



NATIONAL
GEOGRAPHIC | FAMILY
JOURNEYS
with G Adventures

EXPLORER'S JOURNAL

Discover the world like a
National Geographic Explorer

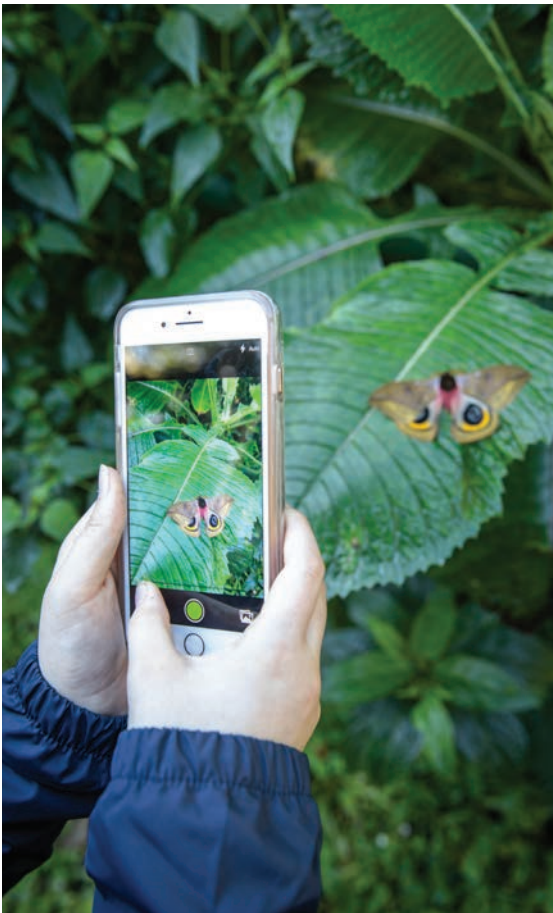


Photo: Getty Images/National Geographic Image Collection; G Adventures

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Welcome to the National Geographic Family



Photo: Getty Images/National Geographic Image Collection

Welcome! You're already part of an adventurous family in search of a meaningful way to discover the world together. Now you will become a part of the larger National Geographic family—a community of travelers, explorers, and global citizens who are curious about the world and want to make it a better place.

For more than 130 years, National Geographic has explored the planet, unlocking its secrets and sharing them with the world. Now it's your turn to discover the world like a National Geographic Explorer. During your travel adventure, you'll gain a deeper connection to your destination by experiencing it through four themes:



EXPLORATION



PHOTOGRAPHY AND
STORYTELLING



WILDLIFE AND
CONSERVATION



HISTORY AND
CULTURE

Throughout this journal you'll be asked to approach your journey with an **explorer's mindset**, the specific attitudes and skills that explorers share. Travel has the power to be a **force for good** and to **inspire change**. We believe an informed, curious, and capable global citizen can make the world a better place. Join us.

Using this Explorer's Journal

Use this journal to develop the mindset of an explorer. Learn National Geographic techniques for great storytelling, and use those techniques to tell your own compelling story about your journey. By the end of your trip, you will have a shareable collection of your adventures, stories, memories, and discoveries.

WHAT YOU'LL NEED

This journal

A device for photography (digital camera, mobile phone, or tablet)

An additional blank notebook for more writing/drawing space

Your Explorer's Journal is organized into four parts:

Before You Leave, On Your Way, During Your Journey, and **After Your Journey.**

Choose how you want to interact with it from the options below.

Print

Prefer using a paper journal you can write in? **Print and pack** a copy of this Journal, plus plenty of **writing/drawing/coloring utensils**. Be sure to also **bring your own blank notebook** to keep track of your ideas, drawings, or inspiring moments.

Digital

Some of the activities in this journal include a digital option. These require a mobile phone and, in some cases, internet access.

You also have the option of using this as a jumping off point for inspiration and keeping a separate digital travel journal.

What Does It Mean to Be a Global Citizen?

Global citizens understand how interconnected the world is. . . they are inspired and eager to make positive changes. They are able to respond to rapid change, understand connections, and make informed decisions—to be explorers! Below are tips for being a model global citizen as you travel, and writing space for you to add your own ideas.



Pack your environmental ethic

As travelers, we can help make the world a better place through our everyday actions and choices. Turn off lights and use less water while traveling, just as you would do at home. Try your best to “leave no trace” in the places you visit.



Reduce your human footprint by minimizing your waste

When packing, avoid bringing disposable items that have reusable alternatives. As you travel, try to purchase items with minimal packaging.



If it's paper, pass it on

Instead of throwing away maps and other reading materials you gather as you travel, share them with fellow travelers along your journey.



Respect local cultures

Learn about the history, customs, traditions, and folklore of the local people. Try learning some of their language (even if it's just “please” and “thank you”) and use it when you interact with locals.



Lend a hand

It doesn't take a lot to make a difference in the communities you visit. Even simple things can help the environment, like picking up the trash you see during a walk.



Continue to travel and share National Geographic Family Journeys Explorer's Journal

Share what you learn about the places you've traveled to with your communities (family, friends, school, sports, and clubs) once you return home.



Use photography to encourage the preservation of places at risk

Sharing your photos of endangered places helps to create awareness of how important and worth saving they are. Just remember that if you want to include people in your photos, be sure to ask their permission first.



Eat and buy local

It means the money you spend directly supports the people you meet. Buying drinks, snacks, crafts, or gifts at a local market or restaurant helps the community.

Write your own idea!

National Geographic and the Four Themes

Throughout this Explorer's Journal, you'll encounter four themes that matter to National Geographic because of how critical they are to understanding our world and being a global citizen who can make the world a better place:



EXPLORATION



PHOTOGRAPHY AND
STORYTELLING



WILDLIFE AND
CONSERVATION



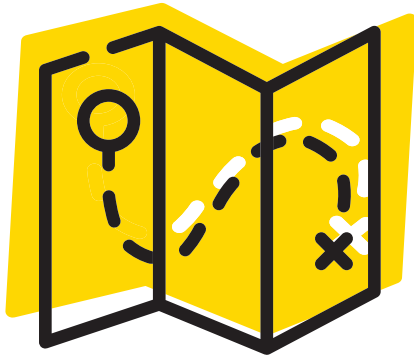
HISTORY AND
CULTURE

Keep an eye out for the four icons throughout your Explorer's Journal. In many cases these themes support each other. For example, photography and storytelling can be used together to demonstrate the importance of protecting wildlife.

As you use this journal, be sure to make it your own and capture the things you'll want to remember after your trip.

Tips for bringing your Explorer's Journal to life:

- Don't worry about recording everything during your trip. Focus on what captures your curiosity or inspires you.
- Jot down quotes that strike you or short stories you don't want to forget.
- Use all your senses. Include in your writing the sounds, smells, and tastes you encounter.
- Keep a copy of your itinerary, tickets from air or rail travel, and other pieces of paper that help tell the story of where you have been. If you are using a paper journal, paste these items into its pages like a scrapbook.



Theme 1:

Exploration



Photo: Getty Images/National Geographic Image Collection

National Geographic is known for exploration. Watch [National Geographic: Our 125-Year Legacy of Exploration](https://www.natgeo.com/125-years-exploration) [natgeo.com/125-years-exploration](https://www.natgeo.com/125-years-exploration).

National Geographic Journeys with G Adventures attracts people who are curious about our planet, committed to understanding it, and passionate about helping make it better. Through these adventures, we're bringing together tomorrow's explorers to learn from one another.

Scientific research is an important part of exploration. For more than 130 years, National Geographic has explored the planet, unlocking its secrets and sharing them with the world. We believe if people truly understand the natural world and each other, they will be inspired to protect the planet and the diverse cultures and creatures that call it home.



Photos, left to right: Shutterstock/National Geographic Image Collection; Getty Images/National Geographic Image Collection; Getty Images/National Geographic Image Collection

Get inspired!

National Geographic Explorers are changing the world! National Geographic Explorers are experts in many fields, including marine biologists, archaeologists, and filmmakers. For example, ethologist and conservationist Jane Goodall redefined what it means to be human and set the standard for how behavioral studies are conducted through her work with wild chimpanzees in Gombe Stream National Park, Tanzania. Glaciologist and climate scientist Erin Pettit studies the movements of glaciers and ice sheets to better understand changing climate and rising seas.

Visit natgeo.org/explorers and find other explorers who inspire you or use the interactive map at natgeo.org/grants to find an explorer working in the field at your destination.

Which explorer inspires you? How does this person’s work connect to what you care about?

Theme 2:

Photography and Storytelling



Family Journeys illuminate the art of photography and storytelling in the tradition of National Geographic. Watch the National Geographic video [Photo Storytelling](https://www.natgeo.com/photo-storytelling) [natgeo.com/photo-storytelling](https://www.natgeo.com/photo-storytelling) for ideas of how to see the world with new eyes, make real-world connections, and craft compelling stories during your trip. Through this journal, you will create a dynamic narrative of your trip, including the people, places, and wildlife you encounter along the way.

At National Geographic, we believe impactful storytelling is critical to increasing understanding of our world and conveying the importance of nature and culture.

Refer to your [National Geographic Kids Photo Tips e-Book](#) for helpful ideas and suggestions.

What gives your home its sense of place?

| A SENSE OF PLACE |

When you are asked to describe where you live, what do you say? Do you describe homes, people, or landscape? These natural and human-made things help to define a sense of place, or what makes a particular place have its own distinctive character.

Theme 3:

Wildlife and Conservation



National Geographic is committed to protecting the planet’s natural treasures—including wildlife, landscapes, and ecosystems. On many Family Journeys, on-trip wildlife and conservation experiences provide information and inspiration for you to remain engaged in conservation efforts long after returning home.

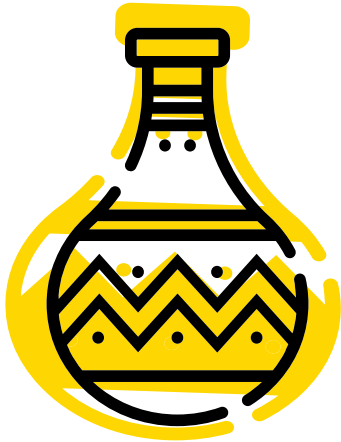
We aim to engage people with the wonders of the natural world, creating opportunities to learn about different species and to help take responsibility for maintaining a healthy planet. Watch the National Geographic videos [Shooting Wildlife](https://natgeo.com/shooting-wildlife-video) *natgeo.com/shooting-wildlife-video* and [Shooting Wildlife \(With a Camera\)](https://natgeo.com/photograph-wildlife) *natgeo.com/photograph-wildlife*.

Which animals and plants do you hope to see?

Draw it!

Theme 4:

History and Culture



National Geographic celebrates the history and diversity of human life on Earth. Family Journeys reveal the richness of local cultures in its many forms, whether through language and music, art and architecture, cuisine, clothing, and more.

National Geographic has covered history and culture worldwide through its photography and storytelling. We aim to introduce millions of people to the human experience, helping them to value different cultures and to take responsibility for maintaining a healthy planet. [Watch Hula Is More Than a Dance—It’s the ‘Heartbeat’ of the Hawaiian People](https://www.natgeo.com/hula-more-than-dance) *natgeo.com/hula-more-than-dance*.

Visualize it!

Before you depart on your trip, take time to look through all of the resources and information about your destination that your family has received. Think about your family’s reasons for choosing this destination to travel to.

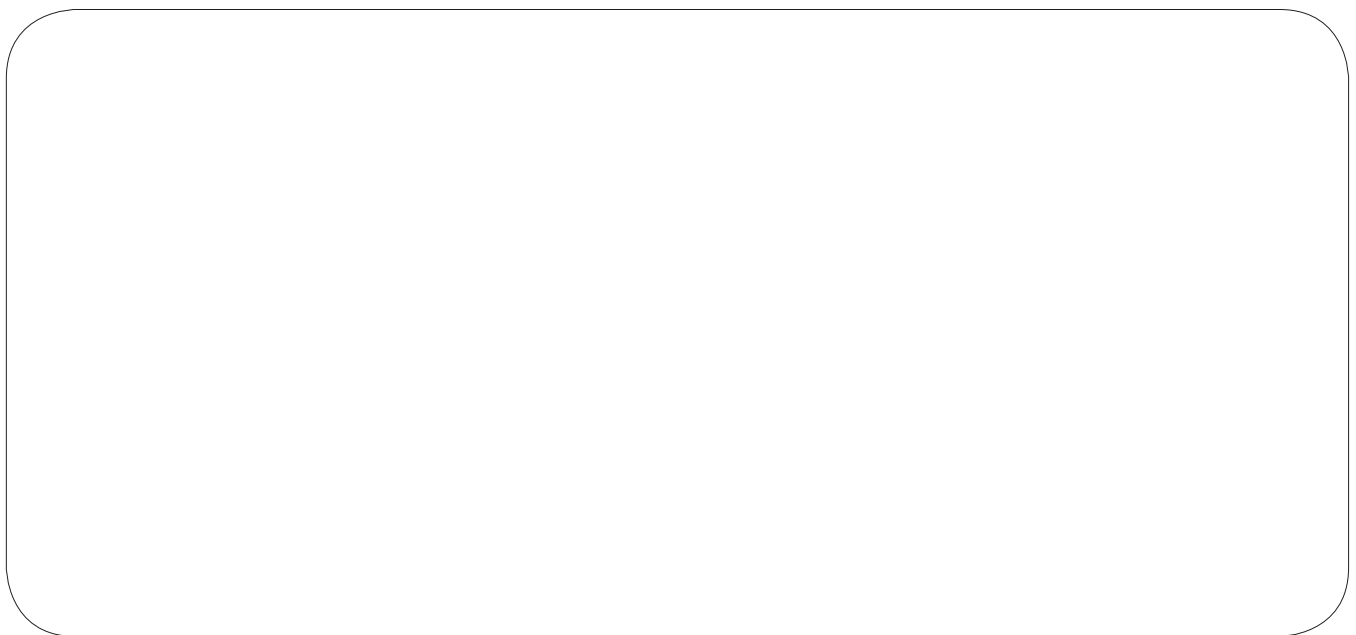
What have you read about or seen that excites you about the history and culture of your destination?

Draw it!

Journey Expectations

What do you expect to see or do during your journey? What do you think your first day will be like?

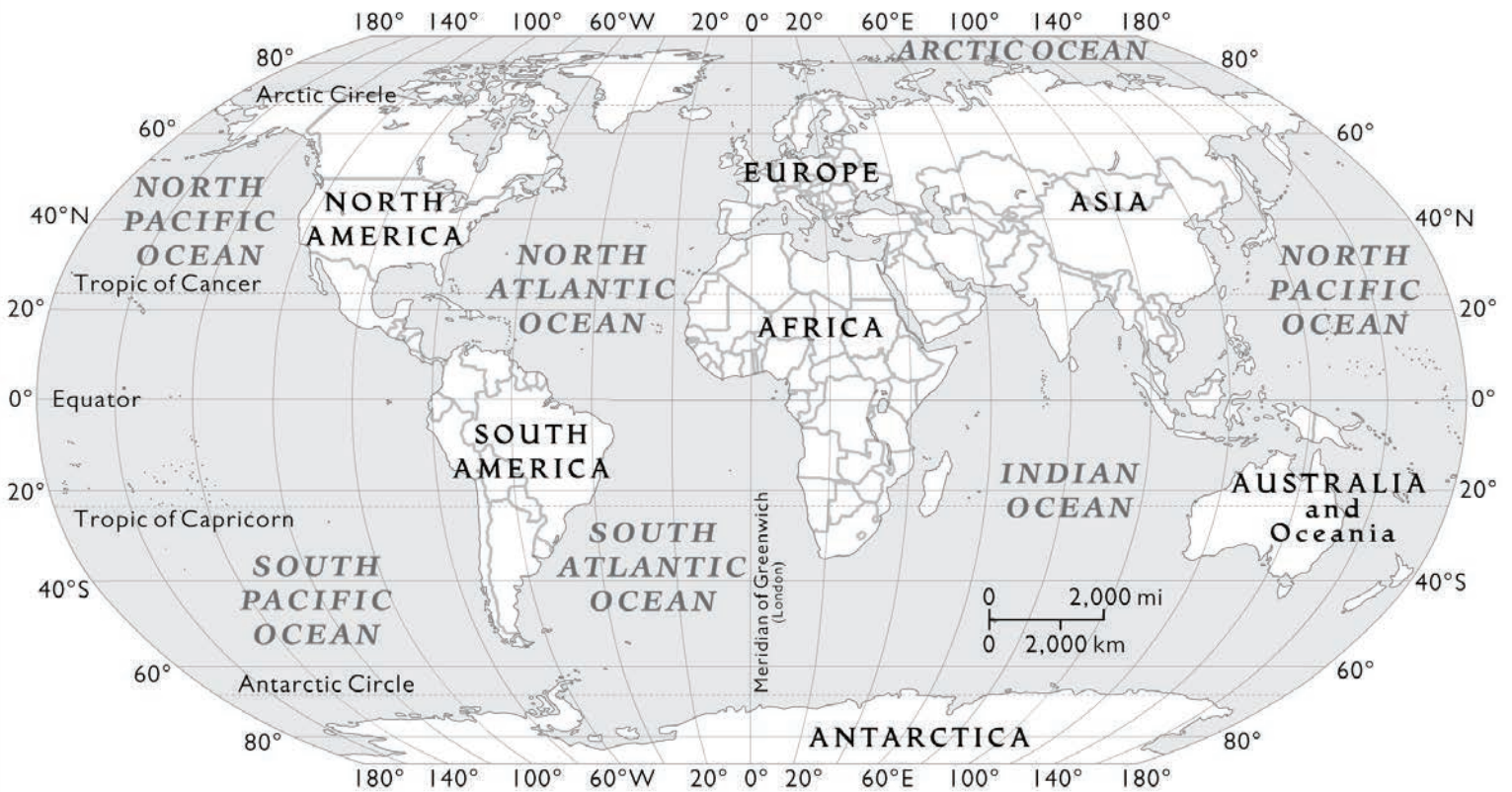
Draw or write about it here.



Draw it!

Create a Story Map

A story map is a map combined with **text, images, and multimedia** to tell a story. **Tell the story of your journey** from home to the starting point of your trip. On this map, **draw your route and add sketches** to remind you of memorable moments. Include labels for method of travel (e.g., car, plane, train), any stops or layovers, and anything else. What's the distance traveled? How much time will it take? When you get to your destination, compare your story map with those of others.



Map: NG Education

First Impressions

When you arrive at your destination, **write or sketch notes of your first impressions**. How do you feel? Where do your eyes go first? What do you notice about the place right away? Whatever it is, you'll want to remember it. First impressions help shape your experience of a place and, by definition, are not repeatable. You've seen this place in photos. You've read about it. Now that you're here, **use all your senses to take it in**.

Capture your first impressions:

Use All Your Senses

Sight

Smell

Hearing

Taste

Touch

And your "sense"
of adventure

Draw it!

Exploration

“ Exploration is for anyone, of any age, of any background. Exploration is a state of mind—a willingness to be curious, to ask questions, and to listen to the answers. ”
—M Jackson



Photo: Shutterstock/National Geographic Image Collection

M Jackson natgeo.org/m-jackson is a National Geographic Emerging Explorer, geographer, and glaciologist. She documents receding glaciers and examines how they impact local communities.

What Does Exploration Mean to You?

We are all explorers. Whether you are exploring halfway across the world or right in your own backyard, there are always new things to discover. Finish the sentence below with words or images. Make it your own. We've given you some examples to get started.

The key to exploration is to . . .

- seek out new or challenging experiences.
- be curious about the world.
- use all your senses as you explore. Bring your “senses” of wonder and adventure too.
- conduct scientific research.

Feeling Stuck?



If you get writer's block on any of the activities in your Explorer's Journal, talk to your CEO. They'll be happy to help you out!



What Kind of Explorer Are You?

An explorer has specific attitudes, skills, and knowledge that all add up to an “explorer’s mindset.” Read about them below and ask yourself if you share these traits.

You are . . .

curious and adventurous. What are your favorite things about travel? What are you curious about in your destination? What new experiences do you plan to seek out during your journey?

responsible for others and for the natural world. What challenges of the destination concern you?

empowered and persistent in the face of challenges. What motivates you to explore and to continue discovering new things? What do you hope to try on this journey that is outside of your comfort zone?

You can . . .

observe and document the world around you. What do you expect to see or do? What will be important to you to capture?

communicate through language and media. In what ways or formats do you want to tell your story?

collaborate and work well with others. Who will you share your story with? How?

solve problems you encounter. Are there challenges you see that you think you can solve? How would you like to help?

After thinking about the kind of explorer you are, talk with your family members to learn about their traits. What kind of explorer do they see themselves as?

Photography and Storytelling

“ Exploration is often thought of as an external process that takes us to new places or creates new knowledge. But what I find, though, is that it is really about discovering ourselves, learning a little about how we fit into the incredible world around us.”

—Brendan Buzzard



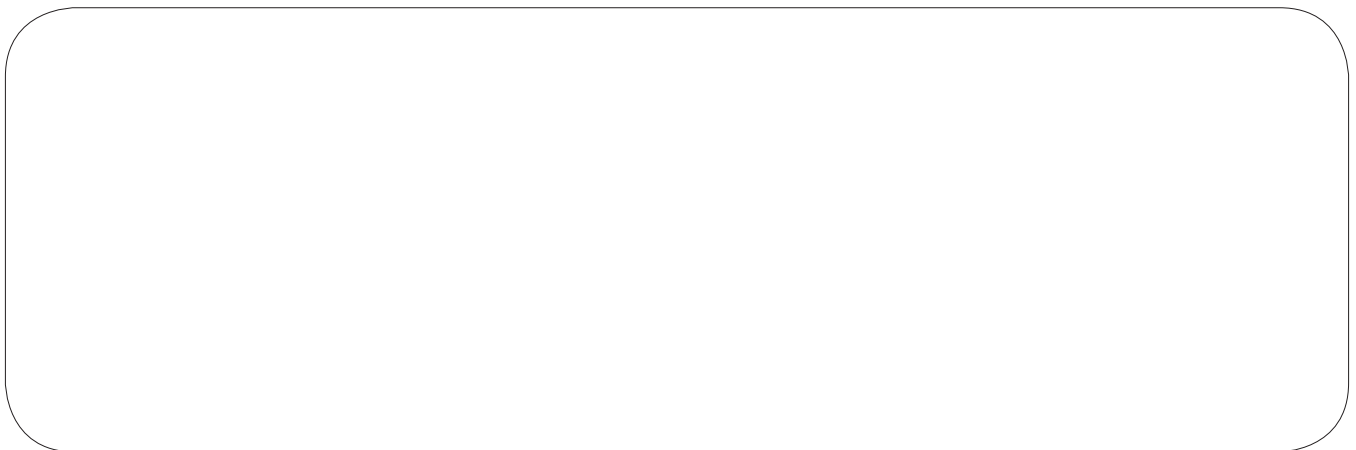
Photo: Shutterstock/National Geographic Image Collection

Born and raised in Africa, **Brendan F. Buzzard** natgeo.org/brendan-buzzard is a National Geographic grantee and storyteller. He’s interested in how our identities and sense of belonging are tied to the natural world. To explore this, he goes on immersive adventures and tells stories about his experiences that ignite curiosity and reflection about the world around us.

Go On Assignment

National Geographic photographers and writers travel with a purpose, a specific story they want to tell. Your photo assignment is to capture, in one image, the “sense of place” of your destination. Use this page to write about or sketch details that contribute to sense of place, not just what it looks like, but what it feels like to be here. Sense of place can range from the obvious (e.g., the Golden Gate Bridge) to the subtle, such as the landscape, the way people dress, colors, smells, or even the weather. Capture photos throughout your trip and share your favorite on the last day of the journey.

What details create a sense of place?



Draw it!

Plan Your Shot List

National Geographic is renowned for crafting travel narratives that inspire people to see a place differently. How will you tell the story of your journey, the places you explore, the people and wildlife you encounter, and other amazing experiences you have? There are five basic shots a travel photographer uses to create a narrative of their journey:



**Establishing Shot
(of a place, environment, or city)**

Show an overview of the place from a high vantage point (e.g., a hill or the top floor of a building).



Iconic Shot

Find a subject that represents the story you would like to capture and conveys a concrete sense of place (e.g., the Eiffel Tower in Paris).



Unique Perspective on Iconic Shot

Try different angles. Think about how you would normally photograph a scene. Then shoot it in an entirely different way.



Detail Shot (up-close detail of an aspect of the place/story):

Notice details! Find layers in the landscape. Identify cultural markers.



People, Culture, or Wildlife Shot

Look for cultural markers, people, and animals that can help to tell your story.* Capture a moment. Look for an expression, gesture, or quality of light that makes the image extraordinary.

Cultural Markers

A cultural marker is a unique characteristic of a community. For example, food, clothing, or language specific to that community can all be cultural markers. Draw one here!

Images, left to right, top down: Getty Images/National Geographic Image Collection; Getty Images/National Geographic Image Collection; Shutterstock/National Geographic Image Collection; Shutterstock/National Geographic Image Collection; Jonathan Irish/National Geographic Image Collection

First, plan your shot list:

1. What do you want to capture images of?

2. What impact do you want your travel narrative to have?

Then, go take your photos!

Caption It!

National Geographic is a leader in fact-based research and journalism. Photos and their captions tell an important part of any story. To write a strong caption, look beyond what’s right in front of you.

- **Look closely.** What is happening in this photo?
- **Notice the details.** What do you see that makes you say that?
- **Make observations.** What more can you find? (What story could this photo tell? Can you relate to it personally in any way?)

Look at the image below. Write a fact-based caption that avoids stating the obvious, is as specific as possible, and uses the caption to tell the reader something new.



Photo: G Adventures

Caption:

Wildlife and Conservation

“

I think photography has tremendous potential in terms of moving people to action.

—Joel Sartore

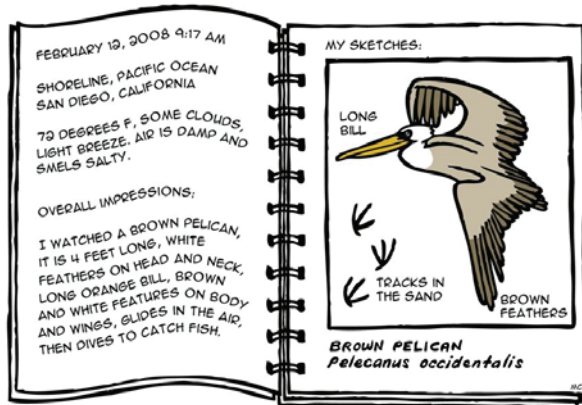
”



Photo: Getty Images/National Geographic Image Collection

Joel Sartore natgeo.org/joel-sartore is a National Geographic Fellow, award-winning photographer, and conservationist. Through his Photo Ark project, he's using the power of photography to inspire people to help save species at risk before it's too late. Joel has photographed more than 9,000 species around the world as part of an ambitious, multiyear effort to document every species living in zoos and wildlife sanctuaries.

Observe Wildlife



Drawing: National Geographic Society

National Geographic’s explorers and conservationists make observations and gather data as part of “doing science.” But scientists need help from explorers like you. In citizen science projects, volunteers like you work with scientists to gather data and answer real-world questions.

On this journey, you may have the opportunity to see animals and plants in the wild or at a conservation center. Make field notes and sketches of wildlife you see. Start by capturing a field sketch on this page; then use your blank notebook to keep making observations. Include the day of the week and date, time, location, weather, and overall impressions (using all five senses). Take photographs of the animal or plant, and include sketches and specific or defining characteristics. You can also make video or audio recordings.

Field Notes

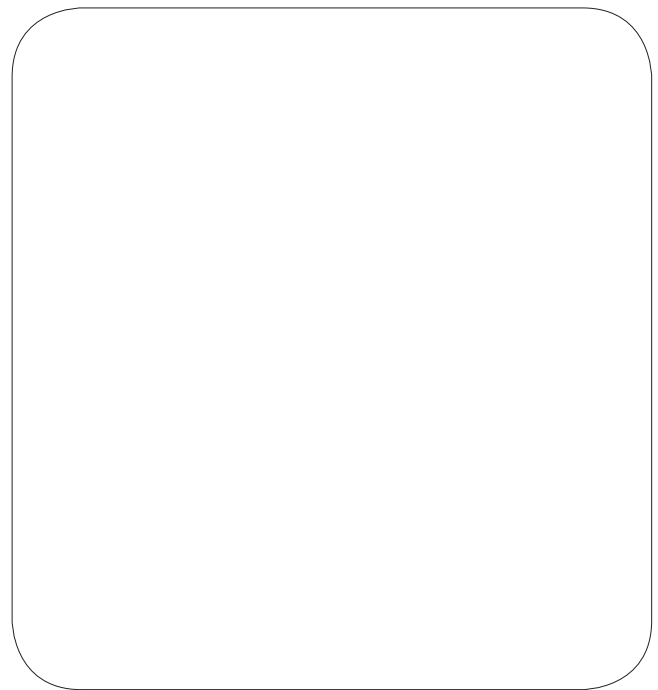
Draw it!

Photos That Make a Difference

Good photographs can help conservation efforts. To do that, they have to be engaging, make people ask questions, and inspire people to care. As you learned at the start of this section, National Geographic storyteller and photographer Joel Sartore is hard at work photographing animals! His [Photo Ark project](https://www.natgeo.org/projects/photo-ark/) [natgeo.org/projects/photo-ark/](https://www.natgeo.org/projects/photo-ark/) uses photographs of animals in captivity as a way to document them for future generations and to encourage people to care about them and take action now.

Choose one animal or creature you've encountered on this journey. What photo techniques could you use to inspire people to care about it? (For example, what type of background or animal behavior could inspire or educate viewers?)

Write it!



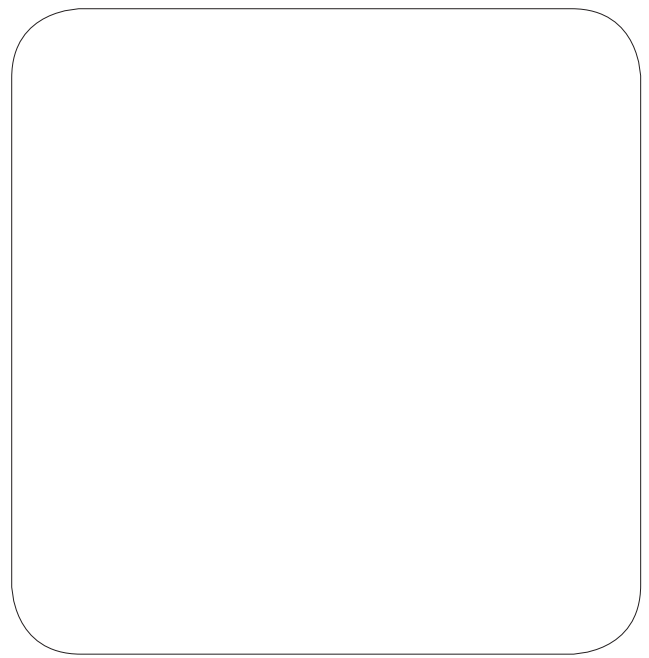
Draw it!

How Travel Can Help Wildlife Protection

Travel has a role to play in helping to protect, or at least minimize damage to, endangered animal populations. Tourism can be a beneficial force in helping local communities protect habitats. It can lead to the creation of things like national parks and clean beach efforts. It also increases your awareness and motivates you to do something to change your consumption and habits that may be damaging natural habitats for these animals after you return home.

Make a connection between animals you encounter and their habitats in three locations on this journey. How did humans have a positive or negative impact on the animals and those environments? What things can you do at home to help protect their habitats?

Write it!



Draw it!

History and Culture

“ It [exploration] means to find your own limits, but to push your ideas and your dreams to the edge.

—Gabriel Prieto



Photo: Getty Images/National Geographic Image Collection;

Gabriel Prieto natgeo.org/gabriel-prieto is a National Geographic grantee and an Andean archaeologist. His work focuses on the historical impacts of climate change on fisheries and marine resources on the North Coast of Peru, as well as how fishing technology has changed over time and how that has impacted human adaptations.

Celebrating Culture Through the Planeterra Foundation:

The Planeterra Foundation is the nonprofit partner of G Adventures and was created as a way for the travel industry to give back to communities we visit. Planeterra changes lives by supporting projects that help at-risk youth, empower women, assist rural and indigenous communities, and protect the environment.

Cultural Photography

Culture is a shared set of practices and traditions that characterize a society or group of people. It can include clothing, food, traditions, ceremonies, language, family structure, communication styles, and more. Recognizing cultural influences around you helps you to understand a place.

Cultural photography is capturing photographs that illustrate a people or culture. Portraits of local people, iconic places in the community, or more complex photographs of societal interactions are all examples of this subfield of photography. Taking a cultural photo requires a curiosity about the world around us and a thoughtful selection of what—or whom—to photograph.



Photo: Getty Images/National Geographic Image Collection

Cultural Photography

Think of two scenes observed on this journey that, if photographed, would capture the culture of your destination. Then review your itinerary and propose two photos you want to capture based on where you are going next. Remember to always ask permission before taking a photo of someone. Capture photos and share your favorites.

Scene #1:



Draw it!

Scene #1:



Draw it!

Connect to History and Culture

Engaging with culture is a part of being a responsible traveler and a global citizen. Learning the history of a place helps you connect with local people, consider the background and context of what’s happening now, and understand cultural values.

During your trip, use the space below to jot notes about the history and culture of your destination. The character of a place comes alive through the celebration of its culture. It can be as simple as recording a piece of local history that interests you, foods you liked/disliked, music you enjoyed, a dance you learned, or a phrase you learned in the language of this country.

What have you noticed and observed?

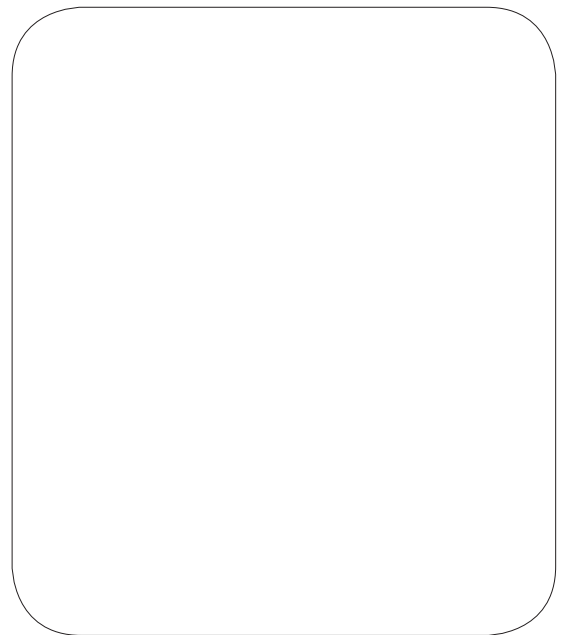
L A N G U A G E	F O O D
A R C H I T E C T U R E	A R T
M U S I C	C L O T H I N G

How Do You See The World Now?

Your itinerary includes a variety of activities to connect you to the unique history and culture of your destination. These may include a historical site visit, a cooking or a language lesson, a musical performance, a behind-the-scenes tour, or a nature walk. Experiences such as these can change your perspective on the places and people you encounter, making you feel more connected to them and highlighting your role as a global citizen.

Use the prompt below to reflect on how your thinking about being a global citizen has changed over the course of this journey. Consider what may have been surprising, exciting, or unexpected about your journey.

How do you see the world now?



Draw it!

Your Journey Continues

Your trip may be over, but it's not the end of your journey! After you return home, you can continue to use your travel experiences to have a positive impact—on you, on others, and on the world.

IDEAS FOR INSPIRATION:

Reflect on your experience.

Read through your Explorer's Journal and compare what you knew before your journey began and what you know now. Pick the most significant thing you learned and envision how you could apply it to future travels or even your daily life.

Share your story with others.

Use this Explorer's Journal and photos from your trip to share your experience with your community. Tell family and friends about your experiences, give a presentation at school, or share one or two big highlights on your social networks.

Stay involved with National Geographic.

Visit natgeo.org to learn more about the exciting work that National Geographic is doing all around the world!

Be an active and empowered global citizen.

Have a discussion with your family about a global issue that you're passionate about. How can you get involved to make a difference?

Support local scientific projects.

Identify environmental nonprofits or parks departments near you. Then volunteer for one of their citizen science or restoration projects. You can help with the project and photograph the conservation effort as it happens, practicing conservation photography and conservation at the same time.

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with **G Adventures**



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