

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 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.

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.