



Raleigh research shows the power of adventure

April 2008

Leading youth and education charity Raleigh recently commissioned academic research into the motivations and outcomes of young expedition participants which has revealed that Raleigh expeditions have a significant effect on young people's mental resilience to succeed when the 'chips are down', and on the development of a number of their leadership skills.

The study of 45 young participants - known as venturers - who volunteered in Costa Rica and Nicaragua in Autumn 2007, was carried out by leading academics Dr Simon Beames, of the University of Edinburgh, and Dr Tim Stott, of Liverpool John Moores University.

Beames and Stott found that the positive outcomes of Raleigh reported by venturers included increased confidence in dealing with people from different cultures and countries, and clarification of which direction they want their career and life to head.

The study also looked at the skills that young people developed on expedition, concluding that there was improvement in planning and leadership, self-awareness and the confidence to influence a group.

"For over 20 years participants have told us that the adventure and experiential learning of the Raleigh expedition is life changing. Now however we have the beginning of an evidence base that will build the recognition that what we provide is a truly developmental experience that can give young people the skills and confidence they need to become active global citizens," commented Raleigh Chief Executive, Stacey Adams.

"Living in rural communities, working in tough conditions with a diverse group of peers to make a real difference to local people produces a real change in attitudes. The mental and physical challenges of the adventure phase, a key element of all Raleigh expeditions, convinces our young people that they can do more than they ever believed possible. It raises their aspirations about what they can achieve in life. This is what we are passionate about."

Ends

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Notes to Editors:

Raleigh

Raleigh is a youth and education charity. Since 1984 our expeditions have inspired 30,000 people from all walks of life, nationalities and ages to be all they can be, helping them develop



new skills, friendships and make a difference to communities and environments across the world.

We all have an expedition inside us. Find yours at www.raleighinternational.org