## Your Travel Journal

Once you have been accepted for the exchange, you need to get a journal. It can be any size or shape that you'd like: maybe a spiral notebook, a hardbound book, or something you make yourself. Make sure it has at least 50 pages, o

Why are you interested in Japan? Reflect on how you first became interested in Japan, and what attracted you to Japanese culture.

- 7. A few pages before that, label a page <u>SHOPPING LIST</u>. This is where you will write down all items you hope to buy and the people you want to bring gifts home to.
- 8. A few pages before that, label a page for <u>ADDRESSES</u>. This is where you will write the mailing addresses of family, friends and supporters to whom you plan to send postcards and letters.