



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
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- 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
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- Enable youngsters to appreciate their own responsibilities toward others
- Can develop independence and/or interdependence
- Enable relationships to develop outside normal experience
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- 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

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



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| | the physical environment eg arctic cold, jungle insects |
| Understanding of others need and problems | Acceptance that others may have different approaches, ideas, needs and problems. Ability to assess them and act constructively |
| Sympathy and Empathy | Identifying the feelings of others and acting accordingly |
| Trust | Learning to trust other's judgements and actions |
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| 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 |
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| 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
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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

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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.

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