



NATIONAL ASSISTED LIVING WEEK® • SEP 7-13, 2025

Postcard Travels



Postcard Travels

Facilitator Guide

Overview

Residents travel to different countries through images, short facts, and conversation prompts. They can share memories of places they've visited, talk about places they'd like to go, and create their own postcard messages (either written, dictated, or drawn).

What's included in the pack

1. Printable postcards
 - Each card has a large, clear photo of a famous landmark or scene (e.g., Eiffel Tower, Taj Mahal, Sydney Opera House, the Grand Canyon, Venice canals).
 - The reverse side has space for residents to write or draw their "postcard message."
 - Print on two sides, flipping on the long edge. Alternatively, print and cut out and stick the two sides together.
2. Short fact sheet for each location (kept light and easy to follow).
3. Reminiscence questions linked to each location.
4. Creative prompts — for residents who want to decorate or colour their postcard.

Ways to run it

- Reminiscence Circle: Pass postcards around, one at a time, reading the fact and asking the linked question.
- Postcard Exchange: Participants "send" their postcard to someone else in the group by reading out their message before handing it over.
- Guess the Country: Show the picture side only and let residents guess the country or landmark.

Why it works

- Encourages travel-related memories and imaginative thinking.
- Combines sensory and social stimulation.
- Works for a range of cognitive abilities, participants can simply look at images, listen to facts, or join in conversation as they wish.

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Ageless Adventure

Eiffel Tower - Paris

Have you ever seen the Eiffel Tower in a photograph or film?

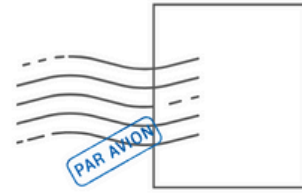
Do you remember a time you went somewhere with a tall building or viewpoint?

Have you ever been on a trip to a city and spotted a landmark from far away?

What's the highest place you've ever been, and what could you see from there?

Do you remember climbing stairs to see a view?

Facts



The Eiffel Tower was built in 1889 for the Paris World's Fair and was meant to be temporary.

At night, the tower sparkles with lights for five minutes every hour.

Imagine you are standing at the top of the Eiffel Tower — draw or describe the view you can see.

Ageless Adventure

Leaning Tower of Pisa - Italy

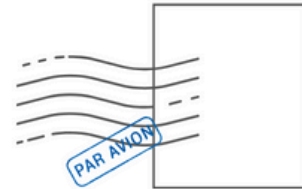
Have you ever been to Italy, or visited the Leaning Tower in person?

Did you take, or would you have taken, a photo pretending to hold up the tower?

Do you remember walking around a historic square or plaza while on holiday?

Have you ever climbed the steps of a famous building?

Facts



The Leaning Tower began to tilt during construction in the 12th century because of soft ground beneath one side.

It is part of a group of historic buildings in Pisa known as the "Square of Miracles."

Imagine you are in Pisa's main square looking at the Leaning Tower — draw or describe how you might pose for a holiday photo.

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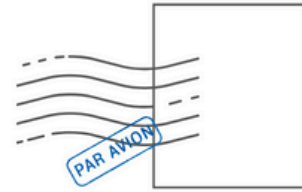
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Ageless Adventure

Grand Canyon – Arizona, USA

- Have you ever visited the Grand Canyon in person?
- Do you remember standing somewhere with a huge view stretching for miles?
- Have you been to a national park or nature reserve on holiday?
- Did you ever take a long road trip to see something special in nature?

Facts



The Grand Canyon is about 277 miles long and up to 18 miles wide.

It was formed over millions of years by the Colorado River cutting through rock.

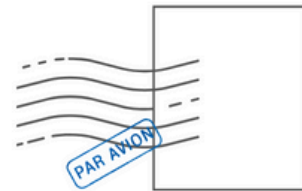
Imagine you are standing at the edge of the Grand Canyon at sunrise – draw or describe what colours you might see.

Ageless Adventure

Colosseum – Rome, Italy

- Have you ever visited Rome, or walked inside the Colosseum?
- Do you remember exploring ancient ruins on holiday?
- Have you ever been to a big stadium or arena for an event?
- Did you ever take a guided tour while travelling?
- If you haven't been, do you remember learning about gladiators or ancient Rome?

Facts



The Colosseum was built nearly 2,000 years ago and could hold more than 50,000 spectators.

It was used for gladiator fights, public shows, and even mock sea battles.

Imagine you are sitting in the Colosseum 2,000 years ago – draw or describe what kind of event you might be watching.

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Statue of Liberty – New York City, USA

Have you ever visited New York and seen the Statue of Liberty in person?

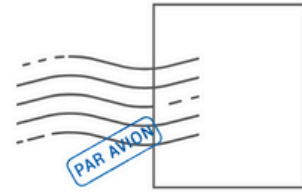
Do you remember taking a boat trip while on holiday?

Have you ever visited a famous city landmark?

Did you ever climb steps or a tower for a view over a city?

If you haven't been, do you remember seeing the Statue of Liberty in a film or on TV?

Facts



The Statue of Liberty was a gift from France to the United States in 1886.

It stands 305 feet tall from the base to the tip of the torch.

Imagine you are on a boat approaching the Statue of Liberty – draw or describe what you would see and hear.

Ageless Adventure

Stonehenge – Wiltshire, England

Have you ever visited Stonehenge?

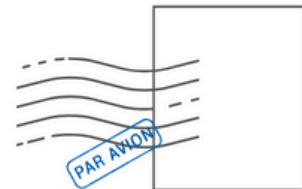
Do you remember walking through the countryside to see something historic?

Have you ever been on a day trip to see a famous site?

Did you ever go on a picnic or coach trip with family or friends?

If you haven't been, do you remember seeing pictures of Stonehenge in books or documentaries?

Facts



Stonehenge is believed to have been built over 4,000 years ago.

The largest stones, called sarsens, weigh up to 25 tonnes each.

Imagine you are standing at Stonehenge on a sunny morning – draw or describe what you can see and feel.

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Golden Gate Bridge – San Francisco

Have you ever visited San Francisco or seen the Golden Gate Bridge in person?

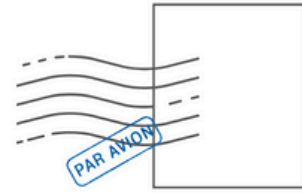
Do you remember crossing a large bridge while travelling?

Have you ever taken a boat trip that went under a famous bridge?

Did you ever take photographs of a landmark from different angles?

If you haven't been, do you remember spotting the Golden Gate Bridge in films or on TV?

Facts



The bridge opened in 1937 and was the longest suspension bridge in the world at the time.

It is painted in a colour called "International Orange" to help it stand out in the fog.

Imagine you are walking across the Golden Gate Bridge – draw or describe the view on each side.

Ageless Adventure

Santorini – Greece

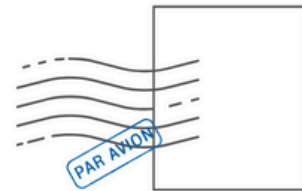
Have you ever been to Greece or visited an island holiday destination?

Do you remember walking through narrow streets with whitewashed buildings?

Did you ever visit a place with bright flowers and colourful houses?

If you haven't been, do you remember seeing pictures of Greek islands in travel brochures or films?

Facts



Santorini was formed by a volcanic eruption around 3,600 years ago.

The island is famous for its blue-domed churches and stunning sunsets.

Imagine you are watching the sunset over the blue domes of Santorini – draw or describe the colours in the sky.