The Role of the Expedition in Personal Development

Expeditions
- Provide a platform for development
- Provide a unique experience for some, a springboard for others
- Are about people first, setting second but in a different environment
- Build on past and introduce new experiences
- Offer an opportunity for young people to reflect on their own past experiences being different or similar to others
- Can help young people to consider their futures and take a greater degree of control over their lives
- Level the playground – give opportunities for the less talented in ordinary life
- Are part of the preparation for adult life

- Enable youngsters to appreciate their own responsibilities toward others
- Can develop independence and/or interdependence
- Enable relationships to develop outside normal experience
- Take youngsters “back to basics” – need for shelter, food, water
- Give opportunities to manage elements of the expedition programme
- Provide opportunities for Problem Solving, Working with Others & Improving Own Learning and Performance outside their normal experience
- Use technical skills as a vehicle to enhance personal and social development

<table>
<thead>
<tr>
<th>Self esteem</th>
<th>Challenging but achievable aims and sub-aims.</th>
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</thead>
<tbody>
<tr>
<td>Self resource</td>
<td>Ability to identify necessary tasks and carry them out</td>
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<tr>
<td>Confidence</td>
<td>Achieved by successful outcomes, large and small</td>
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<tr>
<td>Motivation</td>
<td>Provided through the remote and challenging environment, physical and cultural. New people/new tasks/new ideas/new environment</td>
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<tr>
<td>Awakening of potential</td>
<td>Application to unfamiliar tasks in unfamiliar situations. Finding the ability to achieve successful outcomes</td>
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<tr>
<td>Initiative</td>
<td>Providing opportunities for members to use their own initiative within the expedition context</td>
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<tr>
<td>Leadership</td>
<td>Giving direction, support and acting as an example to others</td>
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<tr>
<td>Teamwork</td>
<td>Working with others to achieve a common aim, for the expedition as a whole or in sub groups</td>
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<tr>
<td>Responsibility</td>
<td>Accepting leadership roles Completing their share of communal tasks Taking responsibility for the actions of others</td>
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<tr>
<td>Communication</td>
<td>Interpersonal by giving instructions or as part of group decision making</td>
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<tr>
<td>Tolerance</td>
<td>Acceptance and understanding of other peoples actions, abilities and character. Developing the ability to work within the constraints imposed by</td>
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the physical environment eg arctic cold, jungle insects

<table>
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<tr>
<th>Understanding of others need and problems</th>
<th>Acceptance that others may have different approaches, ideas, needs and problems. Ability to assess them and act constructively</th>
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<tbody>
<tr>
<td>Sympathy and Empathy</td>
<td>Identifying the feelings of others and acting accordingly</td>
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<tr>
<td>Trust</td>
<td>Learning to trust other’s judgements and actions</td>
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</table>
| Knowledge: physical & psychological, cultural, scientific | Physical & psychological ; of yourself ; strengths and weaknesses more readily revealed  
Cultural: within the expedition and in the local environment  
Science: understanding of the natural environment |
| Organisational & Logistical ability      | Expedition tasks devolved in planning, execution and post expedition phases                                           |
| Fiscal awareness                         | Day by day budgeting, fund raising. Involvement and awareness of the financial consequences of one’s action          |
| Management skills                        | Give opportunity to plan and manage elements of the expedition programme                                               |

**How personal development can be delivered through the expedition**

There are many different types of expedition and the style of the expedition will influence the way by which Personal Development can be delivered.

- Privately organised eg ATC Group > commercially led
- One unit eg a single school > national society eg BSES
- Leader led > challenger led

Expeditions are prolonged in time (cp normal holidays) and remote from the home environment which can enable them to:

- Provide leadership opportunities with in the group
- Assign particular roles/responsibilities before, during and after the expedition
- Expeditions produce problems (real or perceived) which need to be solved
- Introduce new technical skills, cultural experiences

*Ted Grey, Quincy Connell, Mike Blakey, Peter Allison, Will Taunton-Burnett*
REFERENCES

There are a lot of further resources that may be of interest. Many are easily available on the internet. The following selection are aimed to help readers access more materials.


