

HOW TO WRITE YOUR PERSONAL ADVENTUROUS JOURNEY REPORT

This document is merely a guide to what you should look to include in your AJ report

Initial information

- Date and Duration of the journey
- Locations – Where did you go?
- Why - What was the Purpose of the journey?

What was the experience like?

What were your experiences? What did you learn? What would you do differently if you did it again? How did your Journey challenge you? What advice would you give to someone doing the same expedition?

What was the team like?

Who went with you? What were their roles? What did you learn about your teammates? What were the dynamics like?

Incidents?

Were there any accidents or incidents along the route? Was the group misplaced? Give details? What corrective measures were taken?

Additional items that should be included: -

personal equipment list - your own list, not one supplied to you

group equipment list - your own list, not one supplied to you

menu – outline what you had for meals and snacks on the entire trip

any other material of interest or any other documentation – photos if possible

Special Notes

1. Refer to the 15 Requirements for Guidance on the Adventurous Journey.
2. It is a great idea to bring a small journal on your expedition to write down your experiences – write your report soon after your trip so it is still fresh in your memory.
3. Reports are to be prepared individually.
4. If the group has opted for a written purpose report, this should be written by the group.
5. Written reports should be understandable, hand written or typed, and neatly organized.
6. Would the reading of your report prepare someone to meet the challenges and difficulties of this expedition?