

Learning Outcomes and Benefits of the Adventurous Journey

- Working as part of a team
- Understanding group dynamics, the participant's own role and the role of others in a team
- Enhancing leadership skills
- Improving planning and organisational ability, and attention to detail
- Learning to make real decisions and accept real consequences
- Obtaining a sense of achievement and satisfaction by overcoming challenges and obstacles
- Developing self-reliance and independence
- Developing health and fitness
- Experiencing and appreciating the outdoor environment
- Gaining the appropriate knowledge and skills to journey safely in that environment
- Exercising imagination and creativity by choosing their own journey
- Improving their investigating, reviewing and presentational skills

Specific Outcomes



Confidence



Managing feelings



Resilience and
determination



Relationships and
leadership



Planning and
problem solving



Intercultural
competence



Personal and social
well-being



Communication