



## Reflective Guidelines on Mobile Phones & Wi-Fi Enabled Technology on Youth Development Expeditions & Trips

### Who are we & what do we do?

At Different Perspective Training Ltd. we specialise in delivering engaging and memorable First Aid, Mental Health and Outdoor Safety Training. Our flexible training programmes are always tailored to meet your needs and those of your workplace. We can support your staff by delivering bespoke training at your site, focussing on your specific working environment, or your staff can join our Public Training Courses that are open to all.

Our company roots have been forged in developmental pedagogy, with over 20 years' educational experience in teaching, outdoor education, and expedition leadership. Encouraging people to challenge themselves and learn is our passion. This long history in education and training has given us a firm belief in what we do, how we do it, and is centred on the core principle that support and care of others should not just be a responsibility within workplace or whilst working, but beyond it, in every walk of life. This is what we mean when we say, "Our training is proudly delivered *For Your Workplace and Life Outside It*".



### Our Training & Consultation Programmes:

- **First Aid Training:** the practical skills needed for schools, the workplace or those heading outdoors, embedding concepts into actions for better understanding and recall when it really matters.
- **First Aid for Mental Health:** empowering delegates to support those in crisis as well as those seeking guidance or advice.
- **Off-Site Risk Management & Policy Consultation:** the legalities behind working off-site, turning the complicated hoops into simple steps.
- **Occupational Water Safety Training:** designed in line with the requirements of industry to ensure organisations meet their statutory obligations to keep staff operating in, on or around water safe.

### Mobile Phone and Wi-Fi Enabled Technology Guidelines

Participant access to mobile phones while abroad greatly relies upon the intended context of the trip.

- Academic trips: Students should be allowed their phones.
- Cultural experience trips to remote locations within the developing world: Students access to phones should either be banned or greatly regulated.

Reasons for restriction or banning access to phones and other Wi-Fi enabled technology.

### Cultural integration

**Immersion without distraction** - one of the primary reasons participants frequently give when signing up to overseas ventures is to become immersed in the culture they are visiting, removing the distraction of these technologies' aides their immersion into the now, into the present.

The communities that they will be visiting are aware of social media, Facebook and gaming apps, yet they do not suffer from the same screen addiction that is rife in the Western World. Removing the draw of the screen and the ability to tweet or message about these experiences leads to better richer and more fulfilling experiences for all involved, the group travelling and those they are visiting. Experiences are better had in the first hand, rather than from behind the lense of a camera.





## Safety

**Petty Crime** - regardless of assurances the delegates will get out their phones to take a picture or to 'check something'. This makes them a potential target for petty criminality. Having tech of any standard overseas will always make you a target for the opportunist thief.

**Road Safety** - whilst travelling in an alien environment having your phone out while moving through a city can and will take your attention away from the environment in which you are currently enveloped. Both the UK and US, Government funded reports have stated that pedestrian use of mobile technology has been linked to an increase in pedestrian injury and death.

*"More and more older teenagers and young adults are being injured as a result of 'distraction', as a result of crossing [roads] while using their phone. This can be as a result of having a conversation, listening to music, texting or using the net," Nick Lloyd - RoSPA. Source - [www.bbc.co.uk](http://www.bbc.co.uk)*



**Social media and personal details** - should the mobile phone make its way into the hands of a third party they will potentially have access to all the apps on that phone, including social media and banking apps. There have been of cases where money has been extorted out of unsuspecting people through social media platforms.

## Communications



**UK to Overseas** - should there be a need to communicate with the group this should be done through the venture provider, to the group leader not direct with participants. Travelling overseas within the developing world is an immensely rewarding experience but it can also be immensely stressful at times. Recently there has been a lot of research into vicarious trauma and stress while travelling and working in developing nations. Young people are particularly susceptible to this and therefore shielding them from external sources of stress is paramount. The most significant reason for this is, should there be bad news from home that needs to be passed to any of the party, then this should happen at a time when the participants are in a safe environment and away from other distractions and sources of local stress and trauma.

**Overseas to the UK** - again, should there be a need for the participants to communicate home at any point this should be done via the group leader and the venture provider. The reason for this is multifaceted to ensure that the information going out is correct and not overdramatised, therefore causing undue stress on families at home; a simple message from one of the party "Oh my goodness [participant] has just bashed her head" can be translated in so many ways and if it is serious, then the staff will need to deal with it on the ground first and ensure that although "[participant] has had a bump to her head. She has had the proper care given to her and she is absolutely fine."

**Expectation of communication** - travelling overseas can lead to unforeseen eventualities including changes to circumstance and itinerary. If there is an expectation that the party will check in with various parents at the end of each evening and there is no signal, this thoroughly detracts from the individuals (both parents and participants) enjoyment. Both parties worrying either that they have not heard from, or that they have not been able to get

through to the other. Communication networks cannot always be relied upon and therefore there will be frequent (as frequent as possible) communications between both the group leaders and the venture provider throughout the duration of the trip and at an agreed juncture in the itinerary there should be an update message outlining progress so far going from the venture provider to the parents involved.

**Emergency communications** - under the guidelines of BS8848 (the British Standard for overseas trips and fieldwork) there must be a robust communications plan for emergency situations. Within this the venture provider will always be able to get in touch with the group should the need arise and vice-versa.

## Financial burden

**Data roaming international charges** - not having access to phones removes this issue.



These guidelines have been drawn up through many years of practical travel and expedition leading experience, as well as through consultation with experts in the field of fieldwork safety and hostile environment training.

*“Much of the joy of being overseas is discovered through a mingling of all the senses and those that will remain with you forever are the smells and sounds that you experience. One day in five years’ time you will hear a car horn or the call of a muezzin and it will transport you back to one single moment in time.*

*Your favourite song of the moment will be, just that, gone with the moment and will merely transport you to an era of mixed memories.*

*Other than the people I am with, a novel set in the region I am travelling through, is by far my favourite travelling companion.”*

- Matt ILOTT

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