

Ideas for Expedition Aims

On foot

History:

- Explore and document cairns.
- Investigate the changes in local agriculture over the last 100 years.
- Explore an historic place made famous in a film or television programme and document the scenery.
- Investigate Roman sites around Hadrian's Wall.
- Photograph and describe interesting old buildings along your route.



Environment:

- Decorate a white t-shirt, using inspiration from the scenery that you see along your route.
- Search for forms of fungi, photograph or sketch them and record them.
- Paint different types of trees and correctly identify them.
- List and film the different kinds of birds that you see.
- As second mini aim, draw all the different star constellations that you see.



Teamwork:

- Create a series of communication signals to use within your team.
- Do a fun team game or challenge each day to promote team building.
- Make a video diary of your team's experiences, from camping and cooking to reaching your destination.
- Design a team motif and make a badge or accessory for each team member to wear that reflects your journey.
- As a team, identify different team roles and rotate each day.



Conservation:

- Monitor the levels of litter on your route and plan how you could campaign to reduce this.
- Consider the impact of vehicles on the environment along your route.
- Record evidence of wildlife breeding programmes and how you would start your own.
- Investigate the maintenance of footpaths and hedgerows.
- Study local efforts to stop the erosion of coastlines.



Physical:

- Record your different emotions over the expedition and relate it to the physical challenge.
- Set a group challenge to speed walk every day for a certain period of time and keep each other going.
- Monitor what time of day people have the most energy to push themselves harder and improve your journey times.
- Film warm up and warm down sessions before and after your day's walk.
- Monitor changing heart rates and body temperature on the expedition route.



Literature:

- Write a series of poems of your experiences and critique them.
- Visit areas which inspired poetry, such as the Lake District and Wordsworth.
- Explore sites made famous in folklore, such as Robin Hood's legendary home of Sherwood Forest.
- Use your funniest expedition moments to create a play and perform it as your presentation.
- Write a short ghost story or mystery tale based loosely on your expedition.



By bicycle

Teamwork:

- Keep a log of the weather throughout your expedition and how you adapted to it as a team.
- Create a team song or chant to motivate each other and use it in your
- Monitor how well the group stay together using distance between lead and rear cyclist as a guide, and improve this over your expedition.
- Create a video diary of your team's expedition, concentrating on positives about each other.
- Investigate difficulties in communication when cycling and find methods to overcome them.



Environment:

- Make a documentary about the most common wildlife in the area.
- Investigate the features of a river using an adjacent cycle path.
- Sketch some of the insects you spot and find out what they are.
- Photograph different types of flora and fauna on your route and compare them with each other.
- Create a nature guide of your route for future visitors.



Conservation:

- Consider the impact of tourism on your surroundings.
- Examine the conservation efforts for wildlife in ponds and lakes on your route.
- Monitor the management of paths on your route, such as fallen trees and overgrowth.
- Investigate the erosion caused by bikes compared to foot travel.
- Study the state of repair of bike-friendly styles and gates.



History:

- Find clues to local industry or crafts that historically took place where you visit.
- Plan a route near a castle and explore how old it is and who occupied it in the past.
- Cycle along parts of a disused railway to explore its history and use of any surviving buildings.
- Note the period and style of architecture of interesting buildings you pass.
- Plan a tour of famous battlefields, learning about their history.



By wheelchair

Teamwork:

- Create a training film for other groups about navigation and expedition skills.
- Make a diary of the group's experiences and how you supported each other.
- Create a mood board showing the team's changes in mood throughout the expedition and how you have helped each other through hard times.
- As a team, identify skills you would like to improve and create a team diary showing how you are improving.
- As a team, create an expedition music playlist that represents your experiences.



Environment:

- Draw tree silhouettes to create a piece of artwork for your presentation.
- Prepare a route along a towpath and note the wildlife you see.
- Sketch wildlife you see and do an exhibition at the end of your expedition.
- Report on the accessibility of open spaces to wheelchair users and others with restricted mobility.
- Photograph and identify different types of stones and rocks.



History:

- Discover sites tied to local myths and legends.
- Produce an illustrated guide to a stretch of canal, focussing on its history.
- Follow a disused railway track and investigate ruins and new uses of old buildings.
- Take photographs of historic sites on your route and create a calendar.
- Draw buildings of different periods along your route.



By boat

Conservation:

- Discover a grading system for beach water quality and analyse the water.
- Analyse the human impact on the coast.
- Investigate the effects that boating has on a range of wildlife.
- Study man-made and natural sea defences. Analyse their effectiveness.
- Monitor and record the birds that you see for the RSPB's BirdTrack project.



Teamwork:

- Explore the different team roles needed on a boat and give everyone the opportunity to do a new role.
- As a team, follow part of the route Captain Cook took from the Tyne to the Thames and keep a diary.
- Log the incidents that test your team every day and think about how you could have dealt with the incident more effectively.
- As a team, on your journey make a flag which you can raise on the last day.
- Record your boating adventures and make a short film.



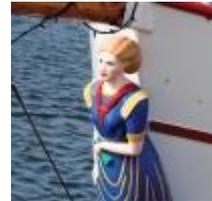
Boating skills:

- Learn all the knots you need for your journey and make a knot board.
- Make a film about the boat's equipment and how you use and look after it.
- Create a map of a local estuary and compare it with a professional map upon your return.
- Take photographs of different types of boat you see during your journey.
- Write a guide on navigation skills for other expedition teams.



Creativity:

- Write a short story about your boating experience.
- Photograph the birds you see along your route and upload to a blog on your return.
- Invent your own sea shanties or pirate-style songs and use them in your presentation.
- Record news-style bulletins of your daily challenges and use them in your presentation.
- Create a figurehead for your boat.



By canoe/kayak

History:

- Investigate Second World War defences.
- Note the age and history of buildings and areas that you pass.
- Plot the course of a canal and explore the history of why it was built in that location.
- Use authentic old canoes or kayaks and compare how they are made and used compared to modern techniques.
- Sea kayak alongside the D-Day Normandy beaches.



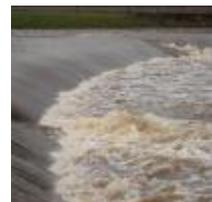
Environment:

- List different flora and fauna that you see by the side of the canal.
- Sketch all the colours you see in nature and create a colour wheel.
- Make a recording of the sounds of nature you hear on your expedition.
- Investigate samples of the river bed on your route and compare them with each other.
- Investigate the use of towpaths, type and frequency of use.



Conservation:

- Help make a canal navigable by keeping a log of parts that need clearing and send it to the owners of the waterway.
- Monitor the human contamination of the waterway and its immediate surroundings.
- Consider the impact of boat traffic on local wildlife.
- Photograph weirs and other water features and investigate their use.
- Study the effect of human erosion on towpaths.



Teamwork:

- After keeping a daily log, each evening, reflect on what challenged and tested your team, suggesting ways of dealing with possible future problems.
- Analyse the team's need to have a leader and what skills and qualities they should have.
- As a team, investigate problems in communication when canoeing and find methods to make it easier.
- Produce a promotional film about how much fun a canoe expedition can be.
- As a team, record your expedition experiences and create a scrap book.



On horseback

Environment:

- Investigate dams in the Pennines and describe their purpose.
- Create some artwork to demonstrate the different wildlife and environment you can see on horseback compared to on foot.
- Plan an expedition with sea views and make a collage of the photos you take along the way.
- Note plants you see en route and which ones are medicinal or can be eaten.
- Explore unspoilt beaches and record sea life that you spot.



Culture:

- Explore the use of horses in current farming practices.
- Write limericks to describe your experiences and recite them at your presentation.
- Produce a poster to promote your route to other visitors.
- Take photographs of your horses and each other and exhibit them at your presentation.
- Cook food from different cultures and compare the flavours.



History:

- Travel between isolated historical monuments or buildings and investigate their previous use or function.
- Travel around sites where Vikings are said to have landed.
- Investigate civil war battle sites and learn about the use of cavalry.
- Find and record examples of ancient constructions, such as bridges and dry stone walls.
- Plan a route to visit and photograph deserted villages in Scotland.



Teamwork:

- Write a play script which represents your team experience and perform it as your expedition presentation.
- Produce a 'top tips' guide for working as a team on horseback.
- Create a card for each team member at the end of your expedition, saying why they added to the team's success.
- Make notes of your team experiences and present it in the form of a radio broadcast.
- Create a series of games which you can play whilst horse-riding.

