

How to deal with your confusion, resistance and guilt:

- Practice NOT writing or talking about your experiences and NOT taking photos as a conscious action.
- Mention your confusion, talk about your feelings of guilt.
- Get to know the history of your country of destination.
- Read about economy and politics in your country of destination.
- Report about pop culture and alternatives to the daily news from your country of destination.
- Mention complex structures like social classes and subcultures.

**NOTES**

*Date:*

*Dear Diary,*

Today I feel guilty and confused about

I don't know how to talk about it or deal with it because

I know this confusion is normal and a sign that I am actively thinking about my responsibilities as a traveller.

*Yours,*