



# Sophia's Travel Journal



## Verona

Italy



Jul 19, 2025 - Jul 26, 2025







# Welcome, Traveler!

Dear Sophia,

You are about to become an explorer! This journal is your secret place to capture everything you discover in Verona.

Years from now, you'll read these pages and remember exactly how you felt, what made you laugh, and all the amazing things you learned. Your words and drawings are more precious than any souvenir you could buy.

There are no wrong answers here - just YOUR thoughts, YOUR feelings, and YOUR adventure. Be curious. Ask questions. Try new things. And most importantly, have fun!

## Before You Go...

Your adventure awaits!

- 1 What do you imagine Verona will look, sound, and smell like?

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- 2 What is one thing you hope to learn or discover on this trip?

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- 3 What is something you've never done before that you want to try?

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- 4 Write a wish or hope you have for this adventure:

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## About My Trip



Explorer: Sophia

Destination: Verona

I am traveling with: \_\_\_\_\_

How we are getting there: \_\_\_\_\_

## Draw Your Destination!

*Draw a map, your route, or what you think your destination looks like:*

## My Packing Checklist

- |  |  |
|--|--|
| <input type="checkbox"/> Clothes           | <input type="checkbox"/> Toothbrush          |
| <input type="checkbox"/> Favorite toy/book | <input type="checkbox"/> Camera              |
| <input type="checkbox"/> Snacks            | <input type="checkbox"/> Journal (this one!) |
| <input type="checkbox"/> Comfy shoes       | <input type="checkbox"/> Sunscreen           |

# All About Verona

## LANGUAGE

Italian

## CURRENCY

Euro (€)

## POPULATION

260,000

## Useful Phrases:

"Ciao" = Hello

"Grazie" = Thank you

"Arrivederci" = Goodbye

## Did You Know?

- ★ Verona is where Shakespeare's Romeo and Juliet takes place!
- ★ The Arena di Verona is a 2000-year-old Roman amphitheater still used for concerts
- ★ Juliet's balcony gets over a million visitors per year
- ★ The city has been a UNESCO World Heritage Site since 2000

## Cultural Tips

- Opera performances in the ancient arena are magical
- Café culture - sitting and people-watching is a tradition
- Roman and medieval history are everywhere

# Famous Landmarks

1

## Arena di Verona

*My notes:*

.....

.....

2

## Juliet's House & Balcony

*My notes:*

.....

.....

3

## Piazza delle Erbe

*My notes:*

.....

.....

4

## Castelvecchio

*My notes:*

.....

.....

5

## Ponte Pietra bridge

*My notes:*

.....

.....

# IN-FLIGHT FUN!

## Word Search

Find: VERONA, ROMEO, JULIET, ARENA, ROMAN, ITALY

K	Q	E	L	V	K	E	G	O
E	F	P	U	U	A	G	J	J
V	V	H	F	O	R	S	Y	Z
L	W	Y	Y	D	V	K	Z	J
U	W	J	B	P	G	C	T	D
O	Y	A	D	Y	Y	B	L	G
O	F	A	M	Y	B	U	R	J
T	A	G	B	W	G	M	W	N
B	O	O	Y	Q	H	B	S	I

## UNSCRAMBLE

1. EOVAR \_\_\_\_\_
2. ROEOM \_\_\_\_\_
3. IUJELT \_\_\_\_\_
4. ENAAR \_\_\_\_\_
5. AMORN \_\_\_\_\_
6. YLITA \_\_\_\_\_

## Quick Trivia

**Q1:** Which famous Shakespeare play is set in Verona?

\_\_\_\_\_

**Q2:** What ancient structure in Verona still hosts concerts?

\_\_\_\_\_

**Q3:** What Italian frozen treat is Verona famous for?

\_\_\_\_\_

Answers: 1.Romeo and Juliet 2.Arena di Verona 3.Gelato

## Travel Bingo

Check off each item you spot!

<input type="checkbox"/> See a local animal	<input type="checkbox"/> Try new food	<input type="checkbox"/> Learn a new word
<input type="checkbox"/> Take a silly photo	<input type="checkbox"/> Make someone smile	<input type="checkbox"/> Find something blue
<input type="checkbox"/> See a street performer	<input type="checkbox"/> Walk 10,000 steps	<input type="checkbox"/> FREE SPACE
<input type="checkbox"/> Buy a souvenir	<input type="checkbox"/> See something ancient	<input type="checkbox"/> Eat dessert

## Tally Count

Airplanes:

Dogs:

## SCAVENGER HUNT

- ☐ Something red
- ☐ A uniform
- ☐ The number 7
- ☐ Something soft
- ☐ A cloud shape
- ☐ Someone smiling
- ☐ Something shiny
- ☐ A bird
- ☐ The color blue
- ☐ A sign with letters

Red cars:

Waves:

## Draw It!

Draw what you imagine Verona looks like:

## Would You Rather...

1. ☐ Fly like a bird OR ☐ Swim like a dolphin
2. ☐ Visit 100 years ago OR ☐ Visit 100 years ahead
3. ☐ Eat only sweets OR ☐ Eat only pizza

## Categories Game



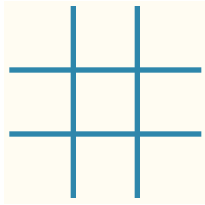
Name one thing starting with "V" for each:

**Animal:** \_\_\_\_\_ **Food:** \_\_\_\_\_ **Place:** \_\_\_\_\_

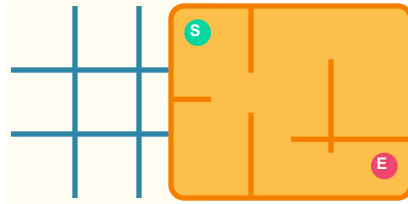
**Name:** \_\_\_\_\_ **Color:** \_\_\_\_\_ **Thing:** \_\_\_\_\_

# Game Time!

## Tic-Tac-Toe



## MINI MAZE



## Story Starter

*"One day in Verona, something amazing happened..."*

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## Travel Math

$$3 \text{ hrs} \times 500 \text{ mph} = \underline{\hspace{2cm}} \text{ miles}$$

$$25 + 17 + 8 = \underline{\hspace{2cm}}$$

$$\$20 - \$7.50 = \$\underline{\hspace{2cm}}$$

$$6 \text{ rows} \times 30 \text{ seats} = \underline{\hspace{2cm}}$$

# License Plate Game

Check off license plates from different states as you spot them!

<input type="checkbox"/> AL	<input type="checkbox"/> AK	<input type="checkbox"/> AZ	<input type="checkbox"/> AR	<input type="checkbox"/> CA
<input type="checkbox"/> CO	<input type="checkbox"/> CT	<input type="checkbox"/> DE	<input type="checkbox"/> FL	<input type="checkbox"/> GA
<input type="checkbox"/> HI	<input type="checkbox"/> ID	<input type="checkbox"/> IL	<input type="checkbox"/> IN	<input type="checkbox"/> IA
<input type="checkbox"/> KS	<input type="checkbox"/> KY	<input type="checkbox"/> LA	<input type="checkbox"/> ME	<input type="checkbox"/> MD
<input type="checkbox"/> MA	<input type="checkbox"/> MI	<input type="checkbox"/> MN	<input type="checkbox"/> MS	<input type="checkbox"/> MO
<input type="checkbox"/> MT	<input type="checkbox"/> NE	<input type="checkbox"/> NV	<input type="checkbox"/> NH	<input type="checkbox"/> NJ
<input type="checkbox"/> NM	<input type="checkbox"/> NY	<input type="checkbox"/> NC	<input type="checkbox"/> ND	<input type="checkbox"/> OH
<input type="checkbox"/> OK	<input type="checkbox"/> OR	<input type="checkbox"/> PA	<input type="checkbox"/> RI	<input type="checkbox"/> SC
<input type="checkbox"/> SD	<input type="checkbox"/> TN	<input type="checkbox"/> TX	<input type="checkbox"/> UT	<input type="checkbox"/> VT
<input type="checkbox"/> VA	<input type="checkbox"/> WA	<input type="checkbox"/> WV	<input type="checkbox"/> WI	<input type="checkbox"/> WY

## Bonus Finds

☐ Canada plate

☐ Mexico plate

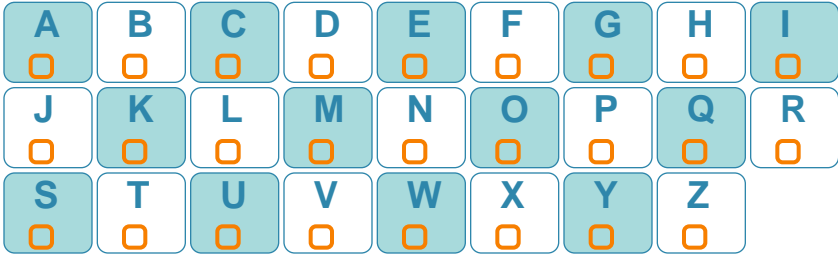
☐ Vanity plate

☐ Vintage plate

Total states spotted: \_\_\_\_\_ / 50

# Alphabet Game

Find each letter on signs, billboards, or license plates!



## Traffic Sign Spotter

Check off signs as you see them!

- |                                      |                                     |                                      |
|--------------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> STOP sign   | <input type="checkbox"/> Yield sign | <input type="checkbox"/> Speed limit |
| <input type="checkbox"/> One way     | <input type="checkbox"/> No parking | <input type="checkbox"/> School zone |
| <input type="checkbox"/> Railroad    | <input type="checkbox"/> Exit sign  | <input type="checkbox"/> Rest area   |
| <input type="checkbox"/> Gas station | <input type="checkbox"/> Food sign  | <input type="checkbox"/> Hospital    |

## Travel Estimation Game

Guess how many of each thing you'll see, then count the real number!

ITEM	MY GUESS	ACTUAL
Dogs	<input type="text"/>	<input type="text"/>
Cats	<input type="text"/>	<input type="text"/>
Cows	<input type="text"/>	<input type="text"/>
Horses	<input type="text"/>	<input type="text"/>
Red cars	<input type="text"/>	<input type="text"/>
Blue cars	<input type="text"/>	<input type="text"/>
Motorcycles	<input type="text"/>	<input type="text"/>
Trucks	<input type="text"/>	<input type="text"/>
Airplanes	<input type="text"/>	<input type="text"/>
Birds	<input type="text"/>	<input type="text"/>
Bridges	<input type="text"/>	<input type="text"/>
Tunnels	<input type="text"/>	<input type="text"/>
Fast food signs	<input type="text"/>	<input type="text"/>
Gas stations	<input type="text"/>	<input type="text"/>
Police cars	<input type="text"/>	<input type="text"/>
School buses	<input type="text"/>	<input type="text"/>

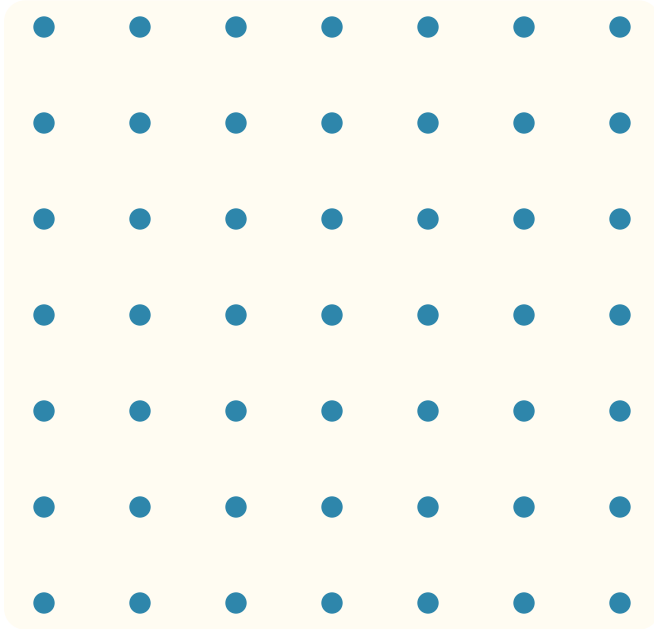
**How close were your guesses? Circle one:**

VERY CLOSE / PRETTY CLOSE / WAY OFF

# Dots & Boxes

Take turns drawing lines between dots. Complete a box and write your initial inside!

## GAME 1



## SCORE

Player 1: \_\_\_\_\_

Boxes: \_\_\_\_\_

Player 2: \_\_\_\_\_

Boxes: \_\_\_\_\_

## GAME 2 (Quick Round)



P1: \_\_\_\_\_

P2: \_\_\_\_\_



Date: \_\_\_\_\_

Mood: ☐ Great ☐ GoodWeather: ☐ Sunny☐ Cloudy☐ Rainy☐ Cold☐ Okay☐ Tired

1 *Stand in the Arena. Imagine it filled with Romans. What would you hear?*

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2 *What did you learn about Roman Verona?*

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3 *How is Italian architecture different from home?*

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## Day 1 - Sketch & Reflect

*Draw: Draw something amazing you saw today*



### NEW WORD

Word: .....

Means: .....

Use it: .....

### TODAY WAS...

Best part:

Surprising:

### What I Want to Remember

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---

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Date: \_\_\_\_\_

Mood:



Great



Good

Weather:



Sunny



Cloudy



Rainy



Cold



Okay



Tired

1

*Look at Juliet's balcony. Why do you think people come here?*

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2

*Walk through Piazza delle Erbe. What's being sold?*

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3

*How would it feel to watch opera in an ancient arena?*

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## Day 2 - Sketch & Reflect

*Draw: Sketch your favorite meal*



### NEW WORD

Word: .....

Means: .....

Use it: .....

### TODAY WAS...

Best part:

Surprising:

### What I Want to Remember

---

---

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---

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Date: \_\_\_\_\_

Mood: ☐ Great ☐ GoodWeather: ☐ Sunny☐ Cloudy☐ Rainy☐ Cold☐ Okay☐ Tired

1

*Walk through Piazza delle Erbe. What's being sold?*

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2

*How has the Arena been used over 2000 years?*

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## Day 3 - Sketch & Reflect

*Draw: Draw the view from where you are*



### NEW WORD

Word: .....

Means: .....

Use it: .....

### TODAY WAS...

Best part:

Surprising:

### What I Want to Remember

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Date: \_\_\_\_\_

Mood: ☐ Great ☐ GoodWeather: ☐ Sunny☐ Cloudy☐ Rainy☐ Cold☐ Okay☐ Tired

1

*Find a Roman ruin. How has it survived 2000 years?*

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2

*Stand in the Arena. Imagine it filled with Romans. What would you hear?*

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3

*How is Italian architecture different from home?*

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## Day 4 - Sketch & Reflect

*Draw: Draw yourself exploring Verona*



### NEW WORD

Word: .....

Means: .....

Use it: .....

### TODAY WAS...

Best part:

Surprising:

### What I Want to Remember

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Date: \_\_\_\_\_

Mood:



Great



Good

Weather:



Sunny



Cloudy



Rainy



Cold



Okay



Tired

1

*Stand in the Arena. Imagine it filled with Romans. What would you hear?*

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2

*Compare something Roman to something medieval. What's different?*

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## Day 5 - Sketch & Reflect

*Draw: Illustrate your favorite moment*



### NEW WORD

Word: .....

Means: .....

Use it: .....

### TODAY WAS...

Best part:

Surprising:

### What I Want to Remember

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Date: \_\_\_\_\_

Mood: ☐ Great ☐ GoodWeather: ☐ Sunny☐ Cloudy☐ Rainy☐ Cold☐ Okay☐ Tired

1

*Look at Juliet's balcony. Why do you think people come here?*

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2

*Walk through Piazza delle Erbe. What's being sold?*

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3

*What would your life be like in medieval Verona?*

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## Day 6 - Sketch & Reflect

*Draw: Draw something that surprised you*



### NEW WORD

Word: .....

Means: .....

Use it: .....

### TODAY WAS...

Best part:

Surprising:

### What I Want to Remember

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Date: \_\_\_\_\_

Mood: ☐ Great ☐ GoodWeather: ☐ Sunny☐ Cloudy☐ Rainy☐ Cold☐ Okay☐ Tired

1 Walk through Piazza delle Erbe. What's being sold?

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2 What did you learn about Roman Verona?

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3 How is Italian architecture different from home?

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## Day 7 - Sketch & Reflect

*Draw: Sketch a building or landmark*



### NEW WORD

Word: .....

Means: .....

Use it: .....

### TODAY WAS...

Best part:

Surprising:

### What I Want to Remember

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Date: \_\_\_\_\_

Mood: ☐ Great ☐ GoodWeather: ☐ Sunny☐ Cloudy☐ Rainy☐ Cold☐ Okay☐ Tired

1

*Find a Roman ruin. How has it survived 2000 years?*

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2

*Stand in the Arena. Imagine it filled with Romans. What would you hear?*

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3

*How would it feel to watch opera in an ancient arena?*

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## Day 8 - Sketch & Reflect

*Draw: Draw something you want to remember*



### NEW WORD

Word: .....

Means: .....

Use it: .....

### TODAY WAS...

Best part:

Surprising:

### What I Want to Remember

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## Trip Reflections

1 *The BEST thing about this trip was...*

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*Something that SURPRISED me...*

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3 *A new thing I LEARNED...*

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*I want to REMEMBER...*

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5 *Next time I travel, I want to...*

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DONE!

# Trip Complete!

## Sophia's Adventure

to Verona

8 Days of Exploration



### RATE YOUR TRIP

Overall:



Visit again?

☐

Yes

☐

No

### MY TOP 3 MEMORIES

1

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2

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3

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### FOODS I TRIED

- .....
- .....
- .....

### SOUVENIRS

- .....
- .....
- .....

### NOTE TO MY FUTURE SELF:

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**SCAN AFTER YOUR TRIP!**

Upload photos of your journal to  
create a video memory!





