



## Travel Workshop - World Travel 101

### Travel Further, Cheaply, and Safely

**World Travel 101** Budget Travel Workshop is geared toward the first-time traveler planning a trip abroad. This signature "international travel basics" workshop of Hostelling International USA has been offered to a variety of groups and individuals across the nation. Its curriculum is specifically designed as a "how-to" and confidently presented by veteran travelers.

This workshop provides an in-depth view of how to become a responsible traveler. We offer tips on everything from budgeting, packing, finding accommodations, managing health issues, cultural behavior, transportation, language barriers, getting the most out of your trip and more. Usually the workshop takes 60-90 minutes of interactive presentation.



## Travel Workshop - Women Traveling Solo

### Brave the World - Alone!

Traveling alone as a woman can be a powerful, emboldening growth experience. However, safety is always a consideration and some prep work before you go will help you make the most out of your journey. Women traveling on their own inevitably face additional cultural issues and safety concerns. The **Women Traveling Solo** workshop showcases that it is possible to be adventurous without taking undue risks.



Do you embrace the idea of traveling alone? Planning to get there is part of the fun. This workshop provides tips for a safe and successful trip. Come learn and explore information to help you with planning your lifetime adventure!

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## Educational Programs

### We want to share our love for travel with you!

To fulfill our mission, "To help all, especially the young, gain a greater understanding of the world and its people through hostelling," we offer travel workshops to community members and travelers of all ages. Many of our workshops take place at one of our area hostels, as well as at our local partners such as R.E.I. stores and universities. Our workshops are fun, informative, and a terrific way to meet others who share your interest in exploring the world.

Please read on about our travel workshop offerings, or contact our educational programming coordinator ([programming@oregonhostels.org](mailto:programming@oregonhostels.org)) to discuss travel workshops you would like to see. Our website's Events Calendar lists our scheduled workshop dates.

Want to lead these or other workshops? We are interested in well-traveled, articulate travelers who have a story to share. Contact our volunteer coordinator ([recruiting@oregonhostels.org](mailto:recruiting@oregonhostels.org)) to make arrangements, and check out our volunteer opportunities on <http://www.oregonhostels.org>.



**OUR MISSION:** TO HELP ALL, ESPECIALLY THE YOUNG, GAIN A GREATER UNDERSTANDING OF THE WORLD AND ITS PEOPLE THROUGH HOSTELLING.

**OUR VISION:** FOR HOSTELLERS TO BECOME CARING WORLD CITIZENS WHO ARE CATALYSTS FOR INTERCULTURAL EXCHANGE AND UNDERSTANDING, AND WHO ARE STEWARDS OF THE EARTH.



## Travel Workshops Just for Girl Scouts Empowering Girls!

### Cultural Kitchen for Girl Scouts

Our program's exciting curriculum empowers girls to study a foreign country's culture, culminating in a meal prepared by the group that is shared with travelers during an overnight stay at the hostel.



### Travel Adventure in Portland

A fun afternoon of discovering the world of travel. Learn about Hostelling, tour two international hostels, explore Portland from a traveler's point of view, and use public transportation. Every girl will receive a free youth membership for Hostelling International.

### Travel Adventure in Portland/Sharing Meals

Participate in the Travel Adventure in Portland day program and spend the night at the HI-Portland, Northwest hostel. Sharing Meals offers troops the chance to prepare a meal on their own to share with travelers. Not only is it a great opportunity for the girls to interact with travelers from all over the world, but it's also a chance for the girls to be ambassadors for their hometown, the USA and Girl Scouts.

### Get Ready to Explore the World

Learn what and how to pack for travel, what it is like to meet folks from other cultures, how to take care of your health and travel safely, how to exchange US \$ into foreign currency, and how hostelling can help you travel on a budget. Workshop consists of four fun interactive and informational sessions: "Brief Encounter" intercultural game; Pack Light, Pack Right; Health and Safety; Hostelling around the World and International Currency.

### Around the World in One Night Slumber Party

This slumber party invites girls that have traveled and those interested in doing so to have fun and celebrate what the world has to offer. They will experience cultural food, watch movies and play games from around the globe, and spend a night at the HI-Portland, Northwest hostel.

For more information about our programs, email [programming@oregonhostels.org](mailto:programming@oregonhostels.org)



## Travel Workshop - Cultural Kitchen The World Beyond the Classroom

The **Cultural Kitchen** curriculum provides a rewarding cross-cultural experience for participants. HI Staff and Volunteers introduce participants to the program, teach them about hostelling and our mission, foster interest in cultural understanding, strengthen group communication skills, and establish the focus country to be studied. Hostelling International – Portland, Northwest staff teach this session in the students' classroom.

Our curriculum engages students in 5 hours of lessons based on the Coverdell WorldWide Building Bridges curriculum and inquiry-based research. Students identify and articulate their own cultural identities, thus providing a base for comparison when they research the focus country's celebratory traditions, social norms, popular past times, cuisine, arts, history, or any additional cultural topics of interest to the participants. Students choose a manner in which to present their topics of study at the hostel for an audience of international travelers.

Hostelling International hostels provide participants the opportunity to stay overnight. Participants work as a team to create a meal based on the cuisine of their focus country and spend time interacting with local volunteers and hostellers from around the globe. Students dine with international travelers, present what they've learned about their focus country to them, and engage in a group discussion about the relevance and importance of cultural understanding in our world today.



Cultural Kitchen provides participants with the opportunity to review and evaluate their Cultural Kitchen experience. Students reflect on their experience and what they learned, thinking about how they can use cultural understanding to benefit their community and our world. Students create a scrapbook that highlights their learning and receive a Hostelling International USA youth membership.

For more information about volunteering for Hostelling International, email [recruiting@oregonhostels.org](mailto:recruiting@oregonhostels.org)