



(Site in Petra, Jordan of Indiana Jones and the Holy Grail)

July 16th, 2023

Hello ,

I'm writing this newsletter from Israel at the close of our family summer vacation. Summer's the time we all swap routines for adventures. Whatever scenery you're into - island beaches, vibrant cityscapes, trekking in the mountains, it's important to take time and get away! We've had a great trip together (though we're really missing our freshman college basketball player)! Immersing yourself in a different culture, hands-on history lessons, learning to navigate around different cities or learning to speak words in a new language – these are just some of the enriching life experiences that can come from travel.

Not to mention all the wonderful lessons you learn about yourself and your family when you're pushed out of your comfort zone. I see how my kids' minds are more open and appreciative because of experiences in diverse places of the world. Rick Steves famously said, *"Travel is rich with learning opportunities, and the ultimate souvenir is a broader perspective."*



(Overlooking Jerusalem)

My family and I have traveled a lot over the years, and I had the idea to share a few thoughts to help make the most out of your family vacations:

1. Create Personalized Travel Journals: Encourage each family member to maintain a travel journal for drawings, notes, and sticking souvenirs like tickets or postcards. This cultivates a unique narrative of the trip for each person. Pictured below was some journal reflection time with our family at a sacred site in Jerusalem called the Garden of Gethsemane:



2. Learn a Few Local Phrases: Take time before your trip to learn some basic phrases of the local language. This small effort can lead to richer interactions with locals and a deeper appreciation of the culture. Our kids have enjoyed using some Italian and Hebrew/Arabic words they've been learning!

3. Try Local Foods, Learn What Locals Love: When traveling to new places, especially outside of your home country, do as much as you can to show interest in and learn about the local cultures, traditions, and foods.

4. Improvise a Scavenger Hunt: Make a list of objects, foods, landmarks, or other things to find at your destination. This can turn sightseeing into a fun, immersive game.

5. Theme Days: Dedicate each day to a particular theme, like "historical day", "food tour day", "ocean and beach day" (my personal favorite), or "nature exploration day". This can make the trip more engaging and educational. It's especially helpful for your kids to know what to expect.

6. Book a Cooking Class or Craft Workshop: This can be an entertaining and enriching way to understand the local culture, and you'll have a new skill to bring home. We had an incredible time as a family at a cooking class on a family farm in the Amalfi Coast of Italy.



(Family cooking class, Amalfi Coast, Italy)

7. Volunteer Together: If your vacation is long enough, consider dedicating a day to volunteering at a local community project. This can be a rewarding experience that instills values of empathy and giving back. Some of our best family memories on trips have come from the time we spent in volunteer service.

Remember, the most memorable experiences often come from the unexpected and the unique moments. I hope these tips inspire new and enriching adventures on your upcoming family vacations! We can't wait to hear about them!

P.S. I've counseled clients on this my entire career: don't procrastinate travel until you're retired or in your 70's. Nothing is guaranteed in life, take time to see the world while you can.

Sincerely,



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[REFER SOMEONE](#)

