|  |  |  |  |
| --- | --- | --- | --- |
| Location  | Weather Conditions | Tutors | Time (hours) |
| Deep into the Rhinogydd Mountain Range, Past Rhinog Fach towards Caerdeon | Wind: (NE) 7 mphVisibility: GoodTemperature: Highs of 14$°$C and Lows of 11$°$CConditions: Sunny  | Unspervised leg of the journey. | 10 hoursDate: 09/03/2017 |

|  |  |
| --- | --- |
| **What I noticed or learned about:** |  |
|  |  |
| My **self** | The last day of the expedition, morale should be high and everyone should have been relieved to go home and have a warm shower. However, by the time we had woke up there displayed a problem, other slept in and were highly unorganised. By the time we leaving I made sure that there was no litter or damage to the surrounding environment, I wanted to see no evidence of our whereabouts being there. I had noticed how my knee was still playing up to the point that I had to keep on going to prevent loss of momentum. Perhaps for future preference an injury should be tedned to before hand. I had learnt of my own competnece my navigation skills had increasingly developed and my judgement of terrain and proved to advance. I had learnt how to lead effectively amongst the group where when I was leading I made use of what empowered me to lead that being past experience and possible referent but I still question my leadership potential, maybe I need to further work on my communication and attain a high level of self confidence. I believe the ultimate reason of my leadership was my right mindstep, being positive and showing enthusiasm throughtout the journey. |
| **Others** in the Group | Others in the group were beginning to become more fustrating by the hour, this certain members was still being carried the way, where I had shared all but a sleeping bag of his between another member of the group, his attitude was the complete opposite of others in the group, it concluded with the coercive behaviour delvivered by another member of the group when he was chosen to lead towards the member constantly slacking behind and showing no motivation, even with my best efforts to motivate him, he did not want to show any positivity. I do believe that this coercive behaviour demonstarted by the leader at the time was the wrong form of power, it was negative and something we did not need on the last leg of the journey. Towards the end of the journey, the group and decided to take a short cut where their navigation went wrong and led us all in the wrong direction, it happened more than once and although fustrating it was rather humourous in addition it increased eveyones morale we were again talking to each other as if we had not been wlaking for three days after and hours quiete spell. The end of journey was such a relief for the group and even the difficult member og the group had cheered up. For the group it was a success and without the group I do not believe there would be success. |
| The **environment** around me | I still argue that the same environment around me was aesthetically pleasing. It made me realise why so many people seek to go mountaineering. I was relaxed and finally for the first time in months I had escaped my society based problems and I was able to breathe, it was had knowing I would be back into the same society that was dragging me down. The environment has taught me many things though about how much change it can deliver. |
| **How I felt about the challenges:** |  |
|  |  |
| **Physica**l – e.g. comfort, fitness, skill acquisition,  | I am physically prepared and I feel ready for this expedition. My skill acquisition may need to be finessed but I believe that may occur throughout my expedition where I have no choice but to use difficult manouvers. Naviagation seemed to improve massively along with my judgement. |
| **Mental** – understanding, problem solving,  | I was able to solve problems of navigation and I personally believe I have the ability to navigate effectively.  |
| **Emotional** – levels of frustration, fear, anxiety, comfort zone, happy, funny, | I felt fustrated by certain memebrs of the group but I choose to use this as a learning reference. I had felt relied amongst others to finish but uncomfortable thinking about my material home. |