



# PREDEPARTURE EXERCISES

## Icebreaker: “Speed Dating” Activity

1. Partner up
2. Get to know each other! Some things you could talk about:
  - Name and grade
  - Have you traveled abroad before? If so, where? Talk about it
  - The CIEE program you will participate in this summer
  - Why you chose your program
  - What you are excited about
  - What you are nervous about
  - What you hope to gain
3. Switch partners and repeat as time allows

## Q&A with Global Navigator Alum

1. Arrange for a Global Navigator alumni to attend the pre-departure meeting to share advice and host a Q&A with this year’s Global Navigators.
  - What burning questions do current Global Navigators have for alumni about their travels? (think broadly-safety, food, health, living arrangements...)

- Discuss things Global Navigators can do and keep in mind to become a successful Ambassador. (journaling throughout your travels, taking note of mistakes, things that helped you, how you felt abroad, etc)

## Inspirational Video

1. Watch TEDxRainier- Rick Steves: The Value of Travel: <http://bit.ly/2AobOb1> then answer these questions:

According to Rick Steves, what does one learn from traveling? Suggested answers...

- Connect with culture
- Connecting with people is the mark of a good trip
- Straighten out misunderstandings that exist across cultures
- Travel wallops ethnocentricity
- Fear is for people who don’t get out much
- Appreciate the baggage people are carrying