

ANNEX 2



A Meaningful
experience
for the family
of the person
who is travelling

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BEFORE THE JOURNEY

Preparation for the tour starts from the time it is decided that your loved one will be the person travelling. Ideally this will be a positive experience for the person travelling, but also for their close family members. If a tour is to be successful both preparations and follow-up must be good.

¡Let's begin the preparations!



¡It is the responsibility of everyone to make sure it is a successful tour!

¡LET'S DO IT!

It is fundamental to:

- ✦ Be clear about the agenda and the country or countries the person going on the tour will be visiting, and who they will be meeting with.
- ✦ Prepare yourselves for the absence of the person going on the tour.
- ✦ Plan your farewells



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SUPPORTING THE SPEAKER TOUR

In order to show your support you should be familiar with the TOUR AGENDA in order to find your own way to support them.

4) FIND YOUR OWN WAY TO SUPPORT THE AGENDA



Key tip: Make me a participant too

- The countries and places to be visited. Research the countries and places your loved one will be visiting, identifying tourist sites or where you would like them to take photos.

Help them to understand the political, social and cultural situation in the country or countries they will be visiting

Make sure you can follow your loved one's journey using the planned agenda and taking note of the way you can contact them:

DATE	PLACE	NAME AND TELEPHONE	OTHER WAYS TO CONTACT THEM

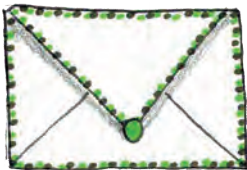
VERY IMPORTANT

Bearing in mind time differences and the agenda, work out the best ways to stay in contact with your loved one

Preparing [the documentation](#) needed to travel is always hard work, and requires time and patience to deal with problems. These are issues that can only be resolved by person travelling. But doubtless you will be able to find other practical support you can provide, at least in relation to efficient organisation and use of time. Help your family member prepare a budget, or change money for them.



Help your family member prepare a budget, or change money for them..



Your family member will be asked to prepare an [introductory postcard setting out their expectations](#). You can help them prepare this in a creative way and to think about their expectations for the tour.

We have asked your loved one to prepare themselves physically and emotionally for their journey.

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The health of the person travelling might be a matter of concern for those of us who will stay behind, far away. So, make sure they have everything they need in order to meet their health needs.

In terms of their emotional health we have suggested they use an “emotional thermometer” (a copy of which you will find in your version of this guide) to help them monitor **their emotional state**, helping them gauge if they are in a good place, doing alright, or in a state of alert.

It might be a good idea to talk about this, especially if their thermometer is in the red and they are going to have to take decisions about their participation in the tour.



The thermometer might also be useful to you.

INDICATORS

RED: I am feeling intense and frequent pain. A feeling of “not being capable” (of getting up in the morning, of speaking...), strong enough to prevent me from carrying out my usual activities. Paralyzing fear or anxiety.

AMBER: I am experiencing some new, more intense, pain, difficulties sleeping, irritability and negative emotions. I find it hard to be with other people. Recurrent negative and confused thoughts. Doubt, anxiety and fears that are beginning to affect my life

GREEN: I am enjoying things. My health, my sleep patterns and level of worry are within limits I recognise as normal for me.



WHAT I AM EXPERIENCING

RED: I feel terrible physically and emotionally, most of the time. I don't know if I'll be able to carry on with the tour.

AMBER: I'm beginning to feel that something is going wrong and I'm worried. I am noticing different signs and I am not clear about what to do.

GREEN: I feel good, sure of my capabilities. I am experiencing the normal day-to-day concerns about my work and family, and a level of nerves appropriate to a speaker tour.

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5) ¡THE DAYS LEADING UP TO YOUR JOURNEY!



Key tip: Patience and confidence

Be aware that **NERVES** will dominate this day, and probably those leading up to it! Therefore, your best ally is **PATIENCE**. Try to imagine what it's like to be the person who is travelling, and to understand their behaviour



DEALING WITH NERVES...

Nerves are contagious, so anticipate them and do what you can to remain calm: do breathing exercises, think before speaking...

This is not the moment for reproaches. If you think something needs improving, make a note of it and wait for a good time to talk about it (after the journey or when the person travelling arrives at their destination and is calmer and more relaxed).

¡FAMILY!:



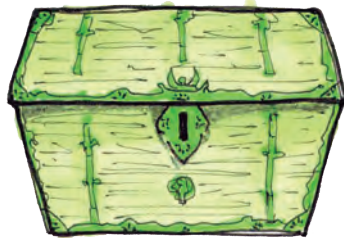
Sometimes nerves makes us say or do things that we regret later, especially with the people we love most and with whom we feel most confident...

Don't take this personally, and wait to mention it until they get home.

6) PART OF THE PREPARATIONS:

¿What do we want to share with the people and organisations in other countries?

We have suggested that your loved one take something symbolic to share with the host organisation. This symbol of brotherhood and sisterhood can create an atmosphere of trust and mutual recognition.



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Remember, you don't necessarily have to spend money on this. We are talking about things like:

👉 **Collective products:** Leaflets, reports, videos... things your organisation has produced that you feel proud of.

👉 **Little pieces of home:** Handicrafts or artisan work, or things made by the community and/or organisation, in celebration of the ancestors, resistance and cultural preservation.

👉 **Protective stones:** Symbols of sisterhood and brotherhood, stability, self-care and wellbeing.

👉 **Photographs:** Share memories of moments, places, where you live, or your community

*NOTE: This is just a suggestion. Don't feel any pressure



You can help to find "the treasure to share"

DURING THE JOURNEY

7) THE JOURNEY:

THE IMPORTANCE OF SAYING FAREWELL

The journey begins with farewells...

Ask about the kind of farewell the person travelling would prefer.

Some people like to be accompanied to the airport by lots of people so they feel protected, while others opt for going alone, to avoid having to say goodbye.



All forms of farewell are equally good! The important thing is that the person feels comforted.

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PASSPORT CONTROL



The first thing the person travelling will encounter after saying farewell is their own country's passport control. This can be a moment of tension, and difficulties might arise.

So, if this makes you feel better: **wait until they are through passport control.** Agree that they will call you once they have completed this process, or are at the departure gate.

FROM NOW ON...

The important thing is to maintain adequate and regular communication. You will have to take the time difference into account when deciding the best moment to communicate.

Agree how often you are going to communicate: once a day can be enough, with a simple text or voice message

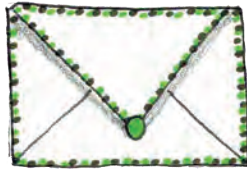


¡FAMILY!

Make sure you set aside time to communicate, because for the person travelling it is going to be very important to read your emails or hear the voice of the people they love most in the world.

¡Sharing everyday things will be vital for your loved one, so don't go thinking that what you have to say is not important!

If you have to give them bad news, think beforehand about the best way to do so or ask their organisation to help you.



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8) FORMAL ADVOCACY SPACES DURING THE TOUR:

¡THE RESPONSIBILITY OF FORMAL MEETINGS!



Key tip: Listen and encourage

In most cases the first meetings cause a lot of tension for the person on the tour.

Sometimes we don't feel very satisfied at the way a meeting has gone...



If you know your loved one has not had a good meeting, listen to what happened, encourage them and make suggestions about how they might make improvements..

Criticisms and evaluations can wait.

9) FREE TIME AND REST:

¡¡TIME TO LEARN AND TO RELAX!!



Key tip: EMPATHY

A tour implies a major commitment, involving considerable physical and intellectual labour. It's therefore important to have free time so you can relax, clear your mind. Therefore, free time or rest periods should be included in the agenda.



¡¡Just because the agenda includes opportunities to relax or get to know the host country does not mean it's a holiday!!

Remember this when you see photos of beautiful places posted on social media by the person who is travelling.

¡FAMILY!

A Some people find it difficult to enjoy themselves when they know the rest of their family is far away.

If that is true of your loved one, try to remind them that if they return well rested it will help create a positive family climate.

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Try to make yourself a part of this experience, also enjoying the journey, albeit “at a distance”, exchanging photos and the emotions they provoke.

EVERYDAY LIFE WITHOUT THE PERSON WHO IS TRAVELLING.

DEALING WITH DIFFICULTIES

🔊 Anticipate and prepare for the time your loved one will be on the tour:

Be aware of the extra work it will imply

Think about the logistical questions that might emerge: using bank cards, how much money is available...

It could suggest a way of doing things differently. iiNo one is indispensable!!

If something isn't working very well, make a note of it and try to deal with the problem when the person returns from the tour.

🔊 If you are the one who is obliged to do the work of the person who is travelling, be patient with yourself. No one is perfect, but even less so if their workload and worries increase.

AFTER THE JOURNEY

EVALUATING THE TOUR



Key tip: Positive outlook

SHARING EXPERIENCES

✦ Dedicate time to listening to the experiences of your loved one during the tour: how it has been for them, how they have felt and what the experience has been like. Take advantage of the opportunity to organise a social event for the extended family and celebrate their return.



✦ Now it's time for them to hear how things have been while they were away. Let everyone in the family have their chance to describe how it has been in their absence.

✦ Evaluating the experience implies recognising moments of learning and agreeing improvements for future occasions.

If something has not gone well, focus on dealing with situations and not individuals. Concentrate on solutions rather than problems.

