W A Y P O I N T S

Bev Schofield

When sailors are planning a journey there are many variables that they need to take account of in plotting their course. Since all calculations must be made in straight lines we start with Waypoints – turns in the course of the journey, some major and some almost imperceptible.

Use a coloured pen on the map provided to plot our course on the passage to and from Inversnaid today.

The Past **your track to date**

(to do on the outward journey to Invesnaid)

Your track is the part of your journey already done. Look back at your life and consider what the waypoints were. Who were the crew, who were passengers and how did you weather the storms? Did your vessel serve you well? Are there any modifications you would like to make?

The Present **your vessel and current conditions**

(to do onshore at Inversnaid)

Exactly where are you?
While at Inversnaid find a place and moment to be utterly mindful of your surroundings. Then let your consciousness expand to consider exactly where you are in your life without casting back or worrying forward – just keep bringing your thoughts back to the present moment and your present life.
What condition is your vessel in?

The Future **casting off on the next leg of your journey**

(to do on the return journey from Inversnaid)

Where are you headed and why?
Can you plot the waypoints and think of any conditions you need to take account of?
Notice that this paragraph is much shorter than the previous two; we simply don’t know!

V A R I A B L E S

vessel

engine
fuel ~ distance ~ timing ~ light

depth ~ tides

speed over the ground ~ flow or tide

compass ~ bearings ~ true north

weather = wind

direction & speed

course to steer

wind over tide

crew ~ passengers

supplies

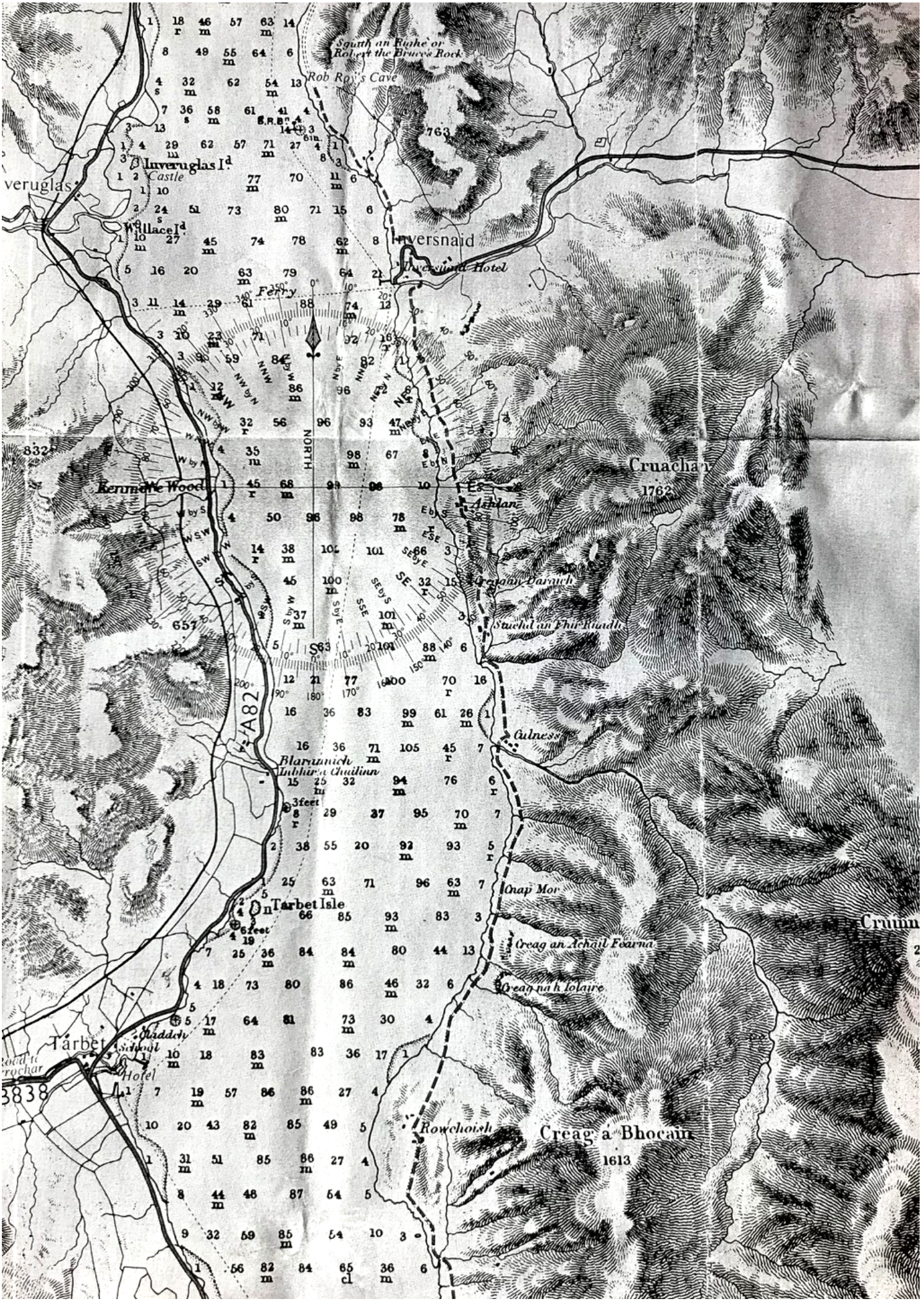
storm

***Facitiliator**:*
print this sheet on card, cut out individual words/phrases and get writers to draw them from a hat. After some contemplation gather for a go-around where each person discusses how their selected variable affects the voyage.

R E C O V E R Y

closing session

You are the captain of your vessel.
Despite all the best planning in the world,
things will happen, will come at you,
things for which you could not plan
and over which you have no control.
However you do have complete control
over how you respond to the change in circumstances.
The success of your endeavour will depend on
the preparation of your vessel.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Castle
Willace I.d
Inversnaid
Inversnaid Hotel
Ferry
Kennacle Wood
Aichlan
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1613
Rowchoish
Tarbet Isle
Tarbet
Hotel
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