

# Adventurous Journey: Assessor Debriefing Questions

It must be stressed that these questions are not intended to be a rigid checklist. Discussion in one of these areas may lead naturally into another without the participants feeling interrogated. Assessors may find some exploration within the nine main headings to be useful to review the social and educational aspects of the Adventurous Journey.

## Self-Awareness

- Have you discovered anything new about yourself because of the Expedition/Exploration?
- What do you feel you have done well during the Expedition/Exploration?
- What do you feel you could improve upon regarding the Expedition/Exploration?
- What was the best part of the Expedition/Exploration for you?
- What was the worst part of the Expedition/Exploration for you?

## Relationship Building

- How was the Expedition /Exploration group formed?
- Was it better to work with people you knew or people you did not know?
- How did you get along with each other?
- Describe the occasions when relationships were hard to maintain.
- What helped to maintain/restore relationships during challenging times?

## Teamwork

- Why is it important to work as a team on an Expedition/Exploration?
- Did you assign roles to team members, or did individuals emerge organically in those roles (e.g. leader, organizer, morale builder, etc.)?
- Who helped to maintain the group morale?
- Were there any specific factors that helped the group work together effectively?
- Were there any specific factors that prevented the group from working together effectively?

## Taking Responsibility

- Who was responsible for choosing the area/purpose for the Expedition/Exploration?
- Who took responsibility for organizing equipment and camp sites?
- During the AJ, did one person assume a position of responsibility, or was it shared? If it was shared, can you describe how? Did any one person take charge in times of difficulty?

## Decision Making

- How were decisions about the nature and location of the Expedition/Exploration reached?
- What influenced the decisions about the route, equipment, menu and dates which were chosen?
- In the light of the experience of this Expedition/Exploration, are there any changes you would you make for future AJs?
- Why did you choose to present a written / oral / ... / ... report?

## Communication Skills

- Explain why it is important to establish effective communication procedures on an Expedition/Exploration?
- What communication arrangements have been made on this Expedition/Exploration?
- How effective were the arrangements during the AJ?
- What changes might you introduce in the future?

## Environmental Awareness

- What would you suggest are the key issues of concern for those who live and work in the area?
- Describe something you saw along your route which raised in your mind an aspect of conservation for you?
- Were there occasions during the journey when you felt particularly happy/sad/thoughtful/challenged/frightened/apprehensive?

## Physical Awareness

- What was the worst part of the Expedition/Exploration in terms of your own physical feelings?
- In what ways did you prepare yourself physically for the Expedition/Exploration?
- In the light of the experience, are there any other preparations you would make regarding your own physical fitness?

## Spiritual/Aesthetic Awareness

- What does it feel like to have finished?
- Describe one memory you will take with you from the Expedition/Exploration.
- What has been the highlight of the Expedition/Exploration for you?
- Was there anything that surprised you about the journey?