



Government of **Western Australia**
School Curriculum and Standards Authority

SAMPLE EXPEDITION JOURNAL

OUTDOOR EDUCATION

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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.

(a) Personal goal 1: personal preparation _____

(b) Personal goal 2: working with others _____

(c) Personal goal 3: leadership _____

(d) Personal goal 4: relationship with nature _____

(e) 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 (this section – 2.1 to 2.6 – may be repeated for each day of the expedition)**2.1 Route details**

Leg	Start	Finish	Distance	Time
AM				
PM				

(2 marks)

2.2 ScheduleEnter times and details of **five** significant events, happenings, locations, stops, crossings.

Time	Description

(5 marks)

2.3 Menu

Meal	Consumed (indicate any food left over)
Breakfast	
Lunch	
Dinner	
Other	
Water (consumed over the day)	

(5 marks)

2.4 Environment

Weather observations

	Temp	Rain	Cloud (% sky covered, type)	Wind (direction, speed)
AM				
PM				

(4 marks)

(c) **Camp site**

For the camp site on day 1, provide:

(i) a sketch of the layout.

(2 marks)

(ii) a description of the area.

(2 marks)

(iii) **two** positive aspects of the camp site.

(2 marks)

(iv) **two** negative aspects of the camp site.

(2 marks)

3.3 Safety

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

(2 marks)

3.4 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.

(a) _____

(b) _____

(4 marks)

3.5 Working with others

(a) As a result of your experiences while on expedition, comment on your personal qualities

(i) that you and your peers are aware of (arena).

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

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

(6 marks)

- (b) 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.

(i) _____

(ii) _____

(6 marks)

- (c) Outline **two** of the characteristics your expedition group displayed that contributed towards its effectiveness.

(2 marks)

- (d) Comment on how well members of your expedition group participated in a debrief.

(2 marks)

3.6 Leadership

- (a) Outline **one** instance when you displayed generic, specific and meta leadership skills during the expedition.

(3 marks)

(b) Evaluate your leadership performance during the expedition.

(2 marks)

3.7 The environment

Comment on your ability and frequency of successful weather forecasting using natural indicators.

(2 marks)

2.1 Relationships with nature

Comment on the level of success of applying the 'Leave No Trace' principles to your expedition.

(3 marks)

Marking key for sample expedition journal

Description	Marks
1. Individual goals	
<ul style="list-style-type: none"> for each focus area, provides an appropriate goal written in correct format 	1–5
Subtotal	/5
Question 1 Subtotal	/5
2. Log book – Day 1	
2.1 Route details	
<ul style="list-style-type: none"> provides accurate AM travel details 	1
<ul style="list-style-type: none"> provides accurate PM travel details 	1
Subtotal	/2
2.2 Schedule	
<ul style="list-style-type: none"> provides an accurate time stamp and details of five significant events 	1–5
Subtotal	/5
2.3 Menu	
<ul style="list-style-type: none"> provides an accurate outline of each meal 	1–5
Subtotal	/5
2.4 Environment	
<ul style="list-style-type: none"> provides comprehensive, accurate AM weather details 	1–2
<ul style="list-style-type: none"> provides comprehensive, accurate PM weather details 	1–2
Subtotal	/4
2.5 Observations	
(a) Flora	
Describe two plants with details, including name, structure (e.g. forest, scrub, cleared)	
For each of the two plants provides:	
<ul style="list-style-type: none"> name 	1
<ul style="list-style-type: none"> structure (e.g. forest, scrub, cleared) 	1
<ul style="list-style-type: none"> description 	1–2
Subtotal	/8
(b) Fauna	
Describe two animals with details, including appearance, scats, tracks, calls	
For each of the two animals describes:	
<ul style="list-style-type: none"> appearance 	1
<ul style="list-style-type: none"> scats 	1
<ul style="list-style-type: none"> tracks 	1
<ul style="list-style-type: none"> calls 	1
Subtotal	/8
(c) Camp site	
For the camp site on Day 1, provides:	
(i) a sketch of the camp site	1–2
(ii) a description of the area	1–2
(iii) two positive aspects of the camp site	1–2
(iv) two negative aspects of the camp site	1–2
Subtotal	/8
2.6 Personal reflections	
For each of the two questions selected:	
<ul style="list-style-type: none"> provides comprehensive reflection together with description of future use of the experience 	3
<ul style="list-style-type: none"> provides appropriate reflection with most relevant information included 	2
<ul style="list-style-type: none"> provides incomplete reflection with minimal detail 	1
Subtotal	/6
Question 2 Subtotal	/46

Description	Marks
3. Expedition evaluation	
3.1 Planning	
• makes statements with detailed explanation and supporting evidence	4
• makes statements with detailed explanation	3
• makes statements with some explanation/supporting evidence, but lacking detail	2
• makes statements, but with minimal explanation	1
Subtotal	/4
3.2 Skills and practices	
Mode of travel	
• provides comprehensive reflection of own skills relating to the mode of travel	2
• provides basic description with minimal detail	1
Subtotal	/2
Roping	
• provides comprehensive reflection of own roping skills	2
• provides basic description with minimal detail	1
Subtotal	/2
Navigation	
• provides comprehensive reflection of own navigation skills	2
• provides basic description with minimal detail	1
Subtotal	/2
3.3 Safety	
• provides comprehensive description of feelings of safety with reference to RAMS	2
• provides basic description with minimal detail	1
Subtotal	/2
3.4 Personal skills	
For each of the two areas selected:	
• provides comprehensive reflection of skills	2
• provides basic description with minimal detail	1
Subtotal	/4
3.5 Working with others	
(a) As a result of your experiences while on expedition, comment on your personal qualities	
For each of the three areas of personal qualities:	
• provides comprehensive reflection of personal qualities	2
• provides basic description with minimal detail	1
Subtotal	/6
(b) Comment on your level of interpersonal skills together with an example from the expedition	
For each of the two areas selected:	
• provides comprehensive reflection of interpersonal skills	2
• provides basic description with minimal detail	1
• provides appropriate example from the expedition	1
Subtotal	/6
(c) Outline two of the characteristics your expedition group displayed that contributed towards its effectiveness	
• outlines two characteristics that were displayed by the group	1–2
Subtotal	/2
(d) Comment on how well members of your expedition group participated in a debrief	
• provides comprehensive description of the group's participation in the debrief	2
• provides basic description with minimal detail	1
Subtotal	/2

Description	Marks
3.6 Leadership	
(a) Outline one instance when you displayed generic, specific and meta leadership skills during the expedition	
<ul style="list-style-type: none"> outlines appropriately when each of the three leadership skills were displayed during the expedition 	1–3
Subtotal	/3
(b) Evaluate your leadership performance during the expedition	
<ul style="list-style-type: none"> provides comprehensive evaluation of the student’s leadership performance while on expedition provides basic description with minimal detail 	2 1
Subtotal	/2
3.7 The environment	
Comment on your ability and frequency of successful weather forecasting using natural indicators	
<ul style="list-style-type: none"> provides comprehensive description of the student’s weather predictions during the period of the expedition provides basic description with minimal detail 	2 1
Subtotal	/2
3.8 Relationships with nature	
Comment on the level of success of applying the ‘Leave No Trace’ principles to your expedition	
<ul style="list-style-type: none"> makes reflection with detailed explanation makes reflection with some explanation, but lacking detail makes reflections, but with minimal explanation 	3 2 1
Subtotal	/3
Question 3 Subtotal	/42
Total	/93