

WHAT IS YOUR ADVENTURE?

Think about the best time to go on your adventure. Are there storms, will there be fresh water, too hot etc. When is the best time and why?

TIMELINE - write a timeline of your prep & the adventure..

START

FINISH

My Equipment list...

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

PREPARATION OF YOUR ADVENTURE

What skills do you already have? And what will you need help with??

I have... I need help with...

How can you prepare yourself for these feelings?

PHYSICAL PREPARATION
 What do you need to do to get fitter + healthier?
 Make a weekly training plan.

DAY	ACTIVITY	TRAIL
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

MENTAL PREPARATION
 Write some words of how you may feel alone on your adventure

How can you prepare yourself for these feelings?

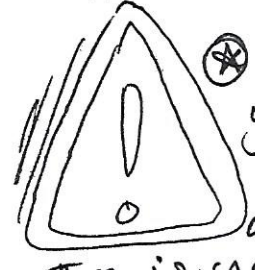
WHAT FOOD WOULD YOU TAKE?
 (THERE IS NO FRESH SO food will go off) You are also doing hours of rowing, a day!!! (and you don't know how long you'll be at sea)

Breakfast	snacks	lunch	snack	Dinner
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How many of each will you take?



SAFETY AT SEA



What would you need to be as safe as possible on this journey?

The boat is your everything. What would you take for your Atlantic solo row?? Remember, everything you take will weigh and you have to row that weight!! Heavy = slow 😞

I will take the following things

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How deep is the deepest part of the Atlantic?
 _____ meters
 (That's from your house to _____)

What animals did Kiko see?
 ↓ ↓

WRITE A PLAN FOR YOUR DAY ON THE OCEAN - Design your day.

THE JOY

01:00
02:00
03:00
04:00
05:00
06:00
07:00
08:00
09:00
10:00
11:00
12:00
13:00
14:00
15:00
16:00
17:00
18:00
19:00
20:00
21:00
22:00
23:00
24:00

(B)
MARCH 22nd
2018

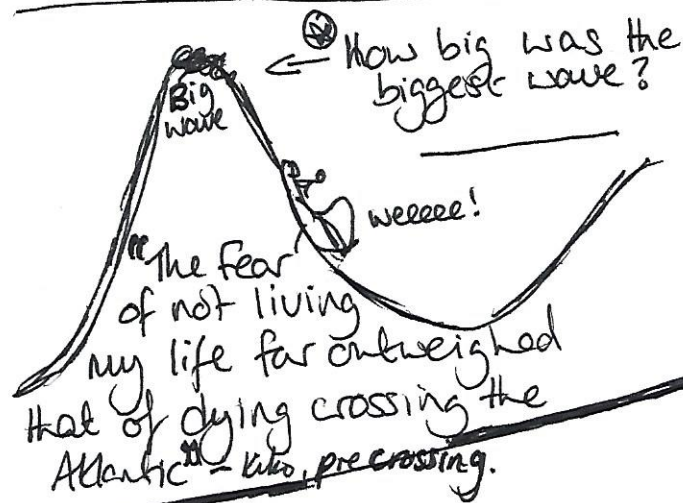
⊛ How many days was k...

⊛ How many hours did kiko row for, every 24 hours? _____, sometimes _____.

⊛ How many hours (approximately) did kiko row for, in total?
— x —
= _____

⊛ What other jobs and things did she have to do?

⊛ This point of pretty hard work



⊛ How do you go on?

BARBADOS

WORLD RECORD
FASTEST SOLO FEMALE

⊛ My favourite thing about the journey would be _____

⊛ I would chose to do it because...

This is called the PURPOSE, THE WHY?

JOURNEY

⊛ If kiko was at sea for _____ days, how many _____ is that? _____

⊛ What do you normally do in that length of time? _____

FEB 1st 2018

⊛ How many different people do you see in that time? (think school, clubs, family, friends, people on the bus etc) _____ (an approximate number)

How many people did kiko see? _____

How many boats did kiko see? _____

At one point of the journey how far was the closest person to kiko? _____

the journey was _____

Why? _____

⊛ What is the distance kiko rowed? _____

⊛ What's the difference between Solitude & loneliness? Discuss with your parents.

⊛ Write some words about how

|| a journey like this would make you feel

(a) During preparation _____

(b) During the journey _____

(c) After you complete the journey. _____

⊛ WHAT IS THE NAME OF THIS CONTINENT? _____

⊛ Which way do the winds blow? From _____ to _____.

⊛ Does kiko stop the boat backwards? _____

⊛ How would you keep yourself entertained for the whole journey? _____

o at sea? _____

