



## International Travel

Traveling often challenges us to immerse ourselves in a new environment, speak another language, and experience the world in a new way. We all have destinations that are at the top of our lists to visit, but what about visiting a country that isn't in your top five? What about a destination that pushes us outside our comfort zone? Challenge yourself during this time when you can't travel to learn about the places outside of your comfort zone.

- How does travel push you outside your comfort zone?
- What can you do to help prepare experiencing a new country?
- How does geography help you understand history?

**“And then I realized adventure was the best way to learn.” -Unknown**

### Learn About Your Destination

**Time: 30 to 60 minutes**

One of the first things many people do before going on a trip is some research on the country. Learning about a country can help prepare you to travel. It is nice to know some local customs, information and history about your destination when traveling.

Choose a country that pushes you outside your comfort zone and learn more about it. Create a graphic on the top five things that interest you about the country. Do some research on the country – a great place to start is the CIA Factbook ([cia.gov/library/publications/resources/the-world-factbook](https://cia.gov/library/publications/resources/the-world-factbook)) or World Travel Guide ([worldtravelguide.net](https://worldtravelguide.net)).

#### **Some questions to think about as you start researching a destination:**

- What languages do they speak?
- What are some of the top sites to visit?
- What is their currency?

### Quick! Learn a Foreign Language

**Time: 5-15 minutes daily**

Knowing a few basic phrases and how to read some signs can really help when travelling to a new country. There are several benefits to knowing a foreign language, like being able to communicate with more people, improving your thinking skills, and sharpening your mind.

- With your parents permission, download the Duolingo app ([duolingo.com/mobile](https://duolingo.com/mobile)). There are 30+ languages to choose from! With as little as five minutes a day in this fun language game app, you can pick up some new skills for your future travels.
- Challenge yourself to pick a language different than what you are learning at school!

## Test Your Geography Knowledge

**Time: 5+ minutes**

Being able to name all 50 states and their capitals, or all the countries in Africa, or rivers around the world is a great way to succeed in Jeopardy. Having strong geography skills can also help you learn more about these places and understand their history. There are a lot of great geography games on the internet to quiz you on your knowledge!

Seterra Geography ([online.seterra.com/en](https://online.seterra.com/en)) has over 400 geography quizzes around the world. Test your knowledge from the 50 states to countries in Europe, capitals in Asia, world flags, and more.

Free Rice ([freerice.com/categories/english-vocabulary](https://freerice.com/categories/english-vocabulary)) is a fun and free game to challenge your knowledge in geography, languages, humanities, and many more subjects. When you answer questions correctly, you are generating money for the United Nations World Food Program.



**Students!** Answering our questions? Using our strategies? Share them with us at [discovery@worldstrides.com](mailto:discovery@worldstrides.com).