

LEVEL 5

SEMESTER 1 AND 2

MODULE CODE: SHSS5085
Personal Skills

ASSESSMENT TYPE: PROJECT

ASSESSMENT/COMPONENT: 2

COMPONENT WEIGHTING: 75 %

WORD COUNT: 4,500 WORDS

MODULE TUTOR: Graham Harvey

SUBMISSION DETAILS:

There are two parts to this assessment you must complete both:

- a.) Skills development portfolio:** a weekly record of plans and reviews for each session making explicit reference to how each session links to others and your overall goal and the criteria of the chosen award. Your plans should include details of resource lists, proposed venues, contingency plans etc.
- b.) Reflective account:** this should be based on the above portfolio. In this section you should critically reflect upon and evaluate each session and how they relate to each other and your overall personal objectives. You should identify areas of success and failure and explore key issues that have led to different outcomes and any emergent themes or patterns. You must relate these personal reflections to relevant literature and theories from within the field of experiential learning and outdoor education.

SUBMISSION DETAILS:

Deadline: 3.00pm 3rd May 2019

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

Student No./Name: 1804499 / Elise Vik Nordbrønd

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.										
What do you consider to be the best aspects of this work?	I think the log is specific and thoroughly done.									
Which aspects do you consider could have been improved in this piece of work?	If I knew of a way to bring in all the information from DLOG on mountain-training.org without several print screens I would be able to show the picture from each hike as well.									
What have you found most satisfying whilst undertaking this submission?	Reflecting on what I have learned the last months feels very rewarding.									
ASSESSMENT CRITERIA	Learning Outcome	GRADE								
		Poor < 20%	Weak 20-29%	Unsatisfactory 30-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 84%	Exceptional 85– 100%	%
Provide a logbook page that provides an effective summary for each session.	1 4									20%
Critical reflection: successes and failures in the planned activity (with reasons); considerations for future practice; progress towards overall objective; areas for further research/ development etc.	1 2 3 4									30%
Critically explore the relationship between your practical experiences and relevant academic theories.	1 2 3 4									40%
Evidence of relevant research	1 2									10%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .										
TUTOR COMMENTS:										
Submission date: via Turnitin		Return date: (at least within 4 weeks)			Tutor:			Mark:		

Assignment Checklist

- ✓ Please complete the **Personal Evaluation** section of the Assessment Feedback sheet, add your name and details, and paste the whole of this assignment document into the front of your assignment
- ✓ Submission is a **single word file, clearly labelled** with your name and module code
- ✓ Font style - Times New Roman, size -12 for text and 14 for headings
- ✓ Ink colour – black only
- ✓ Line spacing – 1.5 line spacing and 2cm- 2.5cm page margins
- ✓ Quotations more than three lines to be indented 1 line spacing
- ✓ One line space between paragraphs, paragraphs must be left aligned
- ✓ Pagination (your assignment should have **page numbers**)
- ✓ All tables and figures are internally referenced and have a title
- ✓ **Word count** checked and written at end of text (before references and any appendix)
- ✓ Assignment is within 10% of the word limit (excluding references and any appendices)
- ✓ **All** references in the text are included in the reference list
- ✓ **Correct referencing following the Harvard style, as described in the Palgrave study skills book 'Cite them Right'.**
- ✓ Correct spelling using **UK English**
- ✓ Correct use of punctuation
- ✓ Grammar and syntax correct- double check anything that has a green line under it
- ✓ I have read my assignment out loud to myself and it makes sense and is easy to read
- ✓ Somebody else has read my work and it makes sense to him or her!
- ✓ **I have checked and I have not plagiarised**

**Failure to follow these guidelines will cost
you marks!**

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Introduction

In this module I have been working towards the Lowland leader award. The goals I sat for myself was to become more confident in leading groups in English, know the different symbols used in British maps, become better in calculating duration and learn more about the laws connected to the outdoors and flora, fauna and history. The goals were based on what I felt I needed to work more with within the award.

Portfolio

My logbook is mainly based on the format DLOG one can find on mountain-training.org, but for the theory I have done research on I have used the writing programme Word. The theory is divided into the themes Navigation, Leadership and group management/Hazards and emergency procedures and Environmental Awareness, Conservation, Access and Land Ownership.

Practical sessions

16.09.18:

Lowland Walking Record ➔ Add another like this
Add a new record

Details	Description
Date: 16/09/2018 ☐ Duration: <2 Hours ☐ Style: Equals ☐ Type: Lowland Walking ☐ Weather: Light Rain - Poor Visibility ☐ Wind: No Wind ☐ Camping Type: N/A ☐ Nights Camping: 0 ☐ Expedition: ☐ + Flagged: ☐ NO	☐ Did the Henry Vaughan walk in Talybont-on-Usk. 3,5 km. Used 1 hour. Learned more about the poet during the walk! Area: Powys ☐  Lowland Walking

Location





A simple walk that did not demand a lot of planning. Online resources made it easy to find the start point of the route which was easily accessible by car. The path was marked well and was easy to follow all the way. Brecon Beacons is not usually defined as a lowland area, but I think that this walk can be called a lowland walk after all, simply because that particular area is quite flat and how easy it was to follow the path.

Local history e.g.: This walk was a good way to learn some local history for a community in Brecon Beacons. Henry Vaughan was born in this area in 1621 and was apparently inspired by the nature in Talybont.

19.09.18:

Lowland Walking Record ↔

Add another like this
Add a new record

Details

Date: 19/09/2018 ✓

Duration: <2 Hours ✓

Style: Equals ✓

Type: Lowland Walking ✓

Weather: Partially Cloudy ✓

Wind: Strong Wind ✓

Camping Type: N/A ✓

Nights Camping: 0 ✓

Expedition: ✓ +

Flagged: ☐ NO

Description

✓

Walked from the parking lot by St Govans Chapel first to the chapel, then followed the coast path to Broad Haven beach and back again.

Area: Pembrokeshire ✓



Lowland Walking

Location



We spent around 1 hour and 15 minutes doing this walk. Even if the walk was not very long, we had a chance to see both a beach and the cliffs around.

Local history e.g.: Before coming here we did some research on the chapel. Legend has it that Govan was attacked by pirates and ran to the cliffside where he made the chapel and lived off the surrounding nature for the rest of his life (Atlas Obscura, n.d.).

01.11.18:

Lowland Walking Record ➔

Add another like this
Add a new record

Details

Date: 01/11/2018 ✓

Duration: 3-5 Hours ✓

Style: Solo ✓

Type: Quality Lowland Day ✓

Weather: Partially Cloudy ✓

Wind: Gentle Breeze ✓

Camping Type: N/A ✓

Nights Camping: 0 ✓

Expedition: ✓ +

Flagged: ☐ NO

Description

✓

Walked from Penally to Lamphey. Followed the Coast Path all the way to Freshwater East, where I followed the road. Easy to follow the path all the way. Rainy at the end, apart from that good weather. 15 km altogether.

Area: Pembrokeshire ✓



Lowland Walking

Location



This was the first walk I did by myself. On this route I was never further than 3km from an access point if something should have happened.

Local history e.g.: I started the walk having Caldey Island on my left hand side for a while and along the path I learned from information boards that the island is habited by monks, which it has been for nearly 1000 years.

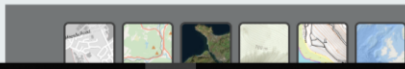
07.11.18:

Lowland Walking Record 

[Add another like this](#)
[Add a new record](#)

Details	Description
Date: 07/11/2018  Duration: 3-5 Hours  Style: Solo  Type: Quality Lowland Day  Weather: Partially Cloudy  Wind: Gentle Breeze  Camping Type: N/A  Nights Camping: 0  Expedition:   Flagged: ☐ NO	 Walked from Oxwich to Rhosilli. Followed the Coast Path all the way. Approximately 17 km. Area: Gower  The Gower Peninsula in South Wales.  Lowland Walking

Location



This hike was not the one I had planned for this day, but I changed it the same day. By looking at online maps I could see that I would never be further than 3 km from an access point, which made the decision easy to make.

14.11.18:

Lowland Walking Record

[Add another like this](#)
[Add a new record](#)

Details

Date: **14/11/2018** 

Duration: **3-5 Hours** 

Style: **Solo** 

Type: **Quality Lowland Day** 

Weather: **Partially Cloudy** 

Wind: **Moderate Wind** 

Camping Type: **N/A** 

Nights Camping: **0** 

Expedition:  

Flagged: ☐ **NO**

Description



Walked from Llandeilo to Ammanford via Carreg Cennen castle. Followed the road for most of the way, but wish I had known about the paths in the area, because there seemed to actually be quite a few.

18 km in total. Spent 3,5 h.

Area: **Carmarthenshire** 



Lowland Walking

Location



As this route mainly was along country roads, I knew I was never short on an access point. Local history e.g.: Carreg Cennen Castle was in use from around the 12th Century until a bit after mid-1400s. It is placed on a limestone precipice. Ammanford is a former mining town, where a company called Coaltown Coffee now is making a go of “the new black gold”.

17.11.18:

Lowland Walking Record

[Add another like this](#)
[Add a new record](#)

Details

Date: **17/11/2018** 

Duration: **2-3 Hours** 

Style: **Solo** 

Type: **Quality Lowland Day** 

Weather: **Clear - Sunny - Good Visibility** 

Wind: **Moderate Wind** 

Camping Type: **N/A** 

Nights Camping: **0** 

Expedition:  

Flagged: ☐ **NO**

Description



Walked from Rhossili to Hillend and back. Used the upper path via Rhossili Radar Station to Hillend and followed the Coast Path back. 8 km. Used around 1h and 45 min.

Contingency plan: In case of very strong wind from east I would have walked along the Coast Path both ways. As the wind was not too strong I was able to walk the upper path without problem on the way to Hillend.

Area: **Gower** 

The Gower Peninsula in South Wales.



Lowland Walking

Location



Local history e.g.: Rhossili Radar Station was operational during the Second World War and was one of several stations meant to cover the Bristol Channel.

21.11.18:

Lowland Walking Record

[Add another like this](#)
[Add a new record](#)

Details

Date: **21/11/2018** 

Duration: **2-3 Hours** 

Style: **Solo** 

Type: **Quality Lowland Day** 

Weather: **Clear - Sunny - Good Visibility** 

Wind: **No Wind** 

Camping Type: **N/A** 

Nights Camping: **0** 

Expedition:  

Flagged: ☐ **NO**

Description



Started with the riverside walk in Newcastle Emlyn, ca. 1km. Then walked from Newcastle Emlyn to Cenarth and back. Walked along Cycle Path no. 82 both ways, but on the way back followed the path along the river a while before returning to 82. 13 km altogether. Used around 2,5 h.

Contingency plan: Planned that in case the road was too trafficked, I would shorten the walk by taking the bus back to Carmarthen from Cenarth instead of Newcastle Emlyn. It was not necessary to do this, so I could go through with the original plan.

Area: **Carmarthenshire** 



Lowland Walking

Location











Local history e.g.: Newcastle Emlyn is said to be the place where the last dragon of Britain was killed and the castle is from the 1200s.

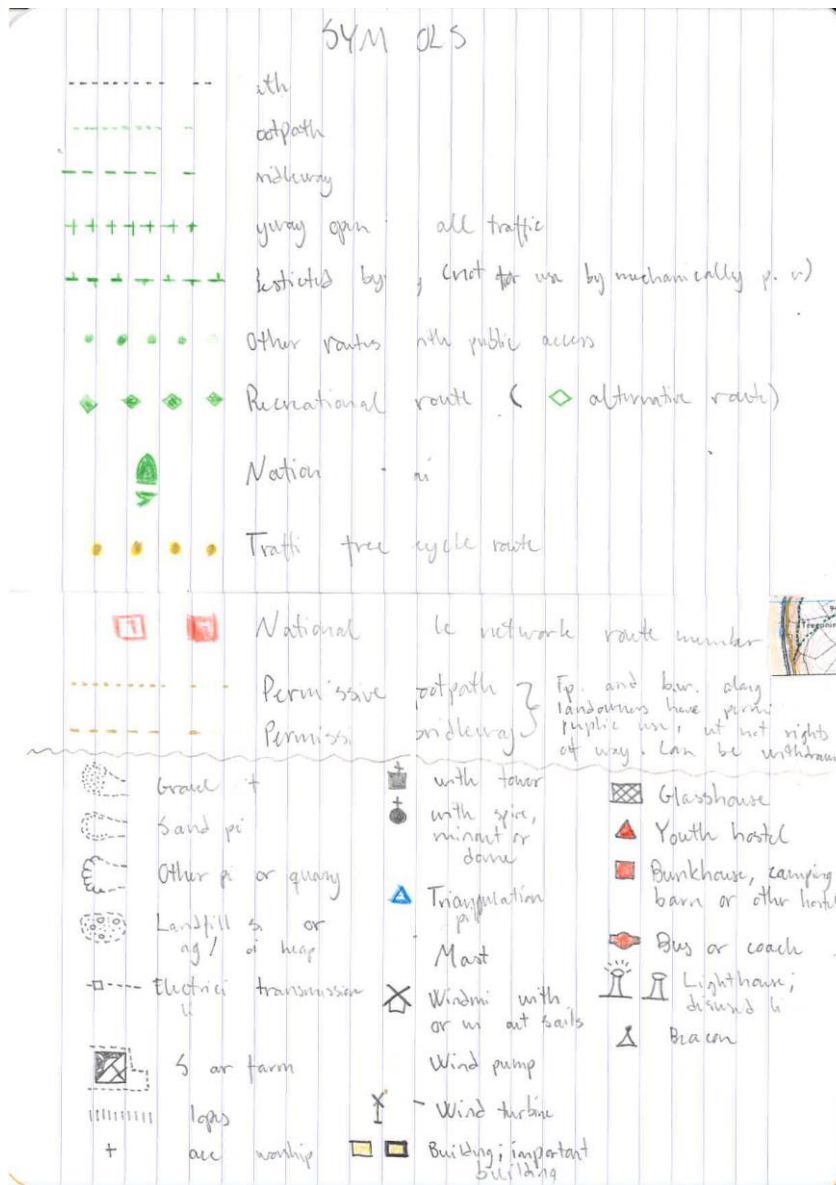
All log pictures: (Nordbrønd, 2018). My username on DLOG on mountain-training.org is @elisevn for full record.

The details of the local history is collected during the hikes, from information boards etc.

Theory

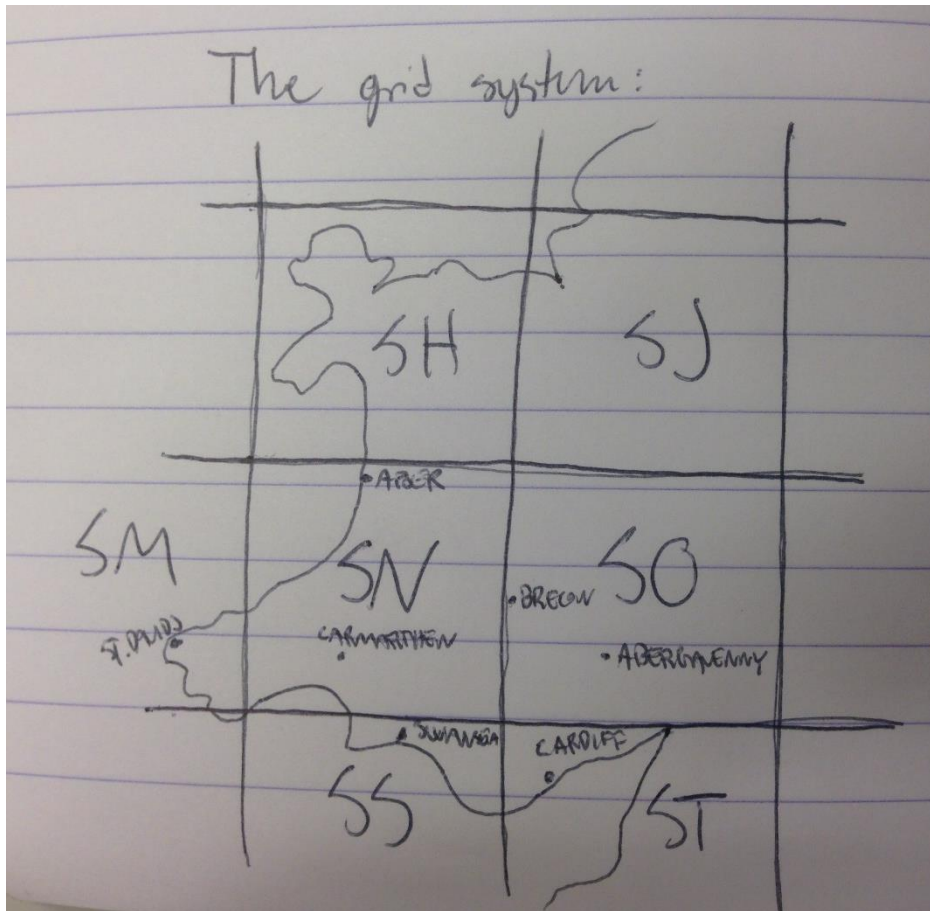
Navigation

Week 44: Research on the topic navigation to learn the different symbols used in British maps. I used Ordnance Survey online to find most of the symbols used in their maps and drew them into my notebook.



Drawn based on the symbols found on: (Ordnance Survey, 2017)

I also drew the National Grid system over Wales, to better learn the ones relevant to my walks.



Drawn based on: (Ordnance Survey, 2011)

Leadership and group management/Hazards and emergency procedures

Week 45: Approximately 30 minutes research on the topic.

For this research I used the internet, *Safety on Mountains* by BMC and *Hillwalking* by Steve Long. I focused mainly on the different terms, not how to carry out the first aid itself. This is what I wrote down:

- The emergency number in the UK is 999, but one can also use 112 which is the single emergency telephone number for the EU (National Health Service, 2018).
- CPR means cardiopulmonary resuscitation (National Health Service, 2018). The standard is 30 chest compressions and two rescue breaths for adults.
- ABC is used in Norway as well, but in the UK one might find additions to the three letters and different definitions. In *Hillwalking* ABCDE is used and the letters are defined as A = awareness, assessment, B = breathing (airways, presence and quality of breathing), C = circulation (heart working, check for cuts and bleeding), D =

deformities (feel for abnormalities) and E = evaluate (and give emotional support) (Long, 2003, p. 174). However, both in Norway and the UK ABC usually stands for A = airways, B = breathing and C = circulation (National Health Service, 2018). This is the most common definition and combination of the letters. This is also what BMC defines it as (British Mountaineering Council, 2010, pp. 76-77). BMC also has DEF, where D = disabled, E = exposure and F = fractures. This means to find out if the casualty is disabled due to damage to head or spine, prevent exposure for the casualty and to check for fractures and immobilise the limb in question if possible (British Mountaineering Council, 2010, pp. 77-78).

- Important terms translated from Norwegian: recovery position, triangular bandages, gauze dressing, casualty

Environmental Awareness, Conservation, Access and Land Ownership

Week 46: Approximately 30 minutes research on the topic.

For this research I used the internet, *Safety on Mountains* and the Power Point presentation on the topic which was presented on 15.11.2018.

Conservation, Access and Land Ownership

- The Countryside Code: replaced the Country Code from 1930 in 2004 (Wikipedia, 2018). The main principles are to respect, protect and enjoy.

Protect other people:

- Consider the local community and other people enjoying the outdoors.
- Leave gates and property as you find them and follow paths unless wider access is available.

Protect the natural environment:

- Leave no trace of your visit and take your litter home.
- Keep dogs under effective control.

Enjoy the outdoors:

- Plan ahead and be prepared.
- Follow advice and local signs.

(Natural England, 2016)

- CRoW = The Countryside Rights of Way: Established year 2000. Normally gives a public right of access to mountain, moor, heath and down areas, usually known as

open access land. What one can do in these areas are limited to walking, sightseeing, bird-watching, climbing and running. There are a number of things one cannot do, such as ride a horse or a bicycle, camp or bring an animal which is not a dog (Natural England, 2014).

- Public Rights of Way: Rights of way are minor public highways and can be used for different activities. Footpaths' right of way is on foot, bridleways are for pedestrians, horse riders and cyclists, restricted byways is open to all traffic except motorised vehicles and byways are open to all traffic (British Mountaineering Council, 2010, p. 68). The different Public Rights of Way are marked differently on the map, e.g. yellow for footpaths and blue for bridleways and one can see them on Ordnance Survey Maps (Power Point).
- National Parks: Wales has three National Parks. Snowdon was designated in 1951, Pembrokeshire Coast National Park in 1952 and Brecon Beacons in 1957. These National Parks are not publicly owned and they are protected by for example National Parks Authorities (The Education Service, Snowdonia National Park Authority; The Discovery Team, Pembrokeshire Coast National Park Authority; The Education Department, Brecon Beacons National Park Authority, 2015).

Environmental Awareness

For this research is solely used the internet. I focused on the coastal area in the research.

	AREA	NAME	CHARACTERISTICS
FLORA	Coastal	Birds-foot-trefoil	Yellow flowers and reddish buds. Also called “Granny’s Toenail”
		Thrift	Pink flowers. Also called «Cliff Clover”. Common on cliffs and sand dunes.
		Tufted vetch	Long grey-green leaves and pink-purple tube shaped flowers.
		Tormentil	Yellow flower very similar to buttercup, but with only four petals.
		Bell heather	Pink-purple bell flowers and dark green needle-like leaves.
		Viper’s bugloss	Upright spikes of blue flowers, hairy spotted stems and narrow leaves.
		Lady’s bedstraw	Tiny, yellow flowers in dense clusters. A tradition was to stuff the mattresses of women about to give birth with it.
		Gorse	Big evergreen shrub with yellow flowers in summer time.
FAUNA	Coastal	Turnstone	When flying they show a white patch on the back, broad white wingbars and white patches at the base of the tail.
		Puffin	Black back and white belly, multicoloured beak.
		Shore crab	Pattern of spikes on the shell, usually green-ish coloured.
		Common gull	Green-yellow legs, yellow beak and is smaller than other gulls.
		Black-headed gull	Brown head during summer. Red legs, red beak and black wingtips.
		Herring gull	Pink legs, white head and black wingtips with white spots. Yellow beak with a red spot near the tip.
		Dunlin	In summertime the adults are brick-red above and has a black patch on the belly. During winter it is grey above and white underneath, which makes it easy to confuse with Sanderling, but the Dunlin is smaller and has a longer beak.

Names from (Plantlife, 2017)

Details from (The Wildlife Trusts, n.d.)

Reflective account

Introduction

I am satisfied with the planning process I went through. I spent a good amount of time reading up on the Lowland Leader Award, knowing what working towards the award could mean. I think each session I did was highly relevant to the award and to my aims. Most of my aims were mainly connected to research methods, which is simply because I already felt that I had the practical skills needed for the award and therefore my aims were to learn more about the theory connected to it. I learned this both through the theoretical and practical sessions. For example, I tried to learn something about the local history of each place I visited through the hikes, both via online resources and through information boards and signs along the paths. One of my aims was to learn more about the local flora and fauna. As one can hardly be sure to see any wildlife while outdoors, and especially because most of the plants blossom in summer time, it made more sense to me to keep this part of learning mainly to research through the internet.

Practical sessions

16.09.18 and 19.09.18

Both these sessions were done before we started the term and I have counted them because we were told that one could also count a few sessions we had done before. I would not call any of these walks a quality lowland day, which is why I have marked them simply as “lowland walking”. However, they were my first meeting this term with what is called lowland in the UK and they gave me some insight in what a lowland walk can be. The first one was the most cultural of the two and gave me an idea of what one can do to get some cultural input during a walk. The second one introduced me to the coast line in South Wales, which is one of the most characteristic nature types in this part of Wales and an area a lot of people prefer doing lowland walks in. The second walk gave me cultural input as well, but in a different way, simply because the on the first walk we followed a trail solely made for people to learn about Henry Vaughan and on the second one we happened to pass a historical place. Both walks taught me about some local history and showed the nature in that specific area in a good way.

01.11.18

This walk from Penally to Lamphey took me by some stunning cliffs and hidden beaches, such as Church Doors Cove and Skrinkle Haven Beach. The starting point was ideal, with just a short walk from the train station in Penally to the Coast Path. The end point was not as ideal,

seeing that I had to walk 2,5 km along the road to get to the train station. However, I do not consider it a big issue, considering that I wore strong coloured clothing and a high-visibility piece on my backpack, and took good care while walking there. This walk was good for practising timing. I knew before walking that it was 15 km long and tried to calculate how much time I would spend walking it. I calculated approximately 4 hours, which meant that I would still have some time to spare before taking the train from Lamphey. I spent around 3,5 hours, so a bit less than calculated. This meant that I had to wait a bit for the train, but I would much rather wait for a train than arrive later and miss it. Even if I estimated time between arriving to and taking the train from Lamphey, this makes a weak spot in the planning. If something had occurred during the hike and I arrived much later to Lamphey, I would have to wait for a long time to get the next train.

07.11.18

My plan for this day was originally to take the bus from Swansea to Rhossili and do a circular walk from there. I lost the bus connection, so instead of waiting in Swansea for over an hour, I decided there and then to take the bus to Oxwich and walk from there to Rhossili. It was no problem to make this change, as I knew that one could walk along the Coast Path from the one place to the other. The one thing that was not ideal, was that calculating the duration would not necessary be as easy without the online resources. I could quite easily find the distance of the hike on the bus to Oxwich and found out that it was 17 km. Based on the previous hike I therefore calculated approximately 4 hours, seeing that I had walked two kilometres less on 3,5 hours. This was very accurate, and I was pleased with the quick calculation I did. By looking at online maps I could see that walking this route I would never be further than 3 km from an access point, which also was an advantage in case something should occur.

14.11.18

The main aim for this day was to see and learn about Carreg Cennen Castle and I made the route according to that. By the online resources I used I found that the country roads were the best to follow, because there were few paths in the area. I found out when I started the hike that there were more paths than I had seen, so afterwards I whised I had done even more research on the route before walking it. However, the country roads I followed were as expected quite calm and I never felt unsafe walking along them. During this hike I got a lot of

cultural input, both through the castle and stopping by Coaltown Coffee in Ammanford. For these 18 km I estimated 3,5 hours, which was very accurate.

17.11.18

This hike from Rhossili to Hillend and back was shorter than the other hikes I did, but I have nevertheless called it a Quality Lowland Day out of two reasons; transportation takes quite a while as well and on this hike I consciously spent more time looking at the landscape than on the other trips. The distance was 8 km and I estimated 1h 45 minutes, and I did the walking itself on 1h 35 minutes. I spent some time by the Rhossili Radar Station, reading up on the information board and soaking up the view. It was a windy day, but this spot was sheltered. Before reaching Rhossili again I ate lunch looking down at the beach where a lot of people were surfing.

21.11.18

The two reasons for doing this hike was to see the castle and the waterfall in Cenarth. I started this hike by looking at the castle in Newcastle Emlyn and walking the river walk, reading the information boards both places. That was a good way of learning more of the place and a nice way to start the walk. From here I walked alongside quite a trafficked road until I reached the country road I was going to follow all the way to Cenarth. When reaching Cenarth I spent some time looking around, learning about the local poet Eluned Philips from information boards and admiring the waterfall. From here I followed the path along the river until I reached the country road again and from here walked the same way back to Newcastle Emlyn. As written in the log I planned that in case the road was too trafficked, I would take the bus back to Carmarthen from Cenarth instead of Newcastle Emlyn. It felt safe having that as back up plan before starting the walk, but the part of the walk that was trafficked was not too long, and I felt fine walking back the same way. The distance was 13 km and I had estimated a bit less than 3 hours on the hike which was quite close to the 2,5 hours I spent.

General

Eventually during the term, I realised that I had been far too optimistic when planning how to work towards the Lowland Leader award. I set an aim to have eight Quality Lowland Days before leaving Wales in December, which turned out to be a few too many. I have had five Quality Lowland Days and two Lowland walks. With the research sessions I have done nine sessions in total, but the goal was to do eight walks in addition to the research sessions. It was too optimistic, simply because it was hard to prioritize time to do Quality Lowland Days. A few things came up suddenly, for example I was invited to go with the rugby team to Cardiff to see the national matches one day and I had some friends spontaneously visiting from Norway. This occurred on days I in advance had planned to spend on doing lowland walks. In general, it might be hard to prioritize whole days out in between other school projects and being an exchange student you want to spend your time experiencing as much as possible while being in another country. To me this meant that I usually spent the weekends traveling.

I thoroughly enjoyed working towards the Lowland Leader award, but I cannot help but feel that it would be good working towards an award that also was more relevant to outdoor life in Norway. I would have loved to develop the hard skills more, and maybe learn some new skills. As I am now going back to Norway the focus will be the course back home, and therefore the Lowland Leader will no longer be prioritized in the same way. I have learned a lot about outdoor life in Britain and especially Wales and gotten to see a lot of amazing places because of this award, so I am very satisfied with the outcome of this process after all.

I chose the routes mainly based on places I wanted to visit and found paths in that area. This worked quite well, as I in advance already had some ideas on where to go. The one route I would have changed was when I walked from Llandeilo to Ammanford via Carreg Cennen Castle. I did this walk solely based on wanting to see the castle, but as I did the whole walk along country roads, I might as well have chosen another route and visited the castle at another time. However, it usually worked very well having one place as the idea for a trip and planning the route from, via or to that place.

The aims and objectives

My aims looked like this in the project description:

- Become more confident leading groups in English, especially when it comes to hazards and emergency procedures.
- Know the symbols used in maps and know how to use the information given with regard to rights of way and access to land.
- Feel more confident calculating duration.
- Know about the national codes, law relating to rights of way and access to land and the nature of specially designated areas and limitations on their use.
- Know more about local fauna, flora and history.

Through the research on the topic and through practicing it in sessions on the course, I know that I have learned more about the terms used in first aid in English. I can easily say that I feel more confident leading groups using English, and particularly when it comes to first aid. I believe this will be highly relevant to future work, both professional and volunteer. One example is that I through the scouts in Norway am a part of the national committee for international scout work, where this particular aim very likely will come in handy.

The research I did on the topic navigation was very helpful, but I believe that doing it alongside in the practical sessions through the course and on my own was crucial to actually learn it properly. I feel that I have learned the symbols used most frequently and I have a good knowledge of how to use the information given with regard to rights of way and access to land. As there are some differences on the British and Norwegian maps, there is a fair chance that I will forget some of the information while back in Norway. I therefore believe that repetition will be wise if I am going back to Britain and will be using maps.

I have tried my best to practice the aim of becoming more confident in calculating duration while hiking. I have based my calculations loosely on the table in *Safety on Mountains* (British Mountaineering Council, 2010, p. 45), but mostly on previous experience and also occasionally online resources such as Google Maps which can give a brief idea of timing. I can easily say that through planning and implementing these hikes I have become more confident and more accurate when calculating. However, the hikes where I practiced calculating were solo hikes. Therefore, I think it would be wise of me to keep practicing with

groups. I have good possibilities to do this through the course in Norway and through the local scout group. It does not have to be more than me trying to calculate and check if my calculation was accurate at the end of a hike.

Through research and the course, I have learned a lot more about the national codes, laws and access to land than I knew before I came. I knew already that this is one of the points where outdoor life in Norway and UK differs, but during this semester I have learned more about what is actually different between the two nations. I have really enjoyed learning about this and I like the fact that I still have more to learn on the subject, as it is quite a big one.

I definitely feel that I know more about local flora, fauna and history than I did when I came to Carmarthen. I learned about flora and fauna mainly through the research session, but it was great to pay attention to the flora in particular when out hiking. I have learned a lot about the local history when hiking, but also through the course. Doing Outdoor Adventure is a great way to get to know the area and I am grateful for that.

For several of my goals I wrote that I would have the knowledge in question by mid-December, which was when I left Wales to go back to Norway. For the research sessions I had written specific weeks to do it in as well as try my best to note down after the sessions through the course. By mid-December I had learned a lot about the topics mentioned and the topics concerning the research sessions I learned a lot about through the research and also during hikes.

Some of the aims were hard to measure precisely, which makes sense as some of them simply were to learn more of a topic. I can see that it is not ideal to not be able to measure properly, but I have not got an idea on how I could have done that part better. My over-all goal in the Developing Personal Skills module was to have the knowledge I need for the award and be done with eight of the 20 required Quality Days before I leave Wales. As mentioned, I did not manage to go through with eight days and I do not see this as a defeat of any kind. I got to see some wonderful places through the walks I did, I learned more about the local history and I got to practice calculating duration on the hikes. This is valuable itself. The other part of the over-all goal, to have the knowledge I need for the award, I believe is as good as fulfilled. Even if one can always learn more on the topics, I believe I through this semester have gained sufficient knowledge to maybe one day become a Lowland Leader. This is a lot because of the

course, but also because of my own effort in all the sessions mentioned above. Through the exchange I hoped to learn a lot about outdoor life in Britain and Wales in particular and working towards Lowland Leader has been a great way of achieving that.

Word Count:

4341

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