



*“It has
fundamentally
changed how I look
at the world”*



Exploring the pro-environmental outcomes of polar youth expeditions through self-determination theory.

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What do Roger Federer and Jane Goodall have in common?



*“Failure will never overcome me if my **determination** to succeed is strong enough.”*

Roger Federer



*“If you are really and truly **determined** to work with animals...you will find a way to do it. But you have to want it desperately, work hard, take advantage of an opportunity and never give up.”*

Jane Goodall



Self-determination
(intrinsic motivation) is
dependent on the
satisfaction of certain
psychological needs...

- **Links between SDT and fostering environmental motivation in the environmental education classroom** Darner, R., 2009. Self-determination theory as a guide to fostering environmental motivation. *The journal of environmental education*, 40(2), pp.39-49.
- **Outdoor-teaching linked to increased learning motivation and trigger interest in science in youngsters, especially for less motivated pupils.** Dettweiler, U., Ünlü, A., Lauterbach, G., Becker, C. and Gschrey, B., 2015. Investigating the motivational behavior of pupils during outdoor science teaching within self-determination theory. *Frontiers in psychology*, 6, p.127484.
- **SDT suggests that tourists act with intrinsic motivations when they fulfil their basic psychological needs. This increases the tendency of nature-based tourists to exhibit environmentally sensitive attitudes.** Çiki, K.D. and Tanriverdi, H., 2023. Examining the relationships among nature-based tourists' travel motivations, ecologically responsible attitudes and subjective well-being within the scope of self-determination theory. *Current Issues in Tourism*, pp.1-6.
- **Link between SDT and well-being in the context of spiritual tourism** Buzinde, C.N., 2020. Theoretical linkages between well-being and tourism: The case of self-determination theory and spiritual tourism. *Annals of Tourism Research*, 83, p.102920.



To explore the impact of educational polar expeditions on youth by assessing participants' pro-environmental behaviour, career choices and ambassadorial activities, up to 18 years after their polar voyage.



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A mixed-methods approach and was co-designed with SOI with data collected via an online survey.

Design

Online survey (both open and closed questions)
Youth Polar Alumni 65% aged 14-17 (at time of expedition)

Sample

Sample 228 (15% response rate)
140 from Arctic / 88 from Antarctic Expeditions
69% female / (now) 72% aged 21-40



Do you think your SOI experience was influential in: - Your career choices made?

Arctic and Antarctic Student, Aged 14

“After SOI I decided to go to college for environmental science with a specific focus on the oceans. I am now getting a PhD in Arctic Marine Ecology”

Antarctica Student, Aged 18.

“I came back from the trip a changed person, got into political and environmental activism and pursued a career in environmental education.”





Arctic Participant / Age 14

'Going into my SOI trip, I thought that I had already learned a lot about different people and the world. I loved how my SOI trip opened my eyes to a different type of culture and life that I've never experienced before. The trip reminded me to stay humble and learn about other people's perspectives.'

Arctic & Antarctic Participant / Age 17

"through the course of the expedition I learned the importance of just being yourself, allowing yourself to open up and be uncomfortable to really experience life instead of shy away from it for fear of failure."



Antarctic Participant / Age 17

'All of these memories were moments of deep connection both with the landscape and wildlife as well as the fellow students and staff members during my expedition.'

Arctic Participant / Age 18

'I think all these moments led to a profound moment where I felt connected to the land and felt a sort of empathy for the planet.'

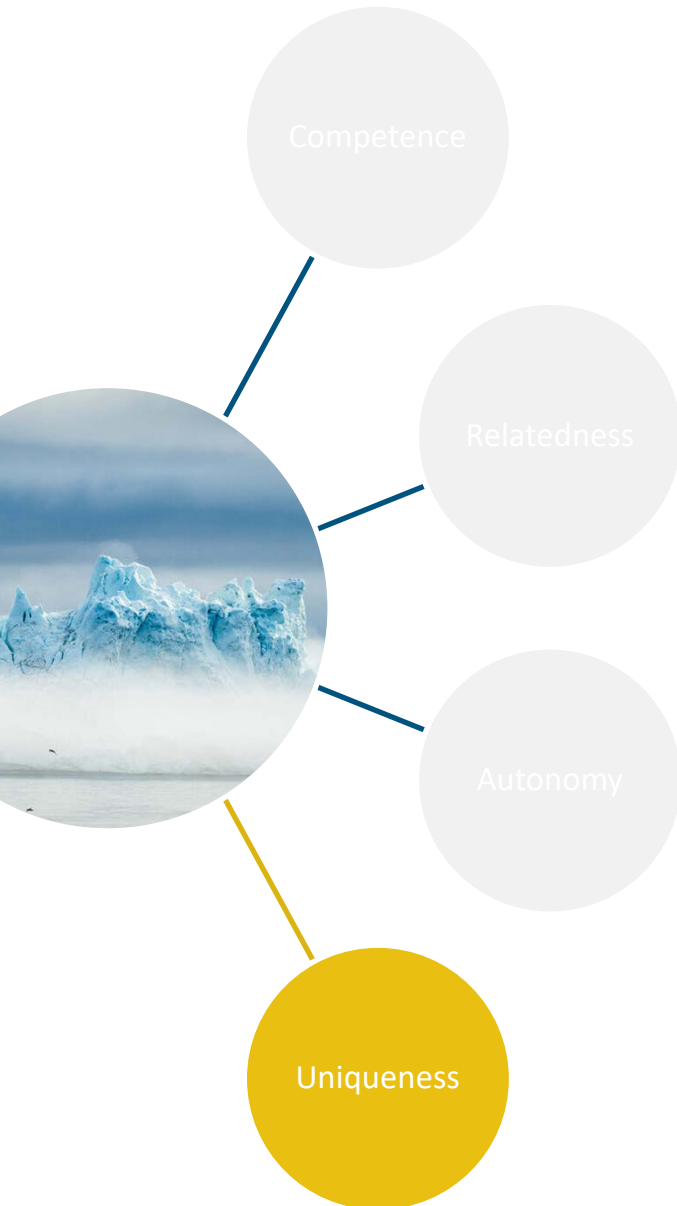


Arctic Participant / Age 14

'These are very precious moments from an impressionable time in my life. They have stuck with me to this day - reminders of a trip that has inspired my career in conservation.'

Antarctic Participant / Age 16

'...the trip that shaped my future interest in environmental conservation.'



Arctic & Antarctic Participant / Age 18

'They were incredibly unique and intimate feeling, the ship felt like it was a world away from anything I knew back home'.

Arctic & Antarctic Participant / Age 15

'Once in a lifetime experiences. Full of awe. Anchoring memories throughout the expedition.'

What activities inspire change?





<https://studentsonice.com/>
<https://issuu.com/studentsonice/docs/20yearsofsoi>

- Self-determination theory key to intrinsic motivation – important for longer-term behaviour change
- New insights into understanding 3 elements of Self-Determination Theory in relation to Antarctic Tourism
- Uniqueness a potential new strand to increase SDT
- Real world impact of understanding what activities during a trip supported; Autonomy, Relatedness and Competence

Let's Connect and Collaborate at IPTRN and beyond.

Contact us:

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+ I am looking for passionate PhD researchers + a Post Doc to join my team.

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Our previous publication:

Hehir, C., Stewart, E.J., Maher, P.T. and Ribeiro, M.A., 2021. Evaluating the impact of a youth polar expedition alumni programme on post-trip pro-environmental behaviour: A community-engaged research approach. *Journal of Sustainable Tourism*, 29(10), pp.1635-1654.



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