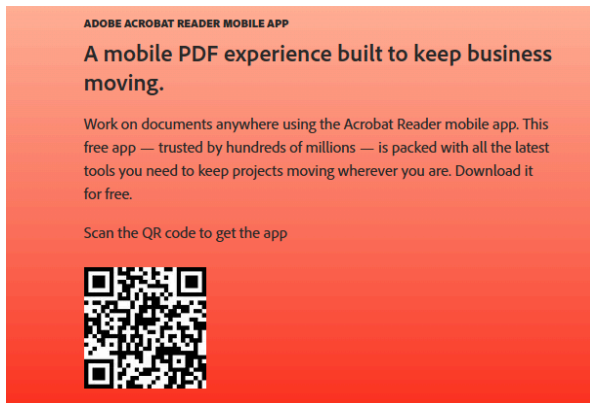


Here is your guide for downloading and using your Reflective Journal.

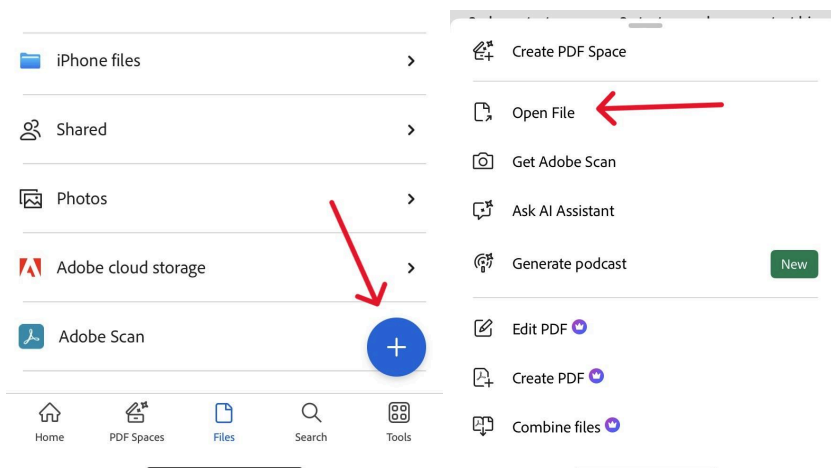
Step-by-step instructions

Step 1. Download the [Adobe Acrobat App](#)



Step 2. Download your [Projects Abroad Reflective Journal](#)

Step 3. Open the Adobe Acrobat Reader app, tap the **blue "+" icon** on the bottom right of the screen, and select your journal file to open it.



Once opened in Adobe, you can type directly into your journal. Your entries will autosave automatically, and you do not need an internet connection to make edits while travelling.

FAQ

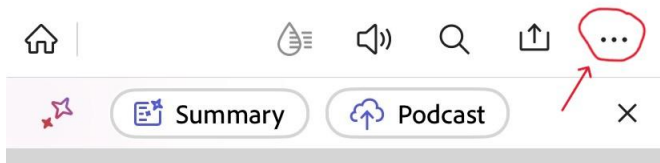
I can't find the file in my phone's download folder

It should appear in your most recent files. If you don't see it, open your phone's file manager or downloads folder and type the journal's name into the search bar at the top.

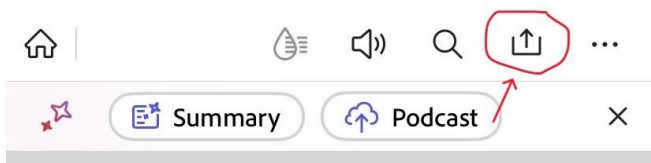
How do I save my journal when I'm finished?

If you want to export your file, these are your easiest options:

1. Save to the Cloud: Tap the **three dots** at the top right of the screen, select **Other Cloud Storages**, and choose your preferred platform (Google Drive, OneDrive, Dropbox, or Outlook).

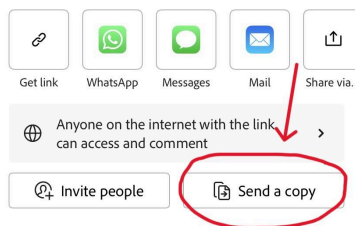


2. Save Locally: Tap the **Share icon** at the top right of the screen, select **Send a Copy**, and choose **Save to Files** to keep it in your phone's local storage.



Share document link

File will be uploaded to Adobe cloud storage



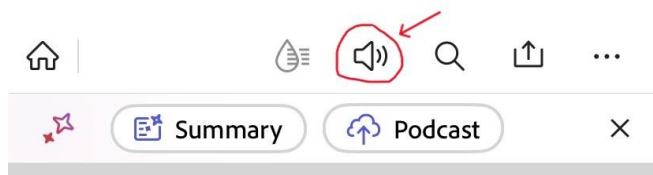
What if I don't have a personal mobile device?

If you don't have a smartphone or tablet, let us know before you leave, and we will provide a **printed version** for you when you arrive at your destination.

Accessibility & helpful features

We want to ensure your journal is easy to use. Adobe Acrobat includes several built-in tools to help.

Text-to-Speech: Tap the **speaker icon** at the top of the document to activate the "Read Aloud" function.



Easy Navigation: Tap the **magnifying glass icon** at the top of the screen to search for specific words, prompts, or page number.

If a physical copy would be more accessible for you than the digital version, please let us know, and we will gladly provide a **printed journal** in-destination.