# Table of Contents

- **World, Here You Come** .......................................................... 03
- **Trip Planning at a Glance** ...................................................... 04
- **18–24 Months Prior to Trip** .................................................... 05
- **Your Journey as a Globetrotter** ............................................. 05
- **Trip-Planning Timeline** ......................................................... 06
- **Checkpoint: 18–24 Months** .................................................... 08
- **12–16 Months Prior to Trip** .................................................... 09
- **Earnings and Savings for Your Trip** ....................................... 09
- **Your Adult Network** ............................................................... 12
- **The You Factor** ..................................................................... 14
- **Checkpoint: 12–16 Months** .................................................... 15
- **8–12 Months Prior to Trip** ..................................................... 16
- **Build Your Itinerary** ............................................................... 16
- **Go Girl Scout Green!** .............................................................. 17
- **Fit to Travel?** ......................................................................... 19
- **Checkpoint: 8–12 Months** ..................................................... 21
- **3–8 Months Prior to Trip** ....................................................... 22
- **Culture Quest** ....................................................................... 22
- **Crossing Cultures** ................................................................. 24
- **You Could Be in for a Shock** ................................................... 25
- **Checkpoint: 3–8 Months** ....................................................... 26
- **6–12 Weeks Prior to Trip** ....................................................... 27
- **Get Down to Details** ............................................................... 27
- **Know About the Dough** ......................................................... 28
- **Checkpoint: 6–12 Weeks** ....................................................... 30
- **4–6 Weeks Prior to Trip** ......................................................... 31
- **Pack Like a Pro** ..................................................................... 31
- **What’s Up with You?** .............................................................. 32
- **Checkpoint: 4–6 Weeks** ......................................................... 33
- **On Your Trip** .......................................................................... 34
- **Be a Savvy Traveler** ............................................................... 34
- **Stay Safe** ................................................................................ 35
- **Journal Your Heart Out** ........................................................ 36
- **Global Advocate** ................................................................. 37
- **Home, Sweet Home** .............................................................. 38
- **Reverse Culture Shock** ......................................................... 39
- **Make a Difference in the World** ........................................... 41
- **Where You’re Going, Where You’ve Been** ......................... 43
There’s a world outside your window, just waiting for you.

Now is your chance to explore new places and cultures, sample food and languages, and be the person you aspire to be. Make your way around the globe one trip at a time with Girl Scout travel. Just by reading Exploration: The Girl Scout Guide to Global Travel, you’ll already be on the road to changing your life forever.

Consider Exploration: The Girl Scout Guide to Global Travel your step-by-step manual to exploring the world. Whether you choose a Girl Scout destination (trip exclusively designed for Girl Scouts) or travel with your Girl Scout group, the Girl’s Guide is like having your own personal travel agent. It provides the structure, timeline, tips, and to-do’s to start your adventure. Since travel and destinations information is updated on the Girl Scout Web site regularly, be sure to bookmark www.girlscouts.org/travel for important announcements and current details.

One of the best parts of going on an international trip with Girl Scouts is that you’ll share the excitement and passion of your travels with others by creating a Take Action project inspired by your experiences.

Plan and make decisions about your trip—location, purpose, cost, and itinerary.

Discover your inner strength, your values, and new skills as you look at the world from different points of view.

Connect with others by working together towards a goal. You’ll develop healthy relationships, feel a connection to the community you’ll be visiting, and share your trip with family, friends, and neighbors in your own community.

Have an amazingly crazy good time, and a meaningful one, too. You’ll feel empowered to Take Action on something you care about, whether it’s in the place you’re visiting or in your own backyard. You’ll want your Take Action plan to truly make a difference by effectively sustaining itself long after you’ve moved on.
**Trip Planning at a Glance**

Your progress is shown here!

Track yourself throughout this guide by using this key.

### 18-24 Months
- Choose Your Location
- Develop the Purpose of Your Trip
- Brainstorm Trip Details

### 12-16 Months
- Create a Budget
- Plan Money-Earning Projects
- Build An Adult Network
- Check Your R (Readiness) Quotient

### 8-12 Months
- Build Your Itinerary
- Focus on Team Building
- Determine Your Fitness Level
- Get Travel Documents in Order

### 3-8 Months
- Define Your Own Culture
- Explore the Culture You’ll Be Visiting
- Know How to Deal with Culture Shock

### 6-12 Weeks
- Finalize Itinerary Details
- Check Paperwork
- Confirm Plans

### 4-6 Weeks
- Pack Smart
- Take Inventory on You

### On your trip
- Be Safe and Savvy
- Journal Your Heart Out
- Be a Global Advocate

### Back at home
- Reflect on Your Trip
- Get Back into the Groove
- Spread the Word
- Take Action
Your Journey as a Globetrotter

Start planning your dreams right now! Want to backpack in Switzerland? Be part of a conservation project in the Galapagos? Learn about dolphins in Honduras? The very first item on your to-do list is to think about where you want to go. Get excited about the details of the trip. Traveling with your Girl Scout group? Start with a kickoff meeting so everyone gets a chance to voice her ideas.

The Travelers
Who’s going? Does everyone have the time and commitment needed for planning and money-earning? Planning and prep time can be anywhere from one to two years or longer.

Give Your Trip a Purpose
What do you want to get out of your trip? This can be as broad as learning about another culture or as specific as exploring a particular language, the arts, environment, an historical event, or a social issue. Your purpose will guide where you go and what you do.

Location Scout
Research countries you’re interested in visiting. If you’re traveling with a group, encourage everyone to gather information, then hash it out democracy-style. Everyone gets a chance to make a case for her location. Then make a decision as a team.

Itinerary
Once you have your location, pull together ideas for an itinerary—a detailed outline of your proposed journey. Keep your trip’s purpose in mind as you determine where you want to go and when. See “8–12 Months Prior to Trip” for tips on building your itinerary.

All in the Timing
When is the best time to travel? Consider cost, weather, and school, family, and/or holiday obligations. How long can you be away? Consider the time it will take to earn and save the money you’ll need. Let your family know of your big plans. You’ll also need to designate an adult as your trip adviser, someone to guide and coach you through the big stuff. Need help selecting an adviser? Find more information on this under “Your Adult Network” on page 12.

Trip Tip:
To participate in a Girl Scout international trip you must:
• Be a registered Girl Scout (Cadette or older)
• Travel as/with a group
• Have at least two accompanying adults on your trip
• Have prepared for an international trip by taking shorter trips with your group
(Girl Scout Progression)
• Get approval from your Girl Scout council
• Submit all the required forms to your council

The Girl Scout Travel Log is the perfect companion to Exploration: The Girl Scout Guide to Global Travel. Use it to assess yourself as a traveler, record important planning notes, and reflect on your experiences. The journal is filled with writing prompts to get you in the perfect mindset for your trip. Download the travel log at: www.girlscouts.org/travel or create your own journal.
**Trip-Planning Timeline**

A visual timeline that shows the steps leading to your departure date is a handy tool. It can help you plan, accomplish goals, and gauge the time leading up to your exciting departure.

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24 Months</td>
<td></td>
</tr>
<tr>
<td>12-16 Months</td>
<td></td>
</tr>
<tr>
<td>8-12 Months</td>
<td></td>
</tr>
<tr>
<td>3-8 Months</td>
<td></td>
</tr>
</tbody>
</table>

Use the timeline below to chart your adventure—or create your own. Be sure to add important dates to your timeline: the benchmarks and smaller tasks you’ll need to complete to accomplish your goals. Copy it, decorate it, enlarge it—do whatever you need to keep yourself on task. Post it on a wall or locker or set it as your opening page when you turn on your computer. Place it somewhere you’ll see everyday.
Trip-Planning Timeline (continued)

<table>
<thead>
<tr>
<th>6-12 Weeks</th>
<th>4-6 Weeks</th>
<th>On your Trip</th>
<th>Back Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
<tr>
<td>6-12 Weeks</td>
<td>4-6 Weeks</td>
<td>On your Trip</td>
<td>Back Home</td>
</tr>
</tbody>
</table>

Trip Tip:

Not everyone who travels will be on a two-year planning cycle. Adjust your timeline accordingly, but don’t skip steps.
Connect with your global sisters through the World Association of Girl Guides and Girl Scouts (WAGGGS)/world centers (http://www.wagggsworld.org/en/world/centres). Interested in England, Switzerland, India, or Mexico? These countries are home to the four world centers, where girls from around the globe can learn more about each other, the Girl Guide/Girl Scout movements, and the countries they are visiting. The centers offer special programs and the facilities provide inexpensive lodging for Girl Scouts. Visit the world centers through our destinations program as well.

The world centers:
- Our Chalet (Switzerland)
- Pax Lodge (United Kingdom)
- Our Cabaña (Mexico)
- Sangam (India)

For additional Girl Scout travel advice and information, visit the Girl Scout travel site: www.girlscouts.org/travel.

Talk to people you know who have already been on at least one other destinations trip.

—Yelean, 14

Before you move on to the next phase of planning your trip, did you:
- Determine your trip location?
- Identify your trip purpose?
- Choose the group or individuals you are going with?
- Brainstorm ideas for trip activities?
- Plant the travel seed with your family?
- Check with your Girl Scout adviser and obtain permission from your council?

Checklist