

THE ADVENTURE BOOK



The ultimate guide to the best holiday
challenges, tips, and more

Ages 8+

INTRODUCTION

Welcome! So you're going on holiday? We're so excited for you. We hope this book will make your adventures even more exciting. Here's what to expect.

What?

- Exciting challenges
- Top tips for a great trip
- Fun activities



Why?

We believe travel can help you become a Global Citizen - someone who learns, cares, and takes action to make the world a better place. This book will help you do that and have fun along the way.

Who?

This book is the result of Eliza Raymond's PhD research at Te Herenga Waka-Victoria University of Wellington. It's been created with the support of Cameron Roche (age 13), Nia Jobanputra (age 13), and Kasper Bissinger (age 15).

ABOUT US

This book was designed by Cameron Roche, Nia Jobanputra, Kasper Bissinger, and Eliza Raymond.



Kia ora, I'm Cameron! I'm a 13 year old from Wellington. For me, travelling somewhere new is one of the best feelings in the world, learning and discovering new things you've never seen before. I love doing things outside like swimming at the beach, camping, or just going for a walk to see what you discover. Best wishes for your trip!



Hi, I'm Nia! I live in Wellington and I'm 13. I love travelling because you get to see new places and learn new things while having fun! When I'm travelling I like to go on walks, talk to local people, and visit cool buildings and landmarks. I hope your trip is awesome!



Hi! I'm Kasper Bissinger. I am 15 years old, I go to Onslow college and enjoy playing football and basketball. I love travelling and have travelled to many countries in Europe and Asia.



Hi! I'm Eliza Raymond. I'm originally from the UK and France, but I've lived in New Zealand most of my life. The thing I love most about travelling is meeting new people, trying local food, and exploring the outdoors. I hope you have an amazing trip!

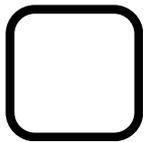


CHALLENGES

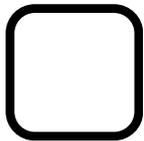
Ask your parents to get you a prize if you complete all the challenges in this book. Look out for the challenge symbol and tick the challenges off as you complete them.



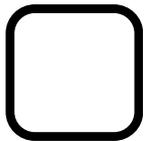
Challenge 1
Buy this book
Done!



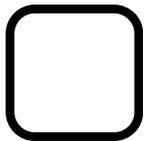
Challenge 2
Learn 10 words
See page 5



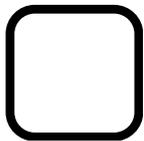
Challenge 3
Learn something new
See page 10



Challenge 4
Restaurant bingo
See page 11



Challenge 5
Ultimate trip challenges
See page 12



Challenge 6
What do you remember?
See page 17

PRE-DEPARTURE

The first part of this book is designed to help you get ready for your exciting trip!

This section should be completed BEFORE you go on holiday.

Your name: _____

Your destination: _____

Your trip dates: _____

and so the
ADVENTURE
begins



CHALLENGE

LEARN 10 WORDS

Find out how to say the following words in the language of the country you'll be visiting. If the country you're visiting speaks English, then find out if they have an indigenous language you could learn.

Once you've written down the words, practice them with your family and tick them off once you've learned them. Once you've ticked them all, you've completed this challenge. Go to page 3 and tick off this challenge!

English	Language of the country you're visiting	I know it!
Hello		<input type="checkbox"/>
Thank you		<input type="checkbox"/>
My name is ...		<input type="checkbox"/>
What's your name?		<input type="checkbox"/>
Delicious!		<input type="checkbox"/>
Yes		<input type="checkbox"/>
No		<input type="checkbox"/>
I am from ...		<input type="checkbox"/>
Excuse me		<input type="checkbox"/>
Goodbye		<input type="checkbox"/>



TOP TIPS TO GET READY

Here are our top tips to help you get ready for the adventures ahead:



Pack a game you can play if you make friends on your journey! If you're going to a country that speaks a different language, try to find a game that doesn't involve too much reading or talking.



Pack a camera or phone - or check with your parents or siblings if you can borrow theirs. You'll need one for one of your challenges once you get to your destination!



Download Google Translate if you are going to a country that speaks a different language - or ask your parents to download it on their phone.



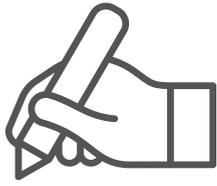
Take some photos of where you live that you can show to friends you make on your trip. Remember that things that seem normal and boring to you, might be very interesting for someone from a different country!



Buy a notebook or a travel journal if you think you might enjoy scrapbooking or journalling.



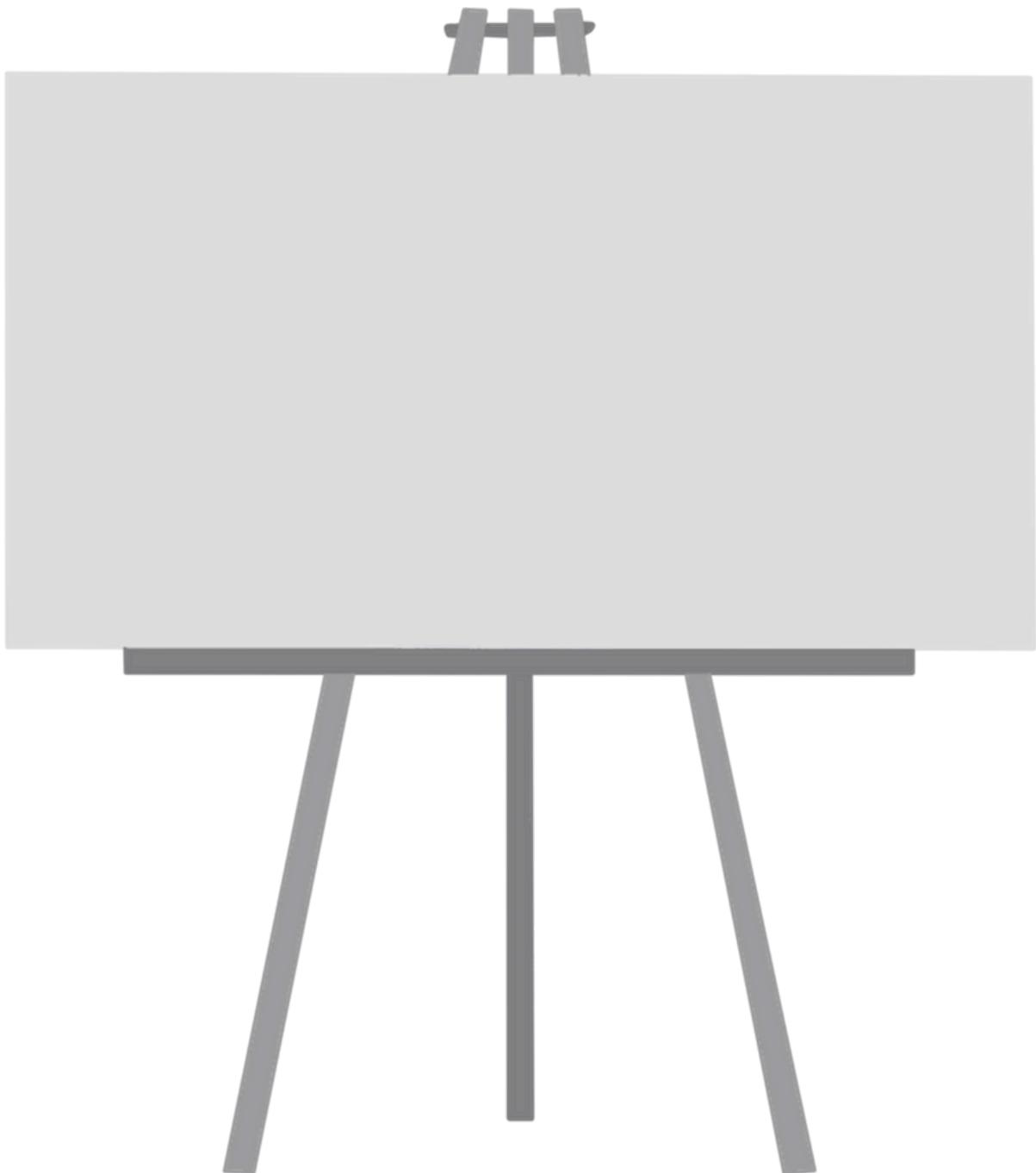
Buy some small gifts (maybe something that represents your home country or region) that you can give to friends you make on your journey.

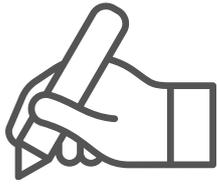


ACTIVITY

LET'S DRAW

Imagine the place where you'll be travelling to. Draw whatever comes to your mind. Use magazine pictures too if available. Or - if you don't feel like drawing, then write down whatever words come to your mind.





ACTIVITY

TRIVIA

Test your travel knowledge with this trivia quiz. Do it by yourself or with your family to see if you can beat your parents!

1. How many countries are there in the world?
 - a) 55
 - b) 95
 - c) 195
2. What is the largest land animal in the world?
 - a) African elephant
 - b) Lion
 - c) Polar bear
3. How many languages are there in the world?
 - a) 195
 - b) Over 7,000
 - c) Approximately 1,000
4. Which is the world's largest country by size?
 - a) Russia
 - b) Australia
 - c) Canada
5. Which country has the most people living in it?
 - a) China
 - b) United States of America
 - c) Russia
6. Which language is the first language for most people in the world?
 - a) Mandarin Chinese
 - b) English
 - c) Spanish

Answers: 1-c, 2-a, 3-b, 4-a, 5-a, 6-a

DURING YOUR TRIP

This second part of this book is designed to help you make the most out of your trip. This section should be completed DURING your holiday. And just in case you're bored on the plane, here's some colouring in you can do!





CHALLENGE

LEARN SOMETHING NEW

Find out the answers to these questions. Once you've answered the five questions, then you've completed this challenge. Go to page 3 and tick off this challenge!

1. What is the flag of the country you've visiting? Draw it here.

2. How many languages are spoken in the country you're visiting?

3. What are three popular dishes/foods in the country you're visiting?

- _____
- _____
- _____

4. Who are the indigenous people of the country you're visiting?

5. What are three cultural dos/don'ts in the country you're visiting?

- _____
- _____
- _____



CHALLENGE

RESTAURANT BINGO

Complete at least three adjacent activities. You can do them all at one restaurant or do them each at a different restaurant. Once you've crossed off 3 squares in a line (across, up, or diagonal) then you've completed this challenge. Go to page 3 and tick off this challenge!

<p>Say "Delicious" in the local language to the waiter after your meal</p>	<p>Order a juice that you've never tried before</p>	<p>Close your eyes and randomly point to something on the menu - order it!</p>
<p>Have a taste of everything that your family has ordered</p>	<p>Say "Thank you" in the local language to the waiter when they bring you your meal</p>	<p>Take a photo of something in the restaurant that you wouldn't see at home</p>
<p>Smile and say hello to the waiter</p>	<p>Ask the waiter what their favourite dish is and order it!</p>	<p>Ask the waiter what their name is and tell them your name</p>



CHALLENGE

ULTIMATE TRIP CHALLENGES

Complete at least 3 challenges in the table below. Then go to page 3 and tick off this challenge!

Challenge	I did it!	1 thing I learned
Go with your family on a guided tour with a local guide	<input type="checkbox"/>	
Visit a local market and say "Hello" to three local people	<input type="checkbox"/>	
Talk to a local person about their life (use GoogleTranslate if you need to)	<input type="checkbox"/>	
Stay at a local homestay	<input type="checkbox"/>	
Visit a local church or temple - make sure you dress and act appropriately	<input type="checkbox"/>	
Ask a local person to teach you three new words in their language	<input type="checkbox"/>	
Take photos (with respect and permission) of 3 things which are different and 3 things which are similar to your country	<input type="checkbox"/>	



TOP TIPS

TO MAKE THE MOST OF YOUR TRIP

Here are our top tips to help you make the most of your trip:

Embrace culture shock: Culture shock is that feeling when you go somewhere new and it feels quite different to what you're used to. Things can feel scary or overwhelming, but also exciting and interesting. It's part of travelling and it's a normal feeling that will slowly fade as you get used to things.



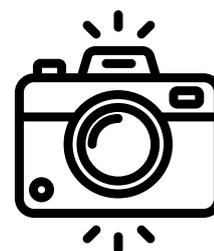
Do a guided activity or trip: The best way to enjoy a new place is with a local guide who can tell you all about it and teach you what they know. Ask your family to take you on a guided trip or activity doing something you love.

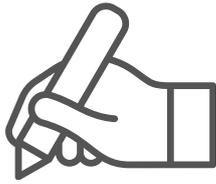


Ask questions: There is so much to learn when you travel. Local people are the experts, so ask them questions! They'll be glad you're interested in their country and life, and you'll get to make new friends and learn new things.



Take photos: Take photos of things that are beautiful, surprising, interesting, different, and similar. Remember to always ask for permission before taking photos of people or their homes.

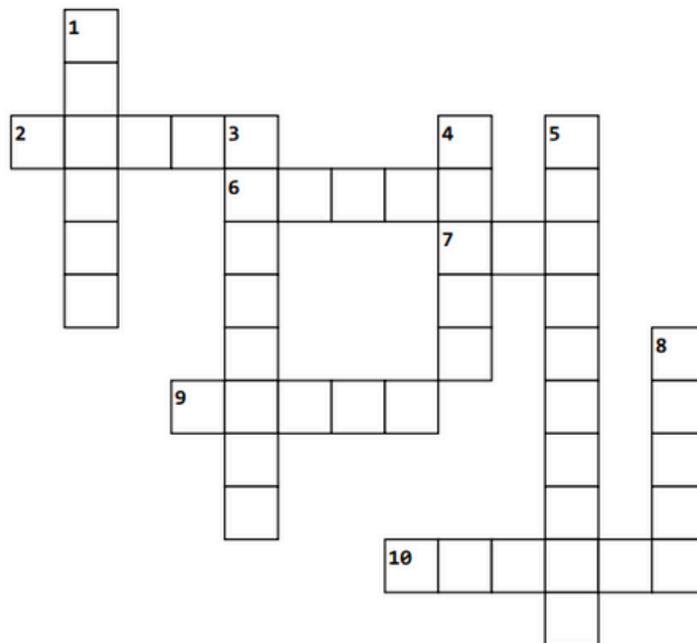




ACTIVITY

CROSSWORD

Test your global knowledge with this crossword!



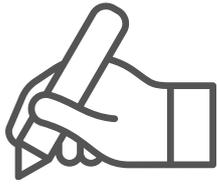
Across

- 2.** In which European city can you find the Eiffel Tower?
- 6.** In which country is it considered a compliment to slurp loudly while eating soup?
- 7.** What is the national soup of Vietnam, typically made with flavorful broth, rice noodles, and herbs?
- 9.** All Muslim women wear a headscarf. True or false?
- 10.** You are in Amman, Jordan, and you are invited to go to the souk. Where will you be going?

Down

- 1.** What is the largest country in South America?
- 3.** In which country is haggis considered a traditional dish?
- 4.** The kimono is a traditional garment of which country?
- 5.** What is the name of the two equal-length sticks used to eat with in most of East Asia?
- 8.** In India, you are invited to a friend's house to share a meal of rice and curry. Which hand should you eat with?

Answers: 1- Brazil, 2- Paris, 3- Scotland, 4- Japan, 5- Chopsticks, 6- China, 7- Pho, 8- Right, 9- False, 10- Market



ACTIVITY

WORDSEARCH

Sit back, relax, and search!

R	E	T	A	Y	E	I	T	C	E	P	S	E	R
A	N	R	E	D	P	R	E	L	L	N	O	T	T
D	J	A	A	D	F	R	F	A	M	I	L	Y	C
V	O	V	N	O	A	O	T	N	L	J	E	L	R
E	Y	E	O	O	E	L	Y	Y	R	I	D	R	L
N	P	L	K	E	H	N	L	E	T	T	R	R	A
T	E	J	U	L	O	J	A	E	R	I	E	C	T
U	U	M	E	P	L	I	I	L	O	N	R	I	T
R	Y	A	I	C	I	E	T	P	P	V	H	E	R
E	R	Y	A	I	D	E	N	E	S	R	D	E	A
N	E	R	P	L	A	P	J	D	S	E	D	N	I
T	E	E	L	D	Y	R	O	L	A	S	D	Y	N
R	O	R	E	F	T	E	C	A	P	O	N	F	R
L	T	I	C	K	E	T	K	U	W	O	R	L	D

Holiday - Adventure - Passport - Ticket - Travel - World
Plane - Train - Respect - Enjoy - Learn - Family

AFTER YOUR TRIP

This third part of this book is designed to help you settle back in once you get home.

This section should be completed AFTER you holiday.

*welcome
home*



CHALLENGE

WHAT DO YOU REMEMBER?

Once you're on the plane or back home, take some time to reflect back on your trip. Once you've completed all the questions below, you've completed your final challenge! Go to page 3, tick off this challenge, and claim your prize!

1. The best thing that happened was: _____

2. The worst thing that happened was: _____

3. The kindest person I met was: _____

4. The most impressive or inspiring person I met was: _____

5. Three things that were different compared to my country were:

- _____
- _____
- _____

6. Three things that were similar to my country were:

- _____
- _____
- _____

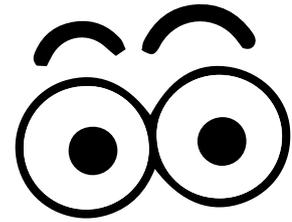
7. One way I've changed because of this trip is: _____



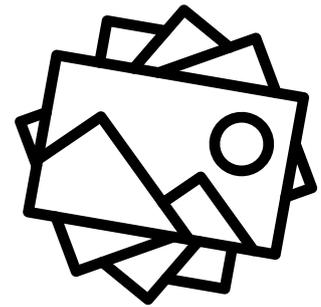
TOP TIPS TO HELP YOU SETTLE BACK IN

Here are our top tips to help you settle back in once you're home:

Embrace reverse culture shock: It turns out you can get culture shock when you come home too! It's called reverse culture shock and it's that feeling when you come home and it's taking you a while to settle back into 'normal' life.



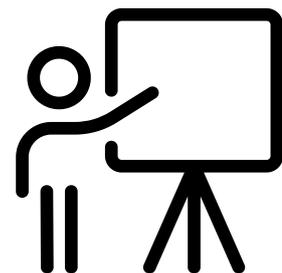
Share your photos: It can be hard explaining to your friends about your trip. Sometimes it can feel like they don't really understand what you experienced or aren't as interested as you hoped they'd be. Maybe pick out a few photos to show them and look through your photos with your family too.



Ask questions and take action: You might have lots of questions when you come home. For example, if you saw poverty in the country you visited, you might be wondering what you can do to help now that you're home. Talk to your family and teachers for ideas.



Do a presentation at school: Travelling is a privilege and not everyone gets the opportunity to travel. Ask your teacher if you can do a presentation about your trip to your class so that everyone can learn from your experiences too.



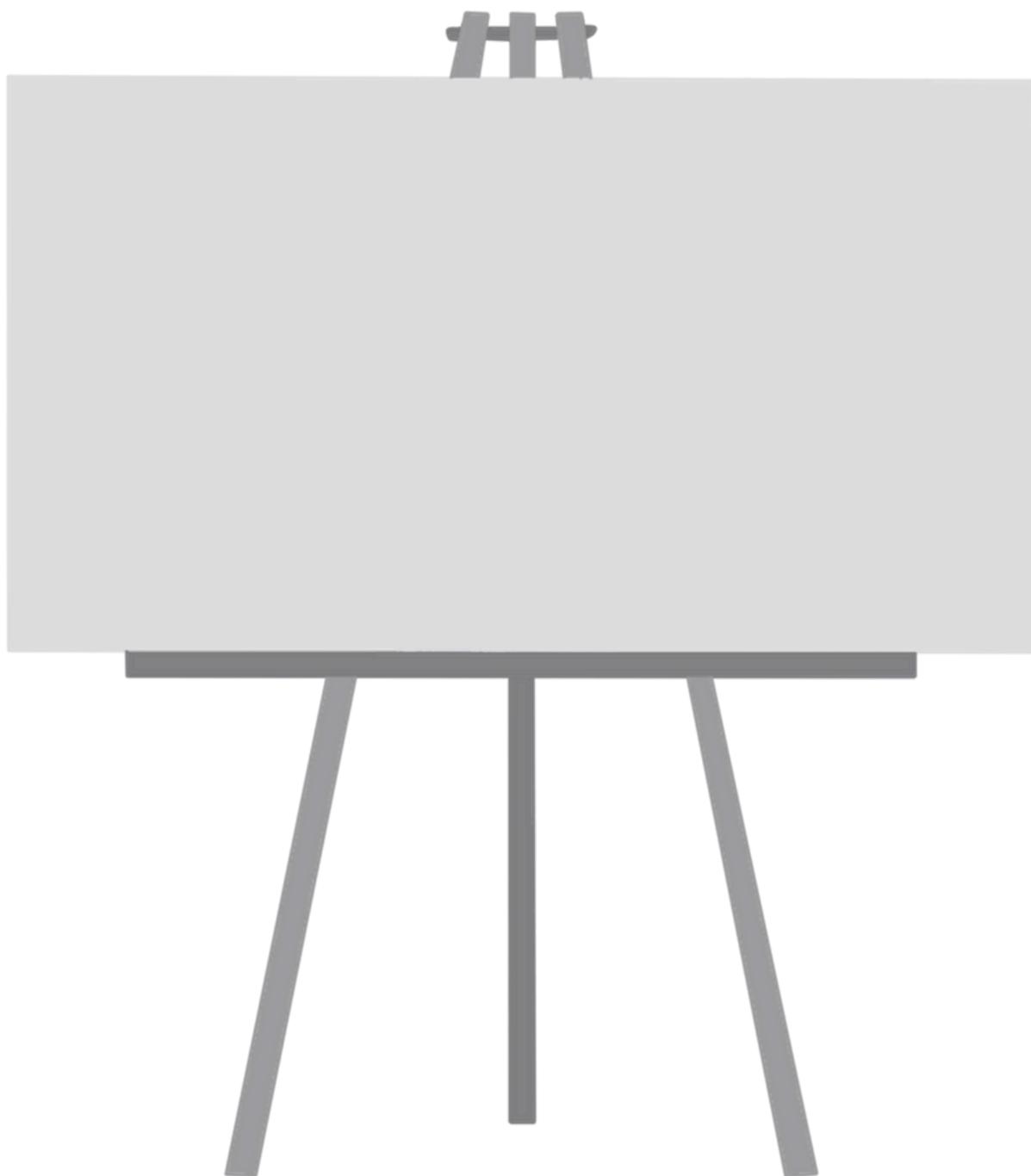


ACTIVITY

LET'S DRAW

Reflect back on your trip and draw whatever comes to your mind. Use magazine pictures too if available. Or - if you don't feel like drawing, then write down whatever words come to your mind.

Then go back to the original picture you did before your trip (on page 7). Is your picture the same or different?



WHAT DID YOU THINK?

Now that you've finished the book, we'd love to hear from you! What did you think of this book? What did you like? What did you not like? What could we add or change?

Please email us your feedback, ideas, and suggestions for how we can improve this book for future adventurers. Your advice will really help us. Thank you so much!

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THANK YOU!

