

## SUGGESTIONS FOR CAPTURING YOUR TRAVEL EXPERIENCE

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Let me encourage you to take two additional items on the trip.

### JOURNAL

First, take a journal of some kind. Each evening or morning, take a few minutes to write down the events of the day and reflect on them. The events of the week will progress so rapidly that they will blur together by the end of the trip and you will forget many of them. Capturing them on paper will preserve them for your future recall.

You might even want to take notes during the day. On one of my previous trips my aunt wrote continually on the bus and shared a wonderful compilation of our experience with all of us after we returned home.

Taking time to reflect in writing may be something new for you, but you will find that putting the pen to paper will add another level to your experience. We will do a lot of walking. Someone has said there is a relationship between the sole and the soul. When you reflect on your experience, you will capture not just a list of the places your sole has touched, but also the trail of meaning those places had for your soul.

If you have never done this, it is important to do it on paper (not a screen). A screen is a left-brain experience; paper is a right-brain experience. Just start writing and keep writing: let it flow. You will be surprised to see what happens. It will take 30 to 60 minutes. The longer you write the deeper your reflection will go.

### PICTURE LOG

If you plan to take pictures, bring a small paper log (like a spiral 3x5 notepad) to write down what each of your pictures is. Otherwise, you will get home and look at some of your pictures and go, "What is that"? A log will help you remember.

Perhaps one person would like to focus on pictures of the group and another on the places we see or some other aspect of the trip. Then we could share the images when we return home.

Don't spend your entire time writing notes or taking pictures. If you spend the whole time "shooting" and writing, you will miss some of "being in the moment" at the different locations. Stop and "soak it in." Sharing the picture-taking load can mitigate some of this. I recommend you capture yourself and the group in the land. There are pictures of the sites available on the Internet.