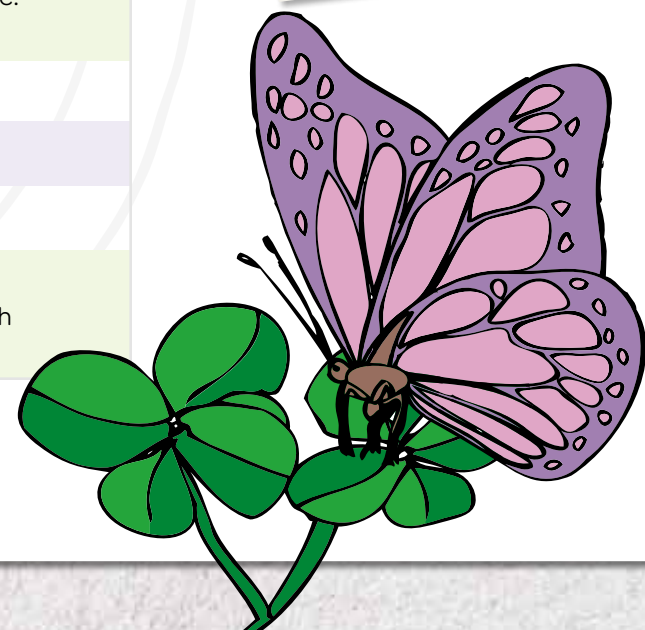
Maybe you're living up to your greenness, but what if someone else on your trip isn't? It could create one sticky situation and may even be embarrassing. Bring up the topic with your group.



Travel Responsibly

Girl Scouts are responsible for what they say and do—and this applies to travel, too. Responsible travel means respecting and benefitting local people, their culture, and the environment. When possible, take public transportation, eat in small-scale, locally owned restaurants, and try to meet local people.

 A single arrow is easily broken, but not ten in a bundle. —Japanese proverb



Progress

18-24 Months

12-16 Months

8-12 Months

3-8 Months

6-8 Weeks

4-6 Weeks

On Your Trip

Back at Home

What would you do?

Talk about the tips listed on the previous page, and, as group, agree on how you want to travel together. Commit to helping and holding each other responsible for rules of travel. Don't just make rules for the sake of making rules, however. Make it count. Talk about what will happen if someone breaks the agreement. Talk about what you'll do if someone...

Wanders off on her own:

.....

.....

Disrespects another person:

.....

.....

Lacks a positive attitude:

.....

.....

Is cranky or mean:

.....

.....

Refuses to be open-minded, flexible, or try new things:

.....

.....

Disrespects the local customs of the country in which you are traveling:

.....

.....



Trip Tip:

Four Responsible Traveler Tips

- Learn as much as you can about customs, values, practices, and religion.
- Be aware of people's behavior, dress, and body language.
- Ask before you take someone's photo and offer to send copies.
- Respect the environment.

How will you handle it as a group?

Things aren't going to go 100 percent smoothly the entire time. Try this suggestion to get you started: Come up with a catchphrase, like "scout shout," as a reminder if things are starting to go south. Use the catchphrase as a way of refocusing the group.

Progress

18-24 Months

12-16 Months

8-12 Months

3-8 Months

6-8 Weeks

4-6 Weeks

On Your Trip

Back at Home

Fit to Travel?

Chances are you'll be doing a lot of walking, carrying your own luggage, and having some long days. Perhaps you'll be taking a trip where you will hike, ski, or kayak. Ready for the challenge? Start by rating your fitness level; a good measure of this is how easily you can do everyday things. Can you run for the bus without your heart pounding like crazy? Can you carry a stack of books home from school with no problem?

Take the fitness test below to help determine your physical condition.

- 01** Run up two flights of stairs (at least 32 steps) without stopping. How do you feel?
 - a. I can talk comfortably and could run up another two flights.
 - b. I'm too winded to talk.
 - c. Where's the ambulance?
- 02** Take a three-hour hike. How do you feel?
 - a. I could do another three hours.
 - b. The first hour and a half was a breeze. But, now I'm tired.
 - c. I'll just lie here until someone rescues me.
- 03** Carry a 30-pound bag for 20 minutes. How do you feel?
 - a. No problem. Where to now?
 - b. I did it, but I'm ready to put this thing down now.
 - c. I had to ditch the bag after five minutes.
- 04** How do you feel after completing this test?
 - a. What test? I feel great!
 - b. I'm a little bit sore and tired.
 - c. I'm ready for a vacation.



RESULTS

If your answers were mostly A's:

Your fitness level is a 3.
You're in great condition. Keep it going!

If your answers were mostly B's:

You're right in the middle of the fitness meter. If your trip has intense physical activities, you're going to need to bump your fitness level up a notch.

If your answers were mostly C's:

Your fitness level is a 1.
Your international trip will be physically challenging for you. The good news: You have plenty of time to get yourself into better condition. Ask your doctor or an adviser for health and fitness recommendations that will prepare you for your trip.



Progress

18-24
Months

12-16
Months

8-12
Months

3-8
Months

6-8
Weeks

4-6
Weeks

On Your
Trip

Back at
Home

How Strenuous Will Your Trip Be?

The physical activity level of your trip can range from mild to strenuous, depending on where you're going and what activities you will be enjoying. Go back to your itinerary and rate each activity using the scale below. Assign one, two, or three bullets depending on how much physical exercise your trip will require.

- Light walking and hiking for an hour or two a day. Bags stay at our place of lodging the whole time.
- Moderate hiking, biking, rafting, kayaking, and other activities that require only an average/moderate level of fitness to enjoy. We have to pick up and go with our bags every couple of days.
- Hiking, trekking, or cycling of up to eight hours a day or other activities that require a high level of fitness. And those bags go where we go.

How does the physical activity level required for your trip match your personal fitness level? If there's a gap, use your preparation time to get in shape. Marathon runners don't just one day decide to run 26 miles—they build up endurance and stamina over time. You may not be running a marathon, but follow their example by gradually building up your personal fitness so you're ready when trip-day arrives. Take frequent hikes or brisk walks so you will be prepared to endure long days on the road. Work out at the gym, play sports, take a dance class, lift light weights, and take the stairs instead of the elevator. Grab a buddy and find your own enjoyable way to get in shape.



Trip Tip:

Is everyone in your group at the fitness level demanded by the trip? What can you do to help a sister travel whose fitness level is lower than what's needed? What if it's one of the chaperones? Incorporate physical activity into your group meetings. Suggest a walking, hiking, or biking club as a component of your group's trip preparation.

Progress

18-24 Months

12-16 Months

8-12 Months

3-8 Months

6-8 Weeks

4-6 Weeks

On Your Trip

Back at Home

checkpoint

8-12 Months

Don't cram too many activities into a short trip. Instead, spend lots of time on things you really want to see—unless, of course, you only want an overview.

— Melissa, 17

Have an open mind... Not everything goes according to plan, but that's what makes it more exciting!

— Sarah, 16

There was a lot of communication in the months before the trip—through online groups and message boards. The girls and adults were able to discuss what we wanted to do, what to expect, and who was going to do what.

— Della, 13

- Check with your Girl Scout council to make sure you've completed the proper forms and have met the necessary requirements for travel. Some councils require girls to participate in specific training.
- Does your group have a designated first-aid? Check with your group adviser or chaperone. This is a must!
- If you don't have a passport, apply now. Also, look into visa, vaccination, or other requirements for entering the country you are visiting. Make all necessary preparations.

Checklist

Before you move on to the next phase of planning your trip, did you:

- Apply for a passport?
- Create a detailed daily itinerary?
- Agree on a code of behavior with your group?
- Discuss safety and communication agreements for the group such as having phone calling cards and wearing the same color t-shirts?
- Prepare your emergency contact card?
- Identify your fitness level?
- Rate the physical activity level of your trip activities?
- Determine if you need to make adjustments in your fitness level?
- Get approval from your local Girl Scout council?

Notes & Ideas

Progress

18-24
Months

12-16
Months

8-12
Months

3-8
Months

6-8
Weeks

4-6
Weeks

On Your
Trip

Back at
Home