

Crossing the Empty Quarter

Lesson Three: The Lessons

Student Workbook



The finding of water in the well at Turaiga represents an important moment for the expedition physically, mentally and emotionally.

Activity 1: What lessons did the team have to learn in order for this moment to be possible? Try to think of three different lessons

1.
2.
3.

Activity 2: Think about the large variety of skills and lessons that the team learnt over the course of the expedition. Some of these are practical skills, while others were deeper lessons that they learnt about themselves. Make a list of each type of skill or lesson.

Practical skills

Personal lessons

Which of the boxes above do you think will serve the team best as they continue through life? Why do you think this?

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At the end of the video, the team spend a lot of time evaluating and reviewing the lessons they have learnt during the expedition and they identify many things that made success on the journey possible.

Activity 3: Write a recipe for success by identifying the ingredients necessary for a successful expedition such as the Crossing of the Empty Quarter.



A spoonful of



A tin of



A pinch of



A pitcher of



A cup of



Although the expedition was an exceptional event, which of your ingredients is essential for success in life more generally?

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When Mohamed started Outward Bound Oman in 2009, he asked three leading companies what were the top skills they looked for when choosing young people to work for their organisations. The points they said are listed below.

<input type="checkbox"/>	Good time management	<input type="checkbox"/>	Trustworthy
<input type="checkbox"/>	Clear communication	<input type="checkbox"/>	Able to work with others
<input type="checkbox"/>	Able to deal with failure	<input type="checkbox"/>	Able to plan in detail
<input type="checkbox"/>	Organised	<input type="checkbox"/>	Flexibility - being able to face uncertainty
<input type="checkbox"/>	Good at problem solving		

Activity 4: Which of these skills do you think were especially important for the success of the expedition to Doha? Arrange them in order by writing a number next to each term to the right, with one being the most important to nine being not so important. Compare your answers with your neighbour to see if you agree.

Mohamed divided these skills into seven groups to make it easier for students on his courses to understand.

Activity 5: Like Mohamed, Amur and Mark did when they reached Doha, it is now time for you to reflect. Which of the seven areas below that Mohamed identified are you good at, and which do you need to develop?

Rate your self with a tick in the right place on the line				
Perfect	Good	OK	Could be better	Awful
Resilience (able to come back from setbacks)				
Problem Solving (coming up with good solutions)				
Self Confidence				
Communication (listening and speaking)				
Positive Attitude (open to new ideas and drive to succeed)				
Team Work (respecting others, cooperating and being reliable)				
Self-Management (flexible, responsible, with good time management)				

When they finally reached Doha, the team were able to celebrate - the challenge was finally over.

Activity 6: What challenges lie ahead for you in the next year or two of your own life? How will you overcome them to ensure you reach your own goal? Complete your own personal action plan below.

Good luck on your own journey!

My Personal Action Plan

<p>Goal</p> <p>What do you want to achieve in the next two years of your life?</p>	<p>Reality</p> <p>Where are you now and what do you need to improve?</p>	<p>Actions</p> <p>How will you achieve your goals and what will you do?</p>