



# Expeditions

## Expeditions

An expedition is usually defined as an educational visit taking place overseas in Europe or further afield. It involves a deliberate element of challenge or adventure and requires specialist skills for its safe management. The environment that these expeditions take place in may include mountains, deserts, jungle, forests, rivers and sea.

Expeditions help to develop self-esteem, self-confidence and independence. They also provide opportunities for young people to experience other cultures, meet other people and develop new friendships and thus broaden their horizons and knowledge.

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### Learning opportunities

Expeditions provide opportunities to travel to countries with a very different environment and culture from the UK, and meet people and learn about their lives. They are one of the most effective ways of helping young people gain understanding of other countries and cultures and to improve language skills. They can also contribute to learning across the curriculum and to award programmes. They encourage:

- **Improved health and fitness:** participants develop their fitness before and during expeditions.
- **Personal and social development:** participants take part in individual and group tasks which can build self-confidence and independence. They often develop new friendships.
- **Being risk conversant:** participants can be involved in the assessment and management of the risks involved, gaining confidence that they can face uncertainty.
- **Citizenship:** individuals learn how to support, lead and follow, developing social skills, a sense of local and global community, and respect and responsibility.

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## Expeditions

### Range of provision

The current provision for expeditions includes:

- **Third party providers:** organising ready-made expeditions for groups or for individual members; many are commercial companies; others are voluntary organisations and/or charities
- **School (or setting) organised:** expeditions can be organised entirely by a school (or other setting) and its staff, with the assistance of UK-based or overseas providers.

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### Learning support

Most third-party providers will offer assistance in:

- choosing a suitable destination
- planning your programme
- risk assessment and management
- presentations to participants and parents/carers
- flights
- insurance
- training
- in-country support
- rescue, medical care and repatriation
- provision of an experienced expedition leader.

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### Expeditions Web resources

<http://www.epa.uk.net/>

EPA. The Expedition Providers Association (EPA) was founded in 2003. The website provides advice and support for Providers catering for young adults under 25 in full time education, including guidance on overseas travel, adventurous activities and cultural experiences.

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