



No presentation debrief guide

Teams must have a full debrief with their Assessor for between 20-30 minutes at the end of the second day of their expedition and before leaving for home.

Assessors should use this guide to ensure that the young people are able to reflect on their experience, both as a team and as an individual.

<p>Reflecting on themselves (reflecting on performance)</p> <ul style="list-style-type: none"> • Now you have finished, how do you feel? • What were the best parts of the experience? • What were the most challenging parts of the experience? • What do you think you learnt about yourself and others in your team? • Has the expedition experience given you more self-confidence/self-belief? • Did you discover any hidden abilities during your expedition experience? • What did you do differently/better than your practice? • What would you do differently next time? • What do you think the benefits were of being on your own away from other friends, family and social media?
<p>Reflecting on the team (teamwork, leadership, self-reliance, co-operation etc.)</p> <ul style="list-style-type: none"> • Why do you think it is important to work as a team on an expedition, and how did you get on with each other? • Were there any factors which helped the team work together? • Were there any factors which prevented the team from working together? • Give an example of a problem that arose on the expedition and how you overcame it. • If you made the wrong decision, what happened and what did you learn from the experience? • Did people take on different roles (leader, navigator, motivator, helper, chef) or did you all share the different roles? • What role do you think you would take on in a different team environment?
<p>Reflecting on the expedition (route, menu, kit, managing risk)</p> <ul style="list-style-type: none"> • Was your route plan accurate and how closely did you follow it and your timings? • In the light of experience, are there any other preparations you would make for future expeditions? • Were you able to find the balance between keeping safe and having an adventure, and where do you want go for your Silver expedition? • What advice would you give another DofE team setting out on their expedition?

Please remember to ask open ended questions which will enable teams and individuals to learn from their experiences and to understand how this has affected them, their self-esteem and confidence.

It should also help them recognise their achievement and understand how they can take this experience and use the lessons they have learned in to other aspects of their lives.