



Richmond Centre for Disability

“Promoting a new perspective on disability”

Duke of Edinburgh Awards Adventurous Journey Log Book

Expedition – A Trip with a Purpose – A Journey of Discovery

Guidelines for completing the Log Book:

1. Cover page – who, what, where & when; photo of candidate, name of organization & leaders
2. Index page – content and photos list
3. “What did you need to complete?” Requirements & details for the award level
4. Details of Expedition: purpose, date and time, locations, means of travel, team members, etc.
5. Route map
6. Accounts for each day of expedition:
 - What did you do?
 - Where did you go?
 - How did you travel?
 - Who was there with you?
 - What have you learned – related to the purpose of your trip?
 - How did you feel?
 - What did you like most, or dislike more? What are the challenges and unexpected events?
 - Who had helped you? With what?
7. Conclusion – successes, lessons learned, what advice to give to other people going for the same expedition.....

Things to remember:

- Insert photos
- Add caption to photos
- You can draw if you like of how you feel