Notice of the Final Oral Examination
for the Degree of Master of Arts

of

ROBERT YOUNG

BA (University of Victoria, 2010)

“Discovering the Essence of a Microadventure”

School of Exercise Science, Physical and Health Education

Wednesday, December 5th, 2018
10:00 a.m.
Human & Social Development Building
Room A250

Supervisory Committee:
Dr. John Meldrum, School of Exercise Science, Physical and Health Education, University of Victoria
(Supervisor)
Dr. Nevin Harper, School of Child and Youth Care, UVic (Outside Member)

External Examiner:
Dr. John Telford, Department of Adventure Education, Camosun College

Chair of Oral Examination:
Dr. Erica Woodin, Department of Psychology, UVic

Dr. David Capson, Dean, Faculty of Graduate Studies
Abstract

The purpose of this phenomenological study was to explore the lived experiences of individuals who participate in microadventures in an effort to gain an understanding of the essence of a microadventure. A microadventure is defined as an intentional, short-term, often overnight adventure experience in a wilderness setting (Humphries, 2014). This study was guided by the main research question: What is the core experience of an individual who chooses to participate in microadventures? Nine participants who self-identified as microadventurers were interviewed. Transcripts of those interviews were analyzed. Five major themes emerged from the data: playful, benefits/costs, deliberately constrained, dynamic experiences, and identity. This study attempted to uncover the essence of a microadventure, a relatively unexplored phenomenon, and contribute to the literature on adventure studies.