**Ideas for your adventurous journey purpose.**

Stuck for what to have as your expedition aim? Here are a few ideas that participants have used in the past which may inspire you…

* 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.
* Photograph and describe interesting old buildings along your route.
* Create a video diary of tips for a great expedition for other participants.
* A record of the ways in which you aimed to make your expedition more sustainable
* 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.
* A series of field sketches of the different landscapes and ecosystems you visited.
* 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.
* Create some fun team games or challenge each day to promote team building and teach it to other participants.
* 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.
* 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.
* Record your different emotions over the expedition and relate it to the physical challenge.
* 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 to teach to other participants.
* Monitor changing heart rates and body temperature on the expedition route.
* Write a series of poems of your experiences and critique them.
* 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.
* 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
* Make a documentary about the most common wildlife in the area.
* 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.
* Consider the impact of tourism on your surroundings.
* Examine the conservation efforts for wildlife in ponds and lakes on your route.
* Create a training film for other groups about navigation and expedition skills.
* Create a mood board showing the team’s changes in mood throughout the expedition and how you have helped each other through hard times.
* Report on the accessibility of open spaces to wheelchair users and others with restricted mobility.
* Photograph and identify different types of stones and rocks.
* Discover sites tied to local myths and legends.
* Study man-made and natural sea defences. Analyse their effectiveness.
* Host and film a camp cooking Masterchef competition.

**My initial ideas:**

