SAMPLE EXPEDITION JOURNAL

OUTDOOR EDUCATION
Expedition Journal

Name: ______________________________________
TO BE COMPLETED PRIOR TO THE EXPEDITION

Group goals

List three of the goals as decided on by the group.

1. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

3. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

   It is important that you reflect on these goals throughout the expedition.
   It is up to every member of the group to commit to working towards achieving these goals.
TO BE COMPLETED PRIOR TO THE EXPEDITION

1. Individual goals
Outline a personal goal for the expedition in each of the focus areas below.

Personal goal 1: personal preparation ____________________________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________

Personal goal 2: working with others _____________________________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________

Personal goal 3: leadership ________________________________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________

Personal goal 4: relationship with nature _______________________________________________________  
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________

Personal goal 5: minimal environmental impact _______________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________
                                                                                             ___________________________________________________________________

(5 marks)

It is important that you reflect on these goals throughout the expedition and commit to working towards achieving them.
2. Log book – Day 1

2.1 Route details

<table>
<thead>
<tr>
<th>Leg</th>
<th>Start</th>
<th>Finish</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(2 marks)

2.2 Schedule

Enter times and details of five significant events, happenings, locations, stops, crossings.

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(5 marks)
### 2.3 Menu

<table>
<thead>
<tr>
<th>Meal</th>
<th>Consumed (indicate any food left over)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>Water (consumed over the day)</td>
<td>(5 marks)</td>
</tr>
</tbody>
</table>

### 2.4 Environment

Weather observations

<table>
<thead>
<tr>
<th></th>
<th>Temp</th>
<th>Rain</th>
<th>Cloud (% sky covered, type)</th>
<th>Wind (direction, speed)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(2 marks)
2.5 Observations

Flora

Outline three plants and include name, structure (e.g. forest, scrub, cleared) and description.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
(6 marks)

Fauna

Outline three animals and include description of details, such as appearance, scats, tracks, calls.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
(6 marks)
Campsite

For the campsite on day 1, provide

a sketch of the layout.

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

(2 marks)

a description of the area.

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

(2 marks)

two positive aspects of the campsite.

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

(2 marks)

two negative aspects of the campsite.

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

(2 marks)
2.6 Personal reflections

Select and respond to two of the questions below:

1. Describe three feelings you experienced during the day, what triggered them and why?
2. If you could change three things about the experiences you had today, what would they be and why?
3. What concerns did you have during the course of today? Explain.

Question ______

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(3 marks)

Question ______

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(3 marks)

3.1 Route details

<table>
<thead>
<tr>
<th>Leg</th>
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(2 marks)

3.2 Schedule

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<tr>
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<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(5 marks)
### 3.3 Menu

<table>
<thead>
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<th>Meal</th>
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<tbody>
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<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Other</td>
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<td>Water (consumed over the day)</td>
<td>(5 marks)</td>
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</tbody>
</table>

### 3.4 Environment

Weather observations

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<td></td>
</tr>
</tbody>
</table>

(2 marks)
3.5 Observations

Flora

Outline three plants and include name, structure (e.g. forest, scrub, cleared) and description.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(6 marks)

Fauna

Outline three animals and include description of details, such as appearance, scats, tracks, calls.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(6 marks)
Campsite

For the campsite on day 2, provide

a sketch of the layout.

a description of the area.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)

two positive aspects of the campsite.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)

two negative aspects of the campsite.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)
3.6 Personal reflections

Select and respond to two of the following:

1. Identify and describe two possibilities you can see this experience creating for you.
2. Outline two questions that you need answered.
3. Describe your recipe for success today.
4. Describe two things that surprised you about yourself during today.

Question ______

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)

Question ______

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
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__________________________________________________________________________________
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__________________________________________________________________________________

(2 marks)
4. Expedition evaluation
Set aside some time as soon as possible after the expedition (within 24 hours) to answer these questions while the experience is still recent and therefore fresh in your memory.

4.1 Planning

Comment on the suitability of the equipment you chose to take on the expedition. Include its suitability to the expedition and the environment. Discuss how these items assisted you during the expedition.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(4 marks)

4.2 Skills and practices

Comment on your level of skill in relation to the mode of travel.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)

roping in relation to the outdoor activity.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)

navigation.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)
4.3 Safety

Comment on how safe you felt, and on the effect your application of RAMS had during the expedition.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)

4.4 Personal skills

Comment on your level of personal skills, as demonstrated while on expedition, in two of these areas: self-awareness; self-appraisal; goal setting; time management; flexibility; monitoring; reflection; and commitment.

1. ______________________________________________________________________________
__________________________________________________________________________________

2. ______________________________________________________________________________
__________________________________________________________________________________

(4 marks)

4.5 Working with others

As a result of your experiences while on expedition, comment on your personal qualities that you and your peers are aware of (arena).

__________________________________________________________________________________
__________________________________________________________________________________

that you are aware of, but your peers are not (façade).

__________________________________________________________________________________
__________________________________________________________________________________

that your peers pointed out that you have, but were not aware of (blind spot).

__________________________________________________________________________________

(6 marks)
Comment on your level of interpersonal skills together with an example from the expedition. These skills must come from two of the following areas: communication skills; assertion; cooperation and collaboration; problem solving; and negotiation.

1. ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________

2. ________________________________________________________________________________
   ________________________________________________________________________________
   ________________________________________________________________________________

(4 marks)

Outline two of the characteristics your expedition group displayed that contributed towards its effectiveness.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)

Comment on how well members of your expedition group participated in a debrief.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(2 marks)

4.6 Leadership

Outline instances when you displayed generic, specific and meta leadership skills during the expedition.

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

(3 marks)
Evaluate your leadership performance during the expedition.
__________________________________________________________________________________
__________________________________________________________________________________
(2 marks)

4.7 The environment
Comment on your ability and frequency of successful weather forecasting using natural indicators.
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
(2 marks)

4.8 Relationships with nature
Comment on the level of success of applying the ‘Leave No Trace’ principles to your expedition.
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
(3 marks)
<table>
<thead>
<tr>
<th>Marking key for sample expedition journal</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Individual goals</strong>&lt;br&gt;1 mark for appropriate goal written in correct format</td>
<td>1–5</td>
</tr>
<tr>
<td><strong>Total</strong>&lt;br&gt; /5</td>
<td></td>
</tr>
<tr>
<td><strong>2. Log book – Day 1</strong>&lt;br&gt;<strong>2.1 Route details</strong>&lt;br&gt;1 mark each for accurate AM and PM travel details</td>
<td>1–2</td>
</tr>
<tr>
<td><strong>2.2 Schedule</strong>&lt;br&gt;1 mark each for each significant event with correct time stamp (maximum 5 marks)</td>
<td>1–5</td>
</tr>
<tr>
<td><strong>2.3 Menu</strong>&lt;br&gt;1 mark each for meal planned including suitability and amount (maximum 5 marks)</td>
<td>1–5</td>
</tr>
<tr>
<td><strong>2.4 Environment</strong>&lt;br&gt;1 mark each for accurate AM and PM weather details</td>
<td>1–2</td>
</tr>
<tr>
<td><strong>2.5 Observations</strong>&lt;br&gt;For each observation:&lt;br&gt;2 marks for a thorough description&lt;br&gt;1 mark for a brief description&lt;br&gt;• flora (maximum 6 marks)&lt;br&gt;• fauna (maximum 6 marks)&lt;br&gt;Campsite:&lt;br&gt;2 marks for a thorough description&lt;br&gt;1 mark for a brief description&lt;br&gt;• sketch of campsite&lt;br&gt;• description of campsite&lt;br&gt;1 mark for each positive aspect of the campsite (maximum 2 marks)&lt;br&gt;1 mark for each negative aspect of the campsite (maximum 2 marks)</td>
<td>1–6&lt;br&gt;1–6&lt;br&gt;1–2&lt;br&gt;1–2&lt;br&gt;1–2&lt;br&gt;1–2</td>
</tr>
<tr>
<td><strong>2.6 Personal reflections</strong>&lt;br&gt;For each of the two questions:&lt;br&gt;3 marks for comprehensive reflection together with description of future use of the experience&lt;br&gt;2 marks for providing appropriate reflection&lt;br&gt;1 mark for incomplete reflection</td>
<td>1–6</td>
</tr>
<tr>
<td><strong>Total</strong>&lt;br&gt; /40</td>
<td></td>
</tr>
<tr>
<td><strong>3. Log book – Day 2</strong>&lt;br&gt;<strong>3.1 Route details</strong>&lt;br&gt;1 mark each for accurate AM and PM travel details</td>
<td>1–2</td>
</tr>
<tr>
<td><strong>3.2 Schedule</strong>&lt;br&gt;1 mark each for each significant event with correct time stamp (maximum 5 marks)</td>
<td>1–5</td>
</tr>
<tr>
<td><strong>3.3 Menu</strong>&lt;br&gt;1 mark each for meal planned including suitability and amount (maximum 5 marks)</td>
<td>1–5</td>
</tr>
<tr>
<td><strong>3.4 Environment</strong>&lt;br&gt;1 mark each for accurate AM and PM weather details</td>
<td>1–2</td>
</tr>
</tbody>
</table>
| **3.5 Observations**<br>For each observation:<br>2 marks for a thorough description<br>1 mark for a brief description<br>• flora (maximum 6 marks)<br>• fauna (maximum 6 marks)<br>Campsite:<br>2 marks for a thorough description<br>1 mark for a brief description<br>• sketch of campsite<br>• description of campsite | 1–6<br>1–6<br>1–2<br>1–2
<table>
<thead>
<tr>
<th><strong>3.6 Personal reflections</strong></th>
<th><strong>Marks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>For each of the two questions:</td>
<td>1–4</td>
</tr>
<tr>
<td>2 marks for providing appropriate, thorough reflection</td>
<td>1–4</td>
</tr>
<tr>
<td>1 mark for incomplete reflection</td>
<td>1–4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4. Expedition evaluation</strong></th>
<th><strong>Total /38</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4.1 Planning</strong></td>
<td>1–4</td>
</tr>
<tr>
<td>4 marks: statements made with detailed explanation and supporting evidence</td>
<td>1–4</td>
</tr>
<tr>
<td>3 marks: statements made with detailed explanation</td>
<td>1–4</td>
</tr>
<tr>
<td>2 marks: statements made with some explanation/supporting evidence but lacking detail</td>
<td>1–4</td>
</tr>
<tr>
<td>1 mark: statements made but with minimal explanation</td>
<td>1–4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4.2 Skills and practices</strong></th>
<th><strong>Marks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mode of travel</strong></td>
<td>1–2</td>
</tr>
<tr>
<td>2 marks for comprehensive reflection of own skills relating to the mode of travel</td>
<td>1–2</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–2</td>
</tr>
<tr>
<td><strong>Roping</strong></td>
<td>1–2</td>
</tr>
<tr>
<td>2 marks for comprehensive reflection of own roping skills</td>
<td>1–2</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–2</td>
</tr>
<tr>
<td><strong>Navigation</strong></td>
<td>1–2</td>
</tr>
<tr>
<td>2 marks for comprehensive reflection of own navigation skills</td>
<td>1–2</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4.3 Safety</strong></th>
<th><strong>Marks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 marks for comprehensive description of feelings of safety with reference to RAMS</td>
<td>1–2</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4.4 Personal skills</strong></th>
<th><strong>Marks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>For each of the two areas selected:</td>
<td>1–4</td>
</tr>
<tr>
<td>2 marks for comprehensive reflection of skills</td>
<td>1–4</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4.5 Working with others</strong></th>
<th><strong>Marks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>For each of the three areas of personal qualities:</td>
<td>1–6</td>
</tr>
<tr>
<td>2 marks for comprehensive reflection of personal qualities</td>
<td>1–6</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–6</td>
</tr>
<tr>
<td>For each of the two areas selected:</td>
<td>1–4</td>
</tr>
<tr>
<td>2 marks for comprehensive reflection of interpersonal skills</td>
<td>1–4</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–4</td>
</tr>
<tr>
<td>1 mark for each of the characteristics outlined that were displayed by the group, and that contributed to the effectiveness of the group functioning</td>
<td>1–2</td>
</tr>
<tr>
<td>2 marks for comprehensive description of the group’s participation in the debrief</td>
<td>1–2</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–2</td>
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</table>

<table>
<thead>
<tr>
<th><strong>4.6 Leadership</strong></th>
<th><strong>Marks</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 mark for appropriate description of when leadership qualities were displayed during the expedition. Examples must reflect generic, specific and meta skills</td>
<td>1–3</td>
</tr>
<tr>
<td>2 marks for comprehensive evaluation of the student’s leadership performance while on expedition</td>
<td>1–3</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–3</td>
</tr>
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<table>
<thead>
<tr>
<th><strong>4.7 The environment</strong></th>
<th><strong>Marks</strong></th>
</tr>
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<tbody>
<tr>
<td>2 marks for comprehensive description of the student’s weather predictions during the period of the expedition</td>
<td>1–2</td>
</tr>
<tr>
<td>1 mark for a basic description with minimal detail</td>
<td>1–2</td>
</tr>
<tr>
<td>4.8 Relationships with nature</td>
<td>Marks</td>
</tr>
<tr>
<td>------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>3 marks: reflection made with detailed explanation</td>
<td>1–3</td>
</tr>
<tr>
<td>2 marks: reflection made with some explanation, but lacking detail</td>
<td></td>
</tr>
<tr>
<td>1 mark: reflection made, but with minimal explanation</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>/40</td>
</tr>
<tr>
<td>Overall total</td>
<td>/123</td>
</tr>
</tbody>
</table>