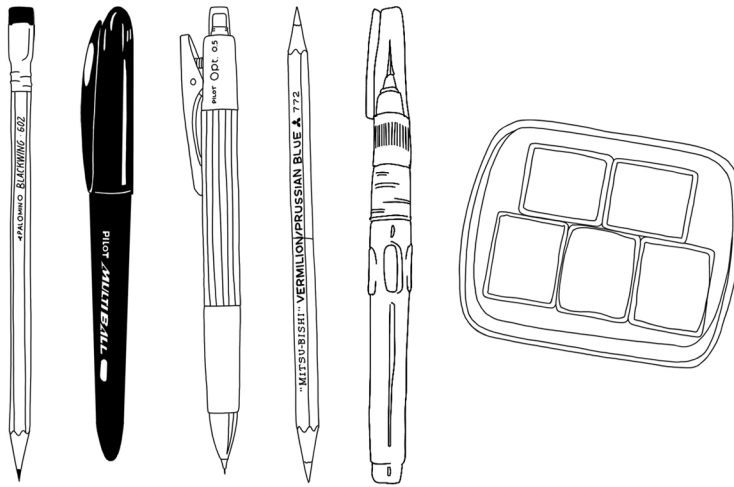


TRAVEL SUPPLIES

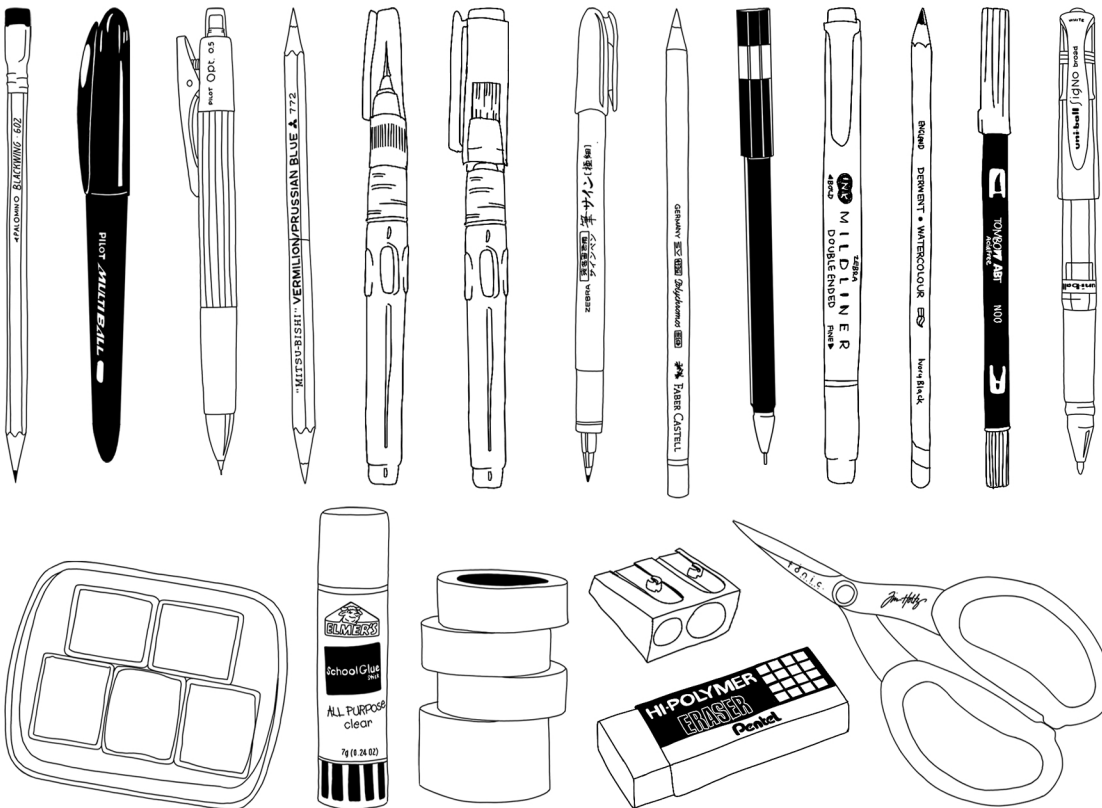
my minimalist pack



supplies

- ☐ pencil
- ☐ waterproof pen
- ☐ mechanical pencil
- ☐ red/blue pencil
- ☐ waterbrush
- ☐ small watercolor set

my maximalist pack



supplies

- ☐ pencil
- ☐ waterproof pen
- ☐ mechanical pencil
- ☐ red/blue pencil
- ☐ waterbrushes
- ☐ watercolor set
- ☐ brush pen
- ☐ colored pencils
- ☐ fine gel pen
- ☐ highlighter
- ☐ watercolor pencil
- ☐ colorless blender
- ☐ white gel pen
- ☐ glue stick
- ☐ washi tape
- ☐ sharpener
- ☐ eraser
- ☐ small scissors

Remember (even though I don't) that LESS is BETTER! Even with the best of intentions, unless your trip literally has hours set aside for art play, you will most likely not use a ton of different supplies. For my trip I could have gotten away with my minimalist pack, but let's be real, I took the maximalist pack and then some. **TOP TIP:** take your supplies in a clear pencil case so you can access them quickly and easily.

DOCUMENTING THE TRIP



For this adventure I took an A5 lined notebook and intended to capture everything along the way, whether it was a funny quote I heard Stella say or a brochure map of a Disney Park. I actually had much success with this simple approach and the only thing I might possibly change next time is take an even smaller journal and less supplies!

That being said, there are a few tips I can give you regarding this documentation process that would hopefully serve you well to know before you go.



TOP TIPS for documenting trips



- Make an “IDEAS” cover page for all those clever journaling thoughts that might pop up during your trip. An even better tip is to write them down straight away! Great ideas are notoriously easy to forget...
- If you can, take a journal cover with pockets and elastics so you'll have a great place to keep ephemera
- Take a few loose leaf pieces of paper (or printable prompt cards) to work on outside of your journal for all those times when being in your journal is not super easy - like stamping at the Traveler's Factory store. I know that's a very Japan specific situation, but sometimes it just helps to have a quick piece of paper.
- A plastic journal cover is a great place to stick adhesive labels and stickers/tapes you want to reuse.
- As far as “what to write” when you're documenting, my rule of thumb is to jot down anything that is likely to slip my mind and I might forget. For instance - certain meals, quotes, prices, feelings in the moment, specifics about weather and memories triggered by nostalgia. It's not the end of the world if you forget a few things, but checking in with your journal often on your trip is a good habit to get into.
- Keep each day separate. Even if you're not going to complete your finished journal chronologically I think it still helps to keep your thoughts categorized like this.
- Make little drawings/doodles. Keep the back of these pages blank so you can cut them out and merge them into your finished journal if you want to.
- Get your travel partner/s to share their perspective with you. You can make them a page to fill out or use the printable prompt PDF's in this section. Not only is it interesting to see what they're seeing, but a new perspective can also enhance your own travel experience.



寿司

notes

AUSTRALIA

TRAVELER'S FACTORY
VISIT PASS

JAPAN

TRAVELER'S FACTORY
VISIT PASS

TRAVELERS who have a free spirit

USA

TRAVELER'S FACTORY

TRAVELER'S NOTEBOOK & COMPANY



via to the World from
JAPAN



Via

TRAVELER'S FACTORY
NRT AIRPORT



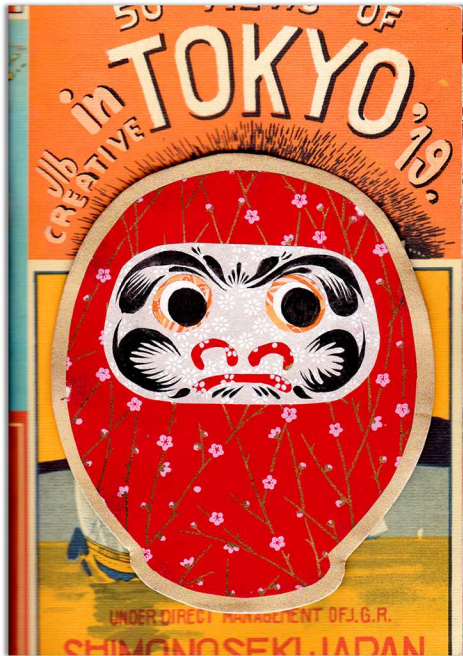
VIA AIR MAIL
Memory to MEMENTO

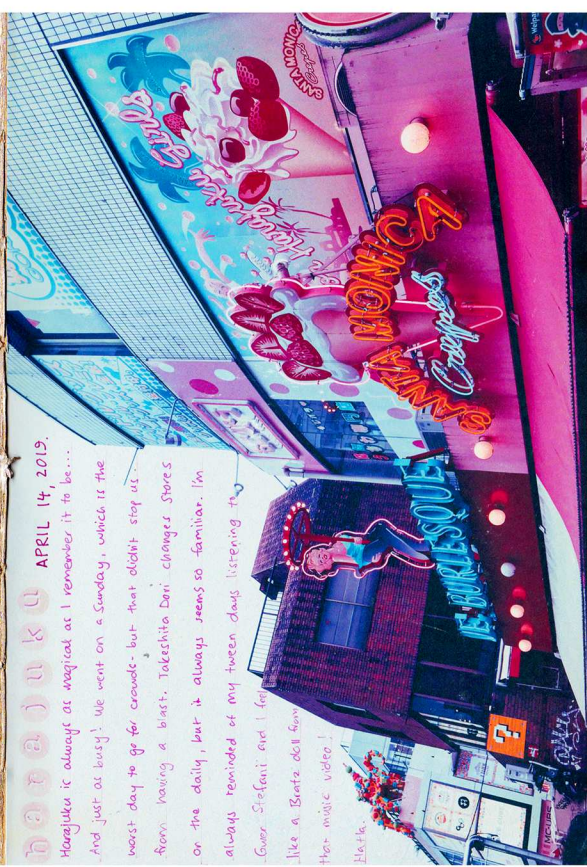
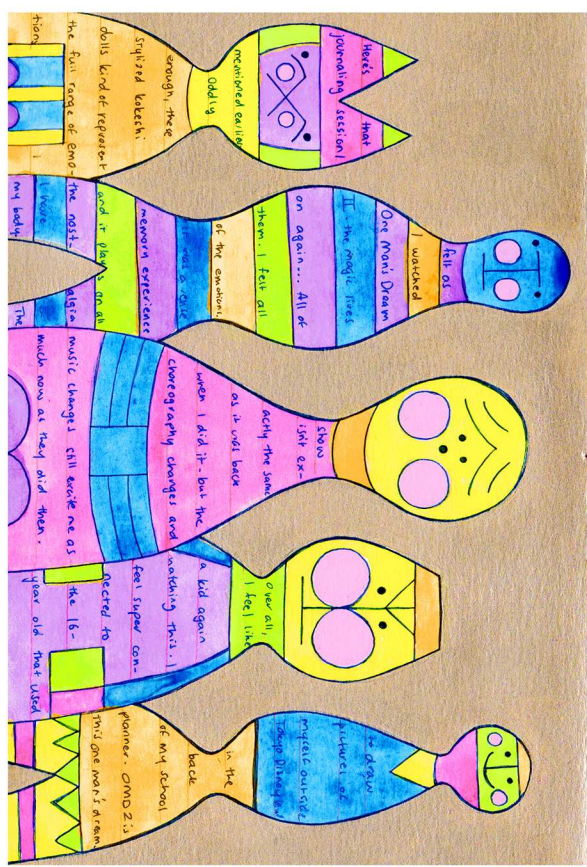
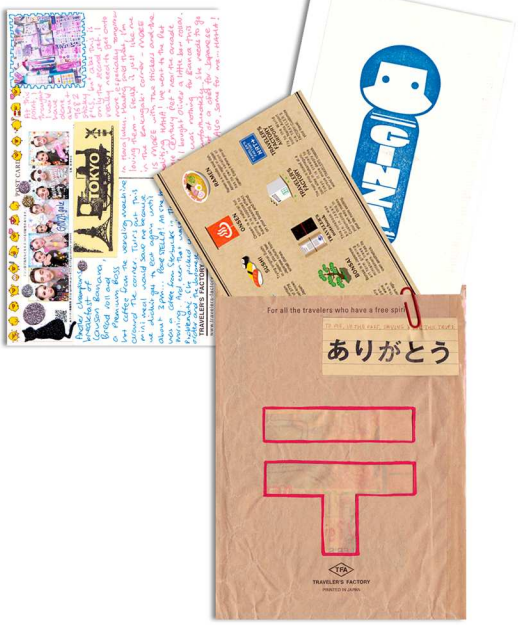
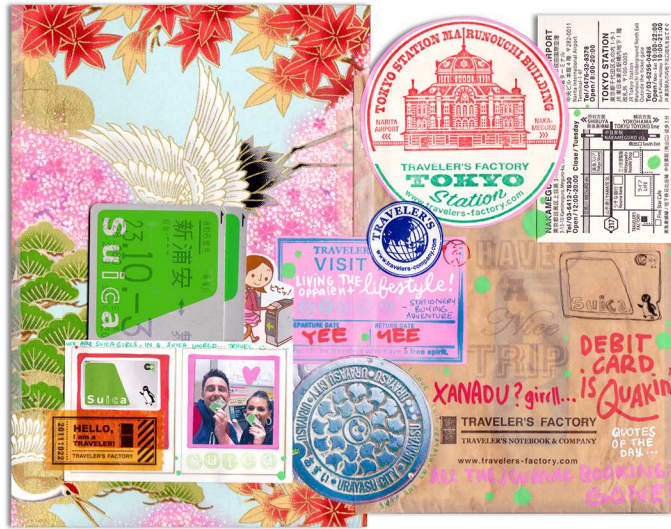
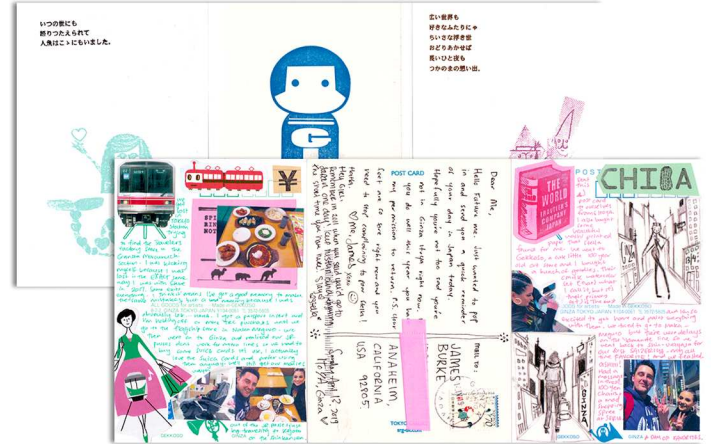
We had dinner at the
Senzu-shi with all THE
new. Then we
my home now. I
when we Japan. I
friends took pictures
of pictures of Japan
such as...

notes

Memory to MEMENTO

jibCREATIVE in Japan



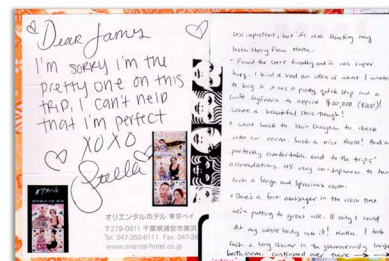
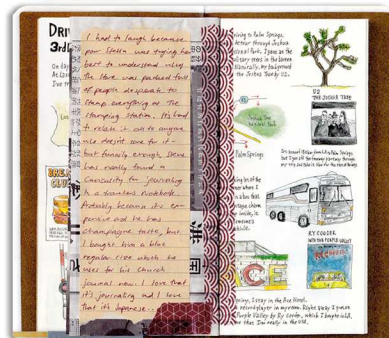
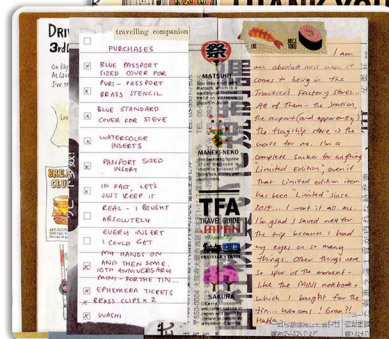
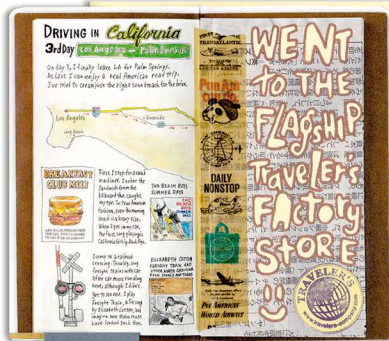


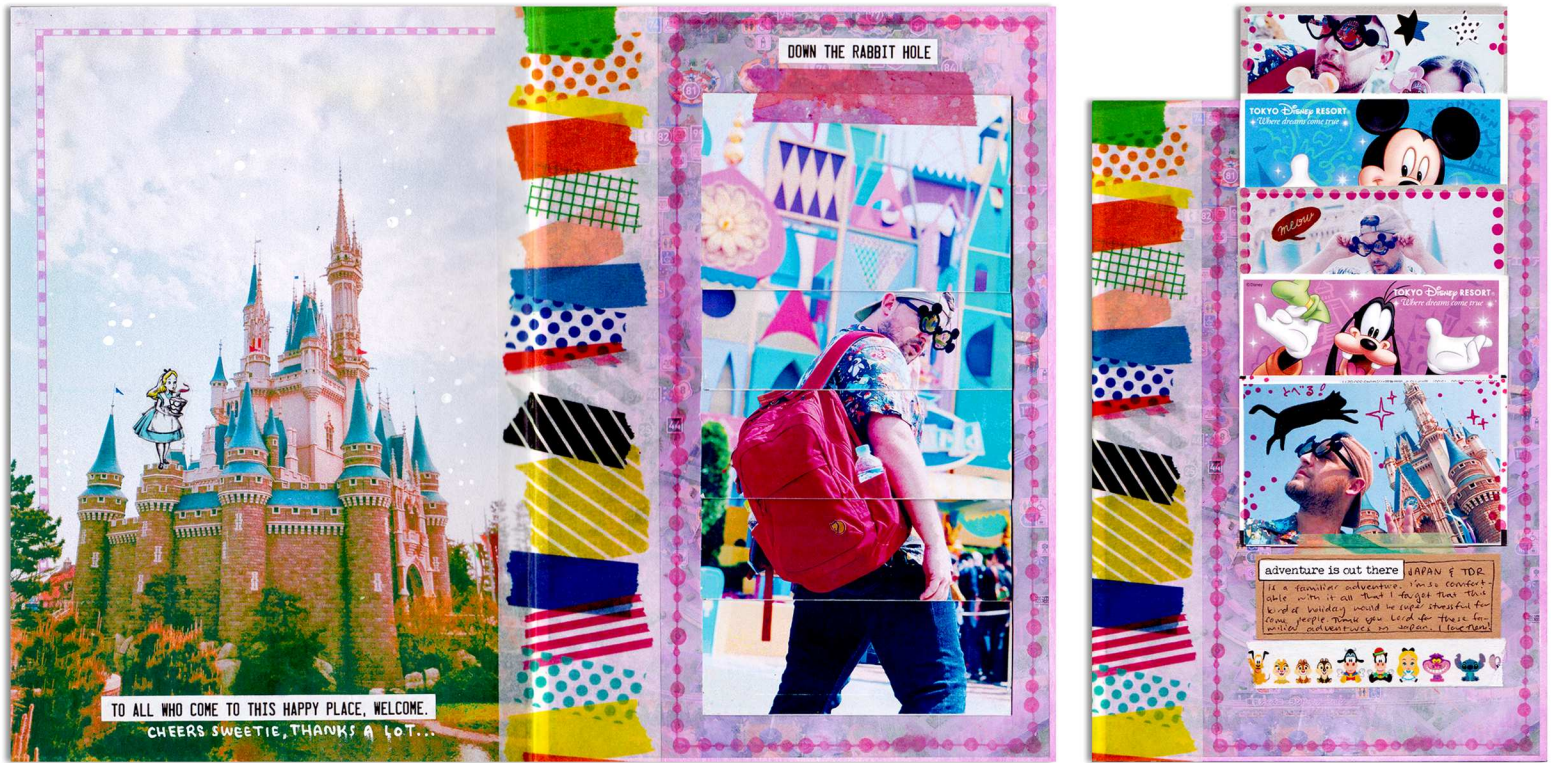














So this ends the travel journal, but if history means anything, it will hopefully be a short wait until the next one begins. I don't think I would ever not want to be in Japan. This trip was so special for so many reasons, chief among them (haha DWP reference), having Stella join me. It was so fun to see Japan through her eyes, noticing things that I remember noticing when I was 18, but forgot I used to think was crazy once I was used to it. Stella is a great friend to travel with and the ultimate baddie when it comes to photo-documenting anything and everything.

I think one of the most obvious high points from the trip was watching One Man's Dream II – the magic lives on. Being in Showbase was EXACTLY the same as I remember it, it always is. This will be the last time I see the show before it closes in December 2019 and I tried to soak up as much nostalgia as I could. It was like a memory binge session, haha, mixed with tears. Sense memory is so strong and sitting in the audience brought back such vivid memories of obvious moments – like the first time we watched the show as a cast, and less obvious ones, like the night Marisa and I made "She-Wolf" the music video on one of our many Cinderella VHS, popcorn, chu-hi, bunny slipper and ghost nights. I have to say, my current life triggering these memories bring about a slight sense of sadness. I yearn to dance on stage again, but beneath all of my wishes, my dream never stopped being dancing at Tokyo Disney Resort. Mix that with my current life as a journalist and now I have the regret of not buying ALL journal supplies while I living there. Anyway, I can't reflect too deeply on this because after a while my nostalgia turns to sadness and I just want to be grateful for what I had and the opportunity I have now to re-visit those experiences.

Traveling to Kyoto was another great highlight. It's fun to watch the landscape of Japan flash by the Shinkansen windows. It changes from cityscape to countryside so quickly and makes me wonder what my life in Japan might have been like outside of the Disney bubble. I noticed the signs included less and less English the further we left the Metropolis. I am reminded of my contract on the Legend of the Seas in 2010 and all the rural towns and quaint villages we popped into up and down Japan. They were still Japanese, but they were so quiet, sometimes silent. It felt comfortable, but distant to my experience having lived in a city like Tokyo. I imagine I would have enjoyed it, but I know that a huge part of my love for my early adult experiences had to do with what Disney provided. In any case, Kyoto was beautiful and the Tobichi store in Kawaramachi was totally worth getting lost for! Another moment in Kyoto that sent me into a contemplative state was when Stella, Shannon and I all crashed mid-afternoon. I never take for granted how comfortable you have to be to fall asleep in front of someone. In awe, I thought of how strange it is that we are just 3 adults who all met one day and now we're thousands of miles from our homes and feeling relaxed, happy, safe and free. What a blessing.

The trip just went from highlight to highlight (to ultra highlight) ahaha, seriously, the worst part was my blister (which was also the most gross part). Even being sick that day wasn't the end of the world, because now I know I can spend 24 hours sleeping on a rock and still walk afterwards... haha. As we were getting ready to leave we were both in agreement that losing our passports (for real, not just like I thought I did in Kyoto haha) and being stranded in Japan forever wouldn't have been bad. I hope to be back as soon as possible, if not before. With the expansions at TDR I will be stalking Google flights. I'm so happy we went. I'm so grateful for the blessings. Until next time, MATA NE!



じゃ またね。
(^-^)



Memory
to MEMENTO

PEOPLE

1. Who are you with?
2. How are they feeling right now?
3. Quote them:
4. What have they helped you notice?
5. Ask them for one of their highlights so far

Memory
to MEMENTO

PLACES

1. Where did you go and why?
2. What was the weather like?
3. Have you been there before? If yes, was it nostalgic to return? If not, what are your first impressions?
4. How did you feel there?
5. What left a lasting impression with you?

Memory
to MEMENTO

FOOD

1. What did you eat?
2. Where was it from and how much was it?
3. What did it taste like?
4. Describe what it looked like in 3 words
5. Would you eat it again?

Memory
to MEMENTO

TRANSPORT

1. What are you riding?
2. Do you enjoy this mode of transport?
3. How long is it taking? Describe in time and with an analogy
4. Describe your immediate surroundings
5. Are you comfortable?

Memory
to MEMENTO

CULTURE

1. The culture we are talking about:
2. How long have you been exposed to this culture?
3. What is the most noticeable about it, for you?
4. Do you relate to it?
5. What surprises you about this culture?

Memory
to MEMENTO

JOURNALING

1. Did you have many expectations set up for journaling this trip?
2. What supplies did you bring?
3. Is this setup working for your travels?
4. Is there a lot of ephemera to collect where you are?
5. How does documenting this experience feel?

Memory
to MEMENTO

PURCHASES

1. What did you buy and where from?
2. How much was it?
3. Why did you purchase it?
4. Was it a necessity or a "trip treat"?
5. What are your plans for it?

Memory
to MEMENTO

LUGGAGE

1. How much did you pack?
2. Do you normally underpack or overpack?
3. What could you have left at home?
4. Did you forget anything?
5. If you could only bring ONE thing home with you, what would it be?

Memory
to MEMENTO

MY MEMORIES

FAVORITES

List your "favorites" next to the prompts listed below

Meal:

Event:

Snack:

Local Person:

Drink:

Local Place:

Store:

Local Thing:

Purchase:

Quote of the Trip:

CIRCLE

Circle the word that best reflects your current situation

OVERPACKED / UNDERPACKED

OVERSPENT / ON BUDGET

RELAXED / WORN OUT

DRESSED TO IMPRESS / COMFORTABLE

TRAVELING LIKE A TOURIST / LIVING LIKE A LOCAL

HIGHLIGHT LOWLIGHT

What's been the highlight of this trip?

What's been the lowlight of this trip?

THREE WORDS

Use three words to best describe the following prompts

1

2

3

This Place:

This Travel

Experience:

My Feelings:



Complete the following sentences, reflecting on your trip so far

I didn't expect...

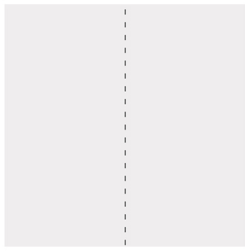
I can't wait to...

I need to...

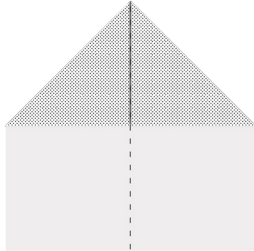
I am surprised by...

I want to...

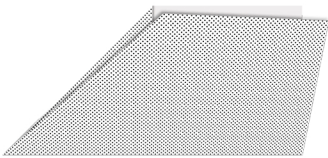
AIRPLANE POP-UP



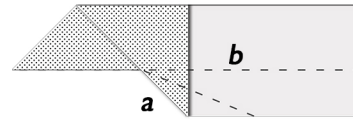
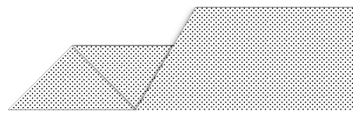
1. Make a fold down the vertical center of the square. Start with the pattern on the back.



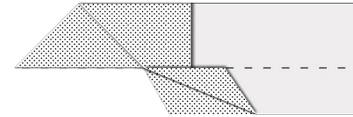
2. Fold top corners to meet center fold on both sides so you have 2 symmetrical triangles.



3. Fold facing triangles together down the center fold.



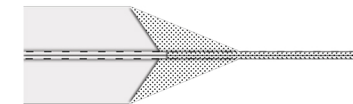
7. Turn over and repeat.



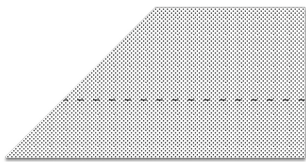
8. Unfold the wings from the last step and fold edge a to meet fold b.



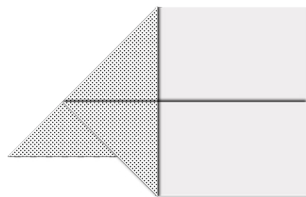
9. Turn over and repeat.



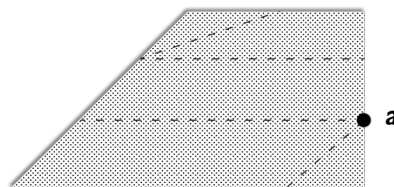
10. Flatten out wings and glue the bottoms to either side of the journal gutter.



4. Fold approx. 2/3 of the top flap straight down.



However far you overlap this flap will determine the size of the body of your plane. More overlap = thinner plane body, wider wings.

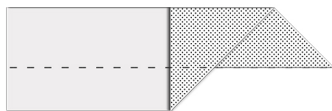


OPTIONAL TAIL

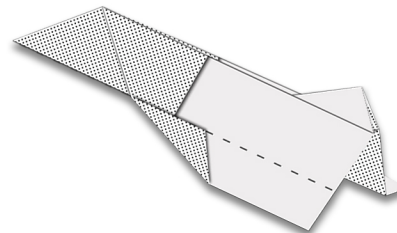
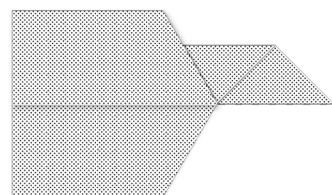
11. Unfold plane to step 4. Make a new fold line starting at point a and finishing along bottom fold line. The bigger the triangle folded here, the bigger the tail.



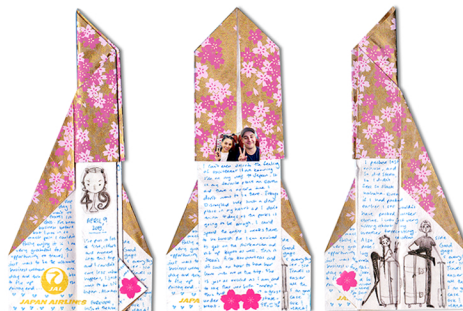
5. Turn over and repeat to the other side.



6. Fold wing back up, lining up the fold with the bottom edge of the plane body. Be careful to line this fold up carefully as it is where the pop up connects to the gutter of the journal.

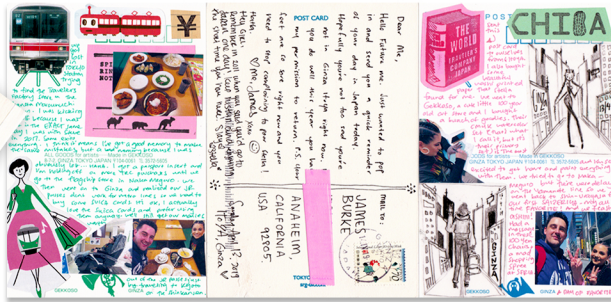


12. Re-fold plane from steps 4 to 10 and pop out tail from underneath the middle of the plane body. It can be a little fiddly but it will pop out.



MAKESHIFT MINI-JOURNALS

postcards



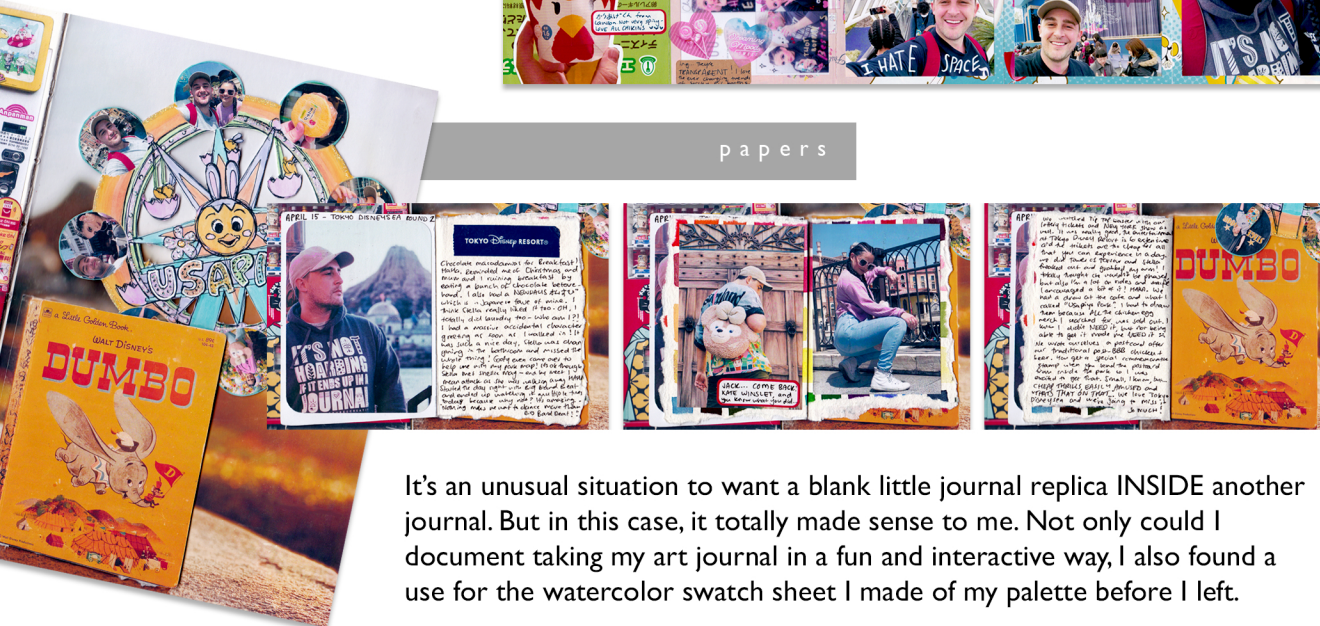
Postcards are fantastic for makeshift mini-journals. Especially, if you manage to send yourself a couple on your trip. Most travel destinations will sell many postcards as souvenirs, and it is a great chance to grab a few that really highlight the location's most famous attractions. If you send it from your location you, will have the bonus of a local postage stamp to really help capture your trip in your journal.

brochures

Brochures are really handy if you're willing to take a pair of scissors to them. They provide much more space for larger photos and, if they're as colorful as Disneyland brochures, also add extra decoration and context to documenting your travels.



papers



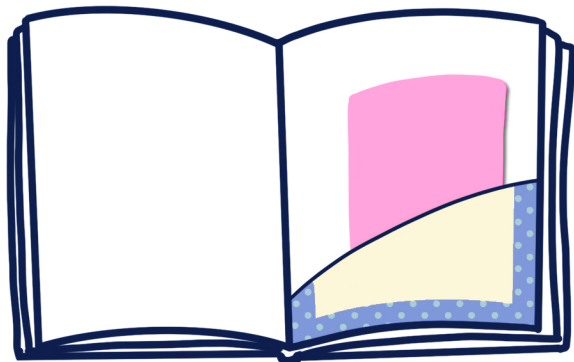
TOP TIP:
Use these mini-journals as opportunities to really pack in more of your trip. More photos, more stickers, more journaling, more everything!

It's an unusual situation to want a blank little journal replica INSIDE another journal. But in this case, it totally made sense to me. Not only could I document taking my art journal in a fun and interactive way, I also found a use for the watercolor swatch sheet I made of my palette before I left.

POCKET PALS

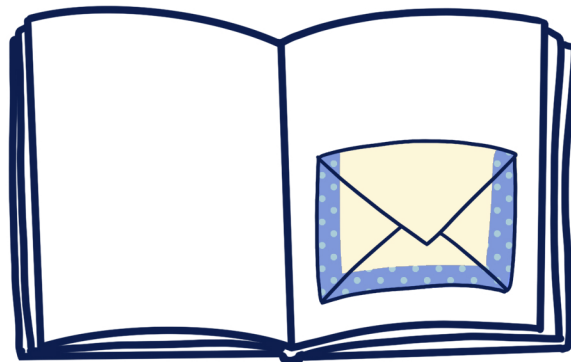


secretarial



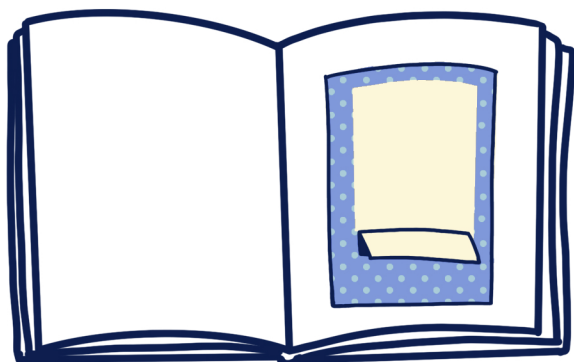
Standard pocket with 3 sides glued to the journal and diagonal pocket to store ephemera. Most standard way to create a pocket for your journal.

envelope



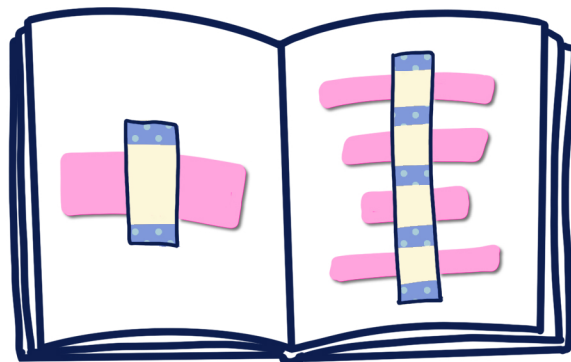
Envelope glued to page for concealed/personal ephemera. Glue whole back or only 3 sides to use the space behind the envelope as an extra pocket.

concealed



Great for a postbox or the vending machines from my journal - all sides glued to journal page with a section above opening left un-glued to tuck ephemera into.

pigeon hole

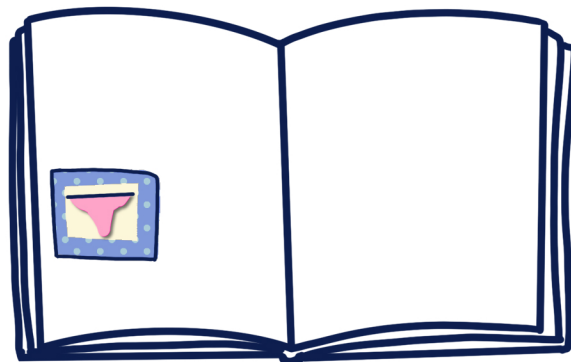


Small strips with glue placed horizontally to create a small and tight opening that leaves most of the ephemera exposed. Good for ticket stubs and strips of ephemera.

literal



Specific, but fun, an actual pocket to store ephemera in. Slice into page and glue a patch over the slice on the back of the page. Tuck ephemera into the pocket.



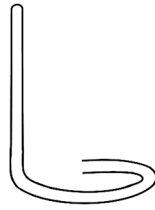
Back of page - glue all 4 sides of patch to journal over the slice leaving enough room for ephemera to tuck into.

SPIN ME RIGHT 'ROUND

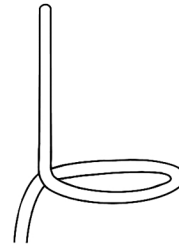
Save yourself a lifetime of confusion and just use the brass paper fasteners shown in the video (and linked in the "SHOP SUPPLIES" section) if you can. For those few who may want to know how to create it with the craft wire - follow below.



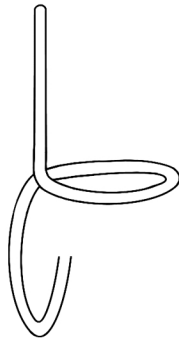
1. KEEP A LONG TAIL, BEND TOWARDS THE RIGHT



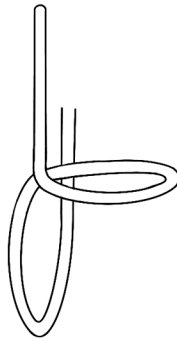
2. LOOP UP AND BACK TOWARDS THE CENTER



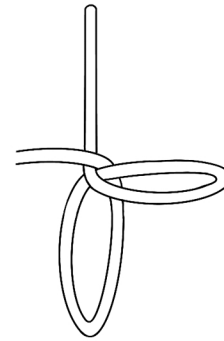
3. PLACE WIRE BEHIND AND BEND DOWNWARDS



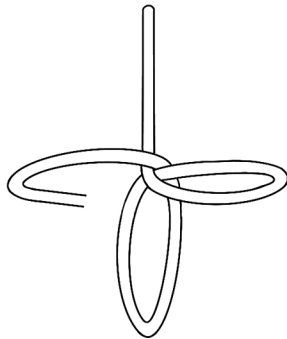
4. LOOP TO THE RIGHT AND BACK UPWARDS



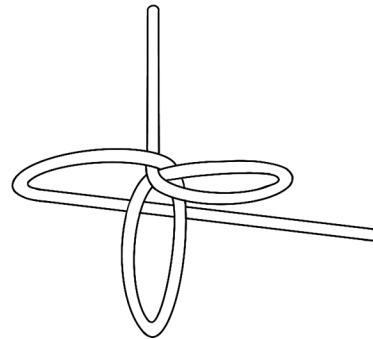
5. PLACE BEHIND ALL LOOPS, PARALLEL WITH TAIL



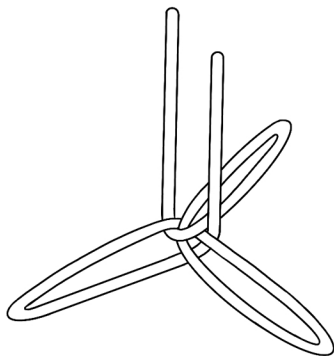
6. LOOP TO THE LEFT OVER THE TOP OF THE TAIL



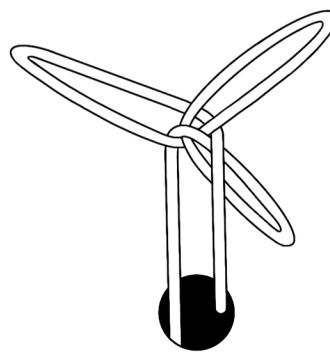
7. LOOP OUT TO LEFT, THEN BACK TOWARDS CENTER



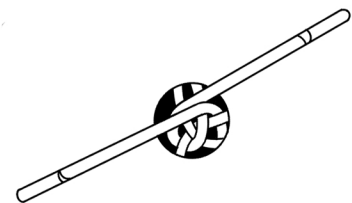
8. SEND TAIL TO BACK AND PLACE BETWEEN BOTTOM LOOP AND RIGHT LOOP



9. BEND AT RIGHT ANGLE UP TO MAKE 2 PARALLEL TAILS



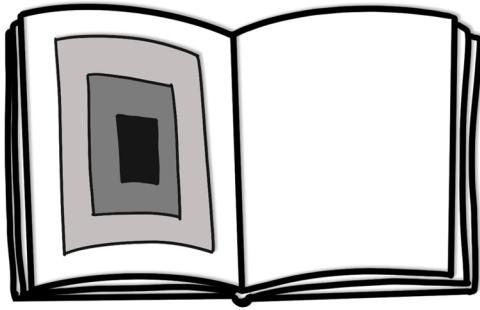
10. GLUE/TAPE YOUR IMAGE ON AND INSERT TAILS INTO HOLE



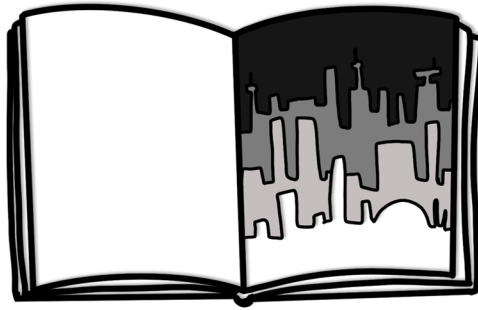
11. FLATTEN TAILS IN OPPOSITE DIRECTIONS ON BACK

KYOTO CUTOUTS

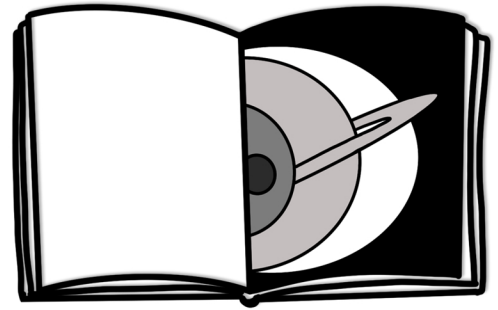
I know I know I know - THE PAPER! How could we take scissors to our precious mementos?! Well, you don't have to, but these do make for fabulously interesting and interactive spreads (and also help whittle down those extra journal pages if you've still got a bunch left over).



Frames

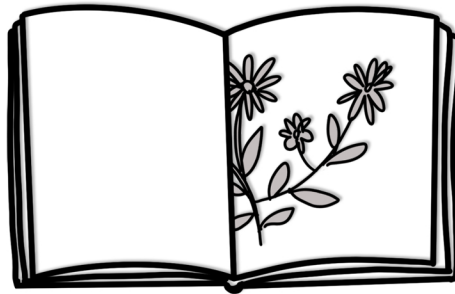
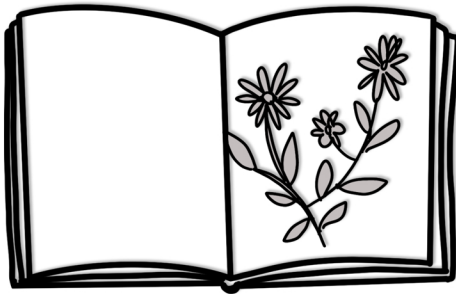


Stacked cityscapes

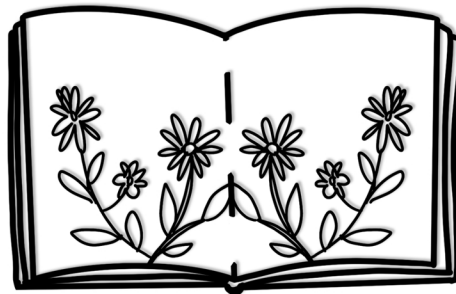
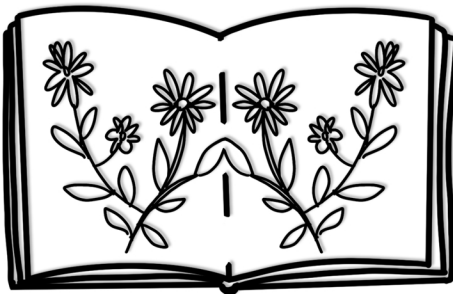


Planets

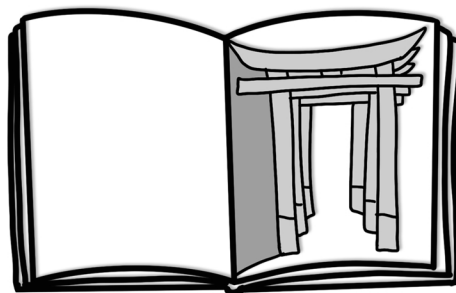
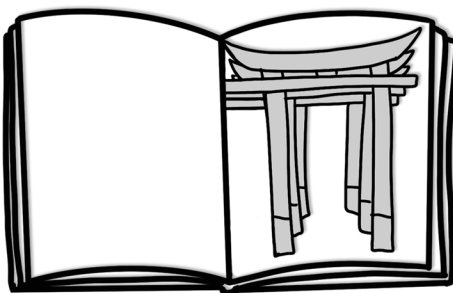
The three examples above are shown in the Video Tutorial and below are a few notes to remember with illustrations to highlight some common problems that arise when making cutouts in our journals.



Make sure to keep a substantial connection point from your cutout to the gutter. Even with sturdy watercolor journals, a small connection point will experience wear and tear over time, causing it to weaken and tear off. A large, or multiple, connection points will help with the longevity of your memento.



Depending on how your journal is bound, you may need to take caution not to work your pages across the center of the book. If the cutouts before and after the center do not fall under the binding method they will detach from your travel journal completely.



Sometimes it's more effective to leave your cutouts almost fully attached to the gutter if there's a confusing asymmetry that arises when the silhouettes descend in size.

BLANK GROUNDS

Eight examples of ways I like to fill in the negative space (blank gaps) on my journal pages.



LETTERING

“Reverse bubble” and other lettering styles to fill negative space with alternating letter size and warping.



UNDER AND OVER

Simple patterns to fill the page, disappearing behind some pieces of ephemera and layering over others to tie spread together.



WATERCOLOR + PATTERN

Three colors, alternating as you move to each negative space and filled with patterns representing a part of your trip.



A SPRINKLE OF TWINKLE

Ribbons of color looping throughout background, filled with stars, diamonds, dots and flares for a magical, twinkling effect.

BLANK GROUNDS

Eight examples of ways I like to fill in the negative space (blank gaps) on my journal pages.



JOURNALING

Large quotes accompanying blocks of journaling on hand drawn writing lines.



WASHI + STICKERS

Clusters of washi tape bits and stickers (or other "stickable" things) centered in negative spaces.



PAINT + STAMP

Background filled with acrylic paint marker and simple stamping to fill with pattern, over and under ephemera.



TILES

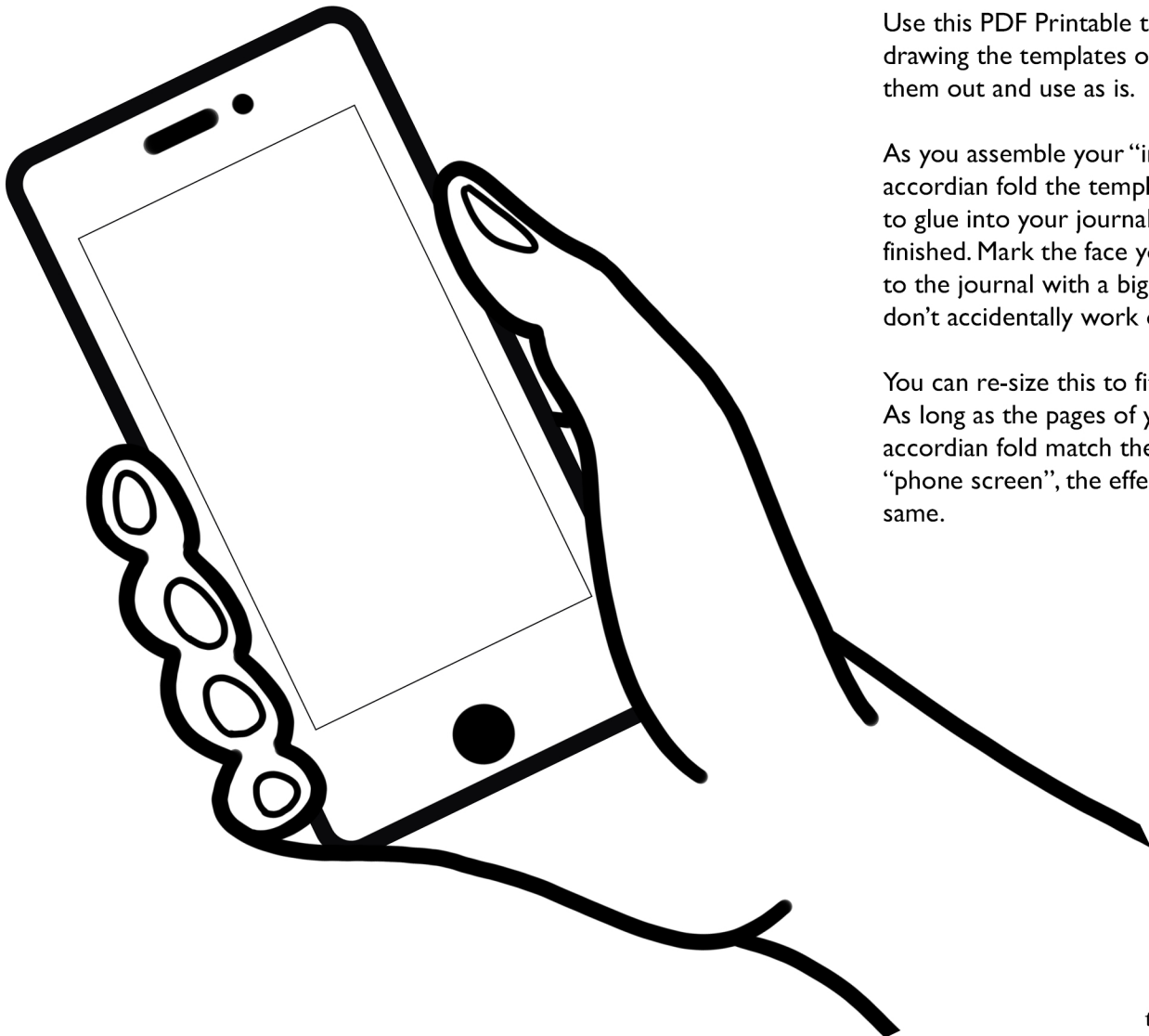
Negative space accented with a shaped tile to fit with small gap between tile and ephemera. Filled with simple color blocking.

BLANKGROUNDS

Use this template to practice the different techniques show in the "Blankgrounds" tutorial.



DO IT FROM THE 'GRAM

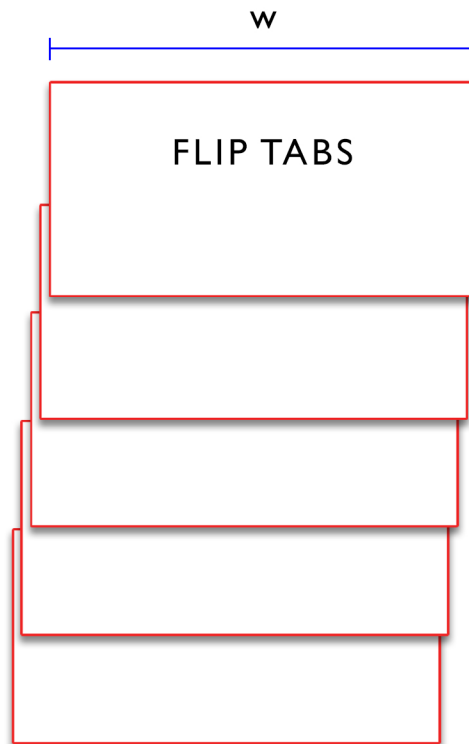
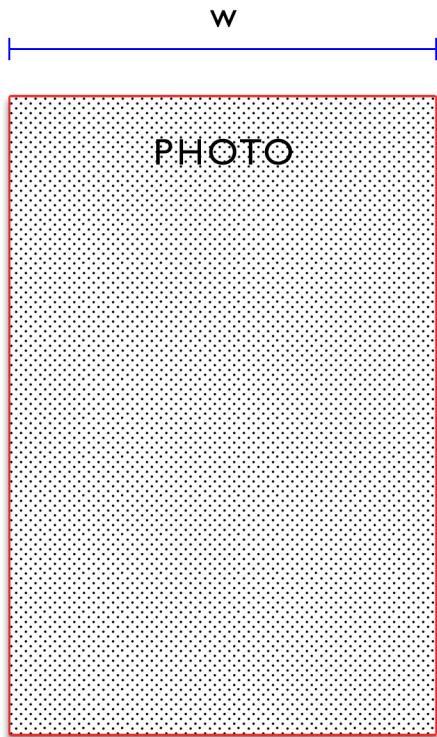


Use this PDF Printable to reference drawing the templates or simply cut them out and use as is.

As you assemble your “instastory”, accordian fold the template but wait to glue into your journal until you’re finished. Mark the face you will glue to the journal with a big “X” so you don’t accidentally work on that page.

You can re-size this to fit any journal. As long as the pages of your accordian fold match the size of your “phone screen”, the effect will be the same.

DOMINO PHOTO FLIP



a = height of tabs

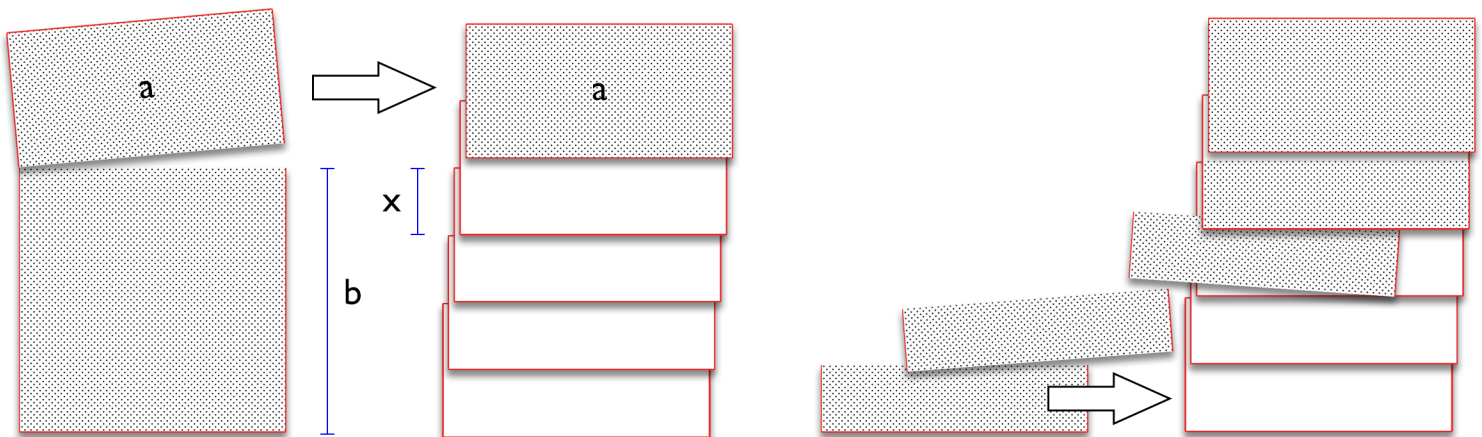
x = visible height of tab when assembled (calculation for x is explained below)

w = width

width of the photo and the flip tabs need to be the same.

Also note,

$a \times (\text{no. of tabs})$ needs to be greater than h , otherwise there will be gaps when you add the photo to the flip tabs.



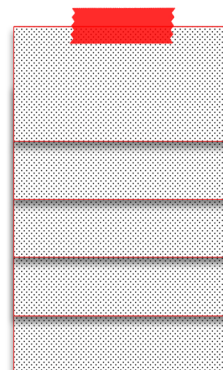
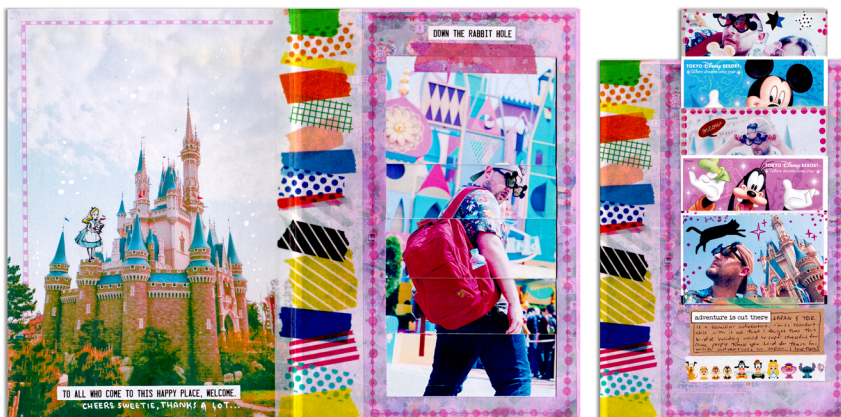
cut top of photo at length a and place on top tab.

to find b : $b = h - a$

to find x : $x = b \div (\text{no. of tabs left under top tab})$

cut the rest of photo into x lengths

place the slices of photo in the correct order on the descending flip tabs. Note: when you tape flip tabs to the page, make sure the tabs overlap the photo slices a little to prevent the edges getting caught/stuck as you flip them.



Use the following PDF to see these calculations in a simple example with photos/tabs from my travel journal.

DOMINO PHOTO FLIP



I This photo is 4x6 inches and the 5 flip tabs are 2x4 inches. This makes our calculations the following (in.):

w: 4

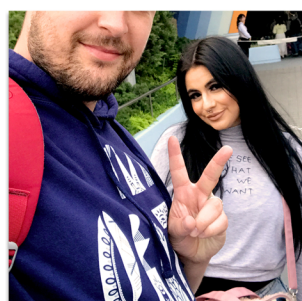
h: 6

a: 2

b: $6 - 2 = 4$

x: $4 \div (4 \text{ tabs}) = 1$

2 Cut the top of the photo the same length as your tab and place the photo on top of your top tab, which is 2 in. for this example.



3 Remember, if you want to keep an image on the back right way up, it will be upside down once flipped, so orient your photo accordingly.

4 Cut the rest of the photo into even strips at size x (1 in. in this example).



TOP TIP

Make sure you washi tape BOTH on top of the flip tab and underneath it, otherwise the tabs will peel off after light usage. You'll want to make the length of washi relative to the length of your flip tabs so they don't flip all wonky.

5 Place the strips in order on the rest of the tabs. Line the bottom edge of the photo with the bottom edge of the flip tab.

6 When placing the tabs to the page, make sure the tabs overlap the photos a little so they will flip easily.

TETRIS TILING

This technique is a great way to get A LOT packed into your journal spreads - whether you're de-stashing unused ephemera at the end of your travel journaling like I did, or intentionally tiling together memories from your trip.



“Tetris Tiling” journal spread completed



“Tetris Tiling” journal spread with drop shadows added



All of the ephemera I tried to add. I managed to get most of it into the spread.

Memory
to MEMENTO 
all course materials
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