

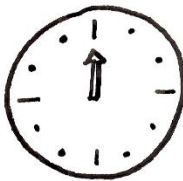







Dear




Name of activity




Date

What should I wear and take?




What time will I leave to go there?


How will I get there?








With whom?





Who will be there when I get there?




What will it look like?



What will happen next?

Will I get food & drink?


?

How long will I be there?


What can I do if I feel stressed? Where can I go?

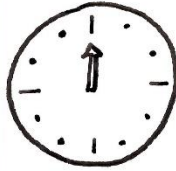
How will I get back?

Dear

Name of activity

Date

What should I wear and take?



What time will I leave to go there?

How will I get there?



With whom?



Who will be there when I get there?



What will it look like?



What will happen next?

Will I get food & drink?



How long will I be there?



What can I do if I feel stressed? Where can I go?

How will I get back?