

LEVEL 5 ASSESSMENT SPECIFICATION

Student name:	Macey Bowen	Student number:	ID 1910151
Programme:	Outdoor Adventure Education/ Adventure Filmmaking		
Module:	Sustainable Journeys		
Module code:	BMOE5004	Contribution to Overall Module Assessment (%):	50%
Lecturer:	Graham Harvey	Internal Verifier:	Denise Leonard
Assignment Title:	Essay	Word count (or equivalent):	1500 words
Submission deadline:	26 th March 2021 at 3.00pm	Return date of provisional marks & written feedback:	26 th April 2021
Submission method:	All written assessments, where practical and possible, must be submitted via Turnitin unless otherwise instructed by the Lecturer. (Please DO NOT put this assessment specification into Turnitin or it will match many similarities with other students' submissions.) Alternative submission method (if applicable): Late submission of the assessment will result in a late penalty mark. Penalties for late submission: Up to one week late, maximum mark of 40%. Over one week late, 0%. Only the Extenuating Circumstances Panel may approve a change to submission dates.		
Academic honesty / referencing:	Academic honesty is required. In the main body of your submission you must give credit to authors on whose research and ideas your work is based. Append to your submission a reference list that indicates the books, articles, etc. that you have used, cited or quoted in order to complete this assessment.		

Module Learning Outcomes (from module syllabus)

- Plan a multi-day journey with a clear purpose commensurate with their own skills and abilities as an expedition leader.
- Critically reflect upon the planning process, the expedition activity and expedition outcome in relation to a specific purpose;
- Develop a deeper understanding of sustainability as a concept and critically discuss its relationship with outdoor adventure education;

TASK DESCRIPTION

With reference to the article by Mackenzie and Goodnow (2020; available on Moodle), critically discuss the following statement: Microadventures are “an enticing alternative for both current and post-pandemic conditions” (Mackenzie and Goodnow, 2020, p1).

You must clearly demonstrate your appreciation of the “conditions” that they refer to and how these can be extended to apply to the broader field of sustainability.

STUDENT FEEDBACK FORM

This section details the *extent* to which the assessment criteria are demonstrated by you, which in turn determines your mark. The marks available for each category of skill are shown. Lecturers will use the space provided to comment on the achievement of the task(s), including those areas in which you have performed well and areas that would benefit from development/improvement.

Generic Assessment Criteria	Mark s avail able	Mar ks awa rde d
1. Engagement with Literature Skills		
	20	
2. Knowledge and Understanding Skills		
	30	
3. Cognitive and Intellectual Skills		
	20	
4. Practical Application Skills		
	20	

5. Transferable Skills for Life and Professional Practice										
		10								
Assessment Mark (Assessment marks are subject to ratification at the Exam Board. These comments and marks are to give feedback on module work and are for guidance only until they are confirmed.)		<table><tr><th colspan="2">Late Submission Penalties (tick if appropriate)</th><th rowspan="3">%</th></tr><tr><td>Up to 1 week late (40% Max)</td><td></td></tr><tr><td>Over 1 week late (0%)</td><td></td></tr></table>		Late Submission Penalties (tick if appropriate)		%	Up to 1 week late (40% Max)		Over 1 week late (0%)	
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BY MACEY BOWEN 1910151

Microadventures and Sustainability

Introduction:

In this essay I will be discussing my understanding of micro-adventures and their importance in society today. I will be looking at the contrast between micro-adventures and traditional expedition journeys. I will identify the problems presented to adventurers during the pandemic and the broader issues of sustainability and adventure. I will also compare these issues to post- pandemic and look into how they affect everyone individually. This essay is certainly a topic I can relate to especially during these tough times in a pandemic. Micro adventures seem like a great idea of enjoying a small part of our normal journeys in the outdoors. Throughout this essay I am going to explain my personal opinion on how the pandemic has affected me, mentally and physically. The new restrictions put into place have stopped many of us adventures and enjoy the more extreme sports and it feels like it's all been taken away from us. However this idea of new micro adventures will help us get a small part of our normal lives back and we can keep up our passion for the outdoors.

Microadventures are short days from 5 to 9, or weekend adventures. They are designed to fit into a busy work life. They help you still get a good taste of the outdoors just with a lot less planning. They are a way of connecting with your environment without having to spend a lot of money and get a lot of equipment. The main reason for these is to consume a lot less time, as we all know today everyone is far too busy with work and family. We know that "Micro" means mini. O that is exactly what they are. Mini adventures. Alastair Humphreys, the man who popularised the idea of microadventures, says, "Microadventures helped restore my sanity, providing a dose of wilderness, offline stillness and physical toil, but still getting me back in time to do the school run." This quote showed me that being an adventure doesn't come with a time limit. Even just being outside for a few hours in the wildlife, that is still going on an adventure as it is a different environment from being indoors online. Microadventures are quick snatches of adventure, claiming back some excitement from everyday life.

We all know having that same 9 to 5 job sitting in the office, can be extremely tedious at times and it's always a good idea to switch up our normal routine and get outdoors.

I found that during this covid pandemic I have experienced quite a few micro adventures. It's not even the fact that I don't have the time, for me I haven't planned the traditional expedition sort of journey mainly due to the fact that I haven't got the right equipment to ensure my safety. I also don't have any friends to do it with as the covid regulations will not allow this. Therefore some days I know the only thing that will lift my spirits is heading to the beach and just walking up hills on different types of terrain. There is nothing better than fresh air to help clear away our worries.

Therefore I think the idea of micro adventures definitely works and is certainly a great way of introducing new people to long journeys in the outdoors.

When researching the article by Mackenzie and Goodnow I came across a statistic which said, “Pre-pandemic the adventure travel industry grew by 195% from 2010 to 2014 and was forecast to grow a further 33% by 2023”. They then go on to state that this is driven by individual benefits such as personal transformations; enhanced self-esteem, self-confidence, intrinsic motivation and resilience. This was something I noticed before lockdown, everyone was trying to kick start their health and fitness journey once again after the Christmas break. I think adventures are increasingly common to be outdoors and travelling to local hotspots for some tougher terrain than normal. However due to this COVID pandemic they haven't been able to do this. The regulations and laws put in place by the Welsh secretary have stopped everyone travelling away from home. I believe this has affected many adventures in a negative way as they haven't been able to complete their normal expedition routes/walks. Adventures have had a number of rules put in place to stop them planning long and new expeditions, which would have happened if there wasn't a pandemic happening. Unfortunately this results in being less active, unable to buy new equipment or safety gear and also their inquisitive thoughts on new adventures, may not be explored as much as they would have. This takes a huge toll on mental health, self-esteem and also may cause more health problems in the long run. Before the pandemic people were more able to head outdoors and go for a hike to reduce stress, but now they aren't allowed to do that. The roads around them may be more dangerous, they may live in a busy urban area, which is a completely different space to what adventurers are used to. For months and months people have been stuck at home and told they are not allowed to leave their homes. We have seen mental health cases rise as well as obesity levels. Therefore this just goes to show how important the outdoors can be, and being allowed to roam freely in it.

According to Louise Marshall director of health foundation, “More than two-thirds of adults in the UK (69%) report feeling somewhat or very worried about the effect COVID-19 is having on their life. The most common issues affecting wellbeing are worry about the future (63%), feeling stressed or anxious (56%) and feeling bored (49%).”

This quote clearly backs up my opinion and research on the effects this pandemic is having on people's mental health. The feeling of boredom is something that will hopefully fade with time, however I believe this is due to the complete change of our normal daily routines. There is also a lack of facilities open, therefore it is hard to keep ourselves entertained staying at home.

“Microadventures are “an enticing alternative for both current and post-pandemic conditions”? This statement in my opinion is correct. I believe micro adventures are a brilliant way to slowly introduce beginners to the outdoors. From spending a week on an expedition to only a few hours out in the countryside, is a swap people are beginning to make. Many people are enjoying it and this may be something big in the future. Micro adventures really help with social conditions. They allow you to bring along friends who may not be as experienced in the outdoors as yourself. It allows you to introduce the many positives of the outdoors to friends who may have thought about it differently. Micro adventures are just a small snippet of what a week expedition will feel like. It allows them to gradually understand their environment and the different factors which they may have no experience in. Social connection is extremely important for humans, therefore the more people you can get to enjoy micro adventures with you, this could lead to longer and more thrilling adventures in the future. They may have never been on a hike before, imagine going on your first ever hike and it lasts 6 days, on high terrain with little experience. This is going to put many people off the idea of expeditions as it will be too much of a shock, to the system too soon. Therefore the idea of small adventures to slowly introduce them to factors such as social environment, adverse

weather conditions and more, is much more likely to leave positive memories and opinions on heading out of their comfort zones. Micro adventures are exciting and the route can change each time you leave your home. Therefore there is no option for people to get bored of doing the same thing. I think they are a great way of connecting with the outdoors and also post- pandemic. Post - pandemic is something many people feel anxious about and struggle to picture their normal lives resuming, therefore micro adventures are a way of easing anxiety, building resilience, gaining control of our emotions and also enjoying sustainable routines.

Sustainability is most often defined as meeting the needs of the present without compromising the ability of future generations to meet theirs. It has three main pillars: economic, environmental, and social. These three pillars are informally referred to as people, planet and profits. The environmental pillar often gets the most attention. Companies are focusing on reducing their carbon footprints, packaging waste, water usage and their overall effect on the environment. Companies have found that having a beneficial impact on the planet can also have a positive financial impact.

In order to have healthy communities, we need clean air, natural resources, and a nontoxic environment. Therefore it is our job to help this in any way possible. When being outdoors, it is important to ensure we don't leave any litter behind as this can be dangerous for our wildlife. It is important our environment is left how we found it, with no extra negatives to turn away the public. It is important we get as many people enjoying the outdoors as much as possible.

To sum up all of my points in this essay, Microadventures are a brilliant way of introducing people into the outdoor environment. This covid-19 pandemic has been a really tough time for everyone. Especially adventures as their whole hobby and skills set may now seem like a distant memory. We are eager to head outdoors and start exploring again, and I can assure you this will begin as soon as the regulations for travelling are lifted. I think that micro adventures have many advantages compared to the more traditional expedition journeys. Some of these include, less time consuming, less time planning, less luggage/ valuables to carry with you, less factors to consider such as the weather, sense of connection with your environment, still get the same endorphins release as a longer journey, also the positives it will have on your mental health will be liberating. Whereas when you analyze a longer journey, you must plan a lot more on where you're going to walk, you have to look into where the best place to camp is, you need to check the weather over a couple of days and make sure you pack the right equipment to deal with this. I think a huge disadvantage when choosing microadventures over long journeys is, you will not get the same experience and you will not achieve as much. An expedition is a journey to achieving a goal at the end, however if you only have a couple of hours spare this goal then needs to be shortened and made easier in order to be achievable. Therefore when planning the journey it becomes a lot shorter and a lot less challenging if you were to choose a microadventure instead. I have also touched upon sustainability and the important role we all have in keeping our environment clean and safe. It is important the younger generations get to experience the countryside just how we have. It is important for them to fall in love with wildlife around them and understand that it is a sustainable environment for everyone. Overall this essay has taught me the importance of microadventures and the importance this has on our mental health. Hopefully after this covid 19 pandemic, the number of adventures will increase as people leave their homes looking forward to new experiences.

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