

Phone Policy for Venturer Managers

Our “No Phones” Approach

To support a meaningful Digital Detox for everyone on project, we have a *no phones on project* policy during Expeditions for Venturers. Our Venturers can access their phones during changeover periods, when they are back at Fieldbase.

[You can find our Venturer Phone Policy here.](#)

This is based on strong evidence that time away from phones benefits wellbeing:

- **62%** of young people on a 2024 Raleigh Expedition reported improved mental health after being away from their phone.
- **85%** said they enjoyed the break from phone use while travelling.
- **65%** believed their phone habits would change after the Expedition.

[Read more about the benefits of our Digital Detox here.](#)

Why This Matters for VMs

Your role as a Venturer Manager sets the tone for the Venturers’ experience. If VMs are seen using phones, it can disrupt the sense of disconnection that allows participants to fully engage with the Expedition.

We recommend Venturer Managers don't take a phone on project. However, if it is necessary, VMs can take their phone with them. If you do, we ask you to follow the guidelines below for your benefit and for the Venturers’ experience.

Guidelines for Phone Use

Best Practice:

- Avoid bringing a phone on projects if possible.
- **Do not** use your phone as a camera - bring a separate device if you wish to take photos.
- Keep phone use to a minimum throughout the Expedition.

If you [need to use your phone](#):

- Never use your phone in front of venturers
 - Use your device only inside your tent or in a private location
- Avoid phone calls unless essential. If you must take a call, do so out of sight and earshot of Venturers.
- Do not show photos, look up information, or keep your phone on the table where it is visible.
- Do not communicate with other VMs or Raleigh staff unless in the event of an emergency

This policy falls under the Venturer Manager Agreement signed upon sign-up and during induction. As stated in this agreement, “We expect all Venturer Managers to act with integrity to follow this policy. Incidents of covert cell phone usage will be viewed as a breach of the Agreement.”