Reflect back on the beginning of the workshop when you did the graffiti walls and think about your confidence in the areas below.

Make one dot on the line for how confident you felt before the session and one mark for how confident you feel now.

Join the two dots together to show how far you’ve come.

01 I can identify some health risks associated with travelling abroad

02 I can identify the difference between safe and unsafe risk associated with travelling abroad

03 I can identify some ways to minimise risk by careful packing

04 I can list the key documents needed when travelling to Europe or further afield

05 I can list some activities that might require additional insurance

06 I know what an EHIC card is and why I might need one

07 I can identify some key sources of information that could help me when planning to travel abroad