

Since 1972  
**Xperitas**  
Nonprofit Immersion Travel

# United States

## Exploration Packet





# Hello!

We are so excited that you are embarking on this experience with Xperitas! The following are a few guidelines to follow for a successful time abroad.

**Observe what locals do.** When in doubt, ask! Be an active listener; use context and gestures to determine meaning. Focus on the positive.

Strive to **use the target language** to communicate with group members and native speakers.

Try using new words that you've learned so you are more likely to remember them. When possible, jot them down.

**Expect to be very tired, both physically and mentally, at the end of each day.** Go to bed at a decent time since you will likely wake up early every day. You need to be on time and in good shape.

**Eat well at meals.** Drink plenty of water and stay hydrated. Experience the sounds, smells, and tastes the country has to offer.

**Be alert,** keep track of your own belongings, be cautious when crossing streets, look out for other group members, and stay safe!

Keep this booklet with you so that you can write notes throughout the day as you observe and learn things.

## *Viel Spaß und Gute Reise!*

# First Impressions

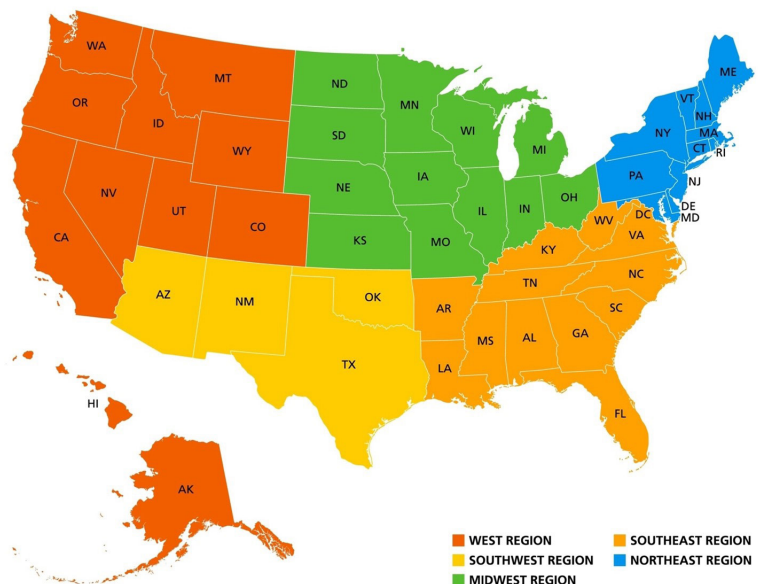
What are your first impressions of the country?

What are your first impressions of the architecture?

What are your first impressions of foods and restaurants?

## GATHER YOUR THOUGHTS

*Capturing your thoughts during your trip will help you remember the people and things that made an impression on you. What are the most memorable interactions that you've had so far with people and the local culture?*



# Useful Phrases

Below is a list of common vocabulary. Review what you know and fill in the target language translation next to the German word. During the trip, add any additional words you may hear for these common terms. There are many different words the locals use for common terms that you can't find in textbooks!

GERMAN	ENGLISH
Hallo	
Guten Tag	
Guten Morgen	
Guten Nachmittag	
Guten Abend	
Bis bald!	
Wie gehts dir?	
Gut, sehr gut, OK, nicht gut	
Bitte	
Vielen Dank	
Bitteschön	
Darf ich...	
Entschuldigung	
Wer?	
Was?	
Wieso?	

GERMAN	ENGLISH
Es tut mir leid	
Willkommen	
Das ist toll!	
Nett Sie kennenzulernen	
Ich fühle mich nicht so gut	
Können wir bitte nach...	
Ich verstehe nicht	
Können Sie das bitte wiederholen	
Bitte langsam sprechen	
Können Sie das bitte aufschreiben	
Wo ist die Toilette?	
Wie sagt man ... auf?	
Wann?	
Wie?	

# Financial Information

The currency of the United States is measured in dollars and cents.



## FINANCIAL VOCABULARY

GERMAN	ENGLISH
Geldautomat	
Bank	
Geldscheine	
Kaufen	
Bargeld	
Der/die Kassierer(in)	
Münzen	
Günstig	
Kosten	
Kreditkarte	
Rabatte	
Teuer	

GERMAN	ENGLISH
Geld	
Bezahlen	
Prozent	
Preis	
Handtasche	
Trinkgeld	
Sale	
Verkaufen	
Verkaeuffer(in)	
Ausgeben	
Geldbeutel	

## SHOPPING VOCABULARY

Try your best to speak like a local while you're out and about! Write out and practice the target language phrase or question next to the German translation.

GERMAN	ENGLISH
Wie viel kostet das?	
Wie teuer ist es?	
Gibt es einen Rabatt, wenn ich mehrere davon kaufe	
Haben Sie etwas günstigers?	
Wenn ich mehrere davon kaufe	
Kann ich mit Karte bezahlen?	
Haben Sie Kleingeld?	
Ich bin Schuelerin	
Ich nehme___	
Verkaufen Sie___?	
Kann ich Ihnen helfen?	
Ich suche nach___	
Es ist zu teuer	

## Travel Journal Reflections

*What are some differences and similarities between shopping in your home country and the United States? For example, are prices set or do you bargain? Is shopping done in a mall setting, on the street, or some other location? How did you pay? Jot down any specific shopping practices you noticed.*

*Describe your shopping experiences in general or a particularly memorable experience. Were you able to find what you were looking for using the target language? Did you encounter any difficulties while trying to make purchases?*

# Exploring Germany

## VOCABULARY

Visiting the sites is another opportunity to expand your language skills and learn some important vocabulary. Fill in the target language vocabulary next to the German translation.

GERMAN	ENGLISH
Eintrittskarte/Ticket	
Eingang	
Ausgang	
Karte	
Markt	
Denkmal	
Museum	
Park	
Gehweg	
Verboten	
Tour, Reiseleiter	
Touristen	
Wann öffnen Sie?	
Wann schließen Sie?	
Wie viel kostet ein Ticket?	
Darf ich einen Foto machen?	
Entschuldigung, wo kann ich ___ finden?	
Souvenir	
Sonnencreme	



## Travel Journal Reflections

*Notice the street signs, billboards, or advertising that you see around town. Describe how they are similar and/or different from what you see at home.*

*What popular products or brands have you seen or used that you had never used or heard of before?*

*What facts or history have you learned about the United States that surprised you?*

*Describe a site you visited that has made an impression on you. Why did that particular site have such an effect?*

## Travel Journal Reflections

Do you see modes of transportation that you don't commonly see back home? What are they?

Compare getting around in the United States and in your hometown.

What forms of exercise did you see people engaging in, if any?

Which sports are popular in the United States? How did you determine this? Did you participate in these sports? If so, what are your thoughts?

What sports did you see people watching or playing?

Was it in person or on TV?

# American Food

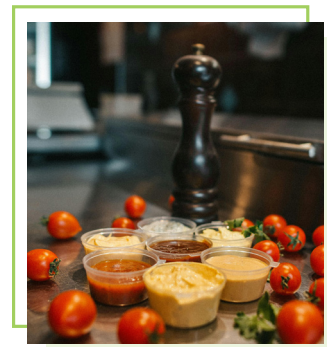
The following are some typical foods that you may have a chance to try while in the U.S.:

## COMMON INGREDIENTS

Americans consume a wide variety of meats, including beef, pork, chicken, and turkey. Seafood is popular, especially in coastal regions like the Gulf Coast and the Pacific Northwest. Hearty vegetables such as potatoes, corn, green beans, and squash are staples. Americans use a wide range of spices and herbs, including garlic, oregano, parsley, and cilantro. Barbecue sauces, hot sauces, and various types of mustard are also common. A mix of sweet and savory flavors is popular in many dishes, achieved through the use of ingredients like honey, brown sugar, and various fruit preserves.

## BREADS AND PASTRIES

Bread plays an important role in American cuisine. Popular types include white bread, whole wheat bread, and sourdough. Cornbread, especially in the Southern states, is a beloved staple. Bagels and English muffins are common breakfast items, while pastries such as donuts, muffins, and cinnamon rolls are widely enjoyed.



## BREAKFAST

American breakfast can vary widely but often includes items like scrambled eggs, bacon, sausage, pancakes, waffles, and cereal. Oatmeal and yogurt with granola are also popular. Breakfast sandwiches, featuring eggs, cheese, and meat on a bagel, croissant, or biscuit, are a common on-the-go option. Coffee is a breakfast staple, often enjoyed with cream and sugar.



# American Food (continued)

## MAIN DISHES

The main meal of the day, often dinner, features a diverse array of dishes that vary greatly by region. Some popular dishes you can find on almost all menus are:

- *Hamburgers*: Grilled ground beef patties served on buns with various toppings
- *Hot Dogs*: Grilled or steamed sausages in buns
- *Grilled Cheese*: Toast bread with melted cheese
- *Barbecue Ribs*: Pork or beef ribs slow-cooked and coated in barbecue sauce
- *Macaroni and Cheese*: Pasta baked with a creamy cheese sauce

## SIDE DISHES

- *French Fries*: Deep-fried potato strips
- *Coleslaw*: Shredded cabbage with a tangy mayonnaisebased dressing
- *Mashed Potatoes*: Creamy mashed boiled potatoes

## DESSERTS

Americans have a sweet tooth, and desserts are an important part of the cuisine. Some popular options include:

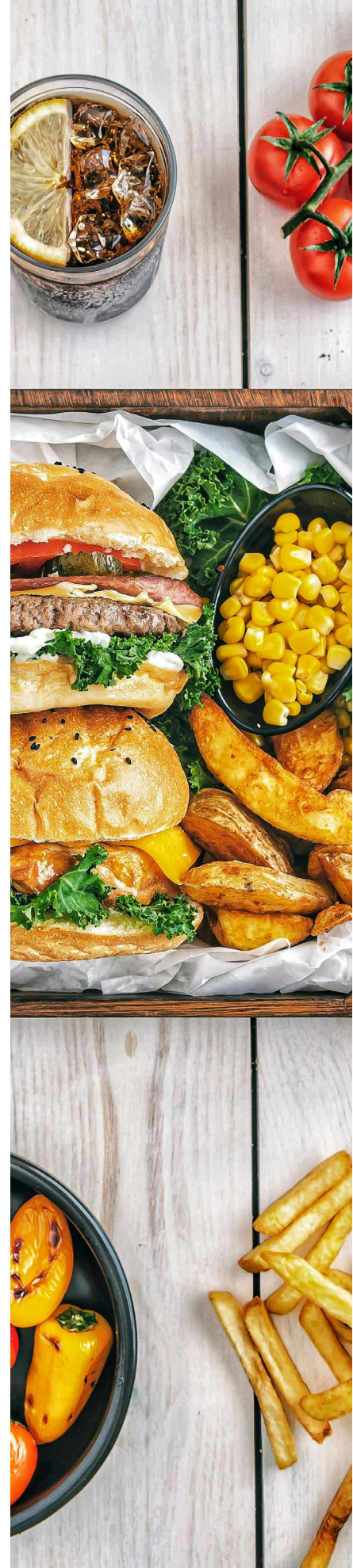
- *Apple Pie*: A pastry crust filled with spiced apples
- *Cheesecake*: A rich, creamy cake made with cream cheese
- *Brownies*: Chocolatey, dense squares
- *Ice cream*: Available in countless flavors and often accompanied by sweet toppings

## BEVERAGES

Americans often drink bottled or tap water, either plain or with ice. Coffee and tea are commonly consumed throughout the day, with a preference for iced coffee in the warmer months.

- Popular soft drinks include soda: Coca-Cola/Pepsi, Iced Tea, Sweet Tea (typically found in the southern states)
- Popular juices include: Lemonade, Orange Juice, Apple Juice

These are just a few examples of the diverse and delicious foods you might experience in the United States. Enjoy!





# FOOD VOCABULARY

Eat like a local! Fill in the target language vocabulary next to the English translation.

GERMAN	ENGLISH
Vorspeise	
Bäckerei	
Fleisch	
Getränk	
Flasche	
Schale	
Brot	
Frühstück	
Torte	
Stuhl	
Prost!	
Käse	
Hähnchen	
Geschlossen	
Kakao	
Kaffee	
Kaffeeladen	

# FOOD VOCABULARY

(Continued)

GERMAN	ENGLISH
Kalt	
Becher/Glas	
Tagesangebot	
Lecker	
Nachtisch	
Abendessen	
Eier	
Fisch	
Essen	
Gabel	
Gebraten	
Obst	
Gegrillt	
Heiß	
Eiswürfel	
Eis	
Saft	

## DINING VOCABULARY

Eating involves more than the food! Write out and practice the target language phrase or question next to the German translation.

GERMAN	ENGLISH
Bitte warten Sie, bis Sie einen Sitzplatz gezeigt bekommen.	
Bitte setzen Sie sich.	
Fühlen Sie sich wie zu Hause/helfen Sie sich selbst	
Was würden Sie gerne trinken/essen?	
Sonst noch etwas?	
Versuchen Sie dies.	
Guten Appetit!	
Wie hat es geschmeckt?	
Einen Tisch für __, bitte.	
Könnte ich bitte die Speisekarte sehen?	
Was können Sie empfehlen?	
Was ist das für eine Speise?	
Bestellen	
Ich habe eine Allergie/Ich bin allergisch gegen ____.	
Ich bin Veganer.	
Ich möchte/ würde gerne...	
Ich will nicht...	
... Mit/ohne ...	
Entschuldigung	
Könnten Sie bitte ____ mitbringen?	
Ich bin (nicht) hungrig	
Noch eine (Portion), bitte.	
Könnten wir bitte die Rechnung bekommen?	
Akzeptieren Sie Kreditkarten?	
Ist das Trinkgeld inbegriffen?	
Können wir getrennt bezahlen?	





## Food Reflections

What are some differences and similarities between eating out in the U.S. and your home country? For example, do you wait to be seated? How do you get the attention of the server?

Are there any important words you used in a restaurant setting that were not included in this packet or the food vocabulary you used to prepare for your trip? Make a list of these words and their definitions.

Describe your favorite local dish, preferably in the target language. What are the ingredients? What do you like about the dish?

# The Family Stay Experience®

Exploring your family stay community in Germany.

## Family Stay Reflections

How would you describe your family stay community to your friends and family back home? For example, where is it located? Is it a rural, urban, or suburban area?

What do you see, smell, and hear?

How are your surroundings similar to where you're from? How are they different?

Capturing your thoughts during your trip will help you remember the people and things that made an impression on you. What are some of your favorite memories from the Family Stay Experience®?

## Living With Your Host Family

Who are the members of your host family? What are their first and last names?

How do you address them? Formally? Informally?

If you have host siblings, how old are they? Are they in school?

What does your host family like to do in their free time?

What times do they eat their meals? What did you eat with them?

What chores did you help with in their home?

How is your host family similar and/or different from your own family?

What have you learned about the local culture and/or what vocabulary have you learned that you would share with another student who will be participating in this experience in the future?

How do you see electricity and/or water being used in your host family's home?

Does your host family heat or cool their home? If so, how?

How do they wash clothes, and how often do they seem to do so? Do they have a clothes dryer?

What similarities and/or differences have you observed between the ways your host family uses energy and how you use it at home?

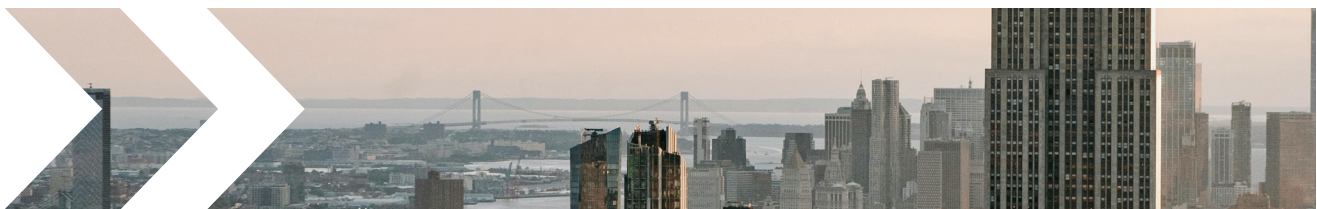
## Observations

Question	Answer
What do you appreciate about your home after being away?	
What will you miss most about the United States when you return home?	
Did you experience anyone making generalizations about Germany and/or Germans while you were abroad? If so, how did that make you feel and why?	
How has this experience changed your perspective on the culture and people of your destination?	

## Vielen Dank!

Thank you for your commitment to language learning and for choosing Xperitas!

We wish you the best on your path to global citizenship!





# End of Program Language Self-Assessment

*At the end of your program, mark all the phrases below that you agree with.*

- I can understand basic words on a menu.
- I am able to talk about how things taste to me, and my preferences.
- I know how to request the bill at a restaurant, and how to pay.
- I am able to ask what something is called.
- I can explain to a store clerk what I want, using circumlocution & gestures if needed.
- I am able to understand how much something costs and successfully make a purchase.
- I can learn and retain new vocabulary from my interactions with native speakers.
- When appropriate, I can bargain successfully.
- I can locate signs or ask for directions to the bathroom, a restaurant, a landmark, etc.
- I can act in a culturally appropriate manner towards local people.
- While out and about, I can understand what my teacher and/or the guide or bus driver is explaining to us.
- I can talk with my host family about what I did during the day and ask about their days.
- I'm able to talk about what we're eating or describe to someone what we ate.
- I can engage in conversation over dinner, and I am able to expand on my responses to my host family's questions.
- I am able to ask my host family questions related to the topics we are discussing.
- I am able to ask about places to visit and things to do.
- I can interact my host family's friends, telling them basic facts about myself and my school.
- When it comes to using my language skills, I have achieved the following personal goal(s):

# Post-Travel Checklist

*You've returned from your adventures abroad – now what? Below is a helpful post-travel checklist. We hope that you've returned with wonderful memories and success stories and we can't wait to hear all about your trip!*

- ❑ Complete the Xperitas online survey - An invitation to evaluate your program will be emailed to you, your parents, and your teacher upon your return. Your feedback helps us improve our communication with our partners abroad and allows us to improve the overall experience for future participants.
- ❑ Share your photos with us! Enter the Xperitas Photo Contest here and win prizes by emailing your photos to [info@xperitas.org](mailto:info@xperitas.org).
- ❑ Write a blog post! We love to hear from our community, so please consider sharing your experience with us in a blog post. [Click this link](https://xperitas.org/resources/share-your-experience) (or visit <https://xperitas.org/resources/share-your-experience>) for helpful guidelines for writing a blog post then submit your story to [info@xperitas.org](mailto:info@xperitas.org).
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