

## THEME

Connectedness

## SUB THEMES

Understanding Others  
Relating to & Communicating  
with Others

## Overview

In this activity Participants take a walk in the outdoors. They 'buddy' with a peer to mentor each other on the walk.

Through walking alongside another person, Participants have the opportunity to:

- Develop an understanding of someone else
- Develop empathy for other people
- Serve others
- Learn to build relationships.

## Leading an Adventure

## Knowledge and skills

Knowledge of others, developing empathy, service to others, cohesion, group culture understanding, relationship building.

## Resources

- Individual backpacks
- Leader Journal template



## Pre-Adventure

### THE VENUE

The Facilitator chooses an appropriate walk for the group. It may be a bush walk, a beach walk, a mountain walk, a park walk or just a local walk. The length and degree of challenge of the walk depend on the Participants' abilities. All Participants are paired with a 'buddy'.

### THE EQUIPMENT

The Facilitator informs each Participant they need a day backpack. The Facilitator asks each Participant to bring the following in the backpack:

- Drink bottle
- Lunch/Snacks
- First aid items they think they might need
- Wet weather and survival equipment they think they might need
- Something the Participants think their 'buddy' might like or need during the walk
- Something their buddy might find challenging or that might get their 'buddy' thinking.

## Pre- and Post-Walk Reflection Questions

### PRE-WALK REFLECTION

Ask participants the following questions:

- Why are we going on the walk?
- What are you hoping to gain/learn?
- How easy/hard will it be for you?
- How easy/hard will it be for your buddy?
- What will help you?
- What will help your buddy?
- What will challenge your buddy?

### POST-WALK REFLECTION

- What did you learn about you? About your buddy?
- What was the easiest for you? For your buddy?
- What was the hardest for you? For your buddy?
- What did you do well? What did your buddy do well?
- What could you have done better? What could your buddy have done better?
- What have you learnt about developing 'a group culture' when walking alongside other people?



NAME \_\_\_\_\_

## Leading an Adventure

Answer the following  
questions before and after  
your 'buddy' walk.

### PRE-WALK REFLECTION

1. Why are we going on the walk?

---

---

---

2. What are you hoping to gain/learn?

---

---

---

3. How easy/hard will it be for you?

---

---

---

4. How easy/hard will it be for your buddy?

---

---

---



5. What will help you?

---

---

---

6. What will help your buddy?

---

---

---

7. What will challenge your buddy?

---

---

---



**POST-WALK REFLECTION**

**1. What did you learn about yourself?**

---

---

---

---

---

**2. What did you learn about your buddy?**

---

---

---

**3. What was the easiest for you?**

---

---

---

**4. What was the easiest for your buddy?**

---

---

---

**5. What was the hardest for you?**

---

---

---

**6. What was the hardest for your buddy?**

---

---

---

**7. What did you do well?**

---

---

---

**8. What did your buddy do well?**

---

---

---

**9. What could you have done better?**

---

---

---

**10. What could your buddy have done better?**

---

---

---

**11. What have you learnt about developing 'a group culture' when walking alongside other people?**

---

---

---

---

