



**YOUTH
WITHOUT
LIMITS**

TEAM GOAL IDEAS

HISTORY:

- Investigate the changes in local agriculture over the last 100 years.
- Explore a historic place made famous in a film or television programme and document the scenery.
- Photograph and describe interesting old buildings along your route.
- Find clues to local industries or crafts that historically took place where you visit.
- Plan a route near a castle and explore how old it is and who occupied it in the past.
- Travel along parts of a disused railway to explore its history and use of any surviving buildings.
- Note the period and style of architecture of interesting buildings you pass.
- Plan a tour of famous battlefields, learning about their history.
- Explore and document cairns.

ENVIRONMENT:

- Decorate a white t-shirt, using inspiration from the scenery that you see along your route.
- Search for forms of fungi and photograph, sketch or record them.
- Paint different types of trees and correctly identify them.
- List and film the different kinds of birds that you see.
- Investigate the features of a river using an adjacent cycle path.

- Sketch some of the insects you spot and find out what they are.
- Report on the accessibility of open spaces to wheelchair users and others with restricted mobility.

TEAMWORK:

- Create a series of communication signals to use within your team.
- Do a fun team game or challenge each day to promote team building.
- 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.
- As a team, identify different team roles and rotate each day.
- Examining group dynamics and teamwork, by applying theories like Belbin or Tuckman to a study while on expedition, then producing a detailed statistical research presentation.
- Take a photo of your group at each checkpoint to create a collage to show if you are doing a presentation.
- Keep a log of the weather throughout your expedition and how you adapted to it as a team.
- Log the incidents that test your team every day and think about how you could have dealt with the incident more effectively.
- As a team, on your journey make a flag that you can raise on the last day.



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CONSERVATION:

- 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.
- Consider the impact of tourism on your surroundings.
- Examine the conservation efforts for wildlife in ponds and lakes on your route.

PHYSICAL:

- Record your different emotions over the expedition and relate them to the physical challenge.
- Set a group challenge to speed walk every day for a certain period and keep each other going.
- Monitoring and evidencing the impact of a physically demanding expedition on the body by walking all day and measuring calorie intake, blood pressure and pulse compared to normal.

- Monitor what time of day people have the most energy to push themselves harder and improve.
- Film warm-up and warm-down sessions before and after your day's walk.
- Monitor changing heart rates and body temperature on the expedition route.

LITERATURE:

- Write a series of poems about your experiences and critique them.
- Visit areas which inspired poetry, such as the Lake District and Wordsworth.
- Explore sites made famous in folklore, such as Robin Hood's legendary home of Sherwood Forest.
- 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.
- Produce an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.
- Prepare a user's guide of a country park or National Trust estate explaining how it can be used, e.g., fishing, picnicking, or conservation.