

Dear [Participant's Name],

I hope this message finds you in great spirits! I wanted to take a moment to encourage you as you embark on this incredible global exchange journey.

Remember, this experience is not just about exploring new cultures, but also about personal growth and learning. Embrace every challenge and opportunity that comes your way!

Keep an open mind and heart, and you'll find that this journey will shape you in ways you can't even imagine. Trust in your ability to adapt and forge connections with people from all walks of life.

We are all cheering for you and can't wait to hear about all your adventures and insights. Keep pushing your boundaries and enjoy every moment!

Warm wishes,

[Your Name]