



WorldStrides®
Explore. Discover. Become.



Reflection Journal



WorldStrides®

Explore. Discover. Become.

While our travels take students outside their world, the journey is very much within.

What they bring home is greater than a souvenir.

WorldStrides brings new perspectives.

The chance to see for yourself.

See who you are.

Do things you never thought possible.

Try things you never knew existed.

New cultures, new friends, new ideas.

Great Wall, China





**THE MORE WE EXPLORE
THE MORE WE DISCOVER
THE MORE WE DISCOVER
THE MORE WE BECOME**

THIS JOURNAL BELONGS TO

SCHOOL

YEAR

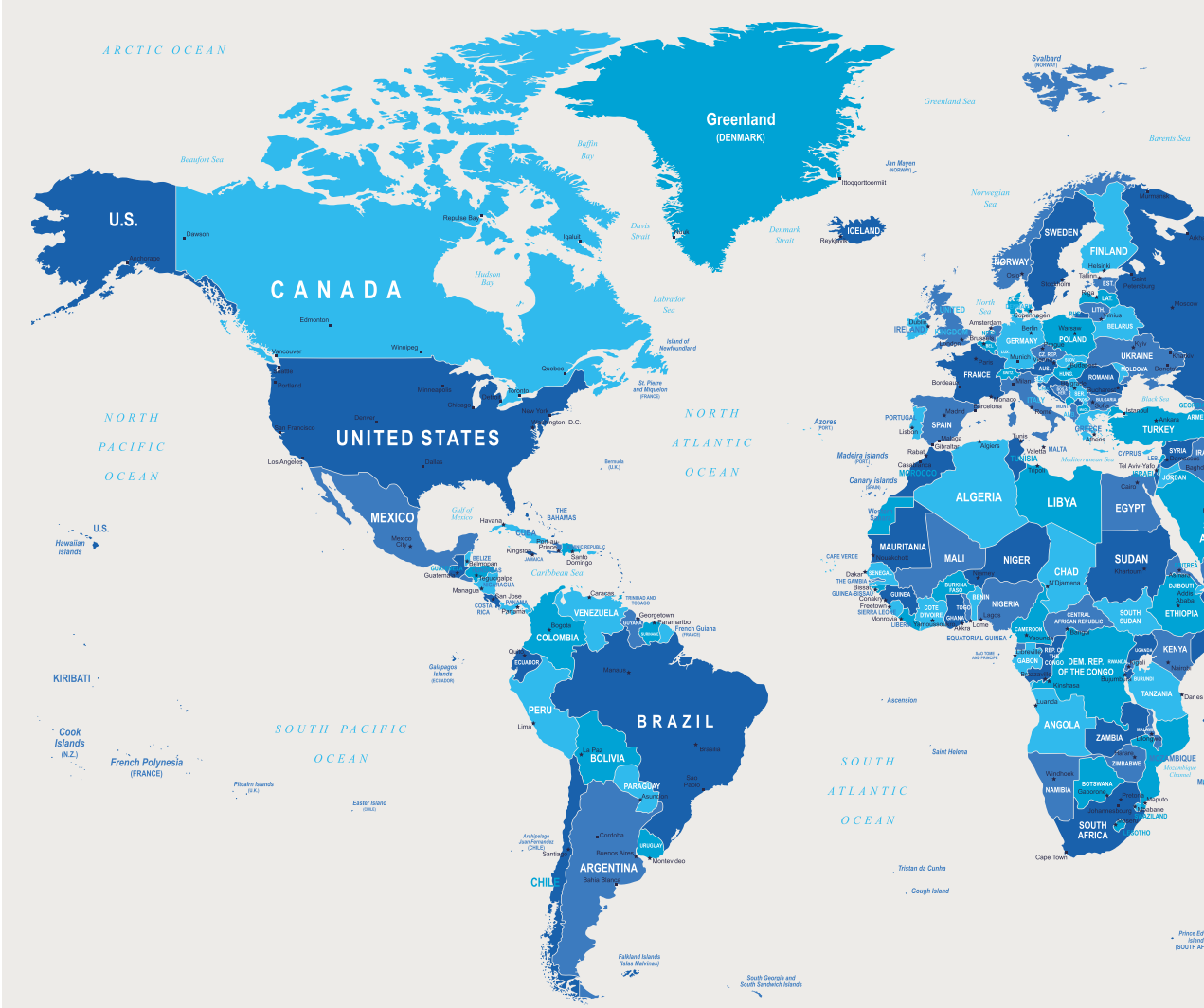
IF LOST PLEASE RETURN TO

In case of emergency

If you are separated from your group,
call the number below for assistance.



Map your journey!





MY JOURNEY



France



Australia



How Reflection Enhances Learning

The purpose of reflective writing is to advance learning through reflection, which involves contemplating your impressions, feelings and insights. Many educators encourage reflective writing as a practice because of its link to deeper learning and personal growth.

Taking time to reflect on your experiences has a positive effect on:

- Personal development
- Sense of perspective
- Comprehension
- Fact recall

The process of reflective writing can help you:

- Become more self-aware
- Appreciate opportunities
- Get to know your strengths and weaknesses
- Pinpoint any fears and worries that may be holding you back
- Define what your values are and where your interests lie
- Question any generalisations or stereotypical views

Reflection helps us question our assumptions, celebrate our achievements and recognise areas where we can improve. Personally and academically, it promotes a healthy self-image and is a platform for positive change.

You can lay the groundwork for reflection through:

- **Awareness:** As you embark on a new experience, keep your eyes open for opportunities for reflection.
- **Outcomes:** Ask yourself what you hope to learn from the experience and what your goals are.
- **Mindfulness:** During any new experience, try to stay in the moment to absorb as much as you can.
- **Observation:** Aim to be a neutral observer wherever you are, much like David Attenborough narrating a nature documentary.
- **Expression:** During reflection, feel free to write whatever comes to mind without worrying if others are having similar thoughts or not.

The relationship between experience, reflection and growth is well-documented and typically has four stages:

- Participating in a new experience
- Reflecting on observations and feelings
- Adjusting one's worldview
- Applying insights in practical ways





REFLECTION



DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:

EXPLORE

Today I...

DISCOVER

What did I learn that was new to me?

What did I like and why? What did I dislike and why?

BECOME

How do I think this will be useful in my life/my studies/my workplace?



EXPLORE

Today I...

DISCOVER

What did I find difficult or challenging today and why?

What did I learn about myself?

BECOME

In the future this knowledge and experience will help me to...

DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:



DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:

EXPLORE

Today I...

DISCOVER

What did I learn that was new to me?

What did I like and why? What did I dislike and why?

BECOME

How do I think this will be useful in my life/my studies/my workplace?



EXPLORE

Today I...

DISCOVER

What did I find difficult or challenging today and why?

What did I learn about myself?

BECOME

In the future this knowledge and experience will help me to...

DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:



DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:

EXPLORE

Today I...

DISCOVER

What did I learn that was new to me?

What did I like and why? What did I dislike and why?

BECOME

How do I think this will be useful in my life/my studies/my workplace?



EXPLORE

Today I...

DISCOVER

What did I find difficult or challenging today and why?

What did I learn about myself?

BECOME

In the future this knowledge and experience will help me to...

DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:



DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:

EXPLORE

Today I...

DISCOVER

What did I learn that was new to me?

What did I like and why? What did I dislike and why?

BECOME

How do I think this will be useful in my life/my studies/my workplace?



EXPLORE

Today I...

DISCOVER

What did I find difficult or challenging today and why?

What did I learn about myself?

BECOME

In the future this knowledge and experience will help me to...

DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:



DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:

EXPLORE

Today I...

DISCOVER

What did I learn that was new to me?

What did I like and why? What did I dislike and why?

BECOME

How do I think this will be useful in my life/my studies/my workplace?



EXPLORE

Today I...

DISCOVER

What did I find difficult or challenging today and why?

What did I learn about myself?

BECOME

In the future this knowledge and experience will help me to...

DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:



DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:

EXPLORE

Today I...

DISCOVER

What did I learn that was new to me?

What did I like and why? What did I dislike and why?

BECOME

How do I think this will be useful in my life/my studies/my workplace?



EXPLORE

Today I...

DISCOVER

What did I find difficult or challenging today and why?

What did I learn about myself?

BECOME

In the future this knowledge and experience will help me to...

DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:



DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:

EXPLORE

Today I...

DISCOVER

What did I learn that was new to me?

What did I like and why? What did I dislike and why?

BECOME

How do I think this will be useful in my life/my studies/my workplace?



EXPLORE

Today I...

DISCOVER

What did I find difficult or challenging today and why?

What did I learn about myself?

BECOME

In the future this knowledge and experience will help me to...

DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:



DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:

EXPLORE

Today I...

DISCOVER

What did I learn that was new to me?

What did I like and why? What did I dislike and why?

BECOME

How do I think this will be useful in my life/my studies/my workplace?



EXPLORE

Today I...

DISCOVER

What did I find difficult or challenging today and why?

What did I learn about myself?

BECOME

In the future this knowledge and experience will help me to...

DAY #:

DATE:

WEATHER:

PLACES VISITED:



HIGHLIGHTS:



FACT:

The Golden Triangle in Victoria (Ballarat, Bendigo and Maryborough) has produced more gold than any other area in the history of the world.

Lined writing area consisting of 20 horizontal lines on a white background.



Lined writing area for notes.

FACT:

There are 40 million kangaroos in Australia. That's more kangaroos than people!



Lined writing area for notes.

FACT:

The current 50-star American flag was designed by a 17-year-old as a school project in 1958. He got a B-



MESSAGES



Tag #MyWorldStrides to share
your travel journey with us!



War Memorial, Canberra