# Preparing Well

## Best Practices for Global Learning Experiences

1. **Connect with fellow travellers.** Connect with others who have gone to the same country or region to reflect on their experience. Ask: What did it mean to you? What surprised you? What was challenging?
2. **Build your support.** Invite two or three individuals to accompany you emotionally and spiritually *before*, *during,* and *after* your experience.
3. **Capture your experience.** Commit to keeping a journal during your experience and select one other way to collect memories, experiences, and learning.
4. **Be prepared.** Research local climate, history, cultural norms, food, washrooms, public transport, electricity, and travel health requirements. Make sure you have travel health insurance.
5. **Set goals and expectations.** Before you leave, reflect on why you want to travel to this place at this time. Write down your expectations of the experience―including what you expect to happen when you return to Canada.
6. **Access inner resources.** Reflect on a challenge you have faced and name how you overcame it. Acknowledge and build on your inner resources and resiliency!
7. **Pray and invite God into this.** Remember the moments that have led to this new journey. Consider how God has been with you and invite God to continue to be with you in this, and beyond (Deuteronomy 1:33).
8. **Pack light, travel light.** Limit yourself to one piece of luggage and make sure you can carry it. You will need to be able to move about easily to lessen unwanted challenges while you are travelling and while you are there.
9. **Learn the language.** Learn simple greetings and phrases like hello, please, and thank you. Bring a phrasebook or download a translation phone app.
10. **Manage your money.** Find out what access to ATMs you will have. It’s a good idea to buy the currency you will need before your departure.
11. **Include your network.** Share your itinerary with friends, family, and your sending community. Make sure you share your excitement and concerns as well.
12. **Share your story.** Think about how you will document your trip before you leave.Photo journaling? Blog? Social media? Make a plan ahead of time and be sure to follow through! Make sure you take Internet availability and accessibility into consideration before you go. Remember to ensure consent before posting images of anyone.