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# Appendix

## Interview Guide

### Trainee

- What is your age? (Also, confirm gender even though this is often determined by voice over the telephone!)
- How long ago did you sail?
- How old were you then?
- Did you sail on your own?
- Would you like to talk about your voyage? Discuss anything that stands out for you? This exercise aims to provide the trainee opportunity to recall their voyage and demonstrates what is important to them.
- When you first returned after your voyage, how did you feel about yourself?
- Do you feel different about yourself now back at home?
- Has this made a difference to your life now? If so, do you have an example?
- Do you have any ideas how or why this might have happened? Is there something you think happened on board that made this difference?
- Do you feel more like an adult after your voyage?
- Has this translated into your everyday life?
- Do you have any ideas how or why this might have happened?
- What do you think adulthood is?

- Would you like to add anything else?

If response is no personal development, trainee is asked to discuss how and why they think this did not happen.

#### Leeuwin II Workers

- Can you describe the Leeuwin II program?
- What personal development do you understand (witness) the trainees experience?
- Do you think they mature from their voyage?
- Do you have any ideas how and why the Leeuwin II experience works?

#### Board Members

- This is based on an interview less structured than the others where board members freely discuss their involvement with the Leeuwin Ocean Adventure Foundation. Questions build on history, philosophy and trainee involvement as the interview unfolds.



From ancient times to modern days, philosophers have philosophised, academics have theorised and researchers conducted studies in an attempt to understand young people as they grow as individuals. In the twenty-first century as contemporary society advances, perspectives and approaches continue contributing ideas and knowledge to youth development. One distinct area that stands out in this vibrant and vast discourse, is young people's participation in outdoor adventure. While it is well documented their participation in outdoor adventure benefits their personal development, including their maturing as adults, it is not yet clear why and how this occurs. This book provides a unique and creative approach to better understand this relationship, and in turn shines light on the relevance of outdoor adventure for young people in contemporary society. As such, youth workers, teachers, academics, policy makers, funding bodies, programmers and more will find this book a valuable addition to understanding youth development in the twenty-first century.

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