

During your Expedition

Use your phone or notebook to journal during the expedition (writing, drawing or voice recording) **3-5 mins**

Use any 'solo' moments, after dinner, or other times you have, to reflect more on your experiences of the day



Choose at least
3 themes:

**MY BODY ON/ IN/
WITH THE WATER**

**MY INNER
CONVERSATIONS**

**MY DIFFERENT ROLES
IN THIS GROUP
EXPERIENCE**

**MY EXPERIENCE OF
UNCERTAINTY**

MOMENTS OF FLOW

**THE SEA AS
METAPHOR FOR...**